



FOREST LAKE AREA SCHOOLS

COMMUNITY EDUCATION



 **That's
Community Ed!**

WINTER 2026



A Message from the Director of Community Education

As the days grow shorter and the air turns crisp, we invite you to embrace a season of learning, connection, and growth through the programs featured in our Community Education Winter catalog. Whether you're looking to explore a new hobby, develop a new skill, or simply meet others who share your interests, you'll find plenty of opportunities waiting for you inside these pages.

Our team is proud to offer a wide range of classes and events designed to inspire curiosity, spark creativity, and strengthen our community. From arts, aquatics and fitness to technology, childcare and lifelong learning, there's something here for everyone—no matter your age or experience.

Thank you for making lifelong learning a part of your journey. We look forward to seeing you in our programs this winter!

Stay warm and go Rangers!

Corey McKinnon

Director of Community Education
Forest Lake Area Schools

Little Rangers Preschool 2026-2027

**REGISTRATION OPENS
ON JANUARY 20, 2026!**

MORE INFORMATION | PAGE 55



NEW! Herbal Wellness Classes

Herbal Winter Wellness Workshop

Come and explore herbal allies that support us through the deep winter months. Participants will craft a warming herbal tea and prepare an infused oil.

Herbs - Crafting Fire Cider

Fire cider is a traditional herbal tonic known for its immune-boosting properties. Participants will craft a batch of fire cider to take home.

Herbs for Spring Renewal

As the seasons shift, our bodies benefit from herbs that support movement, clarity and gentle detoxification. You'll leave with recipes, samples and knowledge how to use spring herbs.

MORE INFORMATION | PAGE 13



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(651) 982-8110



forestlake.ce.eleyo.com



@FLASCE



A Message from the Superintendent

Adapting to the needs of our community today and in the future

Our district has a strong tradition of community elementary schools that serve our local cities and neighborhoods. Over time, neighborhoods change, children grow up, family households become empty nest households, and new families move into new neighborhoods. This creates a shift in the numbers of school-age children for each elementary school, and a need for the

district to periodically re-balance the numbers of students that are served by each school. We do this by adjusting attendance boundaries and moving some neighborhoods into different elementary school attendance areas.

The needs of any community will change over time. As a school district, we must also adapt to be responsive to our community. With the help of many community members, staff and demographic experts, we have crafted a plan that will help our district meet the needs of our community now and in the future.

In 2025, Forest Lake Area Schools completed this adjustment process, with input from many staff members and members of the community. As a result, beginning next fall, homes and neighborhoods may lie within a different elementary school attendance boundary than they did before.

Changing boundaries and balancing student enrollment across the district helps ensure that each student has access to the support and resources they need. It also creates efficiencies for each school and balances operational costs across the district.

Steve Massey, Ed.D.

Superintendent
Forest Lake Area Schools



Elementary Boundary Adjustment



Did You Know? Our elementary school attendance boundaries are changing next year.

Learn More! Look up your home address to see if your elementary school has changed.



Catalog Key

District Map: Page 61

Ed Center

Education Center
943 9th Ave SW, Forest Lake

FLAS Community Pool is located in the Education Center (door 8)

FLAHS

Forest Lake Area High School
6101 Scandia Tr N, Forest Lake

FLAMS

Forest Lake Area Middle School
21395 Goodview, Forest Lake

Col

Columbus Elementary
17345 Notre Dame, Forest Lake

FV

Forest View Elementary
620 SW 4th St, Forest Lake

Lino

Lino Lakes Elementary
725 Main St, Lino Lakes

Linw

Linwood Elementary
21900 Typo Creek Dr, Wyoming

Scan

Scandia Elementary
14351 Scandia Tr N, Scandia

Wyo

Wyoming Elementary
25701 Forest Blvd, Wyoming

Virtual Classes

This icon is by class titles that are available virtually with Zoom.

4400-IW26 (example)

The number and letter combination found in class details is a "course number" affiliated with the class.

TRANSLATION AVAILABLE

If you want free help translating this information, call (651) 982-8327.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم (651) 982-8327

កំណត់សំគាល់: បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ (651) 982-8327 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite (651) 982-8327.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu (651) 982-8327.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ ຟຣີ, ຈົ່ງໂທລະຫາ (651) 982-8327.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsi bilbiltu (651) 982-8327.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните (651) 982-8327.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, wac (651) 982-8327.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al (651) 982-8327.

Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi (651) 982-8327.

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Registration

Register online at forestlake.ce.eleyo.com, scan the QR code or call (651) 982-8110. View more options on page 62.

Contact Us

FLASCE STAFF DIRECTORY: See page 60

PHONE: (651) 982-8110

FACEBOOK: Follow @FLASCE

Partner with Community Education!

Forest Lake Area Schools Community Education (FLASCE) is always looking for passionate people to share skills and interests with the community! Our class instructors are enthusiastic about their topics and have a desire to share and connect in a meaningful way. The FLASCE team will work with you to help ensure classes are a success for both instructors and participants. Community Education runs year-round, so whether it's a one day class or a season long opportunity, we would love to hear about your ideas! Complete the course proposal form found online by scanning the QR code.



Adult Lifelong Learning

ARTS & HOME



Alcohol Ink - Fantasy Garden

With so many different techniques, alcohol ink will soon become a favorite medium. Your instructor will guide you as you put down your choice of colors to make the background and create flowers using a hand blower to make one 6x9" painting in your chosen colors. Given time, you can create a second painting with variations. The best part of using alcohol ink is if you don't like a part of your picture, you can wipe it off with isopropyl alcohol. A \$15 supply fee is payable to the instructor at class.

Kay Anderson

6455-SP26 Apr 14 Tue 6-8pm \$39
1 session Ed Center 113 | Door 4

Alcohol Ink - Valley of a Thousand Flowers

Using alcohol ink, you will create a sky and then a valley using multiple green colors and a brush. The best part will be applying different colors to make your flowers. You will soon have a beautiful valley of flowers. If you don't like a part of your picture, you can wipe it off with isopropyl alcohol. Once your valley of flowers is complete, you can make a second picture or play on your own. A supply fee of \$15 is payable to the instructor at class.

Kay Anderson

6506-IW26 Feb 5 Thu 6-8pm \$39
1 session Ed Center 111 | Door 4

Mandala Art on Coaster

Learn to create intricate and artistic designs inspired by the traditional mandala patterns which commonly represent harmony and balance. Draw or paint mandala patterns starting from a central point and expanding outwards with geometric shapes and symbols. We will cover various techniques using dotting tools and acrylic paints. Take home two beautiful hand-made coasters. All supplies are included.

Acrylic Studio Art

6505-IW26 Jan 21 Wed 5:30-7pm \$39
1 session Ed Center 113 | Door 4

Sewing Machine Quick-Start | Age 16-Adult

If you've never used a sewing machine before or if it's been years, this is a great class to take first! You'll learn how to thread a sewing machine and sew a straight line, as well as techniques for machine handling that are frustrating to figure out on your own. Get comfortable with the sewing machine and practice your skills. You are welcome to and may find it helpful to bring your own sewing machine if it is in working order.

Sewing and Fitting Mentor - Renee Bontjes

5087-IW26A Jan 22 Thu 6:30-9:30pm \$69
1 session Sewing and Fitting Mentor

5087-IW26B Mar 26 Thu 6:30-9:30pm \$69
1 session Sewing and Fitting Mentor



Hand Knit Chunky Blanket

Age 6-Adult

During this one-of-a-kind event, we will guide you step-by-step through hand knitting your very own soft chunky knit blanket. No knitting experience is required and all supplies will be provided (see details online). Your completed blanket will measure approximately 40x50". One adult chaperone is needed per child under 13 years old. The adult and child can make the project together or just the child can make the project with the adult supervising. Adults need to register as well if they want to create their own blanket.

Your Bearded Artist

6399-IW26	Feb 28	Sat
1 session	10am-1pm	\$69
	FLAHS Media Center Door 32	

Knitting - Beginning

Even if you've never held knitting needles, you can learn the basics of knitting including cast-on, knit, purl and bind-off. These four skills will set you up for success with many different knitting projects. Under the guidance of an experienced knitter, you will combine the four basic skills of knitting to start you on your way to your knitting adventure. See online course description for supplies list.

Vickey Nelson

6439-IW26	Jan 15 & 22	Thu
2 sessions	6-8pm	\$29
	Ed Center 117 Door 4	



Knitting - Cables

Want to advance your knitting skills? Learn how to knit the cable stitch. These stitches are characterized by the twisting pattern that is often seen in Celtic knitting patterns. By the end of class you will have completed a coaster using a basic cable stitch. Participants must already know the knit and purl stitches. You will learn cast-on, basic bind-off and basic cable stitch. See online course description for supplies list.

Vickey Nelson

6445-IW26	Feb 12	Thu
1 session	6-8pm	\$19
	Ed Center 111 Door 4	

Knitting - Mitered Squares

Have you always wanted to make a patchwork blanket with all your scraps of yarn, but the thought of sewing all those squares together gives you the heebie-jeebies? A mitered square blanket is the answer to your dilemma. Mitered squares blankets (often called memory blankets) are individual squares that you knit together as you go. We will knit four squares and connect them as we go into one larger square. Participants must already know the knit and purl stitches. You will learn how to cable cast-on, slip stitch, double decrease (knitting three stitches together) and cable cast-off. See online course description for supplies list.

Vickey Nelson

6446-IW26	Mar 19	Thu
1 session	6-8pm	\$19
	Ed Center 113 Door 4	



Crochet - Beginning 1

Do you want to create magic with a hook and yarn? If you have never picked up a crochet hook before or need a refresher on crochet basics, then this is the class for you. You will learn basic stitches, how to read patterns and much more! Soon you will be on your way to creating hand-made gifts for family and friends just in time for holiday giving! See online course description for supplies list.

Shelli Matheson

6430-IW26A	Jan 26-Feb 9	Mon
3 sessions	6-8pm	\$39
	Ed Center 113 Door 4	

6430-IW26B	Mar 23-Apr 6	Mon
3 sessions	6-8pm	\$39
	Ed Center 113 Door 4	

Crochet - Project

If you've taken Crochet-Beginning 1 or are experienced in crocheting, it's time to see where your creativity can bring you! Your crochet instructor will lead you through making a hat and scarf set plus an optional pair of mittens, if time allows. See online course description for supplies list.

Shelli Matheson

6456-IW26	Feb 23-Mar 9	Mon
3 sessions	6-8pm	\$39
	Ed Center 113 Door 4	



**REGISTER ONLINE AT
FORESTLAKE.CE.ELEYO.COM
OR CALL (651) 982-8110.**

ADULT LIFELONG LEARNING



CANCELLATION POLICY

Due to materials being prepared in advance, there are no refunds after noon on the day of classes with Your Bearded Artist (below).

Painting - Acrylic

Connect with your creative side and join us for our no-experience-required art class. You will be guided through creating a 16x20" acrylic on canvas. All supplies are included.

Your Bearded Artist

6398-IW26 Jan 22 Thu 6-8pm \$39
1 session FLAHS 622 | Door 32

Painting - Partner Painting/Date Night

Join us for a fun-filled evening as you paint your very own portrait of your partner, each on a 8x10" canvas. You'll enjoy a no-experience-required art class thoughtfully guided by the instructor. All supplies are included.

Your Bearded Artist

6451-IW26 Feb 19 Thu 6-8pm \$45/pair
1 session FLAHS 622 | Door 32

Painting - Tree Slice

Connect with your creative side and join us for our no-experience-required art class. You'll be guided through painting with acrylics on a real slice of a tree approximately 9" round by ½" thick. All supplies are included.

Your Bearded Artist

6515-IW26 Mar 19 Thu 6-8pm \$45
1 session FLAHS 622 | Door 32



Cookie Decorating

Create beautiful cookies for any holiday or special occasion! Under the guidance of a professional baker, you will learn the techniques and steps to make perfectly iced cookies. All of the supplies are provided to decorate six unique cookies. Registration closes on Friday afternoon before each class. No refunds will be given after registration closes due to materials being prepared.

Biddy Bakehouse

Valentine's Day

6416-IW26A Jan 26 Mon 6:30-8pm \$59
1 session Ed Center 102 | Door 4

Birthday

6416-IW26B Feb 23 Mon 6:30-8pm \$59
1 session Ed Center 102 | Door 4

Easter

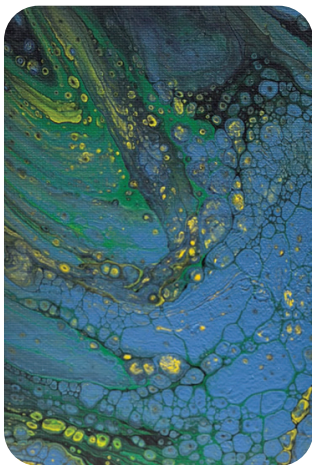
6416-IW26C Mar 23 Mon 6:30-8pm \$59
1 session Ed Center 102 | Door 4

Photo Organization - Print & Digital

Having organized photos is a wonderful feeling. Learn a system to get every printed photo, digital photo and your memorabilia organized. We'll cover scanning slides, movies and prints as well as backing up, cloud storage and scanners. Discover easy ways to repair old photos. By the end of class, you'll have a plan for a system that allows you to access every photo you own in seconds!

Kathy Povolny

6155-SP26 May 6 Wed 6:30-8:30pm \$19
1 session Ed Center 117 | Door 4



Mosaic Garden Dragonfly, Butterfly or Lizard

Create a stained glass mosaic dragonfly, butterfly or lizard and add a piece of custom artwork to your home or garden! This is a thoughtful, handmade gift or a beautiful addition to your home. A \$25 supply fee is payable to the instructor at class.

Peggy Decker

6062-IW26 Feb 17 Tue 6-9pm \$25
1 session Ed Center 113 | Door 4

Painting - Acrylic Marble Pour | Age 6-Adult

Connect with your creative side and join us for our no-experience-required art class. You will be guided through pouring acrylic on an 8x10" canvas. All supplies are included. Additional dry time of 24-36 hours is needed after class completion. One adult chaperone is needed per child under 13 years old. The adult and child can make the project together or just the child can make the project with the adult supervising. Adults need to register as well if they want to create their own painting. Due to materials being prepared in advance, there are no refunds after noon on the Friday before class.

Your Bearded Artist

6450-IW26 Jan 31 Sat 10am-12pm \$39
1 session FLAHS: 622 | Door 32

STAINED GLASS CLASS SAFETY

Wear a shirt with a crewneck and hard finish like denim or t-shirt material; no sweaters or fleece. Wear shoes with a closed toe and a hard sole (no Crocs).

Stained Glass Panel - Beginner

Learn to create a beautiful stained glass window from an accomplished artisan who has been working with glass since 1979. Choose from simple patterns, select the glass you want to use and then learn to score and break it, grind it down to match the pattern and assemble the pieces by bending a thin copper foil over the edges before soldering it all together. You will go home with an amazing creation you can hang in your window and the knowledge of how to do it again. All the tools and supplies will be provided. A supply fee of \$30 will be collected the first night of class.

Lisa Schwartz

6142-IW26 Jan 13-22 Tue & Thu 6-9pm \$139
4 sessions FLAHS: 638 | Door 32

Stained Glass Suncatchers

Here's your chance to learn to make stained glass! Choose from the patterns and glass provided to create two to four small glass suncatchers. Learn all the steps of cutting a pattern, scoring and breaking glass, grinding, foiling and soldering. All tools and supplies will be provided. Supply fee of \$20 is payable to the instructor at class.

Lisa Schwartz

6263-IW26 Feb 6 & 7 Fri: 6-9pm & Sat: 9am-2pm \$105
2 sessions FLAHS 638 | Door 32

6263-SP26 Apr 17 & 18 Fri: 6-9pm & Sat: 9am-2pm \$105
2 sessions FLAHS 638 | Door 32

Stained Glass - Intermediate Open Studio

Bring your stained glass projects or ideas and have dedicated time and space to work on them. Challenge yourself and learn something new, finish an old project or just keep practicing. There isn't formal instruction but the instructor will be there to assist you along the way. Grinders will be provided for class use. Bring your own tools and supplies, buy tools from the instructor or rent the tools for \$30. Prerequisite: a prior stained glass class.

Lisa Schwartz

6518-SP26 Apr 15-May 20 Wed 6-9pm \$169
6 sessions FLAHS 638 | Door 32

BUSINESS & FINANCE



FREE | Are Your Retirement Dollars Tax Efficient?

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than you need to. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed and how to work efficiently within current tax brackets.

Benjamin Prchal

6453-IW26AV Jan 20 Tue
1 session 12-1:30pm Free
Virtual

6453-IW26B Mar 5 Thu
1 session 6-7:30pm Free
Ed Center 117 | Door 4

Draft Your Own Health Care Directive & Power of Attorney

Plan now for the unexpected with these two legal documents! You will learn about the use and benefits of the Financial Power of Attorney and Health Care Directive. The instructor will discuss the agent's responsibilities and factors in selecting your agents. You will leave the class with completed forms.

Julia Estrem

6048-IW26 Jan 27 Tue
1 session 6-8pm \$39
Ed Center 117 | Door 4

Draft Your Own Will

Preparing your will is an important step in providing for the ones you love. Week 1: Learn the various techniques for property distribution of your estate. Explore basic estate planning concepts and assess your need for your estate plan. You will receive sample forms and language to use while you draft your own will. It will be necessary for participants to type or hand write their own document. The instructor will also cover circumstances that may require a review/revision of your will and a brief review of the benefits of a trust. Week 2: During this 30-minute session, you will sign the will you created. The language in your will will not be reviewed by an attorney and legal advice will not be given.

Julia Estrem

6047-IW26 Jan 21: 6-8pm | Jan 28: 6-6:30pm Wed \$55
2 sessions Ed Center 117 | Door 4

FREE | Estate Planning - Introduction

Do I need a will? What's a trust? What is probate and why do people say to avoid it? With extensive estate planning experience, Julia will walk through these questions, some common myths and other elder law and estate planning topics such as probate, powers of attorney and health care directives in an informal discussion setting. Questions welcome.

Julia Estrem

6253-IW26 Jan 20 Tue 6-8pm Free
1 session Ed Center 166 | Door 4

FREE | Family Child Care - How to Open Your Own Day Care

Are you interested in owning your own business and working from home? If you have a love for children and a passion for early childhood education and development then this is the class for you. You will learn the steps to opening your own family child care program in your home. No prior education is required to start your child care program. While all are welcome, this will fulfill the orientation requirements for Washington County residents only.

Jennifer Rodriguez & Becky Knowlton

6516-IW26 Mar 24 Tue 6-8pm Free
1 session Ed Center 117 | Door 4

Leaving Minnesota? An Attorney's Perspective on How to do it.

A vital part of every retirement or resettlement discussion involves deciding where we want to call home! Are taxes, cost of living, medical resources, weather, location of family assets, debt or income a concern? When should we start this discussion? Which are the worst states for estate taxes? How do we establish domicile? All these issues and more will be discussed in an open and friendly manner with questions encouraged.

Steve Ledin

6459-IW26 Feb 19 Thu 6:30-8pm \$19
1 session Ed Center 117 | Door 4

Protect the House, Farm and Cabin Before and After Your Death

How do you protect the cabin, homestead, hunting land, farm or second home to ensure its enjoyment into the future when various sources and forces threaten its very existence? We'll cover the potential impacts of nursing home and Medicaid (MA), estate taxes, divorces, creditor and bankruptcy issues, taxes and operating expenses as we provide real-life solutions and explore four paths to resolution that will solve our problems without driving the family apart or sacrificing the family legacy asset.

Steve Ledin

6457-IW26	Jan 19	Mon
1 session	6:30-8pm	\$19
	Ed Center 119 Door 4	

FREE | Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65, you can 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. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. investment and advisory services offered through World Equity Group Inc., member of FINRA/SIPC.

Charles Taylor

6261-IW26	Feb 10	Tue
1 session	6:30-8pm	Free
	Ed Center 117 Door 4	
6261-SP26	Apr 7	Tue
1 session	6:30-8pm	Free
	Ed Center 119 Door 4	

Let's Probate an Actual Minnesota Estate

Walk through a Minnesota Probate Estate from the filing to the final accounts. Learn the entire process with current forms, court and filing requirements, accounting and procedural steps as well as the procedures for the sale and distribution of estate assets. We will discuss the responsibilities and liabilities of the Executor/Personal Representative and explore real-life examples of issues involving a Minnesota Probate Estate.

Steve Ledin

6423-IW26	Mar 30	Mon
1 session	6:30-8pm	\$19
	Ed Center 117 Door 4	

FREE | Social Security - Facts & Strategies

Maximize your Social Security benefits. We'll explore claiming rules and strategies for couples, divorcees and surviving spouses on how to get the most out of your Social Security benefit. We will discuss the important role Social Security plays in retirement planning and how to avoid becoming a victim of the "widow trap". You should attend if you're within a few years of retirement. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC, investment and advisory services offered through World Equity Group Inc., member of FINRA/SIPC.

Charles Taylor

6251-IW26	Jan 20	Tue
1 session	6:30-8pm	Free
	Ed Center 117 Door 4	

FREE | Navigating the Dos and Don'ts of Retirement

Do you know what next steps to take so you can retire? We can help. Join us for insights to help you achieve your retirement goals! We will answer the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected? No products will be sold. You will be provided with a Zoom link prior to the virtual class.

Benjamin Prchal

6249-IW26AV	Jan 20	Tue
1 session	12-1:30pm	Free
	Virtual	

6249-IW26B	Feb 12	Thu
1 session	6-7:30pm	Free
	Ed Center 117 Door 4	

FREE | Social Security - Preparing for Retirement

Social Security is a vital income source for many retirees, but it can be a confusing topic. Making the most of your Social Security can have a lot to do with correct timing. We'll cover when you should apply, how to maximize your benefits and how it may affect your spouse. Get answers to your questions and learn what Social Security can mean for you. No products will be sold.

Benjamin Prchal

6517-IW26	Apr 2	Thu
1 session	6-7:30pm	Free
	Ed Center 117 Door 4	

Partner with Community Education!

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LAWN & GARDEN

Backyard Fruits

Would you like to grow strawberries, blueberries or other fruit in your own backyard? Learn how easy it is to select fruit varieties appropriate for Minnesota; to plant, prune and maintain the plants for health and maximum yield and to control insects and disease to ensure a fruitful crop. We will discuss strawberries, raspberries and blueberries as well as cherries, plums and honeyberries.

**U of M Extension Master Gardeners -
Paul Richtman**

6144-IW26V	Mar 3	Tue
1 session	6:30-8:30pm	\$29
	Virtual	

Pruning Trees and Shrubs

Trees and shrubs are an investment that can improve the beauty of your home landscape, but require pruning and regular maintenance for a long life. Understanding tree growth habits, we will show why, how and when you can do corrective pruning as well as techniques to care for and prune shade trees, evergreens and fruit trees. Shrubs can often get too large, block windows or crowd sidewalks and make your yard look unkempt. Learn techniques for pruning and rejuvenating shrubs, including raspberries, to help show off the beauty of your home.

**U of M Extension Master Gardeners -
Paul Richtman**

6145-IW26V	Mar 4	Wed
1 session	6:30-8:30pm	\$29
	Virtual	

VIRTUAL CLASSES

Virtual gardening classes are taught as an interactive, online webinar through Zoom using University research-based information. Handouts and Zoom link will be sent by email prior to class.



Grow Your Own Vegetables

You'll learn how easy it is to grow your own vegetables, including tips on site selection, soil preparation, garden design and layout. You'll learn why when you plant makes a difference. We'll discuss the essentials of disease, pest and weed control techniques, composting, how to extend your growing season and the best time to harvest.

**U of M Extension Master Gardeners -
Paul Richtman**

6146-IW26V	Mar 16	Mon
1 session	6:30-8:30pm	\$29
	Virtual	

Growing Apples in the Home Garden

Visiting an orchard to pick apples is fun, but have you considered growing your own? Delicious Minnesota hardy varieties on trees small enough to fit into most backyards are readily available. This introductory class will provide the information you need to grow apples at home or better manage trees that you already have. Topics covered include the origin of apples, site considerations, varieties, pollination, rootstocks, planting, pruning, organic and conventional disease and pest control and harvesting.

**U of M Extension Master Gardeners -
Paul Richtman**

6118-IW26V	Mar 11	Wed
1 session	6:30-8pm	\$25
	Virtual	

Growing Blueberries In Your Backyard

Blueberries are such a carefree shrub that it's a wonder more people don't grow them. They are long-lived and generally free of disease and insect problems. Learn how to easily provide the acidic soil that blueberries love. You will also learn about site requirements, soil preparation, cultivars for our climate, buying plants, pruning and seasonal protection from birds, rabbits and winter temperatures.

**U of M Extension Master Gardeners -
Paul Richtman**

6308-IW26V	Mar 24	Tue
1 session	6:30-8pm	\$25
	Virtual	

Vegetable Gardening for Beginners

Learn the basics of vegetable gardening to successfully grow fresh produce. Practical and simple advice on where to begin, what defines a good location, the right size garden bed, soil preparation, deciding what to plant, buying seeds or transplants, how and when to plant, best time to harvest and much more. Using University of Minnesota research-based information and the instructor's many years of successes and failures, this class will get you excited to grow and harvest your own vegetables.

**U of M Extension Master Gardeners -
Paul Richtman**

6377-IW26V	Mar 9	Mon
1 session	6:30-8pm	\$25
	Virtual	

Living Fence Lines ♦

Natural fences constructed of shrubbery, tall flowers and clumping grasses are attractive and environmentally friendly. These living fences add an eye-catching way to define your property boundaries, while also adding pollinator plants that serve as effective privacy screens. Good fences make for good neighbors....and good habitat!

CLFLWD Staff - Adam Hjelm

6507-IW26 Feb 5 Thu 6:30-7:30pm \$19
1 session Ed Center: 117 | Door 4

Planning and Planting Pocket Gardens ♦

A native wildflower garden will attract beautiful butterflies and bees to your yard and help pollinators stay healthy. You can plant a garden anywhere from the boulevard of your city lot, under pine trees and even that shady corner where nothing ever seems to ever grow. We will cover it all from weeds to seeds and start to bountiful blooms. We will even "walk" through a project from scratch.

CLFLWD Staff - Adam Hjelm

6508-IW26 Mar 12 Thu 6:30-7:30pm \$19
1 session Normandy Park Education Center: White Bear Lake

Snow Seeding ♦

Spring is often thought to be the time to plant seed, but winter has its advantages. When we sow seed in winter, the seed will remain dormant all winter long and will germinate on nature's schedule in the spring. Winter seeding can even be more effective than spring and summer seedings. Join us to learn more about this method and how to increase your spring germination and seed success.

CLFLWD Staff - Adam Hjelm

6415-IW26 Jan 15 Thu 6:30-7:30pm \$19
1 session Ed Center: 111 | Door 4

Butterfly Garden Design ♦

If you'd like to attract more butterflies to your yard, consider adding native plants, shrubs and trees that help support their diverse nutritional needs. Native plants generally require less maintenance on your part and provide food and shelter for local wildlife. We will go through several host plants that will attract specific pollinators.

CLFLWD Staff - Adam Hjelm

6509-SP26 Apr 9 Thu 6:30-7:30pm \$19
1 session Ed Center: 111 | Door 4

- ♦ You will receive an informational folder full of great publications, a native plant book and several door prizes will be given away from local plant specialists.

HERBAL WELLNESS CLASSES**Herbal Winter Wellness Workshop**

Come and explore herbal allies that support us through the deep winter months. Participants will learn about herbs that can be purchased as well as those that can be foraged during this season. We'll discuss preparation methods—teas, tinctures, infusions—and how to use these plants to nourish and fortify body and spirit during colder, quieter times. We'll craft a warming herbal tea and prepare an infused oil—for you to take home to continue your winter wellness journey. All supplies are included.

Angela Michaud

6511-IW26 Jan 27 Tue 6-8pm \$49
1 session Ed Center: 102 | Door 4

Herbs - Crafting Fire Cider

Fire cider is a traditional herbal tonic known for its immune-boosting properties. We'll explore the many variations of fire cider, dive into ingredient options and discuss how each component contributes to overall wellness. We'll craft a batch of fire cider and you will take home a jar to support your health through the season. All supplies are included.

Angela Michaud

6512-IW26 Feb 17 Tue 6-8pm \$55
1 session Ed Center: 102 | Door 4

Herbs for Spring Renewal

As the seasons shift, our bodies benefit from herbs that support movement, clarity and gentle detoxification. This class focuses on spring tonics, digestive bitters and herbs that help activate circulation, liver function and lymph flow. We'll cover practical ways to use these herbs at home—through teas, tinctures and food-based remedies—to help shake off winter sluggishness and support overall wellness. You'll leave with recipes, samples and a clear understanding of how to use spring herbs to feel more energized and aligned with the season. All supplies are included.

Angela Michaud

6513-SP26 Apr 23 Thu 6-8pm \$49
1 session Ed Center: 102 | Door 4

HEALTH & WELLNESS

YOGA CLASS INFORMATION

Space permitting, in person drop-ins are welcome for a fee of \$12 (correct change required). Please wear comfortable clothing, bring a yoga mat and a bottle of water. You will be provided with a link prior to class.



Yoga - Balance & Strength

Virtual option available for all sections

Energize your body while gaining flexibility and strength through the practice of yoga. Using yoga poses, you will stretch and tone muscles while strengthening joints and improving your balance. This class is designed for people of all abilities.

Julia Phillips

Kyoshin Ryu Karate Academy

6003-IW26A Jan 12-Feb 16 Mon
6 Sessions 9:30-11am \$79

6003-IW26C Feb 23-Apr 6 Mon
6 Sessions 9:30-11am \$79
No class Mar 9

6003-SP26E Apr 13-May 18 Mon
6 Sessions 9:30-11am \$79

Education Center: 119 | Door 4

6003-IW26B Jan 12-Feb 16 Mon
6 Sessions 4:15-5:15pm \$55

6003-IW26D Feb 23-Apr 6 Mon
6 Sessions 4:15-5:15pm \$55
No class Mar 9

6003-SP26F Apr 13-May 18 Mon
6 Sessions 4:15-5:15pm \$55

Yoga - Hatha Flow

Virtual option available for all sections

Build strength while you lengthen and stretch your body by aligning ligaments through this gentle yoga practice. Yoga postures are connected with fluid movements that synchronize with your breathing to help reduce stress and improve balance. This class is most appropriate for people with experience in yoga. However, those new to yoga are welcome. The instructor will incorporate the fundamentals of yoga and how to move between yoga poses while you build confidence to move on to more challenging poses.

Erin Parr

6049-IW26A Jan 12-Feb 16 Mon 6-7pm \$55
6 sessions Education Center: 208 | Door 4

6049-IW26B Feb 23-Apr 6 Mon 6-7pm \$55
6 sessions Education Center: 208 | Door 4
No class Mar 9

6049-SP26 Apr 13-May 18 Mon 6-7pm \$55
6 sessions Education Center: 208 | Door 4

Yoga - Specifically for Adults Over 50

Virtual option available for all sections

Studies show that yoga practice positively correlates with both physical and mental wellness as well as managing pain and inflammation, improving sleep quality and much more. We will combine gentle physical poses with mindfulness and breathing in this beginning yoga practice. Our focus will be on functional mobility, balance and working to release stress and stiffness.

Julia Phillips

6288-IW26A Jan 12-Feb 16 Mon 3-4pm \$55
6 sessions Education Center: 119 | Door 18

6288-IW26B Feb 23-Apr 6 Mon 3-4pm \$55
6 sessions Education Center: 119 | Door 18
No class Mar 9

6288-SP26 Apr 13-May 18 Mon 3-4pm \$55
6 sessions Education Center: 119 | Door 18

Yoga - Chair Yoga

This chair yoga class is designed for yogis of all abilities, allowing you to practice yoga in a supported environment. Yogis will engage in gentle movements and stretches while seated or using a chair for support, helping to enhance flexibility, strength and balance. This class emphasizes breath awareness and mindfulness through meditations.

Jaci Lee Parsons

6499-IW26 Jan 21-Feb 25 Wed
6 sessions 11:15am-12:15pm \$65
Ed Center: 119 | Door 18

Yoga - Yin Yoga

Yin Yoga is a gentle yet profound practice that targets the body's deep connective tissues, including the ligaments, joints and fascia. Practiced on the floor with longer held poses, Yin Yoga encourages deep relaxation and introspection. Perfect for all levels, Yin Yoga promotes overall well-being, increases circulation and provides a calm balance to the body's energy.

Jaci Lee Parsons

6498-IW26 Jan 21-Feb 25 Wed
6 sessions 12:30-1:30pm \$65
Ed Center: 119 | Door 18

Yoga - Slow Flow

Increase your flexibility and strengthen your core through yoga movements and breathing to encourage the integration of body, mind and spirit. This class is designed for students with some prior experience in yoga.

Suzanne McArdle

6306-IW26V Jan 7-Feb 4 Wed
5 sessions 4:30-5:30pm \$45
Virtual



REGISTER ONLINE AT
FORESLAKE.CE.ELEYO.COM
OR CALL (651) 982-8110.

Heartsaver CPR/AED

Whether you have a duty to respond to a cardiac emergency because of job responsibilities or you have the desire to learn the techniques of CPR and the use of an AED - this course is for you. This instructor-led course teaches adult, child and infant CPR/AED as well as choking management. The American Heart Association certification lasts two years. The general public and anyone interested in learning CPR may take this class. This course is not intended for healthcare providers.

Emergency Outfitters

6040-IW26 Feb 9 Mon 5:30-8:30pm \$85
1 session Ed Center: 117 | Door 4

Lose Weight or Stop Nicotine Cravings Through Group Hypnosis

Section A: Lose weight, start making healthy choices and stop cravings for sugar, pop and unhealthy foods. Stop snacking and get motivated to exercise. Section B: Quit smoking, vaping or chewing immediately through hypnosis without withdrawal, cravings or gaining weight. Section C: Lose weight and quit smoking, vaping or chewing. Bring a pillow and blanket for added comfort. Fee includes a reinforcement CD and lifetime membership card which allows participants to attend future seminars for free. (Flash drive available for \$15.) Registrants who cancel within three days of class will be mailed a lifetime membership card, as we are unable to issue refunds. Check in begins at 5:45pm. If you are returning for a follow-up class, call (651) 982-8110. Visit www.hypnosisclinic.net for any questions you may have about hypnosis. These classes are not eligible for UCare discount.

Mary F Fischer

Lose Weight | 1 session

6046-IW26A Jan 20 Tue 6-9pm \$69 Ed Center: 208 | Door 4

Nicotine Cravings | 1 session

6046-IW26B Jan 20 Tue 6-9pm \$69 Ed Center: 208 | Door 4

Lose Weight & Stop Nicotine Cravings | 1 session

6046-IW26C Jan 20 Tue 6-9pm \$135 Ed Center: 208 | Door 4

Walkers Welcome

Avoid the snow, ice, rain and traffic! Come walk in a safe and controlled climate. Walkers will be provided with an identification badge and complete schedule upon registration. Your badge must be worn while walking. We are unable to offer accommodations for personal belongings. Registration fee allows you to walk in the morning and evening at any of the buildings listed until April 2026. **View schedule online at forestlake.ce.eleyo.com.**

Days & Times

Monday-Friday: 6-7:30am | Monday-Thursday: 5-8:30pm

Locations

- Forest Lake Area High School
- Education Center
- Lino Lakes Elementary
- Wyoming Elementary

SPECIAL INTEREST

AARP Smart Driver

Taught by AARP trained instructors, Smart Driver teaches safe driving techniques to help keep you and your loved ones safe on the road. Participants aged 55+ will be provided with a completion certificate to give to their auto insurance company in order to receive a 10% insurance discount for three years after completing the course. Please bring your drivers license to class.

AARP Instructor

AARP Member: \$25 | Non-member: \$29

6036-IW26A	1 session	Feb 17	Tue	1-5pm	Ed Center: 117 Door 18
6036-IW26B	1 session	Feb 17	Tue	5:30-9:30pm	Ed Center: 117 Door 4
6036-SP26	1 session	Apr 21	Tue	1-5pm	Ed Center: 117 Door 18

Spanish 2

Learning Spanish enables you to communicate with Spanish speakers in your community, at work or in your travels. We'll cover pronunciation, vocabulary, reading comprehension and grammar. Please have the textbook "Practice Makes Perfect Basic Spanish" Premium Third Edition by Dorothy Richmond on the first day of class (see purchase details online in class description).

Iris Myers

6005-SP26 5 sessions Apr 7-May 5 Tue 6:30-8pm \$79 Ed Center 117 | Door 4

Women's Self-Defense Seminar | Age 15-Adult

Learn and practice the strategies and skills to protect yourself from attack situations that are common and unique to women. You will learn the preemptive tactics, escape maneuvers, verbal interventions and more. See page 24 for class details.

Forest Lake Area Community Orchestra | Age 15-Adult

Open to all levels of musicians who play traditional string instruments and enjoy practicing and performing in an orchestra! Under the direction of Dave Livermore and Lara MacLean, the Orchestra will perform at venues in the community. No audition required. See page 23 for details.

Forest Lake Area Community Band | Age 15-Adult

Open to all levels of musicians who play woodwind, brass or percussion and enjoy practicing and performing in a band! Under the direction of Jake Matheson, the band will perform at venues in the community. No audition required. See page 23 for details.

Dungeons and Dragons Classes

Offerings for experienced players and newcomers alike! Classes are listed on page 25.



Let's Go Fishing

VOLUNTEERS WANTED!

Let's Go Fishing and the City of Forest Lake in partnership with Forest Lake Area Schools Community Education are excited to be able to announce the creation of its newest Chapter in Forest Lake. Starting in June of 2026, this Chapter will be providing free boating excursions and fishing trips on Forest Lake for seniors, veterans, special needs individuals and youth.

To offer these services, we are in need of volunteers to serve on our board of directors as well as the people that will become our boat captains and crew members next summer. For more information, visit www.forestlake.lgfws.com where you can also sign up as a volunteer.

If you have any additional questions or wish to serve on our board of directors, please contact us through FLAS Community Education; email Btetzlaff@flaschools.org or call 651-982-8333.

6514-IW26 Free

PICKLEBALL

Pickleball clinics are taught with passion and humor by PPR Coach and multi-Gold Medalist, Michael Lammer. Wear comfortable clothes, athletic shoes and bring a bottle of water. See full course descriptions online.

Pickleball Lessons - Beginner

This beginner class is designed as a drill and play format. You will learn how to keep score, serve and return the serve along with hitting forehand, backhand, dinking, lobbing and court strategies.

Ed Center: Gym | Door 4

6213-IW26A	4 sessions	Jan 12-Jan 20	Mon & Tue	5:30-7:15pm	\$79
6213-IW26B	3 sessions	Mar 9-Mar 17	Mon & Tue	5:30-7:30pm	\$69
No class Mar 10					

Pickleball - Advanced Beginner's Drill

We concentrate on drilling all of the basic shots to make you a better player. Most immediate improvement happens by drilling, not playing, especially when we come inside for winter. Prerequisite: Beginner and Advanced Beginner lessons.

Ed Center: Gym | Door 4

6440-IW26	4 sessions	Jan 12-Jan 20	Mon & Tue	7:30-8:30pm	\$49
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Pickleball - Beginner Drill

Once you have the basics down, rapid improvement is based on drilling with good technique. Learn techniques to improve your game during these focused sessions. Take the next step forward while you are having fun at drilling.

Ed Center: Gym | Door 4

6519-IW26	4 sessions	Feb 9-Feb 17	Mon & Tue	7:30-8:30pm	\$49
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Pickleball Clinic - Advanced Beginner

This class is ideal for any player who has taken a beginner class or drill session and would like to enhance their basic strokes: top spin serve, forehand, backhand, dinking, drop shot and volley. Learn advanced court positioning and more!

Ed Center: Gym | Door 4

6208-IW26	4 sessions	Feb 9-Feb 17	Mon & Tue	5:30-7:15pm	\$79
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Pickleball Lessons - Advanced Skills Clinic

Designed to teach 3.0-4.0+ pickleball players advanced skills. This clinic focuses on: why dinkers can beat bangers, how the drop shot improves your game, using a cut or top spin return, learning three spin serves, the punch shot for winners and much more! The full clinic description can be viewed online.

Ed Center: Gym | Door 4

6237-IW26	3 sessions	Mar 9-Mar 17	Mon & Tue	7:30-9pm	\$55
No class Mar 10					

Pickleball Club - Adult Co-ed

Players of all experience levels are invited to join the club! Players rotate in and out of games to ensure everyone has the opportunity to play. Individual players are welcome to participate in pick-up games. Pre-registration is required. No refunds will be given if cancellations occur less than two days prior. Registration closes at 4pm each Wednesday.

6110-IW26	Jan 7-Apr 29	Wed
	5-7pm 7-9pm	\$7/day
	Ed Center Gym Door 4	
	No class Mar 11	

DANCE

Ballroom Dance - Private Instruction

Heidi Smith-Miranda will be offering 30-minute private instruction in ballroom dance. Work out the kinks in your steps and take your skills to the next level. A 30-minute lesson is \$45 per individual or couple. View lesson details online.

Dance - Waltz & Rumba

Waltz and Rumba are popular ballroom dances and are often played at weddings. Although the musical style and character of these dances differ from each other, they have many patterns and moves in common making it quite easy to transfer your skills from one dance to the other.

Heidi Smith-Miranda

6186-IW26	Jan 15-Feb 19	Thu	7-8pm
6 sessions	\$89/pair or \$59/person		
FV Cafeteria Door 4			

Dance - Wedding Workshop

Whether you are the bride and groom, part of the bridal party or a guest at a wedding, this workshop will give you the skills needed to look great out on the dance floor. Basic steps and some fun patterns will be covered in Waltz, Swing, Nightclub Two Step, Slow Dance and a little Polka.

Heidi Smith-Miranda

6033-IW26	Mar 26	Thu	7-9pm
1 session	\$39/person or \$49/pair		
Ed Center Cafeteria Door 4			

LINK | Adults with Disabilities

Life Skills • Independence • Networking • Knowledge



About the LINK Program

The LINK program aims to foster community and friendship by offering social, recreational and educational opportunities for adults with disabilities. Community Education staff members plan a variety of activities to enrich the lives of LINK participants and help them be active and engaged members of the community.

More Information

Do you have questions about upcoming activities? Would you like to receive the LINK newsletter? Contact Janet at (651) 982-8328 or jnutter@flaschools.org.

Transportation

Transportation is available for a fee and is limited based on distance, travel time and space available. If you are requesting transportation for the first time, please contact Janet at (651) 982-8328 or jnutter@flaschools.org to confirm the availability. Participants are transported in Forest Lake Area Schools' vans and SUVs. These vehicles are not equipped with wheelchair lifts.

Please Note

Participants who require personal assistance for physical and/or behavioral issues must be accompanied and supervised in activities by a caregiver. If a behavioral incident occurs, a caregiver may be required to accompany the participant to all future activities.

Accommodations

If you have a disability and need accommodations in order to participate in Community Education, call Tracy Angelo at (651) 982-8110. Call at least ten working days before your class is scheduled to begin. We will do our best to make the needed accommodations.

Cancellations Due to Weather

Participant safety is our primary concern. We will cancel activities if the staff believes road conditions are unsafe. Please be aware of weather conditions prior to LINK activities as we may be trying to contact you on short notice. We will make decisions at least 60 minutes before the activity is scheduled to begin.

Cancellations

See the Cancellations & Refunds Policy on page 62.



Winter Activities

Information on the activities listed below (and other great opportunities) will be included in our LINK newsletter and online at forestlake.ce.eleyo.com. The newsletter will be mailed to those on our mailing list.

- Hot Chocolate & Games
- Snowman Craft Night
- Game Show Night
- Dance the Night Away

Adult Basic Education | ABE

Basic Skills Refresher / Accuplacer Preparation

Are you preparing to enter college or interested in improving your reading, writing, math or computer skills? Based on your individual needs, you will be guided through activities and materials to help you meet your educational goals.



English as a Second Language

Are you or is someone you know interested in improving their English? Foreign-born adults are welcome to work one-on-one or in small groups with teachers or tutors to improve English skills that are necessary in everyday life. Students can enter the program with any level of English language skill and move through the program at their own pace.

Citizenship Test Preparation

Are you on the path to becoming a U.S. Citizen? Citizenship test preparation will teach reading, writing, listening and speaking skills as well as the content needed to pass the naturalization interview.

Family Learning Program (FLP)

Ages Birth-2 attend Sibling Care • Ages 3-5 attend Preschool

The Family Learning Program is ideal for parents with young children. Families enjoy a meal together, participate in guided learning experiences and get ideas for home activities. Children attend Preschool (page 55) or Sibling Care while parents participate in parent education classes and work on goals such as GED or HiSet test preparation, improving their English language or other basic skills.

Sep-May | Tue, Thu | 9:15am-12:30pm

Programa de Aprendizaje Familiar Edades:

Los niños 0 a 12 semanas asisten a la guardería. Los niños de 3 a 5 años asisten al programa de preescolar. El programa de Aprendizaje Familiar es un programa ideal para padres con niños pequeños. Las familias disfrutan del almuerzo juntos, experimentan aprendizajes guiados por maestros, y además consiguen ideas que pueden aplicar posteriormente en sus casas. Mientras que los niños asisten a la clase de preescolar (página 55) o la guardería los padres participan en una clase donde pueden trabajar sus metas académicas, prepararse para el examen GED, mejorar sus destrezas de inglés, o cualquier otro tipo de destreza básica.

Sep-May | Martes, Jueves | 9:15am-12:30pm

Get Your High School Equivalency Credential!

There are now two options for high school equivalency exams in Minnesota - the GED® and the HiSet. You will work with a licensed teacher to determine which exams are right for you and prepare you to take your tests. They will help determine where you need additional instruction and support in order to pass all sections of the exam that you choose.

GED® Testing

Create an account at the GED Testing Service website www.ged.com to help prepare for the GED test. With this online account, you will register, pay, schedule tests and get your test results. You can also learn more about the GED tests and schedule your tests through the Pearson Vue GED Call Center at 1-877-392-6433. Pre-registration is required and testing will be completed by appointment only.

GED® Testing Schedule

Wednesdays, January 7 - June 4, 2026
5:30-8:45pm | Education Center: Room 125 | Door 4
No testing Mar 11

ABE Winter Class Schedule

January 5 - June 4, 2026

- Mon & Wed 8:30am-12:30pm
- Tue & Thu 8:30am-12:30pm & 1:30-7pm

No class Mar 9-12 and May 25. No evening class Feb 3

ABE Location

Education Center: 943 9th Ave SW, Forest Lake, MN
Room 134 | Daytime: Door 18 | Evening: Door 4

Questions About ABE or GED® Preparation?

Visit forestlake.ce.eleyo.com, call (651) 982-8302 or email skimber@flaschools.org.

Secondary Youth

ATHLETICS & RECREATION

Middle School Sports Information

Whether you're new to the game or have years of experience, there's a place for you on our teams! Our middle school sports programs emphasize skill development, teamwork and fostering a positive attitude.

Practices and games take place at Forest Lake Area Middle School (FLAMS). Game uniforms are provided for all athletes. Please note start dates are subject to change up to one week before or after the projected date. For more information, call (651) 982-8392 or email mhaas@flaschools.org.

Middle School Basketball | Boys Grades 6-8

Middle School Basketball is a recreational/competitive league that focuses on skill development including dribbling with both hands, proper shooting technique and passing while also learning more in depth about game play positioning, offensive/defensive techniques and understanding the rules of the game.

Jan 5-Mar 5 | Mon-Thu | 2:30-4:30pm | FLAMS Gyms | \$205

Grade 6: 1545-FA25A

Grade 7: 1545-FA25B

Grade 8: 1545-FA25C

Middle School Track & Field | Boys & Girls Grades 6-8

Track & Field is open to all types of athletes and no prior experience is necessary. Details will be online and in the Spring/Summer catalog.

Ski/Snowboard Club | Grades 6-8

It's time to dust off your snowboards or skis, find your winter gear and make plans with your friends because Ski/Snowboard Club is back!

Students will drop skis or snowboards off at the bus trailer before school starts. Winter gear can be dropped off in the room by the front office. At the end of the school day, students will check in and load the bus at Forest Lake Area Middle School (FLAMS) to head to Wild Mountain for some winter fun. Students will return to FLAMS around 9:30pm. Bring a bag dinner or purchase food at the Wild Mountain snack bar. Please dress for the weather.

Volunteers Needed

A limited number of parent volunteers with current background checks are needed to assist with supervision.

Registration

Registration closes at 6pm on the Thursday before each trip. The registration fee includes: supervision, transportation via school bus and lift ticket. Ski/snowboard rental is available for an additional fee.

Lift Ticket: \$85

Lift Ticket & Rental: \$109

Season Pass Holders: \$59

Single Session Dates

- Fri, Jan 23 | 5141-IW26A
- Fri, Jan 30 | 5141-IW26B
- Fri, Feb 6 | 5141-IW26C
- Fri, Feb 13 | 5141-IW26D
- Fri, Feb 20 | 5141-IW26E
- Fri, Feb 27 | 5141-IW26F



Tae Kwon Do | Ages 6-15

This ancient Korean martial art began over a thousand years ago and became the world's most popular martial art and form of self-defense. Tae Kwon Do is great physical exercise involving the use of your mind, body and spirit while nationally certified instructors teach self control, courtesy, perseverance and integrity. Parents report that their children become more focused in school, increase their self-confidence and improve their social relationships. It is an excellent activity no matter what your level of athletic ability. Classes will be taught by Jr. Grand Master Eddie Gibson and Sr. Master Theresa Gibson.

Sun Yi's Academy

4665-IW26	Jan 24-Feb 14	Sat
4 sessions	9-9:45am	\$55
	Sun Yi's Academy	
4665-SP26	Apr 11-May 2	Sat
4 sessions	9-9:45am	\$55
	Sun Yi's Academy	

Fencing | Ages 6-15

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic bouts, you'll learn fencing strategies that require problem solving skills. You'll also build confidence and develop your analytical skills by learning and practicing how to referee bouts. Fencers are fully protected with a mask, jacket and gloves. All equipment is provided. Please wear long athletic pants, t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play

4626-IW26A	Jan 13-Feb 24	Tue
6 sessions	6-7pm	\$99
	Ed Center Cafe Door 4	
	No class Jan 27 & Feb 3	
4626-IW26B	Mar 24-Apr 21	Tue
5 sessions	6-7pm	\$99
	FV Cafeteria Door 4	

Tennis Clinics | Grades 5-8

Beginner tennis students will learn the basics of good form for the following four strokes: forehand, backhand, volley and serve. This foundation will allow students to rally with each other by the end of the class.



FLAHS Tennis Coaches

1641-IW26B	Feb 9-Apr 6	Mon	7-7:50pm	\$65
8 sessions	FLAMS Gym D			
	No class Mar 2			

FREE | Forest Lake Disc Golf Club | Grades 6-12

We're forming a new disc golf club where players will compete in a friendly league format each week and have the opportunity to compete in in-house tournaments at local courses. Players will be organized by skill level to ensure everyone has an opportunity for success. Join us for an instructional clinic for players and an informational meeting for parents. Please register your student. Parent's name will be requested during registration.

Emily Bronson and Wendy R Frerichs

5163-IW26	Mar 26	Thu 6-7pm	Free
1 session	Ed Center 117 Door 4		



FOREST LAKE FISHING

The Forest Lake Fishing Team is coming to Community Education! While we work out the details, visit the team website for information.



CREATIVE ARTS

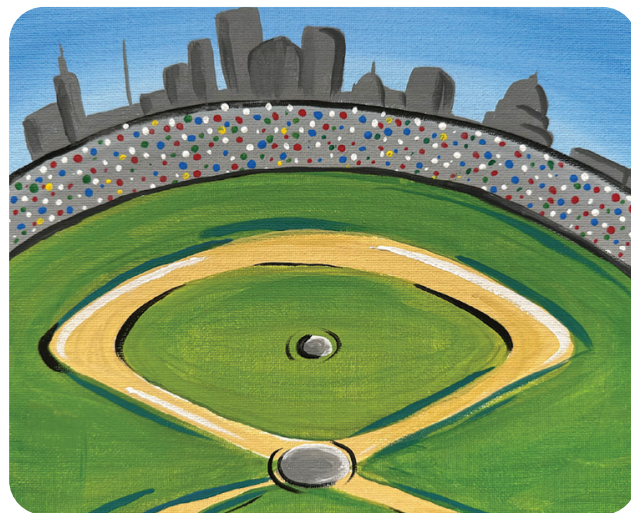


Kids Acrylic Paint Party | Ages 6-13

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist, will guide you through "Fun on the Field" on 8x10" canvas. All supplies are included. One adult chaperone is needed per child under age 13. The adult and child can make the project together or just the child can make the project with the adult supervising. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on Friday before the class.

Your Bearded Artist

5161-IW26 Mar 28 Sat 10am-12pm \$19
1 session FLAHS 622 | Door 32



Painting - Acrylic Marble Pour | Age 6-Adult

Connect with your creative side and join us for our no-experience-required art class. You will be guided through pouring acrylic on an 8x10" canvas. All supplies are included. Additional dry time of 24-36 hours is needed after class completion. One adult chaperone is needed per child under 13 years old. The adult and child can make the project together or just the child can make the project with the adult supervising. Adults need to register as well if they want to create their own painting. See page 9 for project photo.

Your Bearded Artist

6450-IW26 Jan 31 Sat 10am-12pm \$39
1 session FLAHS 622 | Door 32

Hand Knit Chunky Blanket | Age 6-Adult

During this one-of-a-kind event, we will guide you step-by-step through hand knitting your very own soft chunky knit blanket. No knitting experience is required and all supplies will be provided (see details online). Your completed blanket will measure approximately 40x50". One adult chaperone is needed per child under 13 years old. The adult and child can make the project together or just the child can make the project with the adult supervising. Adults need to register as well if they want to create their own blanket. See page 7 for project photo.

Your Bearded Artist

6399-IW26 Feb 28 Sat 10am-1pm \$69
1 session FLAHS Media Center | Door 32

Sewing - Getting Started | Ages 8-16

Has your child been curious about sewing or wanted to make fun creations? Even if they've never used a sewing machine before, this is a great opportunity to learn the craft. They'll learn how to thread a sewing machine and sew a straight line, as well as techniques for machine handling that are frustrating to figure out on their own. They are welcome to and may find it helpful to bring their own sewing machine if it is in good working order. This class will be required before attending other sewing classes.

Sewing and Fitting Mentor - Renee Bontjes

5112-IW26A Jan 12 Mon 4-6pm \$49
1 session Sewing and Fitting Mentor

5112-IW26B Mar 23 Mon 4-6pm \$49
1 session Sewing and Fitting Mentor

Sewing Machine Quick-Start | Age 16-Adult

If you've never used a sewing machine before or if it's been years, this is a great class to take first! You'll learn how to thread a sewing machine and sew a straight line, as well as techniques for machine handling that are frustrating to figure out on your own. Get comfortable with the sewing machine and practice your skills. You are welcome to and may find it helpful to bring your own sewing machine if it is in working order.

Sewing and Fitting Mentor - Renee Bontjes

5087-IW26A Jan 22 Thu 6:30-9:30pm \$69
1 session Sewing and Fitting Mentor

5087-IW26B Mar 26 Thu 6:30-9:30pm \$69
1 session Sewing and Fitting Mentor

MUSIC

Forest Lake Area Community Orchestra | Age 15-Adult

The Forest Lake Area Community Orchestra is open to all levels of musicians who play traditional string instruments (violin, viola, cellos, bass) and enjoy practicing and performing in an orchestra! The purpose of the group is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from string standards to inspiring contemporary pieces. Under the direction of Dave Livermore and Lara MacLean, the orchestra will perform at various venues (to be announced) in the community. No audition required. The Community Orchestra meets most Mondays throughout the school year.

Dave Livermore

6355-FA25 Mon Jan 5-May 18 6:30-8pm \$89
Ed Center: 127 Door 4



Forest Lake Area Community Band | Age 15-Adult

The Forest Lake Area Community Band is open to all levels of musicians who play woodwind, brass or percussion and enjoy practicing and performing in a band! The band's purpose is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from traditional compositions for band to inspiring contemporary pieces. Under the direction of Jake Matheson, the band will perform at various venues (to be announced) in the community. No audition required. The Community Band meets most Thursdays throughout the school year.

Jake Matheson

6184-FA25 Thu Jan 15-May 27 7-8:30pm \$89
Ed Center: 127 Door 4



Music Lessons - Band | Age 10-Adult

This is a great opportunity for musicians of all ages to improve their ability to play their band instrument. Registration is open for woodwind, brass and percussion musicians. Whether starting your first year of band or working to improve and refine your skills, these 30-minute lessons are ideal! Upon registration you will receive a link to choose your lessons times. If you need to cancel and reschedule a lesson, please contact Mr. Matheson by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled.

Jake Matheson

5044-IW26 | 6 Lessons: \$169

SPECIAL INTEREST



Youth Service Club | Grades 9-12

Gain New Perspectives • Give Back • Create Connections

This is an awesome opportunity for Forest Lake Area High School students who want to make a difference in our community. Participate in leadership development and learn about opportunities for students to get connected with volunteer projects. Students will have the opportunity to achieve a varsity letter in volunteerism and community service. Please contact Janet at jnutter@flschools.org for information on meeting dates. Visit forestlake.ce.eleyo.com to register.

Laurie Drolson and Janet Nutter

5068-FA25 | Free

Middle School Service Club | Grades 6-8

Join the Middle School Service Club as we meet after school to play games, do service projects to benefit our community and more. This is a great opportunity for kids to meet new people, hang out with friends and have some fun.

Laura Livermore and Nichelle Zimmer

5151-FA25 | Free

ACT PrepStar Preparation and Practice Test | Grades 10-12

A strong ACT score continues to be important for college admissions and financial aid. Renee Holmquist, outstanding FLAHS teacher, will cover the test format, essential strategies, content review and complete practice questions. Students will take a fully proctored practice ACT test on Saturday. They will score their test for immediate results and will receive a detailed score report.

PrepStar - Renee Holmquist

5028-IW26 Mar 17-Mar 21 Tue, Thu & Sat \$169
3 sessions Tue & Thu: 5:30-8:30pm | Sat: 9am-1pm
FLAHS Media Center | Door 4

Math Tutoring | Grades 9-12

Is your child struggling in math? Start working with a tutor sooner rather than later to help them learn the skills necessary. Working one on one with retired math teacher, Bruce Ringaman, can help to clarify confusing concepts, provide immediate answers to questions, offer different approaches to solving the problem and ensure students fully understand the material. View details online at forestlake.ce.eleyo.com.

Bruce Ringaman

2 Sessions: \$59, 4 Sessions: \$115, 6 Sessions: \$159

Women's Self Defense Seminar | Age 15-Adult

Learn and practice the strategies and skills to protect yourself from attack situations that are common and unique to women. You will learn the preemptive tactics, escape maneuvers, verbal interventions, physical techniques, effective use of self-defense devices and other counter-attack skill sets to quickly end a potentially dangerous encounter. Adopt the mindset of a confident victor through a strong emphasis of empowering the mind to prevail in an assault.

Jeff Wood

6368-IW26 Jan 15 Thu 6-8:30pm \$35
1 session Ed Center Cafeteria | Door 4

Trip to Wolf Ridge for Forest Lake Area Middle School 7th Graders!

DETAILS COMING SOON • FORESTLAKE.CE.ELEYO.COM

Dungeons and Dragons - Learn To Play | Age 12-Adult

Learn everything you need to enjoy tabletop gaming and 5th Edition Dungeons and Dragons. We'll cover character creation, basic rules and taking your character into a beginner-friendly adventure. You need nothing to play. Simply show up and we'll take care of the rest!

Badwolf Adventure Studios

6396-IW26 Jan 27 Tue 6:30-8:30pm \$35
1 session Ed Center 113 | Door 4

**Dungeons and Dragons - Adventure | Age 12-Adult**

Perfect for both experienced players and newcomers alike! Let our Professional Game Master take you on a Dungeons and Dragons journey designed to be completed in a single play session. Adventure sessions are the perfect opportunity to familiarize yourself with the world of D&D and try out new character ideas!

Badwolf Adventure Studios

6400-IW26 Feb 26 Thu 6:30-8:30pm \$35
1 session Ed Center 111 | Door 4

**DRIVER'S EDUCATION**

FLASCE proudly partners with A+ Driving School



A+ Driving School is dedicated to training teens and adults to become safe and courteous drivers. We are experts in our field and instruct over 4,000 students each year. Our curriculum is constantly expanding with new ideas, updated methods and the latest innovations. Choose between three "classroom" options:

FULLY ONLINE

- Start anytime
- Go at your own pace
- 24/7 instructor support

ZOOM TELECONFERENCE

- Structured class times
- Live instructors via chat
- Take from home

IN-PERSON

- Meets at FLAHS
- Hands on instruction
- Structured class times



PLEASE VISIT WWW.APLUSDRIVINGSCHOOL.NET FOR CURRENT CLASS SCHEDULE AND REGISTRATION DETAILS. MUST BE AT LEAST 14 YEARS OLD TO REGISTER.



Elementary Youth

ATHLETICS & RECREATION

Athletic League Information

Forest Lake Area Schools Community Education (FLASCE) athletic leagues for boys and girls provide participants with tools to learn and improve their sportsmanship and sport specific skills while promoting an active lifestyle and having fun. Our leagues are a great introduction to sports and can build on existing skills for students with previous experience. FLASCE athletic leagues run for 6-8 weeks and participants get to experience live game play as well as learn and practice skills and strategies. All participants will receive a shirt if registered by the deadline. Coaches will notify participants of practice and game schedules the week after the league's coaches meeting.

Registration Deadlines

To check for availability after the registration deadline, call (651) 982-8392 or email mhaas@flaschools.org.

Volunteer Coaches Needed

If you enjoy working with youth, this is a great way to give back to the community and impact the lives of children! Plus, coaches get to set the practice schedule for their team! If you are interested in being a volunteer coach, please indicate this when registering.



T-Ball League - Boys & Girls | Age 4-Kindergarten

Your child will learn to hit, throw, catch, field and run with proper technique through games and exercises in a fun, non-competitive environment. Fee includes a hat and shirt. Your child must be the required age by June 30 to register; no exceptions.

Registration Deadline: March 24 | \$109 by Mar 24 | \$129 after Mar 24

Games & Practices

Practices will tentatively start the week of April 27. The start date can vary due to weather. Games are set to begin the week of May 11 and will take place on Tuesdays with a start time between 5:30-7:30pm.

Boys - T-Ball Baseball

Age 4: 1578-SP26

Age 5-K: 1576-SP26

Girls - T-Ball Softball

Age 4: 1579-SP26

Age 5-K: 1577-SP26

Softball League - Girls | Grades 1-4

Softball can build coordination, help keep students active and improve their skills while they have fun with their friends. Fee includes a hat and shirt. Students must be registered for their current grade; no exceptions.

Registration Deadline: March 24 | \$109 by Mar 24 | \$129 after Mar 24

Game & Practices

Practices will tentatively start the week of April 27. The start date can vary due to weather. Games are set to begin the week of May 11 and will take place on Thursdays with a start time between 5:30-7:30pm.

Grades 1 & 2 - Coach Slow Pitch

1580-SP26

Grades 3 & 4 - Player Slow Pitch

1581-SP26

Baseball League - Co-Ed | Grades 1-6

Baseball can build coordination, help keep students active and improve their skills while they have fun with their friends. Fee includes a hat and shirt. Students must be registered for their current grade, no exceptions.

Registration Deadline: March 24 | \$109 by Mar 24 | \$129 after Mar 24

Games & Practices

Practices will tentatively start the week of April 27. The start date can vary due to weather. Games are set to begin the week of May 11 and will take place on Tuesdays (grades 5 & 6) or Thursdays (grades 1-4) with a start time between 5:30-7:30pm.

Grade 1 - Modified T-Ball

1571-SP26

Grade 2 - Coach Pitch

1572-SP26

Grade 3 - Modified Coach Pitch

1573-SP26

Grade 4 - Modified Coach Pitch

1574-SP26

Grades 5 & 6 - Baseball

1575-SP26

Modified T-Ball: Set number of pitches by the coach to put the ball in play. If pitch amount is exceeded, there will be an opportunity to put the ball in play off of a tee.

Coach Pitch: Set number of pitches by the coach to put the ball in play.

Modified Coach Pitch: Set number of pitches by the coach to put the ball in play and potential for player pitch.

Baseball: Player pitch with age appropriate rules.



Basketball - March Madness | Grades K-3

March Madness is here! Take your skills to the next level in this fun, fast-paced session of March Madness Basketball. Fundamentals and fun are in store. Emphasis is placed on developing the basic skills of dribbling, shooting, passing, sportsmanship and teamwork. We use engaging and dynamic games to support students' growth including our unique three-on-three style game. This is a high-octane class with an inclusive atmosphere.

{YEL!} Youth Enrichment League

4647-IW26A	Mar 16-Apr 13	Mon	3:45-4:45pm	\$75
5 sessions	Scan Gym Door 1			
4647-IW26B	Mar 17-Apr 14	Tue	3:45-4:45pm	\$75
5 sessions	Lino Gym Door 1			
4647-IW26C	Mar 18-Apr 15	Wed	3:45-4:45pm	\$75
5 sessions	Wyo Main Gym Door 1			
4647-IW26D	Mar 19-Apr 23	Thu	3:45-4:45pm	\$75
5 sessions	Col: Gym Door 1 No class Apr 2			
4647-IW26E	Mar 19-Apr 23	Thu	3:45-4:45pm	\$75
5 sessions	FV Main Gym Door 4 No class Apr 2			
4647-IW26F	Mar 20-Apr 24	Fri	3:45-4:45pm	\$75
5 sessions	Linw Gym Door 2 No class Apr 3			

Basketball Winter Clinic Boys Grades K-2

Students get to interact with the Forest Lake Area High School (FLAHS) basketball players and coaches while working on skill development and playing fun games! Participants will also have the opportunity to attend a FLAHS basketball game on February 6 (included in registration). All skill levels are encouraged to register!

FLAHS Basketball Coaches

Grades K-1

1557-IW26A	Jan 31 & Feb 7	Sat
2 sessions	10-11:30am	\$45
FLAHS Fieldhouse A		

Grade 2

1557-IW26B	Jan 31 & Feb 7	Sat
2 sessions	10-11:30am	\$45
FLAHS Fieldhouse A		



Tennis Clinic | Age 5-Grade 8

Beginner tennis students will learn the basics of good form for the following four strokes: forehand, backhand, volley and serve. This foundation will allow students to rally with each other by the end of the class.

FLAHS Tennis Coaches

Age 5-Grade 4

1641-IW26A	Feb 9-Apr 6	Mon
8 sessions	6-6:50pm	\$65
FLAMS Gym D No class Mar 2		

Grades 5-8

1641-IW26B	Feb 9-Apr 6	Mon
8 sessions	7-7:50pm	\$65
FLAMS Gym D No class Mar 2		

Golf Squad | Grades K-5

Golf Squad professionals focus on teaching the fundamentals of the game of golf as well as valuable life lessons that help the students' development. Using equipment designed for indoor use, students will learn putting, chipping full swing irons and full swing woods. They will also learn relationship building, proper etiquette and rules of the game.

Golf Squad

4247-IW26 Feb 5-Feb 26 Thu
4 sessions 6-7:30pm \$155
Wyo Main Gym | Door 1

Golf Lessons | Grades 1-5

Students build skills in full swing, chipping and putting while learning confidence, sportsmanship and golf etiquette. We give students a fun, safe space to learn the game with an 8:1 student-to-coach ratio for plenty of hands-on instruction. All equipment is provided and every student receives a hat, handbook and other fun prizes.

TGA (Teach. Grow. Achieve.)

4290-IW26A Mar 26-May 7 Thu
6 sessions 3:45-4:45pm \$155
Lino Gym | Door 1
No class Apr 2

4290-IW26B Mar 27-May 8 Fri
6 sessions 3:45-4:45pm \$155
Wyo Main Gym | Door 1
No class Apr 3

4290-IW26C Mar 30-May 11 Mon
6 sessions 3:45-4:45pm \$155
FV Main Gym | Door 4
No class May 4

4290-IW26D Mar 31-May 5 Tue
6 sessions 3:45-4:45pm \$155
Linw Gym | Door 2

4290-IW26E Apr 1-May 6 Wed
6 sessions 3:45-4:45pm \$155
Col Gym | Door 1

4290-IW26F Apr 1-May 6 Wed
6 sessions 3:45-4:45pm \$155
Scan Gym | Door 1

Pickleball | Grades 1-5

Step into the exciting world of pickleball where the fun never stops! Pickleball combines the fast-paced thrill of tennis with the accessibility of a game suitable for all ages. Students will learn the fundamentals using top-quality equipment provided. Games, drills and matches will help students sharpen their pickleball skills and engage with academic concepts that bring the game's strategies to life. We emphasize sportsmanship, integrity and perseverance to create a nurturing environment where students will receive individualized attention tailored to their skill level and progress.

TGA (Teach. Grow. Achieve.)

4246-IW26A Jan 29-Mar 5 Thu
5 sessions 5:30-6:30pm \$129
FV Main Gym | Door 4
No class Feb 19

4246-IW26B Jan 13-Feb 24 Tue
5 sessions 3:45-4:45pm \$129
Scan Gym | Door 1
No class Jan 20 & Feb 17

4246-IW26C Jan 21-Feb 18 Wed
5 sessions 3:45-4:45pm \$129
Linw Gym | Door 2

4246-IW26D Jan 23-Feb 20 Fri
5 sessions 3:45-4:45pm \$129
Col Gym | Door 1

4246-IW26E Jan 12-Feb 23 Mon
5 sessions 3:45-4:45pm \$129
Lino Gym | Door 1
No class Jan 19 & Feb 16

4246-IW26F Jan 29-Feb 26 Thu
5 sessions 3:45-4:45pm \$129
Wyo Main Gym | Door 1

**Floor Hockey | Grades K-3**

Get your pulse pounding with our new, fast-paced floor hockey class. Develop your basic stick handling, shooting and teamwork skills. Safety and sportsmanship are emphasized each week. Floor hockey sticks and an indoor puck will be used. For boys and girls alike!

{YEL!} Youth Enrichment League

4138-IW26A Jan 26-Feb 23 Mon
4 sessions 3:45-4:45pm \$75
Scan Gym | Door 1
No class Feb 16

4138-IW26B Jan 28-Feb 18 Wed
4 sessions 3:45-4:45pm \$75
Wyo Main Gym | Door 1

4138-IW26C Jan 29-Feb 19 Thu
4 sessions 3:45-4:45pm \$75
Col Gym | Door 1

4138-IW26D Jan 15-Feb 12 Thu
4 sessions 3:45-4:45pm \$75
FV Main Gym | Door 4
No class Jan 22

4138-IW26E Jan 30-Feb 20 Fri
4 sessions 3:45-4:45pm \$75
Linw Gym | Door 2

4138-IW26F Feb 3-Feb 24 Tue
4 sessions 3:45-4:45pm \$75
Lino Gym | Door 1

YOUTH AQUATIC PROGRAMS | PAGES 42-46

Tae Kwon Do | Ages 6-15

This ancient Korean martial art began over a thousand years ago and became the world's most popular martial art and form of self-defense. Tae Kwon Do is great physical exercise involving the use of your mind, body and spirit while nationally certified instructors teach self control, courtesy, perseverance and integrity. Parents report that their children become more focused in school, increase their self-confidence and improve their social relationships. It is an excellent activity no matter what your level of athletic ability. Classes will be taught by Jr. Grand Master Eddie Gibson and Sr. Master Theresa Gibson.

Sun Yi's Academy

4665-IW26 Jan 24-Feb 14 Sat
4 sessions 9-9:45am \$55
Sun Yi's Academy

4665-SP26 Apr 11-May 2 Sat
4 sessions 9-9:45am \$55
Sun Yi's Academy

Lil Ninjas | Ages 4-6

Some of the most important times in a child's development occur during their preschool years. Lil Ninjas is a martial arts program specifically developed for young children. Through the teachings of nationally certified instructors, your child will learn respect, discipline and self-control while developing their physical and social skills. Classes will be taught by Jr. Grand Master Eddie Gibson and Sr. Master Theresa Gibson.

Sun Yi's Academy

4676-IW26 Jan 24-Feb 14 Sat
4 sessions 10:15-10:45am \$55
Sun Yi's Academy

4676-SP26 Apr 11-May 2 Sat
4 sessions 10:15-10:45am \$55
Sun Yi's Academy

Fencing | Ages 6-15

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic bouts, you'll learn fencing strategies that require problem solving skills. You'll also build confidence and develop your analytical skills by learning and practicing how to referee bouts. Fencers are fully protected with a mask, jacket and gloves. All equipment is provided. Please wear long athletic pants, t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play

4626-IW26A Jan 13-Feb 24 Tue
6 sessions 6-7pm \$99
Ed Center Cafe | Door 4
No class Jan 27 & Feb 3

4626-IW26B Mar 24-Apr 21 Tue
5 sessions 6-7pm \$99
FV Cafeteria | Door 4

Archery - Intro | Grades K-5

Bullseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, shooting techniques and enhance your skills as a shooter. Don't miss out on this great opportunity. Shoot straight, have fun and remember - safety first! The registration fee will be refunded after the second session if children are not strong enough to achieve full draw of the bow.

Gina Severson and Julie Severson

4018-IW26A Mar 31-Apr 28 Tue
5 sessions 5:30-6:30pm \$69
Ed Center Gym | Door 4

4018-IW26B Mar 31-Apr 28 Tue
5 sessions 6:45-7:45pm \$69
Ed Center Gym | Door 4

Ski Trip | Grade 5

Looking for some winter fun on a non-school day? Join us for a ski/snowboard trip to Wild Mountain! The registration fee includes lift ticket, ski equipment including helmet, beginner ski lesson, supervision and transportation to Wild Mountain. Ski runs are available for beginners to advanced skiers. Personal ski equipment will not be allowed on the bus. Bring a bag lunch or purchase food at the Wild Mountain snack bar. Please dress for the weather. A limited number of parent volunteers with current background checks are needed to assist with supervision.

District Staff

4550-IW26 Jan 20 Tue 8am-3pm \$75
1 session Education Center



Learn to Ice Skate

If you are looking to play hockey, figure skate or just skate for fun, our lessons are the perfect fit. We teach the basics of ice skating focusing on fundamentals and having fun. Skaters are organized into groups by their skating ability/level. Our skater to coach ratio is 12 to 1 per class. Skaters must be dressed for the cold. We recommend mittens, hats and comfortable clothing that is easy to move in. All skaters ages six and under must bring and wear a helmet (bike or hockey helmet). We recommend having younger skaters wear snow pants to help keep them warm and dry. Skaters must provide their own skates.

Skills Taught: Proper way to fall down and get up, marching in a standing position, marching while moving, two foot spin, inside pivot, forward spiral, inside and outside backward edges, half flip and waltz jump as well as many more skills that are hockey and skating based.

Please Note: When the Skating Director feels a skater has mastered all of the skills in their level, they will be moved up to the next level.

Visit forestlake.ce.eleyo.com and search "skating" to view detailed information on lesson descriptions, dates and times.

Ice Skating Show

Saturday, Mar 28 • 7pm | Sunday, Mar 29 • 11am

Skaters will spend three to six practices learning a routine they perform during the ice show. All levels are invited to sign up! For more information and to register online, please visit forestlake.ce.eleyo.com.



Forest Lake Sports Center

Session A: Saturdays, Dec 13-Jan 10

Session B: Saturdays, Jan 24- Feb 21

Level	Course
Tots 1	1601-IW26
Tots 2	1602-IW26
Tots 3	1539-IW26
Tots 4	1624-IW26

Pre Alpha	1603-IW26
Alpha 5	1604-IW26
Beta 6	1605-IW26
Gamma 7	1606-IW26
Delta 8	1607-IW26
Freestyle 1-10	1608-IW26

*Hockey 1-2 1669-IW26

*Hockey 3-4 1668-IW26

*See description for Hockey Power Skating - Mites 1-2 & 3-4 below

Hockey Power Skating - Mites

This course is for hockey players interested in strengthening their skating skills, increasing their speed/power, improving edge quality and fundamental skills. Participants must be able to stand up on the ice without assistance.

Mites 1-2

1669-IW26A Dec 13-Jan 10 Sat
4 sessions 9:45-10:15am \$100
FL Sports Center
No class Dec 27

1669-IW26B Jan 24-Feb 21 Sat
5 sessions 10:15-10:45am \$125
FL Sports Center

Mites 3-4

1668-IW26A Dec 13-Jan 10 Sat
4 sessions 8:45-9:30am \$100
FL Sports Center
No class Dec 27

1668-IW26B Jan 24-Feb 21 Sat
5 sessions 9:45-10:15am \$125
FL Sports Center



CREATIVE ARTS

Swiftie-Tastic Bracelets | Grades K-5

Join the ultimate bracelet-making party! Kids will craft stunning friendship bracelets inspired by Taylor. With beads, charms and endless creativity, this fun class is perfect for little artists who love music, sparkle and making new friends! Please pack a nut free snack and a beverage.

Kidcreate Studio

4320-IW26 Jan 20 Tue 9am-12pm \$59
1 session Ed Center 111 | Door 18



Anime Vibes | Grades K-5

Get ready to enter your Anime drawing era with this workshop! We will learn the ins and outs of drawing your favorite characters as well as creating your own - all with an anime vibe! Students will learn the unique style of drawing faces, dynamic poses and exaggerated expressions that are at the heart of Anime and Manga. They will also learn about coloring techniques with markers and colored pencils to make their characters pop on the page.

Young Rembrandts

4251-IW26 Jan 27-Mar 3 Tue 5-6:30pm \$109
5 sessions Ed Center 111 | Door 4
No class Feb 3

4251-SP26 Apr 28-May 26 Tue 5-6:30pm \$109
5 sessions Ed Center 113 | Door 4



Paw-some Art | Grades K-5

In this "paw-some" art class, young artists will unleash their creativity by drawing lovable pets like kittens and puppies. Using our unique, step-by-step method, students will build confidence and visual literacy while creating detailed animal portraits with expressive eyes and furry textures. It's a fun time for all animal lovers! Please pack a nut free snack and a beverage.

Young Rembrandts

4285-IW26 Mar 9-Mar 12 Mon-Thu 9am-12pm \$169
4 sessions Ed Center 111 | Door 18



Hand Knit Chunky Blanket | Age 6-Adult

During this one-of-a-kind event, we will guide you step-by-step through hand knitting your very own soft chunky knit blanket. No needles or knitting experience is required and all supplies will be provided. You will receive 140 yards (5 skeins) of size 7 chunky yarn (100% polyester) available in a variety of colors. Your completed blanket will measure approximately 40x50". One adult chaperone is needed per child under 13 years old. The adult and child can make the project together or just the child can make the project with the adult supervising. Adults need to register as well if they want to create their own blanket

Your Bearded Artist

6399-IW26 Feb 28 Sat 10am-1pm \$69
1 session FLAHS Media Center | Door 32





Winter StARTs | Grades K-5

Goodbye winter boredom, hello creativity! Turn your child's love for art into something extraordinary this season with fresh, exciting projects. Students will master facial expressions and imaginative storytelling while boosting their confidence and artistic talent.

Young Rembrandts

4286-IW26A 4 sessions	Jan 14-Feb 4 3:45-4:45pm Col 109 Door 1	Wed \$75
4286-IW26B 4 sessions	Jan 15-Feb 12 3:45-4:45pm FV 175 Door 4 No class Jan 22	Thu \$75
4286-IW26C 4 sessions	Jan 30-Feb 20 3:45-4:45pm Wyo 106 Door 1	Fri \$75
4286-IW26D 4 sessions	Feb 2-Mar 2 3:45-4:45pm Scan 101 Door 1 No class Feb 16	Mon \$75
4286-IW26E 4 sessions	Feb 3-Feb 24 3:45-4:45pm Lino 195 Door 1	Tue \$75
4286-IW26F 4 sessions	Feb 11-Mar 4 3:45-4:45pm Linw 170 Door 2	Wed \$75
4286-IW26G 4 sessions	Feb 12-Mar 5 2:15-3:15pm LILA Lower School	Thu \$75



Art Goat | Grades K-5

Learn about legendary artist Edward Hopper while we recreate one of his masterpieces. Learning about warm colors and cool colors will be the focus as our artists draw a detailed exterior of a house. If your children are baseball fans, they will love our baseball lesson where they can draw their favorite part of the game. Finally, we'll take an imaginary trip to Japan and learn about the artistry of the kimono.

Young Rembrandts

4295-IW26A 4 sessions	Mar 16-Apr 6 3:45-4:45pm Col 109 Door 1	Mon \$75
4295-IW26B 4 sessions	Mar 17-Apr 7 3:45-4:45pm FV 175 Door 4	Tue \$75
4295-IW26C 4 sessions	Mar 18-Apr 15 3:45-4:45pm Lino 195 Door 1 No class Apr 1	Wed \$75
4295-IW26D 4 sessions	Mar 19-Apr 16 2:15-3:15pm LILA Lower School No class Apr 2	Thu \$75
4295-SP26A 4 sessions	Apr 10-May 1 3:45-4:45pm Wyo 106 Door 1	Fri \$75
4295-SP26B 4 sessions	Apr 22-May 13 3:45-4:45pm Linw 170 Door 2	Wed \$75
4295-SP26C 4 sessions	Apr 23-May 14 3:45-4:45pm Scan 101 Door 1	Thu \$75



Glow-Tastic Art | Grades K-5

Get ready for a Glow-tastic adventure that will light up your child's imagination—literally! Every project will glow-in-the-dark, making it as fun in the dark as it is in the light. Using an exciting mix of clay, paint and other luminescent materials, kids will have a blast as they create dazzling masterpieces they'll be proud to show off. Let's explore creativity in a new way—because art that glows is cooler!

Kidcreate Studio

4316-IW26A 4 sessions	Mar 23-Apr 20 3:45-4:45pm Scan 101 Door 1 No class Apr 6	Mon \$95
4316-IW26B 4 sessions	Mar 25-Apr 15 3:45-4:45pm Linw 170 Door 2	Wed \$95
4316-IW26C 4 sessions	Mar 24-Apr 14 2:15-3:15pm LILA Lower School	Tue \$95
4316-IW26D 4 sessions	Mar 24-Apr 14 3:45-4:45pm Lino 195 Door 1	Tue \$95
4316-IW26E 4 sessions	Mar 25-Apr 15 3:45-4:45pm Wyo 106 Door 1	Wed \$95
4316-IW26F 4 sessions	Mar 26-Apr 23 3:45-4:45pm FV 175 Door 4 No class Apr 2	Thu \$95
4316-IW26G 4 sessions	Mar 27-Apr 24 3:45-4:45pm Col 109 Door 1 No class Apr 3	Fri \$95

Adult & Child Art Classes

Spend quality time with your child while having fun and creating something special! Please register the child who will be attending. During registration, there will be a space to list the name of the adult who will be attending with the child.

Class Fees: Adult +1 Child: \$59 | Adult +2 Children: \$75 | Adult +3 Children: \$89

Valentine's Day Mosaic Heart - Adult & Child | Ages 6-11

Looking for a new Valentine's Day tradition? Why not feel the love as you create amazing art together with your child! You will design your own glittery heart mosaics using clay, beads and more. These mosaics are great to keep or they're the perfect Valentine's Day gift for a friend or loved one. Get ready for some messy fun as each adult and child will create their own craft.

Kidcreate Studio

4317-IW26 Feb 9 Mon 5:30-7pm See Fees Above
1 session Ed Center 111 | Door 4



Van Gogh's Starry Night - Adult & Child | Ages 6-11

Create a masterpiece with your child! You and your child will follow easy step-by-step instructions to create matching replicas of Van Gogh's Starry Night painting. Each adult and child will create their own masterpiece on a real canvas board.

Kidcreate Studio

4318-IW26 Mar 23 Mon 5:30-7pm See Fees Above
1 session Ed Center 111 | Door 4



Garden Collage - Adult & Child | Ages 6-11

Spring is just around the corner. What better way to celebrate than creating masterpieces with your child? You and your child will follow easy step-by-step instructions as you create matching collages with a garden theme. Each adult and child will create their own masterpiece on a real canvas board.

Kidcreate Studio

4319-IW26 Apr 27 Mon 5:30-7pm See Fees Above
1 session Ed Center 111 | Door 4



Kids Acrylic Paint Party | Ages 6-13

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist, will guide you through "Fun on the Field" on 8x10" canvas. All supplies are included. One adult chaperone is needed per child under age 13. The adult and child can make the project together or just the child can make the project with the adult supervising. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on Friday before the class.

Your Bearded Artist

5161-IW26 Mar 28 Sat 10am-12pm \$19
1 session FLAHS 622 | Door 32

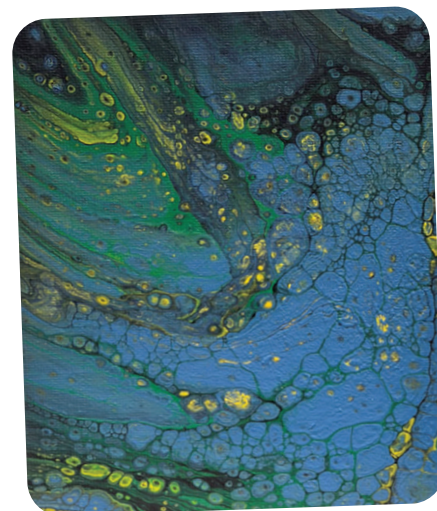


Painting - Acrylic Marble Pour | Age 6-Adult

Connect with your creative side and join us for our no-experience-required art class. You will be guided through pouring acrylic on 8x10" canvas. All supplies are included. Additional dry time of 24-36 hours is needed after class completion. One adult chaperone is needed per child under 13 years old. The adult and child can make the project together or just the child can make the project with the adult supervising. Adults need to register as well if they want to create their own painting.

Your Bearded Artist

6450-IW26 Jan 31 Sat 10am-12pm \$39
1 session FLAHS 622 | Door 32



Sewing - Getting Started | Ages 8-16

Has your child been curious about sewing or wanted to make fun creations? Even if they've never used a sewing machine before, this is a great opportunity to learn the craft. They'll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on their own. They are welcome to and may find it helpful to bring their own sewing machine if it is in good working order. This class will be required before attending other sewing classes.

Sewing and Fitting Mentor - Renee Bontjes

5112-IW26A Jan 12 Mon 4-6pm \$49
1 session Sewing and Fitting Mentor

5112-IW26B Mar 23 Mon 4-6pm \$49
1 session Sewing and Fitting Mentor



REGISTER ONLINE AT [FORESTLAKE.CE.ELEYO.COM](https://forestlake.ce.eleyo.com) OR CALL (651) 982-8110.

MATH & SCIENCE



Harry Potter's Science of Spells | Grades K-5

Unlock the magic in Harry Potter's Science of Spells! Young wizards will brew dazzling potions, design a mini Quidditch game complete with a golden snitch and create their own screaming mandrake. This enchanting camp is packed with spellbinding science, creativity and wizarding fun!

Kidcreate Studio

4315-IW26A 4 sessions	Jan 28-Feb 18 Wyo 106 Door 1	Wed	3:45-4:45pm	\$95
4315-IW26B 4 sessions	Jan 26-Mar 2 FV 175 Door 4 No class Feb 16 & Feb 23	Mon	3:45-4:45pm	\$95
4315-IW26C 4 sessions	Jan 30-Feb 20 Col 109 Door 1	Fri	3:45-4:45pm	\$95
4315-IW26D 4 sessions	Jan 26-Feb 23 Lino 195 Door 1 No class Feb 16	Mon	3:45-4:45pm	\$95
4315-IW26E 4 sessions	Jan 29-Feb 19 Linw 170 Door 2	Thu	3:45-4:45pm	\$95
4315-IW26F 4 sessions	Jan 27-Feb 17 LILA Lower School	Tue	2:15-3:15pm	\$95
4315-IW26G 4 sessions	Jan 27-Feb 17 Scan 101 Door 1	Tue	3:45-4:45pm	\$95

Bricktopia Catapults | Grades 1-5

Explore engineering as you build a catapult, dragster and scale with LEGO bricks. Challenge yourself to problem-solve and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

{YEL!} Youth Enrichment League

4997-IW26A 6 sessions	Jan 12-Mar 2 Linw 170 Door 2 No class Jan 19 & Feb 16	Mon	3:45-4:45pm	\$99
4997-IW26B 6 sessions	Jan 13-Mar 3 Col 109 Door 1 No class Jan 20 & Feb 24	Tue	3:45-4:45pm	\$99
4997-IW26C 6 sessions	Jan 21-Feb 25 FV 175 Door 4	Wed	3:45-4:45pm	\$99
4997-IW26D 6 sessions	Jan 15-Feb 26 Scan 101 Door 1 No class Jan 22	Thu	3:45-4:45pm	\$99
4997-IW26E 6 sessions	Jan 23-Feb 27 Wyo Media Center Door 1	Fri	3:45-4:45pm	\$99

Bricktopia Wild Ride | Grades 1-5

Do amusement parks make you smile? Make you scream? Join us to build a merry-go-round, design your own wicked ride and learn about engineering and design basics using LEGO® Bricks. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

{YEL!} Youth Enrichment League

4995-IW26A 6 sessions	Mar 24-Apr 28 Col 109 Door 1	Tue	3:45-4:45pm	\$99
4995-IW26B 6 sessions	Mar 25-Apr 29 FV 175 Door 4	Wed	3:45-4:45pm	\$99
4995-IW26C 6 sessions	Mar 23-Apr 27 Linw 170 Door 2	Mon	3:45-4:45pm	\$99
4995-IW26D 6 sessions	Mar 26-May 7 Scan 101 Door 1 No class Apr 2	Thu	3:45-4:45pm	\$99
4995-IW26E 6 sessions	Mar 27-May 8 Wyo 106 Door 1 No class Apr 3	Fri	3:45-4:45pm	\$99



DIY Mason Bee House

Build Your Own Lures - Adult & Child | Ages 5-10

Why do fish chase after one lure but ignore the next one? Do they see every color, certain colors or none at all? We will be talking about and looking at a wide variety of gadgets and lures, as well as giving you a chance to make your own to take home and try out. All the supplies and materials are provided.

CLFLWD Staff - Adam Hjelm

4312-IW26 Jan 29 Thu 6-7pm \$19/pair
1 session Normandy Park Ed Center | White Bear Lake | Door P

4312-SP26 Apr 23 Thu 6-7pm \$19/pair
1 session Ed Center 111 | Door 4

Butterfly Bombs - Adult & Child | Ages 5-10

Join us to learn about the magical and mystical journey of the monarch butterfly. We will follow the migration and incredible journey of these insects. We will also be making butterfly bombs to help increase the population of their favorite and necessary foods... milkweeds! All supplies and materials are provided.

CLFLWD Staff - Adam Hjelm

4311-IW26 Feb 26 Thu 6-7pm \$19/pair
1 session Normandy Park Ed Center | White Bear Lake | Door P

Bee Houses - Adult & Child | Ages 5-10

Come and join us to learn about bee basics and the importance of native bees. We will also be making bee houses to take home. Turn your crafty creativity into functional fun. More bees means more fruits, veggies and flowers in your own backyard! All supplies and materials are provided.

CLFLWD Staff - Adam Hjelm

4313-IW26 Mar 26 Thu 6-7pm \$19/pair
1 session Normandy Park Ed Center | White Bear Lake | Door P



Secret Agent Science | Grades K-5

Step into the world of secret agent science! Young scientists in this class will unravel espionage mysteries through fascinating experiments like creating invisible ink. Learn the science behind hidden messages and more while honing your spy skills. Get ready for a thrilling journey where science meets secrecy and every discovery holds the key to unlocking hidden knowledge! Please pack a nut free snack and a beverage.

Kidcreate Studio

4321-IW26 Feb 16 Mon 9am-12pm \$59
1 session Ed Center 111 | Door 18

Junior Engineering/STEM Club | Grades K-5

Calling new and returning students! The Engineering For Kids Jr. STEM Club introduces students to a new, hands-on lesson every week from various engineering disciplines. Students focus on developing skills such as problem solving, critical thinking and peer collaboration. These life skills provide students with the confidence to approach challenges in their lives and realize that they can succeed in almost anything! Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons.

Engineering for Kids

4017-IW26A Jan 21-Feb 11 Wed 3:45-4:45pm \$109
4 sessions Col 113 | Door 1

4017-IW26B Feb 25-Mar 25 Wed 3:45-4:45pm \$109
4 sessions Col 113 | Door 1
No class Mar 11

4017-SP26 Apr 8-Apr 29 Wed 3:45-4:45pm \$109
4 sessions Col 113 | Door 1

SPECIAL INTEREST



Youth Night | Grades 4 & 5

Kids will join their friends from school for a night of fun and games! Whether they're on the basketball court, at the volleyball nets or dancing along to music provided by a DJ, they'll be having an amazing time. Pizza, water and snacks will be available for purchase (\$1-\$2 each). Our pool has a limited capacity. If your child would like to swim during Youth Night, please register them for the "P" sections that say (Pool Included) which includes 30 minutes in the pool. Swim times will be assigned at check-in the night of the event. We recommend registering for this event as space is limited and pool times will fill up. If registering to swim, bring a swimsuit and towel. Students that drop-in on the night of the event may not be able to swim due to limited pool capacity. Drop-In Fees: \$20 Pool Not Included | \$25 Pool Included

District Staff

Pool Not Included

4500-IW26A Feb 27 Fri
1 session 6:30-8:30pm \$10 | \$15 after 2/18
Ed Center Cafeteria | Door 4

4500I-W26B Mar 27 Fri
1 session 6:30-8:30pm \$10 | \$15 after 3/18
Ed Center Cafeteria | Door 4

Pool Included

4500-IW26AP Feb 27 Fri
1 session 6:30-8:30pm \$15 | \$20 after 2/18
Ed Center Cafeteria | Door 4

4500-IW26BP Mar 27 Fri
1 session 6:30-8:30pm \$15 | \$20 after 3/18
Ed Center Cafeteria | Door 4

Ranger Singers | Grades 3-5

Hey kids! Are you ready for more singing?! Join Ranger Singers during the winter season. Keep your voice and heart warm by singing with friends. We will move and groove to new songs while improving everyone's singing skills. Ranger Singers will perform the National Anthem at a varsity boys basketball game (date to be determined) and at the Forest Lake Area High School auditorium at the FLAHS Choral Concert Monday, March 2, 2026.

Lisa Sauer

4002-IW26A Jan 13-Feb 24 Tue 3:45-5pm
6 sessions Lino 116 | Door 1 \$65
No class Jan 20

Medora Richards

4002-IW26B Tuesdays, Jan 13-Feb 24 & Mon, Feb 9
6 sessions Linw 138 | Door 2 3:45-5pm \$65
No class Jan 20 & Feb 10

Anna Hogan

4002-IW26C Tuesdays, Jan 13 - Feb 17 & Mon, Feb 23
6 sessions FV 146 | Door 4 3:45-5pm \$65
No class Jan 20

Kerrie Bahr

4002-IW26D Tuesdays, Jan 13 - Feb 17 & Mon, Feb 23
6 sessions Col 149 | Door 1 3:45-5pm \$65
No class Jan 20

Music Lessons - Band | Age 10-Adult

This is a great opportunity for musicians of all ages to improve their ability to play their band instrument. Registration is open for woodwind, brass and percussion musicians. Whether starting your first year of band or working to improve and refine your skills, these 30-minute lessons are ideal! Upon registration you will receive a link to choose your lessons times. If you need to cancel and reschedule a lesson, please contact Mr. Matheson by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled.



Jake Matheson

5044-IW26 | 6 Lessons: \$169

Horse Camp | Ages 6-14

This introduction to horses covers care, grooming, riding and much more using Spark Equestrian's curriculum. Working in pairs, students will interact with a horse while practicing grooming, halter leading, handling the reins and basic commands - skills traditionally taught in a first riding lesson. Additional activities include crafts, games and making treats for the horses. Students should wear long pants, closed-toed shoes and layers for inside and outside activities. Please bring a water bottle and a nut free lunch.

Hardwood Creek Farm

4277-IW26A Jan 19 Mon
1 session 9am-2pm \$159
Hardwood Creek Farm

4277-IW26B Feb 16 Mon
1 session 9am-2pm \$159
Hardwood Creek Farm

4277-IW26C Mar 6 Fri
1 session 9am-2pm \$159
Hardwood Creek Farm

4277-IW26D Mar 9 Mon
1 session 9am-2pm \$159
Hardwood Creek Farm

Babysitting 101 | Ages 10-13

This course is best suited for ten to 13-year-olds interested in learning the current practices of caring for young children and how to manage their babysitting business. Students will learn safety and injury prevention, first aid basics, feeding and caring for infants and how to handle behavior problems. Students receive a reference book, handouts, babysitting bag and first aid kit. Please bring a beverage, a nut-free snack and a lunch.

Emergency Outfitters

4205-IW26 Mar 12 Thu
1 session 8:30am-4pm \$85
Ed Center 119 | Door 18

RESERVE YOUR SPOT! POPULAR CLASSES

CAN FILL UP. VISIT [FORESTLAKE.CE.ELEVO.COM](https://forestlake.ce.elevo.com)

OR CALL (651) 982-8110 TO REGISTER.

**Warrior Within - Girls Empowerment | Grades 1-5**

We are all seeking connection, a sense of belonging and to feel accepted in a world where at times we feel alone and afraid. Warriors will be guided on a journey of self-love, self-care and self-acceptance through dance, song, empowering books, group discussions, activities and crafts. The positive growth mindset approach will help build and maintain life's biggest challenges such as confidence, courage, friendships, relationships and conflict. Warriors will put on a small presentation for their family and friends on the last night of class.

Crystal Hansen**Grades 1-3**

4133-IW26A Jan 22-Feb 26 Thu 5:30-6:45pm \$119
6 sessions Ed Center 113 | Door 4

Grades 4-5

4133-IW26B Jan 22-Feb 26 Thu 7-8:15pm \$119
6 sessions Ed Center 113 | Door 4

F.A.S.T. KIDS - Staying Safe While Home Alone | Ages 7-10

First Aid and Safety Trained Kids (F.A.S.T.) covers basic first aid, water safety, vehicle safety, home emergencies, injury prevention, personal safety and healthy living. Information provided will help prepare children for staying home alone. Students will receive a book and construct a home first aid kit as part of the class. Bring a beverage and a nut free snack.

Emergency Outfitters

4387-IW26 Mar 9 Mon 8:30am-12:30pm \$79
1 session Ed Center 119 | Door 18

Childcare Programs

Childcare Programs Overview

Forest Lake Area Schools (FLAS) Childcare Programs offer care for families that is safe, fun, affordable and convenient. The dedicated staff are continually trained to stay up-to-date with current research on child development and childcare best practices. The FLAS Childcare Programs are certified with the MN Department of Children, Youth and Families. Care is offered at six elementary schools in the Forest Lake Area School district before and after school. Non-school day and summer care is also available at select sites (see page 41).

SAC | Grades K-3

School Age Care (SAC) is a childcare program designed for students in kindergarten-third grade. We offer youth-focused, choice-based programming in a wide variety of interest areas. Program activities are designed to provide students with enriching and engaging experiences that meet the individual needs of each child and support their academic, physical, social and emotional development.

Sonic | Grades 4 & 5

Sonic is a fun place to be with friends for students in grades 4 & 5. The program allows for more independence and a chance to help plan program activities, take active leadership roles and participate in service learning projects. Breakout time depends on the number of students enrolled at each location.

Childcare for Full Day Preschool

Providing childcare is essential to make preschool accessible for all. Children enrolled in Little Rangers Full Day Preschool have the opportunity to register for School Age Care (SAC); a before and after school childcare program available only on days your child is enrolled in full day preschool at all locations. Students attending at the Education Center can register for SAC for the Forest View location. See page 55 for preschool information.



Registration

Visit www.flaschools.org/childcare to begin!

- ◇ Once online registration is complete, check your email for a pending childcare contract
- ◇ Submit all required forms to the childcare business office
- ◇ Once all paperwork is completed and accepted, you will receive an email confirmation with your start date
- ◇ Students are unable to attend until all required forms are returned to the childcare business office and your contract is accepted with an email confirmation

More Information

For additional information on registration, to view childcare rates and the Family Handbook, visit the Childcare website at www.flaschools.org/childcare.

School Year Childcare

SEPTEMBER 2, 2025 - JUNE 4, 2026

- Open 6am until morning bell and from afternoon dismissal until 6pm
- Located at every elementary school in the Forest Lake Area School district
- Full and part-time schedule options are available
- Minimum of one session, same day, same session each week required
- Non-school day (NSD) care is available at select sites with the exception of major holidays. NSD registration must be submitted online by the registration deadlines listed on the website
- Registration opened on February 1. Registrations are accepted upon space availability in the order they are received. Sites may fill before the registration deadline

OPEN ON INCLEMENT WEATHER DAYS

If Forest Lake Area Schools are closed due to inclement weather, SAC and Sonic will be open from 6am-6pm at select sites (see below). The FLAS Childcare Programs will not refund tuition for inclement weather days. Those attending will be charged the non-school day rate. This is available only to students currently enrolled in childcare. See your Family Handbook for specific information.

Inclement Weather Locations:

- Forest View Elementary
- Lino Lakes Elementary
- Wyoming Elementary

2026 SUMMER SAC & Sonic

June 8 - August 21, 2026 • Open 6am-6pm

- Summer registration is open February 1 - May 1, 2026
- Spaces fill quickly; register early to reserve your spot
- Registrations are continuously accepted upon space availability
- Students must have completed kindergarten

SUMMER REGISTRATION OPENS FEBRUARY 1!



Aquatic Programs

Become a Swimmer!

Our knowledgeable staff can help your family reach their swimming and safety goals! Passing swim lesson Levels 1-4 will give a swimmer most of the skills needed to be a confident swimmer (listed below). Levels 5-7 will continue to work on all of the basic strokes, introduce the breaststroke, butterfly and work on distance swimming.

A "swimmer" should successfully be able to:

- Swim the front crawl with rhythmic breathing for 25 yards
- Swim on their back with a finning arm action and flutter kick or back crawl for 25 yards
- Jump or dive into deep water
- Tread water in deep water for one minute
- Back float in deep water for one minute
- Change swim positions from front to back and back to front in deep water

Which class is right for you?

Classes are based on skill progression. Refer to class descriptions and eligibility requirements when selecting the class that best fits your child.

Where are aquatic classes held?

All lessons and classes are held at the Forest Lake Area Schools (FLAS) Community Pool within the FLAS Education Center located at 943 9th Ave SW, Forest Lake.

*** Park in the east lot and enter door 8.**

Contact Information

Tracy Angelo

Administrative Assistant
(651) 982-8110
tangelo@flaschools.org

Jennifer Olson

Aquatic Supervisor
(651) 982-8746
jjolson@flaschools.org

Parent-Child Swim Lessons

Due to space limitations in the pool, there can be one adult per child in parent-child swim lessons.

Infant Swim Lessons | Ages 6 mo-2 yrs

Parents are taught to safely work with their child to become comfortable in the water through play and games.

1000-IW26A	Jan 14-Feb 18	Wed
6 sessions	6-6:30pm	\$67

1000-IW26B	Mar 18-Apr 15	Wed
5 sessions	6-6:30pm	\$57

1000-IW26C	Apr 22-May 20	Wed
5 sessions	6-6:30pm	\$57

Toddler Swim Lessons | Ages 2-3

Parents are taught to safely work with their child in the water. We explore many fun ways to learn basic swimming skills.

1001-IW26A	Jan 14-Feb 18	Wed
6 sessions	6:30-7pm	\$67

1001-IW26B	Mar 18-Apr 15	Wed
5 sessions	6:30-7pm	\$57

1001-IW26C	Apr 22-May 20	Wed
5 sessions	6:30-7pm	\$57

Preschool Swim Lessons | Ages 3-5

The parent and child will learn water adjustment and beginning swim skills which include supported front and back floats, kicking, paddling, jumping from the side of the pool and breath holding.

1002-IW26A	Jan 14-Feb 18	Wed
6 sessions	7-7:30pm	\$67

1002-IW26B	Mar 18-Apr 15	Wed
5 sessions	7-7:30pm	\$57

1002-IW26C	Apr 22-May 20	Wed
5 sessions	7-7:30pm	\$57

Forest Lake Area Schools Community Pool

Education Center | 943 9th Ave SW, Forest Lake | Door 8

Turtles Swim Lessons

Ages 4-5

The first swim experience for participants without a parent in the water. All basic skills will be covered: water adjustment, breath holding, floating and kicking.

1003-IW26A	Jan 10-Feb 28	Sat
7 sessions	10:30-11am	\$77
	No class Feb 14	
1003-IW26B	Jan 14-Feb 18	Wed
6 sessions	6-6:30pm	\$67
1003-IW26C	Jan 14-Feb 18	Wed
6 sessions	6:30-7pm	\$67
1003-IW26D	Jan 26-Mar 23	Mon
7 sessions	6-6:30pm	\$77
	No class Feb 16 & Mar 9	
1003-IW26E	Feb 10-Mar 31	Tue
7 sessions	6-6:30pm	\$77
	No class Mar 10	
1003-IW26F	Apr 14-May 19	Tue
6 sessions	6-6:30pm	\$67
1003-IW26G	Mar 18-Apr 15	Wed
5 sessions	6:30-7pm	\$57
1003-IW26H	Mar 18-Apr 15	Wed
5 sessions	7-7:30pm	\$57
1003-IW26I	Mar 21-May 9	Sat
7 sessions	9-9:30am	\$77
	No class Apr 4	
1003-IW26J	Mar 30-May 18	Mon
8 sessions	6:30-7pm	\$87
1003-IW26K	Apr 22-May 20	Wed
5 sessions	6-6:30pm	\$57
1003-IW26L	Apr 22-May 20	Wed
5 sessions	7-7:30pm	\$57

Bobbers Swim Lessons

Ages 4-5

Prerequisite: Turtles class. Participants should be comfortable jumping to the instructor and able to hold their breath for six seconds. Unsupported floats and kicks are the emphasis in this class. Parents are not in the water.

1004-IW26A	Jan 10-Feb 28	Sat
7 sessions	11:30am-12pm	\$77
	No class Feb 14	
1004-IW26B	Jan 14-Feb 18	Wed
6 sessions	6:30-7pm	\$67
1004-IW26C	Jan 14-Feb 18	Wed
6 sessions	7-7:30pm	\$67
1004-IW26D	Jan 26-Mar 23	Mon
7 sessions	6:30-7pm	\$77
	No class Feb 16 & Mar 9	
1004-IW26E	Feb 10-Mar 31	Tue
7 sessions	6-6:30pm	\$77
	No class Mar 10	
1004-IW26F	Mar 18-Apr 15	Wed
5 sessions	6-6:30pm	\$57
1004-IW26G	Mar 18-Apr 15	Wed
5 sessions	7-7:30pm	\$57
1004-IW26H	Mar 21-May 9	Sat
7 sessions	9:30-10am	\$77
	No class Apr 4	
1004-IW26I	Mar 21-May 9	Sat
7 sessions	11:30am-12pm	\$77
	No class Apr 4	
1004-IW26J	Mar 30-May 18	Mon
8 sessions	6:30-7pm	\$87
1004-IW26K	Apr 14-May 19	Tue
6 sessions	6-6:30pm	\$67
1004-IW26L	Apr 22-May 20	Wed
5 sessions	6-6:30pm	\$57
1004-IW26M	Apr 22-May 20	Wed
5 sessions	6:30-7pm	\$57

Little Swimmers Swim Lessons

Ages 4-5

Prerequisite: Bobbers class. Participants must be able to float on their front (face in water) and back unsupported for 10 seconds. We do lots of kicking on the front and back in this class. Parents are not in the water.

1005-IW26A	Jan 10-Feb 28	Sat
7 sessions	11-11:30am	\$77
	No class Feb 14	
1005-IW26B	Jan 14-Feb 18	Wed
6 sessions	6-6:30pm	\$67
1005-IW26C	Jan 14-Feb 18	Wed
6 sessions	7-7:30pm	\$67
1005-IW26D	Feb 10-Mar 31	Tue
7 sessions	6-6:30pm	\$77
	No class Mar 10	
1005-IW26E	Mar 18-Apr 15	Wed
5 sessions	6-6:30pm	\$57
1005-IW26F	Mar 18-Apr 15	Wed
5 sessions	6:30-7pm	\$57
1005-IW26G	Mar 21-May 9	Sat
7 sessions	11-11:30am	\$77
	No class Apr 4	
1005-IW26H	Apr 14-May 19	Tue
6 sessions	6-6:30pm	\$67
1005-IW26I	Apr 22-May 20	Wed
5 sessions	6:30-7pm	\$57
1005-IW26J	Apr 22-May 20	Wed
5 sessions	7-7:30pm	\$57

**REGISTER
TO RESERVE
YOUR SPOT**



Level 1 Swim Lessons | Age 6+

The objectives of Level 1 are to learn basic water safety skills and to help participants feel comfortable in the water. The skills being taught are: breath holding, floating and kicking without support. Students under six years old must have a recommendation from swim instructor.

1006-IW26A 7 sessions	Jan 10-Feb 28 10-10:50am No class Feb 14	Sat \$77
1006-IW26B 7 sessions	Jan 10-Feb 28 11-11:50am No class Feb 14	Sat \$77
1006-IW26C 7 sessions	Jan 26-Mar 23 6-6:50pm No class Feb 16 & Mar 9	Mon \$77
1006-IW26D 7 sessions	Jan 26-Mar 23 7-7:50pm No class Feb 16 & Mar 9	Mon \$77
1006-IW26E 7 sessions	Feb 10-Mar 31 6:30-7:20pm No class Mar 10	Tue \$77
1006-IW26F 7 sessions	Mar 21-May 9 9-9:50am No class Apr 4	Sat \$77
1006-IW26G 7 sessions	Mar 21-May 9 10-10:50am No class Apr 4	Sat \$77
1006-IW26H 8 sessions	Mar 30-May 18 6-6:50pm	Mon \$87
1006-IW26I 8 sessions	Mar 30-May 18 7-7:50pm	Mon \$87
1006-IW26J 6 sessions	Apr 14-May 19 6:30-7:20pm	Tue \$67

**Absences &
School Closings**

Note: No refunds/credits will be given for an absence or a school closing (inclement weather).

**Level 2 Swim Lessons | Age 6+**

Prerequisite: Level 1 or float on front and back unsupported for 10 seconds and front kick 10 yards unsupported. Participants further develop arm and leg actions on the front and back and begin deep water swimming.

1007-IW26A 7 sessions	Jan 10-Feb 28 9-9:50am No class Feb 14	Sat \$77
1007-IW26B 7 sessions	Jan 10-Feb 28 11-11:50am No class Feb 14	Sat \$77
1007-IW26C 8 sessions	Jan 26-Mar 23 7-7:50pm No class Feb 16	Mon \$87
1007-IW26D 7 sessions	Feb 10-Mar 31 6:30-7:20pm No class Mar 10	Tue \$77
1007-IW26E 7 sessions	Mar 21-May 9 9-9:50am No class Apr 4	Sat \$77
1007-IW26F 7 sessions	Mar 21-May 9 11-11:50am No class Apr 4	Sat \$77
1007-IW26G 8 sessions	Mar 30-May 18 7-7:50pm	Mon \$87
1007-IW26H 6 sessions	Apr 14-May 19 6:30-7:20pm	Tue \$67

Level 3 Swim Lessons | Age 6+

Prerequisite: Level 2 or be able to jump into the deep end, swim beginner stroke 10 yards, turn over and swim on back for 10 yards. Level 3 builds on previously learned skills by introducing the front and back crawl and elementary backstroke kick. Treading water and diving are also covered.

1008-IW26A 7 sessions	Jan 10-Feb 28 9-9:50am No class Feb 14	Sat \$77
1008-IW26B 7 sessions	Jan 10-Feb 28 10-10:50am No class Feb 14	Sat \$77
1008-IW26C 7 sessions	Jan 26-Mar 23 6-6:50pm No class Feb 16 & Mar 9	Mon \$77
1008-IW26D 7 sessions	Jan 26-Mar 23 7-7:50pm No class Feb 16 & Mar 9	Mon \$77
1008-IW26E 7 sessions	Mar 21-May 9 11-11:50am No class Apr 4	Sat \$77
1008-IW26F 8 sessions	Mar 30-May 18 6-6:50pm	Mon \$87
1008-IW26G 8 sessions	Mar 30-May 18 7-7:50pm	Mon \$87
1008-IW26H 6 sessions	Apr 14-May 19 6:30-7:20pm	Tue \$67

**GOGGLES ARE
RECOMMENDED
FOR LEVELS 4-7.**

Level 4 Swim Lessons | Age 6+

Prerequisite: Level 3 or be able to swim a front crawl in good form with rotary breathing for 15 yards. In Level 4, participants improve their skills and increase their endurance with the front and back crawl for greater distances and the entire elementary backstroke is taught.

1009-IW26A 7 sessions	Jan 10-Feb 28 9-9:50am No class Feb 14	Sat \$77
1009-IW26B 7 sessions	Jan 10-Feb 28 11-11:50am No class Feb 14	Sat \$77
1009-IW26C 7 sessions	Jan 26-Mar 23 7-7:50pm No class Feb 16 & Mar 9	Mon \$77
1009-IW26D 7 sessions	Feb 10-Mar 31 6-6:30pm No class Mar 10	Tue \$77
1009-IW26E 7 sessions	Mar 21-May 9 10-10:50am No class Apr 4	Sat \$77
1009-IW26F 8 sessions	Mar 30-May 18 7-7:50pm	Mon \$87
1009-IW26G 6 sessions	Apr 14-May 19 6-6:30pm	Tue \$67

Level 5 Swim Lessons | Age 6+

Prerequisite: Level 4. The objectives of Level 5 are coordination and refinement of front and back crawl and elementary backstroke. The entire breaststroke is taught. Other skills taught are surface dives, underwater swimming and turns.

1010-IW26A 7 sessions	Jan 10-Feb 28 10-10:50am No class Feb 14	Sat \$77
1010-IW26B 7 sessions	Jan 26-Mar 23 6-6:50pm No class Feb 16 & Mar 9	Mon \$77
1010-IW26C 7 sessions	Feb 10-Mar 31 6:30-7:20pm No class Mar 10	Tue \$77
1010-IW26D 7 sessions	Mar 21-May 9 10-10:50am No class Apr 4	Sat \$77
1010-IW26E 8 sessions	Mar 30-May 18 6-6:50pm	Mon \$87

Level 6 Swim Lessons | Age 6+

Prerequisite: Level 5. The objectives of Level 6 are to refine strokes (front and back crawl, elementary backstroke and breaststroke) so participants swim these strokes with more ease, efficiency and power. The sidestroke will be introduced. Water safety skills such as surface dives, retrieving a brick from a depth of nine feet and treading water are also taught in this course.

1011-IW26A 7 sessions	Jan 10-Feb 28 9-9:50am No class Feb 14	Sat \$77
1011-IW26B 7 sessions	Feb 10-Mar 31 6:30-7:20pm No class Mar 10	Tue \$77
1011-IW26C 6 sessions	Apr 14-May 19 6:30-7:20pm	Tue \$67

Level 7 Swim Lessons | Age 6+

Prerequisite: Level 6. The objectives of Level 7 are to refine all of the strokes (front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly) so participants swim these strokes with efficiency and power over greater distances. This will be achieved through workouts, turns, use of pace clocks, pull buoys and fins. This is a great introduction to competitive swimming.

1012-IW26A 7 sessions	Jan 10-Feb 28 9-9:50am No class Feb 14	Sat \$77
1012-IW26B 7 sessions	Feb 10-Mar 31 6:30-7:20pm No class Mar 10	Tue \$77
1012-IW26C 6 sessions	Apr 14-May 19 6:30-7:20pm	Tue \$67

Water Safety Aide | Age 12 & up

The best Water Safety Instructors (WSI) start out as Water Safety Aides (WSA). This course is designed for teens who have passed Level 6 and may be interested in working at an aquatic facility as a WSA and eventually add the certification to become a WSI. Students will be asked to practice-teach with a WSI to see firsthand how to teach a swimming class from start to finish. Turtles, Bobbers, Little Swimmers and Levels 1-3 are the classes available for the WSA's practice-teaching part of the class.

1022-IW26A 1 session	Jan 20 6-9pm	Tue \$75
1022-IW26B 1 session	Mar 4 6-9pm	Wed \$75



Ranger Synchro Day Camp | Ages 9-18

Find out what the buzz is all about - come and try out synchronized swimming! Ranger Synchro has an artistic element that relates to three sports: swimming, gymnastics and dance. Come and explore the basics of synchronized swimming in a short camp climate. Each participant must provide their own swimsuit, swim cap, nose clip and goggles.

1061-IW26	Jan 5	Mon
1 session	6-7:30pm	\$15

Ranger Synchro Level 1 | Age 12 & under

Prerequisite: Must be able to swim 25 yards of freestyle. Participants will learn the basics of synchronized swimming such as figures and routines. Figures are specific body movements completed in the water individually and then judged (very similar to diving). Routines are performances choreographed to music. Participants will learn and practice solo, duet and team formations as well as learn at least one routine. Goggles, swim cap and a nose clip are required.

1050-IW26A	Jan 4-Mar 1	Sun & Fri	\$244
15 sessions	Sun: 11am-1pm Fri: 6-8pm		
	No class Jan 18 & Feb 27		

1050-IW26B	Mar 20-Apr 26	Sun & Fri	\$146
9 sessions	Sun: 11am-1pm & Fri: 6-8pm		
	No class Mar 27, Apr 3 & Apr 5		

Ranger Synchro Level 2 | Ages 13-18

Prerequisite: Must have previous synchronized swimming experience. Participants will work on advanced synchronized swimming skills. Participants will learn age-group figures and practice solo, duet and team formations as well as learn at least one routine. Goggles, swim cap and a nose clip are required.

1052-IW26	Jan 4-Mar 2	Sun, Mon & Thu	\$355
19 sessions	Sun: 1-5pm Mon: 7-9pm Thu: 6-8pm		
	No class Jan 8, 18, 19, 22 & Feb 5, 15, 16		

Ranger Aquatics | Ages 8-18

Prerequisite: Participants must be able to swim 25 continuous yards of front crawl and backstroke or have passed Level 4. The purpose of this swimming program is to train the athlete (both novice & advanced) to swim efficiently and fast. In addition, the coaching staff will encourage physical fitness, motivation, foster self-discipline, reinforce self-esteem, build self-confidence and provide an environment where the athlete can achieve their highest potential through a challenging and fun atmosphere. The workouts will be adjusted to benefit all swimming abilities.



1015-IW26A	Jan 14-Feb 7	Wed & Sat	\$92
8 sessions	Wed: 7:30-9pm Sat: 12-1:30pm		

1015-IW26B	Feb 10-Apr 1	Tue, Wed & Sat	\$207
18 sessions	Tue & Wed: 7:30-9pm Sat: 12-1:30pm		
	No class Feb 14, Mar 7, 10, 11 & 14		

1015-IW26C	Apr 8-May 20	Tue, Wed & Sat	\$196
17 sessions	Tue & Wed: 7:30-9pm Sat: 12-1:30pm		
	No class May 9 & 16		

Lap Swim

JOIN US AT THE EDUCATION CENTER
FOR LAP SWIM THIS WINTER!

The FLAS Community Pool is a six lane, 25-yard pool that is a great place for a morning workout! Pre-registration is preferred. Drop-ins are welcome for a fee of \$10 paid by check or cash.

1029-IW26A	Jan 2-Mar 20	Mon, Wed & Fri
34 sessions	5:30-7:30am	\$136

1029-IW26B	Mar 23-May 20	Mon, Wed & Fri
26 sessions	5:30-7:30am	\$104

REGISTRATION

Register online at forestlake.ce.eleyo.com
or by calling (651) 982-8110.

Enrichment for Ages 1-5

Dance - Little Cirque Circus | Ages 3-6

Our Little Cirque Circus class is a fun, circuit-style class to learn basic circus skills. Learn skills using aerial silks and trapeze skills.

The Dance Factory

4123-IW26	Feb 7-Feb 28	Sat	10:50-11:20am	\$69
4 sessions	Dance Factory			
	No class Jan 20			

Dance - Parent & Me | Ages 2-3

Children will learn fun dance-related activities, basic dance steps, stretches and classroom etiquette in a fun, safe environment with Mom or Dad. Focus is on music, movement and imagination!

The Dance Factory

4296-IW26	Feb 7-Feb 28	Sat	12-12:30pm	\$69
4 sessions	Dance Factory			

Lil Ninjas | Ages 4-6

Some of the most important times in a child's development occur during their preschool years. Lil Ninjas is a martial arts program specifically developed for young children. Through the teachings of nationally certified instructors, your child will learn respect, discipline and self-control while developing their physical and social skills. Classes will be taught by Jr. Grand Master Eddie Gibson and Sr. Master Theresa Gibson.

Sun Yi's Academy

4676-IW26	Jan 24-Feb 14	Sat	10:15-10:45am	\$55
4 sessions	Sun Yi's Academy			
4676-SP26	Apr 11-May 2	Sat	10:15-10:45am	\$55
4 sessions	Sun Yi's Academy			



Dance - Beginning Ballet | Ages 4-6

Children will learn ballet movements and creative expression for beginners. The emphasis is on basic locomotor development, rhythm and creative expression. Our dancers learn dance in a playful, imaginative and non-competitive environment.

The Dance Factory

4291-IW26	Feb 7-Feb 28	Sat
4 sessions	11:25-11:55am	\$69
	Dance Factory	

There's More! Discover classes and events for little learners on pages 48-59.

2026-2027 Little Rangers Preschool
Registration Opens January 20, 2026!

Early Childhood Programs

About Early Childhood Programs

The Forest Lake Area Schools (FLAS) Early Childhood Programs provide a welcoming and enriching environment for families with children from birth to five years of age. We know parents are their children's first and most important teachers; our program takes pride in participating in that significant role.

PURPOSE OF THE EARLY CHILDHOOD PROGRAMS:

- *Strengthen families*
- *Foster children's development*
- *Provide both parent and child education and learning*
- *Partner with families to provide resources, education and referrals*
- *Support opportunities for all families*

CURRICULUM & LEARNING

To learn about the curriculums and approaches used in the FLAS Early Childhood Programs, please visit www.flaschools.org/preschool.



Join the Parent Advisory Council

Attending Parent Advisory Council (PAC) meetings is a great way to learn more about school district programs and make personal connections with other families attending Early Childhood Family Education (ECFE) and preschool programs. PAC volunteers can be parents or members of the community. This is a unique opportunity to offer your input and ideas to the ECFE program. We would love for you to join us! Meetings are held on the second Thursday of October, December, February and May 10:30-11:30am. Free childcare is provided, but please call in advance to register. If you are interested in joining or want more information, call (651) 982-8378.



MEETING FOCUS:

- Meetings are the second Thursday of the month at the Education Center: Room 166, 10:30-11:30am
- October | ECFE program updates
- December | Toys for Tots distribution
- February | Planning for Big Rig Day and Week of the Young Child
- May | Community Needs Assessment review

Help Me Grow

Do you have concerns about your child's development?

Services may be available for your child (birth to five years of age) and family. Help Me Grow is a collaborative effort of agencies serving young children to improve access to special education and other community services. Help Me Grow provides resources for families to understand developmental milestones and learn about signs of concern. Visit www.helpmegrowmn.org or call Help Me Grow at 1-866-693-4769.

A Gift for Your Newborn

Has there been a birth in your family recently?

Scan the QR code to complete the online census form to connect you to district information or update your family's information. Once completed, we will send you a Future Ranger onesie!



Early Childhood Family Education | ECFE

Sliding Fee Scale

Each qualifying ECFE class lists the full fee. You may use the sliding fee scale to determine your individual rate, which is based on your family's gross income. When registering more than one child for the same parent/child class, the second child is 50% off. Call (651) 982-8349 for the second child discount.

GROSS INCOME	YOUR COST
• \$100,000+	100% of fee listed
• \$70,000-\$99,999	80% of fee listed
• \$40,000-\$69,999	60% of fee listed
• \$20,000-\$39,999	40% of fee listed
• \$0-\$19,999	20% of fee listed

Sibling Care

Depending on staff availability, we are happy to offer Sibling Care on parent days in an ECFE class for children who are not enrolled in a class. The fee for Sibling Care is \$5.50 per hour when you pre-register and the drop-in fee is \$7.50 per hour. Please call (651) 982-8349 for drop-in availability.

What Happens in ECFE Classes?

1. TOGETHER TIME

Class begins with family/child activities designed to enhance your child's learning. You will also get ideas for things you can do together at home.

2. FAMILY TIME

Families participate in a discussion led by a parent educator. We will explore topics such as child development, discipline, family interaction and other areas of interest.

3. CHILDREN'S TIME

While family members are in the discussion group in another room (for separating classes), children learn through activities designed by an early childhood teacher to help them grow and develop their social, emotional, cognitive, physical and communication skills.

Baby Basics Family Resource Cupboard

The ECFE staff, Parent Advisory Council and STEP students have partnered to provide a community resource for families in our community by opening a Community Closet offering free items to families. Items may include gently used clothing, diapers, pull-ups, baby and child hygiene items, baby food and formula.

Community members are welcome to stop by the STEP Building and take what they need. Donations are accepted throughout the year. By donating items to the Baby Basics Family Resource Cupboard, you support Forest Lake area families in need and help us maintain an excellent resource for our community. Suggested items to be donated: diapers (all sizes), pull-ups (larger sizes), wipes, diaper cream, baby lotion, toothbrushes, kids toothpaste, formula and baby food.

If you could benefit from this resource, please email communitycloset@flaschools.org to schedule a convenient time to visit. The Community Closet is located at the STEP Building (in the former CLC building) at 200 4th St SW, Forest Lake. Enter through door 7, at the back of the building near 3rd Ave SW and 5th St SW.



ECFE CLASSES



Drop-In Gym & Play

Step into a world of playful exploration with your child! Enjoy the freedom to move, explore and connect in our specialized gym, along with lively circle time filled with songs, fingerplays and laughter. To keep the experience special for everyone, we limit the class to 25 participants. If we're at capacity, you'll find a sign outside Door 17. Maximum of three children per adult.

*Five visit punch card: \$20 per family

Ages Birth-3 | Non-Separating

2807-IW26 Jan 5-Mar 2 Mon
7 sessions 9:15-10:15am *\$5/family
Ed Center: 175 | Door 17
No class Jan 19 & Feb 16

2807-SP26 Mar 16-May 18 Mon
9 sessions 9:15-10:15am *\$5/family
Ed Center: 175 | Door 17
No class May 4

Ages Birth-5 | Non-Separating

2808-IW26 Jan 5-Mar 2 Mon
7 sessions 10:30-11:30am *\$5/family
Ed Center: 175 | Door 17
No class Jan 19 & Feb 16

2808-SP26 Mar 16-May 18 Mon
9 sessions 10:30-11:30am *\$5/family
Ed Center: 175 | Door 17
No class May 4

FREE | Busy Babies

Bundle up your baby and enjoy some uninterrupted, quality time with your little explorer in a safe, fun and supportive environment. Connect with other parents as you share the joys and challenges of your child's first year. Your baby will stay by your side throughout the class, so bring your diaper bag, relax and take a break from the everyday routine. The fall session is for infants from birth to 12 months and winter and spring sessions are for babies birth to 18 months. Drop-ins are always welcome.

Ages Birth-18 Months | Non-Separating

2010-IW26 Jan 9-Feb 27 Fri
8 sessions 9:15-10:15am Free
Ed Center: 120 | Door 17
Sib Care: \$66

2010-SP26 Mar 20-May 29 Fri
9 sessions 9:15-10:15am Free
Ed Center: 120 | Door 17
No class Apr 3 & May 22
Sib Care: \$74

Wonderful Ones & Twos

Watch your child light up with excitement as they explore a vibrant, hands-on classroom, making their first friends and discovering the joy of learning through play. Connect with a community of fellow parents, sharing laughter, support and insightful discussions on essential topics like nutrition, child development and the incredible impact of play on young minds. It's more than just a class—it's a journey of growth, connection and unforgettable moments!

Ages 1-2 | Non-Separating

2121-IW26 Sep 17-Dec 17 Wed
9 sessions 9:15-10:45am \$135
Ed Center: 175 | Door 17
Sib Care: \$74

2121-SP26 Mar 18-May 27 Wed
11 sessions 9:15-10:45am \$165
Ed Center: 175 | Door 17
Sib Care: \$91

SLIDING FEE SCALE

Each qualifying class lists the full fee. You may use the sliding fee scale on page 49 to determine your individual rate which is based on your family's income. When registering more than one child for the same parent/child class, the second child is 50% off.

Silly Sprouts

Be a playful parent with us! Silly Sprouts is a mixed age class with separation. Children will play with caregivers, children and early childhood staff. Caregivers will then go to a separate space to share with each other the fabulous and frightening parts of parenting. Children will continue to learn with early childhood professionals in the classroom.

Ages 1-4 | Non-Separating

2032-IW26 Jan 9-Feb 27 Fri
8 sessions 10:45am-12:15pm \$120
Ed Center: 175 | Door 17
Sib Care: \$66

2032-SP26 Mar 20-May 29 Fri
9 sessions 10:45am-12:15pm \$135
Ed Center 175 | Door 17
No class Apr 3 & May 22
Sib Care: \$74

Ages 1-4 | Separating

2031-IW26 Jan 6-Mar 3 Tue
8 sessions 11am-12:30pm \$120
Ed Center: 175 | Door 17
No class Jan 20
Sib Care: \$66

2031-SP26 Mar 17-May 26 Tue
11 sessions 11am-12:30pm \$165
Ed Center: 175 | Door 17
Sib Care: \$91

Terrific Twos & Threes

This dynamic class offers a fun, hands-on opportunity for children to engage with their peers in a classroom setting, while parents enjoy dedicated Parent Education time. Little ones will dive into sensory-rich activities, get their hands messy and develop problem-solving skills. They'll spark creativity, build confidence and nurture their growing independence, all in a warm and supportive environment. Let the adventure begin!

Ages 2-3 | Separating

2230-IW26 Jan 7-Mar 4 Wed
9 sessions 11am-12:30pm \$135
Ed Center: 175 | Door 17
Sib Care: \$74

2230-SP26 Mar 18-May 27 Wed
11 sessions 11am-12:30pm \$165
Ed Center: 175 | Door 17
Sib Care: \$91



ECFE Friends

Is your child eager to dive into the world of preschool but not quite three years old? Our ECFE Friends class offers the ideal introduction! Start the year with a warm parent-child experience filled with exploration, growth and fun. In January, your child will take the next step into independent preschool learning, building new skills and confidence along the way. This transition will be child-only, allowing your little one to embrace their growing independence while still feeling supported in their learning journey. Children must be three years old by Jan 1, 2026. Sib Care is available on Tuesdays.

Ages 3 by Jan 1, 2026 | Separating

2235-IW26 Jan 6-May 28 Tue & Thu
38 sessions 9:15-11:15am \$570
Ed Center 175 | Door 17
No class Jan 20, Mar 10 & 12, Apr 2
Sib Care: \$157

EARLY CHILDHOOD EVENTS

Ready, Set, Move!

Thu, Jan 15 | 5:30-6:30pm | Ages 18 months-5 years

Time to get moving with your little one! Your child can enjoy a variety of large muscle equipment, including soccer, bowling, roller skates and parachute activities. Join other families as we move to children's music and burn off some energy in the gym!

\$6 per child | Ed Center: Gym | Door 4

Star Light Night

Tue, Jan 27 | 5:30-6:30pm | Ages 2-5

Bring a flashlight for a starlit journey! We'll explore the wonders of starlight through fun and interactive activities about the night sky. Kids will enjoy building with flashlight blocks, creating their own lantern tea lights and creating a starry night sensory bag using sparkling treasures.

\$6 per child | Ed Center: Cafeteria | Door 4

Bob the Beachcomber

Tue, Feb 24 | 5:30-6:30pm | Ages Birth-5

Come join the fun with Bob the Beachcomber in a lively interactive show! Sing, clap, stomp and dance along to happy songs from the Beach Boys to Raffi, SpongeBob to Scooby-Doo and Elvis to Jerry Lee Lewis.

\$10 per child | Ed Center: Cafeteria | Door 4

Valentine's Galore

Thu, Feb 12 | 5:30-6:30pm | Ages Birth-5

Celebrate love and friendship with heart-filled fun! We'll share a sweet story, create a special snack and dive into activities centered around love and friendship. Little ones will make cards using colorful materials and big imaginations.

\$6 per child | Ed Center: Cafeteria | Door 4

FREE | Family Literacy Night Love to Read Lane

Fri, Feb 20 | 5:30-6:30pm | Ages 2-9

Families are invited to Love to Read Lane for a night of stories, costumes and hands-on fun. Each station is inspired by favorite books and built on the science of reading to help kids grow their literacy skills through play. Every family will take home a free book, the MN Dept. of Education's Family Toolkit and simple activities to keep the love of reading alive at home!

Free | Ed Center: 175 | Door 4

O, the Fun You'll Have! A Seuss Adventure

Thu, Mar 19 | 5:30-6:30pm | Ages 2-5

Step into the whimsical world of Dr. Seuss with a day full of creativity, play and storytelling. Children will enjoy hands-on crafts, interactive games and engaging storytime sessions that bring the magic of his books to life. To top it off, a special themed treat will add a delicious touch to this Seuss-inspired celebration of laughter and imagination!

\$6 per child | Ed Center: Cafeteria | Door 4

Bruce the Bug Guy

Tue, Mar 31 | 5:30-6:30pm | Ages 18 months-5 years

Dive into the amazing world of bugs with live critters, stunning specimens, giant bug puppets and even tasty insect snacks! This interactive show blends storytelling, hands-on fun and fascinating facts engaging all the senses.

\$10 per child | Ed Center: Cafeteria | Door 4

STEM Night!

Tue, Apr 7 | 5:30-6:30pm | Ages 2-5

Children will learn how to observe, ask questions and investigate through hands-on science, technology, engineering and math. Discover STEM activities at our Lino Lakes Elementary School.

\$7 per child | Lino Lakes Elem | Door 1

Como Zoo

Thu, Apr 23 | 9am-1pm | Ages 3-6

Embark on a day of adventure at Como Zoo! After exploring, we'll watch the exciting Sparky Show followed by lunch. Families are responsible for providing their own lunch. The bus departs the Education Center at 9:15am and returns by 1pm.

\$13 per child | Como Zoo | Meet at Ed Center | Door 17

Big Rig Day

Sat, May 2 | 9:30-11:30am

The FLAS Early Childhood Programs and Hardwood Creek Library invite you to check out some of your child's favorite vehicles at the Forest Lake Transit Center parking lot! Bring your camera for this climb-on display. Go inside the library and enjoy reading, coloring and the block play area. Restrooms and live music on site.

Free | Hardwood Creek Library | 19955 Forest Road N

PARENT & COMMUNITY OUTREACH

FREE | ECFE Home Education Program

ECFE Home Education Program is a voluntary parent education program offered to families who are expecting a child or have children under the age of kindergarten entry. ECFE Home Education Program helps to establish positive partnerships between home, school and the community. This program plays a vital role in supporting families and children from early learning and understanding of important developmental milestones. Periodic screening increase a parent's understanding of their children's development progress, as well as informing them of any possible delays.

Early intervention for identified concerns helps improve school readiness for young children. This evidence-based early childhood program is designed to offer regularly scheduled family personal visits, annual developmental screening, monthly group connections and access to a network and resources. These components are integral in supporting and preparing children, families, schools and communities toward school readiness.

The ECFE Home Education Program provides opportunities to assist families with a smooth transition into preschool and kindergarten. We offer three main topics to start with: health and safety, parents as teachers and parent/child bonding. Each area will cover information related to the topic along with an activity to go along with the topic. Once your registration has been received, an early childhood teacher will contact you to schedule a session that fits your schedule. If you have any questions about the ECFE Home Education Program, please call (651) 982-8318.

2604-IW26 | 2604-SP26 | Free

FREE | Love & Logic: Early Childhood Parenting Made Fun!

Love and Logic is the philosophy of raising and teaching children which allows adults to be happier, more empowered and better prepared for interactions with children. Love allows children to grow through their mistakes; Logic allows children to live with the consequences of their choices. This class is meant for caregivers with children ages birth to six years of age. If you need free childcare while attending the class, please sign up for Sib Care when registering.

2047-SP26 Apr 9-May 14 Thu 5:45-7:45pm Free
5 sessions Ed Center: 176 | Door 17
No class Apr 23

FREE | Behavior Assistance Technical Support Team

The Behavior Assistance Technical Support (BATS) team is a voluntary program offered to childcare and early learning centers who are looking for behavioral support for students that are struggling. A trained parent educator will visit your location to promote early learning, knowledge and understanding of important developmental milestones. Early intervention for identified concerns helps improve the school experience for young children. Call (651) 982-8318 to schedule a visit.

2605-IW26 | 2605-SP26 | Free



FREE | Little Ranger Roadster: Stop & Play

The Forest Lake Area Schools Early Childhood Programs transformed an RV into a mobile classroom! Parents and their children are invited to engage in an enriching experience using songs, fingerplays and exploration with our knowledgeable early childhood staff! No registration required. Maximum of three children per adult. View more information online!

Ages 1-5 | Non-Separating

2524-SP26A Mar 20, Apr 17, May 8 Fri
3 sessions 10-11am Free
Lino Lakes Elementary
725 Main St, Lino Lakes

2524-SP26B Mar 27, Apr 24, May 15 Fri
3 sessions 10-11am Free
Scandia Elementary
14351 Scandia Trl N, Scandia

2524-SP26C Apr 10, May 1 & 29 Fri
3 sessions 10-11am Free
Linwood Elementary
21900 Typo Creek Dr NE,
Wyoming



FIND US ON FACEBOOK!
@ForestLakeECFE

Early Childhood Screening

SCREEN AT 3!

Early Childhood Screening is a free and simple check of your child's growth, development and learning. Screening is conducted in a child-friendly setting and the process is age-appropriate and fun for children. Screening at 3 is preferred, but a child may be screened between the ages of three and the start of kindergarten as required by law.



What can I expect at a screening appointment?

A trained professional will check your child's:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development



What should I bring to a screening appointment?

- Questions you have about your child's growth and development
- Your child's immunization record (shots)
- Your child's primary health care provider's (doctor) name and phone number
- Your child's birth certificate



When are screening appointments available?

Screening appointments are held Monday, Wednesday and Thursday throughout the school year at the FLAS Education Center and some dates during the summer. Visit www.flaschools.org/screening for more information.



MORE INFORMATION

This screening may help you link to other free learning opportunities such as prekindergarten programming, Early Childhood Family Education (ECFE), Minnesota early learning scholarships for high-quality care and education, Head Start, Home Visiting and Early Childhood Special Education. Your child may also be screened at their Head Start, Child and Teen Check-ups or a developmental screening clinic. Parents may conscientiously object to screening; Minnesota Statutes 121A.17.



Visit www.flaschools.org/screening, call (651) 982-8301 or scan the QR code for more information.



Little Rangers Preschool

Welcome to the Ranger Family!

The Early Childhood Programs are an integral part of Forest Lake Area Schools (FLAS). We work together to ensure that children transition smoothly into kindergarten. Our high-quality preschool classes focus on each child's social, physical and pre-academic development.

Curriculum & Learning

Little Rangers Preschool uses the Frog Street Pre-K curriculum for both three and four year old preschool. This engaging, interactive curriculum celebrates the joys of learning as children travel down the road to success. Curriculum outcomes and objectives are aligned with Minnesota's Early Childhood Indicators of Progress.

7 District Locations

Preschool is available district-wide! The preschool staff is excited to meet you and answer questions you have about the program. Call to schedule a tour at one of the seven sites:

- | | |
|--------------------------|----------------|
| • Columbus Elementary | (651) 982-8900 |
| • Education Center | (651) 982-8318 |
| • Forest View Elementary | (651) 982-8200 |
| • Lino Lakes Elementary | (651) 982-8850 |
| • Linwood Elementary | (651) 982-1907 |
| • Scandia Elementary | (651) 982-3300 |
| • Wyoming Elementary | (651) 982-8000 |

Engagement in Early Childhood

The FLAS Early Childhood Programs have been implementing the Classroom Engagement Model (CEM) in all classrooms. CEM is a set of research-based teaching practices that increase engagement and full participation of every child. Increased engagement leads to more learning, increased skill acquisition and better developmental outcomes for children.

What is Engagement?

Engagement is the amount of time your child spends participating in an activity. We can help children be more engaged when they are doing activities like building blocks, swinging with a friend, cleaning up their toys or helping set the table.

Why is Engagement important?

When children are engaged, they are ready for learning! Children have more opportunities to practice their goals. Engaging all children leads to meaningful participation and inclusion.

What does CEM mean in our program?

Early Childhood staff are attending trainings and will be coached to use the strategies they learn. Children will practice learning goals in every routine. Everyone is working together to support every child.



4 Star Parent Aware Rated

Little Rangers Preschool has a 4 star rating from Parent Aware. This is the highest possible rating! Families utilize Parent Aware Star Ratings to identify early childhood programs employing research-based best practices for children's school and life readiness.

Programs voluntarily engage in the rating process, undergoing additional training beyond basic licensing requirements to earn One-, Two-, Three- or Four- Star Ratings. These ratings reflect demonstrated use of research-based practices, with each level building upon the previous one. This system enables families to easily discern the specific practices employed by the program.

Visit www.parentaware.org to view more information!

Childcare for Full Day Students

Providing childcare is essential to make preschool accessible for all. Children enrolled in Little Rangers Full Day Preschool have the opportunity to register for School Age Care (SAC); a before and after school childcare program available only on days your child is enrolled in Little Rangers Full Day Preschool at any location. Students attending Little Rangers Full Day Preschool at the Education Center can register for SAC at Forest View. Childcare is not available for students enrolled in Half Day Preschool. Call (651) 982-8365 for more information.

Transportation for Preschool

A caregiver, 18 years or older, is expected to be at the bus stop for pick up and drop off to escort the child on and off the bus. Our hope is that by providing this service, it will be easier for families to participate in a high quality early learning experience. Space is limited and dependent on availability of existing bus routes. This service is offered free of charge. Call (651) 982-8349 for more information.

- Four and five year old preschoolers (age as of September 1) can ride the bus.
- Children who enroll in Half Day Preschool can ride the bus to school in the morning or ride the bus home at the end of the day.
- Mid-day transportation is not available.
- Children who enroll in Full Day Preschool have the option of riding the bus to and from school.
- Transportation is available for students who attend preschool at the elementary school where their home address is assigned and at the Education Center for those in the Forest View Elementary busing area.



FIND US ON FACEBOOK!
@ForestLakeECFE



Preschool Fee Assistance

FLAS Early Childhood Programs have a variety of fee assistance options available based on the program your child is enrolled in and your family circumstances. All fee assistance is confidential. *Note: Financial assistance is not available for students five years of age as of September 1.*

Pathway I Scholarship

Pathway I Scholarships are awarded directly to families who meet eligibility requirements. Applications can be completed online by going to the Early Learning Scholarship Hub: EarlyLearningScholarshipsHub.mn.gov

Pathway II Scholarship

FLAS Early Childhood Programs receives limited funding from the Minnesota Department of Education to help families cover the cost of preschool for students who are three or four years old.

School Readiness Financial Aid

Through School Readiness, we can offer limited financial assistance to qualifying families. There is an application process to complete. Children must meet specific criteria based on the sliding fee adapted by FLAS Early Childhood Programs to participate.

Voluntary Pre-K

FLAS Early Childhood Programs have received funding through Voluntary Pre-K (VPK) for Lino Lakes Elementary and Forest View Elementary for the two-day Little Rangers Preschool Full Day Preschool program. Children must meet specific criteria to qualify.

Registration

- Registration for the 2025-2026 school year began on January 21, 2025. Registration for the 2026-2027 school year begins on January 20, 2026.
- A non-refundable registration fee of \$50 is due with registration.
- Classes began the week of September 8, 2025 and end the week of June 1, 2026.
- Children must be the appropriate age by September 1, 2025; no exceptions.
- Required forms can be found online at www.flaschools.org/ecforms.
- You may fax your child's forms directly to us at (651) 982-8375 or email them to earlychildhood@flaschools.org.
- If you need required forms mailed to you, please call (651) 982-8349.

Class Fees

- Invoices will be emailed at the beginning of the month and due by the 15th of the month to avoid a \$10 late fee.
- Preschool class fees are based on a daily rate per contract day. You will be invoiced the actual number of contracted days per month.
- Class fees and times listed on the following pages are subject to modification.
- All programs will be invoiced from September - June. Receive a 2% discount if the year is paid in full.
- No refunds will be given for an absence or a school closing (inclement weather days).

2025-2026 Preschool Classes

The last day to join a preschool class in the current school year is March 1, 2026.

Full Day Classes

Full Day Preschool is offered at seven locations throughout the district for four and five year old children. Students attending Full Day Preschool will be offered a free district provided breakfast and lunch. Fee assistance is available (page 57).

***VPK** | Voluntary Pre-K. Children must meet specific criteria to qualify. Qualifying students will be given registration priority (page 57).

Half Day Classes

Half Day Preschool is offered at four locations throughout the district for three, four and five year old children. Students attending morning classes will be offered a free district provided breakfast. Fee assistance is available (page 57).

***FLP** | Family Learning Program (below)



Family Learning Program (FLP)

Designed for parents with children ages birth-5 years of age

The Family Learning Program (FLP) is ideal for caregivers of young children (birth-5 years old) and would like to register for Adult Basic Education (ABE). Families can enjoy a meal together, participate in guided learning experiences and get ideas for home activities. Children 12 weeks-2 years old attend Sibling Care (childcare) and 3-5 year olds attend preschool while caregivers participate in parent education classes and work on goals, such as GED test preparation, improving their English or basic skills in our ABE program. Children ages birth to 11 weeks old stay with their caregiver during classes. Children will enroll in the Tuesday/Thursday Half Day AM class that is appropriate for their age. Daily tuition for children is based on a sliding fee scale. All families are welcome. No child will be turned away because of the inability to pay.

Family Learning Program Questions | Call (651) 982-8349 for more information.
Transportation and interpreters are available upon request.

2026-2027 Little Rangers Preschool
Registration Opens January 20, 2026!

HALF DAY

Location	Age	Days	Time	Daily Rate
Education Center	3	M/W	9:15-11:45AM	\$26
Education Center	3	T/TH	9:15-11:45AM	\$26
Education Center *FLP	3	T/TH	9:15-11:45AM	Sliding Fee
Lino Lakes Elementary	3	T/TH	9:15-11:45AM	\$26
Linwood Elementary	3	T/TH	9:15-11:45AM	\$26
Education Center	4-5	M/W/F	9:15-11:45AM	\$26
Education Center	4-5	T/TH	9:15-11:45AM	\$26
Education Center *FLP	4-5	T/TH	9:15-11:45AM	Sliding Fee
Education Center	3-5	M/W/F	1:00-3:30PM	\$26
Education Center	3-5	T/TH	1:00-3:30PM	\$26

FULL DAY

Location	Age	Days	Time	Daily Rate
Columbus Elementary	4-5	M/W/F	9:15AM-3:40PM	\$42
Columbus Elementary	4-5	M-F	9:15AM-3:40PM	\$42
Education Center	4-5	M/W/F	9:15AM-3:30PM	\$42
Education Center	4-5	T/TH	9:15AM-3:30PM	\$42
Forest View Elementary	4-5	M/W/F	9:15AM-3:40PM	\$42
Forest View Elementary	4-5	T/TH	9:15AM-3:40PM	\$42
Forest View Elementary *VPK	4-5	T/TH	9:15AM-3:40PM	Free
Lino Lakes Elementary	4-5	M/W/F	9:15AM-3:40PM	\$42
Lino Lakes Elementary	4-5	T/TH	9:15AM-3:40PM	\$42
Lino Lakes Elementary *VPK	4-5	T/TH	9:15AM-3:40PM	Free
Linwood Elementary	4-5	M/W/F	9:15AM-3:40PM	\$42
Linwood Elementary	4-5	M-F	9:15AM-3:40PM	\$42
Scandia Elementary	4-5	M/W/F	9:15AM-3:40PM	\$42
Scandia Elementary	4-5	M-F	9:15AM-3:40PM	\$42
Wyoming Elementary	4-5	M/W/F	9:15AM-3:40PM	\$42
Wyoming Elementary	4-5	M-F	9:15AM-3:40PM	\$42

Community Education Staff Directory

Community Education Office

Corey McKinnon, Director	cmckinnon@flaschools.org	(651) 982-8140
Tracy Angelo, Administrative Assistant	tangelo@flaschools.org	(651) 982-8110

Adult Basic Education (ABE)

Susanne Kimber, Coordinator/Lead Teacher	skimber@flaschools.org	(651) 982-8302
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Adult Lifelong Learning

Laurie Drolson, Coordinator	Ldrolson@flaschools.org	(651) 982-8334
Janet Nutter, Adult/Special Needs Planner	jnutter@flaschools.org	(651) 982-8328
Beth Tetzlaff, Office Assistant	btetzlaff@flaschools.org	(651) 982-8333

Aquatic Programs

Jennifer Olson, Supervisor	jjolson@flaschools.org	(651) 982-8746
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Athletics & Facilities

Jay Ekman, Coordinator	jekman@flaschools.org	(651) 982-8320
Kayleigh Sonterre, Planner	ksonterre@flaschools.org	(651) 982-8372
Melanie Haas, Planner	mhaas@flaschools.org	(651) 982-8392

Early Childhood

Bethany Hardy, Coordinator	bhardy@flaschools.org	(651) 982-8315
Rachel Kaiser, Assistant Coordinator	rkaiser@flaschools.org	(651) 982-8318
Lori Harrington, Support Manager	lharrington@flaschools.org	(651) 982-8378
Katie Suloff, Office Assistant	ksuloff@flaschools.org	(651) 982-8349
Erika Siverhus, Office Assistant	esiverhus@flaschools.org	(651) 982-8301
Bonnie Hushagen, Health Office Assistant	bhushagen@flaschools.org	(651) 982-3165

General Education Development (GED)

Laurie Drolson, Testing Coordinator	Ldrolson@flaschools.org	(651) 982-8334
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Childcare (SAC & Sonic)

Nancy Siefert, Coordinator	nsiefert@flaschools.org	(651) 982-8316
Sue Waataja, Assistant Coordinator	swaataja@flaschools.org	(651) 982-8364
Autumn Beireis, Support Specialist	abeireis@flaschools.org	(651) 982-8344
Kristin Trotto, Office Assistant	ktrotto@flaschools.org	(651) 982-8365
Holly Oberholtzer, Office Assistant	hoberholtzer@flaschools.org	(651) 982-8307
Heather Caron, Nurse	hcaron@flaschools.org	(651) 982-8384

Marketing

Alexa Nelson, Coordinator	alnelson@flaschools.org	(651) 982-8303
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Technology

Amy Florin, Systems Administrator	aflorin@flaschools.org	(651) 982-8106
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Youth Development & Enrichment

Laurie Drolson, Coordinator	Ldrolson@flaschools.org	(651) 982-8334
Melissa McGraw, Elementary Youth Planner	mmcgraw@flaschools.org	(651) 982-8339
Janet Nutter, Secondary Youth Planner	jnutter@flaschools.org	(651) 982-8328
Beth Tetzlaff, Office Assistant	btetzlaff@flaschools.org	(651) 982-8333

TRANSLATION AVAILABLE

For free help translating this information, call (651) 982-8327.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم (651) 982-8327

កំណត់សំគាល់: បើអ្នកចង់បានព័ត៌មានបំពេញព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ (651) 982-8327 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite (651) 982-8327.

Ceeb toom. Yög koj xav tau kev pab txhais cov xov no rau koj dawb, hu (651) 982-8327.

ໂປດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມຕັ້ງກ່າວນີ້ ຟຣີ, ຈົ່ງໂທໂອຫາ (651) 982-8327.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsi bilbiltu (651) 982-8327.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните (651) 982-8327.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, wac (651) 982-8327.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al (651) 982-8327.

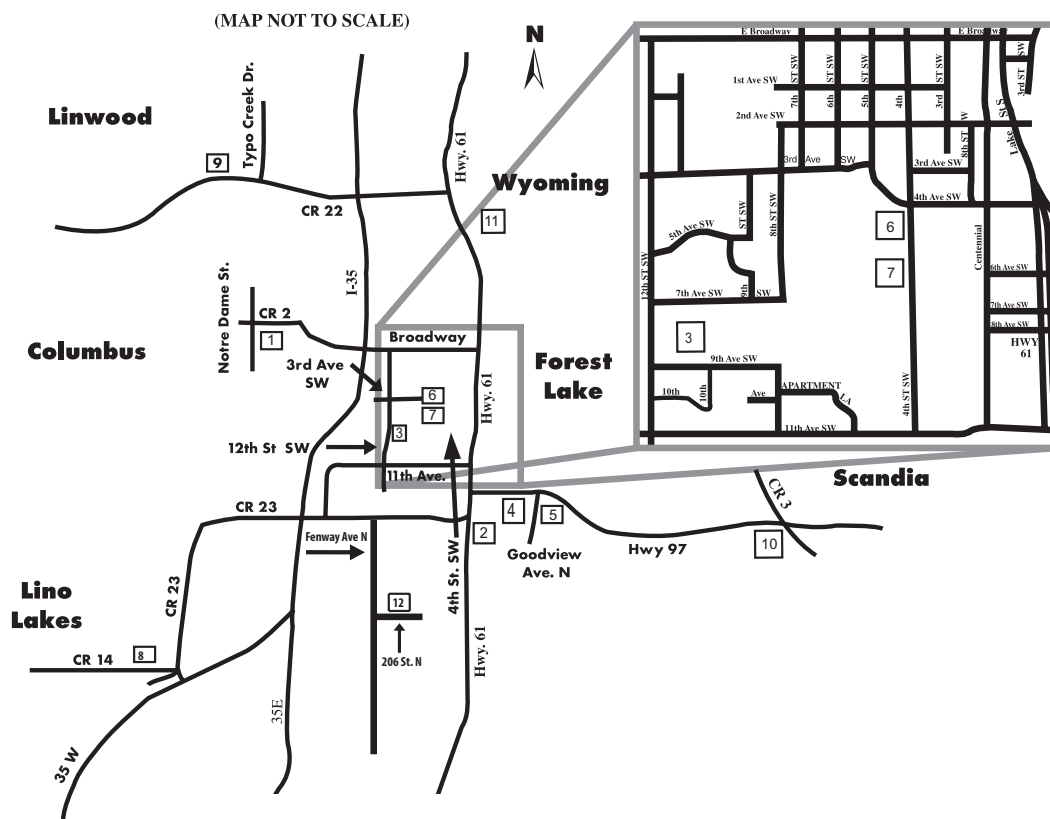
Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi (651) 982-8327.

LDH-0029 (1-08)



District Map & Entrance Guide

BUILDING		ADDRESS		EVENING
1. Columbus Elementary	Col	17345 Notre Dame St, Forest Lake	West side	Door 1
2. District Office		6100 N 210th St, Forest Lake		
3. Education Center & Community Pool	Ed Center	943 9th Ave SW, Forest Lake	East side East side	Door 4 Door 8
4. Forest Lake Area High School	FLAHS	6101 Scandia Tr N, Forest Lake	South side	Door 32, 33
5. Forest Lake Area Middle School	FLAMS	21395 Goodview Ave N, Forest Lake	West side	Door 1
6. Forest Lake Elementary	FL Elem	408 SW 4th St, Forest Lake	South side	Door 1
7. Forest View Elementary	FV	620 SW 4th St, Forest Lake	South side	Door 4
8. Lino Lakes Elementary	Lino	725 Main St, Lino Lakes	South side	Door 1
9. Linwood Elementary	Linw	21900 Typo Creek Dr NE, Wyoming	South side	Door 2
10. Scandia Elementary	Scan	14351 Scandia Tr N, Scandia	North side	Door 1
11. Wyoming Elementary	Wyo	25701 Forest Blvd, Wyoming	West side	Door 1
12. Forest Lake Sports Center & Hallberg Ice Arena		5530 206th St N, Forest Lake		



Registration & Cancellations



Registration Options

It is best to register for a class at least two weeks before the starting date. If you are interested in a class that will be starting within a week, please call (651) 982-8110 to see if there are still openings.

- **Online Registration:** forestlake.ce.eleyo.com
- **Phone Registration:** (651) 982-8110
- **Fax Registration:** (651) 982-8386 using a Discover, Visa, MasterCard or American Express credit card
- **Mail or in person:**
Community Education
Forest Lake Area Schools Education Center
943 9th Ave SW, Forest Lake, MN 55025
Drop box located inside door 4
- **Drop box:**
Community Education
Forest Lake Area Schools District Office
6100 N 210th Street, Forest Lake, MN 55025
Drop box located outside of the main entrance

We Love Feedback

Your questions and comments about the Community Education catalog are always welcome. Please contact the Community Education office at (651) 982-8110.

Accessible to All

If you have a disability and/or are in need of accommodations to participate in a class, please call the Community Education office at (651) 982-8110 at least 10 business days before your class.

Cancellations & Refunds

All classes will be held unless you are notified of a cancellation. You will be notified of class cancellations by email or phone so please keep your contact information current.

On days when school is canceled due to weather, most afternoon and evening activities are also canceled. Childcare programs are open; see the Family Handbook for more information. Last minute cancellations will be on TV channels 4, 5, 9, 11 and online at www.flaschools.org.

If you need to cancel a class or activity, you must do so a minimum of two working days before the class is scheduled to start as instructors will have been notified of the number of students in their class, materials will have been prepared and the other students in the class are expecting the class to go.

While Community Education tries to be generous with refunds, certain program requirements may prevent us from issuing refunds within a certain number of days prior to the start of the program. Please contact the Community Education office at (651) 982-8110 for additional information.

Liability Waiver

When registering for a class or activity, you will be asked to agree to the following Liability Waiver:

I grant permission for myself and/or my child to participate in this Community Education activity. I am aware that injuries may occur and I accept full responsibility for any injury received while participating in the program.

I understand that Forest Lake Area Schools and its employees are not responsible for any injury to the participant.

Forest Lake Area Schools Community Education Registration Form

REGISTER AT FORESTLAKE.CE.ELEYO.COM OR USE THIS FORM. IF YOU HAVE QUESTIONS OR NEED ASSISTANCE, PLEASE CALL (651) 982-8110.

Participant First Name _____ M _____ Last Name _____

Street Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email Address _____

Class # _____ Class Title _____ Building _____ Fee _____

Class # _____ Class Title _____ Building _____ Fee _____

Special health concerns (accommodations, disability, allergy, or special need we should be aware of):

FOR YOUTH AGES 0-18 ONLY

Parent/Guardian Full Name _____

Student's Grade _____ Birthdate _____ Age _____

☐ Male ☐ Female School Attending _____

I grant permission for myself and/or my child to participate in this/these Community Education activity(ies). I am aware that injuries may occur and I accept full responsibility for any injury received while participating in the program. I understand that Forest Lake Area Schools and its employees are not responsible for any injury to the participant.

Signature

Date

PAYMENT INFORMATION

Total Registration Amount \$ _____ ☐ Cash ☐ Check (Payable to Forest Lake Area Schools)
☐ American Express ☐ Discover ☐ MasterCard ☐ Visa (please fill out information below)

Authorized Signature _____ Date _____

Cardholder's First Name _____ Cardholder's Last Name _____

Credit Card Number _____ Expiration Date _____ Security Code _____

MAIL TO: Community Education, FLAS Education Center, 943 9th Ave SW, Forest Lake, MN 55025



Forest Lake Area Schools 831
Community Education
6100 210th St N
Forest Lake, MN 55025
(651) 982-8110

Slow down & connect.

Embrace the spirit of the season and try a class together! Fun, hands-on classes featured in this catalog invite adults to join their child and make meaningful memories **together**.



Scan the QR code to view all
Community Ed programs
and to register for classes.



www.forestlake.ce.eleyo.com



(651) 982-8110



@FLASCE