

COMMUNITY EDUCATION



CENTENNIAL

SCHOOL DISTRICT 12

CONNECTING. ACHIEVING. PREPARING.

**WINTER
ACTIVITY GUIDE**

January-May 2025

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

Welcome to Community Education

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



Welcome to winter in Community Ed where we encourage, support and provide you with opportunities to beat winter boredom and create winter excitement! With over 180 offerings for youth and adults, it's anything but "boring" here in Community Ed!

- ◆ **Winter Walking is back!** Walkers are invited to walk the halls of Centennial High School's West Building on select Tuesdays and Thursdays.
- ◆ **Adult Gymnastics!** This popular new class encourages all people to discover the joy and excitement of gymnastics and improving fitness.
- ◆ **Forest Bathing-**Give your mind and body a stress reliever by learning to wander and wonder in nature.
- ◆ **How to be an Airbnb Owner** Have you stayed at an Airbnb and often wondered if owning a vacation property is right for you? Here's an opportunity to learn and find out!
- ◆ **Floor is Lava!** You must use your mind, body and muscles to stay safe in this imaginative game designed to pair fitness and fun for kids.
- ◆ **Winterfest Family Puzzle Challenge** Let's keep the fun of puzzles and pizza going in the winter!
- ◆ **Line Dance Mix-Up!** Spice up the dance floor with different "eras" or trends in line dances, including Taylor Swift's "Shake it Off," the Hustle and more!
- ◆ **Indoor Tennis** We have several sessions available indoors to develop skills even in the winter!

Please join us in an activity this winter/spring. Just bring yourself and we'll provide the learning, excitement and the "anything-but-boring!"

Cori Sendle
Director, Community Education

The Summer Activity Guide

opens for registration March 24 at 8 am

Watch for offerings for youth & adults for summer including

- ◆ More Than Pink and many sports and recreational camps
- ◆ Fine arts, music and creative classes
- ◆ STEM and academics
- ◆ Driver Education
- ◆ Music in the Park Concert series
- ◆ Financial and educational classes
- ◆ Special events and much more!



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

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Winter & Spring Activities

Open for registration December 4 at 8 am

Free Senior Theater Previews

Matilda Jr & The Addams Family

April 2, 3:30 pm, Centennial Middle School Auditorium, Matilda Jr
April 30, 4 pm, Centennial High School Performing Arts Center

Winter Walking-HS/West

Walkers are invited to walk the halls of Centennial High School's west building 6-8 pm, Tuesdays and Thursdays, Jan-March

Travel with Community Ed!

**We have two exciting trips planned,
Branson in the spring and Nashville next fall!**

See page 22-23 for more details!



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

Highlights include:

The iconic Gateway Arch in St. Louis

The Grand Ole Opry

Country Music Hall of Fame

Andrew Jackson Hermitage

Ryman Auditorium

River Showboat

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

More details on page 22

Community Education Offices

The CE main office & Conference Room

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

Office Hours Mon-Fri: 8 am-4 pm,
closed non-school days and holidays
Will close at 11 am on Dec 19

Adult English Second Language - ESL

4707 North Road, Circle Pines/Door S14

Early Childhood Center - ECC

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

Facilities

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

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

Elementaries

BH—Blue Heron Elementary

405 Elm St, Lino Lakes
After hours Door B5

CT—Centennial Elementary

4657 North Rd, Circle Pines/Door S20

CV—Centerville Elementary

1721 Westview Rd, Centerville/Door A

GL—Golden Lake Elementary

1 School Rd, Circle Pines/Door A or B

RL—Rice Lake Elementary

575 Birch St, Lino Lakes

After hours Door B

Follow exterior signs for gym

Middle & High Schools

CMS—Centennial Middle School

399 Elm St, Lino Lakes

After hours Door A12

CHS/West—Centennial High School/West

4757 North Rd, Circle Pines/Door S8/Main
Athletic Entrance Door N40

CHS/East—Centennial High School/East

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

PAC—Performing Arts Center

Community Ed Programs & Staff

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

Directory

Adult/Youth Enrichment

Sharon Sculley, Coordinator
763.792.6106 ssculley@isd12.org

Aquatics & MS Sports

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

Driver Education

Sharon Sculley, Coordinator
763.792.6106 ssculley@isd12.org

ECFE & Centennial Preschool

Sara Ison, Coordinator
763.792.6122 sison@isd12.org

Lynn Dierks

Early Childhood Specialist
763.792.6133 ldierks@isd12.org

Deb Klausing

Early Childhood Admin Assist
763.792.6120 dklausing@isd12.org

Kelly Marquard

Early Childhood Specialist
763.792.6111 kmarquard@isd12.org

ESL - English as a Second Language

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

Facilities

Anne Thomas, Coordinator
763.792.6104 amthomas@isd12.org

Kids Club

School Age Child Care

Molly Nelson, Coordinator
763.792.6110 mnelson@isd12.org

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

Dawn Turnblad

Registration/Billing Admin Assistant
763.792.6193 kidsclub@isd12.org



Community Education Main Office 763.792.6100

Cori Sendle, Director 763.792.6101 csendle@isd12.org

Jennifer Sand, Lead Admin Assistant 763.792.6102 jsand@isd12.org

Erin Berg, Admin Assistant 763.792.6108 eberg@isd12.org

Joy Orcutt, Marketing & Enrichment Coordinator 763.792.6105 jorcutt@isd12.org

Community Education Drop Box

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

Am I registered?

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

Advisory Council Members

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

Registration Policies

Five business day notice required for cancellations. Cancellation fee of \$10. No refunds for missed classes. Scholarships available for Centennial School District residents (restrictions may apply) [For full policy and registration info see page 54.](#)

Offsite Locations

Blainbrook Bowl, 12000 Central Ave NE, Blaine
Cinema Grill, 2749 Winnetka Ave N, New Hope
Dunn Bros, 529 2nd St, Suite 200, Hudson, WI
Francis Kaas Shop, 7155 160th Lane NW, Ramsey
Hardwood Creek Farm, 2306 80th St E, Hugo
Hidden Ponds Park, 11465 Polk St NE, Blaine
Jim Peterson Athletic Complex, 12302 Cloud Dr NE, Blaine
Mathnasium, 4335 Pheasant Ridge Dr NE #228, Blaine
Minnehaha Falls, 4801 S Minnehaha Dr, Minneapolis
Nena's Atelier, 434 Hale Ave N, Suite 120, Oakdale
Wargo Nature Center, 7701 Main St, Lino Lakes
William O'Brien State Park, 16821 O'Brien Trail N, Marine on St. Croix





Family Activities



Little Nature Adventures! Age 2-5 with Adult

Let's get outside and watch the seasons change. Bring your preschooler and join Naturalist, Jon, at Wargo Nature Center, for a story and a hike. Adults and children will explore with our senses and see what we can find. Come dressed for the weather as these classes will be primarily outside.

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

#1056-A	Jan 13	Sounds of Winter
#1056-B	Feb 10	Mittens
#1056-C	Mar 17	Maple Time!
#1056-D	Apr 14	Springtime Sprouts
#1056-E	May 12	What's in the Water?

Winterfest Family Puzzle Challenge Calling all jigsaw puzzle enthusiasts!

Compete with other teams to put together a 500-piece puzzle! Team must consist of 1-2 adults and 2-3 youths 12 years of age or younger. 4-person team max.

The fee includes the puzzle (yours to keep), pizza and prizes. Register as a beginner if you have a younger/less experienced team, or advanced if you are up for the challenge!



There will be different puzzles for beginning and advanced. Hands only. No cutting devices, flashlights, phones or other aids. No interference, distractions or assistance from contestant onlookers.

Pizza served at 5:45 pm (bring your own beverage). The contest begins at 6:10 pm. Families will have until 7:30 to work on their puzzle. Feel free to bring a gently used, complete puzzle to trade.

#8590 Th Feb 13 \$50/team 5:45-7:30 pm CMS: Cafeteria

Birthday Parties

Plan your Birthday or Special Day with Us!

Up to 15 children, Age 4-12

1½ hours Sat Afternoons

Spend the first hour doing gymnastics or playing in the pool. The last half hour is reserved for refreshments you would like to provide or a gift opening. Chairs and tables provided with decorative table coverings. **All participants must have a signed waiver to participate. Party host must remain on site for duration of your party.**

Pool Parties

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

Gymnastics Parties

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

Call Community Education main line for availability 763-792-6100.

\$175 CHS/East: Lower Level



Have a special date or time to request outside those listed?

Please contact us and we'll see if we can make it work.

Adult Create



Power Tools for Women Age 18+

Long hair must be tied back and no loose clothing for safety. Bring safety goggles, a tape measure, and a pencil. Tips on staining/varnishing at home will be covered.

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

Part 1 Explore the world of power tools and woodworking in this introductory, hands-on class. Learn to safely use drills, routers, and saw.

♦ **Week 1** Learn the proper ways to use tools and important safety considerations and make a picture frame. Everyone will use all the tools.

♦ **Week 2** Complete a small bench.

Students will be allowed to leave projects to finish the second night of class. There is plenty of available parking.

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

#2354 Th Feb 6 & 13 Francis Kaas Shop
2 sessions \$49 + \$30 supply fee 6:30-8:30 pm

Part 2 Continue the learning and woodworking fun in this sequel to Power Tools 1. We will be making an end table with a bookshelf underneath. Must have taken Power Tools 1 or have permission from the instructor.

Supply fee of \$60-\$80 payable to instructor at class.

#2355 Th Feb 27 & Mar 6 Francis Kaas Shop
2 sessions \$49 + supply fee 6:30-9 pm

Vertical Grow Box

Get ready for your spring planting by making this space-saving grow box. Made from rough-sawn pine, it is perfect for flowers, vegetables or herbs. Two detachable boxes hang on the back lattice with a sturdy 12" box below.

Prerequisite: Power Tools for Women or previous woodworking class. Bring safety goggles, tape measure, pencil and a way to transport the boxes home. Supply fee of \$60-\$80 payable to instructor at class.

Francis Kaas, Master

#2393 Th Apr 3-10
2 sessions \$50 + \$60-\$80 supply fee
6:30-8:30 pm Francis Kaas Shop



Intro to TIG Welding & Design

with Greg Kraft, local artist, sculptor, carver

Beginner to Intermediate Age 18+

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

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



Welding a Steel Rose

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

#2838 Sa Feb 15 \$130 10 am-2 pm
CHS/East: Rm 140-Woodshop

Weld an Iron Fish from a Horseshoe

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

#2841 Sa Mar 22 \$130 10 am-2 pm
CHS/East: Rm 140

Create a Garden Sculpture

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

#2839 Sa Apr 12 \$130 10 am-2 pm
CHS/East: Rm 140-Woodshop



Intro to Silver Soldering: Stackable Rings Ages 16+

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

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

#2365 Sa Feb 8
\$120 9 am-noon
CHS/East: Rm 140



Soap Making

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

John Hanson, owner/maker of Longfellow Soap Company, has been making soap for 13 years and selling soap and teaching for 10

#2332 W Feb 26
\$65 6-8:30 pm
CHS/East: Rm 140

Stained Glass 101 Copper Foil Method

Explore the art of stained-glass design and building:

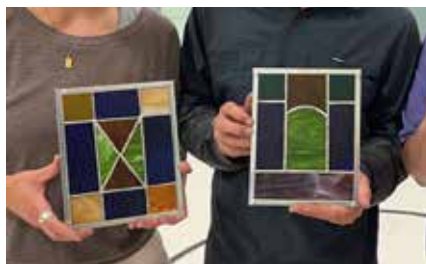
- ◆ Learn to make, cut & use patterns.
- ◆ Cut and grind glass
- ◆ Tape your glass with copper foil
- ◆ Solder your glass
- ◆ Add patina to color the solder
- ◆ Finish the edges with a zinc border
- ◆ Clean & polish the window

John will also discuss how to frame your completed window with wood. All tools and materials are provided. Please wear hard-toe shoes, and long sleeves, and bring a pair of safety glasses. No fleece or sweaters that can catch glass chips as you cut. Bring \$25 cash or check payable to instructor to first class for supply costs.

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

2 sessions \$160 + \$25 supply fee
5:30-8:30 pm CHS/East: Rm 140

#2333-A Tu/W Jan 7-8
#2333-B Tu/W Apr 22-23



DIY Epoxy Picture

Join us for a fun and creative evening making your own unique epoxy picture. No experience needed. All supplies and step-by-step instructions provided. Bring keepsakes to personalize your art (shells, jewelry, etc.). The epoxy resin we use is safe, with no VOCs or fumes. Aprons are available as it can get messy. Create a beautiful piece to treasure for years. Let your creativity shine. The epoxy will need to set up afterwards. Projects will be available in the Community Education office for pick up a day or two after class.

Tiffany Torrey

#2392 Th Feb 27
\$53 6-8 pm
CHS/East: Rm 111

Photo Painting Age 16+

Turn your favorite photo into a hand-painted art piece without having to master drawing and color theory first. Using photo decals on wood panels, we will learn to mix acrylic glazes and tint our images, creating one-of-a-kind keepsakes.

Participants will need to email two photos to the instructor. JPEG format is preferred. Photos must be received by February 24. Images and questions regarding can be sent to erin@saturn5studio.com. Everyone will have the chance to work on two pieces. Images will be formatted for either 5x5 or 5x7 panels depending on supply availability and what will best suit the images submitted.

Erin Proctor

#2385 Sa Mar 1
\$82 9 am-noon
CHS/East: Rm 140



Watercolor Paint Along NEW

Set your creativity free and explore watercolor painting. In this unique class, we will challenge ourselves to introduce fundamentals and styles through hands-on experience in watercolor painting. You will be painting on a watercolor pad 11"x15". "Everyone is an artist" so let's enroll and have some fun while we paint.

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

#2381 Tu Apr 29
\$30 5:30-7:30 pm
CHS/East: Rm 111



Water Lilies Acrylic Painting NEW

Claude Monet is best known for being the founder of impressionism and a keen observer of the movement of light. In this class, we will discuss his inspiration and painting process while we create a water lily acrylic painting on a 12"x16" stretched canvas. Enjoy live demonstrations, play with different materials, and watch your skills soar as you bring your painting to life.

Aryn Lill, The Blue Fox

#2384 F May 9
\$58 6-8:30 pm
CHS/East: Rm 111

Barn Quilt

Grab your friends and gather to create a beautiful barn quilt pattern on a 14"x14" reclaimed wood pallet. You will be guided step-by-step through in-person and written instructions. You're welcome to choose your own colors to make it your own. The barn wood locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled. At the start of class, you will choose your design. Some designs are better suited for beginners.

Designs include

1. Pinwheel (beginner friendly)
2. Flag (beginner friendly)
3. Faded Star (beginner friendly)
4. Friendship Star (beginner friendly)
5. Marigold (experience preferred)
6. Hidden Cross (experience preferred)
7. Blue Cross (experience preferred)

Aryn Lill, The Blue Fox

#2191 M May 12 \$68
6-8:30 pm CHS/East: Rm 111



1. Pinwheel



2. Flag



3. Faded Star



4. Friendship Star



5. Marigold



6. Hidden Cross



7. Blue Cross

Easy Oil Painting Using the Bob Ross Method

Age 12+

Don't think of yourself as an artist? Our Bob Ross style trained instructor will lead you through instruction to create your own work of art. This class will demonstrate how easy and fun working with oil paints can be. Bob Ross is enjoying a pop culture revival. His big hair, cheerful, calm, and encouraging personality inspired generations of people to take up painting in the 80s and 90s. All materials are provided to create a 16"x20" canvas masterpiece ready to frame for display at home. Frames will be available for purchase from the instructor in class if you are interested.

Jay Rupp, certified Bob Ross instructor in floral, wildlife and landscape

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



The Wave #2145-A Feb 15



Majestic #2145-B Mar 8



Eagle #2145-C May 3

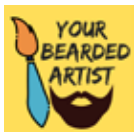


Chunky Pet Bed-Basket

Connect with your creative side and join us for our no-experience-required art class. Directed by Jeremy Ross from Your Bearded Artist, who will guide you through creating your very own soft chunky pet bed/basket. No needles or experience required. You will receive 84 yards (3 skeins) of size 7 chunky yarn (100% polyester) available in a variety of colors. Your completed pet bed will measure approximately 18" wide x 8" tall. All supplies included.

Jeremy Ross, Artist and Owner
of Your Bearded Artist

#2394 Tu Jan 14
\$65 6-8 pm
CMS: Rm E108



Hearts and Doodles Alcohol Ink Painting

Do you have a special Valentine? Make them their own custom heart using alcohol inks and doodles. You will first create the heart using various colors of alcohol ink. Don't worry, the heart does not have to be perfect, it will continue to take on its own personality when you cover it with doodles. Let your imagination go wild. There will be time to make two 5"x7" hearts on Nara art paper. Come and enjoy the fun!

Note: This class does use Isopropyl Alcohol. A supply fee of \$15 is payable to the instructor on the night of class.

Kay Anderson

#2382 Tu Feb 11 6-8 pm
\$35 + \$15 supply fee CHS/East: Rm 111

Fantasy Landscape Alcohol Ink Painting

Have you ever wanted to try your hand at abstract art that is fun and colorful? Alcohol ink is a new painting technique that just screams ABSTRACT. With so many different techniques, alcohol ink will soon become a favorite medium. To make this beautiful picture, you will put down your choice of colors to make the background. You will then use a water brush (filled with alcohol) to blend your background. Once your background is created, you will use the thin brush to create your tree and stamper for the leaves. Your instructor will guide you through each step. You will make one 4 ½"x6" or 9"x12" painting on Nara art paper in a different color scheme. Just come to have fun and enjoy yourself. The best part of using alcohol ink is if you don't like a part of your picture, you can wipe it off with ISO alcohol.

Kay Anderson

#2383 Th Apr 17
\$35 6-8 pm
CHS/East: Rm 111



Alcohol Ink Painting Workshop

Experiment with alcohol inks on Yupo paper. The non-absorbent nature of Yupo means it will not buckle, no matter how much water you put on it, and it makes colors more vibrant and brilliant than on standard papers as all the color sits on the surface. Alcohol inks are pigment-intense and vibrant, free-flowing and filled with an energy all their own. You will leave the workshop with knowledge of a new technique that you can then take home and expand your artist interest.

KidzArt

#2079 M May 5
\$56 7-9 pm
CHS/East: Rm 111





Needle Arts

Quilting Classes Led by Kathy Johnson

All classes held in RL/ECC: Rm 101

Quilter's Night Out

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

Fri \$7 6-9 pm

#2750-A Jan 3
#2750-B Mar 14
#2750-C Apr 4
#2750-D May 16

Quilter's Day In

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

Sat \$15 9 am-3 pm

#2751-A Jan 4
#2751-B Mar 15
#2751-C Apr 5
#2751-D May 17

Quilter's Night Into Day

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

#2756-A F/Sa Jan 3-4
#2756-B F/Sa Mar 14-15
#2756-C F/Sa Apr 4-5
#2756-D F/Sa May 16-17

Sunday Quilter's Day In

Need more time to work on a quilt or to start a new one? Arrive anytime between 12-6 pm. Bring a lunch if you'd like. Preregistration required.

Sun \$15 12-6 pm

#2751Su-A Jan 5
#2751Su-B Mar 16
#2751Su-C Apr 6
#2751Su-D May 18

Super Bowl Quilter's Day In

Could you care less about the Super Bowl and all the pre-game hype? Feeling alone and not sure what to do? Come join us for snacks and quilting on your own. Preregistration required. Spots are limited.

#2730-A Su Feb 9
\$15 12-6 pm

Super Bowl Quilter's Weekend Combos

Combine Quilter's Day In and Super Bowl Sunday & save money

Arrive any time on Saturday between 9 am and 3 pm. Bring a lunch.

2 sessions \$28

#2730-B Sa Feb 8 9 am-3 pm
#2730-A Su Feb 9 12-6 pm

Or spend the whole weekend

3 sessions \$34

#2730-C F Feb 7 6-9 pm
#2730-B Sa Feb 8 9 am-3 pm
#2730-A Su Feb 9 12-6 pm

Quilt Shop Hop

Central Cities

Do you love going to Gruber's in St. Cloud but don't get out that way much? Let us do the planning and driving for you on a Grubers excursion! Did you know they built their courtyard for husbands to hang out?

Next, grab lunch on your own at Davanni's in Rogers for maybe a hot hoagie or a slice of pizza.

After lunch it's on to Quilted Treasures Quilt Shop, a Rogers' destination for nearly 25 years.

The final stop for the day is in Anoka at Front Porch Quilts.

District minivans will transport you on the hop.

Meet at the Centennial District Offices. Vans will be parked near the visitor parking. Return time is approximate.

Sharon Sculley, Jennifer Sand and Kathy Johnson

#2700 Sa Feb 22
\$35 8 am-3 pm
Centennial Community Ed





Adult Cooking



Sugar Cookie Decorating Age 10+

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

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

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

#4098-A Build a Snowman Set Jan 16

#4098-B Touchdown Icing Set Feb 6

#4098-C St. Patrick's Day Set Mar 6

Truffles Age 18+

You've tried the rest. Now try the best truffles of all, and you will make them yourself. This is one of Nancy's most popular classes. She has shown thousands of participants how to make these rich, chocolaty delicacies. With just one, 3-hour class, you'll be making truffles for all those special occasions, from graduations, weddings, gifts, and more. We'll make five different recipes in class. Everyone takes home an assorted box of truffles. Plus, sample some other chocolate-dipped treats in class. Optional truffle/candy kit for future candy making available for purchase from instructor for \$20. We are not able to accommodate nut allergies in class. **Bring \$16 to class for supplies.**

Nancy Burgeson, has over 45 years of experience as an instructor and has taught over 15,000 participants in her baking/candy making classes.

#4012 Tu Jan 28 6-9 pm \$40 + \$16 supply fee
CHS/East: Rm 110

Macarons Age 18+

They are beautiful and so fun to make. Your instructor will show you some simple tricks to make the process easy. We will make three different kinds: lovely blueberry, lemon, and pink, cherry or strawberry. There will also be some chocolate macarons for you to sample. Participants will bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You will be the talk of the party when you serve these little delicacies. **Bring \$13 to class for supplies.**

Nancy Burgeson

#4073 Th Mar 27 6-9 pm \$40 + \$13 supply fee
CHS/East: Rm 110

Online classes with Kirsten Madaus

Handouts include additional recipes for inspiration and class will be recorded so you can rewatch at your convenience. A Zoom link will be sent to the email address designated at registration.

Breakfast Meal Prep

Need new make-a-head 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.

#4088 Tu Jan 28 \$24 6:30-8 pm

Instant Pot Sweets for Your Sweetheart

Get ready to impress your loved ones with delectable desserts made in your Instant Pot. Is your sweetheart a chocoholic? Choose your adventure with three different versions of Chocolate Lava Cake. Does your Googly Bear avoid gluten? Treat them to Coconut Chai Rice Pudding. Looking for something light? Try a Lemon Sponge cake. In this live online class Kirsten will use pressure cookers to demonstrate several desserts perfect for any occasion, especially when you want to show someone how much you care. This course caters to many dietary preferences, including vegan and gluten-free options, so everyone can indulge in these delightful treats.

#4099 Tu Feb 4 \$24 6:30-8 pm

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.

#4100 Tu Feb 25 \$24 6:30-8 pm

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 the pressure cooker, Turkey-stuffed Peppers or Vegetable Lasagna in an air fryer, and more. 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.

#4101 Tu Mar 4 \$24 6:30-8 pm

Air Fryer Veggies

Using an air fryer to cook vegetables is quick, and the healthy results are delicious. Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including lemon pepper broccoli, miso sesame kale chips, and roasted sweet potatoes.

#4028 Tu Apr 22 \$24 6:30-8 pm

Adult Dance, Theater & Music



West Coast Swing

Have you always put dance classes on the back burner? Now is the time to enjoy the "sport of dancing" with its benefits of exercise, confidence, and sociability, just to name a few. This popular dance is a member of the Swing family, usually done to slower Swing music. By the end of the classes, you will be motivated to practice your "new moves". Couples only please.

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

#5326 M Jan 27-Feb 24
4 sessions \$58/Couple 6:30-7:30 pm
No class Feb 17
RL: Gym A/Cafeteria

Country Dance

Learn the basics of Country Dance. This class will cover two popular dances: Country Waltz and Country Two-Step. Some basic patterns and underarm turns and you've got it! Partnership dancing makes a fun hobby and a great social venue. Dance to classic country, as well as some "top tunes". Wear hard-soled shoes or your cowboy boots. Partners encouraged.

Carol Brecht-Wiles

#5323 M Jan 27-Feb 24
4 sessions 7:35-8:35 pm
\$58/couple, \$44/individual
No class Feb 17
RL: Gym A/Cafeteria



Line Dance - "Mix-up" NEW

They say variety is the spice of life, so let's spice up the dance floor with different "era" trends & tunes of line dances: Taylor Swift's "Shake it Off", The Hustle, some Swing Moves and more. Sign up with a friend and have a blast. No partner required.

Carol-Brecht-Wiles

#5023 M Apr 7-28
4 sessions \$44 6:30-7:30 pm
RL: Gym A/Cafeteria

Wedding Dance Workshop

Do you want to feel more comfortable on the dance floor at weddings and other social events? Then this is the class for you. Experience wedding dance favorites: Swing & Slow Dance. Wedding couples, family and friends, and everyone is welcome. By the end of class, you'll be looking forward to the opportunity to show off your moves. Don't miss the fun this class offers. If possible, please wear close-toed shoes.

Carol-Brecht-Wiles

#5312 F May 2 7-9 pm
\$18/individual, \$25/couple
RL: Gym A/Cafeteria

Adult Tap Dance

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

Jenny Hansell, Happy Feet Dance Company

#5329 Th Jan 9-May 1
13 sessions \$179 7:15-8:15 pm
No class Jan 23, Feb 13, Mar 13 & 27
CMS: Studio/Gym 5



Private Guitar/Ukulele & Vocal Lessons

All ages & abilities welcome

Whether you're a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl, in half-hour private lessons. Brady is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs. Lessons will be tailored to each participant's needs and interests, and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, performance, and music theory.

Identify if your lesson is a vocal or what instrument when registering. Students need to bring their own instrument.

Brady Perl, performs his own original music and has gained statewide notoriety making several appearances on television and radio, and performing in a number of venues.

Select your half-hour private lesson during the time frame listed.

1:30-3 pm RL/ECC: Rm 101
4-8:30 pm CT: Conf Rm

#5202-A M Jan 6-Feb 24
6 lessons \$159
No lesson Jan 20, Feb 17

#5202-B M Mar 3-Apr 14
6 lessons \$159
No lesson Mar 10

#5202-C M Apr 21-May 19
5 lessons \$133

#5202-D Tu Jan 7-Feb 25
6 lessons \$159
Lesson Jan 14 in Little Theater
No lesson Jan 21, Feb 18

#5202-E Tu Mar 4-Apr 8
5 lessons \$133
Lesson Mar 18 in Little Theater
No lesson Mar 11

#5202-F Tu Apr 22-May 20
5 lessons \$133



Adult Improv



Improvisation is likely to be known as a performance form that allows for audience participation, is based in comedy, and is only for the very quick-witted. Improvisation, however, is a truly adaptable art-form that has proven to be an effective tool onstage and off for many different age groups and levels of experience. In other words, while it can be highly entertaining, improvisation is much more than “being funny”.

The tenets of improvisation - namely saying yes to accepting ideas without judgment, creating a safe atmosphere and listening - have made this form important to actors and non-actors alike.

For actors, improvisation is an effective tool for creating a workplace that is focused on creative ideas, free communication and teamwork. Improv is adaptable to all ages and performance backgrounds from the very young to those who have never been onstage.

The rules of engagement to a successful improvisation scene are crucial to connecting with other people or getting them to hear your ideas. The exercises are adaptable to all levels because they are very simple, clear in focus, and able to be performed by participants of all physical abilities.

Participating in an improv class can be enriching, effective and above all, fun!

Friends & family show for all sessions Wed, Feb 26 Actor call time 5 pm; 6:30 pm show

Eric Webster, actor, producer, director, voiceover artist, and playwright for the stage and on camera for over 25 years. Eric is also the Director for the Centennial High School and Middle School Theater programs.

4 sessions \$100 7-8 pm CHS: PAC

Take all three (A/B/C) for the reduced rate of \$250

#2378-A M/W/F Jan 27, 29, 31, Feb 3

#2378-B M/W/F Feb 5, 7, 10, 12

#2378-C M/Tu/W/F Feb 14, 19, 21, 24



Centennial Community Band

Grade 11+ Part of the Centennial Community since 2003

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

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

Rehearsals are Tuesdays 7-9 pm in the CHS band room (occasionally in the MS band room).

Visit the band website, for further information at centennialcommunityband.org



Adult Education & Finance

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



Chronic Heart Condition or Diabetes and on Medicare A & B?

Do you check your blood sugar daily and take insulin, or have you been told by your physician that you have a cardiovascular or chronic heart condition? Beginning January 2025, new information is now available for custom plans that can assist with your Medicare A & B, which include benefits and services tailored to support qualifying conditions. In this course, those enrolled in Medicare A & B can learn how to apply and see if they qualify for these plans due to specific types of health conditions. We will also discuss the Extra Help program and go over the application criteria to qualify for extra help to pay Medicare prescription drug costs. Join us to learn more.

Juli Bakken, Medicare Agent

#3032	M	Feb 24	\$16 individual or couple
	10-11:30 am		RL/ECC: Rm 101

Veterans on Medicare

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

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

Juli Bakken, Medicare Agent

#3082 Tu Apr 29
\$16 individual or couple
10-11:30 am
RL/ECC: Rm 101



Write Your Own Will

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

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

#3010 Tu Apr 1 \$49 6-9 pm
CHS/West Learning Commons Computer Rm

Medicare 101

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

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

\$16 individual or couple 6:30-8 pm RL/ECC: Rm 101

#3061-A Tu Feb 4

#3061-B Tu Apr 1

Social Security Claiming Facts & Filing Strategies

How do I maximize my Social Security benefits?

Explore claiming rules and strategies for couples, divorcees and widowed-surviving spouses to show you how to get the most out of your Social Security benefit. Discuss the important role Social Security plays in your overall retirement planning, ways to maximize your benefits and how to avoid becoming a victim of the “Widow Trap.”

You should attend if you are within 10 years of retirement.

Charles Taylor

#3012 Tu Mar 25 \$16 individual or couple
6:30-8 pm RL/ECC: Rm 101





Let's Probate an Actual MN Estate

We'll walk through (in-depth) an actual Minnesota Probate Estate from filing of the Application for Probate to the Final Accounts, and all the steps in between. Learn the entire process with current forms, court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. Discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative. The class will be filled with real-life examples and solutions to the multitude of issues involving a typical (or not typical) Minnesota Probate Estate. This class encourages questions: Is there a reading of the Will? What about personal items? Does the Executor get paid? What about estate bills and creditors? We will provide the answers.

Steve Ledin, Attorney, Owner of Ledin Law PLLC, focusing on estate planning and small business

#3066 W Jan 15 \$16 individual or couple
6:30-8 pm RL/ECC: Rm 101

The Special Needs Trust

Estate Planning for Grandparents, Parents & Families with Special Needs Children **Online**

One should ask: Is it better to have a formal plan in place, or leave things to future family dynamics and the ever-changing benefit system? Did you know with proper planning, both while they are alive and after they have passed, grandparents, parents and family can take care of a child, grandchild, or family member with special needs in their estate plan? Yes, and such planning will not adversely affect the benefits and programs which the person with special needs has available to them. Discuss how to properly protect your assets and provide for the future benefit of the loved one with special needs. Whatever the type of asset (tangible, income producing or other) there are options you should know. Explore how the special needs trust fits your estate planning, planning for the future of your loved one with special needs, and pros and cons of the special needs trust. A Zoom link and handout will be sent to the email given during registration.

Steve Ledin, Attorney

#3065 Tu Feb 18 \$16 individual or couple 6:30-8 pm

5 Common Mistakes That Can Ruin Your Hard-Earned Retirement

With our presenter having over 50 years of experience helping Minnesotans who are planning for and reaching their retirement years, we have learned time and time again that whether you are in your 40s, 50s, or 60s there are several milestones and overlooked life areas where mistakes can lead to results that range from discomfort to disaster. Let's identify those issues for you in a comfortable learning session full of real-life examples and opportunities to get questions and issues answered.

Steve Ledin, Attorney

#3021 W Mar 26 \$16 individual or couple
6:30-8 pm RL/ECC: Rm 101

Questions and Answers with a MN Will and Trust Planning Attorney

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

Steve Ledin, Attorney

#3079 M Apr 21 \$16 individual or couple
6:30-8 pm RL/ECC: Rm 101

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

The biggest fear for most baby boomers is how to pay for the nursing home and still leave the next generation something. With ever changing estate planning laws and great increases in nursing home costs, the fear is real. In today's world you need to understand what your options are. Is long term care insurance for you? What about home care? Should you gift your money away? Will you qualify for Medicaid? What about a current Trust, does it avoid the nursing home? What is the 60-month claw back? What if your spouse goes into the nursing home and exhausts your combined money? Walk through these questions and many more, including how to plan and place your assets to meet your nursing home goals. A Zoom link and handouts will be sent to the email given during registration.

Steve Ledin, Attorney

#3060 Th May 1 \$16 individual or couple 6:30-8 pm

Adult Health & Fitness



Pound® Rockout Workout Age 16+

Designed for all fitness levels and is easy to modify. Pound® Rockout Workout is a cardio jam session inspired by infectious, energizing and sweat-dripping fun play of the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Using Riptix® lightly weighted drumsticks engineered specifically for exercise, this workout transforms drumming into an incredibly effective way of working out. The workout sessions use each song to achieve interval peaks and fat burning sequences. The drumming helps with timing, coordination, speed, agility, endurance and musicality. This workout provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out. Please bring a water bottle and yoga mat.

Missy Vanghen, Certified POUND® Pro Instructor

Tue 6:30-7:30 pm

#6064-A Jan 28-Mar 4 6 sessions \$40 CMS: Gym 3

#6064-B Mar 18-Apr 29 5 sessions \$34

CMS: Weight Room No class Apr 1, 8

FREE Demo for the Pound® Rockout Workout

Come check out this NEW class, registration is not required.

#6064-Demo Tue Jan 7 6:30-7:30 pm

Boot Camp/Core Fitness

Morning classes – open to all fitness levels

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

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

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

#6932-A Jan 3-31 13 sessions \$72

#6932-B Feb 3-28 12 sessions \$66

#6932-C Mar 3-31 13 sessions \$72

Mar 3-31 10 sessions \$55

excludes Spring Break - Mar 10, 12 & 14

#6932-D Apr 2-30 12 sessions \$66

No class Apr 18

Foot Care Clinic

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

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

Select a 45-minute private session during times listed

Sat 9 am-3:45 pm \$66 CHS/West: Rm 707

#6098-A Jan 25

#6098-B Mar 29

#6098-C May 17



Winter Walking

It's Back! Walkers are invited to walk the halls of Centennial High School's West building. Walkers need to check in with the building's site supervisor – they can be found near the main entrance. Please bring along dry shoes for walking.

Tues & Thur CHS/West

Jan 2-Feb 27 6-8 pm

Mar 4-27 6-7 pm (walking during spring break)

Forest Bathing

This Japanese art form and reflective practice, shinrin-yoku, loosely translates to "taking in the forest through our sense." Are you feeling stressed or overwhelmed? Forest Therapy is a practice of spending time in forested areas for the purpose of enhancing health, wellness, and happiness. Come slow down, de-stress from your daily routine, and deepen your connection to nature. It is different than other nature experiences. In forest bathing, we will be slowing down with intentionality and engaging all our senses through some activities. Give your mind and body some time to rest, wander and wonder in nature. You will need a valid state park vehicle permit (\$7/day or \$35/year).

Kristen Mastel, Certified Forest Therapy Guide

#6063 Sa May 31 \$40 9-11 am

William O'Brien State Park



Online classes with Janice Novak

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 a week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt, and thighs using resistance bands while watching your favorite TV show. There are many benefits to having stronger muscles, they boost metabolism, maintain/increase bone density, make daily tasks easier and will help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules and will help you look and feel better. 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. All levels of fitness welcome.

#6321 M Jan 13 \$26 6-7:30 pm

The Art of De-Aging Well

Peel Years Off Your Biological Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well your organs and body systems work. There are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. Learn simple, scientifically proven things you can do right now to decrease your body age. Explore your facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag, and reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.

#6397 Th Jan 23 \$26 6-7:30 pm

Heart Heath For Women

Heart disease is the number one killer of women.

Symptoms are different for women than for men, so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

#6310 M Feb 3 \$26 6-7:30 pm



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

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

Metabolism Boosters and Busters

In the past you probably could drop weight by cutting back on calories or exercising more. But then suddenly the scale stops moving and you just can't seem to lose weight. The good news, it is possible to lose up to 20 pounds in a year without eating less. Just by reviving your metabolism it can be possible to burn more calories every day, lose fat, boost energy, feel stronger and more fit. Learn 20 simple things that can be done every day to boost metabolism and burn as much as 30 percent more calories every day.

#6322 M Feb 10 \$26 6-7:30 pm

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.

#6314 M Mar 31 \$26 6-7:30 pm



Adult Special Interest

How to be an Airbnb Owner

Airbnb and VRBO (short-term rental) are ways people make money. Is this right for you? Come learn from an Airbnb owner how to find property, set up your rental, potential risks and problems and how to set yourself up for success. An interactive class with real life examples.

Lorri Kaas, realtor, landlord and investor. She and her husband are experienced landlords and investors who own both long-term and short-term rentals

#3033 Th Feb 20
\$20 individual or couple
6:30-8:30 pm
RL/ECC: Rm 101

Beginner's Guide to Starting a FREE Blog

Online

Online blogging is a great way to get the word out about you, your service, your product, or information you want to share. You will learn step-by-step how to:

- ◆ Start a FREE blog with WordPress
- ◆ Choose a blog template
- ◆ Emphasize your blog content with a creative name
- ◆ Use your unique voice to share your expertise
- ◆ Connect your domain/website

You will also learn how to earn an income with your blog, including links to other websites and advertising on your blog, as well as increase your internet ranking. Informative handouts for future use are included in the class fee. A link for the class will be sent to the email identified when registering.

LeeAnne Krusemark, is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions.

#3031 Th May 8
\$30 6-8 pm



20th Century Genocides

Discussion will focus on the Holocaust and Armenians, the Killing Fields of Cambodia, Rwanda, Yugoslavia, and most recently Rohingyas in Myanmar. This class will focus on the Holocaust slogan "Never Again" and examine how the world has failed to stop genocides from occurring following the Holocaust.

Our instructor has taught extensively on the topic, predominately through offering an elective class to high school students for 12 years.

The class will use the Holocaust as a case study and will look at other 20th century genocides including the Armenian Genocide of World War I, and post-Holocaust genocides including events in Cambodia, the former Yugoslavia, Rwanda, Sudan, and most-recently in Myanmar.

We will look at similarities and differences of genocides and examine Dr. Gregory Stanton's "Ten Stages of Genocide" model to help us understand how deplorable atrocities grow out of smaller actions and inactions.

Tom Franta, educator with extensive time spent in various roles looking into 20th century genocides.

#8539 W Feb 19 6:30-8:30 pm
\$28/individual or \$35/couple
RL/ECC: Rm 101

Intro to Medical Terminology Online

Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. No prior experience necessary. This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. You will leave with a solid foundation of medical language, as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook you receive in class, you will earn a Certificate of Completion. Provide an email address during registration.

LeeAnne Krusemark, is a longtime educator and Credentialed Medical Professional Venessa Grinnell, RRT

#3028 M Mar 3
\$42 6-9 pm



New & Updated! Photo Organization Print & Digital

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

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

#3512 M Apr 14
\$19 6:30-8:30 pm
RL/ECC: Rm 101



Photography Outings & Classes with Don Tredinnick

Professional Photographer & Owner of Frozen Hiker Photography



Winter Bird Photography St Croix River Field Trip

Not all birds fly south for the winter. In fact, there are quite a few that hang around all year, and even some that migrate south to Minnesota. With the leaves off the trees, limited water sources, and cold temperatures, winter bird photography can make for some great photos.

The St. Croix River in Hudson WI is a great place to photograph Trumpeter Swans, Canadian Geese, and Ducks. We can get right down by the water and be relatively close to the birds.

Don will discuss techniques for winter bird photography along with tips on where to find birds. We will also discuss how to protect yourself and your equipment.

For this class you will need to be familiar with the different focus modes for your camera and have a lens with a focal length of at least 300mm. The area we will be visiting will be slippery, so please have Yak Trax or similar traction devices for your shoes/boots.

We will meet at Dunn Brothers Coffee in Hudson WI (529 2nd St Suite 200, Hudson, WI 54016) and then head over to the river.

#8705A Sa Feb 8
\$40 9-11 am
Dunn Bros, Hudson WI

Camera Techniques for Nature Photography Minnehaha Falls Field Trip

Today's cameras are packed with great features and the optics have never been better. The issue is that there are so many features that they can be challenging and even intimidating to use. The result is many people leave their cameras in auto or program mode and don't get the full benefit of their cameras.

During the field trip, Don will discuss the various camera settings, where it makes sense to use them, and some other creative things that you can do with your camera.

We will be visiting Minnehaha Falls which will provide some amazing subject matter.



In this introductory class you will learn about:

- ◆ The exposure triangle
- ◆ The advantages of switching from program mode to aperture or shutter priority mode
- ◆ When to use manual mode
- ◆ How different focal lengths affect the photo
- ◆ Focusing modes and focusing aids
- ◆ Capturing sunbursts
- ◆ How to shoot at higher ISO settings

#8705B Sa Mar 8 \$40
9-11 am Minnehaha Falls



A Look into the World of Macro Photography

Come and explore the world of macro photography. Macro photography can be challenging, but it's a fantastic way to look at the world from a different point of view.

This presentation will cover macro photography basics and ideas on how to incorporate it into your setting. We will end with an opportunity for participants to ask questions and practice macro photography.

In this class we will cover:

- ◆ Creative indoor macro photography and lighting
- ◆ Focusing techniques
- ◆ Managing depth of field
- ◆ Equipment
- ◆ Macro water droplets
- ◆ Compositional tips

Attendees should bring a camera, one or more of the following (macro lens, extension tubes, close-up filters, or telephoto lens greater than 120mm), and a tripod.

#8705C Sa Mar 29 \$48
9 am-noon RL/ECC: Rm 101

Adult Recreation & Sports



Intro to Pickleball

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

Dean Kramar and Ted Hogan

3 sessions \$42 CHS/East: Lower Gym
 #6028-A Tu Jan 14-28 6-7:30 pm
 #6028-B W Jan 15 & 29 6:30-8 pm
 Jan 22 7-8:30 pm

Adult Open Pickleball League

All levels welcome! Can't get enough pickleball? We now offer drop-in open adult pickleball on select evenings. We supply courts, nets and balls. Participants can bring their own paddles, or we do have some to borrow. Those that show up will play matches and rotate.

Dean Kramar

4 sessions Tues Feb 11-Mar 4 Drop in rate: \$12
6:15-8 pm CHS/East: Lower Gym
 #6013 Preregister for all dates and secure your spot for a discounted rate of \$36. Registration deadline Feb 5.

Adult Gymnastics Age 16+

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

Mon 8:15-9:15 pm CHS/East: Gymnastics Rm
 #6037-A Jan 6-Feb 24 No class Jan 20 & Feb 17
 6 Sessions \$60
 #6037-B Mar 3-Apr 7 No class Mar 10
 5 Sessions \$50
 #6037-C M Apr 14-May 19
 6 Sessions \$60

Winter Walking-HS/West

Walkers are invited to walk the halls of Centennial High School's west building 6-8 pm, Tuesdays and Thursdays, Jan-March

Adults with Disabilities

UCare Discounts Apply

Cinema Grill



Come to Cinema Grill to watch a movie (G or PG, TBD) and enjoy pop and cheese pizza. Popcorn will be available for purchase if you'd like. Sign up now, and when it gets closer, we'll let you know what movie will be shown.

Kayla Little

#4400 Sa Jan 11 \$15 11:45-2 pm
 Cinema Grill

Blainbrook Bowling



Enjoy the afternoon bowling two games. After bowling, we'll have pizza. Fee includes bowling lane fee, shoe rental, pizza and soda.

Kayla Little

Sat 3-5 pm \$15 Blainbrook Bowl
 #4403-A Feb 1
 #4403-B Mar 8

Paint & Pop



It's a Valentine's Paint Party! Participants (and caregivers, if they'd like to attend) will have options to choose from paint-by-paint instruction with support from a seasoned art teacher. Create a 9"x12" canvas with acrylic paints. Break will be included for rest and for participants to enjoy Valentine cookies and pop.

Colleen Skoglund

#4402 M Feb 10 \$12 10-11:30 am
 RL/ECC: Rm 101

Snowshoeing



Explore the trails of Wargo Nature Center this winter with snowshoeing. Snowshoes and instruction are provided. After snowshoeing, we will warm up inside with hot chocolate and cookies. Caregivers are welcome to join for refreshments at 3 pm.

Kayla Little

#4401 Sa Feb 22 \$12 1-3:30 pm
 Wargo Nature Center





Trips & Outings

Trips depart from The Rookery Activity Center in Lino Lakes

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



White Christmas at Chanhasen Dinner Theater

Wednesday, Jan 15

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

Dessert and alcoholic beverages are on your own.

Registration deadline December 12.

#8754-B \$109 9:45 am-4:30 pm



Valentine's Concert & Lunch Friday, Feb 14

In celebration of Valentine's Day, Sidekick Theatre in Bloomington presents Just the Way You Are, an array of classic romantic songs from the 60s, 70s, and 80s featuring hits from Elvis Presley, The Righteous Brothers, The Bee Gees, Carole King, Billy Joel and more. Showcasing your favorite Sidekick theatre musicians performing such songs as "Can't Help Falling in Love", "Wonderful Tonight", "Can't Take My Eyes off You" and of course "Just the Way You Are", expect an atmosphere of fun and romance at Sidekick Theatre this Valentine's Day.

Lunch is served before the concert, and will be Honey Garlic Chicken Breast, Cheesy Potatoes, Roasted Broccoli & Cauliflower, Salad - Chef's Choice, Dinner Roll, Assorted Dessert, Coffee and Hot Tea. Special dietary meals available by request ahead of time. Registration deadline is Monday, January 13.

#8514 \$99 9:45 am-4 pm

Quilt Shop Hop - Central Cities

Saturday, Feb 22 See page 10 for details

Divas Through the Decades

Tuesday, March 4

We will head to St. Cloud for lunch at Coyote Moon. Lunch is a buffet, Salad Bar with Caesar Salad, Popovers with Honey Butter and Soup, Chef-Made Entrées, Potato and Vegetable. A light dessert will also be included on the buffet.

We will then travel to the Paramount Theater in downtown St. Cloud for our concert.

Divas Through the Decades is a musical tribute to some of the most influential female vocalists in American pop music, featuring songs from the 40s through today's current hits. The show features music made famous by various Divas including Tina Turner, Diana Ross and the Supremes, Celine Dion, Aretha Franklin, Gloria Estefan, Madonna, Beyoncé, Shania Twain, Taylor Swift, Carrie Underwood, and many more. Registration deadline is Monday, February 3.

#8755 \$99 10:30 am-5 pm



Autumn Festival Arts & Crafts Affair

Friday, April 4

Enjoy a festive marketplace as you visit our award-winning arts and crafts festivals! Featuring some of the nation's most skilled artisans and crafters from all over the country, you'll see them display and sell their American-made, handcrafted creations. Many of these top-notch, selected exhibitors travel extensively and are only in your area once a year! From traditional to contemporary, our events showcase the finest selection of talents and innovative handcrafted works making these shows the ultimate "pop up shops" of the arts & crafts industry.

There will be food options on site, lunch is on your own. Plan to be at Canterbury Park from 11 am to 2:30 pm.

Price includes admission to the show and transportation. Registration deadline is Friday, March 7.

#8756 \$50 9:45 am-3:45 pm

Nashville September 20-27

Grab your friends and your cowboy boots. Community Education is heading to Nashville!



Nashville Highlights

Monday, Sept 22 We are going to start our time in Nashville with some big attractions! We will have a guided tour of the original Grand Ole Opry location- the historic Ryman Auditorium. A buffet lunch at a nearby restaurant is included. After lunch we will visit the Country Music Hall of Fame. Tour the Hall of Fame at your leisure and make your way back to the hotel, which is only just a few blocks away. Dinner this evening can be at the Drury Inn or choose to do something on your own.

Tuesday, Sept 23 Our day will begin with a tour of the Belle Meade Historic Site & Mansion. A wine tasting and time to shop will be included. For lunchtime/midday, you may choose on your own. We will go for an early dinner at Paula Deen's Family Kitchen before heading to the fabulous Grand Ole Opry. We'll update you when we receive information on who will be performing for us that evening!

Wednesday, Sept 24 Today we'll enjoy a tour of the Andrew Jackson Hermitage historical museum in the morning, lunch is included. On the way back to the hotel we'll stop at the Opryland hotel. It is free to walk through their amazing inside gardens. You may have dinner at the Drury Inn or choose something on your own.

Thursday, Sept 25 Spend the day at your own leisure. You will have a ticket for the Hop-on-Hop-Off Trolley, this is a great and convenient way to do more exploring and see more of Nashville. In the evening we'll set sail on the elegant General Jackson showboat, which includes dinner and a show.

Friday, Sept 26 We'll depart Nashville in the morning, lunch will be included. We'll stop in Hannibal MO, at the Best Western Downtown on the river. Dinner will be on your own, with several restaurants to choose from that are within walking distance.

Saturday, Oct 15 Breakfast will be included at the hotel. We will make several stops on the way home for snacks/food and the bathroom. There will be no formal lunch stop. We will return to Circle Pines around 6 pm.

#8700 Double Room Occupancy: \$2,189 per person, \$449 initial deposit, and subsequent payments on the 15th of \$435 for March-June.

Single Room Occupancy: \$3,204, \$644 initial deposit, and subsequent payments on the 15th of \$640 for March-June.

If registering after an installment payment due date, initial deposit plus missed payment will be due at time of enrollment. (ie: If registering on April 20, initial deposit plus March and April payment due at time of enrollment).

No refunds after June 19. A refund request at any time before June 19, 2025 will incur a \$50 cancellation fee, per person.

If you would like travel insurance contact, mytravelinsure.com/isd12 or call 855-874-0156, and use account #50097. Centennial does not provide insurance or refunds for emergencies.

Bus will depart from and return to Centennial Community Education.

- ◆ All hotel breakfasts included
- ◆ 4 Lunches and all dinners provided (some at Drury Kickback) except dinner on our last day
- ◆ 8 attraction admission/tickets
- ◆ 7 nights hotel accommodations
- ◆ 2 trip chaperones and Motor coach transportation included

Saturday, Sept 20 Sit back and relax and let us do all the driving. We'll travel by motorcoach beginning Saturday morning. We will depart around 7:30 am. On the bus a muffin and fruit will be provided. Before dinner we will stop to purchase food/snacks (on your own) at a bathroom stop, you can also bring your own lunch on the bus. We'll stop at a dinner buffet at Fiddlesticks in Hannibal, MO and then head to the Drury Inn St. Louis for an overnight stay.

Sunday, Sept 21 Before leaving St. Louis, we'll visit the famous Gateway Arch, (admission, movie and tram ride and lunch is included). Dinner is included this evening when we arrive in Nashville, at Nicky's Coal Fired Pizza. Once in Nashville, get ready for a variety of famous and exciting sights and sounds in this thriving musical city. Our accommodation will be at the Drury Inn Nashville which includes a free hot breakfast and a free kick back happy hour, including hot food and cold drinks, daily. The Drury Inn Nashville is a great location, just off Broadway, so you have easy access to bars and restaurants. Menu available: druryhotels.com/menu



Branson, MO April 21-25

We heard you! After many requests we are set to travel to Branson. Monday we will travel to Kansas City for the night, staying at the Drury Inn, we'll enjoy their free Kickback dinner. Lunch in Des Moines is included.

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

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

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

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

Lunch Wednesday, and travel stops are on your own. Other meals are all included.

Monday we are leaving around 7 am, and we'll be back Friday around 7 pm. Pick up locations at The Rookery, Lino Lakes, and MaryAnn Young Senior Center, Blaine.

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

#8764 Single Occupancy: \$1,685

Double Occupancy: \$1,375 per person

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



Free Senior Theater Previews

Matilda Jr

April 2, 3:30 pm, Centennial Middle School Auditorium, Matilda Jr

Addams Family

April 30, 4 pm, Centennial High School Performing Arts Center



Winter Walking

Tues & Thur, 6-8 pm

Centennial High School West

It's Back! Walkers are invited to walk the halls of Centennial High School's West building. Walkers need to check in with the building's site supervisor - they can be found near the main entrance. Please bring along dry shoes for walking.

Tues & Thur CHS/West

Jan 2-Feb 27 6-8 pm

Mar 4-27 6-7 pm (walking during spring break)



Age 55+ Driver Discount Program

Those completing this 4 hour course qualify for a 10% discount on their auto-insurance premiums for three years. 8 hour class is no longer required to receive discount.

The Driver Discount Program is a state approved accident prevention/ insurance discount class. Classes are taught by a Precision Driving Center of MN (formerly known as MN Highway Safety & Research Center) certified instructor. Participants will be provided with the latest information in driver and traffic safety, new vehicle technology and updates with traffic laws. This class has something for everyone.

Keith Terns, Precision Driving Center of MN

\$24 **RL/ECC: Rm 101**

#8101-A Tu Jan 21 1-5 pm

#8101-B M Feb 24 5:30-9:30 pm

#8101-C Th Mar 13 1-5 pm

#8101-D Tu Apr 15 5:30-9:30 pm



English as a Second Language

Learn English with our help!

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

Adult Basic Education

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

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

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



Discover Centennial Schools

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

Centennial is now accepting kindergarten and non-resident (open) enrollment for the 2025-2026 school year for grades PreK-12.

Learn more at isd12.org/enroll-today.





After School Elementary Offerings

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



Beginning Chess Grade 2-5 America's Fun Science

Learn how to play chess in a fun environment, right after school. Each class will focus on a different piece. The session will culminate with an exciting tournament on the last day with prizes. #7628

Intermediate Chess III - Extended Tournament Play

Grades 2-5 America's Fun Science

Prerequisite: Must be proficient at chess; not for beginners

Four classes of chess fun, starting with a review of strategic moves and transitioning to three weeks of tournament play, open matches and prizes! #7609

Colorful Chaos Grade K-5 Kidzart

Let loose and embrace the joy of abstract art with vibrant hues and expressive strokes! Explore various mediums, experiment with techniques, and discover your unique artistic voice. #2386

Wildlife Wonders Grade K-5 Kidzart

This class is perfect for the budding artist wanting to learn how to capture the beauty of characteristics of animals in the wild. We'll explore a variety of techniques including drawing, painting, and mixed media to create both realistic and expressive depictions of different animals. #2387

Art Memes Grade K-5 Young Rembrandts

Develop your inner comic with these drawing classes where we will master the art of exaggeration with facial expression. Draw silly dad faces, cuddly polar bears and craft hilarious stories through sequential art. Boost your creativity! #2388

Super Artists Grade K-5 Young Rembrandts

It's springtime and we're drawing all things outdoorsy. Learn to draw a hummingbird, boats, a butterfly and even a motorcycle! Learn drawing and shading techniques with colored pencils. #2389

DASH After-School Multi-Sport and Games Camp

Grade K-5 DASH Sports

Join us for this fun multi-sport and games camp that will include activities in developing both overall athleticism and also fun, phy ed games. Athleticism training will include speed training, agility, endurance, body control/balance, quickness, strength, power and jumping. Phy ed games may include Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Soccer, and more! A fun camp geared towards developing athleticism and learning teamwork playing fun games! Camp is held outside, bring a water bottle. #6956

After-School Soccer

Grade K-5 Jeff Ottosen

Join high school players and/or retired varsity head coach for a fun after-school soccer program. Lessons will work on fundamentals through skills and drills. We'll focus on having fun and being active. Scrimmages will take place as well. K-2 will meet in the gym, Gr. 3-5 will meet outside weather permitting. Please bring a water bottle and shin guards. K-2: tennis shoes. Gr. 3-5: tennis shoes are needed if class held inside, or soccer cleats are fine if class is outside. #6419

DASH After-School Track and Field Camp

Grade 1-5 DASH Sports

Join us for a great introduction to track and field with a variety of activities including sprinting, throwing, running, and jumping. 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. #6967



Wildlife Wonders

Blue Heron Students

After-School Soccer

Grade K-3

#6419-A1 M Mar 31-Apr 21
4 sessions \$42 3:45-4:45 pm
BH: Gym

Grade 3-5

#6419-A2 M Apr 28-May 19
4 sessions \$52 3:45-5 pm
BH: Baseball Field

DASH After-School Track & Field Camp

Grade 1-5

#6967-C W Apr 9-30
4 sessions \$79 3:55-4:55 pm
BH: Baseball Field

DASH After-School Multi-Sport & Games Camp

Grade K-5

#6956-C W May 7-28
4 sessions \$79 3:55-4:55 pm
BH: Baseball Field



Centennial Students

Art Memes

Grade K-5

#2388 Th Jan 16-Feb 13
5 sessions \$65 3:45-4:45 pm
CT: Media Ctr

Scooter City

Travel through Scooter City after school. Fish in the fishing hole, ride the trolley, catch a movie at the drive-in theater, race scooters around the course and more. Come join the fun!

Jen Verplaetse, Physical Education Specialist

2 sessions \$20 3:45-4:45 pm CT: Gym

Grade 3-5

#6020-A M/W Feb 24 & 26

Grade K-2

#6020-B Tu/Th Feb 25 & 27

After-School Soccer

Grade K-3

#6419-C1 W Apr 2-23
4 sessions \$42 3:45-4:45 pm
CT: Gym

Grade 3-5

#6419-C2 W Apr 30-May 21
4 sessions \$52 3:45-5 pm
CT: Soccer Field

DASH After-School Track & Field Camp

Grade 1-5

#6967-D Th Apr 10-May 1
4 sessions \$79 3:55-4:55 pm
CT: Soccer Field

DASH After-School Multi-Sport and Games Camp

Grade K-5

#6956-D Th May 8-29
4 sessions \$79 3:55-4:55 pm
CT: Soccer Field

Centerville Students

Beginning Chess

Grade 2-5

#7628-A Th Feb 13-Mar 6
4 sessions \$65 3:45-4:45 pm
CV: Media Ctr

Wildlife Wonders

Grade K-5

#2387-A Tu Mar 18-Apr 22
6 sessions \$110 3:45-4:45 pm
CV: Rm 157

After-School Soccer

Grade K-3

#6419-E1 Th Apr 3-24
4 sessions \$42 3:45-4:45 pm
CV: Gym

Grade 3-5

#6419-E2 Th May 1-22
4 sessions \$52 3:45-5 pm
CV: Field 4

DASH After-School Track & Field Camp

Grade 1-5

#6967-B Tu Apr 8-29
4 sessions \$79 3:55-4:55 pm
CV: East Multi-Use Field 4

DASH After-School Multi-Sport & Games Camp

Grade K-5

#6956-B Tu May 6-27
4 sessions \$79 3:55-4:55 pm
CV: East Multi-Use Field 4



Art Memes



Golden Lake Students



Beginning Chess

Grade 2-5

#7628-B Th Jan 9-23, Feb 6
4 sessions \$65 3:45-4:45 pm
No class Jan 30
GL: Rm 213

Colorful Chaos

Grade K-5

#2386-B W Jan 29-Mar 5
6 sessions \$110 3:45-4:45 pm
GL: Rm 213

Super Artists

Grade K-5

#2389 W Mar 26-Apr 23
5 sessions \$65 3:45-4:45 pm
GL: Rm 213

DASH After-School Track & Field Camp

Grade 1-5

#6967-E F Mar 28-May 2
4 sessions \$79 3:55-4:55 pm
No class Apr 4 & 18
GL: East Multi-Use Field 3

After-School Soccer

Grade K-3

#6419-D1 W Apr 2-23
4 sessions \$42 3:45-4:45 pm
GL: Gym

Grade 3-5

#6419-D2 W Apr 30-May 21
4 sessions \$52 3:45-5 pm
GL: East Multi-Use Field 3

DASH After-School Multi- Sport & Games Camp

Grade K-5

#6956-E F May 9-30
4 sessions \$79 3:55-4:55 pm
GL: East Multi-Use Field 3

Rice Lake Students

Intermediate Chess III Extended Tournament Play Grade 2-5

#7609 F Jan 10-24, Feb 7
4 sessions \$65 3:45-4:45 pm
No class Jan 31
RL/ECC: Rm 101

Colorful Chaos

Grade K-5

#2386-A Tu Jan 28-Mar 4
6 sessions \$110 3:45-4:45 pm
RL/ECC: Rm 101

After-School Soccer

Grade K-3

#6419-B1 Tu Mar 18-Apr 1
3 sessions \$32 3:45-4:45 pm
RL: Gym

Grade 3-5

#6419-B2 Tu Apr 29-May 20
4 sessions \$52 3:45-5 pm
RL: SE Soccer Field

Wildlife Wonders

Grade K-5

#2387-B W Mar 19-Apr 23
6 sessions \$110 3:45-4:45 pm
RL/ECC: Rm 101

DASH After-School Track & Field Camp

Grade 1-5

#6967-A M Apr 7-28
4 sessions \$79 3:55-4:55 pm
RL: SE Soccer Field

DASH After-School Mul Sport & Games Camp

Grade K-5

#6956-A M May 5-June 2
4 sessions \$79 3:55-4:55 pm
No camp May 26
RL: SE Soccer Field



Art Memes



Colorful Chaos



Super Artists

More enrichment opportunities for youth

Evenings, weekends and non-school days - see pages 34-45

Middle & High School offerings listed on page 31-33 & throughout this brochure

P.L.A.Y. Classes & Activities for Younger Children

See DASH Sports & Skyhawks on page 44-45, and a list of activities throughout this brochure on page 52

Before & After School Middle School Offerings

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

All activities are Grades 6-8 unless otherwise listed



Before School NEW Middle School Chess Club

Whether you consider yourself a beginner or intermediate player, join this club and interact with other chess players in your school and play on a weekly basis. Players will learn the basic rules and strategies of chess if they are new to the game. If you are an experienced chess player, you will receive advanced level instruction to bring your game to the next level.

These are some of the outcomes expected:

- ◆ Players can complete a full game (checkmate) or recognize a stalemate
- ◆ Players can set and use a chess clock during a game
- ◆ Players can resolve disagreement with & without adults present
- ◆ Players can explain the rules of chess (movement of the pieces, checkmate & stalemate)

CSGA Enrichment

#7608 M Jan 13-May 12
15 sessions \$135 7:15-8 am
No class Jan 20, Feb 17, Mar 10
CMS: Media Center

Check out Stock Market & Personal Finance Club

on page 32

Middle School Strategy Games Club

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

CSGA Enrichment

#7786-A M Jan 13-Mar 17
7 sessions \$123 3-4:40 pm
No class Jan 20, Feb 17, Mar 10
CMS: Media Center

#7786-B M Mar 24-May 12
8 sessions \$140 3-4:40 pm
CMS: Media Center

Code Combat NEW

Competitive coding has never been more epic. Harnessing Code Combat's powerful game engine with the convenience of a turnkey esports league. Our tournament structure is adaptable to any environment or use case. Students can participate at a designated time during regular learning, play at home asynchronously, or participate on their own schedule. During this spring, participants will engage in multiple arenas to compete both individually in our district and globally.

Pete Crawford

#6623 Tu Mar 18-May 13
8 sessions \$94 3-4:30 pm
No class Apr 1
CMS: Rm E132

Cookies and Canvas

Do you enjoy painting? Are you interested in learning to paint? Come join our "Paint Party" atmosphere, right after school at Centennial Middle School and learn to paint with acrylic paints on a 16"x20" canvas or two 8"x10" canvases using the step-by-step method or come with your own idea in mind! We take a cookie break while layers are drying and listen to music, creating a relaxed and fun atmosphere. Beginners and advanced students are welcome to join! All have the option of an "Open Paint Studio."

Sara Longworth-Koen

2 sessions Mon 3-4:35 pm
CMS: Rm E108

#2092-A Jan 13 & 27
#2092-B Feb 10 & 24
#2092-C Mar 3 & 24
#2092-D Apr 14 & 28
#2092-E May 5 & 12



Middle School Paper Quilling Cards NEW

A Paper Quilling Card class is a creative, hands-on workshop where participants learn the art of quilling to design (coils, teardrops, scrolls, and spirals) and craft beautiful greeting cards. In this class, participants will use thin strips of colorful paper, rolled, shaped, and glued into intricate patterns to decorate cards for various occasions. You will be making three cards, all materials provided.

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

#2379 W Apr 16
\$30 3-5 pm
CMS: Rm C126



Middle School Terracotta Pot Painting



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

Swetha Avula

#2380 W May 14 \$30 3-5 pm CMS: Rm C126

Middle School Girls Who Code

Club members will learn about computer science concepts, and just as importantly, they'll learn that they have a community in the computer science space!

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

#6636 W Mar 19-May 7 8 sessions \$94
3-4:30 pm CMS: Rm E132

Middle School Improv

The Middle School Improv team is in its 23rd year!

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

Eric Webster, Actor, writer and producer with over 25 years of experience, Centennial Middle School and High School Theater Director

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

#6605-C M/W/F May 5-23
9 sessions \$75 3-4:40 pm CMS: Auditorium

Middle School Spring Musical Theater Matilda, JR.

Rebellion is nigh in Matilda JR., a gleefully witty ode to the anarchy of childhood and the power of imagination! This story of a girl who dreams of a better life and the children she inspires will have audiences rooting for the "revolting children" who are out to teach the grown-ups a lesson. Matilda has astonishing wit, intelligence ... and special powers! Packed with high-energy dance numbers and catchy songs, Matilda JR. is a joyous girl power romp. Children and adults alike will be thrilled and delighted by the story of the special little girl with an extraordinary imagination.

Mandatory Meeting: Jan 3, 3-4:40 pm CMS: Auditorium

Auditions - MUST ATTEND ONE:

Jan 7 or 8 3-4:40 pm CMS: Auditorium

Cast & Crew Posting: Jan 10 3 pm

#6624 Online Registration window: Jan 10-13

Cast and Stage Managers: \$179

Booth, costume, set, or props: \$85

Rehearsals begin January 13

Shows: April 2-5

For a full listing of details visit centennialtheatre.org

Middle School Archery

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

AKASports

#6634 M Jan 27-Mar 3
5 sessions \$84 3-4:30 pm
No class Feb 17
CMS: Gym 3

Middle School Cougar Strength Grade 7-8

Cougar Strength is designed for all Centennial student athletes who want to develop explosive power, absolute strength, muscular endurance, speed, quickness, agility, flexibility, and cardiovascular fitness. The program achieves these measured athletic qualities by introducing our middle school athletes to the base movements and their variations along with other movement preparatory exercises; high-intensity, strength-building exercises; exercises containing plyometric properties; proper technique and teaching progressions; and researched program design and periodization. Cougar Strength is the only program in the school that collects ALL athletes and brings them into one room with a common goal - developing themselves as an athlete to help their teams be successful. Cougar Strength will challenge you and bring your game to the next level. If you are ready to invest in your future success and more importantly, Centennial athletics future success, sign up today! Due to the low cost, sessions missed for weather or emergency cancellations will not be rescheduled.

#6607 Tu/Th Mar 25-May 22
16 sessions \$60 3:10-4:10 pm
No session Apr 1 & 3
CMS: Weight Rm

After School Basketball

Get ready to dribble, pass and score your way to success with Skyhawks Middle School Basketball camp. This dynamic and engaging camp is crafted to enhance fundamental basketball skills, foster teamwork, develop game strategy, and promote the importance of fair play. Our experienced coaching staff is committed to providing a positive and inclusive environment where players can grow on and off the court. Whether you aspire to play at a higher level or simply hope to enhance your skills in a welcoming environment, this camp is the perfect platform for young athletes to thrive in the exciting sport of Basketball.

#6614 W Feb 5-Mar 5
5 sessions \$95 3:05-4:30 pm
CMS: Gym 3

Intro to Pickleball

Get ready to have fun and stay active with pickleball! This beginner-friendly course is designed specifically for middle school students who want to learn the fastest-growing sport in America. Whether you've never picked up a paddle or are just curious to try something new, this session will cover the basics, including rules, scoring, and beginner-level techniques. We'll focus on teamwork, coordination, and sportsmanship, all while playing fun, engaging games. To add even more excitement, there will be days where our favorite teachers join in to play against the students! (Dates TBD) Pickleball is a great way to improve hand-eye coordination, agility, and communication skills with friends. No prior experience is needed - just bring your energy and enthusiasm! You may sign up for one or both sessions. Please be sure to bring a water bottle, and athletic shoes.

Mason, Skrede

#6632-A M/W Jan 13-29
5 sessions \$65 3-4:30 pm
No session Jan 20
CMS: Gym 2

#6632-B M/W Feb 3-26
7 sessions \$89 3-4:30 pm
No session Feb 17
CMS: Gym 2



Middle School Tennis

We will introduce and develop participants in the lifelong game of tennis. Each lesson will have a plan and progressively build the fundamental athletic skills, stroke play technique, and understanding of the game's structure. Our coaching methods will strive to positively develop youth via sports.

This program will provide the fundamental training and preparation for MS and JV tennis.

Program Skill Levels: New beginners and those with prior beginner training experience who can benefit from further stroke play and game development.

Coaching Team: Tenicity is led by Harsh Mankad, a Gopher Hall of Fame inductee, former ATP professional player, and USTA award-winning tennis program leader. All coaches are personally trained and certified by Harsh to ensure they effectively teach stroke development and fundamentals in line with Tenicity's proven developmental system.

10 sessions \$230 3:05-4:30 pm
#6613-A Tu/Th Jan 23-Feb 25
CMS: Gym 1 & 2

#6613-B M/W Apr 21-May 21 CMS:
Gym 1 & 2 & outdoor courts
weather permitting

Winter Color Guard and Ski & Snowboard Club See page 32



Middle School Track & Field



This program is open to Centennial Middle School students only

Athletes will compete against other schools in our conference in various running, jumping, and throwing events. Practice begins April 1 for 6th graders and April 2 for all athletes. The season ends the week of May 19. Please watch your email/texts if we are having inclement weather, we will also make announcements in school to update the practice status.

Meets: There will be one or two meets each week. Meets will be with other schools in our conference. Meet dates will be announced as soon as we receive that information.

Athletes will receive a uniform shirt but will need to provide their own shorts and shoes. Team t-shirt included. Transportation is provided to and from meet sites for athletes. Athletes will need to arrange for transportation home from the middle school following the meets.

Sports Physicals: Sports physicals are not required for 6th grade students. They are highly recommended but not required for 7-8th grade students. Physicals are good for three years unless restrictions exist. Please turn your athlete's physical & health information to the Middle School nurse or front office.

Fees nonrefundable after April 9

#6619 M-Th Apr 1-May 22
\$205 3:05-4:30 pm
CMS: Track

More Than Pink

All new content & speakers!

I Am...

Save the Date!

July 8-August 7

Grade 4-8

Mornings T, W, Th
CHS West



MORE THAN PINK

Middle & High School Activities



Spring Youth Volleyball League

A fun and instructional league emphasizing basic skills such as passing, setting serving, and game concepts and strategies

Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Please indicate t-shirt size when registering. Wear comfortable clothes, dry athletic shoes, and bring a water bottle. No street shoes.

Practices will start the week of March 24.

Monday is a practice night. The first two Tuesdays are also practices.

Games will begin on Tuesday, April 8.

Games and practices generally happen between 6 and 8:30 pm.

Games will be played at Centennial Middle School or other district locations depending on the number of teams. There will be a Saturday tournament on April 26. Season ends April 29.

#6347 M/Tu Mar 24-Apr 29 between 6-8:30 pm (approx)

\$119 Registration deadline is March 10. Registrations accepted thereafter if space permits, cost increases to \$139. No refunds after March 10.

We are looking for volunteer coaches

Coaches will receive instruction and support

If you are interested in coaching, please contact csendle@isd12.org.

More Sports Offerings See page 40-43

Archery Club / Fencing Grade 2-8

Conquer Ninja Age 5-13

Cougar Soccer Academy Grade K-7

Tennicity Tennis Grade 5-16

Girls Open Gym Volleyball Grade 8-10

Strength & Stroke Age 11-18 See page 50

Dive into a dynamic swim class designed for proficient swimmers who want to enhance their fitness and take their skills to the next level!



Centennial Ski/ Snowboard Club

Grade 6-12

All levels welcome. Lessons and rentals available. Come join us on the slopes for the 2024-25 season.

New this year, Wild Mountain rental fees paid in advance through Centennial Community Education. See more details at isd12.ce.eleyo.com

Wild Mountain

Dec 14, Feb 1, Feb 22

Trollhaugen

Jan 18, Feb 8

#6515 Sat 3-9 pm

Individual trips will open for registration on Monday, December 2 at noon starting at \$69.

Winter Color Guard

Grade 6-12

Cones, flourishes, and windmills, oh my! This entry-level class to Color Guard will introduce participants to several basic flag moves and a toss or two. Families are invited to the final 15 minutes on the last class day for a showcase highlighting what was learned. Price includes practice flag and pole to use in class and take home. Registration deadline is Thursday, January 9.

#5024 Th Jan 23-Feb 20
5 sessions \$120 3-4:40 pm
CMS: Gym 3

Middle & High School Activities



Stock Market & Personal Finance Club Grade 6-12 Online

Take control of your present and future. Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Create four investment portfolios to compare risk versus return on investment. Understand how an Initial Public Offering (IPO) could become the next blue-chip company of tomorrow. Track and trade your stocks, mutual funds, and cryptocurrency to build wealth, not just savings.

Use a personal finance simulator to see how improving your education and experience can raise your income if you can budget your resources and pay your bills. Learn how difficult it is to finance post-secondary education while still holding down your simulated job.

Finally, if participants have interest, they can attempt to build and grow a simulated business. A Google Meet invitation will be sent to the email entered upon registration.

CSGA Enrichment

#7791 Th Jan 16-May 15 17 sessions \$153 6:45-7:30 pm No class Mar 13

High School Improv Club Grade 9-12

Participants with beginning to advanced theater experience are welcome. Short and long form improv will be covered.

Eric Webster, actor, writer and producer with 30 years' experience, 20+ years of instruction with the Centennial School District and improv program.

#6500 M/W/F Jan 27-Feb 28 5:30-7 pm No session Feb 17 PAC
14 sessions plus two performance events & festival \$100

Participants will also attend the Twin Cities Improv Festival Sat, April 12 9 am-3 pm
PiM Arts High School, Eden Prairie.

Final Performances

Friends and Family Show:

Wed, Feb 26 at PAC

Actor call time 5 pm / Show 6-7:30 pm

Bryant Lake Bowl Theater, Mpls

Sat, Mar 1, time TBD



Check out more winter & spring opportunities

Online Tech Academy: Multiplayer Minecraft page 34

Intensive Sewing page 35

Private Guitar, Ukulele or Voice Lessons page 37

Ninja Warrior, Archery, Fencing, Soccer Academy, Tennis, Volleyball page 41-43



Driver Education

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

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

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



Driver Education Classroom Ages 14 ½+

The first phase of driver education, 30 hours of in-class instruction prepares students for the knowledge (permit) test. Students will increase their understanding of basic skills, principles, and processes of responsible driving. Areas of concentration include driver's rights and responsibilities, alcohol and other drugs, signs-signals-road markings, rules of the road, safe driving tips, Minnesota traffic laws, and limitations for teen drivers. AAA Driver Training Program curriculum emphasizing the latest concepts in driver safety. Participants missing class must wait for the next session to make up missed time. Cost includes MN Driver's Manual.

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

#8550 M-Th Feb 26-27, Mar 3-6, 17-20
10 sessions \$175 3:30-6:30 pm
CHS/West: Rm 409

Point of Impact For parents of a new teen driver

Newly licensed teen drivers are not necessarily safe drivers. Parents are the first and best source for teaching their children. Safe driving skills are developed over time and a parent's role continues even after they receive their license. Traffic crashes are the leading killer of Minnesota teens. Inexperience, distractions, risk taking and poor seat belt compliance are the primary factors. Learn the importance of playing a role in developing the safe driving skills of your youth. View a video that presents stories of Minnesota youth and families impacted by crashes.

Participation reduces required practice driving time from 50 to 40 hours. The driving hours are recorded on the Supervised Driving Log that must be submitted prior to taking the driver's test.

#8552 Date & Location TBD Free 6:30-8 pm
Please check isd12.ce.eleyo.com for updates.

Driver Education Behind-the-Wheel BTW

Prerequisite: Students who are at least 15 years of age and have completed Driver Education Classroom are eligible for spring driving lessons.

As long as a student is enrolled in a classroom session that will end prior to the spring BTW window, they can also enroll for BTW. Doing so allows the student who is at least 15 to receive their blue card on the last day of classroom to go take the knowledge test.

Students must have passed their knowledge test and be in possession of their learner's permit prior to their first scheduled driving lesson. Some practice driving prior to your first lesson is recommended.

Behind-the-wheel consists of 6 hours of hands-on, behind-the-wheel instruction. Licensed staff will guide students through proper driving techniques and skills including right and left turns, 90-degree backing, parallel parking, traffic lights and stop signs, lane changes, one-way, right of way, emergency stop, and much more.

Lesson Information: Lessons with Mickey Bluedorn are two-on-one for six, 2-hour lessons with one hour driving and one hour observing. Lessons with Craig Sturlaugson and Matt Fenno are one-on-one for three, 2-hour lessons.

Once registered for BTW and in possession of your blue card, you must remain enrolled for BTW or risk having your permit revoked. For this reason, there are no refunds or cancellations allowed once a blue card has been issued. Changes to enrollment are very difficult as this program fills quickly leaving little to no room for rescheduling. If we are able to make a change, there is a \$20 fee. If you have been unable to pass the knowledge test, please notify Community Education immediately. **Student must have their permit with them for each driving session. If you forget your permit you cannot drive, that counts as a no show resulting in a \$93 fee.**

#8551 March through May 2025 \$300
Space is limited
Visit isd12.ce.eleyo.com for availability

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

Call Community Ed at 763-792-6100

Youth Academics

Multiplayer Minecraft Online Tech Academy Classes

Additional Technical Requirement:
Minecraft Java Edition on PC (Windows or MacBook) required. Will not work on Chromebook, tablets or phones

Map Builder Grade 1-5

Work as a team to create a custom multiplayer adventure map that features monster spawners, hidden armor, and more. Choose to design an in-game dungeon or build a castle to explore. Create tons of mini games with all your friends. Basic computer skills needed (basic keyboarding and using a mouse).

#7707 Th Jan 16 \$35 6-8 pm

City Builder Grade 1-6

Collaborate with fellow participants to construct a city. Participants will take their completed world files at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp.

#7759 Tu Feb 25 & Mar 4
2 sessions \$50 6-7:30 pm

Block Hunter Grade 1-5

Join us in this new multiplayer Minecraft class as we play this hide-and-seek game. Hunters will work together to find the hidden blocks and animals on our new adventure map. Get ideas to create your own mini game.

#7610 Sa Mar 15 \$35 8-10 am

Survival Challenge Grade 2-6

Survival Challenge in Minecraft: Team up and survive in our multiplayer world. Explore the unknown and join other survival enthusiasts to overcome challenges and complete quests on our server.

#7611 W Apr 9 \$35 6-8 pm



Sunday STEM Fun

Straw Marble Maze Grade K-2

Marble mazes are one of students' favorite STEM activities! We will provide a variety of materials to make a maze. You can also bring some small items of your own to use as well (thin cardboard, toilet paper tubes, etc). Join us for this fun class that will incorporate engineering.

Kayla Little

#7615 Sun Feb 23 \$12 1:30-2:30 pm
CMS: Rm C126

Build Your Own Board Game! Grade 3-5

Using recycled materials- some will be provided, and you can bring a bag of items as well - students will plan, write rules, and create a game. As time allows games will be played. Activities in this class will relate to engineering, math, and science.

Kayla Little

#7616 Sun Feb 23 \$12 3-4 pm
CMS: Rm C126

Mathnasium Fractions & Integers Grade 3-5

Jumpstart your child's mathematical journey with our engaging Mathnasium Fractions and Integers class! Using the proven Mathnasium method, we blend individualized instruction with interactive activities to solidify foundational skills and boost confidence.

Our expert instructors will guide students through the exciting world of fractions and integers, ensuring they understand key concepts and can apply them in various contexts.

With a focus on critical thinking and problem-solving, students will learn to tackle mathematical challenges head-on, making connections between abstract ideas and real-world applications. Each session promises a supportive and dynamic learning environment where your child can thrive.

By the end of the course, students will not only improve their math proficiency but develop a love for learning that lasts a lifetime. Enroll now to secure a spot in this transformative educational experience!

#2163 Sa Jan 11-Mar 1
8 sessions \$189 10-11 am
Mathnasium





Camp Invention®

HIGH-ENERGY,
**HANDS-ON
STEM**

Secure your spot and save today at
INVENT.ORG/LOCAL



**Golden Lake Elementary,
July 21-25, 2025 | Grades K - 6**



Stock Market & Personal Finance Club Grade 6-12 Online

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

CSGA Enrichment

#7791 Th Jan 16-May 15 17 sessions \$153
6:45-7:30 pm No class Mar 13



Schedule today, soar tomorrow! Book a free assessment at Mathnasium and jumpstart your child's math journey in 2025. By fostering a love for math that extends beyond the classroom, Mathnasium sets kids up for success in the new year. Why start now?

- Personalized learning plans tailored to your child's unique needs
- Engaging, reward-based environment that makes math fun
- Expert instructors that help kids build confidence to excel in all subjects

Mathnasium of Lino Lakes
(651) 977-MATH (6284) • mathnasium.com/linolakes
4335 Pheasant Ridge Dr NE #228, Blaine, MN, 55449

MATHNASIUM
The Math Learning Center

Contact Us for a Free Assessment
www.mathnasium.com

Youth Create



Intensive Sewing Class Age 8-13

Sketch your own inspired garment or craft project and then create it while learning to sew. Instruction includes basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Participants will create their project and practice techniques using sewing machines provided. All supplies and tools provided. Bring a nut-free lunch/snack and beverage.

Nena Rivas

9 am-1 pm \$88 Nena's Atelier
#2500-A M Feb 17
#2500-B F Apr 18

Canvas Fun: Spring Flowers Grade K-5

Join us for a delightful spring-themed painting event. Create a beautiful canvas masterpiece featuring vibrant spring flowers. No experience necessary. Our talented instructor will guide you through each step, ensuring a fun and memorable experience.

KidzArt

#2391 Sa Apr 12
\$30 11 am-noon
CHS/East: Rm 111



Canvas Fun: Loons in Love Grade K-5

Get ready to splash into a world of feathered fun. Create a beautiful Valentine's Day-themed loon painting on an 11"x14" canvas with acrylic paints. No prior painting experience is necessary, just a love for art and a willingness to have fun.

KidzArt

#2390 Sa Feb 1 \$30 11 am-noon CMS: Rm E106

Youth Music, Theater & Dance



Kids Dance

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

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

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

Our Spring Recital will be on May 8, a costume fee of \$65 is additional and will be paid to the instructor. Please register for the session that correlates with your child's current age or grade level.

Jenny Hansell, Happy Feet Dance Company

13 sessions Th Jan 9-May 1 \$179 CMS: Studio/Gym 5
No class Jan 23, Feb 13, Mar 13 & 27

#5001-A Hop N' Tots (Preschool) 5-5:45 pm
#5001-B Intermediate Dance (Grades K-2) 5:45-6:30 pm
#5001-C Tap, Jazz & Ballet (Grades 3-5) 6:30 pm-7:15 pm

Mayer Arts Musical Theater

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

8 sessions \$90 Tues Jan 28-Apr 1
CT: Rm 30-Little Theater No class Feb 18, Mar 11

Encanto Age 4-8

If you could choose to have any amazing ability, what would it be? We will dance and sing to music from Encanto and put together our own musical.

#2248 6-7 pm

High School Musical 3 Age 7-11

We want it all! Learn music and choreography from High School Musical 3 and put on your own show.

#2074 7-8 pm

Music Together

Newborn to PreK with Adult

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

BOND more closely with your child through song.

MAKE NEW FRIENDS for both you and your little ones.

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

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

HAVE LOADS OF FUN because children teach themselves through play!

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

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

9 sessions \$183 first child/*\$107 additional child.

No charge for children under 8 months old with registered sibling. *Discount in rate applies towards siblings in the same household. Infants attending without a registered older sibling pay the full class fee.

Thur Early Childhood Center: Rm 101

#1017-A	Jan 9-Mar 6	9:45-10:30 am
#1017-B	Jan 9-Mar 6	10:45-11:30 am
#1017-C	Apr 3-May 29	9:45-10:30 am
#1017-D	Apr 3-May 29	10:45-11:30 am

Mon Centennial Elementary: Media Ctr

#1017-E	Jan 6-Mar 24	6-6:45 pm
No class Jan 20, Feb 17, Mar 10		

#1017-F	Mar 31-June 2	6-6:45 pm
No class May 26		

Free Demo Classes

Visit a FREE demonstration class to see if this program is a good fit for your family. Please register separately for the demo events. Demo classes are free but registration is required. One demo per family please.

Thur RL Early Childhood Center: Rm 101

#1017-Demo A	Dec 19	9:45-10:30 am
#1017-Demo B	Mar 20	10:45-11:30 am

Mon Centennial Elementary: Media Ctr

#1017-Demo C	Dec 16	6-6:45 pm
#1017-Demo D	Mar 24	6-6:45 pm



Cougar Choir Grade 3-5

Centennial Youth Choir is open to singers in grades 3-5. Students will have fun learning how to sing in a two-part harmony using proper vocal technique. Experience harmonizing and blending with those around you by singing songs with 1-3 vocal parts. We will sing a variety of music genres and share our prepared pieces during a concert at the end of our session on April 8.

Beth Althof

#5240 Tu Feb 11-Apr 8
8 sessions \$89 6-7 pm
No class Mar 11
CHS/West: Choir Room

High School Improv Club Grade 9-12

Participants with beginning to advanced theater experience are welcome. Short and long form improv will be covered.

Eric Webster, actor, writer and producer with 30 years' experience, 20+ years of instruction with the Centennial School District and improv program.

#6500 M/W/F Jan 27-Feb 28 5:30-7 pm
14 sessions plus two performance events & festival
\$100 No session Feb 17 PAC

Participants will attend the Twin Cities Improv Festival on Saturday, April 12 from 9 am-3 pm at PiM Arts High School, Eden Prairie.

Final Performances: Friends & Family Show: Wed, Feb 26.
Actor call time 5 pm; show: 6-7:30 pm, PAC
Bryant Lake Bowl Theater, Mpls: Sat, Mar 1, time TBD

Private Guitar/Ukulele & Vocal Lessons

All ages & abilities welcome

Whether you're a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl, in half-hour private lessons. Brady is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs.

Lessons will be tailored to each participant's needs and interests, and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, performance, and music theory.

Identify if your lesson is a vocal or what instrument when registering. Students need to bring their own instrument.

Brady Perl, performs his own original music and has gained statewide notoriety making several appearances on television and radio, and performing in a number of venues.

Select your half-hour private lesson during the times listed

1:30-3 pm RL/ECC: Rm 101

4-8:30 pm CT: Conf Rm

#5202-A M Jan 6-Feb 24
6 lessons \$159 No lesson Jan 20, Feb 17

#5202-B M Mar 3-Apr 14
6 lessons \$159 No lesson Mar 10

#5202-C M Apr 21-May 19
5 lessons \$133

#5202-D Tu Jan 7-Feb 25
6 lessons \$159 No lesson Jan 21, Feb 18
Lesson Jan 14 in Little Theater

#5202-E Tu Mar 4-Apr 8
5 lessons \$133 No lesson Mar 11
Lesson Mar 18 in Little Theater

#5202-F Tu Apr 22-May 20
5 lessons \$133



Gymnastics

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

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



Wiggle Time-Parent/Child Ages 2-3

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

Little Tumblers Age 3-4

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

Tumblers Age 5-7

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

Twisters Age 8+ All Gymnastic levels

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

Advanced Gymnastics Invitation only

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

Gymnastics Open Gym

Entering Grades 1-6, all skill levels

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

"Floor is Lava"



Adventure Challenge Age 5-12

Jump, climb, and balance your way to safety in this fun-filled "Floor is Lava" class. Kids will use their imagination while developing coordination, teamwork, and problem-solving skills as they navigate obstacle courses designed to mimic the classic game. Perfect for young adventurers who love a challenge.

Session I

No classes Jan 18, 20, Feb 9, 17

Mon	Jan 6-Feb 24	6 sessions	
Tumblers	#6000-A	5-6 pm	\$60
Little Tumblers	#1401-A	6:10-6:55 pm	\$45
Floor is Lava	#6009-A	7:15-8 pm	\$45
Tues	Jan 7-Feb 25	8 sessions	
Little Tumblers	#1401-B	6-6:45 pm	\$60
Tumblers	#6000-B	6-7 pm	\$80
Twisters	#6034-A	6:55-8:25 pm	\$120
Tumblers	#6000-C	6:55-7:55 pm	\$80
Wed	Jan 8-Feb 26	8 sessions	
Tumblers	#6000-D	4:45-5:45 pm	\$80
Little Tumblers	#1401-C	5:50-6:35 pm	\$60
Wiggle Time	#1400-A	6:40-7:25 pm	\$60
Thurs	Jan 9-Feb 27	8 sessions	
Tumblers	#6000-E	6-7 pm	\$80
Tumblers	#6000-F	7:05-8:05 pm	\$80
Twisters	#6034-B	7:05-8:35 pm	\$120
Sat	Jan 11-Mar 1	8 sessions	
Wiggle Time	#1400-B	9-9:45 am	\$60
Little Tumblers	#1401-D	9:55-10:40 am	\$60
Tumblers	#6000-G	10:45-11:45 am	\$80
Twisters	#6034-C	10:45-11:45 am	\$80
Sun	Jan 12-Mar 2	7 sessions	
Little Tumblers	#1401-E	5:15-6 pm	\$53
Tumblers	#6000-H	6:10-7:10 pm	\$70
Twisters	#6034-D	6:10-7:10 pm	\$70
Open Gym		7:10-7:40 pm	\$5

Check out Adult Gymnastics!

See page 20



Session II

No classes Mar 10-13

Mon Mar 3-Apr 7	5 sessions	
Tumblers #6000-J	5-6 pm	\$50
Little Tumblers #1401-F	6:10-6:55 pm	\$38
Floor is Lava #6009-B	7:15-8 pm	\$38

Tues Mar 4-Apr 8	5 sessions	
Little Tumblers #1401-G	5-5:45 pm	\$38
Tumblers #6000-K	5:55-6:55 pm	\$50
Tumblers #6000-L	7-8 pm	\$50
Twisters #6034-E	7-8:30 pm	\$75

Wed Mar 5-Apr 9	5 sessions	
Tumblers #6000-M	4:45-5:45 pm	\$50
Little Tumblers #1401-H	5:50-6:35 pm	\$38
Wiggle Time #1400-C	6:40-7:25 pm	\$38

Thurs Mar 6-Apr 10	5 sessions	
Little Tumblers #1401-J	5-5:45 pm	\$38
Tumblers #6000-N	5:10-6:10 pm	\$50
Twisters #6034-F	6:20-7:50 pm	\$75
Tumblers #6000-P	6:20-7:20 pm	\$50
Open Gym	7:50-8:20 pm	\$5

Sat Mar 22-Apr 12	4 sessions	
Wiggle Time #1400-D	9-9:45 am	\$30
Little Tumblers #1401-K	9:55-10:40 am	\$30
Tumblers #6000-Q	10:45-11:45 am	\$40
Twisters #6034-G	10:45-11:45 am	\$40

Sun Mar 23-Apr 13	4 sessions	
Little Tumblers #1401-L	5:15-6 pm	\$30
Tumblers #6000-R	6:10-7:10 pm	\$40
Twisters #6034-H	6:10-7:10 pm	\$40
Open Gym	7:10-7:40 pm	\$5

Session III

Mon Apr 14-May 19	6 sessions	
Tumblers #6000-S	5-6 pm	\$60
Little Tumblers #1401-M	6:10-6:55 pm	\$45
Floor is Lava #6009-C	7:15-8 pm	\$45

Tues Apr 15-May 20	6 sessions	
Little Tumblers #1401-N	5-5:45 pm	\$45
Tumblers #6000-T	5:55-6:55 pm	\$60
Tumblers #6000-U	7-8 pm	\$60
Twisters #6034-J	7-8:30 pm	\$90

Wed Apr 16-May 21	6 sessions	
Tumblers #6000-V	4:45-5:45 pm	\$60
Little Tumblers #1401-P	5:50-6:35 pm	\$45
Wiggle Time #1400-E	6:40-7:25 pm	\$45

Thurs Apr 17-May 22	6 sessions	
Little Tumblers #1401-Q	5-5:45 pm	\$45
Tumblers #6000-W	5:10-6:10 pm	\$60
Twisters #6034-K	6:20-7:50 pm	\$90
Tumblers #6000-X	6:20-7:20 pm	\$60
Open Gym	7:50-8:20 pm	\$5

Sat Apr 26-May 17	4 sessions	
Wiggle Time #1400-F	9-9:45 am	\$30
Little Tumblers #1401-R	9:55-10:40 am	\$30
Tumblers #6000-Y	10:45-11:45 am	\$40
Twisters #6034-L	10:45-11:45 am	\$40

Sun Apr 27-May 18	4 sessions	
Little Tumblers #1401-S	5:15-6 pm	\$30
Tumblers #6000-Z	6:10-7:10 pm	\$40
Twisters #6034-M	6:10-7:10 pm	\$40
Open Gym	7:10-7:40 pm	\$5



Youth Recreation & Sports



Non-School Day Camps

DASH Multi-Sport Day Camp Grade K-5

9 am-4 pm \$79 CMS: Gym 3

#6216-A	Tu	Jan 21	Registration deadline Jan 14
#6216-B	F	Feb 14	Registration deadline Feb 9
#6216-C	F	Apr 4	Registration deadline Mar 30

Ninja Day Camp Age 5-13

Mon 9 am-3 pm \$125

#6215-A	Jan 20
#6215-B	Feb 17

Spark Equestrian Day Camp Age 6-12

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

Kate Goodpaster

9 am-2 pm \$140 Hardwood Creek Farm, Hugo

#6960-A	F	Jan 17
#6960-B	M	Jan 20
#6960-C	Tu	Jan 21
#6960-D	F	Feb 14
#6960-E	M	Feb 17
#6960-F	W	Mar 12
#6960-G	Th	Mar 13
#6960-H	F	Mar 14
#6960-J	Th	Apr 3
#6960-K	F	Apr 4



Non-School Day Intensive Sewing

Mon, Feb 17 & Fri, April 8. See page 35 for details.

Archery Club Grade 2-8

Explore archery as a lifetime sport while developing National Archery in the Schools Program (NASP) target archery skills.

Learn safe techniques and practices; acquire skills related to effective communication, cooperation, rules, and respect in a group; use practice to improve skills and reach goals; rehearse good sportsmanship and gain exposure to the value of natural resources and the outdoor community.

Equipment provided (Genesis Compound bows) via the Minnesota Department of Natural Resources (NASP), National Wild Turkey Federation (Struttin' Toms Chapter), Minnesota Deer Hunters Association (Lakes Chapter), Minnesota Bowhunters, Inc., Centennial Community Education and Anoka County Youth Initiatives Grant.

Matt Doth

4 sessions	\$50	Thur	Feb 6-20	CHS/East: Lower Gym
#6360-A	Grades 2-4		6-7 pm	
#6360-B	Grades 5-8		7:15-8:15 pm	



LINO LAKES

join our cheer family

CHEERLEADING

Boys & Girls Age 4-18!

ONLY \$10 PER WEEK

About CFA Cheer

To learn more about our awesome recreational and elite cheer opportunities check out our website at championforce.com! To sign up for one of our classes go to championforce.com and click register. To sign up for this class use class code **(13812)**.

www.facebook.com/ChampionForceMN

[@championforceMN](https://www.instagram.com/championforceMN)

Class Information

Centennial Middle School
399 Elm St
Lino lakes, MN

Classes held every Sunday
Starting **FEBRUARY 16TH, 2025**

D1 (AGES 4-6) @ 4:00PM
D2 (AGES 7-8) @ 4:45PM
D3 (AGES 9+) @ 5:30PM

have fun & make friends



Cheer Clinic Age 4-12

Join us for a fun two-session introduction to cheer class. Come make friends and get a feel for what cheer is all about. Attendees will learn the fundamentals of cheerleading and work together as a team to learn some basic stunting. Wear athletic clothing and carry in clean/dry tennis shoes and bring a filled water bottle. No sports drinks.

Champion Force

2 sessions Sun Jan 26 & Feb 2

\$12 CMS: Gym 5

#6171-A Ages 4-7 4-4:45 pm
#6171-B Ages 8-12 5-6 pm

Cougar Cub Girls Basketball Camp Grade 1-3

Time to grab your shoes and water bottle and hit the court. Be a part of the Centennial Cougar Girls' Basketball program by working on the same fundamentals as our high school varsity program. All levels of players are welcome. Players will work to improve their skills based on the level of play they are at, from beginners to those playing in our traveling program. Players will focus on the fundamental skills of dribbling, passing, shooting, and defense through a variety of instruction and games. Price includes a t-shirt.

Jamie Sobolik, Girls' Varsity Basketball coach, and varsity players

#6150 Sa Feb 1-22
4 sessions \$59 9-10:15 am
CMS: Gyms 1 & 2

Fencing Grade 2-8

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

YEL trained instructor

6 sessions \$88 Thurs 5:30-6:30 pm

#6029-A Jan 23-Mar 6 RL: Gym B/C
No class Feb 27

#6029-B Apr 3-May 8 BH: Gym 1/2

Karate Age 4-12

Karate is a great way for students to increase their sense of responsibility and build self-esteem. Choose martial arts training to supplement your student's education and see how they benefit! A uniform is included, wear comfortable clothing to first class.

Wayne Cornelius

4 sessions \$39 Mon/Wed

Jan 6-15 CMS: Gym 5

#6400-A Ages 4-6 6:15-6:45 pm

#6400-B Ages 7-12 6:45-7:15 pm

4 sessions \$39 Mon/Wed

May 12-21 CT: Gym

#6400-C Ages 4-6 6:15-6:45 pm

#6400-D Ages 7-12 6:45-7:15 pm

Conquer Ninja Training at Conquer Gym - Blaine

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninjas is easily one of the fastest growing sports today. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. For full descriptions, go online at isd12.ce.eleyo.com

Intro to Ninja Age 5-13

8 sessions \$190

#6210-A Su Jan 5-Feb 23 4-5 pm

#6210-B W Jan 8-Feb 26 5-6 pm

#6210-C Su Mar 2-Apr 27 4-5 pm

No class Mar 9

#6210-D W Mar 5-Apr 30 5-6 pm

No class Mar 12

Conquer Ninja Rec Team Age 6-13

8 sessions \$225 5-6 pm

#6213-A Su Jan 5-Feb 23

#6213-B Tu Jan 7-Feb 25

#6213-C Su Mar 2-Apr 27

No class Mar 9

#6213-D Tu Mar 4-Apr 29

No Class Mar 11

Advanced Conquer Ninja Rec Team Age 6-13

8 sessions \$225

#6218-A Su Jan 5-Feb 23 6:15-7:15 pm

#6218-B Tu Jan 7-Feb 25 6-7 pm

#6218-C Su Mar 2-Apr 27 6:15-7:15 pm

No class Mar 9

#6218-D Tu Mar 4-Apr 29 6-7 pm

No class Mar 11

Next Step-up Ninja Age 5-13

8 sessions \$190 6:15-7:15 pm

#6217-A W Jan 8-Feb 26

#6217-B W Mar 5-Apr 30

No class Mar 12



Soccer



Mini Kickers Soccer

Age 3-5

Mini Kickers is a high-energy program for soccer players 3-5 years old. Mini Kickers is a FUN, age-appropriate, and professionally guided introduction to the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these newfound skills in a daily scrimmage.

Bring a size 3 soccer ball. Shin guards optional. Tennis shoes only (no cleats). For safety and cleanliness, please carry tennis shoes into gym. Water only allowed in the gym.

Jeff Ottosen

4 sessions \$45 5:45-6:30 pm

#6379-A Th Jan 9-30 CV: Gym
#6379-B Tu Feb 4-25 RL: Gym B/C
#6379-C Th Feb 6-27 GL: Gym

#6379-D W Mar 19-Apr 9
CMS: Gym 2

#6379-E Tu Apr 15-May 6
CHS/East: Lower Gym

#6379-F Tu Mar 18-Apr 8
BH: Gym or Cafeteria

#6379-G Th Apr 17-May 8 CT: Gym

Winter Soccer Skills

Grade K-2

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

Bring a size 3 soccer ball, shin guards and a water bottle to each session. Water only, no sports drinks or food allowed in the gym. For safety and cleanliness, please carry in your athletic shoes.

*Centennial retired boys varsity coach
Jeff Ottosen and players*

4 sessions \$49 6:30-7:15 pm

#6376-A Th Jan 9-30 CV: Gym
#6376-B Tu Feb 4-25 RL: Gym B/C
#6376-C Th Feb 6-27 GL: Gym

#6376-D W Mar 19-Apr 9
CMS: Gym 2

#6376-E Tu Apr 15-May 6
CHS/East: Lower Gym

#6376-F Tu Mar 18-Apr 8
BH: Gym or Cafeteria

#6376-G Th Apr 17-May 8
CT: Gym

Cougar Soccer Academy Grade K-7

Serious about your soccer development? Then we want you in Cougar Soccer Academy - the highest level of technical and tactical advancement, for boys and girls, with curricular-based learning at its best.

Start with 60 minutes of training followed by a 30-minute futsal game for friends and family to watch. We're building a pathway to excellence in our community.

Participants must carry in clean, dry shoes to wear in the gym. No street shoes. Bring a labeled water bottle. Water only in the gym. No food, sports drinks, coffees or other beverages allowed in the gym by participants or spectators.

Coach Ottosen, retired head boys varsity coach.

4 sessions Su Jan 5-26 \$109

CMS: Gym 3

#6193-A1 Ages K-3 4:30-6 pm

#6193-A2 Ages 4-6 6-7:30 pm

4 sessions Su Feb 2-23 CMS: Gym 3

Su Mar 2 CHS/East: Upper \$109

No Soccer Feb 9

#6193-B1 Ages K-3 *4:30-6 pm

#6193-B2 Ages 4-6 *6-7:30 pm

*class time on Mar 2 at 4:45 & 6:15 pm

4 sessions Su Mar 16-Apr 6 \$109

CMS: Gym 3

#6193-C1 Ages K-3 4:30-6 pm

#6193-C2 Ages 4-6 6-7:30 pm

NEW! Pre-K – 8th CYFA spring offering



Centennial Youth Flag Football

**Join the
Cougar team!**

- Replaces the NFL Flag football program, formerly at Centennial High School
- Enjoy football in a non-contact setting
- Sharpen skills for the fall tackle season

Visit centennialyouthfootball.com to register beginning Feb. 1

Who: Pre-K – 8th grade (boys & girls)

Where: Sundays at Centennial High School

Cost: \$140* (includes jersey, flags/belt, referees and field use)

Practices: Begin late April (weather-permitting)

Games: May-June

*Discounted rates available to families who qualify; see information in registration form.

Questions?

cyfamn@gmail.com



Tenicity Tennis

Tenicity is led by Harsh Mankad, a Gopher Hall of Fame inductee, former ATP professional player and USTA award-winning tennis program leader. All of our coaches are personally trained and certified by Harsh to ensure they effectively teach stroke development and fundamentals in line with Tenicity's proven developmental system.

Beginner Group Lessons

We invite you to join our group lessons and learn the lifelong game of tennis! Each lesson follows a structured plan through the three stages in the beginner development pathway that progressively builds fundamental athletic skills, stroke play technique, coordination and fitness, character skills from working in a group, and understanding of the game's structure and rules in preparation for higher levels of play. The program is designed to not only develop tennis skills but also to promote positive youth development through sports while inspiring a love of the game.

Indoor Group Lessons Ages 5-12

Program Skill Level: Beginner level participants looking to develop the fundamentals.

4 sessions \$119 Su Jan 12-Mar 2
CHS/East: Upper Gym No lesson Feb 9
 #6220-A1 Ages 5-8 2:30-3:30 pm
 #6220-A2 Ages 9-12 3:30-4:30 pm

Outdoor Group Lessons Ages 5-16

Program Skill Level: Participants will be grouped according to their beginner skill level:

Stage 1: New players with little or no prior tennis experience
 Stage 2 or 3: Players with previous training, placed according to their current abilities as assessed by coaching staff

This structure ensures that each player receives appropriate training tailored to their level of beginner development.

10 sessions \$163 M/W Apr 21-May 21
Jim Peterson Athletic Complex
 #6204-A1 Ages 5-8 5-6 pm
 #6204-A2 Ages 9-12 6-7 pm
 #6204-A3 Ages 13-16 7-8 pm

Volleyball

Volleyball Intro Skills and Games Grade 3

Join us for a fun introduction to volleyball. We'll learn the basics and have lots of fun with skills and drills, and then at the end we'll invite family and friends to watch some games to show off what we've learned. Game nights will be between 6-8 pm. T-shirts are included.

Volunteer coaches are needed

Player fees are waived for volunteer coaches.

#6348 Thurs Practices: Mar 20-Apr 10 6:15-7:30 pm
 6 sessions \$94 Games: Apr 17 & 24, between 6-8 pm (TBD)
 CMS: Gym 1

Spring Youth Volleyball League Grade 4-5

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

Season: Practices will start the week of March 24

Monday is a practice night. The first two Tuesdays are also practices, then games will begin on Tuesday, April 8. Games will be played at Centennial Middle School depending on the number of teams. Games and practices generally happen between 6 and 8:30 pm.

Space is limited at all schools. Season ends April 29.

Parents/siblings will not be allowed into the schools during practice times. Families will be able to attend the games.

#6349 M/Tu Mar 24-Apr 29 \$109
 Registration deadline March 10- no refunds thereafter, however registrations accepted if space permits, cost increases to \$129.

We are looking for volunteer coaches

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

Spring Youth Volleyball League for Middle School Students Grade 6-8

A fun and instructional league emphasizing basic skills such as passing, setting serving, as well as game concepts and strategies. See page 31 for details.

Girls Open Gym Volleyball Grade 8-10

Join us for recreational volleyball. This program is a fun, non-competitive environment, and is for players that do not play high school or club volleyball. Please carry in dry, clean athletic shoes and bring a water bottle. Water only allowed in the gym.

#6375 Th Jan 16, 23, 30, Feb 27 & Mar 6
 5 sessions \$20 6:15-7:30 pm
 CHS/East: Lower Gym

Skyhawks Sports Camps **All camps are 4 sessions**

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



Skyhawks Tots Sampler

Age 2-4

#6158 Sa Mar 22-Apr 12
\$65 9-9:30 am RL: Gym B/C

Skyhawks Baseball Tots

Age 2-4 w/adult & Age 5-7

Tu Apr 29-May 20 BH: Baseball Field

#6173-A1	Ages 2-3 w/adult	5:30-6 pm	\$65
#6173-A2	Ages 3-4 w/adult	6:10-6:40 pm	\$65
#6173-A3	Ages 5-7	6:50-7:35 pm	\$75

Skyhawks Hoopster Tots Basketball

Age 2-4 w/adult

Tu Jan 14-Feb 4 BH: Gym

#6160-A1 Ages 2-4 5:30-6 pm \$65

Sat Jan 25-Feb 15 RL: Gym B/C

#6160-B1 Ages 2-3 11:20-11:50 am \$65

#6160-B2 Ages 3-4 12-12:30 pm \$65

Sat Feb 22-Mar 15 RL: Gym B/C

#6160-C1 Ages 2-3 9-9:30 am \$65

#6160-C2 Ages 3-4 9:40-10:10 am \$65

Skyhawks Basketball

Age 5-10

Tu Jan 14-Feb 4 BH: Gym

#6160-A2 Ages 5-7 6:10-6:55 pm \$75

#6160-A3 Ages 8-10 7:05-8:05 pm \$85

Sat Jan 25-Feb 15 RL: Gym B/C

#6160-B3 Ages 5-7 12:40-1:25 pm \$75

Sat Feb 22-Mar 15 RL: Gym B/C

#6160-C3 Ages 5-7 10:20-11:05 am \$75

#6160-C4 Ages 8-10 11:15 am-12:15 pm \$85

Skyhawks Pickleball

Age 5-10

Sat Mar 22-Apr 12 RL: Gym B/C

#6199-A1 Ages 5-7 12-1 pm \$85

#6199-A2 Ages 8-10 1:10-2:10 pm \$85

Sat May 3-24 Hidden Ponds Park

#6199-B1 Ages 5-7 10:20-11:20 am \$85

#6199-B2 Ages 8-10 11:30-12:30 pm \$85

Skyhawks Volleyball

Age 6-12

Sat Jan 25-Feb 15 RL: Gym B/C

#6157-A1 Ages 6-8 9-10 am \$85

#6157-A2 Ages 9-12 10:10-11:10 am \$85

Sat Mar 22-Apr 12 RL: Gym B/C No session Apr 19

#6157-B1 Ages 6-8 9:40-10:40 am \$85

#6157-B2 Ages 9-12 10:50-11:50 am \$85





DASH Sports Camps

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

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



DASH T-Ball Tykes

Age 2-7

4 sessions Sat Apr 26-May 17

BH: Baseball Field

#6961-A	Ages 2-3	9:30-10:10 am	\$75
#6961-B	Ages 4-5	10:20-11 am	\$75
#6961-C	Ages 6-7	11:10-noon	\$85

4 sessions Wed May 7-28

BH: Baseball Field

#6961-D	Ages 2-3	5:25-6:05 pm	\$75
#6961-E	Ages 4-6	6:15-6:55 pm	\$75

DASH Basketball Tykes

Age 2-6

4 sessions Sat Mar 22-Apr 12

CMS: Gym 3

#6953-A	Ages 2-3	9:30-10 am	\$79
#6953-B	Ages 4-6	10:10-10:55 am	\$85

DASH Jr. NBA Basketball

Age 7-10

#6954	Sa	Mar 22-Apr 12
4 sessions	\$105	11:05-11:50 am
		CMS: Gym 3

DASH Floor Hockey

Age 2-10

4 sessions Sun Jan 26-Feb 23

No camp Feb 9 CV: Gym

#6255-A	Ages 2-3	5:15-5:45 pm	\$69
#6255-B	Ages 4-6	5:55-6:40 pm	\$75
#6255-C	Ages 7-10	6:50-7:35 pm	\$75

DASH Track & Field Tykes

Age 2-6

4 sessions Wed Apr 9-30

BH: Baseball Field

#6968-A	Ages 2-3	5:25-5:50 pm	\$69
#6968-B	Ages 4-6	6:05-6:50 pm	\$75

DASH Volleyball

Age 6-10

#6955	Sa	Mar 22-Apr 12
4 sessions	\$75	12:15-1 pm
		CMS: Gym 3

Summer Recreational Soccer Program Register now! Entering Grade K-5 (2025-26)

Centennial Soccer Club will be leading the 2025 Summer Recreation Soccer Program! Practice time has a focus on age-appropriate training that will include ball control, dribbling, passing, shooting, defending, and teaching the basics of the game.

One night will be practice and the other night will be games. Practices will be 50 minutes long. Times vary between 5-8 pm.

All sessions are led by volunteer coaches. Schedule, field information, roster, etc. will be powered by Sports Engine App (more info will be sent out as teams are formed).

Please bring shin guards, cleats and a soccer ball (size 3 for grades K/1 and size 4 for grades 2-5). Everyone will receive a Centennial Soccer Club jersey. Please indicate t-shirt size when registering.

#6381 13 sessions \$130
Wed & Sun, May 18-July 9
no soccer May 25, July 2 & 6
RL: Soccer Fields

Wed practice: 1 hour between 5-8 pm
Sun games: 3 pm, 4 pm, or 5 pm

Your team's practice and game times will be finalized prior to season start. Game times will vary. Practice time will be consistent. Deadline to register is Sunday, May 4. No refunds thereafter.

Summer Kickoff May 18

Receive your jersey and meet your coaches!



Volunteer coaches needed!

If you can help, please volunteer to be a coach. All volunteers get a free season for one child's enrollment per team coached.

Coaches meeting date TBD.



Centennial Lakes Fastpitch

Centennial Lakes Girls Fastpitch Softball

Come and play for the BIGGEST AND BEST softball organization in town!

What Do We Offer?

We offer pitching, catching, fielding, & hitting clinics. Free Winter workouts! Community ties with the High School program. Largest 8U program in town>> play against LOCAL teams; never travel far at 8U level! Several State Championship teams!

Ages listed are Age as of August 31, 2023

League	Age	Fee
8U Softball	6, 7 & 8 yrs	\$275
10U Softball	8, 9 & 10 yrs	\$460
12U Softball	11 & 12 yrs	\$470
14U Softball	13 & 14 yrs	\$495
16U Softball	15 & 16 yrs	\$495
18U Softball	17 & 18 yrs	\$495

Registration Fees include independent evaluators (10U-18U), a jersey, belt, 2 pair of socks and State Qualifier Fee (if appl.). 8u will also receive a visor.

ALL Softball will be provided with paid umpires (10U-18U will be provided w/2 jerseys)

Tryout fees will be additional cost determined each year based on facility cost



Centennial Lakes Little League

Ages listed are Age as of August 31, 2025

Co-Ed Divisions	Age	Fee
T-Ball	4 & 5 (6 yr old option)	\$175
Coach Pitch Baseball	6, 7, & 8	\$260
AAA Development Lg.	8* & 9	\$322

*8's will ONLY be allowed to play up if they have 2 yrs. of CPBB

Boys Divisions	Age	Fee
International Baseball	10, 11, & 12	\$390
American Baseball	10, 11, & 12	\$390**
National Baseball (traveling)	11 & 12	\$390*

Registration fee includes independent evaluators, name on jersey & number on hat for all leagues.

** American Lg. players will have an additional \$68 fee for 2 Tournaments collected after team formation

* National Lg players will have an additional \$165 fee for 4 tournaments and a second jersey collected after team formation

Tryout fees are additional as determined based on facility cost

2025 Registration Opens December 1 at CentennialLakesLittleLeague.org

For families with three or more children, the lowest registration fee plays for half price. Registrations after February 1, 2025 will be charged a \$30 late fee and will be accepted on a space availability basis only.

T-Ball Registrations after March 1, 2025 will be charged a \$30 Late fee.

Scholarships are available for low-income families. Please call (763)780-3836 for more information.

These events/activities are not sponsored or endorsed by the school district and are not printed at district expense



Aquatics

Lessons, training and recreational opportunities for people of all ages

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

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

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



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

Cancellation & Makeup Classes

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

If your child has special needs or you have concerns

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

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

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

For general swim questions email cwaddell@isd12.org

Learn to swim in progressive classes

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

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

Unsure of what level you should register your child?

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

Pool Temperatures

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

Pool Temperatures

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

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

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

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





Swim Class Levels

Tiny Tots Age 18 months-3 years with parent

Parent is in the water with their child working one-on-one to foster comfort and enjoyment. Participants advance at individual pace in a playful and positive environment. Skills taught: water adjustment, blowing bubbles, underwater arm reaches, flutter kicks, back floats with help, and jumps into the water. Families with multiple children must have an adult accompany each child. Advance to Poly Wogs. Limit 10.

Poly Wogs Age 3-5 with parent

Parent is in the water with their child working one-on-one to advance at individual pace in a playful and positive environment. Skills taught: review 'Tiny Tot skills, plus jump into water and swim two black lines to parent then return to edge without help, and one pool width each of puppy paddle and monkey airplane soldier with help. Flotation belts are available to help children gain confidence and independence. Families with multiple children mu

Bobber Age 5-6

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

Poly Beginner 1 Age 5-7

Children who are comfortable in water and have some lesson experience (Poly Wog, Tiny Tot, etc. or equivalent skills) Children will wear flotation 'belts for several classes to gain confidence and independence while stressing correct body position. Final test taken without belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner 2. Limit 3.

Poly Beginner 2 Age 5-7

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

Poly Beginner 3 Age 5-7

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

Beginner Age 8+

Introduction to basic swimming skills.

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

Advanced Beginner Age 8+

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

Red Cross Level 3

Prerequisite: passed Advanced Beginner, Poly Beginner III, or have equivalent skills.

Skills taught: 25 yards each of front crawl, back crawl, and elementary backstroke, diving using the sitting, kneeling, and standing position, and treading water. Introduced to dolphin kick and breaststroke. Advance to Red Cross Level 4. Limit 10.

Red Cross Level 4

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

Red Cross Level 5

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

Red Cross Level 6

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



Swim Lesson Schedule

Late registrations accepted at the pool first day of lessons.

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



WINTER

Registration opens Dec 4 at 8 am

Deadline to register Jan 10 at noon

Sun, Jan 12-Mar 2 8 Lessons

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

Mon, Jan 13-Mar 3 8 Lessons

Bobber	9000-B1	6:30-7 pm	\$99
Poly Beg 1	9010-B1	7-7:30 pm	\$99
Poly Beg 2	9020-B1	7:30-8 pm	\$99
Poly Beg 3	9030-B1	6:30-7 pm	\$99
Adv Beginner	9200-B1	7:30-8 pm	\$99
ABC Diving	9720-B1	7-8:30 pm	\$120

Tues, Jan 14-Mar 4 8 Lessons

Bobber	9000-C1	6:30-7 pm	\$99
Poly Beg 2	9020-C1	7:30-8 pm	\$99
Poly Beg 3	9030-C1	8-8:30 pm	\$99
Beginner	9100-C1	7-7:30 pm	\$99

Wed, Jan 15-Mar 5 8 Lessons

ARC Level 3	9300-D1	7:30-8:20 pm	\$100
ABC Diving	9720-D1	7-8:30 pm	\$120
Intro to Diving	9701-D1	6:30-7 pm	\$99

SPRING

Registration opens Feb 4 at 8 am

Deadline to register Mar 21 at noon

Sun, Mar 23-May 11 7 Lessons

No class Apr 20

Tiny Tots	9000-E1	4:30-5 pm	\$89
Poly Wog	9005-E1	5-5:30 pm	\$89
Bobber	9009-E1	2-2:30 pm	\$89
Bobber	9009-E2	3-3:30 pm	\$89
Bobber	9009-E3	3:30-4 pm	\$89
Poly Beg 1	9010-E1	2-2:30 pm	\$89
Poly Beg 1	9010-E2	3-3:30 pm	\$89
Poly Beg 1	9010-E3	4-4:30 pm	\$89
Poly Beg 2	9020-E1	2:30-3 pm	\$89
Poly Beg 2	9020-E2	4-4:30 pm	\$89
Poly Beg 3	9030-E1	2:30-3 pm	\$89
Poly Beg 3	9030-E2	3:30-4 pm	\$89
Beginner	9100-E1	5:30-6 pm	\$89
Adv Beginner	9200-E1	5:30-6 pm	\$89
ARC Level 3	9300-E1	2-2:50 pm	\$90
ARC Level 4	9400-E1	3-3:50 pm	\$90
ARC Level 5	9500-E1	4-4:50 pm	\$90

Mon, Mar 24-May 12 8 Lessons

Poly Wog	9005-F1	7-7:30 pm	\$99
Bobber	9000-F1	6-6:30 pm	\$99
Poly Beg 1	9010-F1	6-6:30 pm	\$99
Poly Beg 1	9010-F2	7:30-8 pm	\$99
Poly Beg 2	9020-F1	6:30-7 pm	\$99
Poly Beg 3	9030-F1	6:30-7 pm	\$99
Beginner	9100-F1	7:30-8 pm	\$99
Adv Beginner	9200-F1	8-8:30 pm	\$99
ABC Diving	9720-F1	7-8:30 pm	\$120

Tues, Mar 25-May 13 8 Lessons

Tiny Tots	9000-G1	6:30-7 pm	\$99
Bobber	9000-G1	6-6:30 pm	\$99
Poly Beg 2	9020-G1	7-7:30 pm	\$99
Poly Beg 3	9030-G1	6:30-7 pm	\$99
Beginner	9100-G1	7-7:30 pm	\$99
Adv Beginner	9200-G1	8-8:30 pm	\$99

Wed, Mar 26-May 14 8 Lessons

Bobber	9000-H1	6:30-7 pm	\$99
Poly Beg 1	9010-H1	6-6:30 pm	\$99
Poly Beg 2	9020-H1	7-7:30 pm	\$99
Poly Beg 3	9030-H1	7:30-8 pm	\$99
Beginner	9100-H1	8-8:30 pm	\$99
Intro to Diving	9701-H1	6:30-7 pm	\$99
ABC Diving	9720-H1	7-8:30 pm	\$120

Thur, Mar 27-May 15 8 Lessons

ABC Diving	9720-J1	7-8:30 pm	\$120
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Strength & Stroke Age 11-18

Dive into a dynamic swim class designed for proficient swimmers who want to enhance their fitness and take their skills to the next level! In this twice-weekly program, participants will focus on swimming for fitness, endurance, and strength. Each session combines lap swimming with dryland strength training, including lifting techniques, to complement aerobic conditioning and build overall power.

This class is ideal for kids who love swimming and want to stay active while improving their strength and stamina. Participants must have passed ARC Level 5 swimming or an equivalent program to ensure readiness for this fitness-focused approach. Join us in the pool and on land to challenge yourself, stay fit, and have fun!

Prerequisites for Stroke and Swim:

Participants must be able to:

- ◆ Swim front crawl and backstroke for 50 yards.
- ◆ Swim breaststroke and butterfly for 25 yards.
- ◆ Perform a shallow-angle dive into deep water.
- ◆ Tread water for 2 minutes.

9740-A1 Su/W Jan 12-Mar 5
16 sessions \$189 Sun: 4:30-5:45 pm; Wed: 6:15-7:30 pm
CHS/East: Pool

9740-E1 Su/W Mar 23-May 14
15 sessions \$179 Sun: 4:30-5:45 pm; Wed: 5:45-7 pm
No class Apr 20
CHS/East: Pool

Private or Semi-Private Lessons

Personalized high-quality swim instruction for those with special needs where class settings are challenging, or if your child cannot be independent in a group setting

These lessons offer 1:1 for private or 2:1 for semi-private swim instruction. These classes are to help you improve on your skills and be successful.

Eight 30-minute lessons for \$300

Our coordinator will work with you to determine the dates and times of each lesson. Email CWaddell@isd12.org and leave a day and evening phone number and you will be called after registration deadlines.

Cougar Adaptive Swim Lessons (CAL) Age 5-18

This program is for children who are challenged to participate independently in a standard group lesson.

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

Winter Sessions - 4 Lessons per session \$80

Sun Jan 12-Feb 2

9880-A1 2:30-3 pm
9880-A2 4-4:30 pm
9880-A3 5-5:30 pm

Sun Feb 9-Mar 2

9880-A4 2:30-3 pm
9880-A5 4-4:30 pm
9880-A6 5-5:30 pm

Mon

9880-B1 Jan 13-Feb 3 8-8:30 pm
9880-B2 Feb 10-Mar 3 8-8:30 pm

Tue

9880-C1 Jan 14-Feb 4 7:30-8 pm
9880-C2 Feb 11-Mar 4 7:30-8 pm

Wed

9880-D1 Jan 15-Feb 5 6:30-7 pm
9880-D2 Feb 12-Mar 5 6:30-7 pm

Spring Sessions

Sun Mar 23-Apr 13 4 lessons \$80

9880-E1 4:30-5 pm
9880-E2 5-5:30 pm

Sun Apr 27-May 11 3 lessons \$60

9880-E3 4:30-5 pm
9880-E4 5-5:30 pm

Mon Mar 24-Apr 14 4 lessons \$80

9880-F1 7-7:30 pm
9880-F2 8-8:30 pm

Mon Apr 21-May 12 4 lessons \$80

9880-F3 7-7:30 pm
9880-F4 8-8:30 pm

Wed 4 lessons \$80

9880-H1 Mar 26-Apr 16 7:30-8 pm
9880-H2 Apr 23-May 14 7:30-8 pm

Open Swim

Sundays, March 23-May 11 6-7:30 pm

Children under 12 must have passed ARC level 3 or be able to swim 25 yards of front crawl with rhythmic breathing to swim on their own during open swim. All others must have a parent or adult guardian in the water with them. All children 6 years of age and under must have an adult guardian in the water with them regardless of swimming ability.

WIBIT inflatable obstacle course available during open swim mid-March until mid-August. Only for those who can pass a swim test. No life jackets allowed on the WIBIT.

No open swim April 20. \$2 Per Person Pay At The Door



Kids Club School Age Child Care

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



Kids Club provides a safe, stimulating, high quality program with an enriching educational and recreational environment, enhancing development of children in critical thinking, academics, self and social awareness, physical development, creative expression and recreational activities.

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

2024-25 School Year Availability for this current school year

Register your child through our Eleyo system, and Kids Club staff will notify you when/if space becomes available.

Registration is just around the corner for Summer C.A.M.P. & the 2025-26 school year!

For more information, visit communityed.isd12.org/kids-club, or contact our Billing, Information and Registration Administrative Assistant, Dawn Turnblad at 763-792-6193, email kidsclub@isd12.org or Kids Club Coordinator, Molly Nelson at 763-792-6110, email mnelson@isd12.org.

Registration occurs through registration windows. Each registration has an equal chance of being accepted

If a window fills, or there is not enough space for all received registrations, all registrations received in that window will be randomized and accepted as space allows. Registrations that are not accepted will be placed on a wait list. All windows moving forward will have contracts randomized and placed on the wait list.

2025 Summer C.A.M.P. Registration

Kids Club summer C.A.M.P. philosophy provides a framework for offering an enriching educational and recreational environment that enhances development and encourages children to explore who they are, and grow socially through **C**=Creative arts **A**=Academic enrichment **M**=Mingling with our world **P**=Physical fitness. We also use Character Strong Curriculum for social emotional learning. Rates are dependent on how many days selected June 12 to August 15. Care is available August 18-21 at limited sites. Information regarding sign up for these days will be available in June. Visit our website for information.

Camp begins Thurs, June 12 and runs through Fri, Aug 15

***Summer locations are Blue Heron, Centennial and Centerville. Space is limited at each site and grade level.**

C.A.M.P is open 6:30 am-6 pm and is closed June 19 and July 4. Please check our website in January for more information.

Summer Registration Options

Our summer Pick Your Day schedule provides for a flexible childcare option to keep children busy and provide a flexible option for families. All families will need to pick their days when registering. Schedules can be adjusted through May 12. Beginning May 13, all childcare schedules are locked. If additional care is needed, families may request a drop in day. Drop in care is only available when space allows.

Kids Club will provide a morning breakfast to those in attendance prior to 8:30 am and an afternoon snack. Families will need to provide a non-refrigerated disposable lunch and beverage each day.

Registration for current families & those who attended Summer 2024 begins Feb 17. New family registration begins March 10.

Please check back in January for registration window information, enrollment options and rates. communityed.isd12.org/kids-club

2025-26 School Year Registration

Current Kids Club and Pre-K Kids Club family registration begins March 31.

New family registration begins April 28.

Please see our website for registration window information, enrollment types and rates.

We are Hiring

Apply online at isd12.org/employment

For more information call 763-792-6110

or email mnelson@isd12.org

Summer postings will be available in March.

Early Childhood Family Education

ECFE Programming for families with children ages birth to kindergarten

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



Explore With Baby

Have a new baby? Need to get out of the house without anyone judging the spit-up on your shirt? Are you a grandparent or friend who wants to give a new parent a break? Explore With Baby is for you! Drop by to meet other new parents/grandparents/caregivers and our parent educator to chat, play, and get support. Care for siblings is available for \$5/child. Tues 4:30-5:30 is canceled. Mondays 1-2 pm FREE

Drop-In & Play

Come any week for some playtime!

We'll sing songs, read a story, play with toys, and go to the gym or playground. Space is limited. Fridays 9-10:30 am \$3/child or \$5/family

Early Childhood Screening

Minnesota law requires Early Childhood Screening before a child can enter kindergarten. This FREE screening checks hearing and vision, weight and height, health history, immunizations, speech and language, general development, and motor skills. Screening is NOT a readiness test for kindergarten. A child can be screened anytime after age 3, but the district recommends screening your child before their fourth birthday.

For more information or to make an appointment, call 763-792-6120 or visit earlychildhood.isd12.org

Register via Eleyo at isd12.ce.eleyo.com

Year-long or short-term classes for children ages birth to 5. Visit earlychildhood.isd12.org for brochure and registration information or call 763-793-6120 to inquire about class openings.

Little Nature Explorers

Join ECFE teacher Sarah Kermode for a Saturday morning in nature's playground! We will sing songs, read a story, and explore nature with all our senses. We'll be outside as much as possible, so dress for outdoor messy play!

Register for one session or take a few!

The structure of each class will be the same, but the experience will change with the seasons.

Saturdays 10-11:15 am Ages 2½-5 with caregiver
\$5 per child February 15, April 12, May 10



P.L.A.Y. Preschool Enrichment

An opportunity for your child to expand and reinforce their learning outside their world or preschool classroom. Join us for **Preschool Learning After-hours** to answer the burning question of **Why?**

Financial assistance is available to those who qualify. See pages listed or call 763-792-6100 for more information.



Activities in this Brochure

Little Nature Adventures Age 2-5
Birthday Parties Age 4+
Music Together Newborn to PreK
Hop N' Mayer Arts Preschool Age
Encanto Musical Theater Age 4-8
Gymnastics Age 2+
Cheer Clinic Age 4-12
Karate Age 4-12
Mini Kickers Soccer Age 3-5
Skyhawks & DASH Sports Camps Age 2+



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

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

Preschool registration season is approaching, and we invite you to consider Centennial Preschool!

Preschool	Age Requirements	Location
Full-Day	4 by Sept 1, 2025	All 5 Elementary Schools
Part-Day	3 by Sept 1, 2025	Early Childhood Center

Centennial Preschool is a fee-based program

Financial aid is available to families who qualify

Apply early to ensure we can make preschool affordable for your family. Funds are limited. More information can be found on our website:

<https://earlychildhood.isd12.org/programs/preschool/paying-for-preschool>

Information including class schedules, locations and tuition rates for the 2025-26 school year will be available online beginning December 20, 2024 at earlychildhood.isd12.org/programs/preschool



NEW! Exciting news! Nature Preschool is coming to Centennial Schools!

This part-day preschool program will focus on nature as a central theme to support academic, social, and physical development in an outdoor environment.

2025-26 School Year Preschool Registration Placement Lottery

Feb 3, 2025	Registration opens at isd12.ce.eleyo.com
Feb 23, 2025	Deadline to be included in the placement lottery. Registration continues for remaining seats post-lottery.
Feb 28, 2025	Deadline for paperwork for tuition assistance.
Mar 4-7, 2025	Families notified of their preschool placement.

Want to start your child in preschool now?

There is still time to join Centennial Preschool for the 24-25 school year! A few seats remain in both part-day and full-day classes. Contact our the Early Childhood office at 763-792-6120 or email earlychildhood@isd12.org for the latest information.

Need more information?

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

Pre-K Kids Club

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

Care is available from 6:30-9:30 am and 4-6 pm and Kids Club Non-School Days. Space is limited. Note that Pre-K Kids Club fees are in addition to preschool tuition.

For more information, visit communityed.isd12.org/kids-club

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

Registration, Information & Policies



Registration

Online

isd12.ce.eleyo.com

Register online for any class. Secure registration for classes is available 24 hours/day using an electronic form of payment. Apple Pay now available for iPhone users!

Mail or Drop Off

Complete a registration form and return with payment to:
Centennial Community Education
4707 North Road
Circle Pines, MN 55014

Make checks payable to District 12
24-hour drop box, located on the main campus near the District Administrative Offices.

Community Education office hours
Mon-Fri: 8 am-4 pm
closed non-school days and holidays
Office will close at 11 am on Dec 19

By Phone

763-792-6100

Using an electronic form of payment (credit card or ACH)

By Fax

763-392-7743

Complete a registration form, including credit card information

For online registrations: You will know you have successfully completed your online registration when you have received an email confirmation to the email address you have provided.

Scan this code to register!



No News is Good News!

Assume the class is a go

Unless we contact you, assume that you are enrolled and the course will be held at the time and place indicated. We do not mail out confirmations, but an automated email receipt will be sent if you provide your email address upon registration.

Cancellations

Community Education reserves the right to cancel a class due to insufficient enrollment. Classes are filled on a first-come, first-serve basis. Some class sizes are limited, so early sign-up is suggested. If a class is canceled or full, you will be notified and your fee will be refunded.

Inclement Weather & Emergencies

When the regular school day is canceled because of inclement weather or emergencies, Community Education classes and activities may also be canceled. You may receive an emergency messenger system message. Also watch or listen to local TV stations, or visit the district website at isd12.org.

Refunds

A refund, minus a \$10 administrative fee, will be made if you cancel at least five business days prior to the start of an activity unless otherwise noted such as with sport leagues, adult trips and driver education classes. No refunds thereafter.

Registration Deadlines

Deadline for most activities is one week before they begin

Classes are filled on a first-come, first-serve basis. Many classes fill quickly and instructors may need to order supplies. Some classes cancel due to low enrollment, so please don't hesitate to register.

Make-Ups

There are no make-ups for a missed class (*with the exception of Driver Ed classroom*). Check your schedule prior to registration for potential conflicts.

Discounts

Financial assistance is available to those who qualify. For an application please call 763-792-6100.

As of January 1st, 2025, the UCare Community Education Discount will be moving to the Healthy Benefits+ Visa Card as an allowance program for members. Eligible UCare members may receive an allowance to spend toward community education classes. Members must have UCare insurance at the time of registration. Limits and restrictions may apply.

Special Needs

Individuals with special needs are welcome in any activity they qualify for and may bring a helper at no extra charge if needed. Indicate needs on registration form. Contact Community Education with questions or if you need assistance in an activity.

Check Collection Service

Centennial School District uses PayTek Solution's services when a check is returned due to insufficient funds. If collection is made electronically, the district receives the face value of the check plus a \$3 per check rebate. PayTek charges an NSF fee to the party that issued the bad check. The use of a check for payment is the check writer's acknowledgment and acceptance of this policy and its terms. After two NSFs, fees must be paid using a money order.

Photo Policy

There are occasions when representatives of District 12 and/or the media photograph or videotape students while attending/participating in school sponsored functions. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the Community Education office.

Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014
In lieu of form call 763-792-6100 or go online at isd12.ce.eleyo.com

Name _____ Gender _____ Birth Date _____

If minor, guardian name/s _____

Address _____ City _____ Zip _____

Phone: primary (_____) _____ other (_____) _____

E-mail address _____

Special needs/additional information _____

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

_____T-shirt size _____adult _____youth (if applicable) **Total Fee** _____

MasterCard _____ VISA _____ Amex _____ Discover _____

Name on credit card (print) _____ CVV# _____

Account # _____ Exp date _____

OFFICE USE ONLY: ENT _____ CANC _____ RET _____

Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014
In lieu of form call 763-792-6100 or go online at isd12.ce.eleyo.com

Name _____ Gender _____ Birth Date _____

If minor, guardian name/s _____

Address _____ City _____ Zip _____

Phone: primary (_____) _____ other (_____) _____

E-mail address _____

Special needs/additional information _____

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

_____T-shirt size _____adult _____youth (if applicable) **Total Fee** _____

MasterCard _____ VISA _____ Amex _____ Discover _____

Name on credit card (print) _____ CVV# _____

Account # _____ Exp date _____

OFFICE USE ONLY: ENT _____ CANC _____ RET _____

REGISTRATION DEADLINE IS ONE WEEK PRIOR TO THE START OF CLASS

Centennial Community Education offers activities with the purpose of enrichment. Information obtained in Community Education activities is not intended for use as advice, endorsement or recommendations from the instructors, his/her business or Centennial Community Education.

No transportation provided unless otherwise noted



Centennial Community Education
4707 North Road
Circle Pines, MN 55014

Non-Profit Organization
U.S. Postage PAID
Circle Pines, MN
Permit No. 8

ECR WSS
Postal Customer

It's always warm at the Community Pool!

Join us for swim lessons for all ages & abilities

Winter Session: Registration opens December 4 at 8 am. The deadline to register is January 10 at noon.

Spring Session: Registration opens February 4 at 8 am. The deadline to register is March 21 at noon.



Tiny Tot and Poly Wog classes will be available in the Spring Session!

Spring Open Swim

Sundays, 6-7:30 pm beginning March 23

Includes the WIBIT, an inflatable water obstacle course!!