



# SUMMER 2025

## MAY - AUGUST

**PARA OBTENER INFORMACION EN ESPANOL,  
VAYA A LAS PAGINAS 2, 17, Y 53**



**DIVE IN! SUMMER SWIM LESSONS PG 54-55**

**UNLOCK YOUR POTENTIAL THIS SUMMER - FREE ADULT  
EDUCATION CLASSES! EARN YOUR HSE OR LEARN ENGLISH!**

**Serving Residents of the Inver Grove Heights, West St. Paul-Mendota  
Heights-Eagan Area, and South St. Paul School Districts**



# TRIDISTRICT COMMUNITY EDUCATION

## ADULT ENRICHMENT

Creative Arts.....	4-5
Culinary Arts .....	5
Dance & Fitness.....	5-6
Money .....	6-8
Technology .....	8-9
Wellness, Health & Safety .....	9-12
55+ Drivers Safety .....	12
Language.....	13
Get Fit at Central Square.....	13-15

## ADULT EDUCATION (ABE) 16

## EDUCACIÓN PARA ADULTOS 17

## ADULTS WITH DISABILITIES

Access Project .....	18-19
----------------------	-------

## ADULTS 55+

Central Square Community Center .....	20-23
IGH Veterans Memorial Center.....	24-25
Thompson Park Activity Center .....	26-35
Trips and Tours.....	36-37

## YOUTH PROGRAMS

Drivers Education & ACT Prep .....	38
SSP Gymnastics.....	40-42
IGH, SSP, District 197 Activities .....	39-50

## FAMILY PROGRAMS 51

## SCHOOL AGE CARE 52

## SCHOOL AGE CARE - ESPAÑOL 53

## AQUATICS 54-55

## EARLY LEARNING PROGRAMS

IGH, District 197, SSP .....	56-59
------------------------------	-------

## GENERAL INFORMATION

Locations, Facilities.....	61
Registration .....	62-63

### Para traducción en español llame a:

Para mayor información sobre los programas de Educación para la Comunidad, por favor contáctese con:

IGH: Patricia Nix	651-306-7862
SSP: Tere Castellanos	651-306-3644
WSP	651-403-8520



TriDistrict Community Education serves residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan Area, and South St. Paul school districts.

## WELCOME TO TRIDISTRICT COMMUNITY EDUCATION

TriDistrict Community Education provides inspiring and motivating high quality opportunities for lifelong learning, leadership development and citizen engagement while advancing equity and eliminating disparities for all in the community.



### Follow us on:



@TRICOMMUNITYED



@TRICOMMUNITYED



@TRIDISTRICT\_COMMUNITYED

### Email updates for new classes

Sign up for our E-news online at [www.tridistrictce.org](http://www.tridistrictce.org) to get information on upcoming classes and events.



IDENTIFIES AN ONLINE CLASS

# FEATURED COURSES

## NEW THIS SUMMER

Intro to Healing Stones.....	Page 10
Revitalize and Restore: Yamuna Body Rolling .....	Page 10
Trauma Reimagined .....	Page 12
Pound®.....	Page 16
Caribou Coffee Hour with Access Project .....	Page 19
<b>For Youth:</b>	
School of Fish .....	Page 51

## SAVE THE DATE

<b>Sun, June 22</b>	
St. Paul Saints Game with Access Project .....	Page 19
<b>Thu, July 3</b>	
Family Fishing Clinic .....	Page 51
<b>Tue, Aug 5</b>	
Magic Show with Tour de Rec .....	Page 51
<b>Sat, Aug 9</b>	
Puzzle Competition .....	Page 13

## OLD FAVORITES

Landscape Oil Painting like Bob Ross .....	Page 4
Nordic Pole Walking .....	Page 6
Pre-Planning Cremation Seminar .....	Page 8
Gymnastics - Full Day Camp .....	Page 42

## ONLINE FROM HOME

North Indian Cooking .....	Page 5
Power Up with Google Suites.....	Page 9
Spanish for Travelers.....	Page 13



## CONTACT US

### Adult Enrichment & Family Programming

IGH ..... 651-306-7502  
 SSP ..... 651-306-3632  
 ISD197 ..... 651-403-8331

### Adults 55+

VMCC, IGH ... 651-450-2585  
 CSCC, SSP ..... 651-306-3632  
 TPAC, WSP .... 651-403-8300

### Adult Education (ABE)

Linda ..... 651-306-3632

### Adults with Disabilities

TriDistrict..... 651-403-8331

### Early Learning

IGH ..... 651-306-7503  
 SSP ..... 651-457-9418  
 ISD197 ..... 651-403-8390

### School Age Care

IGH ..... 651-306-7502  
 SSP ..... 651-306-3631  
 ISD197 ..... 651-403-8054

### Youth

IGH ..... 651-306-7502  
 SSP ..... 651-306-3632  
 ISD197 ..... 651-403-8522

## MAKERS MARKET

**TWO RIVERS HIGH SCHOOL**  
1897 DELAWARE AVE. MENDOTA HEIGHTS, MN 55118

**SATURDAY, NOV 8 | 9 AM - 3 PM**






**VENDORS WANTED**  
SCAN TO REGISTER

FOR MORE INFORMATION CALL:  
651-403-8331

IN PARTNERSHIP:



## Unleash Your Inner Artist: A Fun, Step-by-Step Paint and Sip Experience!

Are you looking to explore your creative side in a relaxed and welcoming environment? Join us for an enriching painting event designed for all skill levels! Whether you're a seasoned painter or have never touched a brush, this is the perfect opportunity to let your imagination soar. We will paint with acrylic paint on canvas.

**Instructor: Linda Rinaldi**

\$25	8x10 Canvas Panel
\$35	8x10 Stretched Canvas
\$45	11x14 Stretched Canvas

Central Square, SSP

Wed, May 7  
7548-S25 FlowersA 1-3 pm

Tue, May 6  
7548-S25 FlowersB 6-8 pm

Fri, June 6  
7548-S25 Hometown America A 1-3 pm

Mon, June 9  
7548-S25 Hometown America B 6-8 pm

Tue, July 22  
7548-S25 Impressionist Sailboats A 1-3 pm

Wed, July 23  
7548-S25 Impressionist Sailboats B 6-8 pm

Mon, Aug 4  
7548-S25 Floral Chicken A 1-3 pm

Tue, Aug 5  
7548-S25 Floral Chicken B 6-8 pm

## Crafty Cards with a Chance of Chocolate!

Bring a friend, create handmade cards, relax, and eat chocolate! You can choose your own card making adventure – do only card kits, do only DIY cards, or do both. Themes will be birthdays, holidays, special events, and all occasion cards. You can use a variety of kits, papers, punches, border makers, tools, and embellishments to create your cards to share with family and friends. Creative Memories™ products will be used during class. All supplies provided.

**Instructor: Lynn Waska**

Thu, May 15 6-8 pm  
5151-W25c 1 Session - \$39  
IGH Middle School, IGH

Tue, June 10 6-8 pm  
5151-S25a 1 Session - \$39  
IGH Middle School, IGH

Thu, July 17 6-8 pm  
5151-S25b 1 Session - \$39  
IGH Middle School, IGH

Mon, Aug 4 6-8 pm  
5151-S25c 1 Session - \$39  
IGH Middle School, IGH

## Landscape Oil Painting like Bob Ross

Come learn the wet-on-wet painting technique that Bob Ross made popular in his PBS series "The Joy of Painting" and create your own 20x16 landscape painting. Geared for beginners, the instructor will guide you through the step-by-step procedure as you learn in a relaxed atmosphere. All painting supplies are provided. Appropriate for ages 13 and up.

**Instructor: Mike Tischendorf**

Tue, July 15 5-7:30 pm  
6100-S25 Mountain Ridge Lake 1 Session - \$65  
Two Rivers HS, MH

## Memoir Writing for Adults

Have you been thinking of writing some of your memories? Have family members asked you to write down your recollections? We all have stories and it can be challenging to get started. This course can help you develop some of your stories through guided lessons, with class time for writing. Perhaps you are already writing your memoirs, but need some structure and would benefit from interaction with others. This course is designed to make writing a rewarding experience, not a frustrating one! Join us and get started with your writing journey.

**Instructor: Susan Cook**

Tue, July 15-Aug 12 1:30-3 pm  
7877-S25 5 Sessions - \$49  
Central Square, SSP





### Voiceover

Join this enlightening webinar with professional voice coach Justine Reiss to discover how to break into voice-overs for commercials, films, and more. Learn a unique, outside-the-box approach to this creative and potentially lucrative industry. Voice-over work offers flexibility, minimal overhead, and can be done on your terms—whether part-time or full-time. This introductory Zoom class will guide you through the essentials, and you'll have the opportunity to book a 1-on-1 script read and voice evaluation via telephone the next day. Don't miss this game-changing opportunity! A Zoom link will be sent 24 hours before the class.

Mon, June 2  
7543-S25

6:30-8:30 pm  
1 Session - \$30



### Mexican Tacos

Mexican tacos are as vast and diverse as the country. In this interactive online class, we'll start by making flour tortillas from scratch. We'll also make pan-grilled shrimp tacos with chipotle pepper sauce and chicken tacos with fresh tomato salsa.

**Instructor:** Ploy Khunisorn

Mon, May 5  
7654-S25

6-8 pm  
1 Session - \$35



### Korean Fried Chicken

Korean fried chicken is additively delicious. It is also super easy to make at home. In this online interactive class, we'll learn how to make two styles of Korean fried chicken without deep-frying. We will make stir-fried Korean chicken served with steamed rice and baked chicken wings with an additively delicious sauce. We will also make some delicious side dishes, including coleslaw and pickled vegetables. You will receive a list of suggested side dishes that you can grab from Asian grocery stores as well.

**Instructor:** Ploy Khunisorn

Thu, June 5  
7653-S25

6-8 pm  
1 Session - \$35



### North Indian Cooking

North Indian food has bold and rich flavors from ghee, cream, and spices. Let's learn how to layer flavors using different spices. We will make chicken tikka masala, aloo masala, spiced rice, and tomato raita.

**Instructor:** Ploy Khunisorn



Thu, July 24  
7652-S25

6-8 pm  
1 Session - \$35



### French Macarons with Salted Caramel Buttercream and Chocolate Glaze

French macarons are not difficult to make at home. As long as you master all techniques, you will be able to master this masterpiece to show off to your families and friends. You'll learn step-by-step techniques to make macaron shells. We'll also make salted caramel buttercream and chocolate glaze. While we cook, we will discuss different ideas and how to make your macarons beautiful. We have options for almond, nut, and tree nut allergy. There is no option for egg allergy.

**Instructor:** Ploy Khunisorn

Mon, Aug 11  
7651-S25

6-8 pm  
1 Session - \$35

### Line Dance for Weddings and Parties

Just in time for the weddings and party season! No need to sit and watch any more: step into the party with this workshop of the popular line dances like Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for an entire evening of fun!

**Instructor:** Monica Mohn

Wed, May 28  
6310-S25  
Garlough Elementary, WSP

6-7 pm  
1 Session - \$15

### Wedding Dance

You thought about it! You wanted to! But where did the time go? Not to worry. Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction" will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day! Feel free to bring your special song! Couples only please.

**Instructor:** Monica Mohn

Wed, May 28  
6308-S25  
Garlough Elementary, WSP

7-8:30 pm  
1 Session - \$34 per couple

### Swing Dance Workshop

One day. One dance. A lifetime of fun! Now is a perfect time to try swing dancing! Come learn a variety of swing dancing moves as the instructor guides you through easy swing patterns you can use for years to come. Couples only please.

**Instructor:** Monica Mohn

Tue, June 17  
6305-S25  
Mendota Elementary, MH

6:15-7:45 pm  
1 Session - \$34 per couple



## Nordic Pole Walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body. We use specially designed poles, not to be confused with trekking poles, to enhance your natural walking experience. Burn more calories and improve your posture and gait! Specially designed Nordic poles are provided for use by the instructor.

**Instructor: Kay Okey**

Thu, June 26 9:30-10:45 am  
6301-S25 1 Session - \$34  
Thompson Park Activity Center

## How to Retire From the Attorney's Perspective

You work your whole career with the goal of someday retiring. This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects will include: (i) Estate planning while working, during retirement and at the end of life, (ii) When to take your Social Security, (iii) Key financial products and services available in the market (Medicaid compliant annuities, Long Term Care Insurance, Life Insurance Long Term Care Riders), (iv) What to look for in a professional (Financial Advisor, CFP, RIA, Fiduciary)?, and (v) the final plans before the end – what can be too little too late? Please bring your questions, this class is an interactive forum.

**Instructor: Steve Ledin Law, PLLC**

Tue, June 3 6:30-7:30 pm  
7819-S25 1 Session - \$12  
Central Square, SSP

Tue, June 3 6:30-7:30 pm  
6848-S25 1 Session - \$12



## Medicare Basics

Medicare does not cover all medical costs and can feel complicated and confusing. This class will help you understand Medicare Parts A, B, C, & D, and cover how a Medicare Supplement Plan or Part C (Advantage Plan and/or Medicare Savings Account) can help. There will be time at the end to answer individual questions. This class is educational only.

**Instructor: Jordan Draper**

Wed, May 28 6-7:15 pm  
5002-Sp25 1 Session - FREE  
IGH Middle School, IGH

Tue, July 22 6-7:15 pm  
5002-Su25 1 Session - FREE  
IGH Middle School, IGH

Wed, Aug 20 6-7:15 pm  
6400-S25 1 Session - FREE  
Two Rivers HS, MH

## Savvy Social Security Planning

Learn what baby boomers should consider when coordinating their retirement income and social security. Do you know how to estimate your benefits? We discuss five factors to consider when applying for benefits. Does it make sense to delay or not? Also, might it be better to delay benefits and coordinate with your spouse? Other innovative strategies, as well as how to minimize taxes on benefits, are reviewed.

**Instructor: John Mazzara**

Mon, May 5 6-8 pm  
7715-S25 1 Session - \$12  
Central Square, SSP

## The Baby Boomer's Guide to Medicare Planning-Learn the Medicare Basics

Are you turning sixty-five and wondering about Medicare? Would you like to understand Medicare Part A and B and the difference between Medicare supplements and Advantage plans? What are your choices if you are working and have a group plan? Learn when you can enroll and where you can make some comparisons to select the right option. The class is presented via PowerPoint with takeaway handouts and a reference guide. It is generic and educational.

**Instructor: John Mazzara**

Wed, June 4 6-8 pm  
7718-S25 1 Session - \$12  
Central Square, SSP

## Will Taxes Affect Your Retirement

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than the fair share. In this seminar, attendees learn: How future tax changes may create the potential for higher taxes. Ways to create tax-free retirement income. How social security is taxed. How to work efficiently within current tax brackets.

**Instructor: Kevin Gary Schwartz**

Tue, Aug 5 6-7:30 pm  
6409-S25 1 Session - \$12  
Two Rivers HS, MH





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

Get expert advice in this open-forum seminar with a seasoned Will & Trust attorney. Learn about avoiding Probate, the role of Wills and Trusts, asset protection, nursing home considerations, and more. Discover how to choose the right estate plan, manage separate assets, and deal with death taxes. Ensure a smooth legacy for your children and gain insights into managing retirement assets. Your questions, including Transfer-On-Death Deeds, will be answered in this relaxed and friendly session. Join us for essential estate planning insights!

**Instructor:** Steve Ledin Law, PLLC

Mon, Aug 25 6:30-7:30 pm  
7818-S25 1 Session - \$12  
Central Square, SSP

## 10 Really Important Reasons That Your Parent's Estate Plan is Important to You

Participate in an in-depth review of many issues (and problems) that may be faced from our parents estate plan (or lack thereof) such as: creating a difficult probate, loss of assets to the nursing home, fighting amongst the children, senior care issues, guardianship, privacy, the continued life of the surviving parent, estate tax protection, fairness and equality, legacy assets and the flow of critical information between the generations. With our thirty years of experience, we will discuss actual Minnesota examples of all of the above challenges and how they can be avoided in advance with some simple planning and exchange of information. All questions will be answered in an open and friendly forum.

**Instructor:** Steve Ledin Law, PLLC

Wed, May 28 6:30-7:30 pm  
7778-S25 1 Session - \$12  
Central Square, SSP

Wed, May 28 6:30-7:30 pm  
6847-S25 1 Session - \$12



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

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

**Instructor:** Steve Ledin Law, PLLC

Wed, July 9 6:30-7:30 pm  
7780-S25 1 Session - \$12

## Writing Your Own Will - Inver Grove Heights

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. You can avoid that. Prior to class, information will be sent to you for review. During class, learn the background on estates and wills, then finish by preparing a legal will with instructions during class on a professionally prepared form. The will is then notarized with a witness at class. This class is appropriate for people who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Each participant must register separately, couples cannot legally share the form. Bring an appropriate ID for notary and a pen to class.

**Instructor:** Kristin Davis

Tue, July 15 6-8:30 pm  
5736-S25 1 Session - \$50  
IGH Middle School, IGH

## Pre-Planning Cremation Seminar

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

**Presenter:** Danielle Gore with National Cremation Society

Thu, July 31 6:30-7:30 pm  
7150-S25B 1 Session - \$12  
Central Square, SSP Free for SSP Senior Members  
Thu, Aug 21 11 am-12 pm  
7150-S25A 1 Session - \$12  
Central Square, SSP Free for SSP Senior Members

## Intro to Senior Housing

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

**Instructor:** John Mazzara

Thu, July 3 6-8 pm  
7720-S25 1 Session - \$12  
Central Square, SSP

## First Time Home Buyers

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

**Instructor:** John Mazzara

Mon, Aug 25 6-8 pm  
7719-S25 1 Session - \$12  
Central Square, SSP Free for SSP Senior Members

## How to Win with Investment Properties

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and what to put in a lease. We will review all aspects of becoming a landlord from buying, selling, and renting.

**Instructor:** John Mazzara

Wed, Aug 6 6-8 pm  
7713-S25 1 Session - \$12  
Central Square, SSP

## Fast-Track to Social Media Marketing for Business

Take your business to new heights with our fast-paced, comprehensive session designed to equip owners, entrepreneurs, and marketing professionals with essential skills and strategies needed to leverage social media for business success. See full description online.

**Instructor:** Nickie Welsh with Social Club Simple

Tue, May 13 12-1 pm  
6843-S25 1 Session - \$29



## Google Sheets for Awesome Beginners

Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work, school, or play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze and visualize your data using Google Sheets!

**Instructor:** Nickie Welsh, Social Club Simple

Tue, June 17 12-1 pm  
6809-S25 1 Session - \$29



## Practical ChatGPT Training for Everyone

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and home. Don't get left behind in today's tech savvy world!

**Instructor:** Nickie Welsh, Social Club Simple

Tue, Aug 5 12-1 pm  
6811-S25 1 Session - \$29



## Power Up with Google Suites: Essential Tools for Everyday tasks

Unlock the full potential of Google Suites with our dynamic training session. This course is designed to help you master the essential tools within Google Suites, empowering you to handle everyday tasks more efficiently. Enhance your digital skills all while making a positive impact in your daily life.

**Instructor:** Nickie Welsh with Social Club Simple

Thu, Aug 14 12-1 pm  
6844-S25 1 Session - \$29



### Photo Organization: Print & Digital

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

**Instructor:** Kathy Povolny

Mon, June 9  
7403-S25

Central Square, SSP

6:30-8:30 pm  
1 Session - \$29



### Early Warning Signs of Mental Illness in Youth

Early Warning Signs is a workshop to help parents, guardians and foster parents learn early warning signs of mental illness and trauma, gain an understanding of the impact of mental illness and trauma on children and youth, and learn strategies to support children who live with an illness. Suicide warning signs and resources are also covered.

**Instructor:** Beth Lovre

Thu, May 15  
6839-S25

6:30-8 pm  
1 Session - FREE

### Declutter Your Mind

Stop wasting energy on worries beyond your control! Learn to identify and eliminate these draining worries by developing awareness of what you can influence and what you cannot. Break the cycle of feeling overwhelmed.

**Instructor:** Valerie Petit

Mon, May 5  
5701-S25

IGH Middle School, IGH

6-7 pm  
1 Session - \$29



### Less Overwhelm, Better Results: Winning Against Decision Fatigue.

Ever feel stressed and tired from making too many choices? Learn how beating Decision Fatigue brings less stress and better choices. Feel more relaxed, make smarter decisions!

**Instructor:** Valerie Petit

Tue, June 10  
5702-S25

6-7 pm  
1 Session - \$29



### Infusing Fun: Which Parts of Your Life Need Playfulness Back

Wondering where the joy went? Explore which areas of your life are craving playfulness. Rediscover the art of joy, one playful step at a time. Experience enhanced well-being and relationships, increased positivity, and a revived sense of fulfillment.

**Instructor:** Valerie Petit

Tue, Aug 12  
5704-S25

6-7 pm  
1 Session - \$29

### Introduction to Yamuna Body Rolling

What is Yamuna Body Rolling? Come find out in this short intro class that will take you through the self-care technique that uses specially designed balls to release tension, improve alignment, and enhance flexibility. This unique practice leaves you feeling lighter, energized, and ready to move freely! Registration is required for this free class. Space is limited so please register early. Please bring your yoga mat to class and dress in comfortable clothes that are not bulky (ability to tuck in shirts as needed).

**Instructor:** Christine Pulkrabek

Tue, June 24  
6312-S25  
Moreland Elementary

6:30-7 pm  
1 Session - FREE

### Past Life Workshop with Lily McNamara

Ever wonder who you were in a past life? Everyone has lived multiple lives. Learn about past lives and what that can mean for you today. Through guided meditation you will discover who you were in a past life and how that can help or hinder you in your present one. Afterwards there will be an opportunity to journal your experience and ask psychic questions for clarity. Bring a notebook and pen for taking notes.

**Instructor:** Lily McNamara

Tue, May 20  
7445-S25  
Central Square, SSP

6-8 pm  
1 Session - \$45

## Intro to Healing Stones

There is a vast and wonderful world of healing stones and crystals all with different appearances and unique qualities that assist with physical, mental, emotional and spiritual health. In this class you will learn the basic healing characteristics of 20 different stones. As well as what specific shapes mean and how that will help you on your path. Experience the process of choosing the perfect stone for you with hands-on exercise. There are hundreds of stones to aid you in your life, the possibilities are endless.

**Instructor:** Lily McNamara

Tue, June 17 6-8 pm  
7489-S25 1 Session - \$45  
Central Square, SSP



## Revitalize and Restore: Yamuna Body Rolling

Yamuna Body Rolling is a guided self-care technique using specially designed balls to release tension, improve alignment, and enhance flexibility. By gently working muscles and fascia, it promotes relaxation and restores balance throughout the body. Through Yamuna, participants can relieve pain, improve posture, enhance flexibility and mobility and boost circulation and muscle health. This unique practice leaves you feeling lighter, energized, and ready to move freely! A Yamuna gold ball is available for purchase from the instructor for \$30. Space is limited so register early! Please bring your yoga mat to class and dress in comfortable clothes that are not bulky (ability to tuck in shirts as needed).

**Instructor:** Christine Pulkrabek

Tue, July 8-Aug 12 6:30-7:30 pm  
6311-S25 6 Sessions - \$60  
Moreland Elementary  
Tue, June 24-July 29 10-11 am  
5900-S25 6 Sessions - \$60  
Simley HS, IGH

## Online with Janice Novak!

### Seven Steps to Reverse or Prevent Diabetes

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

Tue, May 13 6-7:30 pm  
7131-S25 1 Session - \$35

### Posture & Osteoporosis Workshop: Building Better Bones

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Mon, May 19 6-7:30 pm  
7141-S25 1 Session - \$35

### Women, Weight & Hormones

Are you finding that no matter how well you watch what you eat or how much you exercise, weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss which hormones are involved and what can be done to correct imbalances; concrete solutions for controlling appetite and cravings; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably.

Tue, June 3 6-7:30 pm  
7142-S25 1 Session - \$35

### Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo

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

Wed, June 4 6-7:30 pm  
7132-S25 1 Session - \$35



## Spiritual Shielding

Spiritual shielding is easier than you think and protects your peace of mind. How the different types can assist you in your daily life, special occasions and stressful situations. Learn different layers of protecting your energy, color, texture and how to strengthen them in the moment.

**Instructor:** Lily McNamara

Tue, July 15 6-8 pm  
7490-S25 1 Session - \$45  
Central Square, SSP

## Astrology Charts

We will pack as much into this 2 hour class as possible with such a vast and complex topic as astrology. We will pull up each person's birth chart and go through the basics. Get hands-on experience in interpreting astrology and learn the difference between signs, houses and planets.

**Instructor:** Lily McNamara

Tue, Aug 19 6-8 pm  
7491-S25 1 Session - \$45  
Central Square, SSP

## Introduction to Fly Fishing

In a mere two hours, instructor Mike Alwin will teach you everything you need to know about this thoroughly engrossing sport. You will learn about the equipment (rods, reels, lines, leaders, flies), the fish species available to the fly angler, where to fish (secret spots), and how to get started. A casting demonstration is included in this class. Mike has been fly fishing for over fifty years and is the former owner of Bob Mitchell's Fly Shop. He started teaching fly fishing schools in 1980 and is an enthusiastic instructor in spite of his mind-numbing array of seemingly pointless anecdotes.

**Instructor:** Michael Alwin

Wed, Apr 30 6-8 pm  
6707-S25 1 Session - \$25  
Two Rivers HS, MH

## Know Your Muslim Neighbor

This class is focused on providing information about community members who practice Islam. Class covers the basic Islamic belief system and educates about commonalities and differences. It is geared toward honest discussion with ample time for Q & A. There is often curiosity about the lifestyle of Muslims but no platform to ask and learn. This class strives to fill that gap. Importance of family and community will be towards the end of the day and light food will be served. Feel free to bring your own beverage.

**Instructor:** Mashood Yunus

Tue, Apr 29 6-9 pm  
7013-W25 1 Session - FREE  
Central Square, SSP



## First Aid and CPR/AED Classes

Pediatric and Adult/Child/Infant CPR/AED & First Aid classes focus on lifesaving skills, with an emphasis on children. Courses are offered in either an in-person, or blended learning format. Blended Learning combines online learning with an in-person and include a two-year certification and unlimited digital access to the student workbook. The course features engaging video instruction and a knowledgeable instructor committed to making learning fun. Participants will practice CPR, AED use, and choking care. Pediatric classes meet the "Pediatric CPR/AED & First Aid" requirements for the MN Child Care Licensing Agency. No written test is required. Please wear comfortable clothing.

### Red Cross First Aid and Adult CPR/AED - Blended Learning

Thu, May 8 6-8:30 pm  
5112-S25 1 Session - \$79  
Inver Grove Heights MS, IGH

### Pediatric CPR/First Aid - Blended Learning

Thu, May 15 6-8 pm  
7104-S25 1 Session - \$85  
Central Square, SSP

### Pediatric CPR/First Aid

Sat, May 17 8 am-1 pm  
7106-S25 1 Session - \$85  
Central Square, SSP

### Red Cross Pediatric CPR and First Aid - Blended Learning

Wed, June 18 6-8:30 pm  
5110-S25 1 Session - \$89  
Inver Grove Heights MS, IGH

### CPR/AED for All Ages

Thu, July 17 5:30-8 pm  
7103-S25 1 Session - \$65  
Central Square, SSP

## Trauma Reimagined: Exploring Modern Solutions for Deep Healing

Do you want to show up as your best self? Discover innovative techniques to overcome unconscious negative thought patterns, foster personal growth, and build lasting resilience. This seminar offers clear, actionable insights to help you achieve deeper healing and emotional well-being.

**Instructor:** Mara Brandsoy Schwager, OTR/L, PRC, Certified QNRT Practitioner

Wed, May 21 6-7:30 pm  
6708-S25 1 Session - \$12  
Two Rivers HS, MH

## Will I Have Chronic Pain Forever?

Explore beyond conventional treatments for chronic pain and fibromyalgia! If medications and surgeries haven't brought the relief you seek, this class is your game-changer. Uncover why these approaches may fall short and explore a multi-faceted, non-invasive path to reclaiming your life. Walk away empowered with multiple actionable steps to implement in order to take back your life.

**Instructor:** Christie Amundson

Wed, June 18 6-7:30 pm  
5705-S25 1 Session - \$29  
IGH Middle School, IGH

## Shinrin Yoku Forest Bathing

Are you ready to escape the hustle and bustle of daily life and reconnect with the healing power of nature? Join us for a transformative 2-hour forest bathing walk in a serene, wooded park. Reconnect with nature and tap into its healing powers. Through sensory immersion and shared experiences, we'll rejuvenate our spirits and leave with memories of tranquility.

**Instructor:** David Motzenbecker

Sat, June 7 9-11 am  
6700-S25 June 1 Session - \$45  
Cottage Grove Ravine Regional Park

Sat, Aug 23 9-11 am  
6700-S25 Aug 1 Session - \$45  
Cottage Grove Ravine Regional Park

## Puzzle Competition

Join us for the SSP Community Education first Jigsaw Puzzle Competition. How it works: Teams of single, two to four people are assigned a new, unopened 500-piece puzzle. Each team receives the same puzzle. A jigsaw puzzle competition typically consists of individuals and teams that compete against one another putting a puzzle together. Whoever completes their puzzle first wins. Pre-registration is required as we only have space for 12 teams.

Sat, Aug 9 10 am-1 pm  
7545-S25 1 Session  
Central Square, SSP \$25 Individual; \$35 Pairs  
\$45 Teams (3-4)



## Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/insurance discount course that is open to the public. A Precision Driving Center of Minnesota certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone!

Persons age 55 and older who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. Participants must complete the four hour refresher class every three years to maintain the 10% discount.

To register, call toll free 1-(888)-234-1294 or visit [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com).

PRE-REGISTRATION IS REQUIRED.

## Thompson Park Activity Center

Four Hour Program - \$24

Thu, May 1	12-4 pm
Thu, May 15	12-4 pm
Thu, June 5	12-4 pm
Thu, July 17	12-4 pm
Thu, Aug 7	12-4 pm
Thu, Aug 21	12-4 pm

## Central Square Community Center

Four Hour Program - \$24

Thu, May 15	9-1 pm
Thu, June 26	9-1 pm

## Veterans Memorial Community Center

Four Hour Program - \$24

Tue, May 6	1-5 pm
Wed, May 14	5-9 pm
Tue, June 10	1-5 pm
Wed, July 16	5-9 pm



## American Sign Language (ASL) Level 4

Build on ASL 1, 2, and 3 to continue expanding knowledge of communicating using ASL. New vocabulary, sentence practice, deaf culture, games, and use of numbers will be included.

**Instructor: Suzanne Downs**

Mon, June 23-Aug 18 6:30-8  
p6903-S25 8 Sessions - \$80  
Somerset Elementary, MH  
No Class July 7



## Spanish for Travelers

Embark on an exciting journey through the Spanish-speaking world right from your home! This interactive, beginner-friendly LIVE virtual course is designed for adults eager to learn practical Spanish for travel. Our experienced instructors will guide you in practicing essential phrases for greetings, ordering and directions. Stay engaged in this dynamic, hands-on approach to learning a new language.

**Instructor: Futura Language Professionals**

Tue, June 3-24 6-7 pm  
6845-S25 4 Sessions - \$85



## Beginner Spanish Boost

Kickstart your Spanish journey with this engaging summer course, perfect for beginners! Designed for those with little to no experience, you'll learn essential vocabulary, basic grammar, and practical phrases for everyday conversations. Through group discussions and break out conversation, you'll have the foundational skills to keep learning and speaking with confidence.

**Instructor: Futura Language Professionals**

Wed, June 4-25 6-7 pm  
6846-S25 4 Sessions - \$85

## Adult Water Fitness

See Central Square and District 197 Aquatics on pages 54-55 for lap swim and water fitness classes.

## Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the top fitness programs in the world, providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class.

Classes are Monday, Tuesday (4:30-5:30 pm) and/or Saturday (9-10 am). Class fee is \$59 for unlimited Jazzercise classes per month. Instructor: Julia Jugovich

To register go to [JAZZERCISE.COM](http://JAZZERCISE.COM) and look for Central Square

## Mat Pilates

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

**Instructor: Jina Digaetano**

8 sessions - \$55 adult, \$20 senior (65+)

Tue, May 6-June 24 6:30-7:30 pm  
9916-S25A 8 sessions

Tue, July 1-Aug 26 6:30-7:30 pm  
9916-S25B 8 sessions

No class July 8 Central Square, SSP



## Kettlebell-TRX® Fusion

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

**Instructor: Michelle Richter**

7 sessions - \$49 adult, \$20 senior (65+)

8 sessions - \$55 adult, \$20 senior (65+)

Sat, May 3-June 21 8-9 am  
9906-S25A 8 sessions

Sat, July 19-Aug 30 8-9 am  
9906-S25B 7 sessions

Central Square, SSP

**Drop-in - \$8 adult, \$4 senior (65+)**

## Virtual Fitness Classes - 9913-S25

Visit the Central Square front desk or [communityed.sspps.org](http://communityed.sspps.org) for class schedules.

Central Square Virtual Fitness Class Schedule	
Mon	Strength Cardio at 8:30 am Senior Yoga at 9:30 am
Wed	Strength Cardio at 8:30 am & 6 pm Senior Yoga at 9 am Yoga at 5 pm
Thur	Yoga at 8:30 am Senior Strength Cardio at 9:30 am
Fri	Strength Cardio at 5:30 pm
Sat	Strength Cardio at 8 am Yoga at 9 am

## Strength Cardio

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

*Instructors: Terie Hanson and Rita Wurm*

## Yoga

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

*Instructor: Terie Hanson*

## Senior Yoga

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

*Instructor: Terie Hanson*

## Senior Strength Cardio

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

*Instructor: Terie Hanson*

## Fees

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

## Cardio Kickboxing

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

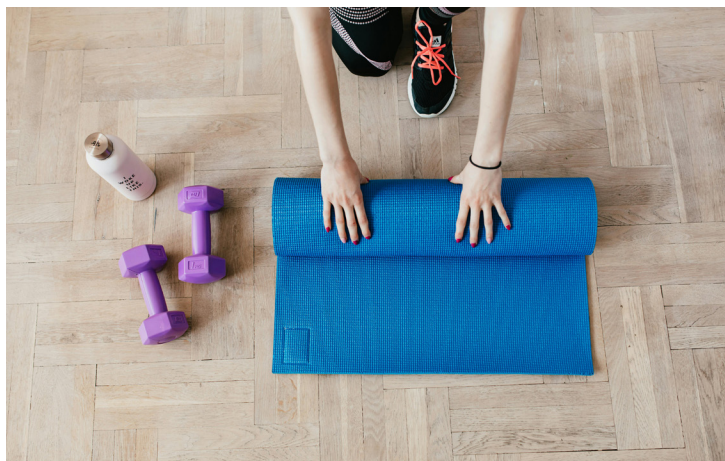
*Instructor: Jina Digaetano*

8 sessions - \$55 adult, \$20 senior (65+)

Tue, May 6-June 24  
9915-S25A 5:30-6:30 pm  
8 sessions

Tue, July 1-Aug 26  
9915-S25B 5:30-6:30 pm  
8 sessions

No class July 8



## Total Body

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

*Instructor: Kim Befort*

7 sessions - \$49 adult, \$20 senior (65+)

8 sessions - \$55 adult, \$20 senior (65+)

9 sessions - \$62 adult, \$20 senior (65+)

Tue, May 6-June 24  
9909-S25A 5:15-6:15 am  
8 sessions

Wed, May 7-June 25  
9909-S25B 4:30-5:30 pm  
8 sessions

Thu, May 1-June 26  
9909-S25C 5:15-6:15 am  
8 sessions

Fri, May 2-June 27  
9909-S25D 6-7 am  
9 sessions

Tue, July 1-Aug 26  
9909-S25E 5:15-6:15 am  
8 sessions

Wed, July 2-Aug 27  
9909-S25F 4:30-5:30 pm  
8 sessions

Thu, July 3-Aug 28  
9909-S25G 5:15-6:15 am  
8 sessions

Fri, July 18-Aug 29  
9909-S25H 6-7 am  
7 sessions,

No class June 19, July 8-10

## HIIT Boot Camp

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

**Instructor: Michelle Richter**

7 sessions - \$49 adult, \$20 senior (65+)

8 sessions - \$55 adult, \$20 senior (65+)

Mon, May 5-June 30 5:30-6:30 pm  
9918-S25A 8 sessions

Mon, July 14-Aug 25 5:30-6:30 pm  
9918-S25B 7 sessions

No class May 26



## R.I.P.P.E.D.®

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

**Instructor: Rita Wurm**

8 sessions - \$55 adult, \$20 senior (65+)

Thu, May 1-June 26 5:30-6:30 pm  
9908-S25A 8 sessions

Thu, July 3-Aug 28 5:30-6:30 pm  
9908-S25B 8 sessions

No class June 19, July 10

## Pound®

Pound® is designed for all fitness levels and very easy to modify, Pound® Rockout Workout is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Using Ripstix® 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.

**Instructor: Erin Donnelly**

7 sessions - \$49 adult, \$20 senior (65+)

9 sessions - \$62 adult, \$20 senior (65+)

Sat, May 3-June 21 11 am-12 pm  
9966-S25A 9 sessions

Sat, July 19-Aug 30 11 am-12 pm  
9966-S25B 7 sessions

**Drop-in - \$8 adult, \$4 senior (65+)**



## Yoga

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

**Instructor: Rita Wurm**

8 sessions - \$55 adult, \$20 senior (65+)

Thu, May 1-June 26 6:30-7:30 pm  
9911-S25A 8 sessions

Thu, July 3-Aug 28 6:30-7:30 pm  
9911-S25B 8 sessions

No class June 19, July 10

## Yoga Fusion

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results.

**Instructors: Rita Wurm/Jina Digaetano**

7 sessions - \$49 adult, \$20 senior (65+)

8 sessions - \$55 adult, \$20 senior (65+)

Mon, May 5-June 30 6:30-7:30 pm  
9902-S25A 8 sessions

Mon, July 14-Aug 25 6:30-7:30 pm  
9902-S25B 7 sessions

No class May 26



## IT'S NEVER TOO LATE TO LEARN!

Adult Education (ABE) provides adults in Northern Dakota County with educational opportunities to acquire and improve literacy skills in order to become self-sufficient, proud employees, family members, and citizens. **All classes are FREE!**

### AREAS OF STUDY

- English Language Learners (ELL)
- Online Conversation Course (ELL)
- Online Citizenship Prep
- HSE/Academic Skills
- Online HSE
- HyFlex HSE (in-person/online)
- Work/Career Readiness Skills
- Healthcare Career/TEAS Test Prep
- College Entrance Placement Test Prep
- Northstar Digital Literacy
- Family Learning in partnership with ECCE



South Suburban  
Adult Education

### Classes take place at

Central Square Community Center  
100 7th Ave N  
South St. Paul, MN 55075

**YOU COULD BE HERE!**

**Call Linda at 651-306-3632**

[communityed.sspps.org/programs/ae](http://communityed.sspps.org/programs/ae)

## NUNCA ES TARDE PARA ESTUDIAR

Educación para adultos (ABE) proporciona a los adultos en el condado de Dakota del Norte oportunidades educativas para adquirir y mejorar la alfabetización a fin de convertirse en empleados, miembros de familia y ciudadanos autosuficientes y orgullosos. **Todas las clases son GRATIS.**

### AREAS DE ESTUDIO

Aprendices del idioma Inglés(ELL)  
Clases de Conversación en línea(ELL)  
Preparación para ciudadanía en línea  
HSE/habilidades académicas  
HSE en línea  
HyFlex HSE  
Estudios en Linea  
Preparación para el examen TEAS/  
carrera en el cuidado de la salud  
Alfabetización digital de Northstar  
Aprendizaje Familiar en colaboración con  
ECFE



**Las clases son en**  
Central Square Community Center  
100 7th Ave N  
South St. Paul, MN 55075

**¡TU PUEDES ESTAR AQUI!**

**Llame a Linda al  
651-306-3632**

[communityed.sspps.org/programs/ae](https://communityed.sspps.org/programs/ae)



## Welcome to Access Project Program for Adults with Disabilities

The Access Project program is designed to provide a wide array of activities and classes for adults with disabilities to expand their horizons, cultivate new skills, engage in stimulating activities and foster friendships in a welcoming and supportive environment. You are invited to participate in any of our classes regardless of your district of residence. Access Project will assist with appropriate inclusion and access to all classes.

- Participants who require one-on-one attention for physical, behavioral issues, or medication administration must be supervised by a caregiver
- There is no cost for caregivers to assist unless otherwise noted
- Transportation is not included unless noted
- Participants must be accompanied to the classroom, arriving no earlier than 5 minutes before listed start time. Prompt pick up is expected at the end of time listed. Please review the pick up and drop off policy when registering for class.
- Requests for cancellations and refunds must be received seven days prior to the class
- All Access Project activities are alcohol and tobacco-free.

### Contact, Registration, Scholarships

#### & Fee Assistance Information:

Phone: 651-403-8331

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com). Click on Access Project.

Mail: Access Project Program

Karyn Solseng

1200 Stassen Lane

West St. Paul, MN 55118

## CULINARY



### Walking Tacos

Do you like chips? Do you like tacos? Join us for a night where these two favorites come together. We will learn step by step on how to make these walking tacos with friends.

Thu, May 29

6-7:30 pm

1028-S25

1 session - \$9

Branch Out Building

### Homemade Ice Cream Sundaes

Let's gather for a cool night as we make homemade ice cream sundaes. We will make our ice cream in gallon bags and enjoy a variety of toppings to go with it.

Tue, July 8

6-7 pm

1029-S25

1 session - \$9

Branch Out Building

## SOCIAL

### Friday Fun Night

Come join us for a night of fun with friends, games, crafts, movies, and pizza. This is a relaxed, casual activity where you get to choose what you want to do! Pre-registration is not required but helpful in ordering pizza.

Fri, May 9

6-8:30 pm

1040-S25

1 session - \$8

Branch Out Building

### Bingo Jamboree

Everyone loves BINGO! Come on over to meet new friends, play bingo, and have a good time. All participants win a prize! Pre-registration is not required.

Mon, May 19

6-7:15 pm

1041-S25

1 session - \$5

Branch Out Building

## ARTS AND CRAFTS

### Mason Jar Lanterns

Summer will be here soon so come create a beautiful lantern which you can display on a warm evening outside. These are sure to bring a bright smile to everyone's face!

Tue, May 13

6-7:15 pm

1008-S25

1 session - \$6

Branch Out Building

### Painted Rocks

Painting rocks is easier than it looks and once you get started the sky is the limit as to how you decide to paint them. We will have design samples, paint and paint markers available to make your own creations. Come let your creativity shine!

Thu, June 26

6-7 pm

1009-S25

1 session - \$6

Branch Out Building



## Karaoke

Let's sing the night away! Gather with friends for a fun night of singing, laughing, and music while taking turns performing some of your favorite tunes. Pre-registration is not required but appreciated.

Fri, June 13 6-7:30 pm  
1042-S25 1 session - \$5  
Branch Out Building

## Bingo and Pizza Night!

Do you like pizza? Do you like BINGO? Grab your friends and join us for this new class which combines these two favorites. It will be so much fun! See you there! Pre-registration is not required, but helpful in ordering pizza.

Wed, June 18 5:30-7 pm  
1044-S25 June 1 session - \$8  
Branch Out Building

Fri, July 25 5:30-7 pm  
1044-S25 Jul 1 session - \$8

Mon, Aug 18 5:30-7 pm  
1044-S25 Aug 1 session - \$8



## Caribou Coffee Chat Hour

Join us for a warm and welcoming Coffee Chat Hour where you can connect, share, and enjoy great conversation over a cup of coffee or a drink of your choice. The first drink is on us when you register! Please make sure to bring money if you plan to purchase a treat or any additional drinks.

Wed, July 16 3-4 pm  
1045-S25 Jul 1 session - \$5  
WSP Caribou Coffee

Tue, Aug 5 3-4 pm  
1045-S25 Aug 1 session - \$5  
WSP Caribou Coffee

## SPECIAL EVENTS



## St. Paul Saints Baseball Game

Take Me Out to the Ballgame! Join us for an exciting day at the ballpark to watch the St. Paul Saints! We'll cheer on the Saints team, soak in the stadium atmosphere, and connect with friends—all while making unforgettable memories. Let's play ball! We will meet at 1:30pm at the CHS Field Broadway Entrance and all go in together. Game starts at 2pm. Remember to bring money for concessions! Caregivers are required to register.

Sun, June 22 Meet at CHS Field at 1:30 pm  
1065-S25 1 session - \$18  
CHS Field, St. Paul

## Ice Cream at Mendota Village

Summer is a great time for ice cream! Join us as we socialize with friends and enjoy a sweet treat. We will all order together and Access will pay for all who registered.

Wed, July 30 6:30-7:30 pm  
1066-S25 1 session - \$5  
Cold Stone Creamery, Mendota Heights

## End of Summer Picnic Party

Let's celebrate the end of summer with great food, games, crafts, music, and, most importantly, friends! There will be a covered space available so come rain or shine! There is no cost for caregivers to assist.

Fri, Aug 15 5-7:30 pm  
1067-S25 1 session - \$10  
Thompson Park North Shelter Picnic Pavilion, WSP

## Fall Class Registration Open House

Curious about what Access Project offers or want help signing up? Come join us for a night of fun while we socialize, enjoy a snack and register for new classes we have available for fall session. A staff member will help you register and tell you a bit about the classes we are offering.

Thu, Aug 21 5:30-7:30 pm  
1063-S25 Free  
Branch Out Building

**Scan to see our  
current programs.**



**Central Square**

100 Seventh Ave. N., SSP  
651-306-3632  
Mon-Fri, 5 am-8 pm  
Sat, 7:30 am-2 pm

**Linda Jacobs-Buse,**  
*Community Education Facilitator*  
[ljacobs-buse@sspps.org](mailto:ljacobs-buse@sspps.org)

**Services**

**Refunds**

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

**Cancellations**

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

**Inclement Weather**

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

**Free Wi-Fi**

Wireless internet access is available anywhere in the building. No password necessary.

**Notary Service**

Mon-Fri from 7:30 am - 4 pm

**Room Rental**

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

**Senior Center Hours**

Monday-Friday: 7:30 am - 3 pm

**About the Senior Center**

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

**Become a Member for Only \$12/Year**

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+).

**Opportunities to Volunteer**

Adult Education Tutors - call Linda at 651-306-3632 for more information.

**Silver Sneakers® and Silver & Fit®**

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

**Fare For All**

The Fare For All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Everyone is welcome to use Fare For All. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit [fareforall.org](http://fareforall.org)

**Tuesdays: May 20, June 24, July 29, Aug 26**

**Free Take 'n Bake Meals at Central Square**

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

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

Who: All SSP residents

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

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

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

**Virtual Fitness Classes - 9913-S25**

Visit the Central Square front desk or [www.sspps.org/centralsquare](http://www.sspps.org/centralsquare) for class schedules.

**Strength Cardio**

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

*Instructors: Terie Hanson and Rita Wurm*

**Yoga**

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

*Instructor: Terie Hanson*

**Senior Yoga**

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

*Instructor: Terie Hanson*

**Senior Strength Cardio**

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

*Instructor: Terie Hanson*

**Fees**

1 time per week - \$25 per month

2 times per week - \$35 per month

3 times per week - \$45 per month

Unlimited - \$60 per month

**Silver & Fit® Explore**

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

*Instructor: Kim Befort*

Fri, May 2-June 27  
9803-S25A  
9:30-10:15 am  
9 sessions - \$62 adult,  
\$22.50 senior (65+)

Fri, July 18-Aug 29  
9803-S25B  
9:30-10:15 am  
7 sessions - \$49 adult,  
\$20 senior (65+)

**Drop-in - \$8 adult, \$4 senior (65+)**

**Silver Sneakers® Classic**

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

*Instructor: Kim Befort*

Tue, May 6-June 24  
9801-S24B  
9:30-10:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

Thu, May 1-June 26  
9801-S25A  
No class June 19  
9:30-10:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

Tue, July 1-Aug 26  
9801-S24C  
No class July 8  
9:30-10:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

Thu, July 3-Aug 28  
9801-S24D  
No class July 10  
9:30-10:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

**Senior Circuit**

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults.

*Instructor: Terie Hanson*

Wed, May 7-June 25  
9802-S25A  
6:15-7:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

Thu, May 1-June 26  
9802-S25B  
No class June 19  
6:15-7:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

Mon, May 5-June 30  
9802-S25C  
No class May 26  
6:15-7:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

Mon, July 14-Aug 25  
9802-S25D  
6:15-7:15 am  
7 sessions - \$49 adult,  
\$20 senior (65+)

Wed, July 2-Aug 27  
9802-S25E  
No class July 9  
6:15-7:15 am  
8 sessions - \$55 adult,  
20 senior (65+)

Thu, July 3-Aug 28  
9802-S25F  
No class July 10  
6:15-7:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)



Senior Center

Ongoing Activities (pre-registration is not required)

SSP Buzz

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

Monday-Friday 8:30-11 am

Walk the Square

Come walk the square - we might not be big, but we are temperature controlled.

Monday-Friday 7:30 am-3:30 pm

Penny Bingo

Meets once a week! Spend a fun afternoon with us playing Penny Bingo! It’s a fast paced, easy card game that everyone will enjoy! It’s very casual, leaving plenty of time to socialize and laugh throughout the games. Bring your pennies!

Mondays 1-2:30 pm

Cribbage

Is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

Mondays 12-2:30 pm

Woodcarvers

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

Tuesdays 9-11 am

Line Dancing

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

Instructor: Margaret Christians

Tuesdays 10:30-11:30 am

Craft Day

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

Tuesdays 1-3 pm

Beginner 500 Cards

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

Wednesdays 10-11 am

500 Cards

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

Wednesdays & Fridays 11:30 am-2 pm

Hand & Foot Card Game

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

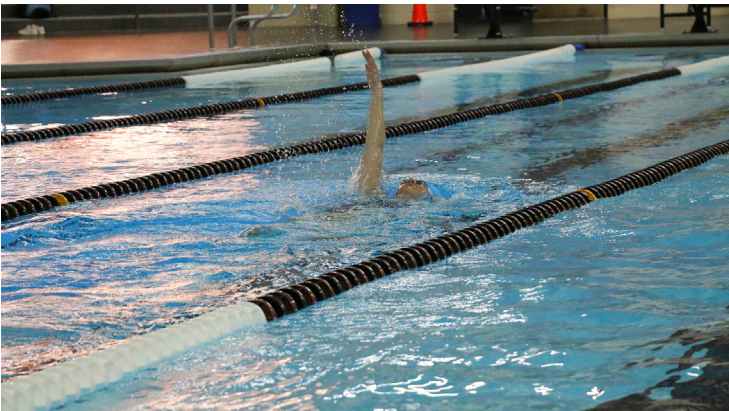
Thursdays 1-3 pm

Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. [communityed.sspps.org/programs/swimming-pool](http://communityed.sspps.org/programs/swimming-pool)

Punch Card	10 admissions	\$40 adult (19-64 yrs)
9912-24		\$15 senior (65+)
Punch Card	30 admissions	\$80 adult (19-64 yrs)
9912-24		\$30 senior (65+)

Scan here for the lap swim schedule at Central Square



Daily Rate

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

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

Mon-Fri from 7:30 am-3 pm  
Sat from 7:30 am-1:30 pm  
Schedule is subject to change.

## UPCOMING EVENTS

## Happy Feet

Happy Feet is scheduled the first and third Tuesday of the month at 9 am. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage.

Second Tuesday of the month      9 am-4 pm  
May 13      \$45 per session  
June 10  
July 8  
Aug 12

Call to make an appointment: 763-346-3390

## Senior Board Meetings

The Senior Center Board meets the second Wednesday of the month. Meetings begin at 9:30 am. If there is an idea or something you would like to see at the center, please join us and provide us with your ideas! All are welcome!

Second Wednesday of the month - 9:30 am  
Wed, May 14  
Wed, June 11  
Wed, Aug 13

## Senior Out and About Lunches

We travel monthly to a new lunch destination. Registration is required and can be done in person or by calling 651-306-3632. Limited transportation is offered. Sign-up in the Central Square lobby!

Second Wednesday of the month - 11 am  
Wed, May 14      Portillo's  
Wed, June 11      Lone Oak Grill  
Wed, July 9      Moose Lodge  
Wed, Aug 13      Applebee's

## Senior Socials at Central Square

Join us at Central Square for a social get together! Come for food, conversations, music, and friends! Monetary donations accepted.

11:30 am-1 pm  
Thu, May 22      Tea Party  
Thu, June 26      Banana Splits  
Thu, July 24      Summer Cookout  
Thu, Aug 14      National Sub Sandwich

## Movie and Popcorn

Join us for a monthly movie matinee with popcorn at Central Square! We'll feature a different film once a month. Movie viewing is from 12-3 pm (depending on movie length)

Thu, May 1  
Thu, June 12  
Thu, July 3  
Thu, Aug 28



## Book Club

Connect with others who share a love of reading, and to learn and discuss a variety of topics in an informal setting. We will meet on Mondays from 12:30-2:30 pm. Bring a lunch or something to share. Pick up the book the last week of the previous month at the front desk.

## May 12

*The Beekeeper's Apprentice* by Laurie King

## June 9

*The Minnesota Stories of Sinclair Lewis*

## July 14

*Little Wolves* by Thomas Maltman

## Aug 11

*The Thursdays Murder Club* by Richard Osman

## Everything You Want to Know About Medicare

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

**Instructor: Greg De Keuster**

Wed, May 21	6:30-8 pm
7146-S24A	1 session - Free
Wed, June 18	6:30-8 pm
7146-S24B	1 session - Free
Wed, July 16	6:30-8 pm
7146-S24C	1 session - Free

## Metro Dining Cards

The South St. Paul Seniors and Metro Dining are offering you an opportunity to enjoy 2 for 1 or 50% off dining at 138 St. Paul area restaurants each month, for an entire year. Stop by the front desk at Central Square to purchase your set. \$35 per set.

**City of Inver Grove Heights Parks & Recreation**  
Veterans Memorial Community Center (VMCC)  
8055 Barbara Avenue, Inver Grove Heights, MN 55077  
Phone number: 651-450-2480

### Program Registration

For programs registration: visit  
[ighmn.gov/ActiveAdults55](http://ighmn.gov/ActiveAdults55)

To view the current Scoop/IGH Parks and Recreation  
brochure visit [www.ighmn.gov/CurrentBrochure](http://www.ighmn.gov/CurrentBrochure)

**Registration for speakers is  
required for planning purposes.**

## I Keep Losing My Keys: What's Normal Aging and What's Memory Loss

**Thursday, July 17 • Free**

Learn about the different forms of memory loss, such as Alzheimer's and other forms of dementia, and some warning signs that come with them. Presented by Darts.

**Time:** 10:30 am  
**Code:** AP-S0717

**Location:** VMCC, Community Room 1  
**Register by:** Thursday, July 10

## EDUCATIONAL PROGRAMS

### Landmark Tours Travel Talks

**Thursday, May 15 • Free**

Come check out the exciting travel opportunities offered by Landmark Tours! Their all-inclusive packages feature round-trip airfare, quality accommodations in great locations, deluxe motor coach transportation and the services of a professional tour manager. If you can't attend the presentation call 612-230-2040 or stop by the VMCC Senior Center for a catalog. Visit [GoWithLandmark.com](http://GoWithLandmark.com).

**Time:** 10 am  
**Code:** AP-S0515

**Location:** VMCC, Community Room 1  
**Register by:** Thursday, May 8

### Who Will Inherit the Mess?

**Monday, June 2 • Free**

Learn the key differences between Wills and Trusts, avoid probate pitfalls, and understand why a current Power of Attorney and Health Care Directive are essential for you and your college-bound kids. This 90-minute workshop covers vital estate planning topics, including family dynamics, communication, privacy laws, and how to use beneficiary forms, TOD, and POD designations to create a comprehensive estate plan. Join us for a non-intimidating session with Jeff Litfin, Certified Estate Planner, and ensure your estate passes smoothly to your beneficiaries. Q&A to follow.

**Time:** 10:30 am  
**Code:** AP-S0602

**Location:** VMCC, Community Room 1  
**Register by:** Tuesday, May 27

### Arthritis/Joint Conversation

**Wednesday, June 11 • Free**

A professional from Fox Rehabilitation will discuss related arthritic conditions with focus on osteoarthritis, rheumatoid arthritis and treatment methods.

**Time:** 1 pm  
**Code:** AP-S0611

**Location:** VMCC, Community Room 1  
**Register by:** Wednesday, June 4

### Happy Feet Foot Services

On the **second Friday and fourth Tuesday** of the month, enjoy a 30 minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. Drop-ins are not accepted, please call 763-346-3390 to set up an appointment.

### Summer Fun with Inver Glen Library!

**Paper Mosaic Art: Monday, June 9 • Free**

In partnership with the Dakota County Library, this fun and creative class allows participants to explore the art of mosaics and create their own personalized project using a variety of materials. This class is designed for youth ages 6 and older, accompanied by a parent, grandparent, aunt, or uncle. Please register each person attending.

**Time:** 1 pm  
**Code:** AP-S0609

**Location:** VMCC, Community Room 1  
**Register by:** Monday, June 2

**Using Library Apps: Monday, July 14 • Free**

Learn how to use library apps to down-load and read eBook and eAudiobooks, magazines, music and more. Bring your own smart phone or tablet and be prepared for hands on learning.

**Time:** 10 am  
**Code:** AP-S0714

**Location:** VMCC, Community Room 1  
**Register by:** Monday, July 7

**Paper Bag Luminaries: Wednesday, August 13 • Free**

Create the perfect summer ambiance with handmade paper bag luminaries! In this hands-on class, you'll learn how to design, cut, and assemble charming luminaries that are perfect for decorating patios, gardens, or summer parties. This class is perfect for all skill levels, and all materials are provided. Just bring your creativity and get ready to brighten your summer evenings with your very own luminary creations!

**Time:** 1 pm  
**Code:** AP-S0813

**Location:** VMCC, Community Room 1  
**Register by:** Wednesday, August 6

## Healthy Living Fair Wednesday, April 16 • 10 am–1 pm

**FREE**

**Veterans Memorial Community Center**  
8055 Barbara Avenue

We partner with local businesses and non-profits to provide fun and engaging activities, speakers, fitness classes and ways to connect our community members.

For details visit: [ighmn.gov/Events](http://ighmn.gov/Events)



# IGH Senior Club

**Join for the camaraderie and enjoy  
a side of savings on activities!**

The IGH Senior Club is a place for camaraderie, socializing and entertainment. Participate in interactive and fun activities, including monthly luncheons, weekly card games, a holiday party and more!

**2025 Membership: \$20 per person.** Membership renewal is now open. The Senior Club is managed by a board and in partnership with IGH Parks & Recreation.

**All Senior Club payments for membership and registration for the monthly luncheons are paid to the Senior Club.**

Please deposit your membership and registrations in the Senior Club locked drop box located inside the VMCC north entry (door "E") by the Parks & Recreation Department office near the east ice rink. Registration forms and envelopes are provided at the drop box location.

## All Senior Club Luncheons are Members Only!

Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month from noon to 2 pm). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

### MAY 19

- Manicotti with red sauce and two meatballs, salad and Italian bread from Yarusso Bros Italian Restaurant
- BINGO
- \$14

### JUNE 16

- Chicken from The Coop
- Entertainment TBD
- \$14

### JULY 21

- Picnic at South Valley Park (2810 70th St. E.). Join us for summer grilling (by Parks & Recreation Director Adam Lares) at the new shelter.
- \$10

### AUGUST 18

- Chicken chow mein and sweet & sour chicken from Peking Cafe
- BINGO
- \$14

## Monthly Card Game Schedule

Join in the fun and games hosted by the Inver Grove Heights Senior Club. All experience levels are welcome. No registration required — just come! Questions? Contact Gary Ball: 651-605-1442 or email [club55igh@gmail.com](mailto:club55igh@gmail.com).

**Location:** VMCC, Senior Center

**500:** Mondays · 1 pm (except the third Monday of the month)

**Cribbage:** Tuesdays · 1 pm

**Bridge:** Wednesdays · 12:30 pm

**Euchre:** Thursdays · 1 pm

**Hand & Foot:** Fridays · 12:30 pm

## BOOK CLUBS

Drop-in · No registration required · Free

### Non-Fiction Book Club: Mondays · 10 am · VMCC

Meets every fourth Monday of the month (\*except for May) at the VMCC, 10–11 am. Discuss selected books with this free, drop-in group, no registration is required. For more information or to provide book suggestions, contact Linda Scharlatt at [linda.scharlatt@gmail.com](mailto:linda.scharlatt@gmail.com). Note: Room location will be posted in the VMCC on day of club.

- May 19\*** *The Florist's Daughter: A Memoir* by Patricia Hampl
- June 23** *Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker, Ph.D.
- July 28** *Somewhere in the Unknown World: A Collective Refugee Memoir* by Kao Kalia Yang
- Aug. 25** *Prairie Fires: The American Dreams of Laura Ingalls Wilder* by Caroline Fraser
- Sept. 22** *Narrative of Sojourner Truth* edited and with an Introduction by Margaret Washington

### Fiction Book Club: Tuesdays · 1 pm · VMCC

This group meets every second Tuesday of the month. Room location will be posted in the VMCC on day of club.

- May 13** *The Life We Bury* by Allen Eskens
- June 10** *The Sweetness of Forgetting* by Kristin Harmel
- July 8** *The Things We Leave Unfinished* by Rebecca Yarros
- Aug. 12** *The Silent Patient* by Alex Michaelides
- Sept. 9** *The Women* by Kristin Hannah

## Contemporary Line Dancing

**Tuesdays, April 8–May 13 · Cost: \$40**

Line dancing is an excellent way to increase coordination, balance and enrich memory...and it's FUN! No partner is needed. Class will be a two-hour, progressive beginner class that will move up to slightly more challenging steps, reviews and dances as the hours progress. New steps and older classic dances will be taught weekly.

**Time:** 1:15 pm

**Location:** VMCC, Fitness Studio

**Code:** AP-P0408

**Register by:** Tuesday, April 1

## Pickleball

Indoor play is open at the VMCC National Guard Gymnasium. All players must check-in, pay and wear a wristband. View the schedule: [ighmn.gov/Pickleball](http://ighmn.gov/Pickleball)

Check out the new courts at Skyview Park (6765 Dawn Ave.)

Register for summer lessons and leagues at [ighmn.gov/Register](http://ighmn.gov/Register)



**IGH Active Adults 55+ programming is provided in partnership with the ISD 199 Community Education Department.**



For more information about Inver Grove Heights Active Adults 55+ programs, contact Al Vandehoef at 651-450-2468 or email [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov)

**Welcome to Thompson Park Activity Center**

1200 Stassen Lane, West St. Paul, MN 55118

**Office Hours: Mon - Thu, 9 am-4 pm**

TPAC will be closed May 26, June 19, June 30-July 4.

**Contact and Registration Information:**

TPAC Phone: 651-403-8300

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com) and click on Adults 55+

Registrations are taken on a first-come, first-serve basis. Mailed registrations cannot not be guaranteed. There is a five day registration deadline for all TPAC classes and a one week registration deadline for events.

**TPAC Groups and Clubs**

Registration required. Monthly groups: \$10 annually per member, renewed each September. Weekly groups: \$15 per trimester/member, Jan-Apr / May-Aug / Sept-Dec

**Scholarships & Fee Assistance**

Call 651-403-8303 for details.

**Refunds**

Requests for cancellations and refunds must be received seven days prior to the first class session or trip deadline. A \$10 service charge will be applied to your refund. Refunds are not issued after the first session or after trip registration deadlines.

**Cancellations**

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

**Inclement Weather and TPAC Closures**

If School District 197 is closed due to inclement weather or cold temperatures, TPAC will also be closed. TPAC's voicemail will be updated by 7 am.

**E-News**

Sign up for email updates from TPAC at [tridistrictce.org](http://tridistrictce.org) or call TPAC.

**Opportunities to Volunteer - Call TPAC for more information**

Technology Mentors  
Umbrella Project  
Office Attendant  
Advisory Council

**Foot Care**

Foot Care Services are available at TPAC. Call 651-829-3944 to schedule your appointment. Fee is \$55.



**Free Services**

FallsTalk™ and Screening: Provided by DARTS, call TPAC for appointment.

Memory Screening: Provided by DARTS, call TPAC for an appointment.

Legal Services: Call 651-222-4731.

Health Insurance Counseling: Call the Senior LinkAge Line at 1-800-333-2433 or go to [trelisconnects.org/get-help/medicare](http://trelisconnects.org/get-help/medicare) for an appointment.

**Fare For All**

Affordable groceries for all. Details at [thefoodgroupmn.org](http://thefoodgroupmn.org), email [info@thefoodgroupmn.org](mailto:info@thefoodgroupmn.org), or call 763-450-3880. Credit Cards preferred. Cash accepted. No checks.

**Difficulty Hearing our Presenters?**

If you have difficulty hearing during a presentation or class, please let us know immediately so we can rearrange seating or have the presenter use a microphone.

**Suggestion Box**

The TPAC Advisory Council welcomes your feedback and comments, whether for programming, policies, services, operations, or the facility. Fill out a form, located near the suggestion box in the hall near the bulletin boards to share your thoughts. If you include your contact information (optional), we can follow up with you.

*If you have any questions, comments, or concerns regarding Weekly/Monthly Programs, please contact TPAC at 651-403-8300, and not the program facilitator. Trimester fees cover May-Aug programming. Annual fees cover Sept 2024 to Aug 2025.*



2024 Flea  
Market at  
Thompson Park  
Activity Center

## SPECIAL EVENTS



You're invited to our  
**HEALTHY AGING EXPO**

- Wellness Fair
- Local Vendors
- Crafts & Hobbies
- Food & Refreshments
- Senior Resources
- Live Entertainment

**THOMPSON PARK ACTIVITY CENTER**  
**Wednesday, May 14th 10:00 AM-1:00 PM**

## Senior Health Expo

Join us at the Healthy Aging Expo, where seniors can explore, learn, and get expert advice from senior service providers to live a vibrant and active life at every stage of aging. Music, give-aways and prizes!

Wed, May 14

10 am-1 pm  
Free

## Thompson Park Activity Center Flea Market

Discover treasures, unique finds, and great deals at the TPAC Flea Market! Whether you're hunting for hidden gems or simply love the thrill of a good bargain, this community event has something for everyone!

Event Highlights:

- 25 indoor spots all climate controlled as well as 20 more outdoors
- A variety of vendors showcasing antiques, crafts, and secondhand items
- Delicious snacks and refreshments available for purchase
- A fun and relaxed atmosphere for the whole family

Thu, June 26

No registration required.

9 am-1 pm

Free

## Interested in being a vendor?

Reserve your space early to secure your place at this popular event. Both inside and outdoor spots are available.

Thu, June 26

1687-S25

Registration required.

7:15-8:30 Unload and set up

10% of sales up to \$25

**Register early; register one week  
or more in advance.**

## The Last 50 Years of The Great American Songbook featuring Maud Hixson

Step into the rich tapestry of the last 50 years of The Great American Songbook with the incomparable Maud Hixson, one of the Twin Cities' most beloved vocalists. Be transported through decades of timeless classics by artists like The Carpenters, the heartfelt charm of Kermit the Frog, and iconic anthems like "The Rose". With songs that defined generations in movies and television, this is a celebration of the music that connects us all. Bring your friends and family to this and experience the magic of music that truly stands the test of time.

Wed, July 23

1948-S25

1-2 pm

1 session - \$10



## Twin Cities Latin Band

Join us for a vibrant celebration of Latin rhythms and community spirit! Seniors as well as family and friends are invited to an energetic concert featuring the Twin Cities Latin Band. Enjoy a fusion of salsa, merengue, bachata, and cumbia beats that warm your heart. Come ready to smile, laugh, move your toes and maybe even dance during this festive day filled with music and joy.

Wed, Aug 20

1949-S25

1-2 pm

1 session - \$10

## LEARNING AND DISCUSSION

## Technology Help

TPAC volunteer mentors assist with technology questions you have. Come with your device and receive friendly, patient 1-to-1 assistance.

Mondays

No registration needed

Closed May 26 &amp; June 30

9 am-12 pm

Free



## Hearing Health including Aids

Join us for an informative session exploring key aspects of hearing health. Dr. Maerz will discuss how your hearing works, showcase examples of modern hearing aids and accessories, and introduce valuable resources for tinnitus treatment. She will also share details about the new balance testing available at her St. Paul office. This session offers valuable insights to help you stay informed and connected. Don't miss this opportunity to ask questions and gain expert guidance on hearing wellness.

**Instructor:** Dr. Melodie Maerz, Clinical Audiologist with Associated Hearing Care

Thu, May 1	10-11am
1974-S25	1 session - \$3

## Constitution Stress Test: Diagnosis Courtesy Richard Painter

An important presentation examining challenges facing the U.S. Constitution today. From threats to free speech and voting rights to concerns about executive power and judicial integrity, these key issues and so many more are testing our democracy. As seniors it's our duty to stay informed and engaged.

**Presenter:** Richard Painter, S. Walter Richey Professor of Corporate Law, Univ of MN Law School

Tue, May 6	9:30-11 am
1950-S25	1 session - \$9

## Explore Conversational Spanish for Absolute Beginners - Level 1

This engaging course covers greetings, practical phrases, numbers, family, food, hobbies, and more. Ideal for newcomers, no prior Spanish experience required. Our instructor ensures a stress-free, immersive experience using gestures and visuals for easy learning. Join this enjoyable language journey. Register early.

**Instructor:** Dick Milles, former Spanish Instructor, Metropolitan State University

Wed, May 7-June 25	9:30-10:30 am
1841-S25 May/June	8 sessions - \$48
Wed, July 9-Aug 27	9:30-10:30 am
1841-S25 July/Aug	8 sessions - \$48

## Explore Conversational Spanish - Level 2

This dynamic Level 2 Conversational Spanish course delves deeper into greetings, practical phrases, numbers, family, food, hobbies, and more complex interactions. Perfect for those with basic Spanish knowledge. Prior elementary Spanish experience recommended. Our instructor ensures an engaging and immersive experience using gestures, visuals, and real-life scenarios to enhance learning. Join this enriching language journey!

**Instructor:** Dick Milles, former Spanish Instructor, Metropolitan State University

Wed, May 7-Aug 27	10:45-11:45 am
1903-S25 May-Aug	16 sessions - \$96

## Semiquincentennial (250th ) on July 4, 2026

On July 4, 1776, the United States declared their independence from British rule. Through a war and multiple attempts at establishing a government, the framework was set, and the United States was formed. The U.S. will recognize the Semiquincentennial (250th) on July 4, 2026. This program will include a conversation with attendees on a brief summary of our history, followed by discussion on how we can actively and authentically commemorate this event in our nation's history in and around Dakota County.

**Facilitator:** Matthew Carter, Dakota Co Historical Society

Thu, May 8	10 am-12 pm
1776-S25	1 session - \$5



## Turn Your Recyclables into Art

Join us for Collaging With Recycled Materials, a fun, hands-on class where you'll transform everyday scraps into stunning artwork! Over four weeks, explore creative themes like self-portraits, bottles, and boxes. Bring your unique paper scraps to the first class. Glue, glue guns, and base paper provided. Let's create and connect.

**Instructor:** Suzanne Downs

Tues, June 3-24	2-3 pm
1951-S25	4 sessions - \$44,

## Write Your Own Living Will or Healthcare Directive with Andy Lehner

Have you heard of a Health Care Directive or "Living Will"? These are critically important documents that afford you the option to decide who you would like to advocate for you if you ever become unable to do so for yourself. It also allows you to state your preferences in healthcare. You can leave with directives in place!

**Instructor:** Andrew M. Lehner, Attorney

Thu, May 15	9:30-10:30 am
1970-S25	1 session - \$5

## Technology Classes via Zoom Courtesy of Social Club Simple.

A TPAC staff or Tech volunteer will be onsite to assist during and after the Zoom presentation. We will have the Apple TV receive the class and allow those gathered the ability to interact together as well as with the instructor via Zoom Chat. If you would prefer to Zoom from home, please indicate that at the time of registration.

**Instructor:** Nicki Welsh

### **(Grand)Parents with Littles: Your Tech Safety Toolbox**

Navigating the digital world can be challenging for parents and grandparents with young children ages 0-5. This practical training class is designed to equip you with essential tools and knowledge to keep little ones safe in an increasingly connected world. You'll gain practical tips and strategies for managing technology use, protecting privacy, and fostering a safe digital environment for young children.

Tue, May 27 12-1 pm  
1952-S25 1 session - \$29

### **Navigate with Uber: Achieve Transportation Freedom**

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn to use Uber at major airports so that you can travel with confidence, as well as for other appointments and errands. Open up your travel options with this fun and engaging class.

Thu, June 12 12-1 pm  
1953-S25 1 session - \$29

### **Canva for Awesome Beginners**

Discover the creative possibilities with Canva, the ideal tool for beginners and novices! Learn to harness the power of the easiest design website available (and free). You'll learn to create stunning designs or use templates with step-by-step guidance. Whether it's online documents, business cards, email signatures, or more, leave this class with the confidence and skills to use Canva effectively and creatively.

Mon, July 14 12-1 pm  
1954-S25 1 session - \$29

## Muffins with the Mayor

Join a lively chat with West St. Paul Mayor David Napier. We'll converse, share ideas, and discover how you can be the change that matters in our community. Enjoy delicious muffins and hot coffee as we connect and have a good time together. Let's make civic engagement as sweet as muffins!

Tue, May 27 10-11 am  
1583-S25 1 session - \$3

**Register early; register one week or more in advance.**

## Discover Your Roots: A Family Tree & Ancestry Workshop

Join us for a hands-on journey into your family history! Meet fellow genealogy enthusiasts, create your own family tree with large draft sheets, and explore online research tools. Learn about DNA testing, photo digitization, and ancestry websites. Bring your laptop if you research online. Coffee, tea, and friendly conversation included.

**Instructor:** Eileen Gaede

Tue, May 27 1-3 pm  
1955-S25 1 session - \$9



## Experience the Adventure: Joe Schmidt's Life-Changing Trip to Uganda

Join beloved local sports broadcaster Joe Schmidt as he shares the unforgettable story of his family's African safari adventure. Travel with him through vivid accounts of breathtaking landscapes and up-close encounters with majestic Mountain Gorillas in the mountains of Uganda. This once-in-a-lifetime journey will inspire and amaze you, offering a glimpse into the wonders of wildlife and the beauty of Uganda's natural world. Don't miss this captivating event.

**Presenter:** Joe Schmidt

Wed, May 28 1-2 pm  
1966-S25 1 session - \$9

Joe will have books available for purchase following his presentation.

## Lose Weight, Feel Great: Pain-Friendly Strategies for Fat Loss

Struggling with weight loss due to pain? This uplifting class is designed for seniors looking to shed pounds, boost energy, and feel their best—without harsh diets or strenuous exercise. Learn simple, science-backed strategies that work with your body to improve health, ease discomfort, and enhance well-being in a supportive, pain-friendly way.

**Instructor:** Christie Amundson, PT, DPT, QNRT Practitioner

Mon, June 2 1:30-3 pm  
1957-S25 1 session - \$5

## Author Marcia Rendon Reading and Q & A

Marcie R. Rendon, member of the White Earth Nation, has written several notable works, including the award-winning novel *Girl Gone Missing* and the compelling mystery series featuring Cash Blackbear. Her writing explores themes of identity, resilience, and the complexities of contemporary Indigenous life. Rendon will share insights from her literary journey, discuss the importance of representation in storytelling, and explore the intersection of culture and creativity. Look forward to an engaging conversation highlighting Marcie's experiences and the significance of her work in today's literary landscape.

**Presenter:** *Marcie R. Rendon, acclaimed author & playwright rooted in Indigenous heritage*

Tue, May 20 11 am-12 pm  
1965-S25 1 session - \$9



## Discover the Fascinating World of Crop Art

Explore the history and creative process behind this unique art form, famously showcased at the MN State Fair. Learn how artists transform seeds into intricate designs while learning about the cultural significance of crop art. The presenter has been entering the crop art competition for 21 years, with a total of 29 pieces and 12 blue ribbons. Enjoy many slides illustrating the wild world of crop art. Perfect for art lovers, history buffs, and the creatively curious.

**Instructor:** *Teresa Anderson*

Mon, June 23 10-11:30 am  
1956-S25 1 session - \$5

## Landmark Tours: See The World

Get ready to plan your next voyage! TPAC collaborates with Landmark Tours, a locally-owned, family-operated tour company rooted in the community, to fulfill your travel dreams. Preview upcoming trips and learn about the ease and excitement of escorted travel. Catalogs available at TPAC. Registration preferred.

**Presenter:** *John Lyons*

Tue, June 24 1-2:30 pm  
1592-S25 1 session - Free

## Nature Sense with Naturalist Eloise Dietz

### Spring Birding

Join fellow bird enthusiasts on a guided hike through the woodlands, around the lake, and across nearby grasslands at Thompson Park. We'll be on the lookout for early spring migratory birds in their natural habitats. Bring your favorite field guides and binoculars if you have them!

Tue, May 20 9-10:30 am  
1783-S25 May 1 session - \$10

### Plants Alive

How much do you really know about plants? Discover surprising facts and answer intriguing questions during this engaging, station-based activity that takes place both indoors and outdoors.

Tue, June 24 9:30-10:45 am  
1783-S25 June 1 session - \$12

### Summer Garden Tour

Looking for gardening inspiration? Join us for a tour of three unique off-site gardens during their peak blooming season. We'll meet at Thompson Park Activity Center (TPAC) at 9:00 AM to arrange carpools, then explore the vibrant and imaginative gardens in West St. Paul and St. Paul, spending 20-25 minutes at each garden.

Tue, July 22 9 am-12 pm  
1783-S25 July 1 session - \$12

### The Soil Beneath Our Feet

Soil is a vital resource we often take for granted. In this class, you'll learn about the different types of soil, how it's used (and abused), and its importance to life on Earth. Gain a deeper appreciation for the ground beneath your feet!

Tue, Aug 26 9:30-10:30 am  
1783-S25 Aug 1 session - \$10

## American History and Fiction as Seen Through Percival Everett's *James*

Join historian Peter Rachleff to read and discuss the 2024 National Book Award-winning novel, *James*. This retelling of Mark Twain's *The Adventures of Huckleberry Finn* is from the perspective of the enslaved man "Jim", who accompanies Huck down the Mississippi River. Everett invites us (or challenges us?) to consider American history and American fiction from a point of view unfamiliar to most of us. Many of us grew up reading *Huckleberry Finn* and it will be interesting to consider how it might have shaped our views of American history - and to discuss how *James* offers new insights.

**Instructor:** *Peter Rachleff, prof emeritus Macalester College*

Thu, July 10, 17, 24, 31 9:00-10:00 am  
1964-S25 4 sessions - \$15





## NASA MN Space Grant Consortium Presentation

Discover the exciting world of stratospheric ballooning research with the NASA MN Space Grant Consortium! This presentation explores the science behind weather balloons, how they collect atmospheric data, and their role in space and climate research. Learn how these balloon missions help advance scientific understanding and provide valuable insights into our planet and beyond. Don't miss this fascinating event.

**Presenter:** James Flaten, PhD, Assoc Dir of NASA's MN Space Grant Consortium

Mon, July 28 10-11:30 am  
1961-S25 1 session - \$9

## Laugh Because You Can: Improv Workshop

Discover the joy of spontaneous fun in this lively beginning improv class designed especially for seniors! No scripts, no pressure—just playful exercises and games that spark creativity, laughter, and connection. You'll build confidence, improve thinking, and enjoy the freedom of expressing yourself in a supportive, low-stress environment. Come for the fun, stay for the friendships, and laugh because you can.

**Instructor:** Laura Berger

Tue, July 29-Aug 26 9:30-10:30 am  
1973-S25 5 Sessions - \$49

## Life in an American Concentration Camp: The Japanese-American Experience during WWII

Hear a first-hand account of what it was like for Japanese-Americans who were interned in concentration camps right here in the U.S. during World War II. Sally's family was moved from their home to the Puyallup Assembly Center in Washington state and then on to the Minidoka concentration camp in Idaho, where they spent the war years.

**Presenter:** Sally (Ohno) Sudo

Mon, Aug 11 10-11 am  
1972-S25 1 session - \$9

## Summer Van Excursion: Mill City Museum

Mill City Museum offers an engaging mix of history, hands-on activities, and stunning views. Explore flour milling machines, design cereal boxes, and trace wheat's journey from farm to table. The Flour Tower elevator ride immerses you in the mill's past with sights, sounds, and stories of its workers. Don't miss the rooftop's panoramic views or the atmospheric Ruin Courtyard. A sensory-filled adventure awaits.

**Driver:** TPAC Staff, Lunch tbd

Thu, Aug 14 9 am-2 pm  
(van departs TPAC at 9 am)  
1960-S25 1 session - \$29,  
lunch not included

## GROUPS

Groups that meet monthly pay \$10 per year. The year begins in September and extends through the next August.

Groups that meet weekly pay \$15 per trimester. This trimester begins in May and extends through August.

Fees are important to supporting Thompson Park Activity Center programming. Discounts are not offered for days you cannot attend.

## Umbrella Projects Group

If socializing with a purpose is on your bucket list, the Umbrella Project is for you! Our mission is to make a difference through service. We meet once per month to share the status of current projects and discuss potential opportunities. Projects include working with AARP Wish of a Lifetime, several local organizations, and Days for Girls, a global effort. If this resonates with you, please join anytime during the year.

**Facilitator:** Julie Weisbecker

Second Mondays 10-11:30 am  
1599-F24 Free

## Great Decisions Group 2025

Our Great Decisions Group offers you a unique opportunity to dive deep into the world of geopolitics, challenge your perspectives and broaden your horizons. Engage in thought-provoking conversations around the intricacies of US foreign policy and the ever-evolving global landscape. Books may be purchased at [www.fpa.org](http://www.fpa.org).

**Facilitator:** Charles Happach

Second Mondays 1 pm  
1296-W25 Group \$10 annually, Jan-Dec

**Register early; register one week or more in advance.**

## Men's Toast and Topic

Join us for Toast and Topic on the last Monday of each month, a special time for men to visit and share their insights. Discuss various topics in an engaging environment. Take this opportunity to connect with new folks and contribute your thoughts. Even if you don't usually 'get involved', your participation and insights will be appreciated.

**Facilitator: Rob Meyer**

Last Monday of each month                      9-10 am  
(join us at any time throughout the year)  
1746-S25    \$10 annually, Sept-Aug

## Mystery Book Club

Our mystery book club readers select a wide range of authors and locales. At our meetings, we enjoy stimulating discussions on our interpretations, speculations and theories of the book. It's truly amazing the wonderful insights each reader brings to the discussions! Call 651-403-8300 for book titles.

**Facilitator: Joyce Wahlquist**

Second Tuesdays                                      10:30-11:30 am  
1565-F24    \$10 annually, Sept-Aug

## Caregiver Support Group

Being a caregiver as a spouse, child, or friend of an aging adult can take a toll. Your life is simply not the same. Access to information is key to navigating aging in a positive way. The caregiver support group comes together with trained facilitators to learn about topics relevant to this role. Please register in advance.

**Sponsored by Darts**

Second Wednesdays                                      1-2:30 pm  
1597-F24    Free

## Nonfiction Book Club

As our friends at the Wentworth Library undergo an exciting renovation, we are happy to host this Nonfiction Book Group at Thompson Park Activity Center. Join us! Call 651-403-8300 for book titles.

First Thursdays    1-2:30 pm  
1607-F25    \$10 annually  
No meeting July 3

## Out & About Group

Enjoy getting together with this social group for men and women for 1-2 outings a month, often including lunch. After registering, information will be emailed to you by the group's Communications Coordinator. Each member supports the group in the following ways:

- Pay costs of activities in which you participate.
- Organize an activity (we can help with ideas).
- If ride-sharing, optional cash donation to the driver for gas.

Dates vary  
1609-F24    \$10 annually, Sept-Aug

## CREATIVE ARTS

### Card Creations with Stacey Pangborn

Get ready for a fun, hands-on class where you'll create 3 beautiful, handmade greeting cards! In May, we'll focus on get-well, sympathy, and thanks; while August's class will highlight kid and adult birthdays. Each card is thoughtfully designed and prepped by Stacey, so you can relax and let your creativity flow. All supplies are provided—just bring your enthusiasm! All skill levels welcome.

May 5 & Aug 18    9:30 am-12 pm  
1959-S25 May    1 session - \$25  
1959-S25 Aug    1 session - \$25



### Soap Making with John "Bob Ross" Hanson

Join John Hanson to learn how to make soap using the cold process method that has existed for thousands of years. John has been called the "Bob Ross" of soap-making, which he considers an honor. You will receive a copy of his teaching manual full of soap-making information AND three bars of soap to take home. This is a demonstration/lecture class (as lye is used in making soap).

**Instructor: John Hanson, owner Longfellow Soap Co.**

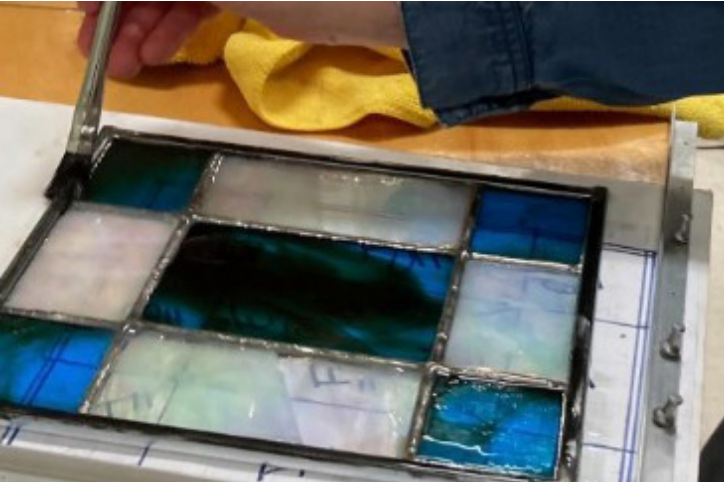
Mon, June 2    9:30 am-12 pm  
1962-S25    1 session - \$50

### Paint Like Bob Ross: Moonscape

Have you ever wanted to paint like Bob Ross? Now you can. Learn the simple techniques to create your own masterpiece. No painting experience needed. During this four hour class, learn step-by-step how to paint using the wet on wet technique. All materials provided. Treat yourself to a fun relaxing day of painting. Remember, "There are no mistakes, just happy little accidents".

**Instructor: Valerie Namen**

Mon, July 7    9 am-1 pm  
1783-S25    1 session - \$50



### Stained Glass 101-Copper Foil Method

Learn the art of stained glass design and building with John Hanson who has been designing, making, repairing, and restoring antique stained glass for 24 years. All tools and materials will be provided and each student will take home a small panel. You will learn how to make, cut, and use patterns, cut and grind glass, tape your glass with copper foil, solder, and more. Wear closed toe shoes and long-sleeve top (not fleece or sweaters). Bring your own safety glasses (required). Sufficient hand strength required to cut glass.

**Instructor:** John Hanson, owner Longfellow Soap Co.

Mon, July 21 & 22	9 am-12:30 pm
1963-S25	2 sessions - \$145

### Knitting Group

Come together for heartfelt moments of connection and creativity. Share your knitting, crocheting, and other hobbies in this warm, non-instruction peer group. It's a space to learn from one another while forming lasting bonds. All are welcome.

Mondays	1-3 pm
1600-S24	\$15, May-Aug

### Watercolor Painting Introduction

Dive into the vibrant world of watercolors in our beginner's class! Unleash your creativity as you discover the magic of materials and fundamental techniques, while learning about color theory and the art of mixing pigments. These introductory classes are for those who are new to watercolor painting and are a prerequisite for Watercolor I. Supplies will be provided by the instructor. A supply fee to the instructor is due at class: \$65-\$70.

**Instructor:** Linda Stout

Mondays	1-3 pm
1491-S25	
May 5-19	3 sessions - \$54
June 2-23	4 sessions - \$72
July 7-28	4 sessions - \$72
Aug 4-25	4 sessions - \$72

### Watercolor I

Learn and improve your watercolor skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required. Prerequisite: Watercolor Introduction or instructor consent.

**Instructor:** Linda Stout

Tuesdays	1-3 pm
1302-S25	
May 6-27	4 sessions - \$72
June 3-24	4 sessions - \$72
July 8-29	4 sessions - \$72
Aug 5-26	4 sessions - \$72

### Watercolor II

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies. Prerequisite: Watercolor I or instructor approval.

**Instructor:** Linda Stout

Wednesdays	1-3 pm
1191-S25	
May 7-28	4 sessions - \$72
June 4-25	4 sessions - \$72
July 9-30	4 sessions - \$72
Aug 6-27	4 sessions - \$72



### Open Watercolor Painting

Join other artists while enjoying music and conversation. There is no instructor for this group, so paint what inspires you. Bring your own supplies. No class July 1.

**Facilitator:** Art Thell

Tuesdays	9:30-11:30 am
1602-S25	\$15 May-Aug



## Crafting for a Cause

Craft notes of kindness with fellow volunteers. These messages will be included in locally delivered Meals on Wheels and brighten someone's day! On occasion, we make cards for other causes as well. All materials are supplied. Cardstock donations are accepted and appreciated.

**Facilitator: Pat Marshall**

Second Tuesdays 12-1 pm  
1598-F24 Free

## Colored Pencils Group

Work on your latest pencil project and have fun while doing it! All levels welcome, from novice to skilled. Staying inside the lines is your decision, but laughter and camaraderie develops naturally in this creative process. There is no instructor, but sharing your techniques is welcome! Bring your own pencils and art equipment.

First and Third Wednesdays 1-3 pm  
1595-S25 \$15 May-Aug  
No meeting July 2.

## FITNESS & HEALTHY LIVING

### Tai Chi Chih For Health

For new and returning students alike, this Tai Chi Chih is a moving meditation with 19 easy-to-learn movements, offering numerous health benefits. Practice standing or seated to improve balance, sleep, vitality, immune function, and weight management. Reduce stress, pain, inflammation, and normalize blood sugar and blood pressure levels. Register at least 5 days in advance.

**Instructor: Theresa May, nationally accredited instructor**

Wed, May 7-June 25 9:15-10 am  
1909-S25 May-June 8 sessions-\$56  
Wed, July 9-Aug 27 9:15-10 am  
1909-S25 July-Aug 8 sessions - \$56

### 3X3 Fitness

Our exercise videos, paired with resistance bands/rings, are your secret weapon to building muscle tone and improving overall health. Elevate your health and fitness game with these chair-based, low-impact exercises. Welcome a stronger, more vibrant you!

**Facilitator: Barb Erickson**

Tue/Thu 9:15-10 am  
1635-S25 \$15 May-Aug  
No class May 6, June 19 or July 1 & 3.

## Hope Circles for Chronic Pain

Explore self-care practices that ease pain and boost well-being. Complementing medical treatment and mind-body therapies such as meditation and Qigong stimulate natural endorphins that lessen pain, increase pleasure and the body's ability to heal. This group will engage in topic discussions, compassionate support, guided imagery, breathwork, and a variety of meditation practices. You will have options to sit or lay down on the floor, so bring cushions, blankets and wear loose comfortable clothing.

**Instructor: Theresa May**

Thu, July 24-Aug 28 10:30-11:30 am  
1971-S25 6 sessions - \$42



## Wednesday Walkers - Walk, Talk, and Gawk

Meet at TPAC parking lot every Wednesday at 9 am to carpool to a specially selected walking path usually about 2.5 miles long on mostly level, paved walking paths around the Twin Cities. MOA is our backup during inc. Members take turns choosing a destination for walking. Season begins with potluck breakfast on May 14, ending with a potluck lunch on Oct 29. Exercise, friendship, and nature keep this group engaged and motivated!

**Facilitator: JoAnn Ellingboe**

Wed, May 14-Oct 29 9 am  
1610-S25 \$15 per season

## Fitness and Balance for Life

Make this part of your fitness journey! Naomi will gently guide you through these low-impact exercises, enhancing your range, strength, balance, and coordination. We'll supply all you need: a chair, exercise bands, hand weights, and exercise balls, or feel free to bring your own gear. Your path to better health awaits.

**Instructor: Naomi Marzinske**

Thu, May 1-June 26 10:30-11:30 am  
1317-S25 May-June 8 sessions - \$56  
No class June 19.  
Thu, July 10-Aug 28 10:30-11:30 am  
1317-S25 July-Aug 8 sessions - \$56

## Nordic Pole Class/Introduction

Do you already walk for enjoyment or exercise? Nordic Pole Walking will turn a simple walk into a full body workout with feeling like you are working any harder! This style of walking increases heart rate and creates resistance to build better bone density, while working your upper body as well as your legs. It uses specially designed poles - not to be confused with trekking poles - to enhance your natural walking experience. Burn more calories, improve your posture and gait. Wear comfortable shoes and dress for the weather.

**Instructor:** Kay Okey, poles provided

Tue, July 8	9:30-10:45 am
1967-S25 Class	1 session - \$23

### Nordic Pole Walk

Tue, July 15 & 22	9:30-10:15 am
1968-S25 Active Intro	2 sessions - \$15

## Foot Care

Do you have difficulty caring for your feet? Our experienced nurses provide a foot assessment, trim toenails, thin overgrown nails, file corns/calluses, and care of fungal toenails. Foot care is important to your overall health. The Foot Nurse would like to help you maintain healthy feet. Appointments required. Provided by Katie Sikel, RN, CFCS

2nd & 3rd Thu	\$55
Call 651-829-3944 for an appointment.	

## CARDS & GAMES



## Bocce Ball

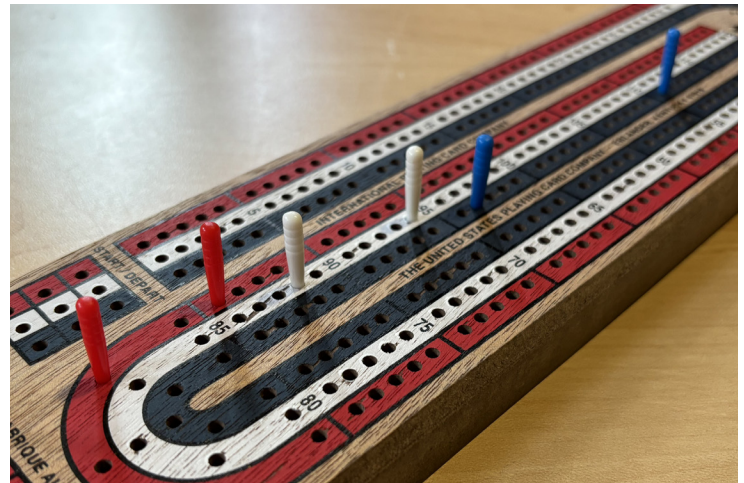
Enjoy new and old friends and a little competition of Bocce Ball—a game that brings fun and health benefits. Simply aim to toss your bocce balls closer to the pallino (little white ball) than your opponents. Games are self-monitored. Gather around TPAC's patio for some outdoor enjoyment.

Mondays, May 5-19	9:45-10:45 am
1596-S25	3 sessions - \$5

## Bridge

We have two bridge group options. Call 651-403-8300 for details and availability, as we need to coordinate pairs and groups of four.

Home Before Dark - Mondays, 3-5:30 pm, Apr-Oct  
1st Tuesday Bridge - 1st Tue, 12:30-3:45 pm



## Cribbage

Soon "15 two, four and a pair is six" will sound so familiar, it will be second nature! Learn the game of cribbage and new strategies as you joyfully peg your way to victory. Enjoy a dash of friendly competition and fun.

Wednesdays	1-3 pm
1856-S25	\$15 May-Aug
No games July 2.	

## Hand & Foot

Join us for an exciting card game merging canasta elements. Team up with two to six players, build melds, and score points by creating sets and runs. Whether you love the game or want to learn, come join the fun!

**Facilitator:** Laura Palodichuk

Wednesdays	9:30 am-12:15 pm
1735-S25	\$15 May-Aug
No games July 2.	

## Mah Jongg

Mah Jongg is a rummy-like game played with tiles rather than cards. The game originated in China. There are many versions, but at TPAC, we teach/play American Mah Jongg. You will learn a new skill, learn luck is an aspect of every game, and have fun playing with new friends. All are welcome. Call ahead if you want to learn - 651-403-8300.

**Facilitator:** Carol Beaves

Thursdays	1-3:45 pm
1613-S25	\$15 May-Aug
No games June 19 or July 3.	



## Trips & Tours Registration Information

### South St. Paul

**Central Square Community Center**  
100 Seventh Ave. N.  
South St. Paul, MN 55075  
651-306-3632

### Inver Grove Heights

**IGH Veterans Memorial Community Center**  
8055 Barbara Ave.  
Inver Grove Heights, MN 55077  
651-450-2480

### West St. Paul

**Thompson Park Activity Center (TPAC)**  
1200 Stassen Lane  
West St. Paul, MN 55118  
651-403-8300

- Register where you want to board the bus.
- Boarding and drop-off only at three locations listed.
- Arrive 15 minutes before the scheduled trip departure for check in.
- A \$10 service fee will be charged if you cancel your trip registration.
- No refunds will be issued after the trip registration deadline.
- Trips will fill when the maximum numbers are reached, or at registration deadline.
- All trips are subject to change until the itinerary is posted.
- Spots are not held for participants without payment.
- Mailed registrations may not be guaranteed. Call to check availability before mailing in your registration.

## Lumiere! presented by Circus Juventas

Join us for a delightful lunch at Buca di Beppo in St. Paul, featuring our Pranzo Lunch Menu. Enjoy a fresh Mixed Green Salad or Caesar Salad, paired with warm, freshly baked House Bread. Savor classic dishes like Spaghetti Marinara, Fettuccine Alfredo, and Chicken Parmigiana, complemented by your choice of Coffee, Tea, or a Soft Drink.

Afterward, experience "Lumiere!"—a captivating 75-minute afternoon performance by Circus Juventas. This renowned youth performing arts circus school, founded in 1994 by Dan and Betty Butler, offers dynamic circus arts training to young performers aged 3 to 21 across the Minneapolis–Saint Paul metro area. Don't miss this unique opportunity to enjoy great food and incredible talent!

Wed, July 30 \$95

Register by: Fri, June 27

Location	Departure	Return	Registration
TPAC	10:45 am	2:45 pm	1947-WSP-S25
SSP	10:30 am	3:00 pm	1669-SSP-S25
IGH	10:15 am	3:15 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>



## Cruise on Gull Lake

Set sail from Cragun's dock for an unforgettable tour of the Brainerd Lakes area, offering breathtaking views of the Northwoods. Glide across the serene waters of Gull Lake, one of Cass County's largest lakes, and experience the beauty of this scenic region.

Enjoy a delicious buffet lunch featuring Grilled Chicken Pasta Primavera, Vegetarian Lasagna, Mediterranean Vegetable Blend, Caesar Salad, Caprese Tomato Salad, Garlic Breadsticks, and Lemon Bars. Coffee and water are included, with a cash bar available on both the Main Salon and Upper Deck.

During your visit, explore the Brainerd Lakes Welcome Center & Gift Shop, where you can take a photo with the iconic 11.5-foot Paul Bunyan statue. Donated by Dutch and Irma Cragun and created by local artist Josh Porter, this statue depicts Paul Bunyan sitting on a stump, waving to visitors. It's the perfect spot to capture a memorable moment before continuing your journey through this stunning area.

Tue, Aug 19 \$125

Register by: Fri, July 11

Location	Departure	Return	Registration
IGH	7:45 am	6 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>
SSP	8 am	5:45 pm	1667-SSP-S25
TPAC	8:15 am	5:30 pm	1975-WSP-S25



## People, Places, and Events with a Norwegian History

Embark on a guided tour to explore the Norwegian influence in the Twin Cities. Discover the lasting impact of Norwegian entrepreneurs, architects, athletes, and educators as you pass statues and landmarks designed by renowned sculptors and architects. Learn about the contributions of those with Norwegian roots, including the Anderson Library, local colleges, medical innovations, and influential statesmen.

Step inside the Norwegian Lutheran Memorial Church, "Minderkirken," one of the last Norwegian-speaking congregations in the U.S. The Pastor will share insights into the church's role in celebrating the first Norwegians to sail to America and the upcoming 2025 Bicentennial Celebration.

Finish the tour with a visit to Norway House, where you'll enjoy coffee and a light lunch at The Kaffebar Café. Dedicated to fostering ties between contemporary Norway and the U.S., Norway House features a museum, gift shop, and exhibits that highlight the rich cultural exchange between the two nations.

Thu, Sep 25 \$91

Register by: Fri, Aug 22

Location	Departure	Return	Registration
TPAC	9:30 am	4 pm	1976-WSP-F25
SSP	9:15 am	4:15 pm	1671-SSP-F25
IGH	9 am	4:30 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>

## Chasing the Fall Migration: A Swan Watching Adventure

Arrive at L.A.R.K. Toy's in Kellogg, MN for self-serve coffee and muffin (included). Look around the toy store with specialty items and books.

Meet your Wildlife Tour Interpreter, Jim Nissen. Jim will make adjustments to the route in order to view species of waterfowl, raptors and shorebirds moving from their northern summer nesting areas to warmer southern wintering grounds. Spectacular tundra swans, majestic eagles, ducks and geese use this migration corridor. Bring your binoculars.

Blue Moon Restaurant for lunch. Sample Menu: Soup & Sandwich Special - A Cup of Soup and Club Sandwich - Thinly sliced Turkey, Ham and Bacon with Lettuce, Tomato, Onion and Mayonnaise on Sourdough Bread, Homemade Potato Chips, Beverage, Cookie.

After lunch visit the Onalaska Upper Mississippi River National Fish & Wildlife Refuge Visitor Center. Learn about the seasonal sights and sounds on the refuge; view interactive exhibits about the diverse wildlife and habitats. The River Walk exhibit allows you to "walk on water" and see what lies below the surface of the river. There is also a walking trail to the nearby Lake Onalaska Overlook.

Thu, Oct 30 \$108

Register by: Fri, Sep 26

Location	Departure	Return	Registration
TPAC	7:30 am	6:00 pm	1978-WSP-F25
SSP	7:45 am	5:45 pm	1672-SSP-F25
IGH	8 am	5:30 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>



## St Paul Tales of Hauntings Tour

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

Arrive at The St. Paul Hotel. In 1910 "St. Paul's Million-Dollar Hotel" opened. The guest list included James J. Hill, Lucius P. Ordway and John Ireland.

Have a light lunch in the St. Paul Grill. Menu: The Market Street Sandwich: Grilled Chicken Breast, Thick-Cut Bacon, Swiss and Cheddar with Sriracha Mayo, Hand-Cut Fries, Coffee or Tea.

Thu, Nov 6 \$97

Register by: Fri, Oct 3

Location	Departure	Return	Registration
TPAC	10:15 am	2:45 pm	1979-WSP-F25
SSP	10 am	3 pm	1670-SSP-F25
IGH	9:45 am	3:15 pm	<a href="http://www.ighmn.gov/register">www.ighmn.gov/register</a>

## Creating Lifelong Learning Opportunities

Whatever your age, interests or needs... Keep learning and creating connections with Community Ed!



## Virtual ACT Prep Class with Live Instructor

This is an excellent alternative if you prefer the interaction with the instructor but cannot attend an in person class. This course is the same as the In-School ACT Prep Course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions if needed. An internet connection and a computer/tablet/smartphone is required.

Sat, Aug 2-23  
S24#932

9 am-12 pm  
4 sessions - \$180



## Online ACT Prep Class

This course is perfect for any student unable to attend in-school classes or a student preferring to prepare for the ACT exam on their own and at their desired pace. Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed.

Self Paced  
S25#777

Anytime  
\$80

**New to the  
community?  
TriDistrict classes  
and activities are  
a great way to  
meet new friends.  
Sign up today!**

## In-Person Driver's Education

Inver Grove Heights and South St. Paul Community Education, in partnership with A+ Driving School, offers a comprehensive Drive Education Program. The program exceeds standard requirements by the state of Minnesota. Our course includes defensive driving techniques and hands-on, dynamic curriculum taught by experienced, certified instructors. There are 30 hours of classroom instruction, followed by six hours of Behind the Wheel instruction.

### Simley High School

Mon-Thu June 9-26  
3300-S25A

9 am-12 pm  
10 sessions - \$420

No class June 19

Mon-Thu July 23-Aug 7  
3300-S25B

1-4 pm pm  
10 sessions - \$420

### South St. Paul High School

Mon-Thu June 9-26  
3300-S25A

1-4 pm  
10 sessions - \$420

No class June 19

Mon-Thu July 23-Aug 7  
3300-S25B

9 am-12 pm  
10 sessions - \$420

### Two Rivers High School

School District 197 Youth Enrichment partners with Safeway Driving School to offer our Driver's Education classes. Students must be at least 14.5 years old to join the class.

Mon-Fri, June 9-23  
No class June 19

9am-12pm  
10 sessions-\$420

Mon-Fri, July 7-18

1pm-4pm  
10 sessions-\$420

Mon-Fri, Aug 4-15

9am-12pm  
10 sessions: \$420



## Virtual Courses

Mon-Thu  
June 9-25  
July 7-22  
July 23-Aug 7  
Aug 11-26

9:30 am-12:30 pm  
S25OLA  
S25OLB  
S25OLC  
S25OLD

Mon-Fri, June 16-30  
No class June 19

1pm-4pm  
10 sessions: \$420



## American Red Cross Babysitter's Training Updated (Ages 11+)

Gain the skills and confidence to be a top-notch babysitter in this updated American Red Cross Babysitter's Training Course! This interactive, in-person class covers child behavior management, infant care, emergency response, and business basics to help you launch your babysitting career. Through hands-on activities and real-life scenarios, you'll learn how to provide safe, high-quality care. Upon successful completion, participants earn a Babysitter's Training Certificate valid for 10 years. Upgrade your skills with the optional Pediatric First Aid/CPR/AED certification and be ready for any situation.

Tue, June 17 8:30 am-2:30 pm  
3211-S25 1 Session - \$89  
IGH Middle School, IGH

## Pediatric First Aid/CPR/AED

Be the Best Babysitter! Learn to recognize and care for breathing and cardiac emergencies involving children and infants. Skills include recognizing and emergency, rescue breathing, CPR, bleeding control and more. Upon successful completion of this course you will receive a certificate for Pediatric CPR/AED valid for two years.

Wed, June 18 8:30 am-12:30 pm  
3220-S25 1 Session - \$75  
IGH Middle School, IGH

*Register for both Babysitters Training and Pediatric First Aid/CPR and get \$24 off your course fees. Use Promo Code BABYSIT at checkout.*

## Scent-sational Art with Kidcreate Studio

Back by popular demand! Come for the pretty pineapple printmaking, but stay for the sweet citrus scent! In this class, we'll draw, paint, sculpt and more, but we'll do it all with a very special twist- these SCENT-SATIONAL works of art all smell as sweet as they look! Come learn the secret ingredients for sweet-smelling artwork as we create cute pointillism cupcakes, a field of tulips, and more. Yes, you read it all right- this class is full of scratch and sniff artwork that smells as sweet as it looks! Please pack a nut free snack and drink for your child each day.

Mon/Tue/Wed, Jun 23-Jun 25 1-4 pm  
3429-S25 3 sessions - \$159  
IGH Early Learning Center, IGH

## Fidget Toys & Slime

This camp is where creativity and sensory fun come together! Watch as your child's imagination flourishes, creating their very own fidget toys, personalized storage boxes, and get to make and play with slime. This is a one-of-a-kind experience, combining artistic expression with hands-on exploration. From stress-relief fidget toys to captivating slime, every day brings a new adventure filled with laughter, innovation, and the joy of bringing toys to life!

Mon/Tue/Wed, Jul 7-Jul 9 1-4 pm  
3428-S25 3 sessions - \$159  
IGH Early Learning Center, IGH

## Glow-in-the-Dark Art

These projects will ROCK your child's world long after the lights go out at night. You guessed it, all the projects we create in this camp will glow-in-the-dark! How cool is that?!?! We will be working with a variety of different art supplies including clay, paint and other luminescent materials to create masterpieces your child will be ready to show off in the dark!

Mon/Tue/Wed, Jul 14-Jul 16 1-4 pm  
3427-S25 3 sessions - \$159  
IGH Early Learning Center, IGH

## Cool Vibes & Totally Awesome Screen-Free Creativity!

Let the kiddos bring the creativity and photos and the kit will bring the rest! This kids 8x8 paper scrapbooking album kit is jam-packed with the supplies kids will love for creating their own scrapbook masterpiece! Cool stickers? You bet —some with foil, layers and holographic treatment! Super-fun stamps? Absolutely, two of them in vibrant colors! Plus sassy scalloped scissors, glistening glitter gel pens, perfectly patterned papers and a jumbo adhesive pen for a FUN time creating an album that's completely their own. With these products to play with and just 20 photos, kids will enjoy a screen-free creativity explosion!

Tue, July 29 9-11:30 am  
3501-S25HT 1 session - \$60  
IGH Early Learning Center, IGH



## Safe on My Own (Ages 9-11 yrs)

This class will help prepare children ages 9-11 to be alone for short periods of time, before or after school, or while you run errands. Topics include getting ready for school, coming home from school, home safety, first aid, digital safety, phone skills, fire safety, escape plans, what to do in severe weather, healthy snack ideas, appropriate non-screen time activities, and more. We will also discuss when and who to call in an emergency. Program includes a workbook.

Fri, May 23 9-11 am  
3204-S25 1 session - \$25  
IGH Early Learning Center, IGH



## Gymnastics - Tumble Together

18 months-4 years old + adult

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

Sat, Apr 5-June 7 4000-S25A	8-8:30 am 9 sessions - \$78
Sat, Apr 5-June 7 4000-S25B	8:35-9:05 am 9 sessions - \$78
Wed, Apr 2-June 4 4000-S25C	3:30-4 pm 10 sessions - \$87
Tue, June 24 - Aug 5 4000-S25D	8:30-9 am 6 sessions - \$54

No class July 8



## Gymnastics - Tumble Bees

3-4 years old

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

Tue, Apr 1-June 3 4001-S25A	4-4:30 am 10 sessions - \$102
Sat, Apr 5-June 7 4001-S25B	9:15-10 am 9 sessions - \$92
Sat, Apr 5-June 7 4001-S25C	8:30-9:15 am 9 sessions - \$92
Tue, June 24-Aug 5 4001-S25D	9-9:45 am 6 sessions - \$62
Wed, June 25-Aug 6 4001-S25E	3:15-4 pm 6 sessions - \$62

No class July 9

## Gymnastics - Mini Stars

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

Wed, Apr 2-June 4 4013-S25A	4-5 pm 10 sessions - \$102
Sat, Apr 5-June 7 4013-S25B	9:15-10:15 am 9 sessions - \$92
Mon, June 23-Aug 18 4030-S25C	9-10 am 8 sessions - \$82
Tue, June 17-Aug 19 4013-S25D	4:15-5:15 pm 9 sessions - \$92
Wed, June 25-Aug 20 4013-S25E	9-10 am 8 sessions - \$82

No class May 24, July 7-9



## Gymnastics - Mini Stars 2

Coach Approval

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

Mon, Mar 31-June 2 4014-S25A	4-5 pm 8 sessions - \$82
Wed, June 25-Aug 20 4014-S25B	12-2 pm 8 sessions - \$164

No class Apr 21, May 26, July 9

**All gymnastics classes take place  
at Central Square in SSP**

## Gymnastics - Beginners

### 4-14 years old

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

Sat, Apr 5-June 7 4002-S25A	10-11 am 9 sessions - \$92
Sat, Apr 5-June 7 4002-S25B	11 am-12 pm 9 sessions - \$92
Sat, Apr 5-June 7 4002-S25C	12-1 pm 9 sessions - \$92
Thu, Apr 3-June 5 4002-S25D	3-4 pm 10 sessions - \$102
Thu, Apr 3-June 5 4002-S25E	4-5 pm 10 sessions - \$102
Tue, Apr 1-June 3 4002-S25F	4:30-5:20 pm 10 sessions - \$102
Tue, June 24-Aug 5 4002-S25G	5:15-6:15 pm 6 sessions - \$62
Tue, June 24-Aug 5 4002-S25H	6-7 pm 6 sessions - \$62
Wed, June 25-Aug 6 4002-S25I	4-5 pm 6 sessions - \$62
Wed June 25-Aug 6 4002-S25J	5-6 pm 6 sessions - \$62
Thu, June 26-Aug 7 4002-S25K	11-11:50 am 6 sessions - \$62

No class May 24, July 8-10

## Gymnastics - Intermediate Beginners

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

Sat, Apr 5-June 7 4009-S25A	1-2 pm 9 sessions - \$92
Tue, Apr 1-June 3 4009-S25B	5:30-6:30 pm 10 sessions - \$102
Tue, June 24-Aug 5 4009-S25C	6-7 pm 6 sessions - \$62
Wed, June 25-Aug 6 4009-W25F	6-7 pm 6 sessions - \$62

No class May 24, July 8-9

## Gymnastics - Advanced Beginners

### Coach Approval

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

Sat, Apr 5-June 7 4003-S25A	1-2 pm 9 sessions - \$92
Mon, Mar 31-May 19 4003-S25B	5-6 pm 7 sessions - \$72
Tue, June 24-Aug 5 4003-S25C	7-8 pm 6 sessions - \$62
Wed, June 25-Aug 6 4003-S25D	7-8 pm 6 sessions - \$62

No class Apr 21, May 24, July 8-9

## Gymnastics - Flips

### Coach Approval

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

Tue/Thu, Apr 1-June 5 4004-S25A	7-8:15 pm 20 sessions - \$204
Tue/Thu, June 24-Aug 7 4004-S25B	2:30-3:45 pm 12 sessions - \$123

No class July 8 & 10

## Gymnastics - Open Gym

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

Sat, June 14 4005-S25A	10-11 am 1 session - \$10
Sat, June 21 4005-S25B	10-11 am 1 session - \$10
Sat, July 19 4005-S25C	10-11 am 1 session - \$10
Sat, Aug 2 4005-S25D	10-11 am 1 session - \$10

## Gymnastics - Mini Camp

Participants will get an opportunity to explore the gym and discover the sport of gymnastics in a fun and encouraging environment over one Mini Camp. They will learn about floor, bars, beam, and vault. Participants will practice teamwork, endurance, and problem solving skills through group games and activities. No prior gymnastics experience is required. Please send a snack and a water bottle with your child.

Fri, June 13 4030-S25A	8 am-3 pm 1 session - \$70
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## Gymnastics - Full Day Camp (Ages 5-14)

Come and explore the gym and discover the sport of gymnastics in a full day camp. Participants will learn about floor, bars, beam, vault and practice some of the basic elements of gymnastics such as leaps, jumps, and turns. No prior gymnastics experience is required. Please send two snacks, lunch, and water bottle with your child each day.

Mon-Wed, June 16-18	9 am-5 pm
4008-S25A	3 sessions - \$195
Mon-Thu, Aug 25-28	8 am-5 pm
4008-S25B	4 sessions - \$260

## Gymnastics - Drop-in Beginners (4-14 years old)

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

Sat, July 19	8-9 am
4039-S25A	1 session - \$15

## Gymnastics - Uneven Bar Clinic

This Uneven Bar Clinic is a great way for gymnasts to grow their skills. We will provide an hour of instruction similar to regular classes, but we will have an emphasis on bars. We will review the basics: front support, casting, roll-downs, pullovers and basic swings. We will also review shapes such as hollow and arch, plank, tuck holds, pike holds, and shoulder shrugs. Every gymnast will be challenged to the level they are at. This clinic is open to Intermediate, Advanced, Flips, Pre-Team and Team.

Sat, July 19	9-10 am
4025-S25A	1 session - \$15

## Gymnastics - Floor Clinic

This Floor Clinic is a great way for gymnasts to grow their skills. We will provide an hour of instruction similar to regular classes, but we will have an emphasis on floor. Every gymnast will be challenged to the level they are at.

Sat, Aug 2	9-10 am
4038-S25A	1 session - \$15

## Gymnastics - Private Lessons

Private lessons offer your child an opportunity to work on specific skills that they have been trying to improve. Working 1 on 1 with our experienced coaches will help them achieve their goals and boost their confidence in the gym. Private lessons must be arranged and approved with the lead gymnastics instructor prior to registration. Please email [kaiatautges@gmail.com](mailto:kaiatautges@gmail.com) to schedule.

Days and times as scheduled with lead gymnastics instructor	
4007-S25	1 hour - \$65

**All gymnastics classes take place at Central Square in SSP.**

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

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

**Instructor: Deb Gutzman**

Fri, June 27	8-11:30 am
4202-S25	1 session - \$80
Central Square, SSP	



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

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

**Instructor: Deb Gutzman**

Fri, June 27	12-2:15 pm
4204-S25	1 session - \$50
Central Square, SSP	

**Getting crafty? Have some great family time in your TriDistrict Community Education class? tag #tridistrictce in your instagram or facebook post**



## Safe Kids (ages 8 & up)

The dilemma: Do you feel your child knows what to do in an emergency situation? Do they know what to do if approached by a strange dog, how to use a fire extinguisher, or how to tell if someone is a "stranger"? The answer: Parents will rest in the knowledge that this course will help their child stay safe at home and in the community. This course will cover important safety principles that ALL parents want their children to know. This program includes a student workbook and hands-on activities. Give your child solid training on becoming a self care kid and yourself peace of mind, knowing you're helping him or her safely prepare for staying home alone and emergency situations. Handbook is included.

**Instructor:** Deb Gutzman

Fri, Aug 15 9-11:30 am  
4205-S25 1 session - \$45  
Central Square, SSP

## Golf Squad

Golf Squad is an afterschool enrichment program that brings Golf Professionals from your local area to your school campus to give a golf lesson to the students. Golf Squad Professionals focus on teaching the fundamentals of the game of golf as well as valuable life lessons that help the students develop. Some fundamentals of the game that the students will learn include putting, chipping, full swing irons, full swing woods. They will also learn relationship building, proper etiquette, and rules of the game. The students will receive a book and a hat and the instructor will provide all equipment necessary. Students may bring their own golf clubs if they would like.

**Instructor:** Golf Squad

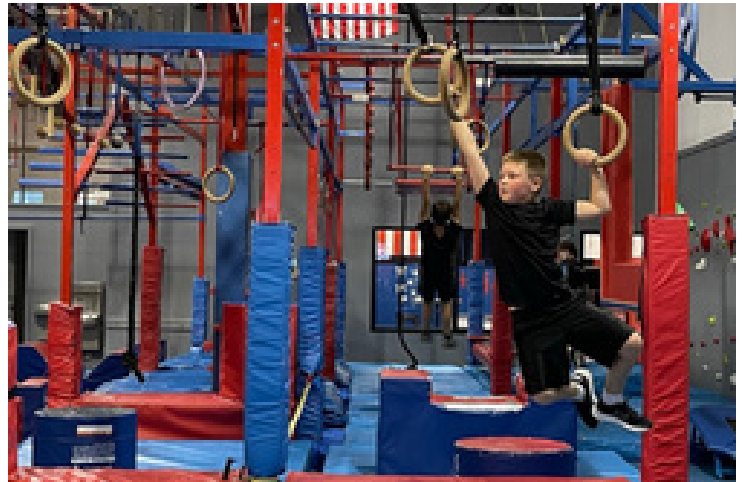
Mon-Thu, July 14-17 1-2:30 pm  
4990-S25 4 sessions - \$150  
Lincoln Ctr, SSP

## Intro to Ninja (5-13 years)

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

Wed, June 11-July 2 4-5 pm  
4994-S25A 4 sessions - \$108  
Wed, June 11-July 2 5-6 pm  
4994-S25B 4 sessions - \$108  
Wed, July 9-Aug 27 4-5 pm  
4994-S25C 8 sessions - \$215  
Wed, July 9- Aug 27 5-6 pm  
4994-S25D 8 sessions - \$215

Conquer Ninja Gym, 707 Commerce St, Woodbury



## Ninja Summer Camps (6-13 years)

This summer give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances. All camps are coached by an experienced Ninja Trainer.

Mon-Thu, June 9-12	9-11 am
4996-S25A	4 sessions - \$175
Mon-Thu, June 16-19	9-11 am
4996-S25B	4 sessions - \$175
Mon-Thu, June 23-26	9-11 am
4996-S25C	4 sessions - \$175
Mon-Thu, July 7-10	9-11 am
4996-S25D	4 sessions - \$175
Mon-Thu, July 14-17	9-11 am
4996-S25E	4 sessions - \$175
Mon-Thu, July 21-24	9-11 am
4996-S25F	4 sessions - \$175
Mon-Thu, July 28-31	9-11 am
4996-S25G	4 sessions - \$175
Mon-Thu, Aug 4-7	9-11 am
4996-S25H	4 sessions - \$175
Mon-Thu, Aug 11-14	9-11 am
4996-S25I	4 sessions - \$175
Mon-Thu, Aug 18-21	9-11 am
4996-S25J	4 sessions - \$175
Mon-Thu, Aug 25-28	9-11 am
4996-S25K	4 sessions - \$175

Conquer Ninja Gym, 707 Commerce St, Woodbury

## Conquer Ninja Rec Team (6-13 years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing cross- training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Our Conquer Rec Team is designed for youth, ages 6-9 and 8-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their ninja skills with over forty different obstacles! This eight weeklong Rec Team consists of six practices and two competitions (week 4 and week 8).

Fri, July 11-Aug 29	5-6 pm
4995-S25A	8 sessions - \$225
Sat, July 12-Aug 30	9-10 am
4995-S25B	8 sessions - \$225
Conquer Ninja Gym, 707 Commerce St, Woodbury	

## Soccer Camp/MLS Go

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes and shin guards are optional). Balls are provided.

### Instructor: DASH Sports

Mon-Wed, June 16-18	9 am-12 pm
4900-S25 6-12 YO	3 sessions - \$105

### MLS Go Mini League

Mon-Wed, Aug 4-7	1-4 pm
4900-S25 6-12 MLS	4 sessions - \$159

Mon-Thu, June 23-26	4:45-5:30 pm
4900-S25 Tykes (2-5)	4 sessions - \$69

Mon-Thu, Aug 4-7	4:45-5:30 pm
4900-S25B Tykes (2-5)	4 sessions - \$69

Lincoln Ctr, SSP

## Track & Field Camp (6-12 Years Old)

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

### Instructor: DASH Sports

Mon-Thu, June 23-26	9 am-12 pm
4908-S25	4 sessions - \$129
Lincoln Ctr, SSP	

## Floor Hockey Camp

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

### Instructor: DASH Sports

Mon-Thu, July 28-31	1-4 pm
4906-S25 6-12 YP	4 sessions - \$129

Mon-Thu, July 28-31	4:45-5:30 pm
4906-S25 Tykes	4 sessions - \$69

Lincoln Ctr, SSP

## Flag Football

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

### Instructor: DASH Sports

Mon-Thu, July 14-17	1-4 pm
4902-S25 6-12 YO	4 sessions - \$129

Mon-Thu, July 14-17	4:45-5:30 pm
4902-S25 Tykes	4 sessions - \$69

Lincoln Ctr, SSP





## Baseball/T-Ball Camp

DASH Sports summer T-Ball/Baseball camps provide players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and baserunning will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle, snack, and a baseball glove (spikes and bats are optional). Baseballs and bats are provided.

### Instructor: DASH Sports

Mon-Wed, June 16-18	1-4 pm
4907-S25 6-12 YO	3 sessions - \$105
Mon-Wed, June 16-18	4:45-5:30 pm
4907-S25 Tykes	3 sessions - \$59
Lincoln Ctr, SSP	

## Jr. NBA Basketball Mini League/ Basketball

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

### Instructor: DASH Sports

Mon-Thu, June 30-July 3	9 am-12 pm
4904-S25 9-12 YO	4 sessions - \$159
Mon-Thu, June 30-July 3	1-4 pm
4904-S25 5-8 YO	4 sessions - \$159
Mon-Thu, June 30-July 3	4:45-5:30 pm
4904-S25 Tykes	4 sessions - \$69
Mon-Thu, Aug 4-7	9 am-12 pm
4904-S25B 6-12 YO	4 sessions - \$129
Lincoln Ctr, SSP	

## Multi-Sports Camp

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

### Instructor: DASH Sports

Mon-Thu, June 23-26	1-4 pm
4901-S25 6-12YO	4 sessions - \$129
Mon-Thu, Aug 11-14	9 am-4 pm
4901-S25B 6-12YO	4 sessions - \$239
Mon-Thu, Aug 11-14	4:45-5:30 pm
4901-S25 Tykes	4 sessions - \$69
Lincoln Ctr, SSP	

## Volleyball

DASH Sports Summer Volleyball camps provide players with a well-rounded experience in a fun environment. Key volleyball skills such as passing, serving, and hitting will be taught and practiced throughout the week. Fun, volleyball skill specific games are also incorporated, giving players game type experience, and a better understanding of the game! The final day of camp ends with scrimmages and games for players to showcase their skills. Athletes should bring a water bottle and snack (knee pads optional). Balls are provided.

### Instructor: DASH Sports

Mon-Thu, July 14-17	9 am-12 pm
4989-S25 6-12YO	4 sessions - \$129
Lincoln Ctr, SSP	

## Pickleball Camp

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. DASH Sports Summer Pickleball camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and game play. Key elements of serving, returning, volleys, overheads, and lobbing will be taught and practiced. Camp ends with games on the final day. Participants should wear sunscreen and bring a water bottle and snack. Campers also should bring a pickleball paddle (if you don't have one, we will provide paddles). Balls and all other equipment are provided.

### Instructor: DASH Sports

Mon-Thu, July 21-24	9 am-12 pm
4988-S25 6-12 YO	4 sessions - \$129
Lincoln Ctr, SSP	



## SNAG Golf Camp

DASH Sports SNAG Golf Summer camps provide participants instruction on golf fundamentals using the Starting New At Golf (SNAG) program. Putting, chipping, pitching, and driving the ball work with this adapted equipment developed with a youngster's height and small hands in mind, creating a fun learning and playing experience. Participants should wear sunscreen and bring water and a snack. All equipment is provided.

**Instructor:** DASH Sports

Mon-Thu, July 21-24 1-4 pm  
4987-S25 5-9YO 4 sessions - \$129

Mon-Thu, July 21-24 4:45-5:30 pm  
4987-S25 Tykes 4 sessions - \$69

Lincoln Ctr, SSP

## Lacrosse Camp

DASH Sports Summer Lacrosse camps provide participants a no-contact introductory experience to the game. Athletes will learn basic lacrosse fundamentals including stick handling, cradling, passing, and shooting all in a fun, non-checking environment. This is a non-contact camp, helmets, gloves, and mouthguards are not required, but can be brought with and worn. Sticks and safety lacrosse balls are provided. Participants should wear sunscreen and bring a water bottle and snack.

**Instructor:** DASH Sports

Mon-Thu, July 28-31 9 am-12 pm  
4986-S25 6-12YO 4 sessions - \$129

Lincoln Ctr, SSP

## Fun with Fondant (Grades 5-8)

Come have fun experiencing the beauty of fondant decorations. Each student will take home an 8" cake that they will frost with buttercream and decorate using flowers and cut outs from Fondant. \$12 supply cost has been added into the total.

**Instructor:** Diana Hirte

Wed, July 30 10-11 am  
4450-S25 1 session - \$45

South St. Paul HS, SSP

## Summer Cupcake Fun (ages 12 and up)

Each student will make 12 summer themed cupcakes to take home. We will make campfires, ice cream sundaes, sunflowers and more. \$12 supply cost has been added into the total.

**Instructor:** Diana Hirte

Tue, Aug 19 10 am-12 pm  
4451-S25 1 session - \$45

South St. Paul HS, SSP



## Intro to Sewing Class (Grades 3-8)

In this camp students will be learning the basic knowledge about sewing and we will create projects from scratch. We will be using hands and sewing machine techniques. All material included.

**Instructor:** Nena Rivas

Fri, Aug 22 9 am-12 pm  
4454-S25 1 session - \$95  
Central Square, SSP



## Virtual Reality Coding (Grades 3-6)

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

**Additional Technical Requirement:**

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

**Instructor:** Tech Academy

Sat, Apr 5 & 12 10:30 am-12:30 pm  
4486-W25 2 sessions - \$75



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

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

Sat, Apr 19-May 10 9-11 am  
4487-W25 4 sessions - \$75

**SCAN FOR MORE  
197 YOUTH  
SUMMER CAMPS**



### **Cheer Camp (Grades: 1-4)**

DASH Sports Summer Cheer camps provide athletes with an introduction to cheerleading. Campers will learn several cheers with focus on body control, jumping, and proper hand movements.

**Instructor:** DASH Sports

Mon-Thu, June 9-12      9am-12pm  
2485-S25      4 sessions - \$129/\$109  
Mendota Elementary, MH

### **Flag Football Camp (Grades: 1-4)**

DASH Sports Summer Flag Football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught.

**Instructor:** DASH Sports

Mon-Thu, June 9-12      9am-12pm  
2485-Su25      4 sessions - \$129/\$109  
Mendota Elementary, MH

### **Jr Engineering for the Great Outdoors (Grades: K-4)**

Pack your bags and lace up your hiking boots, engineers! We're designing and building solutions to help us explore when we're camping. This bestselling indoor camp is back, featuring beloved favorites alongside exciting new projects!

**Instructor:** Engineering For Kids

Mon-Thu, June 9-12      9am-12pm  
2635-Su25      4 sessions - \$159/\$139  
Mendota Elementary, MH

### **Cardboard, Duct Tape & Things That Bounce (Grades: 4-5)**

What do these 3 things have in common? Join this fun and active class and find out! We will use duct tape, cardboard, and things that bounce to create exciting and interactive games! Bring your ideas and get ready to create, compete, and play! Instructors: Garlough Teachers Kris Goldade and Steph Skelly

Mon-Thu, June 9-12      1pm-4pm  
2742-S25      4 sessions - \$99/\$75  
Mendota Elementary, MH

### **Pet Shop (Grades: K-4)**

Every kid dreams of owning a hamster or a dog or maybe a kitty! In this critter-filled camp, their dream will come true, sort of! The kids will create pets galore!

**Instructor:** Kidcreate Studio

Mon-Thu, June 9-12      1pm-4pm  
2402-Su25      4 sessions - \$159/\$139  
Mendota Elementary, MH

### **Songs and Scenes from The Land of Oz (Grades: 2-6)**

Follow the Yellow Brick Road to the wonderful land of Oz! This fun-filled camp brings the adventures of Dorothy, Toto, Glinda, and Elphaba to life onstage. Learn stage skills, play theater games, and rehearse your favorite songs and scenes from The Wizard of Oz and Wicked!

**Instructor:** Character Kids Drama

Mon-Thu, June 9-12      1pm-4pm  
2031-Su25      4 sessions - \$119/\$99  
Mendota Elementary, MH

### **Summer Art Studio (Grades: 2-4)**

Summer Art Studio will provide students with a week full of engaging summer-themed art projects. We will draw, paint, collage, create in 2D and 3D and use technology in this summer art class!

**Instructors:** Mendota Art Teacher Ms. Dunham & Mendota Technology Support Mr. Vitritt

Mon-Thu, June 9-12      9am-12pm  
2187-S25      4 sessions - \$69/\$55  
Mendota Elementary, MH

### **Summer Jazz at TRHS (Grades: 7-12)**

Students in Summer Jazz will play jazz classics as well as contemporary jazz tunes. It is open to any Fall 2025 incoming 7th-12th grade student who plays saxophone, trumpet, trombone, piano, bass, drum set, electric guitar, or vibraphone.

**Instructor:** John Baumgartner

Tue/Thu, June 10-July 31      12:30pm-2pm  
2384-TRHS      14 sessions - \$140/\$110  
Two Rivers HS, MH  
No Class June 19 & July 3

### **T. Swift Era (Grades: K-4)**

Immerse yourself in creativity inspired by her music and style. From drawing to painting to sculpting, embark on an unforgettable artistic journey.

**Instructor:** Kidcreate Studio

Mon-Wed, June 16-18      1pm-4pm  
2422-Su25      3 sessions - \$119/\$99  
Mendota Elementary, MH

## Tie Dye and Slime (Grades: K-4)

In this dynamic camp, kids embark on a colorful journey as they master the art of tie-dyeing. Delve into the world of slime, concocting oozy, stretchy, and mesmerizing concoctions. Each child needs to bring their own white cotton t-shirt to camp.

Instructor: Kidcreate Studio

Mon-Wed, June 16-18	9am-12pm
2472-Su25	3 sessions - \$119/\$99
Mendota Elementary, MH	



## Jr Digging for Dinos STEM Camp (Grades: K-4)

A million-year-old fossil site has been discovered, and we need your help to uncover it! As junior paleontologists and engineers, you'll dig up fossils, study ancient clues, and prepare them for museums while learning about dinosaurs and prehistoric life.

Instructor: Engineering for Kids

Mon-Wed, June 16-18	9am-12pm
2472-Su25	3 sessions - \$129/\$109
Mendota Elementary, MH	

## Warriors Youth Track and Field Camp (Grades: K-4 & 5-8)

Join The Warrior Track and Field Coaches and Athletes for a fun, energizing week of camp! We will keep your young track star moving, improving and building confidence as they run, jump and throw all week long. Age appropriate instruction developed by the varsity coaching staff.

Mon, Tue, Wed, Fri June 16-20	4 sessions - \$89/\$49/\$25
2889-S25A	Grades: K-4 10:30am-12:30pm
2888-S25B	Grades: 5-8 1pm-3pm
Two Rivers HS, MH	
No camp June 19	

## Warriors Youth Baseball Camp (Grades: 2-4)

Join us for Warrior Summer Baseball Camp! Improve throwing, hitting, fielding and base running skills. Compete in baseball games everyday.

Taught by Coach Fehrman and TRHS Varsity Baseball Players.

Mon-Wed, June 16-18	9am-10:30am
2379-Gr. 2-4	3 sessions - \$60/\$45
Two Rivers HS, MH	

## Intermediate Rubik's: Solve, Compete, Create (Grades: 3-8)

Designed for intermediate and advanced solvers who already know how to solve the 3x3 Rubik's Cube, participants will enhance their techniques and speed through advanced methods and competitive strategies.

Instructor: Kristin Knowles

Mon-Thu, June 23-26	9am-12pm
2592-Su25	4 sessions - \$139/\$119
Mendota Elementary, MH	

## Rubik's For Beginners: Solve Your First Cube! (Grades: 3-8)

This class is perfect for first-timers, guiding you step-by-step through the solving process with simple techniques and easy-to-learn strategies. By the end of the course, you'll be able to solve the cube on your own while having fun and making new friends.

Instructor: Kristin Knowles

Mon-Thu, June 23-26	1pm-4pm
2591-S25	4 sessions - \$139/\$119
Mendota Elementary, MH	

## Craziest Inventor's Lab! (Grades: 1-4)

Step into a world of weird, wacky, and mind-blowing creations in this ultra fun lab! Unleash your inner inventor as you design, experiment, and build the coolest gizmos and gadgets.

Instructor: Tech Tac Toe

Mon-Thu, June 23-26	9am-12pm
2083-Su25	4 sessions - \$169/\$149
Mendota Elementary, MH	

## Spanish Summer Camp: Let's go through the Galaxy! (Grades: 1-5)

Blast off into a SPANISH adventure that is out of this world! Through astronaut role-plays and rocket-themed crafts & activities, students will learn key vocabulary and phrases related to space, planets, and more.

Instructor: Futura Languages Staff

Mon-Thu, June 23-26	1pm-3pm
2134-S25	4 sessions - \$149/\$130
Mendota Elementary, MH	



### Warriors Youth Baseball Camp (Grades: 5-8)

Join us for Warrior Summer Baseball Camp! Improve throwing, hitting, fielding and base running skills. Compete in baseball games everyday.

*Taught by Coach Fehrman and TRHS Varsity Baseball Players.*

Mon-Thu, June 23-26                      9am-10:30am  
2379-Gr. 5-8                      3 sessions - \$80/\$60  
Two Rivers HS, MH

### Middle School Debate Workshop (Grades: 6-9)

Are you interested in politics? Do you enjoy discussing your views on critical issues? During this workshop students will see a live debate and learn about the skills required to participate.

*Instructor: Ben Geiger*

Thu, June 26                      8:30am-1pm  
2115-S25                      1-session - \$20/\$15  
Two Rivers HS, MH

### Middle School Speech Workshop (Grades: 6-9)

Do you love to act, or enjoy politics, or just want to share your personal message. If so, Speech might be an activity you want to learn more about.

*Instructor: Ben Geiger*

Fri, June 27                      8:30am-1pm  
2115-S25                      1-session - \$20/\$15  
Two Rivers HS, MH

### USTA Youth Tennis Camp (Grades: 4-6)

Youth summer tennis camp will follow the American Development Model and the USTA's 5 C's: Competence, Confidence, Character, Connection & Creativity! Instructors will be Two Rivers & South St. Paul HS Varsity Tennis Players trained by USTA & a USTA manager.

Mon-Fri, July 7-11                      9am-12pm  
2395-Su25                      5 sessions - \$150/\$125  
Two Rivers HS, MH

### Glam Lab! Fabulous Science for Creative Kids (Grades: 1-4)

Get ready to sparkle and shine in this glitzy, glamorous camp where science meets style. You and your besties will have a blast making fizzy bath bombs, shimmering lip balm, glamorous goo, soaps, exfoliating salt scrubs, and so much more!

*Instructor: Tech Tac Toe*

Mon-Thu, July 7-10                      9am-12pm  
2083-S25                      4 sessions - \$169/\$149  
Garlough Elementary, WSP

### Warriors Boys & Girls Youth Golf Camp at Inver Wood (Grades: 7-9)

Join members of the Boys and Girls Two Rivers High School Varsity Team and Coach Schwister on Tuesdays & Thursdays July 8-31st at Inver Wood Golf Course.

Tue/Thu, July 8-31                      Tue, 10am-11:30am  
2135-Su24                      Thu, 10am-12pm  
Inver Wood Golf Course, IGH                      8 sessions - \$40/\$25  
\*Youth on Course Card required

### Intro to Songwriting and Music Production Camp (Grades: 5-9)

This summer camp intensive is for aspiring songwriters and producers and a good precursor to the TRHS music production course. The five-day camp guides students on the essentials of writing, recording and producing original music through the use of GarageBand, a DAW (digital audio workstation) that comes with every apple device.

*Instructor: Andrew Thoreen*

Mon-Fi, June 23-27                      9am-12pm  
2671-Su25                      5 sessions - \$275/\$235  
Two Rivers HS, MH



### Warriors Youth Football Camp (Grades: 2-7)

Our youth football camp teaches age appropriate football skills and techniques. Hosted by the Two Rivers Football Coaches and Players on Warrior Field.

Tue-Thu, July 15-17                      10:30am-1p2m  
2474-Su25                      3 sessions - \$50/\$30  
Two Rivers HS, MH

## Warriors Youth Soccer Camp (Ages 8-14)

This camp is offered to all youth ages 8-14 regardless of club affiliation or skill level. Emphasis will be on teaching the fundamentals of the game, developing and improving individual skills based on current ability, and encouraging a team mentality.

**Instructor:** TRHS Coach Doud

Mon-Thu, July 21-24 9am-11am  
2085-Su25 4 sessions - \$89/\$70  
Two Rivers HS, MH

## Moana 2 Musical Theater (Grades: K-3)

The ocean is calling once again! We will choose our characters, learn music and choreography from Moana 2 and create our own musical! Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

**Instructor:** Mayer Arts

Mon-Thu, July 21-24 9am-12pm  
2887-Su25B 4 sessions - \$119/\$89  
Two Rivers HS, MH

## Wicked Musical Theater (Grades: 3-6)

Let's go to Oz! We will choose our characters, learn music and choreography from Wicked and create our own musical. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

**Instructor:** Mayer Arts

Mon-Thu, July 21-24 1pm-4pm  
2887-Su25 4 sessions - \$119/\$89  
Two Rivers HS, MH

## Drama Lab (Grades: 1-5)

Drama Lab is a creative haven where budding performers unleash their imagination and hone their acting skills. Led by experienced instructors, students explore the exciting world of theatre through engaging activities, improvisation games, character development, and scene work.

**Instructor:** Drama Lab Staff

Mon-Thu, Aug 4-7 1pm-3pm  
2452-Su25 4 sessions - \$95/\$75  
Mendota Elementary, MH

## Jr World Travelers STEM Camp (Grades: K-4)

Each day, campers will receive their passport and 'travel' to a new country using a different mode of transportation they've engineered themselves. Whether it's designing planes, trains, boats, or cars, students will tackle daily hands-on challenges to reach their destination.

**Instructor:** Engineering for Kids

Mon-Thu, July 28-31 9am-12pm  
2633-S25 4 sessions - \$159/\$139  
Garlough Elementary, WSP



## Art Experiments (Grades: K-4)

In this camp we'll experiment with tinfoil, shaving cream, glow in the dark paint, chalk, glue, salt and watercolor to make interesting and colorful creations. We'll make cupcakes on canvas with puffy shaving cream frosting, make art that glows, try our hand at foil embossing and more!

**Instructor:** Abrakadoodle Staff

Mon-Thu, Aug 4-7 10am-12pm  
2086-Su25 4 sessions - \$119/\$99  
Mendota Elementary, MH

## Natural Wonders through Art (Grades: 2-4)

Be inspired by Minnesota's beautiful outdoors using plants, flowers, trees and animals as you create your own art. Students will create nature journals, and use clay, printmaking and watercolor paint to celebrate the wondrous outside world.

**Instructor:** Mendota Art Teacher Ms. Dunham

Mon-Thu, Aug 4-7 9am-12pm  
2182-Su25 4 sessions - \$69/\$55  
Mendota Elementary, MH

## Intro to Sewing Class (Grades: 4-8)

Kids will be learning how to sew, including basic sewing techniques, knowledge of sewing tools and different kinds of stitches. They will craft and sew a project of their own creation. All material and tools provided.

**Instructor:** Doremi Tinoco, owner of Nena's Atelier in Oakdale, MN

Mon, Aug 4 9am-12pm  
2003-Su25 1 session - \$95/\$75  
Mendota Elementary, MH

## Intensive Etiquette Class (Grades: 4-8)

Topics to be covered will include: Proper behavior at the table, conversation skills, polite behavior in public, and public speaking. Lunch demo at the end of the camp.

**Instructor:** Doremi Tinoco, owner of Nena's Atelier in Oakdale, MN

Mon, Aug 4 1pm-4pm  
2004-Su25 1 session - \$95/\$75  
Mendota Elementary, MH

# FAMILY PROGRAMS

## Parent Child Ninja Class

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

Sat, June 7-28 7949-S25A	9-10 am 4 sessions - \$139 Second child add \$50
Sat, July 5-Aug 23 7949-S25B	9-10 am 8 sessions - \$275 Second child add \$100

Conquer Ninja Gym, 707 Commerce St, Woodbury

## Parents Day Out

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

Fri, June 6 7950-S25A	1-3 pm 1 session - \$40
Fri, July 11 7950-S25B	1-3 pm 1 session - \$40
Fri, Aug 15 7950-S25C	1-3 pm 1 session - \$40

Conquer Ninja Gym, 707 Commerce St, Woodbury

## Fishing in Your Neighborhood: Family Fishing Clinic

Join the MN DNR's Fishing in the Neighborhood (FiN) program for a fun, family-friendly evening of fishing! Designed for ages 5 and up, each youth must be accompanied by an adult. No experience or equipment is needed—we've got you covered! Rain or shine, come dressed for the weather and enjoy a great outdoor adventure close to home. Rogers Lake fishing pier (<https://maps.app.goo.gl/TcretSCMp8GUQ5t27>)

Thu, July 31 7940-S25	5-7 pm 1 session - Free
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Rogers Lake Fishing Pier

## School of Fish

The ZEBCO School of Fish is a 2 1/2-hour kids fishing class open to kids (and adults!) from grades 3 and up taught by pro angler and fishing Fishing the Midwest TV show host Mike Frisch. Students learn about lakes, finding fish in those lakes, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. Kids will receive ZEBCO Rod & Reel, School of Fish Hat or T-shirt, Tackle box and tackle, School of Fish full color workbook and One adult is invited to attend with a child at no additional charge, provided they share one equipment packet. Visit [www.fishingthemidwest.com](http://www.fishingthemidwest.com) and hover/click the School of Fish icon at the top to learn more!

Fri, July 18  
7942-S24

12-2:30 pm  
1 session - Free to SSP Students  
on behalf of the SSP Education  
Foundation  
\$60 Non-SSP Resident

Central Square, SSP



**FREE  
FAMILY  
FUN!**



## Tour de Rec

Embark on an exciting journey this summer with our mobile recreation initiative, designed to bring fun and games right to your neighborhood. Our dedicated staff will organize a variety of engaging activities and provide all the necessary equipment for families to revel in. Best of all, it's completely free, and no registration is needed.

Tuesdays  
June 10 - Fishing  
June 17 - Recycled Crafts  
June 24 - Outdoor Games  
July 8 - Chalk and Lemonade  
July 15 - Scavenger Hunt  
July 22 - Painting & Planting  
July 29 - Splash Pad Fun  
Aug 5 - Magic Show  
FREE - No Registration Needed

1:30-2:30 pm  
Rogers Lake, MH  
Garlough, WSP  
Wentworth Park, MH  
Victoria Highlands, MH  
Marthaler, WSP  
Mendakota Park, MH  
Harmon Park, WSP  
Thompson Park, WSP



# SCHOOL AGE CARE

## DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA

### EXTRA INNINGS **Extra Innings School Age Care - Grades K-4**

Where the FUN & LEARNING Never Ends!

Quality child care provided by experienced, trained staff where children make activity choices based on their interests, spend time playing outside and are able to work on their homework.



#### **Encore SAC - Grades 5-8**

Encore is a program that meets the unique needs of middle school students seeking independence while in a safe and caring

environment. Activities are varied based on interests of the students. The program is located the Noreen Activity Center. Before school is held at Heritage and Friendly Hills.

### **District 197 School Age Care**

For more information, please call 651-403-8054. You can also visit our website by scanning this code:



#### **Hours:**

Monday-Friday: 6:30 am - start of school day

Monday-Friday: After school - 6 pm

Non-School Days: 6:30 am - 6 pm

Summer Hours: 7 am - 6 pm

#### **Located in:**

Garlough Environmental Magnet - Mendota Elementary

Moreland Arts & Health Sciences Magnet - Somerset Elementary

Pilot Knob STEM Magnet - Noreen Activity Center

## KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



### **Kids' Choice 2025-26 Program**

Kids' Choice is a before, after, and non-school day program offering a variety of activities. Flexible scheduling is available.



### **South St. Paul Kids' Choice**

For more information, please call 651-306-3631.

Visit us online at [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

#### **Located in:**

Kaposia Education Center (1st Ave S, SSP)

Lincoln Center (357 9th Ave N, SSP)

#### **Hours:**

Monday-Friday

Mornings: 6:30 am until start of school day

Afternoons: After school until 6 pm

Non-School Days: 6:30 am-5:30 pm

Summer Hours: 6:30 am-5:30 pm

## SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



### **2025-2026 School Year Care Offers**

- Experienced, well-trained staff.
- Activities reflect various interests, talents, and values.
- Art, outdoor time, science, service learning, homework assistance, physical activities, and more.

### **Spartan Kids' Care**

For more information, please call 651-306-7502.

Visit our website at [www.spartankidscare.org](http://www.spartankidscare.org)

#### **Located in:**

Hilltop Elementary

Pine Bend Elementary

Salem Hills Elementary

#### **Hours:**

AM Care at Hilltop: 6 am until the start of the school day

PM Care at your home school: End of the school day until 6 pm

Non-School Days at Hilltop: 6 am-4:30/6 pm

**CUIDADO INFANTIL DEL DISTRITO ESCOLAR 197** WEST ST PAUL - MENDOTA HEIGHTS - EAGAN AREA

**Extra Innings y Encore**



Cuidado para Niños de Edad Escolar en West St. Paul-Mendota Heights-Eagan Area

El Distrito 197 ofrece cuidado de niños antes y después de la escuela para los grados K-8 a través del programa de cuidado de niños. Las horas antes de la escuela son de 6:30 hasta que comienzan las clases e incluye el desayuno.

El programa después de la escuela es hasta las 6 de la tarde y los niños hacen manualidades, obtienen ayuda con la tarea, van al gimnasio, cocinan y se reúnen con sus compañeros para compartir un bocadillo.



**District 197 School Age Care**

Para obtener información adicional llame al: 651-403-8054. Para inscribirse: Visite [www.isd197.org/resources/school-age-care](http://www.isd197.org/resources/school-age-care)



**Ubicado en:**

Primaria Garlough especializada en ambiente - Primaria Mendota Moreland especializada en Artes y Ciencias de la Salud Pilot Knob especializada STEM - Primaria Somerset Centro de Actividad Noreen

**Horas:**

Antes de la escuela: De 6:30 a.m. hasta el comienzo del día escolar  
Después de la escuela: Desde que termina la escuela hasta las 6 p.m.  
Días que no hay clases: De 6:30 a.m. a 6 p.m.

**KIDS' CHOICE SCHOOL AGE CARE** SOUTH ST. PAUL

**Año Escolar de 2025-2026**



Kids' Choice es un programa de alta calidad que promueve un ambiente seguro, cooperativo, comprensivo, divertido y creativo. Además promueve la apreciación personal positiva, de autoestima, trabajo de en equipo y respeto. Para niños en kindergarten y hasta sexto grado.



**South St. Paul Kids' Choice**

Para más información, llame al 651-306-3631.  
Visítenos en línea en [communityed.sspps.org/programs/kids-choice](http://communityed.sspps.org/programs/kids-choice)

**Ubicado en:**

Kaposia Education Center (1st Ave S, SSP)  
Lincoln Center (357 9th Ave N, SSP)

**Horas:**

Lunes Viernes  
Mañanas: 6:30 am hasta inicio de jornada escolar  
Tardes: Después de la escuela hasta las 6 pm  
Días sin clases: 6:30 a.m. a 5:30 p.m.  
Horario de verano: 6:30 a.m. a 5:30 p.m.

**SPARTAN KIDS' CARE** INVER GROVE HEIGHTS SCHOOLS



**Cuidado del año escolar 25-26 ofrece**

- Personal experimentado y bien capacitado.
- Las actividades reflejan diversos intereses, talentos y valores.
- ¡Arte, artesanías, tiempo al aire libre, ciencia, servicio de aprendizaje, ayuda con la tarea, actividades físicas y más!

**Spartan Kids' Care**

Para obtener información adicional llame al: 651-306-7502. Para inscribirse: Visite [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

**Ubicado en:**

Hilltop Elementary  
Pine Bend Elementary  
Salem Hills Elementary

**Horas:**

Antes de la Escuela: De 6 am hasta el comienzo del día escolar (se llevara a cabo en Hilltop para todas las escuelas)  
Después de la Escuela: Desde que termina la escuela hasta las 6 pm (se llevara a cabo en la escuela donde el estudiante esta inscrito)  
Días No Escolares: 6 am-4:30/6 pm (se llevara a cabo en Hilltop para todas las escuelas)

## Aqua Fitness

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

**Instructor: Kim Befort**

Tue, May 6-June 24  
9800-S25A  
Central Square, SSP  
10:30-11:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)

Fri, May 2-June 27  
9800-S25B  
Central Square, SSP  
10:30-11:15 am  
9 sessions - \$62 adult,  
\$22.50 senior (65+)

Thu, May 1-June 26  
9800-S25C  
Central Square, SSP  
10:30-11:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)  
*No class June 19*

Tue, July 1-Aug 26  
9800-S25D  
Central Square, SSP  
10:30-11:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)  
*No class July 8*

Fri, July 18-Aug 29  
9800-S25E  
Central Square, SSP  
10:30-11:15 am  
7 sessions - \$49 adult,  
\$20 senior (65+)

Thu, July 3-Aug 28  
9800-S25F  
Central Square, SSP  
10:30-11:15 am  
8 sessions - \$55 adult,  
\$20 senior (65+)  
*No class July 10*

## Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water.

**Instructor: Kim Befort**

Wed, May 7-June 25  
9901-S25A  
Central Square, SSP  
6-7 pm  
8 sessions - \$55 adult,  
\$20 senior (65+)

Wed, July 2-Aug 27  
9901-S25B  
Central Square, SSP  
6-7 pm  
8 sessions - \$55 adult,  
\$20 senior (65+)  
*No class July 9*

## Daily Rate

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

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

Mon-Fri from 7:30 am-3 pm  
Sat from 7:30 am-1:30 pm

Schedule is subject to change.

**Drop-in - \$8 adult, \$4 senior (65+)**



## Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. [communityed.sspps.org/programs/swimming-pool](http://communityed.sspps.org/programs/swimming-pool)

Punch Card 10 admissions \$40 adult (19-64 yrs)  
9912-24/25 \$15 senior (65+)

Punch Card 30 admissions \$80 adult (19-64 yrs)  
9912-24/25 \$30 senior (65+)



Scan this code to visit the Central Square Lap Swim page for the most up-to-date information.



# WE'RE HIRING

## WSI & LIFEGUARDS

Visit [sspps.org](http://sspps.org) or scan the QR code to apply!







### Youth Group (Ages: 6 mos-17 years) & Private Swim (Ages: 4-17) Lessons

Our American Red Cross trained instructors help develop water safety and swimming skills for all ages and abilities in a positive and fun learning environment. If the class is full, please sign-up for the waitlist. The waitlist allows us to better serve you as openings come up and determine if more classes can be offered.

Dates and times TBD 8 sessions - \$94-Group  
4 sessions - \$139-Private

School District 197 Aquatic Center, MH

### Water Safety Aide (Ages: 13-17)

A class for those interested in assisting swim instructors emphasizing lesson levels and proper teaching techniques. A great class for students ages 13 and up who love water, enjoy working with children, and are considering seeking future employment as a Water Safety Instructor™ or Lifeguard (WSI/LG). There will be an opportunity after completion of this session to volunteer and get hands-on experience during our summer swim lessons. Students who complete this course can continue to volunteer in our aquatics program to build their skills and resume for future job opportunities in the aquatics field.

Dates and times TBD 4 sessions - \$89  
School District 197 Aquatic Center, MH

### District 197 Lap Swim (Ages: 15+)

If you haven't dipped your toes in the new District 197 Aquatic Center, summer is a great time to visit. Enjoy the quiet, weather-proof, uncrowded lanes of our lap swim and let the kids take over the outdoor pools for the summer! Adult lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a non-instructional, swim at your own pace opportunity.

Dates and times TBD \$7 per session  
School District 197 Aquatic Center, MH



The School District 197 Aquatic Center has planned maintenance this summer. Please scan the QR code and visit our website for aquatic center classes available.

### Summer Theatre in Your Neighborhood



### SIMLEY PERFORMING ARTS CENTER

TICKETS AND INFORMATION AT  
[IGHTHEATRE.ORG](http://IGHTHEATRE.ORG)



### SOUTH ST. PAUL THEATRE

PERFORMANCES  
JULY 31- AUG 3

TICKETS AND INFORMATION AT  
[BIT.LY/SSPTHEA](http://BIT.LY/SSPTHEA)

# EARLY LEARNING

*For families with children ages birth to PreK*

## Early Childhood Family Education (ECFE)

Classes and Activities for You and Your Child

ECFE classes are designed to strengthen families and support children's healthy growth and development. We know parents are their child's first and most important teachers, and our staff will work with you to meet your parenting needs to build a great relationship for learning.

A typical ECFE class includes adult/child interaction time and separation in which parents join their discussion group and children remain in the early childhood classroom to explore with the staff. All teachers are licensed through the MN Dept of Education and have a variety of experiences. Most classes offer child care for siblings who are eight weeks through five years of age not enrolled in the class. Join us!

Have you registered your baby, toddler, or preschooler with your local School District Census?

Having your child's name on the census will ensure that you receive:

- All Early Childhood mailings
- Notification of Early Childhood Screening
- Registration information about Kindergarten

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

Contact your local district:

Inver Grove Heights	651-306-7503
South St. Paul	651-457-9418
West St. Paul-Mendota Heights-Eagan Area	651-403-8390

## ECFE Home Visits

Our programs also support parents during pregnancy, early parenthood, and adoption. Experienced professionals in the area of child development are available for home visits.

Get information and tips on YOUR daily needs, as well as those of your baby. We will bring a welcome package, check your baby's weight, and provide information you may need on sleep, baby care and development, community resources, feeding, and infant cues. Call your district to schedule a visit

Inver Grove Heights	651-306-7503
West St. Paul-Mendota Heights-Eagan Area	651-403-8390
South St. Paul	651-457-9418

## Community Preschool

Each district offers an affordable preschool experience designed to support your child's development, and create a foundation for your child's future academic, emotional, and social success. Classes are offered all day, mornings, and afternoons, 2- 5 days a week, at multiple locations in each district. Financial assistance available.



## Early Childhood Screening

Calling all 3-year-olds!

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning, and gives families resources to prepare for school success.

Make an appointment today!

All children in the state of Minnesota are required by law to be screened before the start of kindergarten. Earlier is better and 3.5 years old is the preferred age.

### What to expect at a screening appointment

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language, and communication skills
- Social and emotional development

Call for information or to make a screening appointment:

Inver Grove Heights, District 199	651-306-7520
South St. Paul, District 6	651-306-3641
West St. Paul-Mendota Heights-Eagan Area District 197	651-403-8363







West St. Paul + Mendota Heights + Eagan Area

## Early Learning and Family Resource Center

1970 Christensen Avenue in West St. Paul

### Pre-Kindergarten (Age 4 or older by Sept 1, 2025)

Mon-Fri	5 full days	9:30 am - 3:45 pm
Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

### Mixed Age (Age 3 ½ by Sept 1, 2025)

Mon-Fri	5 full days	9:30 am - 3:45 pm
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### ThreeSchool (Age 3 years by Sept 1, 2025)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
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### Extended Day Options with a class AT ELC ONLY

Extended day offers the opportunity for additional activities and learning opportunities. Children may be dropped off any time between 7:00-9:15 am and picked up between 3:30-5:30 pm. Available on days the child attends class. No scholarships.

## Pilot Knob STEM Magnet School

1436 Lone Oak Road in Eagan

### Pre-Kindergarten (Age 4 or older by Sept 1, 2025)

Mon-Fri	5 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 mornings	9:30 am - 12:00 pm
Mon, Wed, Fri	3 afternoons	1:15 - 3:45 pm

### ThreeSchool (Age 3 years by Sept 1, 2025)

Tue, Thu	2 mornings	9:30 am - 12:00 pm
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## Community Preschool

Our preschool classes expose children to a variety of experiences that promote social skills, increase language skills and enhance learning. Children learn and grow in a structured environment that fosters readiness skills to help prepare them for kindergarten. All children must be toilet trained to attend.

## ECFE

Early Childhood Family Education is a program that offers parents and their children from birth to pre-kindergarten opportunities to grow and learn together in a supportive, stimulating environment. ECFE also supports families in learning to find time for one another, having fun together, being proud of who they are, and knowing they are not alone. Our classes for the 25-26 school year will be published in our Way To Grow Brochure coming out in August.

Scan this code for more information!  
Or you can visit  
[isd197.org/schools](http://isd197.org/schools)





## South St. Paul Public Schools Community Preschool

651-457-9418

[www.sspps.org](http://www.sspps.org)

**South St. Paul Family Education Center**  
104 5th Ave S, South St. Paul

**Kaposia Education Center**  
1225 1st Ave S, South St. Paul

**Lincoln Center**  
357 9th Ave N, South St. Paul



## Registration

Register online for the 2025-2026 school year.. For more information call 651-457-9418



SOUTH ST. PAUL PUBLIC SCHOOLS

# E.C.F.E.

Early Childhood Family Education

# SOUTH ST. PAUL COMMUNITY PRESCHOOL



## Early Childhood Family Education (ECFE) is...

- For all families in the South St. Paul School District with children from birth to kindergarten.
- A fun and informal place to meet, learn, and play with other children and parents.

Please call 651-457-9418 for more information

## La Educación Familiar en la Primera Infancia (ECFE) es....

- Para todas las familias del Distrito de South St. Paul con niños desde el nacimiento hasta el kindergarten.
- Un lugar divertido e informal para conocer, aprender y jugar con otros niños y padres.
- Para inscribirse llamar a Tere Castellanos al 651-306-3644

## New baby?

Free baby class & home visits

Scan here for  
ECFE Summer  
Classes!



## 3 Year Old Preschool

\$200/month - Must be 3 by Sept 1, 2025

\$50 registration fee

### Kaposia Education Center

Morning - M/W/F  
9:10-11:55 am

Afternoon - M/W/F  
12:40-3:25 pm

### Lincoln Center

Morning - M/W/F  
8:25-11:10 am

Afternoon - M/W/F  
12:05-2:50 pm

Scholarships are available through Pathways. For a scholarship packet or more information please call 651-457-9418. En Espanol - 651-306-3644

## 4 Year Old Preschool

Must be 4 by Sept 1, 2025

### Kaposia Education Center

Mon-Fri - AM - \$335/month  
9:10-11:55 am

Mon-Fri - PM - \$335/month  
12:40-3:25 pm

Mon-Fri - All Day - \$670/month  
9:10 am-3:25 pm

### Lincoln Center

Mon-Fri - AM - \$335/month  
8:25-11:10 am

Mon-Fri - PM - \$335/month  
12:05-2:50 pm

Mon-Fri - All Day - \$670/month  
8:25 am-2:50 pm

**\*Preschool is free for eligible students.**

**All children must be fully toilet trained and independent in the bathroom in order to attend preschool.**

**South St. Paul Residents are given first priority.**

## Why Inver Grove Heights Preschool?

- Four-star Parent Aware rating, the highest possible rating by Minnesota's quality rating system for early education
- Highly trained staff. Our licensed teachers use proven best practices
- Curriculum: Conscious Discipline & Frogstreet
- For children age 3 or age 4 on Sept 1, 2025

*Little Spartans Preschool is committed to engaging each child in meaningful and joyful learning that leads to success in kindergarten and beyond. Your child will:*

- Experience a welcoming, stimulating, and playful environment where they can explore, discover, and grow
- Build confidence through participation in activities and experiences designed to set the stage for future academic success and a lifetime love of learning
- Develop core life skills that enrich self-worth and nurture the development of caring connections with others

**Preschool Registration for 2025-2026 opens Wed, Feb 19**

[www.isd199.org/schools/early-learning/preschool](http://www.isd199.org/schools/early-learning/preschool)

### Little Spartans Preschool 2025-2026

Age 4 on Sept 1, 2025	Hilltop	Pine Bend	Salem Hills
Mon-Fri AM 7:50-10:30	X	X	X
Mon-Thu PM 11:45-2:30	X	X	X
Mon-Fri All Day 7:50-2:30		X	
Age 3 on Sept 1, 2025	Early Learning Center		
Mon-Wed-Fri AM 8:15-10:45		X	
Tue & Thu AM 8:15-10:45		X	
Tue & Thu PM 11:45 AM-2:15 PM		X	
Mon & Wed PM 11:45-2:15		X	

Financial assistance available. For more preschool information email [preschool@isd199.org](mailto:preschool@isd199.org) or call 651-306-7503. Para información preescolar en español, llame al 651-306-7862.



## IGH Early Learning

### Early Learning Office

3203 68th St E, Inver Grove Heights  
(connected to Hilltop Elementary, door 2)

[www.ighEarlyLearning.org](http://www.ighEarlyLearning.org)

Phone: (651) 306-7503

Email: [EarlyLearning@isd199.org](mailto:EarlyLearning@isd199.org)

## IGH Early Childhood Family Education

IGH Early Childhood Family Education (ECFE) builds relationships, enriches family life, and supports learning for families with children from birth to kindergarten. Enjoy a variety of classes, activities, and special events. We support you in your amazing role as your child's first teacher. Together we support your child as they learn and grow.

**Registration for new ECFE classes opens Mon, Dec 16**

## New baby?

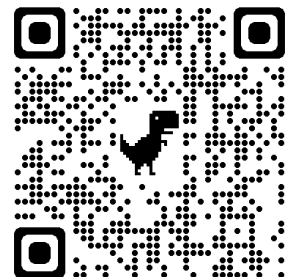
Free baby classes & home visits.

## Come Play at Our House!

POP IN & PLAY - IGH ECFE

**No Registration Needed.** You and your child can choose from a variety of art, science, & sensory activities— or spend time in dramatic play or the block area. There's lots to do, including gym & circle time. Come & go at your convenience. Each visit is \$3 per child over age one. Babies 0-12 mos are free. Save with a 10-visit punch card for \$25.

For information on current ECFE classes and schedules, call 651-306-7503 or scan the QR code.







Nurture. Inspire. Prepare.

**TOGETHER, WE THRIVE!**

For more information about our schools, programs, and how to enroll, visit [isd197.org](http://isd197.org) or call 651-403-7030.

## SOUTH ST. PAUL PUBLIC SCHOOLS

**PASSIONATE LEARNERS POSITIVELY CHANGING OUR WORLD**

### PACKER PATHWAYS: ACADEMIC STRATEGIC PLAN

- Build on the fundamentals that form the foundation of a student's academic journey
- Opportunities for students to explore and engage in potential career paths
- Hands-on experiences for students to continue growing their passions
- Talent Development focusing on personalized discovery and enrichment
- Culture of innovation, critical thinking, and development of a student's strength
- Unique learning opportunities for birth through adulthood

[www.sspps.org](http://www.sspps.org) | 104 5th Ave S. South St. Paul, MN 55075 | 651-457-9400



Learn more about  
Packer Pathways



**Inspire, Innovate, & Excel with  
Inver Grove Heights Schools**

**ENROLL TODAY**

*Inver Grove Heights Early Learning Center  
Hilltop Elementary School  
Pine Bend Elementary School  
Salem Hills Elementary School  
Inver Grove Heights Middle School  
Simley High School*

Enroll students in ISD 199 at any time! Enroll online at [www.isd199.org/enroll](http://www.isd199.org/enroll) now or download enrollment forms. Copies of enrollment forms are also available at the ISD 199 District Office, 2990 80th Street East in Inver Grove Heights.

Visit [www.isd199.org/enroll](http://www.isd199.org/enroll) or call 651-306-7825 with questions and for more information.



## South St Paul

### *District Office*

104 Fifth Ave S

### *Central Square Community Center*

100 Seventh Ave N, SSP

### *South St. Paul High School*

700 Second St N

### *Family Education Center*

104 Fifth Ave S, Dorr 1

### *Lincoln Center*

357 Ninth Ave N

### *Kaposia Education Center*

1225 First Ave S

## Inver Grove Heights

### *District Office*

2990 80th St E

### *Simley High School*

2920 80th St E

### *IGH Middle School*

8167 Cahill Ave

### *Hilltop Elementary School*

3201 68th St E

### *Pine Bend Elementary School*

9875 Inver Grove Trail

### *Salem Hills Elementary School*

5899 Babcock Trail E

### *Early Learning Center*

3203 68th St E

## Facility Use

Community members and organizations are invited to apply to use district facilities in accordance with the Community Use Policy adopted by each School Board.

**IGH:** Go to [www.isd199.org/community/rent](http://www.isd199.org/community/rent) You may also call 651-306-7870. Permits must be completed online or printed, completed and submitted to the scheduler at the address listed on the website.

**SSP:** Go to [www.communityed.sspps.org/about/facility-use](http://www.communityed.sspps.org/about/facility-use). You may also call 651-306-3632 or stop by the facility scheduler's office at 100 Seventh Ave N in South St Paul. Permits must be completed online or printed, completed and submitted to the scheduler at the office address.

**WSP-MH-Eagan:** Submit a facility use request at [www.isd197.org/community/facilities-rental](http://www.isd197.org/community/facilities-rental). You may also call 651-403-8520.

## West St. Paul-Mendota Heights-Eagan Area

### *Two Rivers High School*

1897 Delaware Ave, MH

### *Friendly Hills Middle School*

701 Mendota Heights Rd, MH

### *Heritage E-STEM Magnet Middle School*

121 West Butler Ave, WSP

### *Garlough Environmental Magnet School*

1740 Charlton Street, WSP

### *Branch Out Building*

150 Marie Avenue East, WSP

### *Mendota Elementary School*

1979 Summit Lane, MH

### *Moreland Arts & Health Sciences Magnet Elementary School*

217 W Moreland Ave, WSP

### *Pilot Knob STEM Magnet Elementary School*

1436 Lone Oak Road, Eagan

### *Somerset Elementary School*

1355 Dodd Road, MH

### *Early Learning & Family Resource Center*

1970 Christensen Ave, WSP

### *Thompson Park Activity Center*

1200 Stassen Lane, WSP

## Partner Locations

### *Veterans Memorial Community Center*

8055 Barbara Ave, IGH

### *South St. Paul Rod & Gun Club*

600 Gun Club Rd, SSP

### *Thompson County Park*

1200 Stassen Lane, WSP

### *Harmon Park*

230 Bernard St W, WSP

### *Eastview HS*

6200 140th St W, Apple Valley

### *Conquer Ninja Gym*

707 Commerce St, Woodbury

# REGISTRATION

## Fee Assistance

Community Education is committed to serving the residents of our community through affordable learning and enrichment classes.

Please contact the Community Education office in your district at the address and phone on page 61.

## Tobacco-Free Environment

Community Education supports the growing national movement toward a tobacco-free environment. Use of tobacco products in school buildings and on district grounds is prohibited.

## Request an Accommodation

TriDistrict Community Education is willing to provide reasonable accommodations to allow effective communication and participation in programs and activities. If you would like to request an accommodation for a program, please contact the Community Education office in the district sponsoring the class, as listed on page 2.

## Need more information?

See page 53 for building locations and program contact information.

*Give us a call. We're happy to assist you!*



**Adult Programs are open to everyone age 15 and older unless otherwise noted.**

## Register Now

Registration begins when you receive your catalog and remains open until each class is filled or cancelled. Registrations are accepted on a first-come, first-served basis. We encourage you to register early!

## Assume you are in!

You will only hear from us in the event of a class change, cancellation, or if the class is full.

## Refunds

Requests for a refund by individuals who need to cancel must be received by our office seven days prior to the first class session. A \$10 service charge will be added if you must cancel a class. No refunds are issued after the first class session.

## Class & Activity Cancellation

If there is insufficient enrollment for a program, you will be notified by phone or email and you will receive a full refund. Please include a daytime phone number on your registration form. Community Education assumes no responsibility for reaching registrants who do not provide a working daytime phone number or email.

## Check Payments

If paying by check, payment may be processed via ACH payment or e-check.

## Weather Cancellations

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible. Cancellations due to severe weather are announced on WCCO Radio (830 on the AM dial), Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE). You will be also contacted by Community Education.

## Photograph Use Policy

Photographs, videos, and other documentation taken at school or Community Education activities may be submitted to newspapers, used on district websites, social media sites or appear in publications. Written requests not to publish photos of specific students will be honored.

## Community Education Registration

Formulario de registro de educación comunitaria

Full Name: \_\_\_\_\_ Grade (If applicable): \_\_\_\_\_  
Nombre Completo Grado (si aplica)

Address: \_\_\_\_\_  
Dirección

City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Ciudad Código postal

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Teléfono de casa Teléfono móvil

Email: \_\_\_\_\_ UCare Member ID: \_\_\_\_\_  
Correo electrónico Número de identificación del miembro

Please list any concerns that the instructor should be aware of: \_\_\_\_\_  
Por favor anote cualquier preocupación que el instructor debe saber

If you currently have a spouse on active duty in the military please call to register to receive 15% off your class.

Si actualmente tiene un cónyuge en servicio activo en el ejército por favor llame para registrarse y recibir 15% de descuento en su clase.

Course Title Nombre del curso	Course Number Número del curso	Location Sitio	Course Dates Fechas de los cursos	Fee Cuota

Voluntary Questions: Collecting this information helps us provide programs/services that meet the needs of our entire community.

Preguntas voluntarias: La información recaudada nos ayuda a proporcionar programas/servicios que satisfacen las necesidades de toda nuestra comunidad.

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Fecha de Nacimiento

Gender: ☐ Male ☐ Female  
Género: Masculino o Femenino

Race: ☐ Asian ☐ Black/African American ☐ American Indian/Alaska native  
Raza ☐ Latino/Hispanic ☐ Native Hawaiian/other Pacific Islander ☐ White  
☐ Two or more races ☐ Other

Complete if Paying by Credit Card: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express  
Complete si vá a pagar con tarjeta de crédito:

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_  
Nombre que aparece en la tarjeta de crédito Fecha de vencimiento

Name on Card: \_\_\_\_\_ Amount \$: \_\_\_\_\_  
Titular de la tarjeta de crédito Cantidad

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Firma Fecha

## Register

### Online

tridistrict.ce.eleyo.com

This secure site is available 24/7

### By Phone

IGH

651-306-7502

SSP

651-306-3632

WSP-MH-Eagan

651-403-8520

### In Person

Mon-Fri

7:30 am-4 pm IGH

7:30 am-4 pm SSP

Call ahead WSP-MH-Eagan

Visit us at the addresses below.

### By Mail

IGH

Community Education

2990 80th St E

Inver Grove Hgts, MN 55076

WSP, MH and Eagan

District 197 Aquatic Center

1897 Delaware Ave

Mendota Heights, MN 55118

SSP

Community Education

100 7th Ave N

South St. Paul, MN 55075

## 3 Ways to Pay

### Credit Card

Visa, MasterCard, Discover, and American Express are accepted.

### Check

Make checks payable to Community Education.

### Cash

If using cash, please register in person.



INDEPENDENT SCHOOL DISTRICT 197  
TRIDISTRICT COMMUNITY EDUCATION  
1897 DELAWARE AVE.  
MENDOTA HEIGHTS, MN 55118

Non-Profit Org.  
U.S. Postage  
**PAID**  
Twin Cities, MN  
Permit No. 2015

**ECRWSS**

**Postal Patron**



# Youth Summer Activities

Inside  
Catalog  
pg 39-51

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