

# COMMUNITY EDUCATION



**CENTENNIAL**

SCHOOL DISTRICT 12

CONNECTING. ACHIEVING. PREPARING.

**FALL 2025**  
**ACTIVITY GUIDE**  
September-December 2025

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

# Welcome to Community Education

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



## Welcome to our Fall Activity Guide A collection of offerings occurring September through December.

Before I talk about the Fall offerings, there is one thing I would like to repeat over and over again, it's this: Thank you for supporting Community Education!

Because I have the pleasure of directing our Centennial Community Ed Department, of course, I'm happy you are signing up for classes and partaking in what we are doing. But even if I didn't have this role, I'd still tell everyone I know all about Community Education because I believe so strongly in its purpose.

Sure, we put together classes and activities and things for people to do and learn and that is amazing, but it is also the bigger picture, the idea of making connections, utilizing those around us, to create opportunities. When you sign up for a Community Ed class you are learning, connecting with others and spending and supporting locally!

Back to the Fall Activity Guide... yes, fall is coming! But, make no mistake: SUMMER is FAR from over! Squeeze the most out of your summer and check out offerings available yet in August. Make a final summer memory by registering for the Centennial Kids Obstacle/Mud Run and watch your kids laugh and play. Or delight in their wonder as they shine on stage at Cinderella Musical Theater and much more!

Summer, fall, winter and spring, we're here to help you explore, delight, enjoy and learn locally!

*Cori Sendle Director, Community Education*

## New Staff! Meet Stephanie Thorstad, the new Kids Club Billing, Information & Registration Administrative Assistant

My name is Stephanie Thorstad. I was born and raised in the Circle Pines/Lino Lakes area, I have proudly called this community home for 33 years. A fun fact about me is that I am a 2007 Centennial graduate!



In this role, I will assist families by handling all billing inquiries, guiding them through registration processes, and answering any questions they may have, ensuring a smooth, worry-free experience for everyone involved. It brings me great joy to contribute to a program that makes a positive difference in the lives of children and parents across our community.

**The Fall Activity Guide opens for registration  
Mon, August 4 at 8 am. Visit [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com)  
See registration information & policies on page 4 & 54**

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

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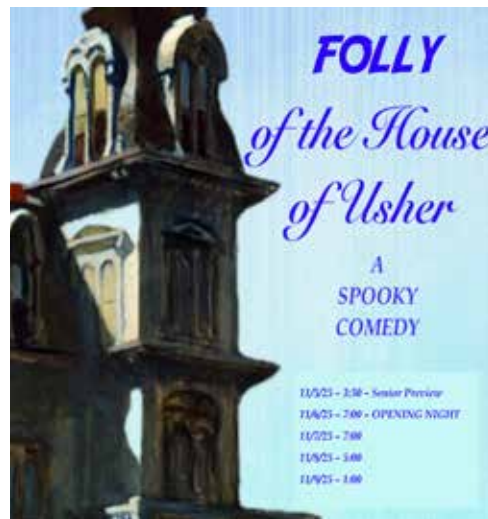
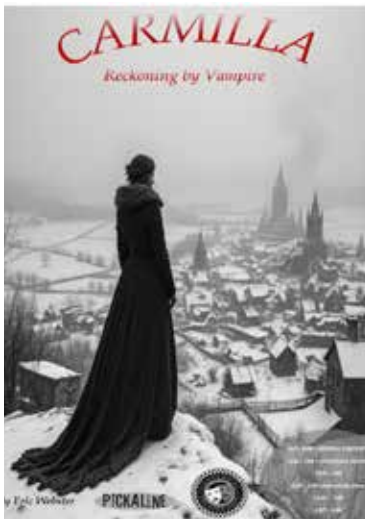
## Free Senior Previews

### Centennial High School Theater Presents: Carmilla

December 3, 4 pm at Centennial Performing Arts Center

### Centennial Middle School Theater Presents: Folly of the House of Usher

November 5, 3:30 pm at Centennial Middle School Auditorium



## Free Activities for National Community Ed Week

National Community Education Week is recognized the second week of November. This week we celebrate the role of Community Education in improving the overall well-being of communities through opportunities for learning and connection. Join us for one or both of these free activities Nov 13 in honor of National Community Ed Week.

### Air Fryer Appetizers Adult Online

Nov 13, 7-7:30 pm, online, free, pre-registration is required.

Try online cooking in this mini class! Cook along with Kristen as she makes Air Fryer Crispy Polenta Rounds with Roasted Seasonal Vegetables & Roasted Veggie Skewers. See page 12 for details.

### Preschool Open Gym Age PreK with adult

Nov 13, 6-7:15 pm, Rice Lake Elementary Gym, free, no pre-registration required. We'll provide the location, and some fun toys, parents and guardians: you'll provide the fun and supervision with your preschooler.

## Community Education Offices

### The CE main office & Conference Room

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

### Office Hours

School year hours beginning Sept 2  
Mon-Fri: 8 am-4 pm,  
closed non-school days and holidays

**Summer Hours** Mon-Thur: 8 am-4 pm;  
Fri: 8 am-noon, Closed Sept 1

### Adult English Second Language - ESL

4707 North Road, Circle Pines/Door S14

### Early Childhood Center - ECC

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

## Facilities

Use of school district facilities outside of the regular school day are coordinated and reserved through Community Education. Rental fees apply. Call 763-792-6104 or apply online at [communityed.isd12.org/facility-use-rental](http://communityed.isd12.org/facility-use-rental)

### Elementaries

**BH**—Blue Heron Elementary  
405 Elm St, Lino Lakes  
After hours Door B5

**CT**—Centennial Elementary  
4657 North Rd, Circle Pines/Door S20

**CV**—Centerville Elementary  
1721 Westview Rd, Centerville/Door A

**GL**—Golden Lake Elementary  
1 School Rd, Circle Pines/Door A or B

**RL**—Rice Lake Elementary  
575 Birch St, Lino Lakes  
After hours Door B  
Follow exterior signs for gym

### Middle & High Schools

**CMS**—Centennial Middle School  
399 Elm St, Lino Lakes. After hours Door A12

**CHS/West**—Centennial High School/West  
4757 North Rd, Circle Pines/Door S8/Main  
Athletic Entrance Door N40

**CHS/East**—Centennial High School/East

**Upper** 4881 101<sup>st</sup> Ln, Circle Pines/Door S3

**Lower** 4820 103<sup>rd</sup> Ln NE, Circle Pines  
Door N52

**PAC**—Performing Arts Center

# Community Ed Programs & Staff

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

## Directory

### Adult/Youth Enrichment

**Sharon Sculley**, Coordinator

763.792.6106 [ssculley@isd12.org](mailto:ssculley@isd12.org)

### Aquatics

Pool Office: 763-792-5240

### Driver Education

**Sharon Sculley**, Coordinator

763.792.6106 [ssculley@isd12.org](mailto:ssculley@isd12.org)

### ECFE & Centennial Preschool

**Sara Ison**, Coordinator

763.792.6122 [sison@isd12.org](mailto:sison@isd12.org)

**Lynn Dierks**,

Early Childhood Specialist

763.792.6133 [ldierks@isd12.org](mailto:ldierks@isd12.org)

**Deb Klausung**,

Early Childhood Admin Assist

763.792.6120 [dklausung@isd12.org](mailto:dklausung@isd12.org)

**Kelly Marquard**,

Early Childhood Specialist

763.792.6111 [kmarquard@isd12.org](mailto:kmarquard@isd12.org)

### ESL - English as a Second Language

**Yue "Pearl" Cheng**, ESL Teacher

763.792.5054 [ycheng@isd12.org](mailto:ycheng@isd12.org)

### Facilities

**Anne Thomas**, Coordinator

763.792.6104 [amthomas@isd12.org](mailto:amthomas@isd12.org)

### Kids Club

#### School Age Child Care

**Molly Nelson**, Coordinator

763.792.6110 [mnelson@isd12.org](mailto:mnelson@isd12.org)

**Heather Watson**, Asst Coordinator  
& Inclusion Specialist

763.792.6114 [hwatson@isd12.org](mailto:hwatson@isd12.org)

**Stephanie Thorstad**,

Registration/Billing Admin Assistant

763.792.6193 [kidsclub@isd12.org](mailto:kidsclub@isd12.org)



## Community Education Main Office 763.792.6100

**Cori Sendle**, Director 763.792.6101 [csendle@isd12.org](mailto:csendle@isd12.org)

**Jennifer Sand**, Lead Admin Assistant 763.792.6102 [jsand@isd12.org](mailto:jsand@isd12.org)

**Erin Berg**, Admin Assistant 763.792.6108 [eberg@isd12.org](mailto:eberg@isd12.org)

**Joy Orcutt**, Marketing & Enrichment Coordinator 763.792.6105 [jorcutt@isd12.org](mailto:jorcutt@isd12.org)

## Community Education Drop Box

The drop box is available 24/7, and is located at Door S14.

## Am I registered?

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

## Advisory Council Members

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

## Registration Policies

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

## Offsite Locations

Blue Turtles Art and Wellness, 7525 Village Dr, Ste 170, Lino Lakes

Bunker Park Stables, 13175 County Parkway D  
entrance at 550 Bunker Lake Blvd NW, Andover

Caribou Coffee, 730 Apollo Drive, Lino Lakes

Caribou Coffee, 757 Grand Ave, St. Paul

Francis Kaas Shop, 7155 160th Ln NW, Ramsey

Franconia Sculpture Garden, 29836 St. Croix trail N, Shafer

Hardwood Creek Farm, 2306 80th St E, Hugo

Jim Peterson Athletic Complex, 12302 Cloud Dr NE, Blaine

Mueller Memorial Funeral Home, 4738 Bald Eagle Ave, White Bear Lake

William O'Brien State Park, 16821 O'Brien Trail N., Marine on St. Croix

Wildlife Science Center, 22830 Sunrise Rd NE, Stacy







## Summer's not quite over...

### Join us for these August Activities

For more details, visit [communityed.isd12.org](http://communityed.isd12.org)

Cinderella Musical Theater (Age 5-8)  
Minecraft Olympics (Entering Grade 3-9)  
How to Retire from an Attorney's Perspective (adult)  
Spark Equestrian Camp (Age 6-12)  
Tenicity Youth Group Tennis Lessons (Age 5-16)  
DASH Volleyball (Age 5-12)  
Centennial Bowling Club (Entering Grade 5-12)  
Skyhawks Basketball Camp (Age 6-12)  
DASH Intro to Volleyball Tykes (Age 3-5)

Music on the Lake It's Golden!

Brady Perl, August 7, 7-8:30 pm

Salsa del Soul, August 21, 7-8:30 pm



### Kids Obstacle/Mud Run

Sat, Aug 9 at CHS

Mark your calendar for our 6th Annual Kids Obstacle/Mud Run. We added some new obstacles and an inflatable big slide!

Participants will run on the grounds of the high school completing multiple obstacles, some easy and some a bit more challenging, and ending with a mud pit! \$18 event only (no shirt). Register 3 or more children from the same family for \$15 per child.

**Check in: CHS Stadium Parking Lot.** Start times staggered by age. Please check in a few minutes before your start time.

6101 A, Age 6-7, 9:30 am

6101 B, Age 8-9, 9:50 am

6101 C, Age 10-12, 10:10 am

6101 D, Age 4-5, 10:20 am



## Halloween Hustle

Join us for the 8th Annual Halloween Hustle  
Sat, October 25 at Centerville Elementary

This 5K fun run will start at Centerville Elementary, run out the trail and loop back. Bring the entire family; pets are welcome (no pets in the school). Dress up in costume if you'd like and join us for a fun-filled morning. There will be a child turnaround station about a half mile up, so all ages can join. We'll have some fun child activities in the school after the run until 10:30 am. Participants registered by October 10 will receive a long-sleeved t-shirt. No refunds after October 10.

#6100 Check in 8:45, run at 9 am rain or shine, Prizes announced at 10:15 am with inside crafts until 10:30 am  
\$25 individual, \$63 family of 3, \$80 family of 4, \$95 family of 5, Children under 2 free, Late Registration \$15 each-No T-shirt



## Travel with Community Ed!

### Mackinac Island, May 18-22, 2026

Join us to experience the timeless charm, historic architecture and horse-drawn carriages, all on one island nestled in Lake Huron. [See page 21 for details](#)

### Texas Road Trip, April 10-20, 2026

Don't miss this chance to immerse yourself in history, culture and breathtaking landscapes, deep into the heart of Texas! We'll do all the planning! Call Julie at Austin Community Education for details and registration, 507-460-1706. [See page 21 for more details](#)



# Community & Family Activities



## Family LEGO® Night Sat, Oct 11 NEW

Join us for our first ever Family LEGO® Night. Bring your whole family for an evening of creativity, teamwork, and fun! Unleash your imagination and build unique creations using everyone's favorite building blocks. Enjoy team challenges with your family and showcase your projects. Win LEGO®-themed prizes. There will be a LEGO® swap table at the event. If you'd like, bring your gently used LEGO® sets to swap for others that are new to you. Create your own LEGO® minifig to bring home. Pizza will be served, bring your own drinks and snacks. Fun for all ages and skill levels! New builders and experienced builders welcome.

#8591 \$45 6-8 pm CMS: Cafeteria  
Families up to 4; \$5 for each additional person

## Family Puzzle Challenge Fri, Nov 7

Calling all jigsaw puzzle enthusiasts! Compete with other teams to put together a 500-piece puzzle! The fee includes the puzzle (yours to keep), pizza, drinks, and prizes. Register as a beginner if you have a younger, less experienced team, or advanced if you are up for the challenge! There will be different puzzles for beginning and advanced. Each team has a four-member max. Team must consist of 1-2 adults and 2-3 youths age 12 years or younger. Only one registration needed per family/team. Feel free to bring a gently used, complete puzzle to trade. Pizza and beverages served at 5:45 pm. The contest begins at 6:10 pm. Families will have until 7:30 to work on their puzzle.

#8590 \$50 5:45-7:30 pm CMS: Cafeteria

## Wolf Howl Bonfire

**Fri, Sept 26 All ages welcome**

Meet and learn about some of Minnesota's most fascinating wildlife during a bonfire program at the area's premiere wildlife facility, the Wildlife Science Center. The center's resident wolves, mountain lions, coyotes, foxes, lynx and raptors will be the focus of this incredible opportunity. At the conclusion of the program, sit fireside and toast marshmallows while the wolves fill the darkness around you with their incredible wild song (feel free to join in if you like). Dress for the weather as most of the event is outdoors.

#8560 \$20/person 5:30-8 pm Wildlife Science Center

## Minnesota Starwatch Program with Mike Lynch Mon, Oct 27

Make the stars your old friends as we watch the great celestial show in the skies over Rice Lake Elementary. Get to know the constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and others. Great constellation mythological stories will also be featured. We'll have giant telescopes aimed at Saturn, Jupiter, star clusters, galaxies, and more. An astronomical camera system will also capture breathtaking images. Mike will have books, photos, and cool glow-in-the dark shirts available for purchase. *All are welcome, but most appropriate for children ages six and up*

*Mike Lynch, retired WCCO meteorologist, has been hosting star watch parties and teaching astronomy for over 50 years. He also writes a weekly stargazing column for the St. Paul Pioneer Press.*

#8506 7-9 pm \$25 Individual or \$60 Family up to 4 people  
ECC: Rm 101 & outdoor area under the stars



## Breakfast With Santa Sat, Dec 6 Age 10 and under with adult

See Santa before he heads back to the North Pole. Everyone will have a light breakfast of muffins, yogurt, fruit, juice or coffee. The children will make some fun crafts and decorate a cookie. Santa's reindeer will have him at the school by 10 am for a visit. *Registration required*

#8507 9-10:30 am CTE: Cafeteria & Gym  
Child age 2-10: \$14; Adults: \$4 / Family \$42 (2 adults max)  
Under age 2 free with paid adult







## Gingerbread House Making Age 3-11 with adult

Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. All children must attend with an adult.

#2028 Sa Dec 13 \$25 3:30-4:30 pm CTE: Cafeteria

## Paint Date Pumpkins Under the Moonlight

**Tues, Oct 7 Age 5+ with adult**

You and your partner will experience a fun and relaxing evening in this class guided by a professional artist. Each partner will work on a different side of a canvas at the same time. When the two sides join at the end of class, you will have one complete artwork. This class is a wonderful way for adults and children to spend quality time together while exploring your creativity painting a Halloween theme. [See page 8 for details.](#)

## Music Together Newborn to PreK/age 5 years with adult

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes. [See page 35 for details.](#)

## Little Nature Adventures! Age 2-5 with adult

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

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

#1056-A Sept 8 Into the Tall Grass

#1056-B Oct 13 Apple Cider Time!

#1056-C Nov 10 Seeds & Leaves

## Toy-tastic Age 18 months to 6 years with adult

Toy-tastic Art Fun is where young artists explore the world of iconic toys through art. Participants unleash their creativity by crafting pictures of beloved toys using a variety of mediums. From LEGO® people to teddy bears, rubber duckies, and Matchbox® cars, each project encourages imagination and innovation. With a treasure trove of toys at their disposal, children create stunning artwork and learn to repurpose everyday objects into tools for self-expression. Join us for a playful journey where toys are used to create masterpieces. [See page 33 for more details.](#)

#2428 Tu Sept 30-Oct 21 4 sessions \$77 10-11 am ECC: Rm 101

## Gobble Gobble Age 18 months to 6 years with adult

Those pilgrims sure were crafty. The kids will celebrate Thanksgiving by creating an adorable clay turkey that is sure to attract smiles. to attend together. [See page 33 for more details.](#)

#2429 Th Nov 6 \$28 pair 6-7 pm ECC: Rm 101

## Advent Calendar Age 5+ with adult

Christmas is coming, Christmas Is Coming! Prepare for the holiday season as you and your child work together to create a cute, colorful advent calendar. You'll love creating together, then counting down to the holiday as you add a handmade ornament to your calendar each day in December.

#2433 Th Nov 20 \$45 pair 5:30-7 pm CMS: Rm E108

## Tot Skates & Silver Skaters

Skating is a great way to exercise, socialize and have fun. Spend some time building balance, coordination, and basic skating skills together. Skating is a great hobby for enjoying our Minnesota winters and for some it may be just the first step to learning more advanced skills. You will also get the chance to see our community rink and have it all to yourselves! Bring your own skates if you have them.

[Very limited skate rentals available at this time. Ice Arena staff will be present.](#)

\$5 per adult

or \$5 per adult/child pair pay at the door

Mon/Wed Sept 8-Dec 17 10:30 am-noon

No open skate Nov 3, 17 & 26

## Tot Skates Age 2-5 with adult

Join other little ones your own age and their grown-ups they have brought along for some open skate time.

Don't forget it's okay to fall, in fact, learning to do it safely is a great skill to have. Skating is a great way to burn off extra energy for little ones.

## Silver Skaters Age 55+

Grab some friends or neighbors and enjoy some dedicated open skating time in the community rink at the Centennial Sports Arena. Skating is a great way to exercise, socialize and have fun.



# Adult Create



## Paint Date: Pumpkins Under the Moonlight

Adult/child 5+

Enjoy an adult-child paint date. You and your partner will experience a fun and relaxing environment with the challenge of a class guided by a professional artist. Each partner will work on a different side of a canvas at the same time. When the two sides join at the end of class, you will have one complete artwork. This class is a wonderful way for adults and children to spend quality time together while exploring your creativity painting a Halloween theme.

Swetha Avula

#2420 Tu Oct 7  
5:30-7:30 pm  
\$48/pair CMS: Rm E108



## Mandala Art on Canvas

Mandala art has a soothing power that will instantly relax and fascinate you. It's a vibrant and colorful art design using dotting tools to create designs. By the end of class, you will have completed a mandala design on a 12" x 12" canvas that you can take home and display.

Bring \$10 cash or check payable to instructor to first class for supply fee.

Swetha Avula

#2358 Tu Nov 18  
\$35 + supply fee  
5:30-7:30 pm  
CHS/East: Rm 111

## Clay: Intro to Wheel Throwing

Join Aspen to learn the basics of throwing clay on the pottery wheel. Aspen has an easy going and engaging style of teaching and will help you make 2-3 pieces to be fired and glazed by the studio.

Aspen Resler, Blue Turtles Art and Wellness

#2426 Tu Sept 9  
\$60 6-8 pm  
Blue Turtles Art and Wellness



## Clay: Handbuilding Pumpkins

Join Rachel to learn handbuilding skills while making clay pumpkins for your fall décor. Build and underglaze two pumpkins with the color of your choice, that will be fired by the studio.

Rachel Resler, Blue Turtles Art and Wellness

#2425 Sa Sept 20  
\$60 10 am-noon  
Blue Turtles Art & Wellness



## Stained Glass 101 Copper Foil Method

Explore the art of stained-glass design and building.

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

John will also discuss how to frame your completed window with wood. All tools and materials are provided. Please wear hard toe shoes, and long sleeves, and bring a pair of safety glasses. No fleece or sweaters that can catch glass chips as you cut.

Bring \$25 cash or check payable to instructor to first class for supply fee.

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

2 sessions \$160 + supply fee  
5:30-8:30 pm CHS/East: Rm 140  
#2333-A Th/F Sept 11-12  
#2333-B Tu/W Dec 9-10

## Easy Oil Painting Using the Bob Ross Method Pansies Age 12+

Don't think of yourself as an artist? Our Bob Ross style trained instructor will lead you through instruction to create your own work of art. This class will demonstrate how easy and fun working with oil paint can be. Bob Ross is enjoying a pop culture revival. His big hair, cheerful, calm, and encouraging personality inspired generations of people to take up painting in the 80s and 90s. All materials are provided to create a 16" x 20" canvas masterpiece ready to frame for display at home. Frames will be available for purchase from the instructor at class if you are interested.

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

#2145 Sa Sept 27 10 am-2 pm  
\$70 CMS: Rm E108





## Soap Making

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

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

#2332 Th Oct 23 6-8:30 pm  
\$65 CHS/East: Rm 140

## Play with Polymer Clay

This hands-on introductory class is designed for adults interested in exploring the versatile medium of polymer clay. Learn essential techniques, including conditioning, shaping, and curing clay to create unique and functional pieces. Use traditional polymer clay and liquid polymer clay to create two projects. From jewelry and sculptures to decorative objects, the possibilities are endless.

*Art Innovators*

#2419 M Oct 20 6:30-8:30 pm  
\$50 CHS/East: Rm 110



## Henna Workshop Age 18+

Discover the rich culture of henna. Henna is a dye prepared from the leaves of a henna tree also known as Egyptian Privet. This class uses a natural henna product. Henna is a temporary body art resulting from the staining of the skin from the dyes. After stains reach their peak color, they hold for a few days, then gradually wear off, typically within two to three weeks. Learn the basics of henna tattoos and practice them. The instructor will fill in or finish your henna design and you can take home a henna cone (a henna applicator). All materials are provided. Participants will have a skin test prior to creating their design and a waiver will be required. Our instructor uses only natural henna.

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

#2356 W Sept 17 5:30-7:30 pm  
\$45 CHS/East: Rm 111



## Home & Garden

### Sod Squad

#### The Science of Turf Transformation

Fall is probably your lawn's favorite season. Let's discuss selecting the right grass and how to renovate when you need to. Bring the issues you had this summer, and we'll discuss those as well. Participants will receive a checklist of lawn care tips.

*Anoka County Master Gardeners*

#4033 W Sept 17 \$22 6:30-8 pm  
ECC: Rm 101



### Planting Spring Bulbs in the Fall

Early bulbs welcome spring to the garden and are unequalled as a source of color. Bulbs bloom in many colors, sizes and shapes. They will return year after year with minimum maintenance. We'll discuss bulb types, planting bulbs and caring for bulbs. You will practice planting daffodil bulbs that you can take home.

*Anoka County Master Gardeners*

#4032 Tu Sept 30 \$26 6-7:30 pm  
CHS/West Learning Commons

### Shade Perennials

#### Varieties, Planting, Propagating

Participants will gain a better understanding of "shade," the wide variety of plants that will grow in shade (other than Hostas!), sources for shade plants, planting tips for success, and how to propagate. Plants covered include sedges, Blood Root, Wood Iris, Meadow Rue, Ginger, Sedums, Pachysandra and many more.

*Anoka County Master Gardener with six years of experience and maintains an at-home acre of landscape in partial to full shade*

#4034 Th Oct 2 \$22 6-7:30 pm  
CHS/West Learning Commons

## Power Tools for Women

Tips on staining/varnishing at home will be covered. Students will be allowed to leave projects to finish the second night of class. There is plenty of available parking. Long hair must be tied back and no loose clothing for safety. Bring safety goggles, a tape measure, and a pencil.

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

2 sessions \$60 + supply fee

6:30-8:30 pm

Francis Kaas Shop, Ramsey



## Power Tools for Women 1

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

◆ **Week 1:** Learn the proper way to use tools and important safety considerations as you make a picture frame. Everyone will use all the tools.

◆ **Week 2:** Complete a small bench.

Bring supply fee of \$30 payable to the instructor.

#2354 W Sept 24 & Oct 1

## Power Tools for Women 2

**Prerequisite:** Power Tools 1 or permission from the instructor

Continue the learning in this sequel to Power Tools 1. We will be making an end table with a bookshelf

underneath. Bring supply fee of \$60-\$80 payable to the instructor (depending on type of wood chosen).

#2355 W Oct 15-22



## Needle Arts

All sessions are held in ECC: Rm 101 and are led by Kathy Johnson.

### Quilter's Night Out

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

**Fri 6-9 pm \$7**

#2750-A Sept 5

#2750-B Oct 3

#2750-C Dec 5

### Quilter's Day In

Come spend the day with fellow quilters. Arrive anytime between 9 am and 3 pm. Bring a lunch. Must pre-register. No registrations taken at door.

**Sat \$15**

#2751-A Sept 6 9 am-3 pm

#2751-B Oct 4 9 am-3 pm

#2751-C Nov 1 10 am-4 pm

#2751-D Dec 6 9 am-3 pm  
(Holiday Party)

### Quilter's Night Into Day

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

**Fri, 6-9 pm & Sat, 9 am-3pm \$20**

#2756-A Sept 5 & 6

#2756-B Oct 3 & 4

#2756-C Dec 5 & 6

### Sunday Quilter's Day In

Need more time to work on a quilt or to start a new one? Arrive anytime between 12 and 3 pm. Bring a lunch (if you like). Preregistration required.

**Sun 12-6 pm \$15**

#2751Su-A Sept 7

#2751Su-B Oct 5

#2751Su-C Nov 2

#2751Su-D Dec 7

### Plaidy Cake Quilt Advanced Beginner+



This pattern has fabric requirements for 5 sizes. This quilt features a woven look using two fabric blocks when rotated create the plaid look. Make this quilt from layer cakes, fat quarters, or scraps, which is nice. Improve your cutting, pinning, and sewing skills in these classes. Must purchase your own pattern (approx \$11). Fabric requirements will be part of your purchased pattern. We will send a separate supply list for items needed as well for the class.

#2503 W Oct 8-22 6:30-9:30 pm  
3 sessions \$68 (plus downloadable quilt pattern purchase approx \$11)







# Adult Dance & Music



## Private Guitar/Ukulele & Vocal Lessons

### All ages & abilities welcome

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

*Brady Perl is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs*

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

Select your half-hour private lesson during the time between 4-9 pm.

#5202-A	M	Sept 8-Oct 13
6 sessions	\$160	CTE: Conf Rm
#5202-B	M	Oct 20-Dec 15
7 sessions	\$187	CTE: Conf Rm
		No lesson Nov 3 & 17
#5202-C	Tu	Sept 9-30
4 sessions	\$107	CHS/West: Rm 707
#5202-D	Tu	Oct 7-Nov 11
4 sessions	\$107	CTE: Conf Rm
		No lesson Oct 14 & Nov 4
#5202-E	Tu	Nov 18-Dec 16
5 sessions	\$134	CTE: Conf Rm



## Adult Tap Dance

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

*Happy Feet Dance Co*

#5329	Th	Sept 11-Dec 11
12 sessions	\$179	8-8:45 pm
		No session Oct 16 & Nov 27
		CMS: Gym 5; Nov 6 at PAC

## Beginning Ballroom Dance



Foxtrot, Waltz and Tango are three popular ballroom dances. Foxtrot is an easy social dance that progresses around the floor. Walz is a beautiful versatile dance that you can use to glide across the ballroom or that you can keep very simple and stationary for a romantic wedding dance. Tango is a passionate, stylish and dramatic dance. We will focus on the basic steps and character of each dance as well as some fun patterns and variations.

*Heidi Smith-Miranda*

#5028	Sa	Oct 11-Nov 1
3 sessions	10-11 am	No session Oct 18
\$45 couple		or \$35 individual
		RLE: Gym A

## Centennial Community Band

**Grade 11+**

**Part of the Centennial Community since 2003**

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

This non-audition band, under the direction of Barry Zumwalde, is comprised of musicians from the Centennial area and surrounding communities.

Instrumentalists are welcome in percussion, low brass and horn, double reed and tenor/baritone sax sections. Interested musicians are invited to try up to three rehearsals without obligation.

Rehearsals are September through June, Tuesdays 7-9 pm in the Centennial High School west building band room (occasionally in the Middle School band room).



Visit the band website for fall concert details and more information:

[centennialcommunityband.org](http://centennialcommunityband.org)



# Adult Cooking



## Sugar Cookie Decorating Age 10+

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

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

**\$48 6:30-8 pm CHS/West Learning Commons**

#4098-A	Back to School	M	Sept 29
#4098-B	Spooky Sugar	Tu	Oct 21
#4098-C	Thankful for Cookies	W	Nov 19
#4098-D	Merry Little Cookies	Tu	Dec 16

## Marvelous Macarons Age 18+

They are beautiful and so fun to make. Your instructor will show you some simple tricks to make the process easy. We will make three different kinds; all set for the holidays. Participants will bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You will be the talk of the party when you serve these little delicacies.

**Bring \$13 to class payable to instructor for supplies.**

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

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

## Mile High Apple Pie Age 18+

Fall is in the air. With that comes apple season. This is the time of year to make the very best apple pie. Participants rave about this fun class. If you say, "I can't make pies" then this class is for you. Nancy will take you through all the steps, from making a crust, to preparing all the filling for your pie using the freshest apples. You will be surprised how easy it is. You will leave class with a hot apple pie to share with family and friends. Boxes will be provided. Please bring a rolling pin, if you have one. **Bring \$15 to class payable to instructor for supplies.**

*Nancy Burgeson,*

#4031 Th Oct 30 CHS/East: Rm 110  
\$40 + supply fee 6-9 pm

## All New Online Cooking Classes with Kristen Madaus

A Zoom link will be sent to email used for registration. Recipes and handout provided before class and a link to the class recording shared afterwards.



### Make Ahead Boards

If it's a board for 3, 30, or 350, Kirsten has arranged them all, and you can too! The best boards contain many elements that can be prepped ahead, so cook along with Kirsten as she makes Quick Pickled Vegetables and Spiced Nuts, then follow along - or take notes for later - as she adds fresh vegetables, meats, and/or dips then kicks it up a notch with edible garnishes. We'll talk about what elements make up a well-rounded cheeseboard, how to arrange cured meats for charcuterie boards, when to go beyond the traditional, and how to source local products.

#4104 Th Nov 20 \$24 6:30-8 pm

### Scandinavian Delights

Cook along with Kirsten as she demonstrates Danish Smørrebrød; sweet, braided Finnish Pulla bread; and Swedish Fruit Soup.

#4085 Th Dec 11 \$24 6:30-8 pm

### Fall Harvest Wellness Bowls

Build a Better Bowl with Kirsten live online using seasonal vegetables, savory proteins, and delectable drizzles. Kirsten will also demonstrate how to prep ahead different grains, sauces, and garnishes making healthy meals faster and more convenient.

#4102 Th Oct 9 \$24 6:30-8 pm

### Air Fryer Appetizers

#### Free class for National Community Ed Week

Try online cooking in this free mini class! Cook along with Kirsten as she makes Air Fryer Crispy Polenta Rounds with Roasted Seasonal Vegetables AND, for a bonus recipe, Roasted Veggie Skewers. Recipe handout provided before class and link to class recording shared afterwards.

*This class is generously made available by Kirsten in recognition of National Community Education Week*

#4103 Th Nov 13 Free 7-7:30 pm





# Adult Enrichment & Special Interest



## Genealogy with Jen Shaffer Online

Jen Shaffer, full-time Genealogist a.k.a. "The Formidable Genealogist."  
A link to Microsoft Teams will be sent to the email used for registration.  
Classes are held 6:30-8 pm. \$30 per class.

### Foundations of Genealogy

There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

#2323 Tu Sept 16

### Level Up Your Genealogy 1

MyHeritage and Ancestry are some of the biggest research sites, but what do you do when they do not have the information that you are looking for? We'll cover how to use the Family Search Catalog, working with autosomal DNA and other repositories to use beyond the large genealogy platforms.

#2334 Th Oct 16



### Level Up Your Genealogy 2

#### Genealogy Boot Camp

Moving beyond auto-generated hints on the big platforms like Ancestry and MyHeritage is the only way to make progress in your research. I will show you 23 research techniques used by the pros.

#2422 Tu Oct 28

### Level Up Your Genealogy 3

#### Deep Dive Research Skills

Here are even more research tips and tricks that you can instantly apply to your own research. Learn about the history of immigration in the U.S., how to find immigration records and other valuable knowledge for your research.

#2424 Tu Dec 9

### Genealogy Methods Research Skills through Case Studies

It can take years to learn how to research effectively. Watch as I go through the steps that I use as a professional Genealogist to solve common research problems. These case studies will show you techniques that you can apply to your own research.

#2423 Th Nov 20

## Conversational Spanish Beginner Part 1 Online

Age 18+

Have you always wanted to learn or refresh your Spanish? This class focuses on building conversational skills through interactive practice. Topics include greetings, pronunciation, numbers, food, clothing, and basic grammar. You'll engage in small conversations and explore cultural insights like word origins and dialects. Zoom access and basic computer skills required.

### Futura Language Professionals

6 sessions	\$110	6-7 pm
#7009-A	M	Oct 20-Dec 1
		No session Nov 24
#7009-B	Tu	Oct 21-Dec 2
		No session Nov 25
#7009-C	W	Oct 22-Dec 3
		No session Nov 26

## Photo Organization Print & Digital

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

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

#3512	Tu	Nov 11
		\$22 6:30-8:30 pm
		ECC: Rm 101

# Adult Education & Finance



## 4 Strategies for a Smarter College Search Online

Designed for families with students in grades 9-11

The college search continues to become more complex, making it harder for families to identify the right fit for schools. Challenges include:

- ◆ Substantial changes to FAFSA and financial aid may make college more expensive
- ◆ Admission trends have changed around how colleges admit students
- ◆ Testing - some require it now and some don't - what path makes sense?

Join us to learn how these changes may impact your family, and new strategies to consider giving your child the best opportunity to be admitted and maximize scholarships and financial aid. [Please provide email information upon registration so a Zoom link and handouts can be emailed prior to class date.](#)

*Cozy Wittman from College Inside Track, speaks nationally about college, and is passionate about educating families regarding the process to find the right fit*

#3022 M Sept 29 7:30-8:30 pm  
\$10/family

## Social Security Claiming Facts & Filing Strategies

How do I maximize my Social Security benefits? Explore claiming rules and strategies for couples, divorcees and widowed-surviving spouses to show you how to get the most out of your Social Security benefit. Discuss the important role Social Security plays in your overall retirement planning, ways to maximize your benefits and how to avoid becoming a victim of the "Widow Trap." You should attend if you are within 10 years of retirement.

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

#3012 Tu Sept 30 6:30-8 pm  
\$16 Individual or Couple ECC: Rm 101

## So, You're Thinking About Leaving Minnesota

An Attorney's Perspective on How to Do It

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

*Steve Ledin, Attorney*

#3080 W Sep 24 6:30-8 pm  
\$16 Individual or Couple ECC: Rm 101

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

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

*Steve Ledin, Attorney*

#3079 M Oct 20 6:30-8 pm  
\$16 Individual or Couple ECC: Rm 101

## The 10 Important People You Need for Your Estate Plan to Work

In each Minnesotan's life, there are ten people we should be prepared to count on as we age and move into the last stages of our lives. In this class we will learn the answers to: What are the roles and responsibilities of these people? How long do they serve and how much of a time commitment are we asking? How much guidance can we give them? Who makes an ideal selection for each of these vastly different roles? Who makes a bad selection for these roles? What pitfalls and problems should we be aware of? These jobs include Attorney-In-Fact, Health Care Agent, Estate Executor, Trustee, Guardian and more. All are vastly different jobs that benefit you and they deserve careful thought. This class encourages questions. We will provide the answers.

*Steve Ledin, Attorney*

#3034 Tu Nov 25 6:30-8 pm  
\$16 Individual or Couple ECC: Rm 101





## Trust and Long-Term Estate Planning

### Why You Can't Always Trust Your Trust

A Trust is a very popular component and tool to be used in our estate planning. However, there are a variety of vastly different Trust options to be used, and the question arises: "Am I using the right Trust for my needs and goals?" Trusts often used include: Living Trusts, Testamentary Trusts and Irrevocable Trusts, each serves a different purpose, each has a different result. One common problem that often needs addressing is the over-utilization of the Living Trust for goals or problems that it does not resolve. For example, "Does my Living Trust protect my assets against Medicaid and the nursing home?" The answer is probably no. The Irrevocable Trust and the Testamentary Trust each have their strengths and weaknesses as well. We will clearly define the strengths and weaknesses of these different types of Trusts and when to use them. Explore your goals and wishes to see where they fall in the realm of Trusts. Class encourages questions and we hope to provide answers that will set your mind at ease or assist you in the decision making in this area.

Steve Ledin, Attorney

#3017 Tu Dec 2 6:30-8 pm  
\$16 Individual or Couple  
CHS West Learning Commons

## Lunch & Learn at a Funeral Home



You've attended a funeral before and have likely left with thoughts about planning for your own farewell. What would you want? What would you not want? How do you make sure these wishes are carried out? Come join us for lunch and learn at a local funeral home to ask questions, get answers, and uncover the benefits of getting a plan together in advance. Soup, sandwiches, salad, and dessert served.

Mueller Memorial Funeral Home Staff

#3035 M Oct 6 11:30 am-1 pm  
\$5 Individual or \$8 Couple  
4738 Bald Eagle Ave, WBL

## How Wills and Trusts Can and Cannot Help You

What is estate planning and why is it crucial? This class explores the purposes for estate planning, basic plans for married couples and single individuals, and reviews wills and trusts in detail. Also reviewed are power of attorney, guardianship, health care directive and the probate process. A well-planned estate will allow the maker to stay in control even in the event of disability and will avoid probate and unnecessary fees and delays upon death.

Michelle Kelly, private practice attorney focusing on estate planning, probate and trust administration, and elder law

#3046 Th Oct 23 6:30-8 pm  
\$26 ECC: Rm 101

## Write Your Own Will

Participants should be comfortable using a computer with some typing ability.

Prepare a valid will on a computer and learn about probate, estate planning, and wills. Some prep work required; packet will be sent prior to class.

NOTE: This is a "simple will" class, not appropriate for those who have assets more than one million dollars or who need a Trust as well. Couples must register individually.

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

#3010 Tu Sept 16 6-9 pm \$49  
CHS/W Learning Commons: Computer Rm

## Write Your Own Health Care Directive/Power of Attorney

If you become incapacitated who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices. Learn about and draft a Health Care Directive and a Power of Attorney using a computer. Participants will leave with a valid Health Care Directive and Power of Attorney. Packet sent prior to class as some prep work required. Should be comfortable using a computer.

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

#3053 Tu Dec 16 6-9 pm \$49  
CHS/W Learning Commons Computer Rm

## Medicare 101

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

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

#3061 M Oct 13 6:30-8 pm  
\$16 Individual or Couple ECC: Rm 101

# Adult Fitness & Health



## POUND® Rockout Workout

**Age 16+ all fitness levels & is easy to modify**

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

Using 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.

*Missy Vanghen, certified POUND® Pro Instructor*

**Tues 6:30-7:30 pm**  
#6064-A Sept 9-Oct 21  
7 sessions \$47 CHS/East Lower: Gym

#6064-B Oct 28-Dec 16  
8 sessions \$54 CTE: Media Center

## Boot Camp/Core

**Morning Class - Open to all fitness levels**

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

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

**Mon/Wed/Fri 5:30-6:15 am CHS/West: Rm 607**  
#6932-A Sept 3-29 12 sessions \$66  
#6932-B Oct 1-31 14 sessions \$77  
#6932-C Nov 3-28 12 sessions \$66  
#6932-D Dec 1-31 13 sessions \$72  
No session Dec 24

## Yoga



In this class, you will learn about the fundamental yoga postures in most Hatha and Vinyasa classes. We will be incorporating breath with movement to build physical strength, flexibility, and mental clarity with the ultimate aim of a deeper connection to oneself.

*Lalainia Sweet*

**5 sessions Th 11-11:45 am \$30 ECC: Rm 101**  
#6067-A Oct 2-Nov 6 No session Oct 16  
#6067-B Nov 13-Dec 18 No session Nov 27

## Foot Care Clinic



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

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

#6098 Sa Oct 4 \$66 CHS/West: Rm 707  
Select your appointment time: 9 am, 9:45 am, 10:30 am, 11:15 am, 12 pm, 12:45 pm, 1:30 pm, 2:15 pm

## Forest Bathing

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

*Kristen Mastel, Certified Forest Therapy Guide*

#6063 Su Oct 12 9-11 am  
\$40 + park vehicle permit fee  
William O'Brien State Park





## Online classes with Janice Novak



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

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

### Feet, Knees & Ankles

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? In this workshop, you'll learn simple things to help correct these common problems.

#6311 Tu Sept 16 \$26 6-7:30 pm

### Seated Abdominal Strengtheners That Won't Stress Your Back or Neck

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary, and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal muscles without stressing back or neck joints and without getting on the floor. Common abdominal exercises like crunches can place too much stress on the back and neck joints.

#6309 Tu Oct 7 \$26 6-7:30 pm

### Avoid the Pitfalls of Perimenopause/Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured, blood test vs. saliva test and what to do with the results; traditional HRT vs. bioidentical acupuncture points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

#6312 M Nov 3 \$26 6-7:30 pm

### Soothe Those Achy Joints

Do you have joints that ache? A knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

#6320 Tu Nov 11 \$26 6-7:30 pm

## Adult Sports

### Men's 5v5 Basketball League Age 18+

Officiated men's basketball league. Players must be at least 18 years of age. Games are played at Centennial Middle School on Sundays between November 2 and February 15. Includes 10 games plus playoffs. Two officials per game and scorekeeper. In case of inclement weather, we will have a make-up day on Feb. 22. Game times vary in the evenings. No games Nov 30, Dec 21, Dec 28 & Feb 8. Register by October 20, no refunds thereafter.

#6806 Su Nov 2-Feb 15 6-10 pm  
10 sessions plus playoffs \$700 per team  
No games Nov 30, Dec 21, Dec 28 & Feb 8  
CMS: Gyms 1 & 2

### Adult Gymnastics Age 16+

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

*Davin Elm*

**Mon 7 sessions \$70 8:05-9:05 pm**  
**CHS/East Lower: Gymnastics Rm**  
#6037-A Sept 8-Oct 20  
#6037-G Oct 27-Dec 15 No session Nov 3

### Open Volleyball Age 18+

Drop in for a night of volleyball at Centennial Middle School on select Friday nights September 26 through May 22 from 6:30-9:30 pm. \$7 drop-in fee payable at the door. Please bring clean, dry court shoes. See Eleyo for a complete listing of dates.

## Outdoor Photography Walks with Don Tredinnick, professional photographer and owner of Frozen Hiker Photography

All experience levels are welcome. We are outside for two hours each class.

Bring water and dress for the weather. You will need a camera that allows for manual settings.



### Fall Photography Along Summit Avenue in St. Paul



Summit Avenue features historic mansions, mature trees, and fall decorations. We will begin at the Caribou Coffee on Grand Avenue and head up to Summit Avenue. We will then make our way along Summit capturing fall scenes as we go. This will be a leisurely walk with plenty of time to capture some great fall photos. Don will provide tips and guidance along the way. **You will need to bring a camera and a lens that can range in focal length from 24mm to 105mm.**

#8710    Sa    Oct 18    \$40    8:30-10:30 am  
Caribou Coffee (757 Grand Ave, St. Paul)

### Light Painting at Franconia Sculpture Garden



George Eastman said, "Light makes photography. Embrace Light. Admire it. Love it. But above all, know light. Know it for all you are worth, and you will know the key to photography." Regardless of the type of photography you do, light painting will help you improve your ability to see and understand light. Besides, it is just plain fun! Join professional photographer, Don Tredinnick, as we experiment with different light sources to create some amazing images. Don has spent time at many locations around the U.S. light painting everything from artwork to ghost towns. The results are photos that are truly unique. Don will demonstrate the use of flashlights, fiber optics, light pens, light wands, and a few other tools. We will create as a group and offer participants the opportunity to do the actual painting. **Required Equipment: Lens with focal length of 24-105mm. DSLR or mirrorless camera. Extra batteries.** To understand more about the process and the results checkout this video that Don posted on YouTube: <https://www.youtube.com/watch?v=FbXhYhNrmgM>

#8711    F    Nov 14    \$40    5:15-7:15 pm  
Franconia Sculpture Garden (parking lot)  
29836 St. Croix trail N, Shafer 55074

### Holiday Lights Photo Walk

Join Don Tredinnick as we capture local holiday light displays. Meet at Caribou Coffee, 730 Apollo Drive in Lino Lakes, where Don will provide some tips on photographing holiday light displays. We will then head over to Cinnamon Teal Court to photograph the amazing light displays put on by the neighborhood.

Don will spend time helping participants with camera settings, focusing at night, creative camera effects such as zooming with long exposures, and shallow depth of field. We will also work with some of the challenges such as dealing with movement, and sequenced light displays.

**You will need to bring a camera with a lens that can range in focal length from 35mm to 105mm and a tripod.**

#8712    F    Dec 5    \$40    5-7 pm  
Caribou Coffee (730 Apollo Dr) & Cinnamon Teal Court



## ADULTS WITH DISABILITIES

### Bunker Stables Hayride

Join us for a fall hayride at Bunker Stables. Enjoy a 45-minute hayride and then s'mores around a campfire. Please check in at 3 pm for our 3:30 ride. Participants are welcome to bring one (1) family member along at no charge. Otherwise, please pick up by 4:45 pm.

Kayla Little

#4418    Sa    Oct 4    \$15    3:30-4:45 pm    Bunker Stables

### Gingerbread House Making

Create unforgettable holiday memories by decorating an enchanted gingerbread house. Have fun creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. Caregivers are welcome to stay and create with their loved one, or participants can be dropped off.

#4416    Sa    Dec 13    \$20    3:30-4:30 pm    CTE: Cafeteria





## Age 55+ Driver Discount Program

Complete this course to get a 10% discount on your auto insurance premiums. Taught as a presentation from a certified instructor, we'll discuss challenges we face as drivers, new road designs, vehicle technology, and updates on current laws. Best of all, there are no written or behind-the-wheel tests. A certificate will be provided at the end of class.

The initial 8-hour class requirement has been removed. Participants must repeat the 4-hour class every three years to maintain the discount.

*Keith Terns, Precision Driving Center of Minnesota*

**\$24 ECC: Rm 101**

#8101-A	Th	Aug 28	1-5 pm
#8101-B	Th	Oct 2	5:30-9:30 pm
#8101-C	M	Nov 3	1-5 pm
#8101-D	Tu	Dec 2	5:30-9:30 pm



## English as a Second Language

### Learn English with our help!

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

## Adult Basic Education

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

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

**For more information** and class locations in the north metro area, call Metro North Adult Basic Education at 763-433-4200 or visit [www.metronorthabe.org](http://www.metronorthabe.org)

## Centennial is an Extraordinary Place to Learn!

Centennial's dedicated and talented teachers and staff are student-focused every day and in everything they do. The focus on what is best for students is demonstrated in what our students are able to do and achieve. Their passion and dedication makes Centennial an extraordinary place to learn.

### DISCOVER CENTENNIAL SCHOOLS!

Visit [isd12.org/enroll-today](http://isd12.org/enroll-today) and get a sneak peek of kindergarten in our schools. Interested in attending Centennial and you live outside the school district boundaries? [Learn more at isd12.org/enroll-today](http://isd12.org/enroll-today).

With nine exceptional schools serving 6,400 students, Centennial helps prepare learners for whatever is next and beyond.



**FOLLOW US ON INSTAGRAM  
FOR A SNEAK PEEK INTO CENTENNIAL SCHOOLS**  
[@centennial.isd12](https://www.instagram.com/centennial.isd12)



**CENTENNIAL**  
SCHOOL DISTRICT 12  
CONNECTING. ACHIEVING. PREPARING.

# Trips & Outings

## Trips depart from The Rookery Activity Center in Lino Lakes

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

### St Paul Gangster Bus Tour Wed, Sept 24

NEW

Join our entertaining Gangster bus tour through historic Saint Paul, which will feature exterior views of its many famous attractions. Infamous sites will also be highlighted where bootleggers, bank robbers and gangsters operated while "hiding in plain sight" from the FBI. Learn why St. Paul became a haven for the nation's most notorious gangsters during the first decades of the 20th Century, and the impact of that legacy. This unique tour winds through neighborhoods that welcomed both the city's wealthiest citizens as well as its crooked hoodlums. After the tour, we will enjoy lunch at DeGidio's Restaurant where we will enjoy Chicken Parmesan - Parmesan crusted chicken breast served over spaghetti with classic tomato sauce and baked mozzarella, garlic bread, and a non-alcoholic beverage.

#8701 \$97 9:35 am-3 pm  
No refunds after Aug 28



### Grease Chanhasen Dinner Theatre Wed, Oct 1

NEW

Greased-back hair and leather jackets, ponytails and poodle skirts, fast cars and rock 'n' roll, Grease is back at Chanhasen Dinner Theatres! Experience the nostalgia of high school in the '50s - peer pressure, love, and teenage life set against the campy backdrop of Rydell High! Discover the drama, comedy, and pop-culture satire that has made Grease one of the most popular productions of all time! This play is rated PG-13 for some sparse language and gestures

#8755 \$119 9:45 am-4:30 pm  
No refunds after Sept 2  
Dessert and alcoholic beverages on your own.



### 9 to 5 Paramount Center Show & Lunch Thurs, Oct 30

NEW

We begin with an included buffet lunch at Coyote Moon Grill. The lunch buffet will have three chef-made entrées, potato and vegetable, salad bar with Caesar salad, popovers with honey butter and soup. A light dessert will also be included with the buffet. Then we'll proceed to the Paramount Center for the Arts for Great Theatre Presents 9 to 5. In the corporate world of the late 1970s, Violet, Judy, and Doralee are fed up with their arrogant, misogynistic boss. When a wild turn of events gives them the chance to take matters into their own hands, they set out to change the office - and their lives - for the better. With music and lyrics by Dolly Parton, 9 to 5 is a laugh-out-loud story of empowerment and unlikely friendship. Full of catchy songs, hilarious antics, and a message about challenging the status quo, this high-energy show celebrates perseverance, camaraderie, and standing up for what's right.

#8752 \$99 9:30 am-5:30 pm  
No refunds after Sept 26

### White Christmas Chanhasen Dinner Theatre Wed, Nov 5

NEW

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

#8754 \$119 9:45 am-4:30 pm  
No refunds after Oct 3  
Dessert and alcoholic beverages on your own.

### A Christmas Carol Sidekick Theatre Show & Lunch Tues, Dec 2

NEW

Join us for a wonderful fresh look at the story of Ebenezer Scrooge and the ghostly visits he receives one Christmas Eve. This new musical rendition of the beloved Christmas tale is sure to provide a memorable experience for audiences of all ages. Narrated and accompanied by Brian Pierce as Jacob Marley and featuring some of the most talented performers and musicians in the Twin Cities, this magical production blends music, storytelling, humor, and a joyous holiday spirit. Lunch is served before the show. Creamy chicken breast served with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted dessert (chef's choice), coffee, decaffeinated coffee and hot tea.

#8751 \$99 9:30 am-4:30 pm  
No refunds after Oct 4



**Bentleyville 21+****Mon, Nov 24-Tues, Nov 25**

Billed as America's Largest Free Walk-Through Lighting Display, Bentleyville invites guests to stroll under the glow of over 5 million lights in a 20-acre park situated on the shores of Lake Superior, while enjoying complimentary hot cocoa, cookies, popcorn and roasted marshmallows! Bentleyville accepts food and toy donations.

This is an overnight trip with lodging at The Suites Hotel in Canal Park. We'll check in at the hotel and then walk across the hall (inside) to Hoops Brewing. A BBQ buffet dinner served by OMC Smokehouse, pork or brisket with sides. Bring some additional money along if you'd like to sample beer or have some coffee from Duluth Coffee Company. While at Hoops, we'll have a short talk from Dave, Master Brewer and the owner of Hoops Brewing.

We'll arrive at the hotel around 4:30 pm, dinner at 5:30 pm and then head to Bentleyville around 7 pm. The bus will pick us up again at Bentleyville around 8:30 pm. We'll leave in the morning at 9 am after breakfast at the hotel, make a stop at Tobies, and be back to the Circle Pines area early afternoon.

#8753 \$199 per person Double Occupancy;  
\$279 Single Occupancy  
Registration deadline Oct 21.  
Depart Nov 24 at 2 pm  
Return Nov 25 at 1:30 pm

**Mackinac Island Mon-Thurs, May 18-22, 2026**

On Monday we'll leave at 6:45 am. A couple of rest stops are included, with a boat ride in Manitowoc, WI for lunch. We will stay overnight in Ludington, MI at the Holiday Inn.

On Tuesday we'll travel to Charlevoix MI for lunch and then to Mackinaw City to take the ferry to Mackinac Island. On the Island we'll stay at the Lakeview Hotel. It has a pool, sauna, elevator, stylish guest rooms and a covered porch to relax and enjoy the views.

We'll continue visiting the island Wednesday with a horse drawn carriage ride, hear the history of the island and see points of interest. You'll then have time on your own to explore. Lunch is included at the Grand Hotel.

On Thursday morning we'll depart the island and head for St. Ignace; lunch is included with an overnight in Green Bay at the Oneida Casino.

On Friday we'll tour Lambeau before having lunch, then return home early in the evening. Check out our website for a complete details and all the attractions we'll be visiting.

An initial deposit of \$600 is due at the time of registration.

Final payment is due March 6. No refunds thereafter.

Travel insurance is available through an outside vendor, call USI Travel Insurance Services at (855) 874-0156, account number 500097.

#8758 \$1,499 per person, double occupancy; \$2,155 single occupancy

**Texas Road Trip 2026 April 10-20, 2026!**

Pack your bags for an 11-day luxury coach tour filled with history, culture, and breathtaking landscapes as we journey deep into the heart of Texas! From iconic landmarks to hidden gems, this Texas getaway offers the perfect mix of adventure and relaxation. This incredible journey kicks off in Pawhuska, OK, where you'll enjoy a multi-course deluxe brunch at the renowned Pioneer Woman Event Center. From there, step back in time at the Fort Worth Stockyards. In San Antonio, immerse yourself in the city's rich history and vibrant culture with a hop-on, hop-off trolley tour, a scenic river cruise, an evening ghost tour, and a visit to the legendary Alamo. We then travel onto the shores of South Padre Island, staying right on the beach while exploring the island's natural beauty. Enjoy a visit to Sea Turtle, Inc., embark on an exciting dolphin watch cruise, and cap off the evening with a group dinner at Dirty Al's, a well-loved seafood spot. Next, experience the charm of Waco, where you'll stay near the famous Magnolia Silos in a beautiful 5-star hotel, take a deluxe city tour, and enjoy a special group dinner in this beloved destination. The adventure concludes in Dallas, where you'll tour the stunning Dallas Botanical Gardens and visit Southfork Ranch, the iconic filming location of the TV series Dallas.

**The trip includes:** 8 breakfasts, 2 lunches, 4 dinners, 8 incredible tours and premium hotel stays

Also included is an experienced travel host, itinerary packet and deluxe coach transportation.

\$800 nonrefundable deposit due at the time of registration. Spots are not reserved until deposit is paid.

Full balance due January 15. The complete itinerary will be sent by email when the trip balance is paid in full.

Bus pick-up locations are Circle Pines, MN and Austin, MN.

Single Occupancy \$3,328 Double Occupancy per person \$2,438 Triple Occupancy \$2,168

All Registrations through Austin Community Education: By phone-call Julie at 507-460-1706

Online: <https://austin.revtrak.net/WS-Redirect/?wsresource=eventDetail.html%3fid%3d1486902>

# After-School Elementary Activities

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



## Blue Heron

### Flag Football Camp Grades 2-5

See description under Centerville

DASH Sports LLC

#6956-C W Sept 17-Oct 8  
4 sessions \$75 3:55-4:55 pm BHE: Baseball Field

## Centennial

### Brick Hero Engineers Grade 1-5

What will you build if someone has fallen and needs a rescue? Join this class to learn how to be a brick-building hero. Construct a rescue winch, a hill-busting buggy or something new and ingenious through engineering concepts!

Youth Enrichment League

#7821-C W Oct 29-Dec 10 No session Nov 26  
6 sessions \$85 3:45-4:45 pm CT: Rm 116

### Frosty Fun Art Grade K-5

It'll be the perfect time of year to draw a cozy cup of hot cocoa with marshmallow friends and a gingerbread buddy. Create a whimsical penguin snow globe scene and decorate a mini wooden sled featuring a cheerful snowman.

Kidzart

#2417-B W Dec 3-17  
3 sessions \$55 3:45-4:45 pm CTE: Media Center

### Flag Football Camp Grade 2-5

See description under Centerville

DASH Sports LLC

#6956-A Sept 15-Oct 6  
4 sessions \$75 3:55-4:55 pm CHS: Field 3

## Centerville

### Brick Hero Engineers Grade 1-5

What will you build if someone has fallen and needs a rescue? Join this class to learn how to be a brick-building hero. Construct a rescue winch, a hill-busting buggy or something new and ingenious through engineering concepts!

Youth Enrichment League

#7821-A M Oct 20-Dec 8 No session Nov 3 & 17  
6 sessions \$85 3:45-4:45 pm CVE: Rm 157

### Frosty Fun Art Grade K-5

It'll be the perfect time of year to draw a cozy cup of hot cocoa with marshmallow friends and a gingerbread buddy. Create a whimsical penguin snow globe scene and decorate a mini wooden sled featuring a cheerful snowman.

Kidzart

#2417-A Tu Dec 2-16  
3 sessions \$55 3:45-4:45 pm CVE: Rm 157

### Flag Football Camp Grade 2-5

Dash Sports Flag Football Camp provides 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 the final day. Footballs and flag belts are provided. Spikes/cleats and mouth guards are optional.

DASH Sports LLC

#6956-E F Sept 19-Oct 10  
4 sessions \$75 3:55-4:55 pm CVE: Field 4



Frosty Fun Art





## Golden Lake

### Critters & Color Fall Art Grade K-5

Celebrate the beauty of fall and the charm of woodland creatures in this hands-on class. Create a mixed-media squirrel collage, a cozy mouse scene with pumpkin village and a silhouette cat at sunset.

*Kidzart*

#2415 Tu Sept 23-Oct 7  
3 sessions \$55 3:45-4:45 pm GLE: Rm 213

### Medieval Art Adventure Grade K-5

Step into a world of fantasy and legend as you design your own medieval kingdom map, sculpt a mythical clay creature, create a personalized coat of armor banner and learn to draw a fierce dragon.

*Kidzart*

#2416 W Oct 22-Nov 19  
5 sessions \$90 3:45-4:45 pm GLE: Rm 213

### Drawliday Grade K-5

Goodbye winter boredom, hello creativity! Develop drawing skills and imaginative storytelling in fresh, new holiday and winter-inspired projects.

*Young Rembrandts*

#2427 M Nov 24-Dec 15  
4 sessions \$55 3:45-4:45 pm GLE: Rm 213

### Flag Football Camp Grade 2-5

See description under Centerville

*DASH Sports LLC*

#6956-D Th Sept 18-Oct 9  
4 sessions \$75 3:55-4:55 pm GLE: Field 2 & 3

## Rice Lake

### Spark Studio Grade K-5

Let's learn about warm and cool color theory through fall-themed illustrations. Expand your creativity by drawing dynamic emotions and humor.

*Young Rembrandts*

#2418 Tu Sept 16-Oct 7 No session Nov 26  
4 sessions \$55 3:45-4:45 pm ECC: Rm 101

### Grandmasters of Chess Grade K-5

Learn, practice and play chess each week, including new tactics, puzzles and tournaments. This program is welcoming to both new chess learners and those who already have chess knowledge.

*Youth Enrichment League*

#7823 W Oct 29-Dec 10 No session Nov 26  
6 sessions \$96 3:45-4:45 pm ECC: Rm 101

### Brick Hero Engineers Grade 1-5

What will you build if someone has fallen and needs a rescue? Join this class to learn how to be a brick-building hero. Construct a rescue winch, a hill-busting buggy or something new and ingenious through engineering concepts!

*Youth Enrichment League*

#7821-B Tu Oct 28-Dec 2  
6 sessions \$85 3:45-4:45 pm ECC: Rm 101

### Flag Football Camp Grade 2-5

See description under Centerville

*DASH Sports LLC*

#6956-B Tu Sept 16-Oct 7  
4 sessions \$75 3:55-4:55 pm RLE: Field 6



Critters & Color  
Fall Art



Medieval Art Adventure

# After-School Middle School Activities

All activities are for Grades 6-8 unless otherwise listed

Students can be picked up or ride an activity bus home at 4:40 pm. No busing on Fridays.



## Cookies & Canvas

Do you enjoy painting? Are you interested in learning to paint? Come join our "Paint Party" atmosphere and learn to paint with acrylic paints on a 16" x 20" canvas or two 8" x 10" canvases using the step-by-step method or come with your own idea in mind! We take a cookie break while layers are drying and listen to music, creating a relaxed and fun atmosphere. Beginner and advanced students are welcome to join! All have the option of an "Open Paint Studio."

Sara Longworth-Koehn

2 sessions \$49 3-4:35 pm

CMS: Rm E108

#2902-A	M	Sept 15 & 22
#2902-B	M	Oct 13 & 27
#2902-C	M	Nov 10 & 24
#2902-D	M	Dec 1 & 8

## Celebration Cakes 101

The Joyful Crumb is coming to share their expertise! Unlock your creativity and learn to bake and decorate stunning cakes in this practical course. Gain hands-on experience with everything from selecting ingredients and mastering baking techniques to leveling, filling, and frosting cakes with a flawless finish. Discover the secrets to working with buttercream and ganache drip, and practice essential decorating skills such as piping, applying sprinkle decoration, and adding the perfect finishing touches. By the end of this course, you'll be able to design, bake, and decorate custom cakes, perfect for celebrations or simply enjoying the sweet rewards of your skills. Each participant will leave the course with a 6" round cake!

Amy Gorowsky from *The Joyful Crumb* is a local business specializing in amazing custom bakery products.

#6626	Th	Sept 25-Oct 9
3 sessions	\$59	3:05-4:30 pm
CMS: Rm E133 (FACS)		

## MS Watercolor Bookmarks

Learn the beautiful art of watercolor painting in this engaging workshop focused on creating unique bookmarks. Whether you're a seasoned artist or a complete beginner, this class offers an opportunity to explore the enchanting world of watercolors and produce personalized bookmarks that will add a touch of elegance to your reading experience, and you can laminate them right away in class. You will make five bookmarks.

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

#2421 W Oct 1 \$28 3-4:30 pm  
CMS: RM C126



## MS Fun with Resin, Polymer Clay & More with Kidcreate Studio

Dive into a world of creativity. Learn about resin art as you make charms and necklaces and shape polymer clay masterpieces. You'll learn unique techniques, create amazing keepsakes, and discover the joy of hands-on creativity.

Kidcreate Studio

#2430 Th Nov 6-20  
3 sessions \$87  
3-4:30 pm  
CMS: Rm C126



## MS Anime Camp

Anime Academy is a unique drawing class for those interested in learning more about the exciting world of anime. Led by an experienced instructor with a passion for this art form. Classes will introduce participants to the basics of anime drawing and help them develop their own unique anime style.

Young Rembrandts

#2834 M Oct 6-27  
4 sessions \$66 3-4:15 pm  
CMS: Rm C126

## MS Chess Club BEFORE School

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

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

CSGA Enrichment

#7608 M Sept 15-Dec 15  
12 sessions \$108 7:15-8 am  
No session Nov 3 & Nov 17  
CMS: Media Center





## MS Strategy Games Club

Take strategy gaming to the next level. Play challenging games like Catan, Pandemic, 7 Wonders, Splendor, Evolution, Godsforge, role playing and collectible card games, right after school at the middle school. Games are run by participants. Playing games develops analysis, problem solving, communication, and negotiation skills, and it's great fun. Players will learn at least three new games and how they end up completing full games. Players will practice making decisions on game play and explaining rules with or without adults present. Players will work on resolving disagreements with and without adults.

### CSGA Enrichment

**6 sessions Mon \$105**  
**3-4:40 pm CMS: Media Center**  
 #7786-A Sept 15-Oct 20  
 #7786-B Oct 27-Dec 15  
 No session Nov 3 & Nov 17

## MS Debate

Debate is a fun, interactive activity about using evidence, reasoning, and public speaking to win your argument. We will debate topics relevant to school, your life, and society in general. We want debaters who are excited about arguing, practicing public speaking, and being part of a team community. If you have any questions, talk with Jonathan. After winter break, we will be participating in three debate tournaments against students from all over the Twin Cities. Let's show them what Centennial Middle School can achieve!

We ask that students attend most if not all the sessions as this is a team experience that depends on its members to prepare for the tournament experiences.

*The Minnesota Urban Debate League, Augsburg University. Facilitator Jonathan Kohan*

#7790 M/W Nov 5-Feb 25  
 Approx 22 sessions \$250 3:15-4:15 pm  
 3 tournament dates to be announced.  
 Pizza provided at tournaments.  
 No session Nov 17, 26, Dec 8, 10, 15, 22,  
 24, 29, 31, Jan 19, Feb 16 CMS: Rm C202

## MS Speech Team

Do you like to talk? Or maybe you want to improve your confidence in yourself? Then you want to be on the Centennial Middle School Speech Team! Speech Team competes in four meets a season against other MS speech teams from the Twin Cities metro area. The Speech Team student researches and writes their own speech OR finds a speech already written depending on the category chosen. Students should try and pick the category you wish to compete in and have a rough draft of your category before the first rehearsal/session. If you want help deciding on your category and how to put together your rough draft, the speech coaches will help in the first scheduled meeting. You will be required to have your category picked and a rough draft by the second meeting/rehearsal session. The list of categories and more details about how Speech Team works can be found at [Centennialtheatre.org](http://Centennialtheatre.org). For questions contact [ewebster@isd12.org](mailto:ewebster@isd12.org). Cost includes bussing for away meets.

Meets will be in January on a Tuesday or a Thursday. Meets held at Minnetonka Middle School West & East, Eden Prairie (Finals Meet), and a Centennial home meet. Meets are after school leaving around 2:30 or 3 pm and returning to Centennial around 7:30-9 pm. The Meet schedule with exact dates and times will be announced in the fall of 2025.

### Eric Webster

#7565 M-F Dec 8-16 3-4:40 pm  
 11 sessions (including meets) \$165  
 CMS: Auditorium



## MS Girls Who Code

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

### Pete Crawford

#6636 W Sept 24-Nov 19  
 8 sessions \$99 3-4:30 pm  
 No session Oct 15  
 CMS: Rm E132



# After-School Middle School Activities

All activities are for Grades 6-8 unless otherwise listed

Students can be picked up or ride an activity bus home at 4:40 pm. No busing on Fridays.

## FIRST® LEGO® League

All are welcome,  
no experience necessary



\*If you need to ride the activity bus at 4:30 you can leave at that time, or parent pickup at 5.

### Intro to FIRST® LEGO® League Robotics

This two-week trial season allows the potential team member to learn about FIRST® LEGO® League (see below) to see if it's the right fit for you.

#6635-Intro Tu Sept 9-16  
2 sessions \$20 3:10-5 pm\*  
CMS: Rms E132 & E136

### FIRST® LEGO® League Robotics

During the 2025-2026 FIRST season, FIRST® AGE teams will use their STEM and collaboration skills to dig deep into archeology-inspired discoveries. Join us as we explore the future. We will embrace FIRST® LEGO® League Core values:

- ◆ Discovery: We explore new skills and ideas.
- ◆ Innovation: We use creativity and persistence to solve problems.
- ◆ Impact: We apply what we learn to improve our world.
- ◆ Inclusion: We respect each other and embrace our differences.
- ◆ Teamwork: We are stronger when we work together.
- ◆ Fun: We enjoy and celebrate what we do!

#6635 Tu Sept 23-Dec 9 3:10-5 pm\*  
10 sessions + competition \$100  
No session Oct 28 & Nov 25  
CMS: Rms E132, E133 & E136

Competition: Sat, Nov 22, 8 am-4 pm,  
Prior Lake.

### Mandatory Parent Meeting

**Mon, Sept 22, 7-8 pm in the cafeteria**

The Centennial Robotics Booster club can offer some assistance with the fee to those in need.



### MS Improv

The middle school improv team is entering its 23rd year! Improvisation is likely to be known as a performance form that allows audience participation, is based in comedy, and is only for the very quick-witted. Improvisation, however, is a truly adaptable art form that has proven to be an effective tool onstage and off for many different age groups and levels of experience. In other words, while it can be highly entertaining, improvisation is much more than "being funny." The tenets of improvisation – namely saying yes or accepting ideas without judgment, creating a safe atmosphere and listening – have made this form important to actors and non-actors alike. For actors, improvisation is crucial to being in the moment and learning to trust your instincts onstage, particularly in auditions. For non-actors, improvisation is an effective tool for sharpening focus, evolving creative ideas, improving communication skills, and teamwork. Students who participate in Improv greatly improve their listening skills, focus, and schoolwork. For more information [CentennialTheatre.org](http://CentennialTheatre.org)

*Eric Webster*

**8 sessions 3-4:40 pm  
\$75 each or \$150 for all 3**

#6605-A Tu/Th Sept 9-Oct 2  
CMS: Auditorium

#6605-B Tu/Th Feb 3-26  
CMS: Auditorium or Gym 3

#6605-C M/W/F May 4-18  
Tu, May 19 CMS: Gym 5

### End of year show for all sections

May 28, 5 pm call, 6 pm show  
at CMS: Auditorium

## Centennial Theater Dept MS Fall Play 2025

### The Folly of the House of Usher



The Hideaway Gang receive a letter inviting them all to come stay for the weekend at the house of Roderick Usher. Roderick is asking for their help. But he doesn't say what he needs help with. Smelling adventure, "The Hideaway Gang" accepts the invite. They arrive at the house of Roderick Usher, which is a GIANT mansion. Roderick's sister, Madeline Usher, informs them that their parents are missing and that they believe the house to be alive! As the gang sets off to explore the mansion in search of their parents, they each encounter a slew of wacky and bizarre characters. A spooky and hilarious story! Characters include: a butler, maid, chauffeur, gardener, cook and many, many more.

### CAST

Mandatory Meeting: All students who want to be in the "cast" as actors along with their parent/guardian.  
Thurs, Sept 4, 6-7 pm.

### Auditions (MUST ATTEND ONE):

Mon, Sept 8 or  
Wed, Sept 10, 3-4:40 pm

### BOOTH/COSTUME/SET CREW

Mandatory Meeting: All students who want to be on a "crew" along with their parent/guardian.  
Thurs, Sept 11, 6-7 pm

### Cast & Crew Lists Posted Sept 12 at 3 pm and registration opens.

You must register and pay the registration fee through Eleyo by September 17 to participate.

#6621 Cast and Stage Manager \$155  
Booth Crew, Costume Crew,  
Set and Props \$100

Rehearsals begin September 15  
Shows: November 5-9

For more detailed information visit  
[Centennialtheatre.org](http://Centennialtheatre.org)





## CoderZ League

Help launch the next generation of coders in a first-of-its-kind virtual robotics competition. Students practice coding while developing computational thinking and creative problem-solving skills. Join the virtual robotics and competition with thousands of teams across the globe. CoderZ League is an exciting, engaging, and entertaining virtual robotics competition for students of all levels to participate and learn about STEM, robotics, and coding, and to ignite their technology career paths. Build your team of up to six students and pick both a name and flag that will represent your team and carry you to victory. Working as a team to advance through missions, you will compete to unlock new challenges in a quest to get your virtual robots to the finals! Cost includes CoderZ League registration. Participants can also work on projects outside of class time. Basic coding or robotics experience preferred, but not mandatory.

*Pete Crawford*

#6623 Th Sept 18-Nov 13  
8 sessions \$109 3-4:30 pm  
No session Oct 16  
CMS: Rm E132

## Ultimate Outdoor Cooking

Impress your friends and family by earning the title of Cast Iron Chef! Join Centennial area scouting units as they teach a wide variety of outdoor cooking skills, tips, and tricks. Those who camp or spend time outdoors know that eating is a necessity. Meals should be fun to prepare and the highlight of a trek. Food will brighten a stretch of stormy weather, energize trekkers striving toward a destination, and revive many a weary soul. You'll learn about the gear and how to plan and cook meals for a variety of outdoor activities. This hands-on series of classes will allow youth (with adult guidance and supervision) to do actual food prep and cooking over wood fires, camp stoves, Dutch ovens, and lightweight backpacking stoves, and get to enjoy the results when the food is done.

*Leaders from Scout BSA*

#6617 Tu Sept 16-Oct 14  
5 sessions \$55 3-4 pm  
CMS: Outdoor spaces

## MS Archery

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

5 sessions \$99 3:05-4:30 pm  
#6634-A M Sept 29-Oct 27  
CMS: Gym 3

#6634-B Tu Nov 4-Dec 2  
CMS: Gym 2



## MS Basketball

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

*Skyhawks Sports Academy*

#6614 M Nov 10-Dec 15  
5 sessions \$119 3:05-4:30 pm  
No session Nov 17  
CMS: Gym 1



## MS Cross Country

No experience required Do you enjoy being outdoors? Do you want to meet new people? If the answer is yes, please consider joining the middle school Cross Country Running team. This activity is for everyone. Best of all no experience is required. The season consists of after school practices and meets. We have 5 away meets, and 1 home meet. The race distance is 1.2 miles over varying terrain including grass, dirt, gravel, and pavement. Practices will include stretching, running games, and distance runs. The goals of the program are to introduce kids to running, and to provide a venue for kids to meet and interact with other kids in a team setting. We have found that our athletes gain self-confidence and improve their ability to compete against themselves and others in their own age group. As a team, we celebrate individual improvements and achievements throughout the season. Sports physicals are highly recommended for 7th and 8th grade students. Sixth grade students currently do not need a physical. Physicals are good for 3 years unless restrictions exist.

Practices are mandatory M-Th. There is no activity bus on Friday, for this reason, Friday practices are not mandatory, if transportation is an issue. A shirt/uniform to wear for meets is included in the cost of the program. Practices may get canceled for inclement weather.

6th grade begins September 3.  
7th/8th grade begins September 4.

#6618 M-F Sept 3-Oct 9  
26 sessions \$195 3-4:30 pm  
CMS: Gym 2

# Middle School Activities

All activities are for Grades 6-8 unless otherwise listed  
Students can be picked up or ride an activity bus home  
at 4:40 pm. No busing on Fridays.



## MS Wrestling

No experience necessary!  
Welcome to Centennial Middle School Wrestling. Looking for 6-8th graders to come join us this season! Wrestling builds endurance, strength and agility improving athlete performance in all other sports. Wrestlers develop self-confidence and discipline as they work toward individual and team goals. Come see what all the excitement is about! Practice is Monday through Friday 3-4:45 pm, but those taking the activity bus home will be dismissed at 4:30, and are excused from Friday practices, as there are no activity busses Friday. Competitions will start mid-November typically one per week. Busing will be provided from the middle school to meets. Parents will need to set up rides home if not attending the meet.

#6209 M-F Oct 29-Dec 19  
32 sessions \$265 3-4:45 pm  
No session Oct 31, Nov 3, 17, 26, 27 & 28  
CMS: Gym 3



## MS Cougar Strength

### Boys & Girls Grade 7-8

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

**Tu/Th 3:10-4:15 pm CMS: Weight Rm**

#6607-A Sept 16-Nov 20 \$89  
19 sessions No session Oct 16, 28 & 30

#6607-B Dec 2-Feb 26 \$99  
21 sessions  
No session Dec 23, 25, 30 & Jan 1 & 22



## Centennial Ski/Snowboard Club

### Grade 6-12

Come join us on the slopes for the 2025-26 season. See more details at [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com).

### Wild Mountain

**Dec 13, Jan 31, Feb 21**

### Trollhaugen

**Jan 17, Feb 7**

Make up Feb 28 at Wild Mountain if needed.

#6515-A1 All five trips: \$279  
Registration deadline Monday, December 1 at 8 am for the package price. No refunds thereafter.

Priority is given to students registering for all five trips. Students may register for individual trips providing space availability.

Individual trips will open for registration on Monday, December 1 at noon for \$69.







# Middle & High School Activities



## Volleyball Leagues Grade 6-8

A fun and instructional league emphasizing basic skills such as passing, setting, and serving, and game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Practices will start the week of Sept 22. Mondays are practice nights. The first two Tuesdays are also practices, then games begin Oct 7. Games and practices generally happen between 6 and 8:30 pm.

### Game Nights: Tues, Oct 7, 14, 21 & Mon, Oct 27

Games played at Centennial Middle School or other district locations depending on the number of teams. We encourage all families to attend youth night at the varsity volleyball match on Tuesday, Sept 23

Monday, October 13 we will be playing in Forest Lake. Tournament on Saturday, November 1.

#6347 M/Tu Sept 22-Nov 1 6-8:30 pm (approx) \$119  
Registration deadline is Aug 25. Registrations accepted thereafter if space permits for \$139. No refunds after Aug 25.

## Archery Club Grade 5-8 See page 39 for details

3 sessions \$48 Tues Dec 2-16  
#6360-C 6-7 pm  
#6360-D 7:15-8:15 pm

## Centennial Bowling Club Grade 7-12

See page 39 for details  
#6631-B Mon/Wed 4-5:30 pm Aug 11-mid Nov \$125

## Fencing Grade 2-8 See page 39 for details

#6029 Th Oct 30-Dec 11 6 sessions \$88 6-7 pm

## Tenacity Beginner Group Tennis Lessons Age 5-14 See page 41 for details

## Middle School Spanish Prep: Ignite Your Language Journey



Grade 6-8 Online

Ignite your language journey is an exciting 8-week LIVE online Spanish class designed to build a strong base for future Spanish success. Participants will learn advanced vocabulary, verb conjugations, and essential conversation skills through interactive lessons, games, and cultural exploration, including traditions like Hispanic Heritage Month and Día de los Muertos. Give your child the building blocks for a lifetime of Spanish learning! (Online portal resources and practice tools included.)

*Futura Language Professionals*

#7007 M Oct 20-Dec 15 \$138 4:45-5:30 pm  
8 sessions No session Nov 24

## Stock Market & Personal Finance Club Grade 6-12 Online

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

*CSGA Enrichment*

#7791 Th Sept 18-Dec 18 \$108 6:45-7:30 pm  
12 sessions No session Oct 16, Nov 27

## High School

### ACT Prep Seminar Grade 11-12

Gain valuable insight into the ACT through a close examination of each type of question. Discover strategies necessary for attacking the questions the tests cover and exploring general test-taking tips. Suggestions given for post-seminar test preparations. Please bring a calculator and two pencils.

*Doorway to College*

#7550 M/Tu Oct 6-7  
2 sessions \$104 3:30-6 pm CHS/West: Learning Commons

# Driver Education

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



Participants begin with 30 hours of classroom instruction to prepare for the knowledge test. Next step is to enroll for behind-the-wheel instruction. Participants who are at least 15 years of age, have completed classroom, and signed up for BTW instruction are issued a certificate of enrollment and classroom completion card (aka blue card) allowing them to take the knowledge test.

Pass the test, apply for the instructional permit, and finish the process by completing 6 hours of behind-the-wheel instruction. All instructors are licensed teachers and licensed driver education teachers.

## There will be very limited Fall Behind-the-Wheel instruction & no Driver Education Classroom options for Fall

(September-December timeframe). Our Driver Education program is a small program with notably limited classroom and BTW options, so we thought it best to share some details about what we expect to arrange in the coming year.

**We anticipate offering a 30-Hour Driver Education Classroom option** in the Winter/Early Spring Activity Guide timeframe (January-April) and two summer options (one in the early summer and one later in the summer).

By reducing slightly our Driver Education Classroom options from what we have been providing this will allow our instructors to provide additional BTW options to better balance the selection in both the BTW and classroom components of our Driver Education program.

We are proud of the highly skilled, long-serving licensed instructors who have prepared thousands of Centennial and area young people for this significant life skill. We will continue to work our best to optimize the options available in our program. Thank you so much for your support of this important in-district program.

Visit <https://communityed.isd12.org/programs-offerings/driver-education> for information about Driver Education, or [isd12.ce.eleyo.com](https://isd12.ce.eleyo.com) for availability.

**All BOYS and GIRLS grades K-5 are invited to join**

# CUB SCOUTS



## What is Cub Scouts all about?

**Outdoor adventures, camping,  
family outings, games with friends,  
and character development**

**Scan to  
JOIN TODAY!**



**Learn more at GoScouting.org**



# Kids Club School Age Child Care

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



Centennial Kids Club is a fee-based school-age child care program serving families and their children in our district. We offer care before and after school at all five elementary schools, as well as on non-school days and throughout the summer at convenient locations. We are certified by the Department of Children, Youth and Families. We accept county assistance.

Enrollment is limited and contracts can only be accepted based on space availability. At the time of print, we were on a waitlist for before- and after-school care at Blue Heron, Golden Lake, and Rice Lake, with limited space available for before- and after-school care at Centennial and Centerville elementaries.

If you would like to register your child for Kids Club childcare, please register through Eleyo: <https://isd12.ce.eleyo.com/>. After you register, we will either accept your child(ren)’s contract or place them on the waitlist. The account user will be notified either way.

For more information, visit [isd12.org](http://isd12.org) and click on Community Education and then Kids Club, or contact our Billing, Information & Registration Administrative Assistant at 763-792-6193 or [kidsclub@isd12.org](mailto:kidsclub@isd12.org).

## This is what our current families are saying about our Kids Club program:

*“Kids Club has given my child a safe place to be before and after school when I have to be at work. It has helped connect her with other children of various ages which I am learning is very important to the development of a child. She has also been able to foster creativity with all the various art projects she gets to do.”*

*“It’s a great time for our kid to socialize, play outside, and be creative with friends. And to move!”*

*“The kids love going, there is a good variety of things for them to do. I love that you actually do some social emotional learning and group times with the kids and cater it to the different grade levels. I also love the Seesaw pictures and updates!”*

## Employment Opportunities

Kids Club is hiring quality morning staff and substitutes for our before- and after-school programs at all five elementary schools.

We offer competitive pay, with additional quarterly compensation based on hours worked.

Applicants must be at least 16 years old.

Apply online at [isd12.org/join-our-team](http://isd12.org/join-our-team).

For more details, call 763-792-6110 or email [mnelson@isd12.org](mailto:mnelson@isd12.org).



# Youth Academics - STEM



## STEM Fun: Build Your Own Board Game! Grade 3-5

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

#7616 Su Oct 12 \$12 2-3 pm ECC: Rm 101

## STEM Fun: Straw Marble Maze Grade K-2

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

#7615 Su Oct 12 \$12 3:30-4:30 pm ECC: Rm 101

## Discover the World of Spanish "Vamos a Viajar y Explorar"

Grade K-5 Online 

Bring the excitement of learning Spanish into your home with Futura's interactive and engaging LIVE online classes. Through lively songs, games, and dynamic activities, your child will develop essential Spanish skills in a fun and supportive environment. Hop aboard ¡Vamos a Viajar! (Let's Travel!), a hands-on course where participants will master key travel phrases, order on a plane, use passports, and ask for prices - all in Spanish! Get ready to explore and connect, and gain a deeper appreciation for the Spanish language. ¡Vámonos!

*Futura Language Professionals*

#7008 W Oct 15-Dec 10  
8 sessions \$138 4:15-5 pm  
No session Nov 26

## Gingerbread House Making Age 3-11 with adult

Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. All children must attend with an adult.

#2028 Sa Dec 13 \$25 3:30-4:30 pm CTE: Cafeteria



## Sugar Cookie Decorating Age 10+

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

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

**\$48 6:30-8 pm CHS/West Learning Commons**

#4098-A	Back to School	M	Sept 29
#4098-B	Spooky Sugar	Tu	Oct 21
#4098-C	Thankful for Cookies	W	Nov 19
#4098-D	Merry Little Cookies	Tu	Dec 16





# Youth Create



## Glowing Galaxy Jars

with Kidscientific Age 5-12

Create your own dazzling miniature universe in a jar, blending creativity with the wonders of space as you explore art and astronomy. Discover fascinating cosmic concepts while crafting your unique galaxy. Then, mix up a batch of glow in the dark oobleck for some hands-on, messy fun that feels out of this world. Spark curiosity, creativity, and a love for science in this unforgettable adventure.

#2432 Sa Sept 27 9 am-noon  
\$45 CMS: Rm E106

## Toy-tastic with Kidcreate Studio

Age 18 months to 6 years with adult

Has your child ever painted with a Slinky or made a print with a LEGO® Brick? This is their chance! Toy-tastic Art Fun is where young artists explore the world of iconic toys through art. In this unique class, participants unleash their creativity by crafting pictures of beloved toys using a variety of mediums. From LEGO® people to teddy bears, rubber duckies, and Matchbox® cars, each project encourages imagination and innovation. With a treasure trove of toys at their disposal, children create stunning artwork and learn to repurpose everyday objects into tools for self-expression. Join us for a playful journey where toys are used to create masterpieces. Come ready to get messy while you play right along with your child.

#2428 Tu Sept 30-Oct 21 10-11 am  
4 sessions \$77 ECC: Rm 101

## Origami Unleashed

with Kidcreate Studio Age 5-12

Unfold the magic of paper in Origami Unleashed! Learn cool folding techniques, explore endless creativity, and transform simple sheets into amazing sculptures. From classic cranes to silly frogs, this hands-on class is perfect for curious kid creators.

#2431 M Nov 3 9 am-noon \$45 ECC: Rm 101

## Paint Date: Pumpkins Under the Moonlight

You and your partner will experience a fun and relaxing environment with the challenge of a class guided by a professional artist. Each partner will work on a different side of a canvas at the same time. When the two sides join at the end of class, you will have one complete artwork. This class is a wonderful way for adults and children to spend quality time together while exploring your creativity painting a Halloween theme. See details and painting on page 8.

## Gobble Gobble with Kidcreate Studio

Age 18 months to 6 years with adult

Those pilgrims sure were crafty. The kids will celebrate Thanksgiving by creating an adorable clay turkey that is sure to attract smiles. This class is a great class for siblings to attend together.

#2429 Th Nov 6 6-7 pm \$28 pair ECC: Rm 101



## Adult & Child Advent Calendar

with Kidcreate Studio Age 5+ with adult

Christmas is coming, Christmas is coming, Christmas Is Coming! Prepare for the holiday season as you and your child work together to create a cute, colorful advent calendar. You'll love creating together, then counting down to the holiday as you add a handmade ornament to your calendar each day in December. Register early, this class fills up fast.

#2433 Th Nov 20 5:30-7 pm \$45 pair CMS: Rm E108

## Canvas Fun: Cozy Owl

with Kidzart Age 6-12

Calling all young artists. Join us for a fun and festive Saturday morning painting class where participants will create an adorable owl bundled up in a hat and scarf - perfect for chilly days. Using acrylic paints on canvas, participants will be guided step by step to bring their cozy owl to life. No experience needed - just bring your creativity.

#2402 Sa Dec 13 11 am-noon  
\$30 CHS/East: Rm 111



# Youth Dance & Music



## Kids Dance

### Preschool age 3 to Grade 5

These high-energy classes provided by Happy Feet Dance focus on improving rhythm, balance and coordination. Happy Feet focuses less on perfection and more on fun, allowing children to build confidence, improve coordination, and learn fundamental dance moves without even knowing it! Younger children will use props including tambourines, scarves and pompoms to learn basic tap, jazz and ballet steps. Older children will continue learning more advanced steps in jazz, tap and ballet along with dance choreography and technique. Dancers should wear clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes. Shoes can, but do not need to be, ordered through the instructors on the first day of class (tap \$35, ballet \$25).

We'll end this season with a short recital on Thursday, December 18 at Centennial High School's Performing Arts Center.

**13 sessions \$179 Thu Sept 11-Dec 18**  
**CMS: Gym 5 Nov 6 & Dec 18 in PAC**  
**No session Oct 16 & Nov 27**

**#5001-A Hop N' Tots**  
**Age 3 5-5:45 pm**

**#5001-B Creative Dance**  
**Age 4/5 & K 5:45-6:30 pm**

**#5001-C Intermed. Dance**  
**Grade 1-2 6:30-7:15 pm**

**#5001-D Tap, Jazz & Ballet**  
**Grade 3-5 7:15-8 pm**

## Mini Cougar Dance Clinic

### Grade K-6

Join the CHS Dance Team for an evening of dance, pizza and fun. Learn a dance routine from the high school dancers and coaching staff to perform during a Centennial home varsity football game at the CHS Stadium on Friday, Sept 19 at 6 pm.

Practice for the performance will be on the Thursday before from 5:30-7:30 pm. Wear comfy athletic clothes, tennis shoes and bring a water bottle.

On game day, drop your dancer off at the CHS West cafeteria at 5:30 pm to practice before the game. After the half-time performance, pick up your dancer on the sideline to watch the remainder of the game.

Family members will need to pay to attend the game. Registration fee includes a t-shirt, pizza on Thursday, game entry fee for dancer and dance instruction. Indicate T-shirt size when registering.

Registration closes two weeks before the football game, spots permitting.

*CHS Dance Team coaching staff and dancers*

**#5553 \$49**  
 Practice: Thur, Sept 18  
 5:30-7:30 pm CHS/West: Cafeteria

Game Day: Fri, Sept 19  
 5:30 pm Drop off CHS/West: Cafeteria

## Mayer Arts Musical Theater Class

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

**8 sessions \$98 Tues**  
**Oct 28-Dec 16 CTE: Little Theater**

## Mufasa Age 5-8

We Go Together! Everyone will choose their own characters, learn songs and dances from Mufasa and put on a show!

**#2434 6-7 pm**

## The Wizard of Oz Age 7-11

We're Off to See the Wizard! Everyone will choose their own characters, learn songs and dances from The Wizard of Oz and put on a show!

**#2435 7-8 pm**

## Youth Cougar Choir

### Grades 3-5

Centennial Youth Choir is open to singers in grades 3-5. Students will have fun learning how to sing in a two-part harmony using proper vocal technique. Experience harmonizing and blending with those around you by singing songs with 1-3 vocal parts. We will sing a variety of music genres and share our prepared pieces during a concert at the end of our session on Nov 11 with some high school choir members.

*Beth Althof, former elementary music teacher and professional choral musician*

**#5240 Tu Sept 16-Nov 11**  
**9 sessions \$99 6-7 pm**  
 CHS/West: Choir Rm  
 Oct 21 CTE: Little Theater  
 Nov 11 CMS: Auditorium





## Music Together

### Newborn to PreK/age 5 years with parent/caregiver

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

- ◆ BOND more closely with your child through song.
- ◆ MAKE NEW FRIENDS for both you and your little ones.
- ◆ SUPPORT your child's overall development, knowing that music learning supports all learning.
- ◆ HELP YOUR CHILD learn to sing and dance as naturally as they learn to walk and talk.
- ◆ HAVE LOADS OF FUN (because children teach themselves through play!)

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

#1017 W Sept 24-Nov 19 10:30-11:15 am ECC: Rm 101

9 sessions \$189 first child/\*\$112 additional child.

Infants who are under eight months of age by the first day of class can attend for free with a paid sibling.

\*Discount in rate applies towards siblings in the same household.

Infants attending without a registered older sibling pay the full class fee.

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

#1017-Demo W Sept 10 Free 10:30-11:15 am ECC: Rm 101

**CHAMPION FORCE ATHLETICS**

- Have Fun
- Make Friends
- Get Physical
- Learn Teamwork
- Build Self-Esteem

**HOW TO REGISTER:**  
GO TO [WWW.CHAMPIONFORCE.COM](http://WWW.CHAMPIONFORCE.COM)  
CLICK REGISTER  
SEARCH CLASS CODE (16321)

**CLASS INFORMATION**  
Centennial Middle School,  
399 Elm Street  
Lino Lakes MN

**Classes held every TUESDAY**  
Starting September 9th, 2025  
Ending December 9th, 2025  
Competition is December 13th, 2025

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

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

**CHAMPION FORCE ATHLETICS YOUTH SCHOLARSHIP FOUNDATION**  
Click HERE for more information

### Private Guitar/Ukulele & Vocal Lessons All ages & abilities welcome

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

*Brady Perl is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs*

Identify if your lesson is a vocal or specify which instrument when registering. **Students need to bring their own instrument. Select your half-hour private lesson during the time between 4-9 pm.**

#5202-A	M	Sept 8-Oct 13
6 sessions	\$160	CTE: Conf Rm
#5202-B	M	Oct 20-Dec 15
7 sessions	\$187	CTE: Conf Rm No lesson Nov 3 & 17
#5202-C	Tu	Sept 9-30
4 sessions	\$107	CHS/West: Rm 707
#5202-D	Tu	Oct 7-Nov 11
4 sessions	\$107	CTE: Conf Rm No lesson Oct 14 & Nov 4
#5202-E	Tu	Nov 18-Dec 16
5 sessions	\$134	CTE: Conf Rm

# Gymnastics

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

Lead Instructor Kelly Border. All classes are held at the Centennial High School East Building in the gymnastics room across from the pool locker room, use entrance N52 located at the back of the building off 103rd Lane NE (stadium lot).

**With the exception of Wiggle Time, parents/guardians asked to wait for children near the gymnastics room.**

**You may want to bring a chair.**



## **Wiggle Time-Parent/Child Age 2-3**

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

## **Little Tumblers Age 3-4**

**Must be potty trained, able to follow basic instructions and be comfortable in a group without parent**

Developing gymnasts will learn basic and fundamental gymnastics skills in a safe, fun, age appropriate, structured environment. No tights. Socks or bare feet only.

## **Tumblers Age 5-7**

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

## **Twisters Age 8+ All Gymnastic levels**

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

## **Advanced Gymnastics Invitation only**

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

## **Open Gym**

### **Entering Grade 1-6, all skill levels**

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



## **Adult Gymnastics**

**Discover the joy and excitement of gymnastics at any age.**

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

**Age 16+ See page 17 for details**





## Session I

### Mon Sept 8-Oct 20 7 sessions

Tumblers	#6000-A1	4-5 pm	\$70
Little Tumblers	#1401-A	5-5:45 pm	\$53
Twisters	#6034-A	5:25-6:55 pm	\$105
Tumblers	#6000-A2	5:55-6:55 pm	\$70
Open Gym		7-8 pm	\$10

### Tues Sept 9-Oct 21 7 sessions

Little Tumblers	#1401-B	5-5:45 pm	\$53
Tumblers	#6000-B	5:50-6:50 pm	\$70
Twisters	#6034-B	7-8:30 pm	\$105

### Wed Sept 10-Oct 22 7 sessions

Advanced	#6035-C	4-5:30 pm	\$105
Tumblers	#6000-C	5-6 pm	\$70
Little Tumblers	#1401-C	6:05-6:50 pm	\$53
Wiggle Time	#1400-C	6:55-7:40 pm	\$53

### Thur Sept 11-Oct 23 6 sessions No session Oct 16

Tumblers	#6000-D	5-6 pm	\$60
Twisters	#6034-D	6:05-7:35 pm	\$90
Open Gym		7:35-8:05 pm	\$5

### Sat Sept 13-Oct 25 6 sessions No session Oct 18

Wiggle Time	#1400-E	9-9:45 am	\$45
Little Tumblers	#1401-E	9:55-10:40 am	\$45
Tumblers	#6000-E	10:45-11:45 am	\$60
Twisters	#6034-E	10:45-11:45 am	\$60

### Sun Sept 14-Oct 26 6 sessions No session Oct 19

Little Tumblers	#1401-F	5:15-6 pm	\$45
Tumblers	#6000-F	6:10-7:10 pm	\$60
Twisters	#6034-F	6:10-7:10 pm	\$60
Open Gym		7:10-7:40 pm	\$5

## Session II

### Mon Oct 27-Dec 15 7 sessions No session Nov 3

Tumblers	#6000-G	6-7 pm	\$70
Twisters	#6034-G	6-7 pm	\$70
Open Gym		7-8 pm	\$10

### Tues Oct 28-Dec 16 7 sessions No session Nov 4

Little Tumblers	#1401-H	6-6:45 pm	\$53
Tumblers	#6000-H1	6-7 pm	\$60
Twisters	#6034-H	6:55-8:25 pm	\$105
Tumblers	#6000-H2	6:55-7:55 pm	\$60

### Wed Oct 29-Dec 17 7 sessions No session Nov 26

Advanced	#6035-J	4-5:30 pm	\$105
Wiggle Time	#1400-J	6:40-7:25 pm	\$53
Little Tumblers	#1401-J	5:45-6:30 pm	\$53

### Thur Oct 30-Dec 18 7 sessions No session Nov 27

Twisters	#6034-K	6-7:30 pm	\$105
Open Gym		7:30-8 pm	\$5

### Sat Nov 1-Dec 13 6 sessions No session Nov 29

Wiggle Time	#1400-L	9-9:45 am	\$45
Little Tumblers	#1401-L	9:55-10:40 am	\$45
Tumblers	#6000-L	10:45-11:45 am	\$60
Twisters	#6034-L	10:45-11:45 am	\$60

### Sun Nov 2-Dec 14 6 sessions No session Nov 30

Little Tumblers	#1401-M	5:15-6 pm	\$45
Tumblers	#6000-M	6:10-7:10 pm	\$60
Twisters	#6034-M	6:10-7:10 pm	\$60
Open Gym		7:10-7:40 pm	\$5

# Birthday Parties



## Plan your Birthday or Special Day with Us!

**Up to 15 children, Age 4-12**

**1½ hours Sat Afternoons**

Spend the first hour doing gymnastics or playing in the pool. The last half hour is reserved for refreshments you would like to provide or a gift opening. Chairs and tables provided with decorative table coverings.

All participants must have a signed waiver to participate. Party host must remain on site for duration of your party.

## Pool Parties

Swim, relax and enjoy your child's birthday or special occasion in our indoor pool that is especially reserved for your child. Certified lifeguard on duty but parents/guardians must accompany swimmers who cannot swim the width of the pool with front crawl, non-stop with rhythmic breathing. Call 763-792-5240 for availability.

## Gymnastics Parties

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

Call 763-792-6100 for availability.

\$175 CHS/East: Lower Level

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

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

# Youth Recreation & Sports



## Non-School Day Camps

### Spark Equestrian Day Camp Age 6-12

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

*Kate Goodpaster*

**9 am-2 pm \$140**

**Hardwood Creek Farm**

#6960-A Th Oct 16

#6960-B M Nov 3

#6960-C W Dec 31

### Ninja Day Camps

#### Age 5-13

**\$125 9 am-3 pm**

#6215-A Th Oct 16

#6215-B F Oct 17

### DASH Multi-Sport Non-School Day Camp

#### Grade K-5

**9 am-4 pm \$89 CMS : Gym 3**

#6216-A W Oct 15

#6216-B M Nov 3

#6216-C M Nov 17

#6216-D W Nov 26

## Conquer Ninja Training

### All activities held at Conquer Gym - Blaine

Ninja obstacle training is extremely popular 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. For a full description of each offering, visit [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com). Cancellation requests require a 2-week notice from start date. No refunds thereafter.



### Intro to Ninja

**Age 5-13 8 sessions \$199**

#6210-A Su Sept 7-Oct 26 4-5 pm

#6210-B M Sept 8-Oct 27 5-6 pm

#6210-C Tu Sept 9-Oct 28 5-6 pm

#6210-D W Sept 10-Oct 29 5-6 pm

#6210-E W Sept 10-Oct 29 6-7 pm

**Age 5-13 5 sessions \$135**

#6210-F Su Nov 2-Dec 14 4-5 pm

No session Nov 23 & 30

**Age 5-13 6 session \$155**

#6210-G M Nov 3-Dec 15 5-6 pm

No session Nov 24

#6210-H Tu Nov 4-Dec 16 5-6 pm

No session Nov 25

#6210-J W Nov 5-Dec 17 5-6 pm

No session Nov 26

#6210-K W Nov 5-Dec 17 6-7 pm

No session Nov 26

### Next Step-up Ninja

**Age 5-13 8 sessions \$199**

#6217-A Su Sept 7-Oct 26 4-5 pm

#6217-B Tu Sept 9-Oct 28 5-6 pm

#6217-C W Sept 10-Oct 29 5-6 pm

#6217-D W Sept 10-Oct 29 6-7 pm

**Age 5-13 5 sessions \$135**

#6217-E Su Nov 2-Dec 14 6-7 pm

No session Nov 23 & 30

**Age 5-13 6 sessions \$155**

#6217-F Tu Nov 4-Dec 16 6-7 pm

No session Nov 25

#6217-G W Nov 5-Dec 12 5-6 pm

No session Nov 26

#6217-H W Nov 5-Dec 12 6-7 pm

No session Nov 26

### Beginner Ninja Rec Team

**Age 6-13 8 sessions \$225**

#6213-A Su Sept 7-Oct 26 5-6 pm

#6213-B Tu Sept 9-Oct 28 6-7 pm

**Age 6-13 5 sessions \$150**

#6213-C Su Nov 2-Dec 14 5-6 pm

No session Nov 23 & 30

**Age 6-13 6 sessions \$170**

#6213-D Tu Nov 4-Dec 16 6-7 pm

No session Nov 25

### Advanced Ninja Rec Team

**Age 6-13 8 sessions \$225**

#6218-A Su Sept 7-Oct 26 5-6 pm

#6218-B Tu Sept 9-Oct 28 6-7 pm

**Age 6-13 5 sessions \$150**

#6218-C Su Nov 2-Dec 14 5-6 pm

No session Nov 23 & 30

**Age 6-13 6 sessions \$170**

#6218-D Tu Nov 4-Dec 16 6-7 pm

No session Nov 25







## Archery Club

### Grade 2-8

Explore archery as a lifetime sport while developing National Archery in the Schools Program (NASP) target archery skills. Learn safe techniques and practices; acquire skills related to effective communication, cooperation, rules, and respect in a group; use practice to improve skills and reach goals; rehearse good sportsmanship and gain exposure to the value of natural resources and the outdoor community.

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

*Matt Doth*

#### Grade 2-4

**3 sessions \$48 Mon Dec 1-15**

#6360-A 6-7 pm

#6360-B 7:15-8:15 pm

#### Grade 5-8

**3 sessions \$48 Tues Dec 2-16**

#6360-C 6-7 pm

#6360-D 7:15-8:15 pm

## Centennial Bowling Club

### Entering Grade 5-12

### Starting Soon!

Bowling Club is a fall co-ed sport. Come try it out. Beginners welcome! New bowlers may attend up to two practices before committing to join. Fee includes practices and regular season competitions. 5th and 6th graders are eligible for practice only.

Bowlero Blaine is the sponsoring bowling center for the Centennial High School bowling team. Practices will be held at Bowlero on Monday and Wednesday afternoons from 4-5:30 pm. Bowlers must provide their own transportation to practices and meets. Conference meets will take place one day per week on Friday afternoons at bowling centers in the north metro area. Meet dates are TBD.

Students are welcome to join at any time, no equipment is needed, and a Centennial bowling t-shirt is included. The club end dates are estimates and will depend on the meet schedule.

*Josh Hodney*

**Mon/Wed 4-5:30 pm**

**Aug 11-mid Nov Bowlero**

#6631-A Grades 5-6 \$105

#6631-B Grades 7-12 \$125

## Fencing

### Grades 2-8

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

*Youth Enrichment League trained instructor*

#6029 Th Oct 30-Dec 11

6 sessions \$88 6-7 pm

No session Nov 27

RL: Gym B/C

(Dec 11: RL: Atrium)

## Karate

### Age 4-12

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

*Wayne Cornelius*

#### Age 4-6

**4 sessions \$39 Mon/Wed**

**6-6:30 pm CMS: Gym 5**

6400-A Oct 13-22

6400-B Dec 1-10

#### Age 7-12

**4 sessions \$39 Mon/Wed**

**6:30-7 pm CMS: Gym 5**

6400-C Oct 13-22

6400-D Dec 1-10







**Instruction and training provided by Centennial retired boys' varsity coach Jeff Ottosen** Bring a size 3 soccer ball, gym shoes and a water bottle to each session. Shin guards are optional.

### Mini Kickers Soccer Age 3-5

Mini Kickers is a high-energy program for soccer players 3-5 years old. Mini Kickers is a FUN, age-appropriate and professionally guided introduction to the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these newfound skills in a daily scrimmage. (No cleats).

<b>4 sessions</b>	<b>\$49</b>	<b>5:45-6:30 pm</b>	
#6379-A	M	Sept 22-Oct 13	CHS/East: Lower Gym
#6379-B	Th	Sept 18-Oct 9	BHE: Gym; 10/9 at CHS/East Lower: Gym
#6379-C	Tu	Oct 28-Nov 25	BHE: Gym No session Nov 4
#6379-D	Th	Oct 23-Nov 20	CVE: Gym No session Nov 6

### Fall Soccer Skills Grade K-2

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

<b>4 sessions</b>	<b>\$49</b>	<b>6:30-7:15 pm</b>	
#6376-A	M	Sept 22-Oct 13	CHS/East: Lower Gym
#6376-B	Th	Sept 18-Oct 9	BHE: Gym; 10/9 at CHS/East Lower: Gym
#6376-C	Tu	Oct 28-Nov 25	BHE: Gym No soccer Nov 4
#6376-D	Th	Oct 23-Nov 20	CVE: Gym No soccer Nov 6

### Cougar Soccer Academy Grade K-3

Serious about your soccer development? Then we want you in Cougar Soccer Academy - the highest level of technical and tactical advancement, for boys and girls, with curricular-based learning at its best. Start with 60 minutes of training followed by a 30-minute futsal game for friends and family to watch. We're building a pathway to excellence in our community.

<b>4 sessions</b>	<b>Sun</b>	<b>\$109</b>	<b>4:30-6 pm</b>	<b>CMS: Gym 3</b>
#6193-A	Sept 21-Oct 12			
#6193-B	Nov 2-23			

## Fall Recreational Soccer Program

**STARTING SOON!**

**Grade K-5 in Fall of 2025**

#6381F 16 sessions \$150 Wed & Sat  
Aug 16-Oct 11 No Soccer Aug 27 & 30

Practice will be 45-minutes long on Wed anytime between 5:30-7:30 pm. Games played on Saturday mornings between 9 am-12:30 pm.

Bring a soccer ball: Grades K/1 size 3; Grades 2-5 size 4. Please wear soccer cleats, and shin guards.

Registration deadline extended to August 8 at noon! No refunds thereafter.

Location: Rice Lake Elementary-southeast soccer fields

## Volunteer coaches needed!

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





## Tenicity Beginner Group Tennis Lessons

### Age 5-14

Join our group lessons and build your child's journey in the lifelong game of tennis! Tenicity's trained coaches will teach the fundamentals while inspiring a love for the game. Each lesson follows a structured plan that progressively guides players through Tenicity's Beginner Development Path. Our programs are designed to not only develop tennis skills but also to promote positive youth development through sports.

#### Program Skill Levels:

Participants will be grouped according to their skill level

##### ◆ Beginner Stage 1:

New players with little or no prior tennis experience.

##### ◆ Stage 2 or 3:

Players with previous training, placed according to their current abilities as assessed by our coaches.

The above structure ensures that each player receives appropriate training tailored to their level of development.

Contact: For questions, please contact Harsh Mankad at [harsh@tenicity.com](mailto:harsh@tenicity.com) or at 651-285-7280. Visit [Tenicity.com](http://Tenicity.com) to learn more about our program.

## Outdoor Lessons

10 sessions \$163 Mon/Wed  
Sept 8-Oct 8 JPAC

#6204-A1	Age 5-8	4:45-5:45 pm
#6204-A2	Age 9-14	4:45-5:45 pm
#6204-B1	Age 5-8	5:45-6:45 pm
#6204-B2	Age 9-14	5:45-6:45 pm

## Indoor Lessons

5 sessions \$84 Sun

Oct 26-Nov 23 CHS/East Upper: Gym  
#6220-A1 Age 5-8 3-4 pm  
#6220-A2 Age 9-12 4-5 pm

## Volleyball Intro Skills & Games Grade 2-3

Join us for a fun introduction to volleyball. We'll learn the basics and have lots of fun with skills and drills. The last two weeks we'll invite family and friends to come for our games. Game nights will be between 6-8 pm. A T-shirt is included. Volunteer coaches are needed. Player fee is waived for volunteer coaches.

6 sessions \$94 Th Oct 2-Nov 13 6:15-7:30 pm CMS: Gym 1 No session Oct 16  
#6348-A Grade 2 #6348-B Grade 3

## Volleyball League Grade 4-5

A fun and instructional league emphasizing basic skills such as passing, setting, and serving, and game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Practices will start the week of Sept 22. Mondays are practice nights. The first two Tuesdays are also practices, then games begin Oct 7. Games and practices generally happen between 6 and 8:30 pm.

#### Game Nights: Tues, Oct 7, 14, 21 & Mon, Oct 27

Games be played at Centennial Middle School or other district locations depending on the number of teams. We encourage all families to attend youth night at the varsity volleyball match. Tuesday, Sept 23

Numbers permitting, teams will be formed by school. Please indicate school, grade, and t-shirt size when registering. Space is limited at all schools. Season ends October 27. Parents/siblings will not be allowed into the schools during practice times. Families will be able to attend the games.

#6349 M/Tu Sept 22-Oct 27 6-8:30 pm (approx) \$109  
Registration deadline is August 25. Registrations accepted thereafter if space permits, cost increases to \$129. No refunds after Aug 25.

## Grade-6-8 Volleyball League See page 29

## We are looking for volunteer coaches

Coaches will receive instruction and support. If you are interested in coaching, please contact [csendle@isd12.org](mailto:csendle@isd12.org).



## Halloween Hustle Sat, Oct 25 See page 5 for details





## Skyhawks Sports Camps

Experience the thrill of team sports with Skyhawks! These well-rounded camps are designed for young players and teach all the skills needed from beginners to mastering the essentials. For a full camp description, please visit [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com).

### Hoopster Tots Age 3-4

4 sessions \$85 Sat Oct 25-Nov 15 BHE: Gym 1 & 2  
 #6147-A Age 3-4 9-9:30 am  
 #6147-B Age 4-5 9:40-10:10 am

### Basketball Age 5-11

4 sessions \$105 Sat Oct 25-Nov 25 BHE: Gym 1 & 2  
 #6160-A Age 5-7 10:20-11:20 am  
 #6160-B Age 8-11 11:30 am-12:30 pm

### Baseball Tots Age 2-4

4 sessions \$69 Tue Sept 16-Oct 7 BH: Baseball Field  
 #6165-A Age 2-3 4:30-5 pm  
 #6165-B Age 3-4 5:10-5:40 pm

### Baseball Age 5-7

#6173 Tu Sept 16-Oct 7 BH: Baseball Field  
 4 sessions \$89 7:05-8:05 pm

### First Down Tots Age 3-5

4 sessions Thurs Sept 18-Oct 9 JPAC  
 #6417-A Age 3-4 4:30-5 pm \$69  
 #6417-B Age 4-5 5:10-5:55 pm \$79

### Flag Football Age 5-7

#6158 Th Sept 18-Oct 9  
 4 sessions \$89 6:05-7:05 pm JPAC

### Pickleball Age 5-7

#6179 Sa Nov 22-Dec 20  
 4 sessions \$105 9-10 am RL: Gym B/C  
 No session Nov 29

### Volleyball Age 5-11

4 sessions \$105 Sat Nov 22-Dec 20 RL: Gym B/C  
 No session Nov 29  
 #6157-A Age 5-7 Sa 10:20-11:20 am  
 #6157-B Age 8-11 Sa 11:30 am-12:30 pm



## DASH Sports Camps

**Introducing players to the key elements of the sport in a fun, positive environment**

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

### DASH Athleticism Tykes Age 2-6

4 sessions Tues Sept 16-Oct 7 \$65 RLE : Field 6  
 #6254-A Age 2-3 5:30-6 pm  
 #6254-B Age 4-6 6:10-6:55 pm

### DASH Volleyball Age 7-12

#6955 Sa Nov 22-Dec 20 BHE: Gym 1 & 2  
 4 sessions \$75 9:30-10:30 am  
 No session Nov 29

### DASH Basketball Tykes Age 3-5

#6953 Sa Nov 22-Dec 20 BHE: Gym 1 & 2  
 4 sessions \$69 11-11:45 am No session Nov 29

### DASH Jr. NBA Basketball Grade 1-4

#6954 Sa Nov 22-Dec 20 BHE: Gym 1 & 2  
 4 sessions 11:55 am-12:55 pm No session Nov 29  
 With jersey \$105, No jersey \$75

### NEW! DASH Cheer Grade 1-5

#6159 Sa Sept 20-Oct 11 CMS: Gym 5/HSW: Stadium  
 4 sessions 10-11 am \$85

### DASH T-Ball Tykes Age 2-5

4 sessions \$69 Sat Sept 20-Oct 11 BHE: Baseball Field  
 #6961-A 9:30-10:10 am  
 #6961-B 10:20-11 am

### DASH Baseball Age 6-8

#6962 Sa Sept 20-Oct 11 BHE: Baseball Field  
 4 sessions \$75 11:10 am-12:10 pm

### DASH Flag Football Tykes Age 2-6

4 sessions Wed Sept 17-Oct 8 BHE: Baseball Field  
 #6957-A Age 2-3 5:30-6 pm \$65  
 #6957-B Age 4-6 6:10-6:55 pm \$69

### DASH Floor Hockey Tykes Age 2-5

4 sessions Sat Oct 25-Nov 15 CHS/East Lower: Gym  
 #6255-A Age 2-3 9-9:30 am \$65  
 #6255-B Age 4-5 9:40-10:25 am \$69

### DASH Floor Hockey Age 6-11

#6257 Sa Oct 25-Nov 15 CHS/East Lower : Gym  
 4 sessions \$75 10:35-11:35 am







## **CENTENNIAL YOUTH WRESTLING**

**2025-2026 REGISTRATION NOW OPEN!!**



### **PRESEASON CAMP**

**GIVE IT A SHOT!**

FOUR SESSIONS OVER TWO WEEKS

HEADING INTO THE

REGULAR SEASON

TUESDAYS AND THURSDAYS

OCT. 14<sup>TH</sup> THRU OCT. 23<sup>RD</sup>

**\$30**

### **REGULAR SEASON**

**FALL IN LOVE WITH THE SPORT!**

TWO PRACTICES EACH WEEK FROM

OCT. 28<sup>TH</sup> THRU FEB. 26<sup>TH</sup>

**\$300**

**REGISTER AT [CENTENNIALWRESTLING.ORG](http://CENTENNIALWRESTLING.ORG)**

**\*FINANCIAL ASSISTANCE AVAILABLE**

**QUESTIONS –**

**EMAIL: [INFO@CENTENNIALWRESTLING.ORG](mailto:INFO@CENTENNIALWRESTLING.ORG)**

# **CENTENNIAL BASKETBALL ASSOCIATION**



## **REGISTER NOW!**

### **Traveling Program Grades 3-8**

Play competitive basketball outside the Centennial district

Weekend tournaments with 2-3 practices per week

Required tryouts held in September

Season runs October through early March

### **In-House Program Grades 1-8**

Grades 1-6 play basketball within the Centennial district

Grades 7-8 play within the Mounds View league

Games and practices on the weekends

Season runs November through January

End of season Celebration

For more information and registration visit

[www.centennialbball.org](http://www.centennialbball.org)

Financial Aid available for those who qualify







# Aquatics

## Lessons, training and recreational opportunities for people of all ages

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

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

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



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

### Cancellation & Makeup Classes

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

### If your child has special needs or you have concerns

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

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

**Registration questions, call 763-792-6100 or email [cceonline@isd12.org](mailto:cceonline@isd12.org)**  
**General swim questions call 763-792-5240**

## Learn to swim in progressive classes

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

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

### Unsure of what level you should register your child?

Call the pool at 763-792-5240 to arrange an appointment for testing.

### Pool Temperatures

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

#### Pool Temperatures

**84 degrees - End of February  
to the 1<sup>st</sup> week of August**

**80-82 degrees - 1<sup>st</sup> week of  
August to end of February**

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

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







## Swim Class Levels

### **Bobber Age 5-6**

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

### **Poly Beginner 1 Age 5-7**

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

### **Poly Beginner 2 Age 5-7**

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

### **Poly Beginner 3 Age 5-7**

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

### **Beginner Age 8+**

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

### **Advanced Beginner Age 8+**

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

### **Red Cross Level 3**

**Prerequisite: passed Advanced Beginner, Poly Beginner III, or have equivalent skills.** Skills taught: 25 yards each of front crawl, back crawl, and elementary backstroke, diving using the sitting, kneeling, and standing position, and treading water. Introduced to dolphin kick and breaststroke. Advance to Red Cross Level 4. Limit 10.

### **Red Cross Level 4**

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

### **Red Cross Level 5**

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

### **Red Cross Level 6**

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

### **Introduction to Diving**

**Prerequisite: Passed Red Cross Level 3 or equivalent skills, able to swim one length front crawl and demonstrate basic diving principles.** Designed for children between the ages of 9-13 wanting to try diving or to work on diving techniques. Taught basic techniques such as approach, hurdle, height and entry on dives, as well as dry-land training for refining each technique.

### **Adult Beginner Swim Lessons**

Have you ever wanted to learn to swim? Centennial Pool offers beginner swimming lessons for ages 18 and older. Sessions are designed for adults who are new to swimming or with limited swimming skills. Skills taught include floating on front and back, breath control, front crawl, back crawl, monkey airplane soldier as well as basic water safety topics.



## Fall Swim Schedule

**Registration deadline Friday, September 5 at noon unless otherwise indicated**

**Look for Tiny Tot and Poly Wog parent-taught swim lessons to return in the spring of 2026**

**All lessons are 7 sessions**



### Sun Afternoons Sept 7-Oct 19

Bobber	9009-A1	2-2:30 pm	\$88
Bobber	9009-A2	3-3:30 pm	\$88
Bobber	9009-A3	4-4:30 pm	\$88
Poly Beginner 1	9010-A1	2-2:30 pm	\$88
Poly Beginner 1	9010-A2	3-3:30 pm	\$88
Poly Beginner 1	9010-A3	4-4:30 pm	\$88
Poly Beginner 1	9010-A4	4:30-5 pm	\$88
Poly Beginner 2	9020-A1	2-2:30 pm	\$88
Poly Beginner 2	9020-A2	3-3:30 pm	\$88
Poly Beginner 2	9020-A3	4-4:30 pm	\$88
Poly Beginner 3	9030-A1	2:30-3 pm	\$88
Poly Beginner 3	9030-A2	3:30-4 pm	\$88
Beginner	9100-A1	2:30-3 pm	\$88
Beginner	9100-A2	3:30-4 pm	\$88
Adv Beginner	9200-A1	2:30-3 pm	\$88
Adv Beginner	9200-A2	3:30-4 pm	\$88
Level 3	9300-A1	2-2:50pm	\$95
Level 4	9400-A1	3-3:50 pm	\$95
Level 5	9500-A1	4-4:50 pm	\$95
Intro to Diving	9701-A1	4:30-5 pm	\$88

### Mon Evenings Sept 8-Oct 20

Bobber	9009-C1	6:30-7 pm	\$88
Bobber	9009-C2	7-7:30 pm	\$88
Poly Beginner 1	9010-C1	6:30-7 pm	\$88
Poly Beginner 1	9010-C2	7-7:30 pm	\$88
Poly Beginner 2	9020-C1	7-7:30 pm	\$88
Poly Beginner 3	9030-C1	6-6:30 pm	\$88
Poly Beginner 3	9030-C2	7:30-8 pm	\$88
Beginner	9100-C1	7:30-8 pm	\$88
Adv Beginner	9200-C1	7:30-8 pm	\$88
Level 3	9300-C1	6-6:50 pm	\$95
Intro to Diving	9701-C1	6-6:30 pm	\$88
Water Aerobics	9830-C	8-8:50 pm	\$88

### Tues Evening Sept 9-Oct 28

**No session Oct 14**

Bobber	9009-D1	6-6:30 pm	\$88
Poly Beginner 1	9010-D1	6-6:30 pm	\$88
Poly Beginner 1	9010-D2	6:30-7 pm	\$88
Poly Beginner 2	9020-D1	6:30-7 pm	\$88
Level 4	9400-D1	7-7:50 pm	\$95
Level 5	9500-D1	7-7:50 pm	\$95

### Wed Evenings Sept 10-Oct 22

Bobber	9009-E1	6:30-7 pm	\$88
Poly Beginner 1	9010-E1	6:30-7 pm	\$88
Poly Beginner 2	9020-E1	7-7:30 pm	\$88
Poly Beginner 3	9030-E1	7:30-8 pm	\$88
Beginner	9100-E1	6-6:30 pm	\$88
Adv Beginner	9200-E1	6-6:30 pm	\$88
Adult Lessons	9840-E	7-7:30 pm	\$88

### Sat Mornings Sept 6-Oct 25

**No session Oct 18**

Intro to Diving	9701-F	9:30-10 am	\$88
Water Aerobics	9830-F	10:30-11:20 am	\$88

### Sun Afternoons - Session B

**Oct 26-Dec 7**

**Registration deadline Oct 24 at noon**

Bobber	9009-B1	2-2:30 pm	\$88
Bobber	9009-B2	3-3:30 pm	\$88
Poly Beginner 1	9010-B1	2-2:30 pm	\$88
Poly Beginner 1	9010-B2	3-3:30 pm	\$88
Poly Beginner 2	9020-B1	2:30-3 pm	\$88
Poly Beginner 2	9020-B2	4-4:30 pm	\$88
Poly Beginner 3	9030-B1	2:30-3 pm	\$88
Beginner	9100-B1	3-3:30 pm	\$88
Adv Beginner	9200-B1	3-3:30 pm	\$88
Level 3	9300-B1	4-4:50 pm	\$95
Intro to Diving	9701-B1	4:30-5 pm	\$88

### Mon & Wed Evenings Nov 3-24

**Registration deadline Oct 31 at noon**

Bobber	9009-G1	6:30-7 pm	\$88
Poly Beginner 1	9010-G1	6:30-7 pm	\$88
Poly Beginner 2	9020-G1	7-7:30 pm	\$88
Poly Beginner 3	9030-G1	7-7:30 pm	\$88
Beginner	9100-G1	7:30-8 pm	\$88
Adv Beginner	9200-G1	7:30-8 pm	\$88

**Sign up for a full session of Water Aerobics or drop in for \$15 per time**



### Private or Semi-Private Lessons

Personalized high-quality swim instruction for those with special needs where class settings are challenging or if your child cannot be independent in a group setting. These lessons offer 1-on-1 for private lessons or 2-1 for semi-private swim instruction. These classes are to help you improve your skills and be successful and safe in and around the water. Participants receive eight, 30-minutes lessons. Cost \$300

### Cougar Adaptive Lessons

Our Cougar Adaptive Swim Lessons program is for children who are challenged to participate independently in a standard group lesson. The program uses techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs, and goals. Lessons are created for, but not limited to, those with anxiety, physical, sensory, communication or behavior challenges. This will be a 1:1 ratio of student to instructor. 4 lessons for \$80 or 8 lessons for \$160

Our swim coordinator will work with you to determine the dates and times of each lesson. Call 763-792-5240 and leave a day and evening phone number and you will be called after the registration deadline. Please note: Notice of any cancellation must be given 24 hours in advance, or you will forfeit the lesson with no option to make up.

## Water Aerobics is Back!

There are so many benefits to exercising in water. Lose inches and improve your cardiovascular and joint health while reducing stress on muscles, tendons and ligaments. A low impact way to ease into exercising while providing massaging action beneficial to muscle toning through resistance. No swim ability needed. Limit 26.

## Open Swim and Lap Swim

**Sundays 1-2 pm Sept 7-Oct 19 \$2 per person**

Children under 12 must have passed our level 3 or be able to swim 25 yards of front crawl with rhythmic breathing to swim on their own during open swim. All others must have a parent or adult guardian in the water with them. All children 6 years and under must have an adult guardian in the water with them regardless of swimming ability. Half of the pool will be used for lap swimming and the other half and diving well will be for Open Swim Participants.



## Pool Party! Plan your Birthday or Special Day with Us!

**Up to 15 children, Age 4-12 1½ hours Sat Afternoons**

Swim, relax and enjoy your child's birthday or special occasion in our indoor pool that is especially reserved for your child. Certified lifeguard on duty but parents/guardians must accompany swimmers who cannot swim the width of the pool with front crawl, non-stop with rhythmic breathing. Call 763-792-5240 for availability.

Spend the first hour playing in the pool. The last half hour is reserved for refreshments you would like to provide or a gift opening. Chairs and tables provided with decorative table coverings.

Gymnastics parties are also available. See page 37 for party options and details.

All participants must have a signed waiver to participate. Party host must remain on site for duration of your party.





## Centennial Preschool

### 2025-26 School Year Registration is open for remaining seats Age 3 & 4 by September 1

Centennial Preschool is available for children who are three and four years of age by September 1. Fees are income based, but tuition discounts and scholarships may be available.

Part-day and full-day spots are still available for the 2025-26 school year! Visit [earlychildhood.isd12.org](http://earlychildhood.isd12.org) for information and registration link, or call 763-792-6120. Classes begin September 3.

### Centennial Outdoor Explorers Preschool

#### **New for 25-26! Must be 3 ½ years old by Sept 1, 2025**

This 4-day, Monday-Thursday afternoon class will use the wealth of natural resources surrounding the Early Childhood Center to move learning outside! Students will have the same academic, social-emotional, and physical learning goals as a standard preschool class, but activities will incorporate the natural environment. "Wargo Wednesdays" will take place twice each month, bringing students and their parents/caregivers together with naturalists at Wargo Nature Center. (Sibling care will be available.)

Space is still available! Visit [earlychildhood.isd12.org](http://earlychildhood.isd12.org) to register.



## Pre-K Kids Club

Full-day Centennial Preschool classes may be combined with before and/or after school care through Pre-K Kids Club. Care is available from 6:30-9:15 am and 3:15-6 pm and on Kids Club Non-School Days. Space is limited.

Note that Pre-K Kids Club fees are in addition to preschool tuition. For more information, visit [communityed.isd12.org/kids-club/pre-k-kids-club](http://communityed.isd12.org/kids-club/pre-k-kids-club).

For questions about Pre-K Kids Club, contact the Kids Club office at 763-792-6193 or email [kidsclub@isd12.org](mailto:kidsclub@isd12.org).

## Gearing Up for Kindergarten

### Students entering Kindergarten in Fall 2025

Entering kindergarten is a major transition in the life of a child and their parents. Kids need to be ready for school, and schools need to be ready for kids. That's why our "Gearing Up for Kindergarten" class, taught by a licensed Centennial teacher, prepares parents and their children for success in school. Students will get experience learning with peers in a structured classroom environment, and parents will receive support through parent education resources.

Mon-Thur Aug 11-14 9-11:30 am  
4 sessions \$75  
Early Childhood Center  
at Rice Lake Elementary (Door C)

Instructor: Centennial Preschool Teacher

Register via Eleyo under  
Early Childhood Family Education (ECFE)

# Early Childhood Family Education

## ECFE Programming for families with children ages birth to kindergarten

Learn and grow together through parent and child interaction, guided play and learning experiences, parent education, and special events. All activities are held at the Early Childhood Center at Rice Lake Elementary unless otherwise noted.

### ECFE Classes Starting Soon

Registration is open now for the following short-term classes, as well as any remaining spots in our year-long classes.

Visit [earlychildhood.isd12.org](http://earlychildhood.isd12.org) for class information or registration link. Call 763-793-6120 to inquire about class openings.

The ECFE school year begins September 8.



### Young Explorers

**2½ to 5 years    Tuesdays 1-2:30 pm**

\$30 per child with parent per 3-week class

The Young Explorers series allows for play and learning focused on a different theme for each class. Classes meet Tuesdays for 3 weeks from 1-2:30pm. Sign up for one, two, or take the entire series! Parents go to a separate room for some of the class period for discussions of theme-related topics as well as general joys and concerns. Sibling care is available for an additional \$10 per child.

### Young Farmers

**Sept 16, 23, 30**

We'll learn about farms, farmers, crops, and animals. A visit to Autumnwood Farms will bring it all to life!

### Young Bakers

**Oct 21, 28, Nov 4**

We will explore age-appropriate baking recipes without using an oven.

### Young Scientists

**Nov 25, Dec 2, 9**

Opportunities for children to use their minds and hands to play, explore, and learn. What fun things will we create?

### Friday Specialty Classes

**18 months-4 years    11 am-12:30 pm**

\$10 per child with parent. Join us for a one-time class on a special theme. Take one or more in addition to your weekly ECFE class or on their own!

### Grandparents Class

**Oct 3**

It's a day to celebrate the extra-special people in our lives. Invite your pop-pop or gamma to school with you!

### Stories Come Alive

**Oct 10**

We'll learn how to make a story jump off the page. Activities, art projects, songs, and finger plays will be based on favorite families stories, and new ones, too!

### All About Art

**Oct 24**

Come dressed for mess as we explore our artistic side using several mediums - paint, collage, glue, fabric, and playdough. We'll also include circle time with some music and movement.

### Music & Movement

**Nov 7**

Songs, dancing, making/playing musical instruments, painting to music, a parachute game, and an obstacle course are planned for this day of fun!

### Fantasy & Pretend

**Nov 14**

Come play in our fantasy land with castles, pirates, unicorns, and dinosaurs. We'll create whimsical creatures and glittering crowns. Circle time will include discussion and stories that are "real" and "just pretend."

### Bakery Shop

**Dec 5**

Our classroom will be transformed into a (playdough) bakery shop, and we will decorate a treat to take home. A mischievous gingerbread friend may lead us on a hunt to find him!





## Drop-In Classes

Come late, leave early, come once, come every week – We're casual and will be happy to see you whenever you can join us.

### Explore With Baby 0-9 months Mondays, 1-2 pm FREE

Have a new baby? Need to get out of the house without anyone judging the spit-up on your shirt? Are you a grandparent or friend who wants to give a new parent a break? Explore With Baby is for you! Meet other new parents/grandparents/caregivers and our parent educator to chat, play, and get support. Begins September 8.

### Drop -In & Play Mondays, 11 am-12:30 pm or Fridays, 9-10:30 am

\$5/child or \$10/family

Come any week for some playtime! We'll sing songs, read a story, play with toys, and go to the gym or playground. Begins September 8.

## Early Childhood Screening



Minnesota law requires Early Childhood Screening before a child can enter kindergarten. This FREE screening checks hearing and vision, weight and height, health history, immunizations, speech and language, general development, and motor skills. Screening is NOT a readiness test for kindergarten.

A child can be screened anytime after age 3, but the district recommends screening your child before their fourth birthday.

Screenings take place the first Thursday or Friday of the month, October - May.

For more information  
or to make an appointment, call 763-792-6120  
or visit [earlychildhood.isd12.org](http://earlychildhood.isd12.org).

## Parent Advisory Council

The Parent Advisory Council (PAC) is a group of Early Childhood parents who meet monthly to provide input for programming, help plan fun family events, and assist with program fundraising.

### Interested in joining PAC?

New members are always welcome! Our first meeting of the year will be Friday, September 12, 9:30-10:30 am at the Early Childhood Center. Brunch starts at 9:15 am. Child care is provided. Please call the office at 763-792-6120 for more information.



For more offerings for young children see our P.L.A.Y. Preschool Enrichment section on pages 52-53





## P.L.A.Y. Preschool Enrichment

An opportunity for your child to expand and reinforce their learning outside their world or preschool classroom. Join us for **Preschool Learning After-hours** to answer the burning question of **Why?**

Financial assistance is available to those who qualify. See pages listed or call 763-792-6100 for more information.



### Little Nature Adventures!

**Age 2-5 with adult**

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

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

#1056-A Sept 8 **Into the Tall Grass**

#1056-B Oct 13 **Apple Cider Time!**

#1056-C Nov 10 **Seeds & Leaves**

### Gingerbread House Making

**Age 3-11 with adult**

Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. All children must attend with an adult.

#2028 Sa Dec 13 \$25 3:30-4:30 pm CTE: Cafeteria

### Birthday Parties

**Up to 15 children, Age 4-12**

Spend the first hour doing gymnastics or playing in the pool. The last half hour is reserved for refreshments you would like to provide or a gift opening. Chairs and tables provided with decorative table coverings. See page 37.

### Kidcreate Studio Art

**Age 18 months to 6 years with adult**

See page 33 for more details.

### Toy-tastic

Toy-tastic Art Fun is where young artists explore the world of iconic toys through art. Participants unleash their creativity by crafting pictures of beloved toys using a variety of mediums. From LEGO® people to teddy bears, rubber duckies, and Matchbox® cars, each project encourages imagination and innovation. With a treasure trove of toys at their disposal, children create stunning artwork and learn to repurpose everyday objects into tools for self-expression.

#2428 Tu Sept 30-Oct 21  
4 sessions \$77 10-11 am ECC: Rm 101

### Gobble Gobble

Those pilgrims sure were crafty. The kids will celebrate Thanksgiving by creating an adorable clay turkey that is sure to attract smiles.

#2429 Th Nov 6 \$28 pair 6-7 pm ECC: Rm 101





## Music & Dance

### Kids Dance

Happy Feet focuses less on perfection and more on fun, allowing children to build confidence, improve coordination, and learn fundamental dance moves without even knowing it! Children will use props including tambourines, scarves and pompoms to learn basic tap, jazz and ballet steps. [See page 34.](#)

CMS: Gym 5 Nov 6 & Dec 18 Recital in PAC  
No session Oct 16 & Nov 27

### Hop N'Tots

Age 3

#5001-A 5-5:45 pm

### Creative Dance

Age 4/5 & K

#5001-B 5:45-6:30 pm

### Music Together

**Newborn to PreK/age 5 years  
with parent/caregiver**

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes. [See page 35.](#)

## Sports

**Karate Age 4-6** [See page 39.](#)

4 sessions \$39 Mon/Wed 6-6:30 pm CMS: Gym 5  
6400-A Oct 13-22  
6400-B Dec 1-10

**Mini Kickers Soccer Age 3-5**

Mini Kickers is a FUN, age-appropriate and professionally guided introduction the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these newfound skills in a daily scrimmage. [See page 40.](#)

**Sports Camps Age 2-6**

Experience the thrill of team sports! These well-rounded camps are designed for young players and teach all the basic skills for each sport. [See page 42](#)

Hoopster Tots

Baseball Tots

First Down Tots

DASH Basketball Tykes

DASH T-Ball Tykes

DASH Flag Football Tykes

DASH Floor Hockey Tykes



**Tot Skates Age 2-5 with adult**

Join other little ones your own age and their grown-ups they have brought along for some open skate time. [See page 7.](#)

\$5 per adult/child pair pay at the door

Mon/Wed Sept 8-Dec 17 10:30 am-noon

No open skate Nov 3, 17 & 26

**Gymnastics** [See page 36 for details.](#)

**Wiggle Time Parent/Child Age 2-3**

Children will use mats, parachutes, trampoline, and other equipment to explore and discover the world around them developing fundamental movement and problem solving skills. This is a great opportunity to get in the gym with your child and play in a safe, fun, semi-structured environment. Children run, tumble, and spend time with you, while developing gross motor skills.

**Little Tumblers Age 3-4**

Developing gymnasts will learn basic and fundamental gymnastics skills in a safe, fun, age appropriate, structured environment



# Registration, Information & Policies



## Registration

### Online

**isd12.ce.eleyo.com**

Register online for any class. Secure registration for classes is available 24 hours/day using an electronic form of payment. Apple Pay now available for iPhone users!

### Mail or Drop Off

Complete a registration form and return with payment to:  
**Centennial Community Education**  
**4707 North Road**  
**Circle Pines, MN 55014**

**Make checks payable to District 12**  
24-hour drop box located outside the Community Education entrance at door S14.

**Office Hours** Mon-Fri: 8 am-4 pm,  
closed non-school days and holidays

### By Phone

**763-792-6100**

Using an electronic form of payment (credit card or ACH)

### By Fax

**763-392-7743**

Complete a registration form, including credit card information

*For online registrations: You will know you have successfully completed your online registration when you have received an email confirmation to the email address you have provided.*

**Scan this code to register!**



### No News is Good News!

#### Assume the class is a go

Unless we contact you, assume that you are enrolled and the course will be held at the time and place indicated. We do not mail out confirmations, but an automated email receipt will be sent if you provide your email address upon registration.

### Cancellations

Community Education reserves the right to cancel a class due to insufficient enrollment. Classes are filled on a first-come, first-serve basis. Some class sizes are limited, so early sign-up is suggested. If a class is canceled or full, you will be notified and your fee will be refunded.

### Inclement Weather & Emergencies

When the regular school day is canceled because of inclement weather or emergencies, Community Education classes and activities may also be canceled. You may receive an emergency messenger system message. Also watch or listen to local TV stations, or visit the district website at [isd12.org](http://isd12.org).

### Refunds

A refund, minus a \$10 administrative fee, will be made if you cancel at least five business days prior to the start of an activity unless otherwise noted such as with sport leagues, adult trips and driver education classes. No refunds thereafter.

### Registration Deadlines

#### Deadline for most activities is one week before they begin

Classes are filled on a first-come, first-serve basis. Many classes fill quickly and instructors may need to order supplies. Some classes cancel due to low enrollment, so please don't hesitate to register.

### Make-Ups

There are no make-ups for a missed class (*with the exception of Driver Ed classroom*). Check your schedule prior to registration for potential conflicts.

### Discounts

Financial assistance is available to those who qualify. For an application please call 763-792-6100.

As of January 1st, 2025, the UCare Community Education Discount moved to the Healthy Benefits+ Visa Card as an allowance program for members. Eligible UCare members may receive an allowance to spend toward community education classes. Members must have UCare insurance at the time of registration. Limits and restrictions may apply.

### Special Needs

Individuals with special needs are welcome in any activity they qualify for and may bring a helper at no extra charge if needed. Indicate needs on registration form. Contact Community Education with questions or if you need assistance in an activity.

### Check Collection Service

Centennial School District uses PayTek Solution's services when a check is returned due to insufficient funds. If collection is made electronically, the district receives the face value of the check plus a \$3 per check rebate. PayTek charges an NSF fee to the party that issued the bad check. The use of a check for payment is the check writer's acknowledgment and acceptance of this policy and its terms. After two NSFs, fees must be paid using a money order.

### Photo Policy

There are occasions when representatives of District 12 and/or the media photograph or videotape students while attending/participating in school sponsored functions. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the Community Education office.

# Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014  
In lieu of form call 763-792-6100 or go online at [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com)

Name \_\_\_\_\_ Gender \_\_\_\_\_ Birth Date \_\_\_\_\_

If minor, guardian name/s \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: primary ( \_\_\_\_\_ ) \_\_\_\_\_ other ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address \_\_\_\_\_

Special needs/additional information \_\_\_\_\_

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

\_\_\_\_\_T-shirt size \_\_\_\_\_adult \_\_\_\_\_youth (if applicable) **Total Fee** \_\_\_\_\_

MasterCard \_\_\_\_\_ VISA \_\_\_\_\_ Amex \_\_\_\_\_ Discover \_\_\_\_\_ Healthy Benefits+ Visa \_\_\_\_\_

Name on credit card (print) \_\_\_\_\_ CVV# \_\_\_\_\_

Account # \_\_\_\_\_ Exp date \_\_\_\_\_

OFFICE USE ONLY: ENT \_\_\_\_\_ CANC \_\_\_\_\_ RET \_\_\_\_\_

# Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014  
In lieu of form call 763-792-6100 or go online at [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com)

Name \_\_\_\_\_ Gender \_\_\_\_\_ Birth Date \_\_\_\_\_

If minor, guardian name/s \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: primary ( \_\_\_\_\_ ) \_\_\_\_\_ other ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address \_\_\_\_\_

Special needs/additional information \_\_\_\_\_

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

\_\_\_\_\_T-shirt size \_\_\_\_\_adult \_\_\_\_\_youth (if applicable) **Total Fee** \_\_\_\_\_

MasterCard \_\_\_\_\_ VISA \_\_\_\_\_ Amex \_\_\_\_\_ Discover \_\_\_\_\_ Healthy Benefits+ Visa \_\_\_\_\_

Name on credit card (print) \_\_\_\_\_ CVV# \_\_\_\_\_

Account # \_\_\_\_\_ Exp date \_\_\_\_\_

OFFICE USE ONLY: ENT \_\_\_\_\_ CANC \_\_\_\_\_ RET \_\_\_\_\_

## REGISTRATION DEADLINE IS ONE WEEK PRIOR TO THE START OF CLASS

Centennial Community Education offers activities with the purpose of enrichment. Information obtained in Community Education activities is not intended for use as advice, endorsement or recommendations from the instructors, his/her business or Centennial Community Education.

**No transportation provided unless otherwise noted**





Centennial Community Education  
4707 North Road  
Circle Pines, MN 55014

Non-Profit Organization  
U.S. Postage PAID  
Circle Pines, MN  
Permit No. 8

ECR WSS  
Postal Customer

# Let's Get Together!

**Make memories to last with a do-together activity!**



## So many ways to connect!

Family LEGO Night  
Halloween Hustle 5K  
Tot Skates & Silver Skaters  
Wolf Howl Bonfire  
Adult & Child Advent Calendar with Kidcreate  
Santa's Holiday Workshop: Gingerbread House  
Breakfast with Santa  
Family Puzzle Challenge  
Minnesota Starwatch with Mike Lynch

[See pages 5-7 for more activities and details](#)

## Food Truck Festival

