

South St. Paul

COMMUNITY EDUCATION (PAGES 3-21)

EARLY LEARNING/ECFE (PAGES 22-27)



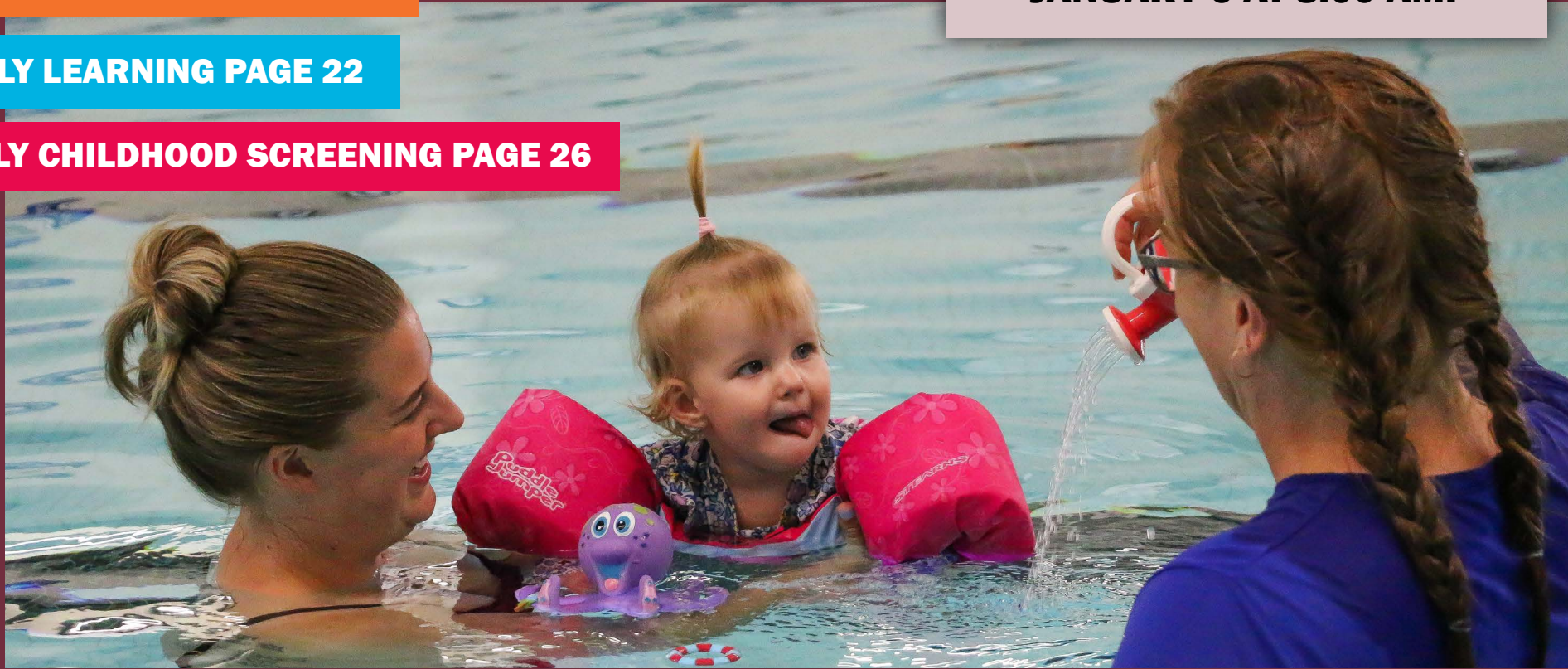
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**ECFE REGISTRATION OPENS
JANUARY 6 AT 8:00 AM!**

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**REGISTER ONLINE OR
IN PERSON**

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

**ECFE INFORMATION
IN BACK**



WINTER 2025 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

Jeanne Zehnder

EARLY LEARNING COORDINATOR

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EARLY LEARNING ADMINISTRATIVE ASSISTANT

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EARLY LEARNING CULTURAL LIAISON

Tere Castellanos

PARENT EDUCATOR

Eamon Whiteaker-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.



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. \$35/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. 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:

- January 21
- February 18
- March 25
- April 22

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)
\$80 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: Jan 8, Feb 12, March 12, April 9.

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.

January 8	North Pole
February 12	B-52
March 12	Blvd Tavern
April 9	Machine Shed

Senior Socials

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

January 23	Chinese New Year Orange Chicken over White Rice
February 27	Wild Rice Soup
March 13	Cornbeef & Cabbage
April 24	Tomato Soup & Grilled Cheese Sandwich

Movie and Popcorn

Join us for a monthly movie matinee with popcorn at Central Square! We'll feature a different film once a month. Movie viewing begins at 12:00 pm.

January 30
February 13
March 6
April 10

Book Club

Connect with others who share a love of reading, and to learn and discuss a variety of topics in an informal setting. Bring a lunch or something to share. Pick up the book the last week of the previous month at the front desk.

Mondays from 12:30-2:30 pm

January: *In the Lake of the Woods* by Tim O'Brien

John and Kathy Wade, whose marriage has been built on mutual deception, visit a Minnesota lake to sort things out, a difficult process made more so by Kathy's disappearance.

February: *The Red Tent* by Anita Diamant

The story of Dinah, a tragic character from the Bible whose great love is killed by her brother, leaving her alone and pregnant.

March: *Shadow on the Mountain* by Margi Preus

In Nazi-occupied Norway, fourteen-year-old Espen joins the resistance movement, graduating from deliverer of illegal newspapers to courier and spy.

April: *Saturday Night at the Lakeside Supper Club* by Stradal J. Ryan

This novel is the story of Mariel and Ned, a couple from two very different restaurant families in rustic Minnesota, and the legacy of love and tragedy, of hardship and hope, that unites and divides them.

WEEKLY 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 12:00 - 2:30 pm

Penny Bingo

Be the first to turn all your cards face down.

Mondays 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 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 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 1:00 - 3:00 pm

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.

Beginners 500- Wednesdays and Fridays 10:00-11:00 am

Wednesdays and Fridays 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 1:00 - 3:00 pm

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: Jan 14, Feb 11, March 11, April 8.

Spring 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, May 7

11:00 am-1:00 pm

\$20



MN Military History Museum-Camp Ripley Little Falls

Nowhere in Minnesota are the experiences of military men and women so vividly captured and interpreted for the public. Discover the stories and contributions of Minnesota citizens who have served and sacrificed, from our state's earliest years to the present, in ALL branches of service and on the home front. See the actual equipment, weapons, uniforms, and memorabilia that bear witness to history. Gain a glimpse into what life was like for those "who were there."

Lunch at the Black and White Restaurant in downtown Little Falls. Menu: Soup & Sandwich Special, Petite Dessert, Beverage. After lunch take a few minutes to shop at nearby stores. The town was established in 1848, and is on the Downtown National Historic Register. See murals by artist Frank Gosiak, depicting the logging era and main street Little Falls in the early 1900's. Register by Fri, April 18.

Thurs, May 22

Bus departs Central Square at 7:30 am

1630-SSP-S25

\$96/person, Includes transportation, lunch, and tours

Cemetery Tour Around Minneapolis

Explore the fascinating world of cemeteries around Minneapolis with Minnesota historian and our tour guide, Doug Ohman. Visit some of the earliest burial grounds to the most current, where the last visible vestiges of our past hold our history. Stops will be made, depending on weather and burial services. Wear appropriate footwear for walking on unpaved, grassy areas. Some possible visits may include Fort Snelling National, St. Mary's, Pioneer and Soldier or Crystal Lake Cemeteries.

Lunch will be at Patrick's Bakery and Cafe for the Soup and Sandwich Special: California chicken strip sandwich, minestrone soup, as well as coffee, tea or milk and a mini pastry for dessert. Register by Fri, May 16.

Tues, June 24

Bus departs Central Square at 8:45 am

1631-SSP-S25

\$96/person, Includes transportation, lunch, and tour

Bayfield & Apostle Island

Travel to Bayfield for a 2-night stay at Legendary Waters Resort. The resort was built in 2011 on the shores of Lake Superior with an indoor swimming pool and fitness center. It is located adjacent to the casino. During your stay you will take a 55-mile narrated scenic boat tour of Apostle Islands, visit Madeline Island and Museum, stop at the Bayfield Winery for a tour and tasting, and take a guided tour of historic Bayfield with a stop at an apple orchard.

Meals during the trip include dining at: Deep-Water Grill on Apostle Island Boat Dock and the Old Rittenhouse Inn amidst antiques and fireplaces. It is a Queen Anne-style mansion restored to its original splendor.

Apostle Islands are known for their extraordinary natural scenery, beautiful historic Raspberry, and Devils Island Lighthouses, standing rocks, extensive sea caves, and marine wildlife. On this trip you will learn the rich history of centuries of human interaction with Wisconsin's "Crown Jewels" on majestic Lake Superior.

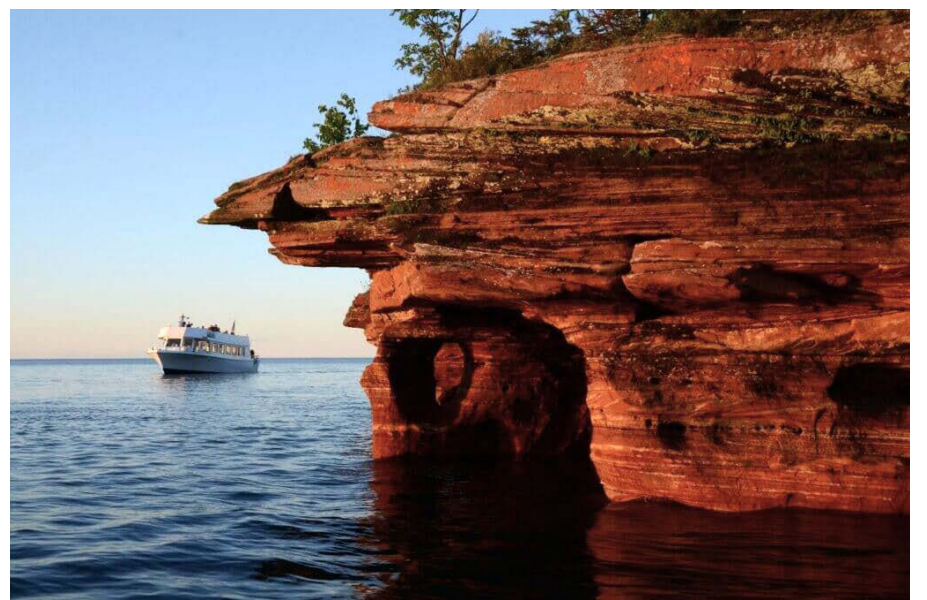
Tues, July 15 - Thurs, July 17

Bus departs Central Square Tues, July 15 at 6:30 am

1666-SSP-S25

2 per room: \$765/person

Single room: \$965/person



55+ ENRICHMENT

TRIPS AND TOURS

If you would like to board the bus at Central Square, be sure to register for the SSP location. Arrive 15 min before scheduled departure for check-in. \$10 service fee will be charged for cancellations. No refunds issued after the trip registration deadline. Spots are only held with payment. Mailed registrations may not be guaranteed, call to check availability before mailing in registration.

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

On The Road Again at the Ives Auditorium

Enjoy three decades of classic country music favorites in this "On the Road Again" concert at the Ives Auditorium Sidekick Theatre. Fantastic fiddling and lush harmonies will bring you back a few decades with music from Hank Williams, Patsy Cline, Johnny Cash, Willie Nelson, and Waylon Jennings.

A buffet lunch of BBQ chicken breast, beer cheese mac, green beans, coleslaw, biscuit, and dessert will begin at 11:30 am, followed by the show at 1 pm. If time allows, you may visit the Masonic Museum on the 2nd floor. Register by Fri, Feb 14.

Thurs, March 20

Bus departs Central Square at 10:45 am

1896-SSP-W25

\$95/person, Includes transportation, lunch, and show

The Mousetrap at The Guthrie Theater

An iconic murder mystery - During a heavy snowstorm, newlyweds Mollie and Giles Ralston prepare to open Monkswell Manor for their first guests: the nitpicky Mrs. Boyle; the cagey Miss Casewell visiting from abroad, the young architect Christopher Wren; the good-natured Major Metcalf; and the roguish, unexpected guest Mr. Paravicini. As the snow proves impassable, Detective Sergeant Trotter arrives on skis with news that connects the manor to a mysterious murder in London. When the phone lines are cut, and a guest turns up dead, everyone becomes a suspect. Will the killer be discovered in time? Discover why this Agatha Christie classic is the longest-running play in the world, Lunch at The Hen House: Cup of Soup, Chicken Salad Sandwich, Beverage and a Cookie.

Register by Fri, Feb 7.

Wed, April 16

Bus departs Central Square at 10:00 am

1622-SSP-W25

\$105/person, Includes transportation, lunch, and show



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, Jan 3-Feb 28
9:30-10:15 am
 9803-W25A
 \$62 adult, \$22.50 senior

Fri, Mar 7-Apr 25
9:30-10:15 am
 9803-W25B
 \$55 adult, \$20 senior

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

Tue, Jan 7-Feb 25
9:30-10:15 am
 9801-W25B
 \$55 adult, \$20 seniors

Tue, Mar 4-Apr 29
9:30-10:15 am
 9801-W25C
 \$62 adult, \$22.50 senior

Thu, Jan 2-Feb 27
9:30-10:15 am
 9801-W25A
 \$62 adult, \$22.50 seniors

Thu, Mar 6-Apr 24
9:30-10:15 am
 9801-W25D
 \$55 adult, \$20 seniors

Senior Circuit

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

Mon, Jan 6-Feb 24 (No class Jan 20, Feb 17)
6:15-7:15 am
 9802-W25C
 \$42 adult, \$20 seniors

Mon, Mar 3-Apr 28
6:15-7:15 am
 9802-W25D
 \$62 adult, \$22.50 seniors

Wed, Jan 8-Feb 26
6:15-7:15 am
 9802-W25A
 \$55 adult, \$20 seniors

Wed, Mar 5-Apr 30
6:15-7:15 am
 9802-W25E
 \$62 adult, \$22.50 seniors

Thurs, Jan 2-Feb 27
6:15-7:15 am
 9802-W25B
 \$62 adult, \$22.50 seniors

Thurs, Mar 6-Apr 24
6:15-7:15 am
 9802-W25F
 \$55 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, Jan 6-Feb 24 (No class Jan 20, Feb 17)

5:30-6:30 pm

9918-W25A

\$42 adult, \$20 senior

Mon, Mar 3-Apr 28

5:30-6:30 pm

9918-W25B

\$62 adult, \$22.50 senior

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, Jan 6-Feb 24 (No class Jan 20, Feb 17)

6:30-7:30 pm

9902-W25A

\$42 adult, \$20 senior

Mon, Mar 3-Apr 28

6:30-7:30 pm

9902-W25B

\$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, Jan 7-Feb 25

10:30-11:15 am

9800-W25A

\$55 adult, \$20 senior

Tues, Mar 4-Apr 29

10:30-11:15 am

9800-W25D

\$62 adult, \$22.50 seniors

Thurs, Jan 2-Feb 27

10:30-11:15 am

9800-W25C

\$62 adult, \$22.50 seniors

Thurs, Mar 6-Apr 24

10:30-11:15 am

9800-W25F

\$55 adult, \$20 senior

Fri, Jan 3-Feb 28

10:30-11:15 am

9800-W25B

\$62 adult, \$22.50 seniors

Fri, Mar 7-Apr 25

10:30-11:15 am

9800-W25E

\$55 adult, \$20 senior





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, Jan 7-Feb 25

5:15-6:15 am

9909-W25A

\$55 adult, \$20 seniors

Wed, Jan 8-Feb 26

4:30-5:30 pm

9909-W25B

\$55 adult, \$20 seniors

Thurs, Jan 2-Feb 27

5:15-6:15 am

9909-W25C

\$62 adult, \$22.50 seniors

Fri, Jan 3-Feb 28

6:00-7:00 am

9909-W25D

\$62 adult, \$22.50 seniors

Tues, Mar 4-Apr 29

5:15-6:15 am

9909-W25E

\$62 adult, \$22.50 seniors

Wed, Mar 5-Apr 30

4:30-5:30 pm

9909-W25F

\$62 adult, \$22.50 seniors

Thurs, Mar 6-Apr 24

5:15-6:15 am

9909-W25G

\$55 adult, \$20 seniors

Fri, Mar 7-Apr 25

6:00-7:00 am

9909-W25H

\$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, Jan 7-Feb 25

5:30-6:30 pm

9915-W25A

\$55 adult, \$20 seniors

Tues, Mar 4-Apr 29

5:30-6:30 pm

9915-W25B

\$62 adult, \$22.50 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, Jan 7-Feb 25

6:30-7:30 pm

9916-W25A

\$55 adult, \$20 senior

Tues, Mar 4-Apr 29

6:30-7:30 pm

9916-W25B

\$62 adult, \$22.50 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, Jan 8-Feb 26

6:00-7:00 pm

9901-W25A

\$55 adult, \$20 senior

Wed, Mar 5-Apr 30

6:00-7:00 pm

9901-W25B

\$62 adult, \$22.50 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, Jan 2-Feb 27

5:30-6:30 pm

9908-W25A

\$62 adult, \$22.50 seniors

Thurs, Mar 6-Apr 24

5:30-6:30 pm

9908-W25B

\$55 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, Jan 2-Feb 27

6:30-7:30 pm

9911-W25A

\$62 adult, \$22.50 seniors

Thurs, Mar 6-Apr 24

6:30-7:30 pm

9911-W25B

\$55 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, Jan 3-Feb 28

6:30-7:30 pm

9903-W25A

\$62 adult, \$22.50 seniors

Fri, Mar 7-Apr 25

6:30-7:30 pm

9903-W25B

\$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, Jan 4-Feb 22

8:00-9:00 am

9906-W25A

\$55 adult, \$20 seniors

Sat, Mar 1-Apr 26

8:00-9:00 am

9906-W25B

\$62 adult, \$22.50 seniors

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, Jan 15-May 21

6:45-7:45 pm

7207-W25

\$146

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, Jan 15-May 21

5:30-6:30 pm

7208-W25

\$146

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-W25

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: 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

HEALTH AND SAFETY

Strong is the New Skinny

Strengthening Exercises to do at Home. Not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles – they boost metabolism; maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for class. Instructor: Janice Novak



Mon, Jan 13
6:00-7:30 pm
7125-W25
\$35, Virtual

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 Fitsch.

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

Tues, Apr 8
10:30-11:30 am
7145-W25B
FREE

Acupressure and Other Tools for Women 35+

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



Tues, Jan 14
6:00-7:30 pm
7126-W25
\$35, virtual

Basic CPR/AED for Adult/Child & Infant

This is an Adult/Child/Infant CPR/AED Class. The class includes a two year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims of all ages. No written test required. Please wear comfortable clothing. Instructor: Deb Gutzman

Thurs, Jan 16
5:00-7:30 pm
7103-W25A
\$60

Thurs, Mar 13
5:00-7:30 pm
7103-W25B
\$60

Pediatric CPR/First 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, Feb 1
8:00-10:00 am
7104-W25
\$85



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



Tues, Feb 25
6:00-7:30 pm
7136-W25
\$35, Virtual

Acupressure for Sinus Relief

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more. Instructor: Janice Novak



Mon, Mar 10
6:00-7:30 pm
7127-W25
\$35, Virtual

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



Tues, Mar 18
6:00-7:30 pm
7138-W25
\$35, Virtual

Just Breath! Techniques to Calm, Center, & Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response and decrease depression and anxiety. Breathing exercises are powerful, free and literally right under your nose. Instructor: Janice Novak



Mon, Mar 24
6:00-7:30 pm
7128-W25
\$35, Virtual

De-Age Your Brain

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You'll learn simple, easy strategies to help your brain stay healthy and alert. Instructor: Janice Novak



Tue, Apr 8
6:00-7:30 pm
7129-W25
\$35, Virtual



Mudras: The Ancient Art of Hand Yoga

Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental, and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can be used to relieve anxiety, stress, digestive issues, weight loss, bloating, insomnia and more. Instructor: Janice Novak



Tues, Apr 15
6:00-7:30 pm
7130-W25
\$35, Virtual

Reiki I

Do you want to learn how energy works? The ancient art of reiki teaches you how to use energy, move it and even the subtleties of healing. In this all day workshop you'll learn the basics of Reiki and complete Reiki level I including activation. Instructor: Lily McNamara

Sat, Apr 26
9:00 am-2:00 pm
7483-W25
\$99

Seven Steps to Reverse or Prevent Diabesity

Diabesity is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance or type 2 diabetes, the root cause of ALL these conditions are the same - problems with our diet, lifestyle and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to WHY your levels are too high and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health. Instructor: Janice Novak



Tue, May 20
6:00-7:30 pm
7131-S25
\$35

Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo

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



Wed, June 4
6:00-7:30 pm
7132-S25
\$35



ADULT ENRICHMENT

LIFESTYLE AND SPIRITUALITY

Experience Spiritual Practice

In this class we will practice using our spiritual gifts and reading tarot cards. (Please have taken Discover Spiritual Gifts, Tarot 101, Psychic Development or know your own gifts before class). Walking through different techniques to practice and hone your intuition. Taking home exercises to assist you in growing your gifts! Instructor: Lily McNamara

Tues, Jan 21
6:00-8:00 pm
 7477-W25
 \$45

Experiencing Auras

What is an aura? Why are they important? Come learn these answers and much more. In class you will experience seeing and feeling auras through various exercises. Feel where one stops and another begins as well as how an aura changes with emotion and intention. Instructor: Lily McNamara

Tues, Feb 18
6:00-8:00 pm
 7481-W25
 \$45

Foundation of Spiritual Health

Building a solid foundation is essential for your spiritual health. To do this you must first learn how to ground and centered in yourself. The next step is a basic knowledge of protection, shielding and warding. In this class you will learn exercises and techniques for each of these key aspects of your spiritual life. Instructor: Lily McNamara

Tues, Mar 18
6:00-8:00 pm
 7482-W25
 \$45

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.

Tue, Apr 29
6:00-9:00 pm
 7013-W25
 FREE

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.

Thurs, Jan 9
1:00-3:00 pm
 7548-W25 Deer in Woods A

Fri, Jan 17
6:00-8:00 pm
 7548-W25 Deer in Woods B

Wed, Feb 12
6:00-8:00 pm
 7548-W25
 Bird in Birch B

Mon, Feb 21
1:00-3:00 pm
 7548-W25 Bird in Birch A

Tues, Mar 4
1:00-3:00 pm
 7548-F24 Cherry Blossoms A

Tues, Mar 4
6:00-8:00 pm
 7548-F24 Cherry Blossoms B

Tues, Apr 1
6:00-8:00 pm
 7548-W25 At the Beach A

Wed, Apr 2
1:00-3:00 pm
 7548-W25 At the Beach B

Tues, May 6
6:00-8:00 pm
 7548-W25 Flowers B

Wed, May 7
1:00-3:00 pm
 7548-W25 Flowers A



Voiceover... Now is Your Time

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, 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. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class. Instructor: Will Kamp



Tues, Feb 18
6:30-8:30 pm
 7543-W25
 \$30, Virtual



ADULT ENRICHMENT

CULINARY ARTS

In-person Culinary Arts classes take place at SSP High School- 700 2nd St N.


Cookie Monsters for Kids and Adult

Kids and Adults and cookies...what a terrific combination! Designed for kids age 6 and up, you will create and take home 6 kinds of cookies. Rolled sugar thins will be ready for the kids to paint original designs using food coloring and paint brushes. Kids and adults will mix, shape, and bake the famous peanut butter ball. Already mixed and ready for shaping will be chocolate mints, peppernuts, sugar drops to be dipped in assorted sprinkles and finally multi-colored spritz cookies. Bring containers to transport your cookies home to enjoy immediately or freeze them. You will need to bring \$16. Food fees are due to the instructor at the time of class. Instructor: Laurel Severson

Sat, Jan 25
9:00 am-12:00 pm
7948-W25
\$45


Korean Street Food

Homestyle Korean cooking is full of vegetables. You can also adjust the heat level at home. In this online interactive class, we will make popular delicious chicken bulgogi bibimbap, a rice bowl with chicken bulgogi, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce. Instructor: Ploy Khunisorn

 **Mon, Jan 27**
6:00-8:00 pm
7676-W25
\$35, Virtual

Breakfast Meal Prep

Need new make-ahead breakfast recipes to start your day in a healthy way? Join Kirsten live online from her kitchen where she'll demonstrate air fryer poached eggs, instant pot steel-cut oats, chimichanga breakfast burritos, overnight breakfast grain bowls, egg bites 3 ways, and more! Additional make ahead breakfast recipes included in the handout, and class is recorded so you can re-watch at your convenience. Instructor: Kirsten Madaus

 **Tues, Jan 28**
6:30-8:00 pm
7888-W25
\$29, Virtual


Valentine Sugar Cookie Fun

Come join us to make sweet Valentine's Day Cookies. Each student will decorate 12 Valentine themed cookies to take home. There is an additional \$12 supply fee due at class. Appropriate for ages 16 to adult. Instructor: Diana Hirte

Tues, Feb 4
6:30-8:30 pm
7877-W25
\$35

Sushi for Beginners

We'll have fun creating this art of sushi rolls in this online interactive class. You will learn every step from making sushi rice and cutting sushi components. We'll talk about the history of culture behind this long Japanese tradition while we roll out three styles of sushi maki including futomaki, spicy salmon maki, and temaki (hand-rolled sushi). Instructor: Ploy Khunisorn

 **Mon, Feb 10**
6:00-8:00 pm
7692-W25
\$35, Virtual


Chocolate, Chocolate and More Chocolate

Just in time for Valentine's Day. Create, taste in class, and take home the many rich samples of recipes. Later, at home, select your favorite recipe, add candles and make a memorable (and delicious) treat for the sweetheart in your life! Remember... chocolate is great anytime! You will need to bring \$15. Food fees to the instructor the night of class. Instructor: Laurel Severson

Thurs, Feb 13
6:00-9:00 pm
7600-W25
\$35


Air Fryer Seafood

Transform your kitchen into a seafood haven with the convenience of an air fryer! In this live online class Kirsten will use air fryers to demonstrate glazed salmon 3 ways, gnocchi with shrimp and tomatoes, mini tuna casseroles, and more! You'll also explore creative sauces that complement your seafood creations perfectly. Handout includes additional recipes for inspiration, and class will be recorded so you can watch again at your convenience. Instructor: Kirsten Madaus

 **Tues, Feb 25**
6:30-8:00 pm
7889-W25
\$29, Virtual


Vietnamese Street Food

Embrace the light and delicate flavors of Vietnamese cuisine known for fresh herbs, vegetables, and dipping sauce. In this online interactive cooking class, we'll make Vietnamese fresh rolls with dipping sauce and Vietnamese noodle soup (pho) with chicken. Instructor: Ploy Khunisorn

 **Mon, Mar 3**
6:00-8:00 pm
7693-W25
\$35, Virtual

Fast Family Meals

Bring the family together around the dinner table with quick and satisfying meals. Perfect for busy nights, these dishes are packed with flavor and made with simple, everyday ingredients. In this live online class Kirsten will demonstrate creamy taco soup in a pressure cooker, turkey stuffed peppers or vegetable lasagna in an air fryer, and more! Handout will include additional recipes for inspiration, and class will be recorded so you can rewatch at your convenience. Join Kirsten and unlock the secrets to creating fast family meals that are as quick to prepare as they are to disappear from the plate! Instructor: Kirsten Madaus

 **Tues, Mar 4**
6:30-8:00 pm
7890-W25
\$29, Virtual

Marvelous 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 of \$13 collected in class. Instructor: Nancy Burgeson

Thurs, Mar 6
6:00-9:00 pm
7695-W25
\$29

Breakfast & Brunch

For that special family weekend brunch or as a great alternative to evening entertaining...try a spectacular brunch! We'll provide all those tips and techniques for the perfect meal from cheese souffle using ham, strata (crunchy bread cubes in a cheesy casserole), frittata (that "open faced" omelet), an exceedingly simple puffy pancake traditionally served with lemon and confectioner's sugar. And yes, real men do eat quiche - it is easy! Enjoy those accompaniments of unique breads and beverage ideas too. You will need to bring \$13. Food fees to the instructor the night of class. Instructor: Laurel Severson

Thurs, Mar 13

6:00-9:00 pm

7601-W25

\$35

Basic Cake Decorating

Decorate an 8" celebration cake to take home. Students will learn skills in shell borders, writing, and stars and rosettes. There will be starter kits available to take home for an additional \$12. There is an additional \$12 supply fee due at class. Appropriate for ages 16 to adult. Instructor: Diana Hirte

Tues, Mar 25

6:00-8:30 pm

7878-W25

\$35

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 Khunisor



Mon, Apr 7

6:00-8:00 pm

7694-W25

\$35, Virtual

Festive Spring Salads

Head into spring with a wild rice and breast of chicken salad or wild rice with fresh mushrooms and cashews. We will also feature a vegetarian main dish using multi-colored peppers and the unique grain, quinoa. What could be more refreshing than a fruit and salad combination of cantaloupe and strawberries with orange sauce. Equally as pretty in raspberry-spinach salad with glazed pecans. Then round out the evening with 3 easy dressings for your favorite combination of assorted garden greens. You will be ready for family and friends and spring. There is an additional \$15 supply fee due at class. Instructor: Laurel Severson

Thurs, Apr 17

6:00-9:00 pm

7602-W25

\$35

Oh, You Beautiful Cake!

What could be better than chocolate, caramel, pecans, and more? In this class, you will mix, bake, and assemble a decadent 3-layer cake. With guidance from Nancy, each student will create and take home a deliciously gooey chocolate masterpiece, perfect for sharing with family and friends—if you can resist keeping it all for yourself! Supply fee of \$16 payable to the instructor in class. Instructor: Nancy Burgeson

Tues, Apr 22

6:00-9:00 pm

7685-W25

\$29



Perfect Pasta

Bring a ray of Italian sunshine into your kitchen by creating homemade pasta using a few basic ingredients. Mix by hand or try a food processor. We will be using pasta machines to roll and cut or go "low tech" and try rolling/cutting by hand. Compare classic pasta with several recipe variations. Savor your fresh pasta with Classico meat sauce, classic tomato sauce, gorgonzola sauce and a quick alfredo sauce. Freshly grated parmigiano-reggiano cheese is a must to taste as well as topping your pasta with almond pesto, classic basil-garlic pesto and walnut-basil pesto. Pasta is nutritious, economical and simple to prepare. With an extensive handout on tips and techniques, you can make perfect pasta every time-join us! There is an additional \$14 supply fee due at class. Instructor: Laurel Severson

Thurs, May 15

6:00-9:00 pm

7603-W25

\$35

ADULT ENRICHMENT

TRAVEL TIPS AND TRICKS

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.

Tues, Jan 14

6:00-7:30 pm

7653-W25

\$15

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.

Tues, Feb 4

6:00-7:30 pm

7654-W25

\$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.

Wed, Feb 19

6:00-7:30 pm

7652-W25

\$15



ADULT ENRICHMENT

FINANCE AND REAL ESTATE

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, Jan 8
10:00-11:30 am
 7146-W25A
 FREE

Wed, Feb 19
10:00-11:30 am
 7146-W25B
 FREE

Wed, Mar 19
10:00-11:30 am
 7146-W25C
 FREE

How to Pay for the Nursing Home: An Attorney's Perspective

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. There will be time for Q&A. Instructor: Steve Ledin, Ledin Law PLLC

Wed, Jan 8
6:30-8:30 pm
 7817-W25
 \$12, Free for SSP Sr Center members

First Gen Home Buyers

We will review the process of buying a home from A-Z and discuss unique funding that is only available to YOU - a first-time buyer. With one program, it is possible to buy a home for as little as \$1000 of your own funds. You are generally a first-time buyer if you have not owned a home in the past 3 years. Instructor: John Mazzara

Tue, Jan 28
6:00-8:00 pm
 7719-W25
 \$12, Free for SSP Sr Center Members

How to Win With Investment Properties

Have you ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord, from buying, selling, and renting. Instructor: John Mazzara

Wed, Jan 29
6:00-8:00 pm
 7713-W25
 \$12, Free for SSP Sr Center members

Life, Disability, and Long-Term Care Insurance - Make the Right Choices!

Insurance is about mitigating risks and preparing for the future. Are you curious about the various types, how they differ, and options and strategies for personal and business applications? How can these three types of insurance benefit both yourself and others, especially when living benefit riders are available? We review options regarding existing policies, too. Instructor: John Mazzara

Mon, Feb 3
6:00-8:00 pm
 7718-W25
 \$12, Free for SSP Sr Center members

Questions and Answers with a MN Will and Trust Attorney

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.

Wed, Feb 5
6:30-8:00 pm
 7818-W25
 \$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. 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. Presenter: Danielle Gore with National Cremation Society

Thurs, Feb 6
11:00 am-12:00 pm
 7150-W25
 \$12, Free for SSP Sr Center members

Thu, Mar 20
6:30-7:30 pm
 7150-W25B
 \$12, Free for SSP Sr Center members

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

Tue, Feb 11
10:00-11:30 am
 7737-W25
 \$12, Free for SSP Sr Center members

NEW! The Empowered Homeowner- Series

Mon, Feb 11-25

6:30-8:00 pm

7739-W25

\$12/session

\$35 for all 3

Feb 11: Understanding your Homeowners Insurance Policy- Coverage, Costs, and Claims

Are you confused about your home insurance policy? This workshop will provide you with the essential knowledge to make informed decisions about your coverage, understand factors affecting policy costs, and navigate the claims process with confidence. We will explore the ins and outs of home insurance, including what is and isn't covered, key factors that influence premiums, and what to expect when filing a claim. You'll receive sample policy language, essential questions to ask your insurance agent, and tips for choosing a policy that aligns with your needs and budget.

Feb 18: Understanding your Homeowners Insurance Policy- Coverage, Costs, and Claims

As part of our Empowered Homeowner Series, this informative workshop will equip you with the knowledge and tools to maintain your home's value and prevent costly surprises. Over the course of 90 minutes, we will delve into the fundamentals of exterior home construction, identifying common maintenance issues and strategies for proactive upkeep. Discover how to minimize surprise expenses, especially those not covered by insurance. We'll explore real-world examples and photos to highlight instances where damage may be misattributed to weather but actually stems from maintenance oversights, improper installation, or product defects. Additionally, we'll provide essential insights on hiring a contractor in Minnesota, including your rights as a homeowner under state law. Join us for a practical and informative session that will empower you to protect your home's investment and enjoy a more worry-free living experience.

Feb 25: Understanding your Homeowners Insurance Policy- Coverage, Costs, and Claims

As part of our Empowered Homeowner Series, learn how to confidently handle the insurance claims process from start to finish. This workshop will equip you with the knowledge to understand your homeowners policy terms as they apply when unexpected events occur, navigate the complexities of filing a claim, and effectively work with contractors and insurance adjusters. Leave this workshop with practical tools and a sample claims process flowchart to guide you through the often overwhelming process of repairing your home. Instructor: Sarah Baso

Intro to Senior Housing

Aging often involves transitioning to different housing. The process involves coordinating financial and physical health considerations and frequently downsizing a home. We review these aspects so you can plan. Housing discussed- buying & renting-subsidized and elderly waivers, market-rate apartments, 55+, CCRC, independent/assisted living age in place, memory care, cooperatives, condo/ townhouses. Explore alternatives to just single-family living. Come with your questions to decide what will work best for you and what are your next steps? Instructor: John Mazzara

Wed, Feb 12

6:00-8:00 pm

7720-W25

\$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. Instructor: John Mazzara

Wed, Mar 5

6:00-8:00 pm

7715-W25

\$12, Free for SSP Sr Center members

So You're Thinking About Leaving Minnesota, An Attorneys Perspective

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



Tues, Mar 11

6:30-7:30 pm

7819-W25

\$12, Free for SSP Sr Center members

10 Secrets & Tips for Successfully Buying or Selling a Home or Investment Property

Learn how to be more successful when acquiring or selling real estate by understanding the purchase agreement, strategies for accepting your offer in multiple offers, and different ways to cover closing costs and mortgage insurance. We explore Twin Cities housing market data, an overview of loan programs - including a loan for escrowing improvements, appraisal issues affecting a home sale, and small things to improve your chances of selling your property. Making updates such as paint, carpet, light fixtures, and decluttering. An opportunity for a no-obligation price evaluation of your home by the instructor is included with class tuition. Instructor: John Mazzara

Wed, Mar 26

6:00-8:00 pm

7712-W25

\$12, Free for SSP Sr Center members

Why You Can't Always Trust Your Trust

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

Wed, Apr 23

6:30-7:30 pm

7777-W25

\$12, Free for SSP Sr Center members

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.

High School Equivalency Degree (HSE)

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 HSE 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.

High School Equivalency Degree (HSE) 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 HSE 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.

Family Learning in Partnership with ECFE

Family Learning is an educational program for parents and their children 2 1/2 to 5 years old. Family learning includes:

- **Adult 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 1/2 to 5 years old:** explore and participate in readiness activities, stories, songs, snack time and large muscle games and activities
- **Sibling care** is available on a limited basis

For more information call: 651-457-9418



YOUTH ENRICHMENT

ACT PREP AND DRIVER'S ED

ACT Prep 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.

IN-PERSON

Thurs, Feb 13-Mar 6
6:00-9:00 pm
4301-W25#417
\$180, SSP High School

VIRTUAL

Sat, Jan 25-Feb 22
9:00 am-12:00 pm
4301-W25#929
\$180, Virtual

Sat, Mar 8-29
9:00 am-12:00 pm
4301-W25#930
\$180, Virtual

Sat, Apr 26-May 17
9:00 am-12:00 pm
4301-W25#931
\$180, Virtual

Driver's 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/>.

IN-PERSON

Mon-Thur, Feb 18-Mar 6 **Mon-Thurs, April 14-29**
2:45-5:45 pm 2:45-5:45 pm
4300-W25A 4300-W25B

VIRTUAL DRIVER'S ED

Mon-Thurs, Jan 6-22 4:00-7:00 pm 4300-W25OLA	Mon-Thurs, Jan 27-Feb 11 4:00-7:00 pm 4300-F24OLB	Mon-Thurs, Feb 18-Mar 6 4:00-7:00 pm 4300-F24OLC
Mon-Thurs, Mar 10-25 4:00-7:00 pm 4300-F24OLD	Mon-Thurs, Mar 26-Apr 10 4:00-7:00 pm 4300-F24OLE	Mon-Thurs, Apr 14-29 4:00-7:00 pm 4300-F24OLF

Mon-Thurs, Apr 30-May 15
4:00-7:00 pm
4300-W25OLG

YOUTH ENRICHMENT

HEALTH AND SAFETY

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 program includes a student workbook and hands-on activities. 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.

Fri, Jan 3
9:00-11:30 am
4205-W25A
\$45

Sat, Mar 8
9:00-11:30 am
4205-W25B
\$45

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.

Sat, Feb 8
8:00 am-11:30 am
4202-W25A
\$80

Fri, Apr 25
8:00 am-11:30 am
4202-W25B
\$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.

Sat, Feb 8
12:00-2:30 pm
4204-W25A
\$50

Fri, Apr 25
12:00-2:30 pm
4204-W25B
\$50



YOUTH ENRICHMENT

CREATIVITY, IMAGINE, AND DESIGN

Art & Imagination Fabric Constructions

We will use our imagination to create a variety of fabric constructions. There will be four stations every Saturday to create four fabric constructions in one month. Demonstrations and instructions will be given to start each project. Instructor: Jane Spaulding, M.A.

SATURDAY, JAN 4: Unweaving and reweaving with burlap

Grades 4-6
9:00-11:00 am
4440-W25 4/6G1
\$35

Grades 1-3
12:00-2:00 pm
4440-W25 1/3G1
\$35

SATURDAY, JAN 11: Weaving a small bag on a cardboard loom

Grades 4-6
9:00-11:00 am
4440-W25 4/6G2
\$35

Grades 1-3
12:00-2:00 pm
4440-W25 1/3G2
\$35

SATURDAY, JAN 18: Stitchery on burlap and attaching a button or more

Grades 4-6
9:00-11:00 am
4440-W25 4/6G3
\$35

Grades 1-3
12:00-2:00 pm
4440-W25 1/3G3
\$35

SATURDAY, JAN 25: Tie-dye and/or wax resist

Grades 4-6
9:00-11:00 am
4440-W25 4/6G4
\$35

Grades 1-3
12:00-2:00 pm
4440-W25 1/3G4
\$35

Piano Level 1 & 2 (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, Mar 3-Apr 28 (no class Mar 24)
7:50-8:50 am
4500-W25A
\$105, Kaposia Education Center

Tues, Mar 4-Apr 29 (no class Mar 25)
7:10-8:10 am
4500-W25B
\$105, Lincoln Center

Virtual Reality Coding (Grades 3-6)

Design, develop, and create 3D Virtual Reality environments and characters to make your own 3D games and other virtual reality projects with CoSpaces. CoSpaces is an incredibly fun and stimulating way to learn STEM! VR programs can be viewed on most mobile phones, and VR Systems like oculus or google cardboard. You only need a laptop/computer to get started. Instructor: Tech Academy

Additional Technical Requirement:

- CoSpaces Edu (login information provided during class)
- PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones
- To view VR, you must have phone-compatible VR glasses. But worlds can be viewed on normal PC/Phones/Tablets in 3D



Sat, Apr 5 and 12
10:30 am-12:30 pm
4486-W25
\$75

Code Championship Tournament Series | Virtual Computer Coding Competition (Grades 3-9)

Build a computer bot to compete against other coders! Whether you're new or experienced, this is the perfect way to explore competitive coding. No previous coding experience is necessary. The Code Championship Series is four online tournaments hosted on Google Meet. If you have a modern browser, no download is required. Players must be able to navigate the internet. The Google Meet link will be emailed two days before the tournament.



Sat, Apr 19-May 10
9:00-11:00 am
4487-W25
\$75

YOUTH ENRICHMENT

NINJA WARRIOR

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

Parent Child Ninja Class

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active come check this class out! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

Sat, Jan 4-Feb 22
9:00-10:00 am
7949-W25A
\$275, second child \$100

Sat, Mar 1-Apr 19
9:00-10:00 am
7949-W25B
\$205, second child \$75

Parent's Day Out

No school - no problem! Drop off your kids at Conquer Ninja for 2 hours of fun and activities. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! During this 2-hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action needed to keep your ninja engaged and active!

Mon, Jan 20
9:00-11:00 am
7950-W25A
\$40

Mon, Feb 17
9:00-11:00 am
7950-W25B
\$40



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.

WINTER SESSIONS

Wed, Jan 8-Feb 26
4:00-5:00 pm
4994-W25A
\$190

Wed, Jan 8-Feb 26
5:00-6:00 pm
4994-W25B
\$190

Wed, Jan 8-Feb 26
6:30-7:30 pm
4994-W25C
\$190

SPRING SESSIONS

Wed, Mar 5-Apr 23
4:00-5:00 pm
4994-W25D
\$190

Wed, Mar 5-Apr 23
5:00-6:00 pm
4994-W25E
\$190

Wed, Mar 5-Apr 23
6:30-7:30 pm
4994-W25F
\$190

Conquer Ninja Rec Team (6-13 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).

WINTER SESSIONS

Fri, Jan 10-Feb 28
4:00-5:00 pm
4995-W25A 6-9YO
\$199, 6-9 years old

Fri, Jan 10-Feb 28
5:15-6:15 pm
4995-W25A 6-9YO
\$199, 6-9 years old

Fri, Jan 10-Feb 28
6:30-7:30 pm
4995-W25C 8-13YO
\$199, 8-13 years old

Sun, Jan 5-Feb 23
9:00-10:00 am
4995-W25D 6-13YO
\$199, 6-13 years old

SPRING SESSIONS

Fri, Mar 7-Apr 25
4:00-5:00 pm
4995-W25E 6-9YO
\$199, 6-9 years old

Sun, Mar 2-Apr 20
9:00-10:00 am
4995-W25F 6-13YO
\$199, 6-13 years old



YOUTH ENRICHMENT

SPORTS AND RECREATION

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. Takes place at Kaposia Education Center, 1225 1st Ave S, SSP.

GRADES K-5

Tues, Jan 14-Feb 4
3:45-4:45 pm
 4906-W25-Grades K-5
 \$80

AGES 3-6

Tues, Jan 14-Feb 4
5:00-5:45 pm
 4906-W25 3-6 Y/O
 \$75

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. Takes place at Kaposia Education Center, 1225 1st Ave S, SSP.

GRADES K-5

Tues, Feb 25-April 1
3:45-4:45 pm
 4904-W25 Grades K-5
 \$80

AGES 2-3

Tues, Feb 25-April 1
4:55-5:25 pm
 4904-W25 4-6 Y/O
 \$70

AGES 4-6

Tues, Feb 25-April 1
5:30-6:00 pm
 4904-W25 2-3 Y/O
 \$75

Soccer Camp

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction 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 and shin guards are optional). Balls are provided.

KAPOSIA EDUCATION CENTER: 1225 1st Ave S, SSP

GRADES K-5

Mon, April 7-28
3:45-4:45 pm
 4900-W25 Grades K-5
 \$80

AGES 2-3

Mon, April 7-28
4:55-5:25 pm
 4900-W25 2-3 Y/O
 \$70

AGES 4-6

Mon, April 7-28
5:30-6:00 pm
 4900-W25 4-6 Y/O
 \$75

LINCOLN CENTER: 357 9th Ave N, SSP

GRADES K-5

Wed, April 9-30
3:00-4:00 pm
 4900-W25 LC Grades K-5
 \$80

Baseball/T-Ball Camp

DASH Sports summer T-ball/Baseball camps provide players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and baserunning 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, snack, and a baseball glove (spikes and bats are optional). Baseballs and bats are provided. Takes place at Kaposia Education Center, 1225 1st Ave S, SSP.

GRADES K-5

Tues, Apr 8-29
3:45-4:45 pm
 4907-W25-Grades K-5
 \$80

AGES 2-3

Tues, Apr 8-29
5:00-5:30 pm
 4907-W25- 2-3 Year Olds
 \$70

AGES 4-6

Tues, Apr 8-29
5:45-6:30 pm
 4907-W25 4-5 Year Olds
 \$75

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. Takes place at Kaposia Education Center, 1225 1st Ave S, SSP.

GRADES K-5

Mon, May 5-June 2
3:45-4:45 pm
 4902-W25-Grades K-5
 \$80

AGES 3-5

Mon, May 5-June 2
5:00-5:45 pm
 4902-W25 3-5 Y/O
 \$75

Track & Field Camp

DASH Sports Summer Track & Field camps provide participants with practice in several areas including: Sprinting, throwing, relay running, jumping and distance running. Emphasis is on technique and proper form. Camp consists of many different types of physical activities, drills, and games, all tailored specifically to enhance overall track and field performance. Campers should bring a water bottle, snack, and wear athletic shoes.

KAPOSIA EDUCATION CENTER: 1225 1st Ave S, SSP

GRADES K-5

Tues, May 6-27
3:45-4:45 pm
 4908-W25-Grades K-5
 \$80

AGES 3-5

Tues, May 6-27
5:00-5:45 pm
 4908-W25-3-5 Year old
 \$75

LINCOLN CENTER: 357 9th Ave N, SSP

GRADES K-5

Wed, May 7-28
3:00-4:00 pm
 4908-W25 LC K-5
 \$80





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.

Sat, Jan 11-Mar 15 (No class Feb 15)
8:00-8:30 am
 4000-W25A
 \$78

Sat, Jan 11-Mar 15 (No class Feb 15)
8:35-9:05 am
 4000-W25B
 \$78

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.

Sat, Jan 11-Mar 15 (No class Feb 15)
8:30-9:15 am
 4001-W25A
 \$92

Sat, Jan 11-Mar 15 (No class Feb 15)
9:15-10:00 am
 4001-W25B
 \$92

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.

Wed, Jan 8-Mar 12
5:15-6:15 pm
 4013-W25A
 \$102

Sat, Jan 11-Mar 15 (No class Feb 15)
9:30-10:30 am
 4013-W25B
 \$92

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.

Mon, Jan 6-Mar 10 (No class Jan 20, Feb 17)
5:15-6:15 pm
 4014-W25A
 \$82

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.

Tues, Jan 7-Mar 11 (No class Feb 4)
6:30-7:20 pm
 4002-W25A
 \$92

Sat, Jan 11-Mar 15 (No class Feb 15)
10:00-11:00 am
 4002-W25B
 \$92

Sat, Jan 11-Mar 15 (No class Feb 15)
11:00 am-12:00 pm
 4002-W25C
 \$92

Sat, Jan 11-Mar 15 (No class Feb 15)
1:00-2:00 pm
 4002-W25D
 \$92

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, Jan 7-Mar 11 (No class Feb 4)
5:30-6:30 pm
 4009-W25A
 \$92

Sat, Jan 11-Mar 15 (No class Feb 15)
12:00-1:00 pm
 4009-W25B
 \$92

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.

Sat, Jan 11-Mar 15 (No class Feb 15)
12:00-1:00 pm
 4003-W25A
 \$92

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, Jan 7-Mar 11 (No class Feb 4)
7:00-8:15 pm
 4004-W25A
 \$92

Sat, Jan 11-Mar 15 (No class Feb 15)
1:00-2:15 pm
 4004-W25B
 \$92

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.

Fri, Jan 10
5:00-6:30 pm
 4005-W25A
 \$15/child

Fri, Jan 17
5:00-6:30 pm
 4005-W25B
 \$15/child

Fri, Jan 24
5:00-6:30 pm
 4005-W25C
 \$15/child

Fri, Feb 14
5:00-6:30 pm
 4005-W25D
 \$15/child

Fri, Feb 21
5:00-6:30 pm
 4005-W25E
 \$15/child

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**



YOUTH ENRICHMENT

AQUATICS

Parent/Tot and Preschool 1 with Parent (6 mo-3 yrs)

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

Every other Saturday, Jan 18-May 8
(No class Jan 11, 25, Feb 8, 22, Mar 22, 29, Apr 12, 26)
9:30-10:15 am
 4600-W25B
 \$75

Preschool Lessons 1-3 (Ages 3-5 yrs)

In levels 1-3 swimmers will continue to challenge and increase skills. Parents do not accompany their child in the water.

Every other Saturday, Jan 18-May 3
(No class Jan 25, Feb 8, 22, Mar 8, 22, 29, Apr 12, 26)
9:30-10:00 am
 4601-W25A
 \$85

Learn-to-Swim Lessons: Level 1

Introduction to Aquatics Skills (Ages 5+). Introduces floating, kicking, gliding arm & leg action & breath control. Focus on becoming safe & comfortable in water & work on beginner skills.

<p>Tue, Jan 7-Feb 25 6:15-7:00 pm 4608-W25A \$125</p>	<p>Every other Saturday, Jan 18-May 3 <i>(No class Jan 25, Feb 8, 22, Mar 8, 22, 29, Apr 12)</i> 11:10-11:55 am 4608-W25B \$125</p>
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<p>Tues/Thurs, Mar 4-Apr 3 <i>(No class Mar 25, 27)</i> 6:15-7:00 pm 4608-W25C \$125</p>	<p>Tues/Thurs, Apr 8-May 1 6:15-7:00 pm 4608-W25D \$125</p>
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Learn-to-Swim Lessons: Level 2 (Ages 5+)

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

<p>Tues, Jan 7-Feb 25 6:15-7:00 pm 4607-W25A \$125</p>	<p>Tues, Jan 7-Feb 25 7:05-7:50 pm 4607-W25A2 \$125</p>
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Every other Saturday, Jan 18-May 3
(No class Jan 25, Feb 8, 22, Mar 22, 29, Apr 12, 26)
10:00-10:55 am
 4607-W25B
 \$125

Tues/Thurs, Mar 4-Apr 3
(No class Mar 25, 27)
6:15-7:00 pm
 4607-W25C
 \$125

Tues/Thurs, Mar 4-Apr 3
(No class Mar 25, 27)
7:05-7:50 pm
 4607-W25C2
 \$125

Tues/Thurs, Apr 8-May 1
6:15-7:00 pm
 4607-W25D
 \$125

Tues/Thurs, Apr 8-May 1
7:05-7:50 pm
 4607-W25D2
 \$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, Jan 7-Feb 25
7:05-7:50 pm
 4604-W25A
 \$125

Every other Saturday, Jan 18-May 3
(No class Jan 25, Feb 8, 22, Mar 8, 22, 29, Apr 12, 26)
11:05-11:50 am
 4604-W25B
 \$125

Tues/Thurs, Mar 4-Apr 3
(No class Mar 25, 27)
7:05-7:50 pm
 4604-W25C
 \$125

Tues/Thurs, Apr 8-May 1
7:05-7:50 pm
 4604-W25D
 \$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.

Tues, Jan 7-Feb 25
7:05-7:50 pm
 4610-W25A
 \$125

Every other Saturday, Jan 18-May 3
(No class Jan 25, Feb 8, 22, Mar 8, 22, 29, Apr 12, 26)
11:10-11:55 am
 4610-W25B
 \$125

Tues/Thurs, Mar 4-Apr 3
(No class Mar 25, 27)
7:05-7:50 pm
 4610-W25C
 \$125

Tues/Thurs, Apr 8-May 1
7:05-7:50 pm
 4610-W25D
 \$125





SSP KINDERGARTEN

WELCOME TO THE PACK!

Kindergarten is special time in a student's life. It's the foundational stage in their educational journey and helps develop a lifelong love of learning. At SSP, our little Packers build essential skills in language, math, social interaction, and emotional resilience, all within a safe and supportive environment. South St. Paul Public Schools prioritizes small class sizes, offers a curriculum tailored to meet the unique needs of our youngest learners, and employs highly trained teachers dedicated to growing each child's potential. By emphasizing hands-on learning, creativity, and social development, we help our kindergarten students not only reach academic milestones but also nurture curiosity, kindness, and confidence.

Kindergarten Kickoff Night!

Tour the school, meet the teachers and staff, get SSP Packer swag, and register onsite! Not sure what school you should attend? Visit our interactive map to view elementary school boundaries.

Lincoln Center
 (357 9th Ave N, SSP)
 Tuesday, January 28, 2025
 6:00 pm

Kaposia Education Center
 (1225 1st Ave S, SSP)
 Wednesday, January 29, 2025
 6:00 pm

Unable to make it to Kindergarten Kickoff Night? That's ok! **You can enroll your student online anytime** and visit the school at our open house in the spring. You can also contact the school secretary to set up a private tour with the building's administration team.

Spring Open House Dates

Lincoln Center
 Wednesday, April 16, 2025
 6:00 pm

Kaposia Education Center
 Tuesday, April 15, 2025
 6:00 pm

Kindergarten Enrollment Steps:

- If you haven't, complete your child's Early Childhood Screening (pg 26)
- Set a reminder to enroll online on January 28, 2025
- Mark your calendars for your school's Kindergarten Kickoff Event (above)
- Have enrollment paperwork ready (details at www.sspps.org/enroll):
 - Immunization Record
 - Age Verification
 - Proof of Residency

Learn more about kindergarten in SSP. Hear from our school's principals, students, and take a peek inside a kindergarten classroom at: <https://www.sspps.org/enroll/kindergarten>



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 Whiteaker-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
- Family Learning/ABE

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 DAY 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 12 months of life are an adventure in development and new experiences for both you and your baby. Join us to explore parenting topics around infant development, meet other new parents, sing songs and play.

Mon, Feb 10 - June 9 *(No class Feb 17, Mar 24, May 26)*
9:00-10:00 am

Ages birth - 12 months
 8000 - W25
Sibling Care Available

Tiny Tots *(non-separating)*

Your baby is now a busy young toddler! Enjoy playing with your little one in a safe environment designed for exploration and play. Meet other parents going through similar stages and explore topics around development throughout years 1-2.

Mon, Feb. 10 - June 9 *(No class Feb 17, Mar 24, May 26)*
10:15-11:15 am

Ages 12 - 24 months
 8002 - W25
Sibling Care Available

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, Feb 4-June 10 *(No class Mar 25)*
9:00 - 11:00 am

Ages 18 months - Kindergarten enrollment
 8245 - W25
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.

Tues/Thurs, Feb 4-June 12 *(No class Mar 25, Mar 27, May 22)*
12:00 - 2:30 pm

Ages 2.5 - Kindergarten enrollment
 8014 - 25W
Sibling Care Available

Young Toddlers *(separating)*

Young toddlers are full of energy and curiosity! Join us in activities designed for self-discovery, developing confidence in talking, self-help skills and a variety of sensory experiences. Parent topics include developmental milestones and needs of the group.

Wed, Feb 5 - June 11 *(No class Mar 26)*
9:00 - 11:00 am

Ages 18 - 30 months
 8003 - W25
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, Feb 5 - June 11 *(No class Mar 26)*
12:00-2:00 pm

Ages 18 months - Kindergarten enrollment
 8006 - W25
Sibling Care Available

Terrific Twos and Threes *(separating)*

Children learn through hands-on and movement activities especially in this curious, busy and 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, Feb 6 - June 12 *(No class Mar 27, May 22)*
9:00 - 11:00 am

Ages 2 - 3 years
 8005 - W25

Morning Drop-In Play *(non-separating)*

Come anytime during the first hour, leave when you need to. Our licensed teachers are available to share parenting tips, information on child development, community resources and answer questions on emotional and social skills. Children must have immunization records on file. If you do not, please bring your child(ren)'s records to the first Drop-In Play.

Fri, Feb 7 - June 6 *(No drop-in play Mar 21, 28, Apr 25, May 23)*
9:00 - 11:00 am

\$5/family

\$25 Drop-In-Play punch cards available at the Early Learning Office
 Pay for 5 Drop-In Play Sessions, get the 6th FREE!

NEW TO ECFE? Typical Daytime Class Schedule

- 9:00-9:25 am:** Settling In/Parent-Child Play
- 9:25-9:40 am:** Circle Time (Welcome song, Weather Song, Parachute, Theme, Book)
- 9:40-9:50 am:** Activity
- 9:50-9:55 am:** Transition to parent room/parent-child goodbye circle
- 9:55-10:55 am:** Parent Education Time
- 10:55-11:00 am:** Closing songs and goodbyes





EARLY LEARNING

ECFE EVENING CLASSES

Parenting Alone? *(non-separating)*

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

Mon, Feb 10 - June 9 (No class Feb 17, Mar 24, May 26)
5:30-7:00 pm

Ages 18 months - Kindergarten enrollment
 8014 - W25

If sibling care is needed, contact early learning office 651-457-9418

Sensory Fun *(non-separating)*

Join our early learning staff for fun sensory activities with your child.

Tues, Feb 4-June 10 (No class Mar 25)
5:30-7:00 pm

Ages 18 months - Kindergarten enrollment
 8001 - W25

Music and Movement *(non-separating)*

Children love to move! Come and learn ways you can move and have fun together. It's a great way to develop self-esteem. Dress to move!

Thurs, Feb 6-June 12 (No class Mar 27, May 22)
5:30-7:00 pm

Ages 18 months - Kindergarten enrollment
 8009 - W25

Drop-In Play *(non-separating)*

Come anytime during the first hour, leave when you need to. Our licensed teachers are available to share parenting tips, information on child development, community resources and answer questions on emotional and social skills. Children must have immunization records on file. If you do not, please bring your child(ren)'s records to the first Drop-In Play.

Wed, Feb 5 - June 11 (No drop-in play Mar 26)
9:00 - 11:00 am

\$5/family

\$25 Drop-In-Play punch cards available at the Early Learning Office
 Pay for 5 Drop-In Play Sessions, get the 6th FREE!

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, Febrero 10 - Junio 9 (No class febrero 17, marzo 24, mayo 26)
 12:00 pm - 2:00 pm
 8016 - W25

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





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. 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.

REGISTRATION

Online registration is available at <https://tridistrict.ce.eleyo.com> (or scan the QR code). You can also fill out the backside of this page and return the fill out form to 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 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 15-18 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

ECFE REGISTRATION FORM

Parent/Guardian (Legal Name) nombre del padre/tutor			
Child Attending Nombre del niño	Birthdate Fecha de Nacimiento	Gender Género	Class/Event Clase o evento
Child Attending	Birthdate	Gender	Class/Event
Sibling Care Child Cuidado de hermanos	Birthdate	Gender	Class/Event
Do any children require B-3 Services? Servicios de Nacimiento a Tres			
Any child allergies, health or physical concerns we should be aware of: <i>Alguna alergia, problema físico o de salud que deberíamos saber:</i>			
Address Calle y número (incluya el número del apartamento)			
City/State/Zip Ciudad/Estado/código postal			
Home Phone Teléfono (Casa)		Work/Cell Phone (Cel)	
Email			
Ethnic information is used for reporting ethnic composition for administrative and Office of Civil Rights purposes. It will be treated in accordance with the Federal Data Privacy Act of 1974 and State of Minnesota Privacy Law. Is the student Hispanic/Latino? _____ Regardless of your answer above, please continue to answer by circling one or more to indicate this student's race: American Indian/Alaska Native, Asian, Black/African American, Native Hawaiian/Other Pacific Islander, White. Origen Étnico Esta información se usa para reportar la composición étnica para propósitos administrativos y para la Oficina de Derechos Cívicos. Será tratada de acuerdo a la Ley Federal Data Privacy de 1974 y de la Ley de Privacidad del Estado de Minnesota. Es estudiante Hispano/Latino? _____ Independientemente de su respuesta anterior, por favor continúe checando lo siguiente para indicar la raza del estudiante: Indo Americano/Nativo Alaska, Asiático, Negro/Africano Americano, Hawaiano/Islas Pacífico, Blanco.			
PAYMENT (PAGO)			
Class Fee Clase Cuota		Sibling Care Fee Cuidado de hermanos Cuota	
Fee assistance request: I am able to pay: <i>Solicitud de beca. Yo puedo pagar:</i>			
Visa/MC/Discover # Número de Tarjeta de crédito		Exp. Date <i>Fecha de caducidad</i>	
Cardholder Signature Firma			
Circle for Cash <i>Efectivo</i>		Check # _____ or money order (Payable to Special School District 6) <i>Cheque o giro postal adjunto, a nombre de: Special School District 6</i>	

ECFE OFFICE USE: ELEYO _____ IMMUNIZATIONS _____



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 BY CALLING 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

2025-26 SCHOOL YEAR INFORMATION

South St. Paul offers excellent preschool programs for children ages 3 years to kindergarten enrollment. **Enrollment begins January 28, 2025.**

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, 2025 can attend SSP Preschool for **FREE**. This includes both all-day and half-day options for school year at both Lincoln and Kaposia. South St. Paul residents are given registration priority.

3-Year-Old Preschool

Monday, Wednesday, Friday- \$200/month*

For children who will be three years old by September 1, 2025
Monday, Wednesday, Friday half days, \$50 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 - \$200/mes*

Para niños que cumplirán tres años antes del 1 de septiembre de 2025
Lunes, Miércoles, Viernes medio día, Hay una cuota de inscripción de \$50

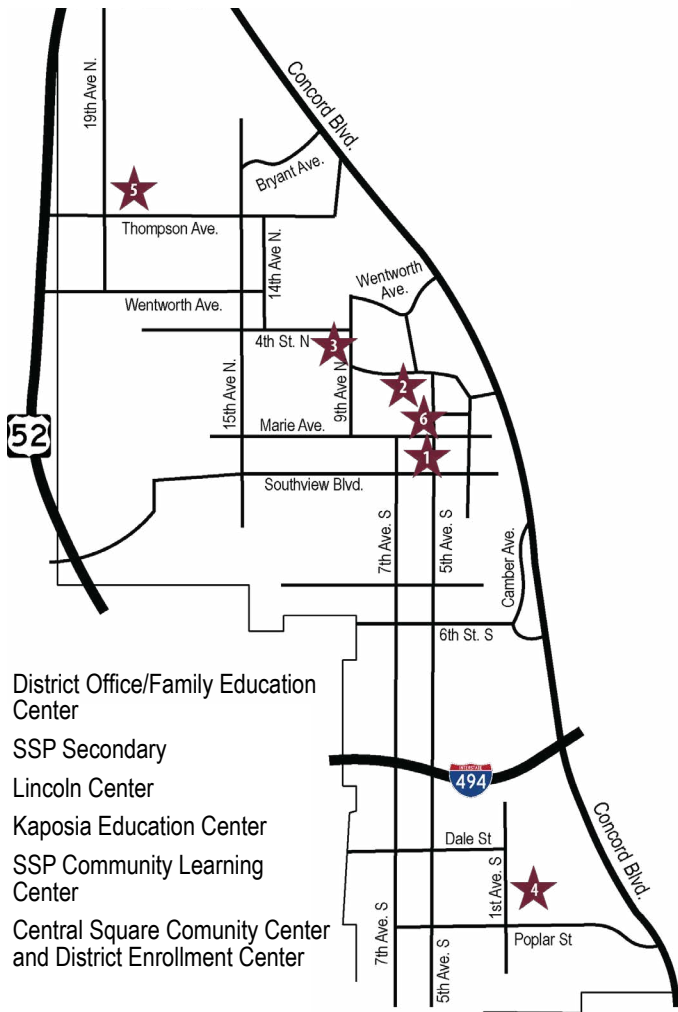
**Class offerings and fees are subject to change*

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.



ECRWSS
Current SSP Resident

SOUTH ST. PAUL PUBLIC SCHOOLS COMMUNITY EDUCATION AND EARLY LEARNING



South St. Paul Public Schools KINDERGARTEN KICKOFF NIGHT!

Tour the school, meet the teachers and staff, get SSP Packer swag, and register onsite! Not sure what school you should attend? Visit our interactive map to view elementary school boundaries.

Lincoln Center
(357 9th Ave N, SSP)
Tuesday, January 28, 2025
6:00 pm

Kaposia Education Center
(1225 1st Ave S, SSP)
Wednesday, January 29, 2025
6:00 pm

Unable to make it to Kindergarten Kickoff Night? That's ok! **You can enroll your student online anytime** and visit the school at our open house in the spring. You can also contact the school secretary to set up a private tour with the building's administration team.

Spring Open House Dates

Kaposia Education Center
Tuesday, April 15, 2025
6:00 pm

Lincoln Center
Wednesday, April 16, 2025
6:00 pm

More information on Kindergarten enrollment on pg 21