

# COMMUNITY EDUCATION



Family Lego Night - Friday, January 30

Family Puzzle Challenge - Friday, February 20



**CENTENNIAL**  
SCHOOL DISTRICT 12

CONNECTING. ACHIEVING. PREPARING.

**WINTER & SPRING  
ACTIVITY GUIDE**  
January-April 2026

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

# Welcome to Community Education

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



## We hope you enjoy looking through our winter & spring offerings.

It's exciting for us when we are able to handcraft offerings that are brand new! Sometimes they are new activities with instructors or organizations we've collaborated with before and sometimes they are entirely new collaborations altogether.

But the goal in new offerings is to spark excitement in families and individuals to get out and engage in activities in the community.

### Here are just a few of the new offerings in this guide:

- ◆ Mackinac Island Trip
- ◆ Clay: Become a Potter
- ◆ Conversational Spanish for Travelers
- ◆ Beginning Latin Dance
- ◆ Let Them Eat Cake!
- ◆ Nighttime Photography Historic Downtown Stillwater
- ◆ Sidekick Theatre & Lunch: On the Road Again
- ◆ DASH Tykes Daytime Camps and more!

And don't forget the many favorite returning offerings that are available to keep you and your whole family active and engaged this winter, including Winter Walking, Family LEGO Night, new sessions of Aquatics, Gymnastics and so much more!

*Cori Sindle Director, Community Education*



## Find many ways to stay active this winter!

- ◆ Pound Rockout Workout
- ◆ Boot Camp/Core Workout
- ◆ Water Aerobics
- ◆ Intro to Pickleball Clinic
- ◆ Winter Walking
- ◆ Adult Gymnastics
- ◆ Winter Photo Hike
- ◆ Family Open Gym

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

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## Free Senior Previews

### Centennial Middle School Theater Presents: Rock of Ages

March 25, 4 pm, Centennial Middle School Auditorium

### Centennial High School Theater Presents: Mary Poppins

April 29, 4 pm, Centennial High School Performing Arts Center

## Community Garage Sale! April 25, 9 am-noon

Rice Lake Elementary School [See page 6](#)

## Winter Walking-HS/West

**6-8 pm, Jan 6-Feb 26; 6-7 pm Mar 3-31 Tues & Thurs**

Walkers are invited to walk the halls of Centennial High School's west building. See page 18 for further details.



## Travel with Community Ed to Door County!

### Save the Date! September 28-October 1, 2026

For upcoming trips to Bayfield & Apostle Islands, Mackinac Island, Colorado Trains Tour, and Norsk Høstfest, see page 21.

## Offsite Locations

Blue Turtles Art and Wellness, 7525 Village Dr, Ste 150, Lino Lakes

Centennial Sports Arena, 4810 103rd Lane NE, Blaine

Conquer Ninja Gym, 1467 101st Ave NE, Blaine

Francis Kaas Shop, 7155 160th Ln NW, Ramsey

Hardwood Creek Farm, 2306 80th St E, Hugo

JPAC (Jim Peterson Athletic Complex), 12302 Cloud Dr NE, Blaine

Leo's Grill & Malt Shop, 131 S Main St, Stillwater

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

Rookery Activity Center, 7690 Village Dr, Lino Lakes

Rotary Nature Preserve, 4840 White Bear Pkwy, White Bear Lake

Wargo Nature Center, 7701 Main Street, Lino Lakes

Wildlife Science Center, 22830 Sunrise Rd NE, Stacy

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

## Community Education Offices

### The CE main office & Conference Room

4707 North Rd, Circle Pines-door S14

Entrance remains locked for security purposes. Press the doorbell upon arrival.

### Office Hours

Mon-Fri: 8 am-4 pm

Closed non-school days and holidays

Closed 11 am-2 pm Thursday, Dec 18

### Adult English Second Language - ESL

4707 North Road, Circle Pines/Door S14

### Early Childhood Center - ECC

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

## Facilities

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

Call 763-792-6104 or apply online at [communityed.isd12.org/facility-use-rental](http://communityed.isd12.org/facility-use-rental)

### Elementaries

#### **BH**—Blue Heron Elementary

405 Elm St, Lino Lakes

After hours Door B5

#### **CT**—Centennial Elementary

4657 North Rd, Circle Pines/Door S20

#### **CV**—Centerville Elementary

1721 Westview Rd, Centerville/Door A

#### **GL**—Golden Lake Elementary

1 School Rd, Circle Pines/Door A or B

#### **RL**—Rice Lake Elementary

575 Birch St, Lino Lakes

After hours Door B

Follow exterior signs for gym

### Middle & High Schools

#### **CMS**—Centennial Middle School

399 Elm St, Lino Lakes. After hours Door A12

#### **CHS/West**—Centennial High School/West

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

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

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

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

Door N52

#### **PAC**—Performing Arts Center

# Community Ed Programs & Staff

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

## Directory

### Adult/Youth Enrichment

**Sharon Sculley**, Coordinator

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

### Aquatics

Pool Office: 763.792.5240

### Driver Education

**Sharon Sculley**, Coordinator

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

### ECFE & Centennial Preschool

**Sara Ison**, Coordinator

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

**Lynn Dierks**,

Early Childhood Specialist

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

**Deb Klausing**,

Early Childhood Admin Assist

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

**Kelly Marquard**,

Early Childhood Specialist

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

### ESL - English as a Second Language

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

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

### Facilities

**Anne Thomas**, Coordinator

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

### Kids Club

#### School Age Child Care

**Molly Nelson**, Coordinator

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

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

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

**Chrissy Sola**,

Registration/Billing Admin Assistant

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



## Community Education Main Office 763.792.6100

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

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

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

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

## Registration begins on Monday, December 1 at 8 am

**Community Education Drop Box** Available 24/7, Located at Door S14.

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

## Advisory Council Members

Tracie Dewberry, Renee Dietz, Jodi Gradient, Suzy Guthmueller, Heidi Hansen, Mary Healy, Robyn Hendrickson, Olivia Johnson, Steve Lutes, Susan Modrow, Claire Montenegro, Gloria Murphy, Morgan Paulsen, Jeanne Scarr, Kellie Schmidt, Sara Shady

## Registration Policies

Five business day notice required for cancellations. Cancellation fee of \$10.

No refunds for missed classes. Scholarships available for Centennial School District students (restrictions may apply) [For full policy and registration info see page 54.](#)

## Welcome Chrissy Sola

My name is Chrissy Sola, and I am very excited to join this incredible CE team in serving your families and your school communities!

As a parent, and from my years of experience working for youth-focused organizations — I absolutely know the value of safe, engaging programs for kids, as well as the importance of reliable care for busy families!

I look forward to supporting you from behind the scenes; keeping program information clear as well as contract details and billing running smoothly.

If you have any questions regarding care for your child/ren during the school year and/or summer - please feel free to reach me at 763-792-5240 or [kidsclub@isd12.org](mailto:kidsclub@isd12.org)





## English as a Second Language Learn English with our help!

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

## Adult Basic Education

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

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

### For more information and class locations in the north metro area

Call Metro North Adult Basic Education at 763-433-4200 or visit [www.metronorthabe.org](http://www.metronorthabe.org)



## Discover Centennial Schools

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

Centennial is now accepting kindergarten and non-resident (open) enrollment for the 2026-2027 school year for grades K-12.



Learn more at [isd12.org/enroll-today](http://isd12.org/enroll-today).

# Community & Family Activities



## Family LEGO® Night

**Fri, Jan 30 6-7:30 pm CMS Cafeteria**

Join us for our 2nd Family LEGO® Night. Bring your whole family for an evening of creativity, teamwork, and fun! Unleash your imagination and build unique creations using everyone's favorite building blocks. Enjoy team challenges with your family and showcase your projects. Win LEGO®-themed prizes. There will be a LEGO® swap table at the event. If you'd like, bring your gently used LEGO® sets to swap for others that are new to you. Create your own LEGO® minifig to bring home. Pizza will be served, bring your own drinks and snacks. Fun for all ages and skill levels! New builders and experienced builders welcome.

*Kayla Little*

#8591 \$49/family of 4; \$5 each additional family member

## NEW! Family Open Gym

**Sun, Jan 11, Feb 15 & 22 Ages 2-12 with parent**

Join us for a family open gym. Parents must accompany youth and participate in the activity. Gym 3 will be open for basketball and Gym 2 will be open for games like soccer and football. Small and regulation basketballs will be provided, no organized games.

Gym Rules: Bring clean, soft sports balls for Gym 2. Street shoes are not allowed; please carry in clean, dry shoes and put on in the hallway before entering the gyms. Water ONLY - no food, sports drinks or other beverages allowed in the gyms. Please clean up after yourself when you are done.

*Register per time online or bring exact change and pay at the door.*

**Sun 3-5 pm CMS: Gym 2 & 3 \$5/Individual or \$25/Family**

#6250-A Jan 11

#6250-B Jan 25

#6250-C Feb 15

#6250-D Feb 22

## Family Fun Fair **Sun, March 22**

Summer is on the way - come get ready with us! Join us for a fun afternoon and enjoy a sneak peek at our upcoming summer offerings, including swim lessons. We'll have a bounce house in the gym along with some other activities, opportunities to explore the gymnastics room, and creative craft stations. The pool will also have open swim from 1-2 pm. Please store your coats in the locker room and bring clean, dry shoes for the gym. Feel free to stop by any time during the open house - we'd love to see you there!

*If you are paying at the door, space is limited.*

*Bring exact change only. This is a family event; no unaccompanied youth allowed.*

#8589 Su 12:30-2:30 pm CHS/East: Lower \$10/Family if preregister; \$15/Family at the door

## Wolf Howl Bonfire

**Fri, May 15 5:30-8 pm All ages welcome**

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

#8560 \$20/person Wildlife Science Center

**Centennial Community Education**

# GARAGE SALE!

## Community Garage Sale

**Saturday, April 25 9 am-noon**

This is a big event! Come find amazing deals! Shop the event and find your next treasure!

### Looking to sell items?

Purchase a table to sell items you no longer need. Table fees will benefit the Community Education Scholarship Fund to help families pay for activity fees.

#8585-A Child Table (under 15) \$10

#8585-B General Table \$20

**Also check out the Centennial Community Band Concert & Winter Walking**

See page 17 & 18

# Winterfest



## Family Puzzle Challenge

**Feb 20 for Ages 3-12 with adult**

Calling all jigsaw puzzle enthusiasts! Compete with other teams to put together a 500-piece puzzle! The fee includes the puzzle (yours to keep), pizza and prizes. Register as a beginner if you have a younger/less experienced team, or advanced if you are up for the challenge! There will be different puzzles for beginner and advanced teams. **Teams must consist of 1-2 adults and 2-3 youths, age 3-12. 4-person team max.**

Feel free to bring a gently used, complete puzzle to trade. Pizza will be served at 6 pm. Contest begins at 6:20 pm. Families will have until 7:45 to work on their puzzle. Please bring your own water bottle/beverage.

#8590      F      Feb 20      \$50      6-7:45 pm  
CMS: Cafeteria



## winterfest 2026

**FEBRUARY 13-21, 2026**

### Event Highlights:

Candle Light Walk  
Community Campfire  
Medallion Hunt  
Love Local Challenge  
Coloring Contest  
Hot Drink Tour



[centennialareachamber.com](http://centennialareachamber.com)

## More Opportunities for Adventure & Creativity during Winterfest



### Adults

Create a Winter Cardinal Acrylic Painting - Feb 19

Learn the soft-slab method of hand building with clay and make your own Fairy House - Feb 21



### Youth

Unlock the magic of drawing your favorite Wings of Fire characters

Feb 21



Learn how to create your very own comic book  
Feb 21



Discover the basics of horse care, grooming and riding  
Feb 13

# Adult Cooking



## Online with Kristen Madaus

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



### NEW! Freezer Meal Prep

Prep along with Kirsten & Megan in your own kitchen to stock your freezer. As we all prep and assemble different entrees together, we'll talk about meal planning and make ahead tips & tricks. You'll receive an extensive shopping list & recipe handout before class (with lots of substitutions for GF, DF, and meatless options).

#4107 Sa Jan 24 \$24 3-4:30 pm

### NEW! Flavor Forward Spring Bowl Meals

Spring into fresh flavors with Kirsten in this live online cooking class. We'll start by preparing a grain base and a protein. While those are cooking, we'll make a sauce and some fresh sides then assemble everything to enjoy now or pack separately for meal prep.

#4108 Th Feb 26 \$24 6:30-8 pm

### Air Fryer Veggies

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

#4028 Th Apr 9 \$24 6:30-8 pm

### NEW! Summer Skewer Snacks

Food on a stick isn't just for the fair! Join Kirsten live online to move beyond the basic Caprese Skewers into a world of color, flavor, and possibilities. Kirsten will share the three rules of skewering and demonstrate multiple methods to pleasingly present your offerings; from vegan to omnivore, there are recipes for everyone.

#4109 Th May 14 \$24 6:30-8 pm

## Baking with Nancy Burgeson

**6-9 pm at CHS/East: Rm 110**

**\$40 per class + supply fee**

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

### Marvelous Macarons

Perfect for any occasion - baby showers, graduations, weddings, birthdays and more. You will be the talk of the party with these beautiful, delectable treats. You will learn to make, bake, fill, and decorate them in different flavors, colors, and fillings. Each participant leaves with a lovely box of finished macarons. **Bring \$13 to class payable to instructor for supplies.**

#4073-A Th Feb 26  
#4073-B Th Mar 26

### NEW! La Magnifique Macaron Cake

Experience the newest twist on the beloved macaron - an impressive macaron cake crafted from layers of oversized macarons and rich fillings, decorated with traditional macarons. This class is open to everyone, whether you have or have not previously participated in Nancy's macaron classes. You will mix, bake, and assemble your own visually stunning macaron cake, sure to dazzle on any occasion. All necessary supplies are provided. **Bring \$16 to class payable to instructor for supplies.**

#4106 Th Apr 23

### NEW! Let Them Eat Cake!

Join us for an evening mixing, baking, and decorating your own charming 8-inch cake to take home and share with family, friends, or co-workers. No prior decorating experience is required, and everything will be provided for you; you'll see that great results don't always need special tools. Nancy has all sorts of clever tricks up her sleeve to show just how easy - and downright fun - baking can be! **Bring \$20 to class payable to instructor for supplies.**

#4010 Th May 21



## Sugar Cookie Decorating

**NEW Designs! Ages 10+**

**with Tyler Cox of Biddy Bakehouse**

Interested in learning more about decorated sugar cookies? Tyler, owner of Biddy Bakehouse, is here to help.

Join this beginner-friendly class to learn the basics of working with royal icing and leave with six beautifully decorated cookies. Everything you need is provided; just bring a smile (and maybe an apron).

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

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

#4098-A	Valentine's Day	W	Feb 4
#4098-B	Winter Warm	Tu	Mar 3
#4098-C	Easter	M	Mar 30
#4098-D	Cinco de Mayo	M	May 4



## Adult Woodworking

### Power Tools for Women

**Francis Kaas Woodshop, Ramsey**

Join Francis Kaas, Master Carpenter, at his woodshop in Ramsey. There is plenty of available parking. Fran has built and remodeled homes for over 30 years. His patience and expertise in woodworking have made him a popular instructor.

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

### Power Tools for Women 1

Explore the world of power tools and woodworking in this introductory, hands-on class. Learn to safely use drills, routers, and saws. **Bring \$35 to class payable to instructor for supplies.**

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

**Week 2:** Complete a small bench.

**2 sessions Wed 6:30-8:30 pm \$60 + supply Fee**

#2354-A Feb 11 & 18

#2354-B Apr 8 & 15

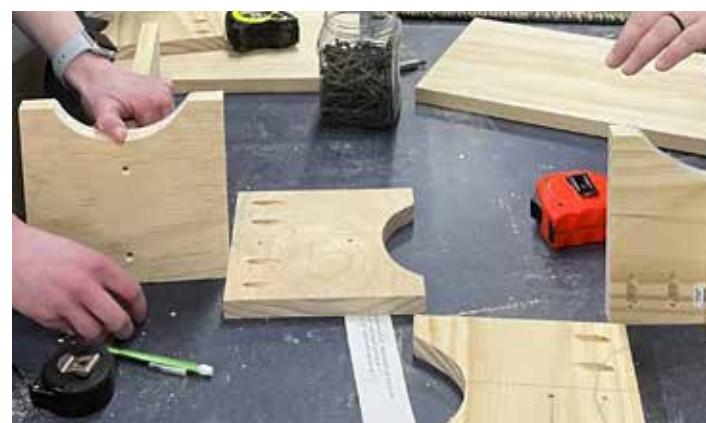
### Power Tools for Women 2

Continue the learning and woodworking fun in this sequel to Power Tools 1. We will be making an end table with a bookshelf underneath. Must have taken Power Tools 1 or have permission from the instructor. **Supply fee of \$70-\$85 payable to instructor (depending on type of wood chosen)**

**2 sessions Wed 6:30-9 pm \$60 + supply fee**

#2355-A Mar 11 & 18

#2355-B Apr 29 & May 6



# Adult Create



## NEW! Scones DIY Project Ages 16+

In this engaging and hands-on DIY project class participants will discover the art of making their own stunning sconces. Sconces are beautiful and functional wall-mounted light fixtures that add a touch of elegance and ambiance to any space. Make two beautiful sconces in class.

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

#2439 Th Jan 29 \$40  
5:30-6:15 pm CHS/East: Rm 111



## NEW! Paint Date: Snow Fun Adult/child 10+

An adult-child paint date is a fun and creative activity that allows adults and children to bond while exploring their artistic side together. Work together to create your painting in this interactive and engaging class. The instructor will provide step-by-step guidance on painting techniques and tips and tricks to assist participants in creating a cohesive and beautiful painting. Canvas size 12x16 for each participant. Bring \$20 payable in class for supplies.

*Swetha Avula*

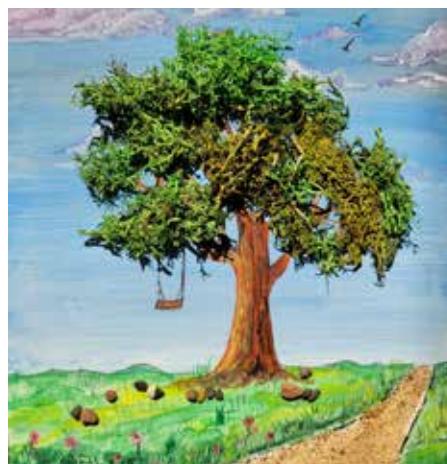
#2437 W Feb 4 \$32 + supply fee  
5:30-7:30 pm CHS/East: Rm 111

## NEW! Moss Art Ages 16+

In this creative and immersive class, you will embark on a unique artistic journey inspired by the beauty of dry moss-covered trees. This class is designed for artists of all levels, from beginner to experienced creators, who wish to explore nature's wonder through their artwork. Participants will create on a 12x16 canvas.

*Swetha Avula*

#2438 Th May 7 \$35  
5:30-7 pm CHS/East: Rm 111



## NEW! Winter Cardinal Acrylic Painting

Add some color to the winter season by painting a bright red cardinal sitting on a snowy branch. Learn easy ways to layer colors, add texture and create a beautiful winter scene. To make things easier, each 11x14 canvas will have a light sketch already done, so you can focus on painting and making it your own. Great for beginners and experienced painters. Everyone will leave with a finished canvas to keep or give as a gift.

*Art Innovators*

#2450 Th Feb 19 \$42  
7-8:30 pm CHS/East: Rm 111



## Stained Glass 101 Copper Foil Method

Explore the art of stained-glass design and building.

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

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

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

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

**2 sessions \$160 + supply fee**  
**Mon/Tue 5:30-8:30 pm**  
**CHS/West: Rm 140 (Woodshop)**

#2333-A Jan 26 & 27  
#2333-B May 4 & 5



## Easy Oil Painting Using the Bob Ross Method

**Ages 12+**

Don't think of yourself as an artist? Our Bob Ross-style trained instructor will lead you through instruction to create your own work of art. This class will demonstrate how easy and fun working with oil paint can be.

Bob Ross is enjoying a pop culture revival. His big hair, cheerful, calm, and encouraging personality inspired generations of people to take up painting in the 80s and 90s.

All materials are provided to create a 16x20 canvas masterpiece ready to frame for display at home. Frames will be available for purchase during class if you are interested from instructor.

*Jay Rupp, certified Bob Ross Instructor in Floral, Wildlife and Landscape*

**\$70 Sat 10 am-2 pm CMS: Rm E104**

## Watercolor Poppies

Looking for a fun and relaxing evening? Join us to learn basic watercolor techniques while painting bright, colorful poppies. We'll guide you step by step, so no experience is needed. You'll complete your own 11x15 watercolor painting and learn how to layer colors and add texture to bring your flowers to life.

*Art Innovators*

**#2090 W Mar 18  
\$42 7-8:30 pm  
CHS/East: Rm 111**

## Split Rock Lighthouse

**#2145-A Feb 7**



## Minnesota Loon

**#2145-B Apr 11**



## Majestic Mountain

**#2145-C May 30**



## Soap Making

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

*John Hanson, owner of Longfellow Soap Company, has been making soap for 13 years and selling soap and teaching for ten.*

**#2332 M Mar 16 \$65 6-8:30 pm CHS/East: Rm 140**

**Also check out our Outdoor Photography Walks with Don Tredinnick and photo organization class on page 22**

# Adult Create

## Classes at Blue Turtles Art & Wellness

Blue Turtles Art and Wellness, 7525 Village Dr, Suite 150, Lino Lakes



**Clay Classes** You will decorate your projects as you desire with underglazes, then we will fire them for you to pick up in a few weeks.

### NEW! Handbuilding Mugs

Learn the soft slab method of handbuilding while making your very own mug.

*Rachel Resler*

#2852 Sa Jan 10 \$60 9 am-noon

### NEW! Handbuilding Fairy Houses

Learn the soft-slab method of handbuilding while making your very own fairy house for your garden or planter box.

*Rachel Resler*

#2853 Sa Feb 21 \$60 9 am-noon

### NEW! Handbuilding Garden Flowers

Learn the basics of sculpting while making your very own flowers that will bloom all year!

*Rachel Resler*

#2854 Sa Mar 28 \$60 9-11 am



### Mosaic Glass Classes

Learn to cut glass and make beautiful creations

Rachel will grout your piece(s) a week later (you are welcome to come learn and do your own) for you to take home.

### NEW! Mosaic Hearts

Create a beautiful mosaic heart to hang or give to a loved one.

*Rachel Resler*

#2855 Sa Jan 31 \$60 9 am-noon

### NEW! Mosaic Trivets

Create a unique mosaic trivet.

*Rachel Resler*

#2856 Sa Feb 7 \$60 9 am-noon

### NEW! Mosaic Glass-on-Glass Suncatchers

Create a beautiful suncatcher to hang in a window.

*Rachel Resler*

#2857 Sa Mar 28 \$60 12-2 pm





## Adult Needle Arts

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

### Quilter's Night Out (QNO)

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

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

#2750-A Jan 2  
 #2750-C Mar 13  
 #2750-D Apr 10  
 #2750-E May 8

### Quilter's Day In (QDI)

Spend the day with fellow quilters. Arrive anytime between 9 am and 3 pm. Bring a lunch. Must pre-register. No registrations taken at the door due to space limitations. Bring a lunch.

**Sat 9 am-3 pm \$15**

#2751-A Jan 3  
 #2751-B Mar 14  
 #2751-C Apr 11  
 #2751-D May 9

### Quilter's Night into Day

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

**2 sessions \$20**

**Fri, 6-9 pm & Sat, 9 am-3 pm**

#2756-A Jan 2 & 3  
 #2756-B Mar 13 & 14  
 #2756-C Apr 10 & 11  
 #2756-D May 8 & 9

### Sunday Quilter's Day In

Need more time to work on a quilt or to start a new one? Arrive anytime between 12-6 pm. Preregistration required.

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

#2751Su-A Jan 4  
 #2751Su-B Mar 15  
 #2751Su-C Apr 12

### Super Bowl Sunday Quilter's Day In

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

#2730 Su Feb 8 \$15 12-6 pm

### Saturday & Super Bowl Sunday

Looking to extend your quilting weekend as you need more time to work on a project or to start a new one? Add Saturday to your Super Bowl Sunday registration for the reduced price of \$28.

#2730 Sa/Su Feb 7 & 8 \$28 12-6 pm

### Friday, Saturday & Super Bowl Sunday

The Super, Super Bowl Weekend is a combination of Friday, Saturday, and Sunday for \$34.

#2730 Fri Feb 6 6-9 pm  
 Sa Feb 7 12-6 pm  
 Su Feb 8 12-6 pm

## Adult Home & Garden

Led by Anoka County Master  
Gardener Volunteers

### NEW! Winter Seed Sowing

Anxious for spring? Looking through seed catalogs? Start your vegetable and flower seeds in the heart of the winter. Learn the steps in creating this fun winter project and get a kick start on your garden this winter. We'll share tips on how to start seeds with this unique technique, and send you home with a few supplies to get you started on your spring plants.

#4035 Tu Feb 24 \$22 6-7:30 pm  
CHS/West: Learning Commons

### NEW! Grass That Lasts

**Choose Grass for Drought,  
Shade, or Heavy Use**

We all want more family time and less mowing lawns. Selecting the right type of grass and knowing how to use low-input management practices will help you find that time. Join us to see the difference in grass types and learn about getting more time to play than work.

#4036 W Mar 18 \$22 6-7:30 pm  
CHS/West: Learning Commons

### NEW! Planting a Pollinator Garden

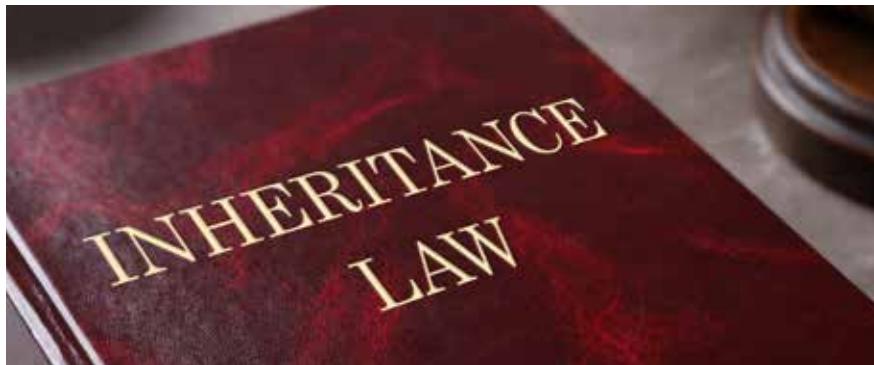
With urbanization and the ongoing loss of key prairies and landscapes, our native bees' and butterflies' habitats are disappearing. These pollinators are critical for maintaining our crops as well as our home gardens. Join us to learn how to create a garden of native plants to attract, feed and house those critical pollinators. There are numerous native plant varieties to choose from. Learn how native plants also use less water, need less maintenance, and yet flourish. Learn to create a beautiful natural space for you and future generations.

#4037 Tu Apr 21  
 \$22 6-7:30 pm  
CHS/West: Learning Commons

# Adult Education & Finance

## Classes with Steve Ledin, Minnesota Will & Trust Planning Attorney

\$16 per individual or couple per class. Classes meet 6:30-8 pm in ECC room 101 (except online classes)



### Let's Probate an Actual Minnesota Estate

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

#3066 W Jan 14

### How to Pay for the Nursing Home

#### An Attorney's Perspective

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

#3060 M Feb 23

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

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

A Zoom link will be sent prior to class to the email used for registration.

#3077 W Mar 25

### Questions and Answers

#### with a Minnesota Will and Trust Planning Attorney

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will and Trust attorney. You may have questions like: Should I avoid probate? Is a Will good enough? Do I need a Trust? How does my plan deal with a nursing home? How do we gift the assets of husband and wife?

What about separate assets not of the marriage? If I am alone, what tools will protect me best? How do I decide who should serve in my estate plan? What is the death tax? How do I avoid leaving a mess for my children? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered!

#3079 Th Apr 9

### So, You're Thinking About Leaving Minnesota

#### An Attorney's Perspective on How to Do It!

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

#3080 M May 4

## 55+ Driver Discount Program

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

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

*Keith Ternes, Precision Driving Center*

#8101-A	F	Jan 23	\$24	8:30 am-12:30 pm	CHS/West: Rm 707
#8101-B	Tu	Feb 24	\$24	5:30-9:30 pm	ECC: Rm 101
#8101-C	Tu	Mar 10	\$24	1-5 pm	CHS/West: Rm 707
#8101-D	M	Apr 20	\$24	5:30-9:30 pm	EC: Rm 101

## Social Security Claiming Facts & Filing Strategies

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

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

#3012 Tu Jan 13 6:30-8 pm  
\$16 Individual or Couple ECC: Rm 101

## Medicare 101

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

*Charles Taylor*

#3061 Tu Mar 31 6:30-8 pm  
\$16 Individual or Couple ECC: Rm 101

## NEW! Will Your Taxes Affect Your Retirement? Online

It's critical to have a solid understanding of investment tax types to make informed decisions and review tax strategies that may have an impact on your tax bill. Learn how future tax changes may affect your retirement, key planning ages, how Social Security benefits are taxed, tips for working more efficiently within current tax brackets, and ways to create tax-free retirement income. **A Zoom link will be sent prior to class to the email used for registration.**

*Ben Prchal, Wealth Advisor*

**Tues 12-1 pm \$15 Individual or Couple**  
#3071-A Mar 24  
#3071-B Apr 7

## Lunch & Learn at a Funeral Home

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

*Mueller Memorial Funeral Home Staff*

#3035 M Apr 6 11:30 am-1 pm  
\$5/Individual or \$8/Couple  
Mueller Memorial Funeral Home

## How Wills and Trusts Can and Cannot Help You

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

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

#3046 Th Feb 19  
\$26 6:30-8 pm ECC: Rm 101

## Write Your Own Will

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

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

#3010 Tu Mar 31  
\$49 6-9 pm  
CHS/West: Learning Commons

## Executor, Trustee or Guardian: Where Do I Start?

As an executor, personal representative, power of attorney, or guardian, this class will help you figure out your responsibilities. Understand the difference between these roles, who you should appoint, and what to do once you are appointed. Question and answer time included.

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

#3054 Tu Feb 24  
\$30 6:30-8:30 pm  
CHS/West: Learning Commons

# Adult Personal Development

## Conversational Spanish Online with Futura Language Professionals

**6-7 pm \$110 for each 6 session class**

Zoom access and basic computer skills required. A Zoom link will be sent to the email used to register.

### Beginner Part 1

#### Have you always wanted to learn or refresh your Spanish?

This class focuses on building conversational skills through interactive practice. Topics include greetings, pronunciation, numbers, food, clothing, and basic grammar. You'll engage in small conversations and explore cultural insights like word origins and dialects.

#7009-A M Feb 23-Mar 30  
#7009-B Tu Feb 24-Mar 31

### NEW! Beginner Part 2

#### Continue your Spanish journey in Beginner Spanish Part 2

Build on conversational skills for directions, restaurants and everyday interactions. Learn vocabulary on food, weather, dates, family and key verbs like ser and tener. Explore cultural topics on food, family and friendships. Open to new and returning participants.

#7010-A M Feb 23-Mar 30  
#7010-B Tu Feb 24-Mar 31

### NEW! Intermediate Part 1

#### This course helps adults improve conversation skills through interactive lessons

Topics include AR verb conjugation, infinitives, future tense, prepositions, and more. Practice making plans, discussing preferences, and explore holiday traditions in Spanish-speaking countries. Open to new participants and previous Beginner Spanish Part 1 and 2 conversation participants.

#7011 W Feb 25-Apr 1

### NEW! Intermediate Part 2

#### Continue building Spanish skills with conversations, role-playing real-life scenarios, and expanding your vocabulary

This course covers ER & IR verb conjugation, hobbies, sports, and workplace terminology, along with cultural discussions on music, dance and influential figures in Spanish-speaking countries. Open to participants who have completed Intermediate Spanish Part 1 or a beginner conversation course.

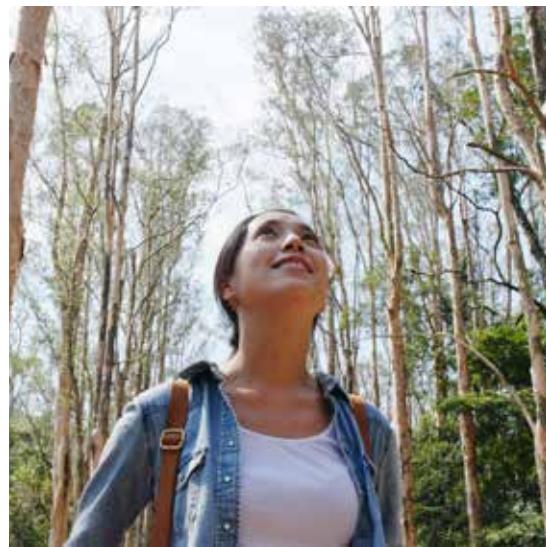
#7012 W Feb 25-Apr 1

### NEW! Spanish for Travelers

#### Master essential phrases for greetings, dining & directions

With Futura's engaging approach, you'll build confidence while having fun. Perfect for beginners and those with some experience.

#7013 Th Feb 26-Apr 2



### Forest Bathing

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

*Kristen Mastel, Certified Forest Therapy Guide*

#6063 Sa Apr 25  
\$40 + park permit fee 9-11 am  
William O'Brien State Park

### NEW! Enneawhat?

#### Intro to the Enneagram

Join Eric and Rachel to learn about this personality typing system that has layers of personal development and growth work. In this introductory course, we'll cover the three different wisdom centers and nine different types of the Enneagram, give personal growth paths for each type, and help people learn to apply types of understanding, personal growth, and empathy with others.

*Eric & Rachel Resler*

#6068 Th Jan 22  
\$60 6-8:30 pm  
Blue Turtles Art and Wellness

# Adult Music & Dance

## Private Guitar/Ukulele & Vocal Lessons

### All ages and skill levels

Whether you're a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl, in half-hour private lessons.

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

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

*Brady Perl, is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs gaining statewide notoriety for his television and radio appearances*

**Please identify if a vocal or what instrument when registering. Students need to bring their own instrument.**  
Register early. Classes fill fast.

**Select your half-hour private lesson time between 4-9 pm. CT Room 32**

#5202-A	M	Jan 5-Feb 23
6 sessions	\$160	No session Jan 19 & Feb 16
#5202-B	M	Mar 2-Apr 20
6 sessions	\$160	No session Mar 9 & Apr 6
#5202-C	M	Apr 27-May 18
4 sessions	\$107	
#5202-D	Tu	Jan 6-Feb 17
6 sessions	\$160	No session Feb 3
		Feb 17 only CHS/West Rm 707
#5202-E	Tu	Feb 24-Apr 7
6 sessions	\$160	No session Mar 10
#5202-F	Tu	Apr 14-May 19
6 sessions	\$160	



## NEW! Beginning Latin Dance

### A great activity for you and your Valentine!

Cha Cha, Rumba and Samba are three popular Latin dances (also included in the category of Ballroom dances).

Cha Cha is a fast and flirty dance that will get your heart pumping. Rumba is a beautiful and sensual dance that is the easiest of the three. And Samba is a fun Latin dance that progresses around the dance floor. We'll focus on the basic steps and character of each dance, as well as some fun patterns and variations.

*Heidi Smith-Miranda*

#5029 Sa Feb 14-28 10-11 am  
3 sessions RL: Gym A/Cafeteria  
\$45/Couple or \$35 Individual



## Centennial Community Band

**Grade 11+**

### Part of the Centennial Community since 2003

Dust off your instrument and come experience the joy of ensemble music making with a wide variety of styles ranging from traditional compositions for band to inspiring contemporary pieces.

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

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



Rehearsals are September through June on Tuesdays from 7-9 pm in the CHS/West band room (occasionally in the MS band room).

Upcoming concerts include Friday, February 27 and Friday, May 8 at 7:30 pm at Centennial Middle School Auditorium.

Visit the band website for concert details and more information:  
[centennialcommunityband.org](http://centennialcommunityband.org)



# Adult Fitness & Health



## POUND® Rockout Workout Ages 16+

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

Missy Vanghen, Certified POUND® Pro Instructor

6 sessions \$40 Tues 6:30-7:30 pm CMS: Gym 5/Studio  
#6064-A Jan 6-Feb 17 No session Feb 3  
#6064-B Feb 24-Apr 14 No session Mar 10, Apr 7  
#6064-C Apr 21-May 26

## Water Aerobics

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

Mon 8-8:50 pm \$88 Centennial Community Pool HS East  
#9830-B Jan 12-Feb 23  
#9830-E Mar 23-May 4

## Boot Camp/Core

### Morning Class Open to all fitness levels

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

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

Mon/Wed/Fri 5:30-6:15 am CHS/West: Rm 607  
#6932-A Jan 2-30 13 sessions \$72  
#6932-B Feb 2-27 12 sessions \$66  
#6932-C Mar 2-30 13 sessions \$72;  
or no sessions spring break Mar 9, 11, 13 10 sessions \$55  
#6932-D Apr 1-29 No session Apr 3 12 sessions \$66

## Winter Walking

### Tuesdays & Thursdays

Walk through the halls of Centennial High School's west building on Tuesdays and Thursdays this winter. Check in with the building's site supervisor near the main entrance. No pets allowed.

Jan 6-Feb 26 6-8 pm No walking Feb 3  
Mar 3-31 6-7 pm (walking available during spring break)

## Foot Care Clinic

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

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

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

#6098-A Jan 24  
#6098-B Mar 28  
#6098-C May 16





## Online classes with Janice Novak

Janice Novak, has a master's degree in health & physical education. Please provide email information upon registration so a Zoom link and handout can be emailed prior to class date.

### Hips, Thighs & Otherwise

If you've noticed hip/thigh/butt spread, you are not alone. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. Learn my famous "10-Minute Miracle Exercise" series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease two inches off saddlebag area in two weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have the time, money, or inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for some of the exercises.

#6310 Tu Jan 13 \$26 6-7:30 pm

### Thyroid Things You Need to Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. We'll discuss the five things that need to be measured but usually aren't; why the number one thyroid replacement may not be helping you; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid medications; environmental triggers and information you need to discuss with your doctor. This is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

#6311 M Feb 9 \$26 6-7:30 pm

### De-Age Your Brain

Current research shows lifestyle and diet have a big effect on how the brain ages. Cognitive function, which covers all aspects of perceiving, thinking, and reasoning, can improve. And the very good news is no matter what your age, there are things you can begin to do today to improve how quickly and effectively brain cells communicate with one another. Discuss which 'super foods' reduce the damaging effects of inflammation and toxins on the brain, and which nutrients are great for improving memory, attention, processing information and reducing stress. Learn simple, easy to implement strategies to help your brain stay healthy and alert.

#6397 M Mar 2 \$26 6-7:30 pm

### Acupressure to Relieve Stress, Anxiety & Insomnia

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points, which are the most helpful and most frequently prescribed to help and assist every system in your body.

#6318 M Apr 27 \$26 6-7:30 pm

## Adult Sports



### Intro to Pickleball Clinic

Join in the fun! Come learn what this sport is all about. During the clinic you'll learn how to effectively hit the ball, maintain a rally, keep score, the rules and basic game play. At the end of this clinic players will have the foundational knowledge and skills to start playing pickleball. Bring equipment if you have it; otherwise, we'll have a few paddles available for use.

*Dean Kramar*

#6028 Th Apr 16 & 23  
2 sessions \$35 6:15-7:30 pm  
CHS/East: Lower Gym

### Adult Gymnastics Ages 16+

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

*Davin Elm*

**Mon 8:15-9:15 pm**  
**CHS/East: Gymnastics Rm**

#6037-A	Jan 5-Feb 23	\$60
6 sessions	No session Jan 19 & Feb 16	
#6037-B	Mar 2-Apr 13	\$50
5 sessions	No session Mar 9 & Apr 6	
#6037-C	Apr 20-May 18	\$50
5 sessions		

# Adult Trips & Outings

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

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



### Paramount Center Concert & Lunch

#### Elvis Thursday, February 19

Get ready for Elvis! Step into the world of Rock 'n' Roll royalty as Anthony Shore's Elvis tribute show brings Elvis Presley's legendary performance to life. Accompanied by a talented 10 to 14-piece band, that includes a string of horn section, this show promises a thrilling homage to the King of Rock 'n' Roll, offering an unforgettable evening of nostalgia while capturing the essence of Elvis's legendary performances.

Before we see this version of Elvis, we'll enjoy a buffet lunch at the Olde Brick House in St. Cloud of meatloaf, chicken parmesan and mashed potatoes. Coffee and tea included. We will then travel to the Paramount Theater in downtown St. Cloud for the concert.

#8755      \$99      No refunds after January 16  
Pick up 9:30 am, return 5:30 pm.

#### The Grass Roots Thursday, March 12

In 1965, Rob Grill and three others teamed up with hit producer Steve Barri (The Mamas & The Papas, Tommy Roe, Four Tops, Dusty Springfield) to form The Grass Roots, who went on to chart 29 singles - 13 gold - along with two gold albums and one platinum album. Ranking among only nine bands in rock history, including The Beatles, with more Billboard Hot 100 hits, The Grass Roots have remained a staple on Classic Rock radio for nearly 50 years. Top 40 hits include: Let's Live for Today, Midnight Confessions, Sooner or Later, and Temptation Eyes.

Before the concert, we'll enjoy a buffet lunch at the Coyote Moon Grille. We will then travel to the Paramount Theater in downtown St. Cloud for the concert.

#8756      \$99      No refunds after February 12  
Pick up 9:30 am, return 5:30 pm.

### Sidekick Theatre Show & Lunch

#### On the Road Again Wednesday, March 18

On the Road Again returns to the Sidekick stage with another memorable concert filled with your favorite country music from decades past. Get ready for some fantastic fiddling and even more lunch harmonies! Featuring the music of Hank Williams, Patsy Cline, Johnny Cash, Willie Nelson and Waylon Jennings, this is one Sidekick concert you won't want to miss!

Before the show, we'll enjoy a lunch of creamy pesto chicken, rice pilaf, roasted vegetables, cold salad (Chef's choice, dinner roll, assorted dessert, coffee, decaffeinated coffee and hot tea.

#8766      \$99      No refunds after February 18  
Pick up 9:45 am, return time 4:30 pm

#### Birthday Candles Thursday, April 16

Join us for this charming new play, recently on Broadway, that will warm the soul. The ingredients for the cake are simple: eggs, butter, sugar, salt. Look closer, though, and you'll see the essence of life itself. Every year, Ernestine bakes a cake and celebrates with her family on her birthday - a delicious ritual that unfolds onstage across 90 years of birthdays. We meet Ernestine and the people who sweeten her life every year on this day as she grows from 17 to 107 years.

Before the show, we'll enjoy a lunch of creamy chicken breast served with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted dessert (Chef's choice), coffee, decaffeinated coffee and hot tea.

#8757      \$99      No refunds after March 16  
Pick up 10:30 am, return 4 pm.

### Chanhassen Dinner Theatre

#### Guys & Dolls Wednesday, April 1

For the first time in over 35 years, Chanhassen Dinner Theatre brings you a thrilling and electric staging of Guys & Dolls! From the gritty streets of New York to the colorful cafes of Havana, Guys & Dolls is a grand spectacle of music and comedy to delight audiences of all ages. This fresh production is set in Damon Runyon's mythical New York City in a perfect balance of story, dance, music and romance! Lunch included. Dessert and alcoholic beverages are on your own.

#8754      \$119      No refunds after February 27  
Pick up 9:45 am, return 4:30 pm.



## Bayfield & Apostle Islands

**Tues-Thurs, September 8-10**

Tuesday: Arrive in Bayfield, WI for The Apostle Islands "Grand Tour" Cruise, a narrated, informative 55-mile scenic cruise. Throughout this memorable cruise, you'll pass extraordinary natural scenery, the beautiful historic Raspberry Lighthouse and Devils Island Lighthouse. See standing rocks, extensive sea caves, and marine wildlife. After the cruise, check into the Legendary Waters Resort. The resort is built on the shores of Lake Superior with an indoor swimming pool and fitness center. It is located adjacent to the casino. Lunch and dinner are included.

Wednesday: Enjoy breakfast (included), then take the Madeline Island Ferry from Bayfield to the picturesque town of LaPointe on Madeline Island. It is the largest of the Apostle Islands. Meet a local guide for a tour of the island. Hear about The Apostle Islands and how they were named for the twelve apostles. Have lunch (included) at the Pub Restaurant and visit the Madeline Island Historical Museum. Return to Bayfield and visit the Bayfield Winery for a tasting. The Bayfield Winery began fermenting their first batch of wine in the fall of 1995. Tonight's dinner (included) is at Legendary Waters Resort.

Thursday: Have breakfast (included). Meet a step-on guide and hear about the historic village of Bayfield and visit one of the apple orchards. Have a Victorian luncheon (included) at the Id Rittenhouse Inn amidst antiques and fireplaces. It is a Queen Anne-style mansion restored to its original splendor with distinctive touches. Bid adieu to this unique delightful area and enjoy the carefree ride home. Return to the Twin Cities by early evening.

Travel insurance is offered through USI Affinity, call 1-855-874-0156. Our account number is 50097

#8752 \$885 per person, double occupancy;  
\$1085 single occupancy

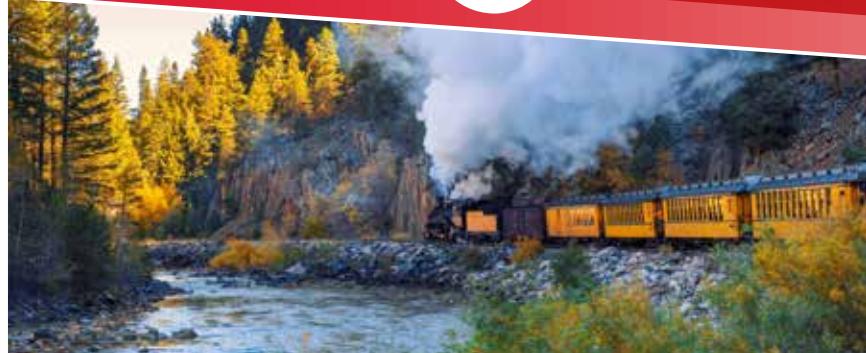
\$200 per person deposit due at the time of registration. Registration deadline and remaining balance is due by July 5. No refunds thereafter.

## Mackinac Island

**Mon-Fri, June 22-26**

**Additional trip - See website for details**

Deposit of \$600 is due at the time of registration. Final payment due April 1. No refunds thereafter.  
#8758-B \$1,609 per person, double occupancy;  
\$2,265 for single occupancy.



## Colorado Trains Tour

**Sat-Sat, September 19-26, 2026**

**This trip does NOT include transportation to or from Denver. Plan to arrive by 1 pm MST in Denver on Sept 19.**

This trip includes motor coach transportation from Denver, 7 nights lodging with luggage service for one suitcase, a professional tour director, some meals and attractions as outlined in the full itinerary. For a full itinerary please email [cceonline@isd12.org](mailto:cceonline@isd12.org) or call 763-792-6100.

Day 1 - Welcome to Colorado! Denver to Colorado Springs

Day 2 - Conquer the Heights! Pikes Peak & Garden of the Gods

Day 3 - Ride the Rails & Explore the Royal Gorge!

Day 4 - Step Back in Time on the Cumbres & Toltec Scenic Railroad!

Day 5 - Unravel the Mysteries of Ancient Mesa Verde!

Day 6 - Ride the Legendary Durango & Silverton Railroad!

Day 7 - Spectacular Scenery & A Grand Farewell in Denver!

Day 8 - a transfer to the airport is included.

#8708 \$3,749 double occupancy per person; \$4,600 single occupancy. A deposit of \$100 for single occupancy or \$149 for double occupancy is due at the time of registration. Then monthly payments are due on the first of each month starting January 1 with final payment due Monday, June 1. No refunds after Monday, June 8. Travelers are encouraged to purchase trip insurance. Travel insurance is offered through USI Affinity, call 1-855-874-0156. Our account number is 50097

## Hostfest Wed-Sat, September 23-26

**Don't miss out on all the Scandinavian fun!**

You'll have two full days at the festival. Norsk Høstfest, North America's largest Scandinavian festival, is an annual celebration of the rich cultural heritage of the Nordic countries, including Denmark, Finland, Iceland, Norway, and Sweden.

The festival opens at 9 am each day and is jam packed with activities and performances until evening. It features a variety of traditional activities, including authentic Nordic food, music and dance performances, artisan crafts, and hands-on cultural experiences.

Held at the North Dakota State Fair Grounds in Minot, North Dakota. Travel to Minot on Thursday with comfort stops and lunch, as well as back on Sunday. We'll be at the Sleep Inn and Suites, breakfast at the hotel is included. We'll leave on Wednesday at 8 am and return on Saturday at about 6 pm.

#8751 \$699 double occupancy per person; \$849 single occupancy  
\$150 deposit due at time of registration. Final payment is due July 15. No refunds after July 15. Cancellation before July 15 is subject to a \$25 fee.

# Adult Photography

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

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

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



### NEW! Winter Photo Hike

at Rotary Nature Preserve Sat, Feb 7

Join us for a mid-winter hike at Rotary Nature Preserve. During this hike, Don will cover the following topics:

- ◆ Camera settings to properly expose your photos in snowy environments
- ◆ Composition tips for winter scenes
- ◆ Techniques for getting your camera to focus
- ◆ Tips for managing depth of field to direct the viewer.
- ◆ Best practices for protecting your gear in cold environments.

Any camera (even phones) can be used, but you will have more control using a DSLR or Mirrorless camera. A zoom lens that will allow you to capture wide angle to short telephoto scenes. Basically, any lens that will cover a range from 24mm to 105mm. (The kit lens that came with your camera will work nicely.)

#8705A \$40 3-5 pm

### NEW! Night Photography in Historic Downtown Stillwater

The historic river towns in Minnesota, Wisconsin and Iowa always make for great subjects. Show up after dark, and you can get some really fun and interesting photos. The great thing is that these locations also tend to be very safe to explore. During this outing to Stillwater, Don will cover the following topics:

- ◆ Working with available light
- ◆ Using shadow to create drama in a photo
- ◆ Simplifying compositions to direct the viewer
- ◆ Using zoom and camera movement to create abstract photos
- ◆ Photographing people in night scenes without using flash



For this program, you will need either a DSLR or Mirrorless camera, a lens or lenses that cover a range from 24mm to 70mm. (The kit lens that came with your camera will work nicely.). You will also need a tripod. (Make sure that you have all the connecting hardware to attach your camera to a tripod.). Optionally, having a wired or wireless shutter release for your camera can make things easier, but we can work around this using self-timer mode if needed.

#8705B Tu Mar 17 \$40 7-9 pm  
Meeting spot near Leo's Grill and Malt Shop

### Photo Organization Print & Digital

Imagine all your photos organized and a system in place that allows you to access any photo in literally seconds.

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

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

#3512 W Mar 25 \$22 6:30-8:30 pm ECC: Rm 101

# Adults with Disabilities

## Snowshoeing

### Explore the trails of Wargo Nature Center

Snowshoes and instruction are provided. After snowshoeing, we will warm up inside with hot chocolate and cookies. Care givers are welcome to join for refreshments at 3 pm.

*Kayla Little*

#4401 Su Feb 22 \$12 1-3 pm Wargo Nature Center

**Check Eleyo for more new classes**

## Wolf Howl Bonfire

### Fri, May 15 5:30-8 pm at Wildlife Science Center

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

#4402 \$15/person Caregiver can attend for free.

# Driver Education

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



**Classroom** The first phase of driver education, 30 hours of in-class instruction, prepares students for the knowledge (permit) test. Students will increase their understanding of basic skills, principles, and processes of responsible driving. Areas of concentration include driver's rights and responsibilities, alcohol and other drugs, signs-signals-road markings, rules of the road, safe driving tips, Minnesota traffic laws, and limitations for teen drivers. AAA Driver Training Program curriculum emphasizes the latest concepts in driver safety.

Participants missing class must wait for the next class series to make up missed time. Due to high demand and the need for advanced registrations, any changes once registered will incur a \$20 charge per occurrence. Notice must be given at least 5 business days prior to first class. There are no refunds thereafter.

*Matt Fenno*

#8550 M-F Apr 13-24 10 sessions \$175 3:15-6:15 pm  
CHS/East: Rm 120 (Apr 22 ONLY in CHS/West: Rm 707)

## Behind-the-Wheel Instruction Age 15-17

Behind-the-wheel consists of 6 hours of hands-on instruction. Licensed staff will guide students through proper driving techniques and skills including right and left turns, 90-degree backing, parallel parking, traffic lights and stop signs, lane changes, one-way, right of way, emergency stop, and much more. Lessons take place using District owned, mid-sized vehicles. **Space limited.**

Visit [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com) or call 763-792-6102 for availability.

#8551 \$300

## Point of Impact

For parents of a new teen driver

Newly licensed teen drivers are not necessarily safe drivers. Parents are the first and best source for teaching their children. Safe driving skills are developed over time and a parent's role continues even after they receive their license. Traffic crashes are the leading killer of Minnesota teens. Inexperience, distractions, risk taking and poor seat belt compliance are the primary factors. Learn the importance of playing a role in developing the safe driving skills of your youth. View a video that presents stories of Minnesota youth and families impacted by crashes. Participation reduces required practice driving time from 50 to 40 hours. The driving hours are recorded on the Supervised Driving Log that must be submitted prior to taking the driver's test. Pre-registration required.

*Matt Fenno and Officer Adam Halverson*

#8552 W Apr 8 FREE 6-7:30 pm CHS/West: Rm 623

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

# High School & Middle School Activities

## High School Improv Club Grades 9-12

Participants with beginner to advanced theater experience are welcome. Short and long form improv will be covered. Participants will also attend the Twin Cities Improv Festival on Saturday, April 11 from 9 am-3 pm.

*Eric Webster*

#6500 M/W/F 5:30-7 pm \$100  
10 sessions + 2 performances & 1 festival  
Mon: Feb 2, 9, 23 / Wed: Feb 4, 11, 18, 25  
Fri: Feb 13, 20, 27

## Final Performances

Strike Theater: Saturday, Feb 28, 12-3 pm

Centennial Performing Arts Center:  
Friends and Family Show, Thursday, March 5, 3-8 pm.  
Actor call time 4:30 pm; show: 6 pm at High School

## Stock Market & Personal Finance & Business Club Online Grades 6-12

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

*CSGA Enrichment*

#7791 Th Jan 15-May 14 6:45-7:30 pm  
17 sessions \$153 No session Mar 12

## Code Championship Tournament Virtual Computer Coding Competition Grades 3-9

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

*Abamath*

#7747 Sa Apr 4-25 4 sessions \$68 9-11 am

## NEW! Middle School Spanish Prep

### Ignite Your Language Journey Online

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

**Online portal resources and practice tools included.**

**A Zoom link will be sent to email used for registration.**

#7007 M Feb 23-Apr 13  
8 sessions \$138 4:45-5:30 pm



## Spring Youth Volleyball League Grades 6-8

A fun and instructional league emphasizing basic skills such as passing, setting, and serving, as well as game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Please indicate t-shirt size when registering.

Centennial Team: Practices will start the week of March 23. Monday is a practice night. The first two Tuesdays are also practices, then games will begin on Tuesday, April 7. Games and practices generally happen between 6 and 8:30 pm. Space is limited.

Game Nights: April 7, 14, 21, 28, May 5 and will be played at Centennial Middle School or other district locations depending on the number of teams. Tournament on Saturday, May 2. Season ends May 5.

### We are looking for volunteer coaches.

Coaches will receive instruction and support. If you are interested in coaching, please indicate so during the checkout process or by contacting [csendle@isd12.org](mailto:csendle@isd12.org).

#6347 M/Tu Mar 23-May 5 6-8:30 pm (approx) \$119  
Registration deadline is Monday, Mar 9. Registrations accepted thereafter if space permits for \$139. No refunds after Mar 9.

# After-School Middle School Activities

All activities are for Grades 6-8 unless otherwise listed

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



## Celebration Cakes 101

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

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

#6626 M-Th Mar 2-5  
4 sessions \$69 3:05-4:30 pm  
CMS: Rm E133



## Chess Club before-school

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

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

## CSGA Enrichment

#7608 M Jan 12-May 11 No session Jan 19, Feb 16, Mar 9, Apr 6  
14 sessions \$126 7:15-8 am CMS: Rm C126

## Strategy Games Club

### Games, Collectible Cards, Role Playing, Strategy

Take strategy gaming to the next level. Play challenging games like Catan, Pandemic, 7 Wonders, Splendor, Evolution, and Godsforge, Role Playing and Collectible Card Games. Games are run by participants. Playing games develops analysis, problem solving, communication, and negotiation skills, and it's great fun. Players will learn at least 3 new games and how they end up completing full games. Players will practice making decisions on game play and explaining rules with or without adults present. Players will work on resolving disagreements with and without adults.

## CSGA Enrichment

#7786-A M Jan 12-Mar 2 No session Jan 19 & Feb 16  
6 sessions \$105 3-4:40 pm CMS: Rm C126

#7786-B M Mar 16-May 11 No session Apr 6  
8 sessions \$140 3-4:40 pm CMS: Rm C126

## Girls Who Code

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

*Girls will have the opportunity to form a team to compete in the spring league of CoderZ, competing against other schools around the country.*

*Pete Crawford*

#6636 W Apr 1-May 20 8 sessions \$109 3-4:30 pm CMS: Rm E132

# After-School Middle School Activities

All activities are for Grades 6-8 unless otherwise listed

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

## Pop Beats & Anime Dreams

Get ready to bring dynamic characters and pop music to life! Join us for an exciting Anime and Manga Drawing Workshop. From stylish outfits and expressive poses to bold hairstyles and eye-catching art, participants will learn to draw dazzling characters full of energy and personality. We'll explore new ways to capture the excitement, rhythm, and visual flair that make music and anime unforgettable. Don't just watch the music videos – create your own artistic spotlight.

*Young Rembrandts*

3 sessions \$58 Wed  
3-4:30 pm CMS: Rm C126  
#2444-A Jan 14-28  
#2444-B Apr 1-15



## Cookies and Canvas

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

*Sara Longworth-Koehn*

2 sessions \$49 M 3-4:35 pm CMS: Rm E108  
#2092-A Jan 12 & 26  
#2092-B Feb 9 & 23  
#2092-C Mar 23 & 30  
#2092-D Apr 13 & 27  
#2092-E May 11 & 18



## Spring Musical Rock of Ages

The Broadway hit musical "Rock of Ages" has had audiences dancing in the aisles the world over. Now your students can become the biggest rockstars in their schools! Rock of Ages: Youth Edition has all the 80s rock anthems you (and your students' parents) know and love, with a fun-filled story of romance, fame, and always believin'!

**Interested students looking to be a part of the spring musical must attend one of the following mandatory meetings** with a parent at the Centennial Middle School in the Auditorium:

CAST (interested actors in the show): Fri, Jan 9, 6-7 pm  
CREW - BOOTH/SET/COSTUME: Fri, Jan 30, 6-7 pm

Actor Auditions (must attend one):

Tues, Jan 13 or Wed, Jan 14 from 3-4:40 pm

Cast list posted Fri, Jan 16, 3 pm

Rehearsals begin Tues, Jan 20 with shows March 25-29

Fee: Cast: \$180, Crew: \$100

#6624 Registration to pay your Cast fee will open in Eleyo on January 16 and must be paid no later than January 20 to secure your spot in the musical. Crew will open on February 6.

## Cougar Strength Grades 7-8

Cougar Strength is designed for all 7th and 8th grade Centennial student athletes who want to develop explosive power absolute strength, muscular endurance, speed, quickness, agility, flexibility, and cardiovascular fitness. The program achieves these measured athletic qualities by introducing our middle school athletes to the base movements and their variations along with other movement preparatory exercises; high-intensity, strength-building exercises; exercises containing plyometric properties; proper technique and teaching progressions; and researched program design and periodization. Cougar Strength is the only program in the school that collects ALL athletes and brings them into one room with a common goal - developing themselves as an athlete to help their teams be successful. Cougar Strength will challenge you and bring your game to the next level. If you are ready to invest in your future success and more importantly, Centennial athletics future success, sign up today! Due to the low cost, sessions missed for weather or emergency cancellations will not be rescheduled.

*Mason Skrede*

#6607 Tu/Th Mar 24-May 14  
14 sessions \$69 3:10-4:10 pm CMS: Weight Room  
No session Mar 31 & Apr 2



## Archery

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

#6634 Tu Jan 20-Feb 17  
5 sessions \$99 3:05-4:30 pm CMS: Gym 3

## Tennis

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

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

**Program Skill Levels:** New beginners and those with prior beginner training experience who can benefit from further stroke play and game development. If you need to borrow a racquet for class, please let us know.

*Tenacity Tennis. Our team, led by Head Coach Harsh Mankad, works together with a shared methodology and development path guiding each group's training. Harsh is an NCAA Division 1 national singles champion (Univ. of MN Gopher tennis player) and recipient of the 2023 USTA Junior Development Award*

#6613-A Tu/Th Jan 13-Feb 5  
8 lessons \$172 3:05-4:30 pm CMS: Gyms 1 & 2

#6613-B Tu/Th Feb 10-Mar 5  
8 lessons \$172 3:05-4:30 pm CMS: Gyms 1 & 2

#6613-C M/W Apr 20-May 20  
10 lessons \$230 3:05-4:30 pm  
Outdoor Tennis Courts & CMS: Gyms 1 & 2

## Track and Field

### Program open only to Centennial Middle School students

Athletes will compete against other schools in our conference in various running, jumping, and throwing events. Practice begins March 30 for 6th graders and April 1 for all athletes. The season ends the week of May 18. Please watch your email/texts if we are having inclement weather, we will also make announcements in school to update the practice status.

**There will be one or two meets each week with other schools in our conference.** Dates will be announced as soon as we receive that information. Athletes will receive a uniform shirt but will need to provide their own shorts and shoes. A team T-shirt is included. Parents will be asked to volunteer at one home meet. Transportation provided to and from meet sites for athletes, but will need to arrange transportation home from the middle school following the meets.

**Sports Physicals:** Sports physicals are not required for 6th grade students. They are highly recommended but not required for 7-8th grade students. Physicals are good for three years unless restrictions exist.

#6619 \$209 M-Th 3:05-4:35 pm  
Grade 6: Starts Mar 30/ Grades 7-8: Starts Apr 1  
Program will end the week of May 18  
No program Mar 21, Apr 2 and Apr 6.  
Fees are non-refundable after Apr 8.



## Centennial Ski/Snowboard Club

### Grades 6-12

Individual trips open for registration on Monday, December 1 at noon.

#6515 \$69 2-9 pm

Registration for individual trips will remain open until the Tuesday before, space permitting.

### Wild Mountain

Dec 13 Jan 31 Feb 21

### Trollhaugen

Jan 17 Feb 7

## More Teen Activities

### Ninja Warrior Ages 5-13

See offerings and details on page 36.

### Fencing Grades 2-8

See page 37

### Tenacity Tennis Lessons Ages 5-15

See page 40

### ABC Diving Ages 12+

See page 47

### Teen Night in the Pool & Gym

Jan 3 & Feb 21, 7-9:30 pm. See page 47

### Girls Flag Football Coming Soon!

Watch for more details this spring.

# After-School Elementary Activities

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



## Flag Football Camp Grades K-4

Dash Sports Flag Football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage the final day. Footballs and flag belts are provided. Spikes/cleats and mouth guards are optional. *DASH Sports LLC*

## Track and Field Grades K-4

DASH Sports Track & Field camp provides participants with practice in several areas, including sprinting, javelin, throwing, shotput, relay running, jumping and distance running. Participants will be tested/timed & re-tested on several events. Emphasis is on technique and proper form. Camp consists of many different types of physical activities, drills, and games; all tailored specifically to enhance overall track and field performance. Bring a water bottle, snack, and wear athletic shoes. *DASH Sports LLC*

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

## NEW! Color Explorers Grades K-5

Dive into a world of vibrant color and bold creativity. Paint a watercolor puppy, create intricate mandala art, sketch a charcoal giraffe all while exploring color, texture and design. All supplies are included. *Kidzart*

## NEW! Pop Beats & Anime Dreams Art

**Grades K-5** Bring dynamic characters and pop music to life. From stylish outfits and expressive poses to bold hairstyles and eye-catching art, students will learn to draw dazzling characters full of energy and personality right after school. *Young Rembrandts*

## Blue Heron

### Track and Field Grades K-4

#6967-C W May 6-27 3:55-4:55 pm  
4 sessions \$75 BH: Baseball Field

### Soccer Grades K-5

#6419-A1 Gr. K-2 M Apr 13-27 3:45-4:45 pm  
3 sessions \$32 BH: Gym

#6419-A2 Gr. 3-5 M May 4-18 3:45-5 pm  
3 sessions \$42 BH: Baseball Field

### Flag Football Camp Grades K-4

#6956-C W Apr 8-29 3:55-4:55 pm BH: Baseball Field  
4 sessions \$75

## Centennial

### NEW! Color Explorers Grades K-5

#2443-D M Apr 13-May 11 3:45-4:45 pm  
5 sessions \$90 CT: Media Center

### NEW! Pop Beats & Anime Dreams Art Grades K-5

#2442-B Th Jan 8-29 3:45-4:45 pm  
4 sessions \$55 CT: Media Center

### Scooter City Grades K-5

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

*Jen Verplaetse, Physical Education Specialist*

2 sessions \$25 CT: Gym  
#6020-A Gr. 3-5 M/W Feb 23 & 25  
#6020-B Gr. K-2 Tu/Th Feb 24 & 26

### Track and Field Grades K-4

#6967-D Th May 7-28 3:55-4:55 pm  
4 sessions \$75 CHS: Field 3

### Flag Football Camp Grades K-4

#6956-D Th Apr 9-30 3:55-4:55 pm  
4 sessions \$75 CHS: Field 3

### Soccer Grades K-5

#6419-C1 Gr. K-2 W Apr 1-22 3:45-4:45 pm  
4 sessions \$42 CT: Gym

#6419-C2 Gr. 3-5 W Apr 29-May 20 3:45-5 pm  
4 sessions \$52 CT: Soccer Field

**Color Explorers****Pop Beats &  
Anime Dreams Art**

## Centerville

**NEW! Color Explorers Grades K-5**

#2443-B W Apr 1-29 3:45-4:45 pm  
 5 sessions \$90 CV: Rm 157

**Beginning Chess Grades 2-5**

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

**America's Fun Science**

#7628 Th Feb 12-Mar 5 3:45-4:45 pm  
 4 sessions \$70 CV: Rm 157

**Track and Field Grades K-4**

#6967-B Tu May 5-26 3:55-4:55 pm  
 4 sessions \$75 CV: Track

**Soccer Grades K-5**

#6419-E1 Gr. K-2 W Apr 1-22 3:45-4:45 pm  
 4 sessions \$42 CV: Gym

#6419-E2 Gr. 3-5 W Apr 29-May 20 3:45-5 pm  
 4 sessions \$42 CV: Field 4

**Flag Football Camp Grades K-4**

#6956-B Tu Apr 7-28 3:55-4:55 pm  
 4 sessions \$75 CV: Field 4



## Golden Lake

**NEW! Color Explorers Grades K-5**

#2443-C Th Apr 9-May 7 3:45-4:45 pm  
 5 sessions \$90 GL: Rm 213

**NEW! Pop Beats & Anime Dreams Art Grades K-5**

#2442-C M Jan 26-Feb 23 3:45-4:45 pm  
 4 sessions \$55 No session Feb 16 GL: Rm 213

**Track and Field Grades K-4**

#6967-E F May 8-29 3:55-4:55 pm  
 4 sessions \$75 GL: Field 3

**Soccer Grades K-5**

#6419-D1 Gr. K-2 Th Apr 2-23 3:45-4:45 pm  
 4 sessions \$42 GL: Gym

#6519-D2 Gr. 3-5 Th Apr 30-May 21 3:45-5 pm  
 4 sessions \$52 GL: Field 3

**Flag Football Camp Grades K-4**

#6956-E F Apr 10-May 1 3:55-4:55 pm  
 4 sessions \$75 GL: Field 3

## Rice Lake

**NEW! Pop Beats & Anime Dreams Art****Grades K-5**

#2442-A W Feb 4-25 3:45-4:45 pm  
 4 sessions \$55 RL/ECC: Rm 101

**NEW! Color Explorers Grades K-5**

#2443-A Tu Mar 31-Apr 28 3:45-4:45 pm  
 5 sessions \$90 RL/ECC: Rm 101

**Track and Field Grades K-4**

#6956-A M May 4-June 1 No session May 25  
 4 sessions \$75 3:55-4:55 pm RL: Field 6

**Soccer Grades K-5**

#6419-B1 Gr. K-2 Tu Mar 17-Apr 7 3:45-4:45 pm  
 4 sessions \$42 RL: Gym

#6419-B2 Gr. 3-5 Tu Apr 28-May 19 3:45-5 pm  
 4 sessions \$52 RL: Soccer Field 6

**Flag Football Camp Grades K-4**

#6956-A M Mar 30-Apr 27 No session Apr 6  
 4 sessions \$75 3:55-4:55 pm RL: Field 6



## Plan your Birthday or Special Day with Us!

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

**1½ hours Sat Afternoons**

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

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

### Pool Parties

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

### Gymnastics Parties

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

**Call 763-792-6100 for availability.**

\$175 CHS/East: Lower Level

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

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

## Youth Academics - STEM

### Code Championship Tournament

### Virtual Computer Coding Competition

**Grades 3-9**

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

*Abamath*

#7747 Sa Apr 4-25 4 sessions \$68 9-11 am

### Discover the World of Spanish Online

### “Vamos a Viajar y Explorar” Grades K-5

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

*Futura Language Professionals*

#7008 W Feb 25-Apr 15 8 sessions \$138 4:15-5 pm



### Confident Sitter & Home Alone

**Confident Home Alone - Age 8-11**

**Confident Sitter/Confident Sitter CPR - Age 11+**

If interested, please visit Eleyo for a full description.

Place your name on the waitlist to receive notice of class availability.

# Youth Create



## NEW! Canvas Fun Hot Cocoa Bear Ages 6+

In this step-by-step painting class, kids will create an adorable bear holding a steaming cup of hot cocoa, complete with marshmallows and a colorful background. No experience needed; our instructor will guide you from start to finish, making it easy and exciting.

*Kidzart*

#2448 Sa Jan 24  
\$30 11 am-noon  
CHS/East: Rm 111

## NEW! The Art in Games

### Grades 3-6

Learn new illustration and coloring techniques inspired by popular video games and classic apps. Create artwork based on pixel block characters, plants, zombies, and more. Art is all around us, including on phones and online; join us for classes that capture amazing imagery of your favorite apps and video games. If you love gaming or drawing, you'll have a blast adding your personal touch to these favorites.

*Young Rembrandts*

#2446 Tu Mar 3-24  
3 sessions \$60 5-6:30 pm  
No session Mar 10  
CHS/East: Rm 111



## NEW! Canvas Fun Dragonfly at Sunset

### Ages 6+

In this step-by-step painting class, we'll create a stunning dragonfly gliding across a glowing sunset sky and shimmering water. Our guided instructions make this project easy and enjoyable for young artists, no experience needed. A perfect way to kick off the weekend with color and creativity.

*Kidzart*

#2449 Sa Apr 11  
\$30 11 am-noon  
CHS/East: Rm 111



## NEW! Paint Date: Snow Fun Adult/child 10+

An adult-child paint date is a fun and creative activity that allows adults and children to bond while exploring their artistic side together. Work together to create your painting in this interactive and engaging class. The instructor will provide step-by-step guidance on painting techniques and tips and tricks to assist participants in creating a cohesive and beautiful painting. Canvas size 12x16 for each participant. Bring \$20 to class payable to instructor for supplies.

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

#2437 W Feb 4 \$32 + supply fee 5:30-7:30 pm CHS/East: Rm 111



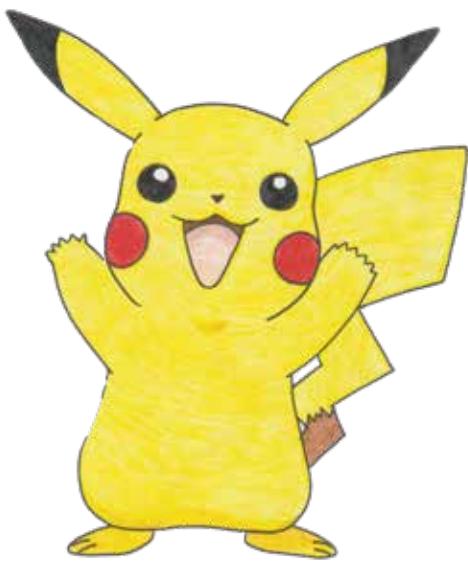
## Harry Potter Workshop

### Ages 9+

Dive into the world of Harry Potter in this fun and creative camp. Draw your favorite characters and design a unique house emblem. Learn to draw and color using a variety of mediums through step-by-step instructions - all while listening to the audio book. Take home your very own masterpiece. Please bring a nut-free snack and beverage.

*The Blue Fox Artist*

#2278 Sa Jan 31  
\$49 9 am-noon  
ECC: Rm 101



## NEW! Pokémon Workshop

**Ages 6+**

Ignite your creative spirit through this fun, beginner-friendly Pokémon drawing class. You'll be guided step by step to draw your favorite characters using basic shapes, proportions, line work and coloring techniques. Build confidence in your work and design your own characters. Come eager to learn and ready to have fun. Take home your very own masterpiece. Please bring a water bottle and a nut-free snack.

*The Blue Fox Artist*

#2451 Sa Jan 31  
\$49 1-4 pm ECC: Rm 101



## Wild Animals Workshop

**Ages 7+**

Explore and draw wild animals native to Minnesota, such as foxes, lynx, owls and timber wolves. We'll work with a variety of fine art materials while we learn about where they live and how to capture their characteristics. Take home your own masterpiece. Please bring a bottle of water and a nut-free snack.

*Blue Fox Artist*

#2311 Sa Feb 7  
\$49 9 am-noon CMS: Rm E108

## Animation Workshop

**Ages 9+**

Discover what it takes to animate a cartoon or film. Learn about the history of animation, create your own flipbook, and design your own characters. Come excited, leave inspired! Take home your own masterpiece. Please bring a bottle of water and a nut-free snack.

*Blue Fox Artist*

#2314 Sa Feb 7  
\$49 1-4 pm CMS: Rm E108



## NEW! Wings of Fire Workshop Ages 9+

Unlock the magic of drawing your favorite Wings of Fire characters! Dive into a creative adventure with step-by-step guidance that makes learning to draw an exhilarating experience. Immerse yourself in the world of art as you practice essential techniques like shape, pattern, texture, and contrast. Watch your skills soar as you bring these beloved dragons to life. Take home your own masterpiece. Please bring a bottle of water and a nut-free snack.

*Blue Fox Artist*

#2452 Sa Feb 21  
\$49 9 am-noon ECC: Rm 101

## Comic Book Workshop Ages 9+

Learn how to create your very own comic book. We will design characters using basic shapes, take a closer look at facial expressions, and discover how to create pages that pop. You will leave with a finished story you can share with your friends and family. Please bring bottled water and a nut-free snack.

*Blue Fox Artist*

#2396 Sa Feb 21 \$49 1-4 pm ECC: Rm 101



## SPRING BREAK



### NEW! 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, participants 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.

#### Young Rembrandts

#2445 M-Th Mar 9-12  
4 sessions \$155 9 am-noon  
ECC: Rm 101



### Multi-Sport Sampler

#### Grades K-5

Looking for an exciting non-school day filled with sport activities? Each camp includes fun instructor-led, skill-based training & games. Our day will be spent on sports and will also include lively games such as kickball, capture the flag, dodgeball, and more. This Multi-Sport camp will include soccer, basketball and flag football. Athletes should bring a snack and a labeled water bottle. Please carry in clean, dry shoes.

#### DASH Sports

#6216-E M-Th Mar 9-12  
4 sessions \$139 9 am-noon  
CMS: Gym 3

### Spark Equestrian Non-School Day Camps Ages 6-12

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



*Kate Goodpaster*

**9 am-2 pm \$140**  
**Hardwood Creek Farm, Hugo**  
#6960-A M Jan 19  
#6960-B F Jan 23  
#6960-C F Feb 13  
#6960-D M Feb 16  
#6960-E M Mar 9  
#6960-F F Apr 3  
#6960-G M May 25

### Ninja Warrior Day Camps Ages 5-13

See more Ninja Warrior offerings and details on page 36.

**Mon 9 am-3 pm \$119 #6215-A Jan 19 #6215-B Feb 16**

**PAYMENT PLANS  
AVAILABLE**


**Camp Invention®**

# BOOST CONFIDENCE AND SPARK CREATIVITY

Save \$25 with code **MYCAMP25**

**Centennial School District - Location TBD**

July 13 - 17, 2026

Grades K - 6 | \$295

Secure your spot and save today at  
**INVENT.ORG/SAVE/SUMMER-CAMP**



# Youth Dance, Theater & Music



## Kids Dance

### Ages 3-Grade 5

These high-energy classes provided by Happy Feet Dance focus on improving rhythm, balance and coordination.

Happy Feet focuses less on perfection and more on fun, allowing children to build confidence, improve coordination, and learn fundamental dance moves without even knowing it!

Younger children will use props including tambourines, scarves and pompoms to learn basic tap, jazz and ballet steps.

Older children will continue learning more advanced steps in jazz, tap and ballet along with dance choreography and technique.

Dancers should wear clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes. Shoes can be, but do not need to be, ordered through the instructors on the first day of class (tap \$35, ballet \$25).

**We'll end this season with a dance recital on Thur, May 7, at Centennial High School's Performing Arts Center.**

An additional costume fee of \$65 will apply.

14 sessions \$184 Thurs Jan 15-May 7

CMS: Gym 5/Studio No session Mar 12, 19 & Apr 16

#5001-A 5-5:45 pm

Hop N' Tots - Age 3 & 4 (entering K in the fall of 2027)

#5001-B 5:45-6:30 pm

Creative Dance - Ages 4 & 5 (entering K in the fall of 2026)

#5001-C 6:30-7:15 pm

Intermediate Dance - Current K and 1st Grade

#5001-D 7:15-8 pm Tap, Jazz & Ballet - Grades 2-5

## Middle School Spring Musical

### Rock of Ages

See page 26



## Mayer Arts Musical Theater Class

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

8 sessions \$98 Tues Feb 24-Apr 21

CT: Little Theater No session March 10

### NEW! Zootopia 2 Ages 5-8

Let's crack the case about the newest animal in town! We will learn music, choreography and lines and create our own musical!

#2440 6-7 pm

### NEW! Freakiest Friday Ages 7-11

What happens when you trade places with your friends or family? Learn music, choreography and lines and create our own musical!

#2441 7-8 pm





## Music Together Newborn to PreK/age 5

### years with parent/caregiver

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

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

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

Classes are mixed ages so siblings can be together. Receive a CD, a code to download the music, an illustrated songbook, and parent education materials.

#### Music Together Instructor

#1017-A W Jan 7-Mar 4 9 sessions  
\$189 first child/\*\$112 additional child ECC: Rm 101

#1017-B W Apr 1-June 3 10 sessions  
\$204 first child/\*124 additional child ECC: Rm 101

Infants who are under eight months of age by the first day of class can attend for free with a paid sibling. (Session A: born after May 5, 2025; Session B: born after July 29, 2025) \*Discount in rate applies towards siblings in the same household. Infants attending without a registered older sibling pay the full class fee.

### Visit a FREE demonstration class to see if this program is a good fit for your family.

Please register separately for the demo events. Demo classes are free but registration is required. One demo per family please.

**Wed 10:30-11:15 am ECC: Rm 101**

#1017-Demo A Dec 17  
#1017-Demo B Mar 25

## Youth Cougar Choir Grades 3-5

Students will have fun learning how to sing in a two-part harmony using proper vocal technique. Experience harmonizing and blending with those around you by singing songs with 1-3 vocal parts. We will sing a variety of music genres and share our prepared pieces during a concert at the end of our session on March 24 with some high school choir members.

*Beth Althof*

#5240 Tu Jan 20-Mar 24 HS/West: Rm 612  
8 sessions \$95 6-7 pm No session Feb 3 & Mar 10



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

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

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

Identify if your lesson is a vocal or specify which instrument when registering. **Students need to bring their own instrument. Select your half-hour private lesson between 4-9 pm. Register early. Classes fill fast.**

#5202-A M Jan 5-Feb 23 No session Jan 19 & Feb 16  
6 sessions \$160 CT: Rm 32

#5202-B M Mar 2-Apr 20 No session Mar 9 & Apr 6  
6 sessions \$160 CT: Rm 32

#5202-C M Apr 27-May 18  
4 sessions \$107 CT: Rm 32

#5202-D Tu Jan 6-Feb 17 No session Feb 3  
6 sessions \$160 CT: Rm 32, Feb 17 only CHS/West: Rm 707

#5202-E Tu Feb 24-Apr 7 No session Mar 10  
6 sessions \$160 CT: Rm 32

#5202-F Tu Apr 14-May 19  
6 sessions \$160 CT: Rm 32

# Youth Recreation & Sports

## Conquer Ninja Training All activities held at Conquer Gym - Blaine

Ninja obstacle training is extremely popular and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports today. For a full description of each offering, visit [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com). Cancellation requests require a 2-week notice from start date. No refunds thereafter.

### Intro to Ninja Ages 5-13

8 sessions \$199

#6210-A	Su	Jan 4-Feb 22	4-5 pm
#6210-B	M	Jan 5-Feb 23	5-6 pm
#6210-C	Tu	Jan 6-Feb 24	5-6 pm
#6210-D	W	Jan 7-Feb 25	5-6 pm
#6210-E	W	Jan 7-Feb 25	6-7 pm
#6210-F	Su	Mar 1-Apr 26	4-5 pm
		No session Apr 12	
#6210-G	M	Mar 2-Apr 20	5-6 pm
#6210-H	Tu	Mar 3-Apr 21	5-6 pm
#6210-J	W	Mar 4-Apr 22	5-6 pm
#6210-K	W	Mar 4-Apr 22	5-6 pm



### Next Step-Up Ninja Ages 5-13

8 sessions \$199

#6217-A	Su	Jan 4-Feb 22	4-5 pm
#6217-B	M	Jan 5-Feb 23	5-6 pm
#6217-C	Tu	Jan 6-Feb 24	5-6 pm
#6217-D	W	Jan 7-Feb 25	5-6 pm
#6217-E	W	Jan 7-Feb 25	6-7 pm
#6217-F	Su	Mar 1-Apr 26	4-5 pm
		No session Apr 12	
#6217-G	M	Mar 2-Apr 20	5-6 pm
#6217-H	Tu	Mar 3-Apr 21	5-6 pm
#6217-J	W	Mar 4-Apr 22	5-6 pm
#6217-K	W	Mar 4-Apr 22	5-6 pm

### Ninja Day Camps Ages 5-13

\$119 9 am-3 pm

#6215-A	M	Jan 19
#6215-B	M	Feb 16

### Ninja Beginner Rec Team

#### Ages 6-13

8 sessions \$225

#6213-A	Su	Jan 4-Feb 22	5-6 pm
#6213-B	Tu	Jan 6-Feb 24	6-7 pm
#6213-C	Su	Mar 3-Apr 26	5-6 pm
#6213-D	Tu	Mar 3-Apr 21	6-7 pm

### Ninja Advanced Rec Team

#### Ages 6-13

8 sessions \$225

#6218-A	Su	Jan 4-Feb 22	5-6 pm
#6218-B	Tu	Jan 6-Feb 24	6-7 pm
#6218-C	Su	Mar 3-Apr 26	5-6 pm
#6218-D	Tu	Mar 3-Apr 21	6-7 pm





#### Christ-centered Martial Artists (CMA)

is a non-profit ministry. *Experience our dynamic Christ-centered martial art! Have fun while becoming fit! Increase your focused-intent!* Realize self-defense & gain self-control! Maximize your self-discipline, patient-endurance, self-esteem & concentration. Grow in the Lord while gaining peaceful-confidence. CMA is a discipline of mind, body & spirit that is centered on the teachings of Jesus Christ. Sigung Jeff Goodwin, Sr is an 8th Degree Master & the Senior Instructor with over 52 years of training in multiple martial arts. He is also an Ordained Nazarene Pastor. Experience the class friendship as you achieve new Belt Levels! Become stronger & more flexible while developing your cardio potentials! CMA is fun for all ages 6-70+!

#### Attend Any/All Twin Cities CMA Locations:

† **Rice Lake Elementary School CMA** (575 Birch Street, Lino Lakes) Saturdays @ 10:15 AM - 12:00 Noon.

† **Elmwood Church CMA** (3615 Chelmsford Road N.E. St. Anthony Village, MN 55418) Mondays @ 6:30 - 8:00 PM

† **North Presbyterian Church CMA** (2675 East Highway 36 North St. Paul) Tuesdays @ 6:30 - 8:00 PM.

† **GraceWay Academy CMA** 3245 New Brighton Road, Arden Hills) Wednesdays @ 3:30 PM - 5:00 PM

Visit our website @ [twincitiescma.com](http://twincitiescma.com)



## NEW! Family Open Gym

### Ages 2-12 with adult

Parents must accompany youth and participate in the activity.

Gym 1 will be open for basketball. Gym 2 will be open for games like soccer and football. Small and regulation basketballs will be provided, no organized games.

**Gym Rules:** Bring clean, soft sports balls for Gym 2. Street shoes are not allowed; please carry in clean, dry shoes and put on in the hallway before entering the gyms. Water ONLY - no food, sports drinks or other beverages allowed in the gyms. Please clean up after yourself when you are done.

Register online or bring exact change and pay at the door.

**Sun 3-5 pm CMS: Gym 2 & 3**

**\$5/Individual or \$25/Family**

#6250-A Jan 11

#6250-B Jan 25

#6250-C Feb 15

#6250-D Feb 22

## Little Nature Adventures

### Ages 2-5 with adult

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

*Jon Stordahl*

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

#1056-A Winter Birds Feb 2

#1056-B Maple Time! Mar 23

#1056-C Spring Explorers Apr 20

#1056-D Flower Fun May 4

## NEW! Centennial Youth Cheerleading

### Grades K-5

Join us for an introductory cheer program. We'll focus on basic motions, rhythm, simple chants, and introductory tumbling. With safety in mind, we'll have fun and learn the basics. Cheer can cultivate physical fitness, coordination, and self-esteem. Parents will be invited to a short performance on the last day. A cheer bow is included.

*Staff is USA Cheer & Dance Safety Certified.*

**6 sessions \$85 6:15-7:30 pm CMS: Gym 5/Studio**

#6171-B M Jan 5-Feb 9

#6171-C M Mar 23-Apr 27

## Fencing Grades 2-8

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

*Youth Enrichment League trained instructor*

**6 sessions \$88 Thurs 6-7 pm BH: Gym 1 & 2**

#6029-A Feb 5-Apr 2 No Feb 19, 26 & Mar 12

#6029-B Apr 9-May 14

## Karate Ages 4-12

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

*Wayne Cornelius*

**4 sessions \$39 M/W CT: Media Center**

#6400-A Ages 4-6 Jan 5-14 6-6:30 pm

#6400-B Ages 7-12 Jan 5-14 6:30-7 pm

#6400-C Ages 4-6 Mar 2-18 6-6:30 pm

#6400-D Ages 7-12 Mar 2-18 6:30-7 pm

#6400-E Ages 4-6 May 11-20 6-6:30 pm

#6400-F Ages 7-12 May 11-20 6:30-7 pm



# Gymnastics

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

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

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

You may want to bring a chair.



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

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

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

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

## **Tumblers Age 5-7**

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

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

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

## **Advanced Gymnastics Invitation only**

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

## **Gymnastics Classes**

### **Session I - Registration deadline Mon, Dec 29**

**Mon, Jan 5-Feb 23 6 sessions** No session Jan 19 & Feb 16

Tumblers	#6000-A	5-6 pm	\$50
<b>5 sessions-no session Jan 12 this class only</b>			
Little Tumblers	#1401-A	6:10-6:55 pm	\$45
Floor is Lava	#6009-A	7:15-8 pm	\$45
Adult Gymnastics	#6037-A	8:15-9:15 pm	\$60

**Tue, Jan 6-Feb 24 7 sessions** No session Feb 3

Little Tumblers	#1401-B	6-6:45 pm	\$53
Tumblers	#6000-B1	5:50-6:50 pm	\$70
Twisters	#6034-B	6:55-8:25 pm	\$105
Tumblers	#6000-B2	6:55-7:55 pm	\$70

**Wed, Jan 14-Feb 25 7 sessions**

Adv Gymnastics	#6035-C	4-5:30 pm	\$90
Tumblers	#6000-C	4:45-5:45 pm	\$60
<b>6 sessions-no session Feb 18 Tumblers &amp; Adv Gymnastics</b>			
Little Tumblers	#1401-C	5:50-6:35 pm	\$53
Wiggle Time	#1400-C	6:40-7:25 pm	\$53

**Thur, Jan 8-Feb 26 8 sessions**

Tumblers	#6000-D1	6-7 pm	\$80
Tumblers	#6000-D2	7:05-8:05 pm	\$80
Twisters	#6034-D	7:05-8:35 pm	\$120

**Sat, Jan 10-Feb 28 8 sessions**

Wiggle Time	#1400-E	9-9:45 am	\$60
Little Tumblers	#1401-E	9:55-10:40 am	\$60
Tumblers	#6000-E	10:45-11:45 am	\$80
Twisters	#6034-E	10:45-11:45 am	\$80

**Sun, Jan 11-Mar 1 7 sessions** No session Feb 8

Little Tumblers	#1401-F	5:15-6 pm	\$53
Tumblers	#6000-F	6:10-7:10 pm	\$70
Twisters	#6034-F	6:10-7:10 pm	\$70
Open Gym		7:10-7:40 pm	\$5




**Session II - Registration deadline Wed, Feb 25**
**Mon, Mar 2-Apr 13 5 sessions** No sessions Mar 9 & Apr 6

Tumblers	#6000-G	5-6 pm	\$50
Little Tumblers	#1401-G	6:10-6:55 pm	\$38
Floor is Lava	#6009-G	7:15-8 pm	\$38
Adult Gymnastics	#6037-G	8:15-9:15 pm	\$50

**Tue, Mar 3-Apr 14 6 sessions** No session Mar 10

Little Tumblers	#1401-H	5-5:45 pm	\$45
Tumblers	#6000-H1	5:50-6:50 pm	\$60
Tumblers	#6000-H2	7-8 pm	\$60
Twisters	#6034-H	7-8:30 pm	\$90

**Wed, Mar 4-Apr 15 6 sessions** No session Mar 11

Adv Gymnastics	#6035-J	4-5:30 pm	\$90
Tumblers	#6000-J	4:45-5:45 pm	\$60
Little Tumblers	#1401-J	5:50-6:35 pm	\$45
Wiggle Time	#1400-J	6:40-7:25 pm	\$45

**Thu, Mar 5-Apr 16 6 sessions** No session Mar 12

Little Tumblers	#1401-K	5-5:45 pm	\$45
Tumblers	#6000-K1	5:10-6:10 pm	\$60
Twisters	#6034-K	6:20-7:50 pm	\$90
Tumblers	#6000-K2	6:20-7:20 pm	\$60
Open Gym		7:50-8:20 pm	\$5

**Sat, Mar 21-Apr 18 4 sessions** No session Apr 4

Wiggle Time	#1400-L	9-9:45 am	\$30
Little Tumblers	#1401-L	9:55-10:40 am	\$30
Tumblers	#6000-L	10:45-11:45 am	\$40
Twisters	#6034-L	10:45-11:45 am	\$40

**Sun, Mar 23-Apr 19 4 sessions** No session Apr 5

Little Tumblers	#1401-M	5:15-6 pm	\$30
Tumblers	#6000-M	6:10-7:10 pm	\$40
Twisters	#6034-M	6:10-7:10 pm	\$40
Open Gym		7:10-7:40 pm	\$5

**Gymnastic Birthday Parties available**

See page 30

**Session III - Registration deadline Wed, Apr 15**
**Mon, Apr 20-May 18 5 sessions**

Tumblers	#6000-N	5-6 pm	\$50
Little Tumblers	#1401-N	6:10-6:55 pm	\$38
Floor is Lava	#6009-N	7:15-8 pm	\$38
Adult Gymnastics	#6037-N	8:15-9:15 pm	\$50

**Tue, Apr 21- May 19 5 sessions**

Little Tumblers	#1401-P	5-5:45 pm	\$38
Tumblers	#6000-P	5:55-6:55 pm	\$50
Tumblers	#6000-P	7-8 pm	\$50
Twisters	#6034-P	7-8:30 pm	\$75

**Wed, Apr 22-May 20 5 sessions**

Adv Gymnastics	#6035-Q	4-5:30 pm	\$75
Tumblers	#6000-Q	4:45-5:45 pm	\$50
Little Tumblers	#1401-Q	5:50-6:35 pm	\$38
Wiggle Time	#1400-Q	6:40-7:25 pm	\$38

**Thu, Apr 23-May 21 5 sessions**

Little Tumblers	#1401-R	5-5:45 pm	\$38
Tumblers	#6000-R1	5:10-6:10 pm	\$50
Twisters	#6034-R	6:20-7:50 pm	\$75
Tumblers	#6000-R2	6:20-7:20 pm	\$50
Open Gym		7:50-8:20 pm	\$5

**Sat, Apr 25-May 16 4 sessions**

Wiggle Time	#1400-S	9-9:45 am	\$30
Little Tumblers	#1401-S	9:55-10:40 am	\$30
Tumblers	#6000-S	10:45-11:45 am	\$40
Twisters	#6034-S	10:45-11:45 am	\$40

**Sun, Apr 26-May 17 4 sessions**

Little Tumblers	#1401-T	5:15-6 pm	\$30
Tumblers	#6000-T	6:10-7:10 pm	\$40
Twisters	#6034-T	6:10-7:10 pm	\$40
Open Gym		7:10-7:40 pm	\$5

**Open Gym Entering Grade 1-6, all skill levels**

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

**Adult Gymnastics Ages 16+**

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

**Davin Elm**

#6037-A	M	Jan 5-Feb 23	No session Jan 19 & Feb 16
6 sessions	\$60	8:15-9:15 pm	
#6037-B	M	Mar 2-Apr 13	No session Mar 9 & Apr 6
5 sessions	\$50	8:15-9:15 pm	
#6037-C	M	Apr 20-May 18	
5 sessions	\$50	8:15-9:15 pm	



### Mini Kickers Ages 3-5

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

*Jeff Ottosen*

**4 sessions \$49 5:45-6:30 pm**

#6379-A	M	Jan 12- Feb 9	GL: Gym	No session Jan 19
#6379-B	Tu	Jan 27-Feb 24	RL: Gyms	No session Feb 3
#6379-C	W	Feb 4-25	RL: Gym A	
#6379-D	Th	Feb 19-Mar 19	CV: Gym	No session Mar 12
#6379-E	M	Apr 6-27	CHS/East: Lower Gym	
#6379-F	W	Apr 8-29	CHS/East: Lower Gym	

### Winter Soccer Skills Grades K-2

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

*Instruction and training provided by Centennial retired boys' varsity coach Jeff Ottosen and players.*

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

#6376-A	M	Jan 12-Feb 9	GL: Gym	No session Jan 19
#6376-B	Tu	Jan 27-Feb 24	RL: Gyms	No session Feb 3
#6376-C	W	Feb 4-25	RL: Gym A	
#6376-D	Th	Feb 19-Mar 10	CV: Gym A	No session Mar 12
#6376-E	M	Apr 6-27	CHS/East: Lower Gym	
#6376-F	W	Apr 8-29	CHS/East: Lower Gym	

### Cougar Soccer Academy Grades K-3

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

*Jeff Ottosen, retired head boys' varsity coach*

**Sun 4:30-6 pm CMS: Gym 1**

#6193-A	Jan 4-25	4 sessions	\$119
#6193-B	Feb 1-22	3 sessions	No session Feb 8 \$92
#6193-C	Mar 15-Apr 12	4 sessions	No session Apr 5 \$119

### Tenicity Outdoor Group Tennis Lessons

#### Ages 5-15

Introduce your child to the lifelong sport of tennis! Tenicity's coaching team teaches stroke fundamentals preparing players for rallies and games. Coaches provide encouragement and facilitate a joy for the game. Lessons will follow Tenicity's Beginner Development Pathway, designed to help players progress step by step.

**Participants will be grouped according to their skill level:**

◆ **Beginner Stage 1:** For new players with little or no prior tennis experience.

◆ **Stage 2 or 3:** For players with some prior training, grouped by ability as assessed by our coaches.

**10 sessions \$167 Apr 20-May 20 JPAC**

#6204-A	Ages 5-8	5-6 pm
#6204-B	Ages 9-15	6-7 pm





### **Volleyball Intro Skills and Games Grades 2-3**

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

#6348 Th Mar 26-Apr 30  
 6 sessions \$94 6:15-7:30 pm CMS: Gym 1

### **Spring Youth Volleyball League Grades 4-5**

A fun and instructional league emphasizing basic skills such as passing, setting, and serving, and game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Numbers permitting, teams will be formed by school.

**Please indicate school, grade, and t-shirt size when registering.**

**Teams:** Teams are formed based on elementary school. Although participants can register for any elementary team, we recommend registering for the team where your child is enrolled. Space is limited at all elementary schools. If there are not enough players to form a team at that school, that team may be combined with another school team.

**Season:** Practices will start the week of March 23. Monday is always a practice night. The first two Tuesdays are practices, then games will begin on Tuesday, April 7. Games and practices generally happen between 6 and 8:30 pm. Parents/siblings will not be allowed into the schools during practice times. Families will be able to attend the games.

**Game Nights:** April 7, 14, 21, 28 and will be played at Centennial Middle School or other district locations depending on the number of teams. Season ends on April 28.

#6349 M/Tu Mar 23-Apr 28 6-8:30 pm (approx) \$109

Registration deadline is Monday, March 9. Registrations accepted thereafter if space permits, cost increases to \$129. No refunds after March 9.

### **We are looking for volunteer coaches.**

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

## **Looking ahead to summer**

### **Summer Recreational Soccer**

#### **Entering Grades K-5**

#### **OPENS FOR REGISTRATION FEBRUARY 2**

Centennial Soccer Club will be leading the Summer 2026 Recreation Soccer Program!

Practice time has a focus on age-appropriate training that will include ball control, dribbling, passing, shooting, defending, and teaching the basics of the game.

One day will be practice and the other day will be games. Practices and games will be one hour long. Practice times vary between 5-8 pm. All sessions are led by volunteer coaches.

Schedule, field information, roster, etc. will be powered by Sports Engine App (more info will be sent out as teams are formed). Please bring shin guards, cleats, and a soccer ball (size 3 for grades K/1 and size 4 for grades 2-5). Everyone will receive a Centennial Soccer Club jersey. Please indicate t-shirt size when registering.

#6381 Wed/Sun May 13-July 12 \$140  
 No session May 24, July 1 & July 5 RL: Soccer Fields

Wed practice time: TBD per team between 5-8 pm  
 Sun game times: Either 3 pm, 4 pm, or 5 pm based on team schedule (TBD)

Your team's practice and game times will be finalized prior to season start. Game start times will vary. Practice start time will be consistent.

### **Summer Kickoff May 13**

**Receive your jersey and meet your coaches!**

### **Volunteer coaches needed!**

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



# Skyhawks Sports

## Experience the thrill of team sports with Skyhawks!

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



## Skyhawks Sports Camps Ages 4-10

### Multi-Sport Sampler

6 sessions	Sat, Jan 17-Feb 21	RL: Gym
#6164-A	Ages 5-7	10:20-11:05 am
#6164-B	Ages 8-10	11:15 am-12:05 pm

### Baseball

6 sessions	Sat, Apr 11-May 16	BH: Field
#6173-A	Ages 5-7	10:20-11:04 am
#6173-B	Ages 8-10	11:15 am-12:05 pm

### Basketball

4 sessions	Sat, Feb 28-Mar 28	RL: Gym
No session Mar 14		
#6160-A	Ages 5-7	10:20-11:05 am
#6160-B	Ages 8-10	11:15 am-12:05 pm

### Floor Hockey

4 sessions	Thur, Mar 5-Apr 2	CMS: Gym 2
No session Mar 12		
#6198	Ages 5-7	6:50-7:35 pm

### Mini-Hawk Flag Football

6 sessions	Tues Apr 14-May 19	JPAC
#6166	Ages 5-7	6:10-6:55 pm

### Flag Football

6 sessions	Tues, Apr 14-May 19	JPAC
#6158	Ages 8-10	7:05-7:55 pm

### Volleyball

6 sessions	Tues, Jan 13-Feb 24	BH: Gym
No session Feb 3 CMS: Gym 3 Jan 27 only		
#6157-A	Ages 4-5	6:10-6:40 pm
#6157-B	Ages 6-8	6:50-7:35 pm

## SuperTots Sports Classes

### Ages 2-4

Parent participation is required with children 3½ years and younger.

### Tots Sampler

6 sessions	\$99	Sat, Jan 17-Feb 21	RL: Gym
#6145-A	Ages 2-3	9-9:30 am	
#6145-B	Ages 3-4	9:40-10:10 am	

### Baseball Tots

6 sessions	\$99	Sat, Apr 11-May 16	BH: Field
#6146-A	Ages 2-3	9-9:30 am	
#6146-B	Ages 3-4	9:40-10:10 am	

### Hoopster Tots

4 sessions	\$69	Sat, Feb 28-Mar 28	RL: Gym
No session Mar 14			
#6147-A	Ages 2-3	9-9:30 am	
#6147-B	Ages 3-4	9:40-10:10 am	

### 1st Down Tots

6 sessions	\$99	Tues, Apr 14-May 19	JPAC
#6517	Ages 2-4	5:30-6 pm	

### Floor Hockey Tots

4 sessions	\$85	Thurs, Mar 5-Apr 2	CMS: Gym 2
No session Mar 12			
#6189	Ages 2-4	6:10-6:40 pm	

**CENTENNIAL CHEERLEADING**  
AGES 4 - 18 YEARS OLD

**ONLY \$10 PER WEEK**

**CLASS INFORMATION**  
Golden Lakes Elementary School,  
1 School Rd.  
Circle Pines, MN 55014

**Classes held every TUESDAY**  
Starting January 27th, 2026  
Ending May 26th, 2026  
Competition is May 30th, 2026

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

**HOW TO REGISTER:**  
GO TO [WWW.CHAMPIONFORCE.COM](http://WWW.CHAMPIONFORCE.COM)  
CLICK REGISTER  
SEARCH CLASS CODE #17658

**CHAMPION FORCE ATHLETICS YOUTH SCHOLARSHIP FOUNDATION**  
[www.facebook.com/ChampionforceMN](http://www.facebook.com/ChampionforceMN)  
[@championforceMN](http://www.instagram.com/championforceMN)



## DASH Sports Camps

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

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



### DASH Tykes Camps

#### Ages 2-6

##### Basketball Tykes

4 sessions Sun Feb 15-Mar 8 RL: Gym A  
 #6953-A Ages 2-3 9:30-10 am \$65  
 #6953-B Ages 4-6 5:55-6:40 pm \$69

4 sessions Sat Mar 21-Apr 11 CMS: Gym 3  
 #6953-C Ages 2-3 9:30-10 am \$65  
 #6953-D Ages 4-6 10:10-10:55 am \$69

##### Floor Hockey Tykes

4 sessions Sun Feb 15-Mar 8 CVE: Gym  
 #6255-A Ages 2-3 5:15-5:45 pm \$65  
 #6255-B Ages 4-6 5:55-6:40 pm \$69

##### Tykes Daytime Camps

Ages 2-5 4 sessions \$69 M-Th 11-11:45 am  
 Centennial Sports Arena: Rink

#6249-A Soccer Mar 16-19  
 #6249-B Flag Football Mar 23-25  
 #6249-C T-ball Mar 30-Apr 2  
 #6249-D Track & Field Apr 6-9  
 #6249-E T-ball Apr 13-16

##### T-Ball Tykes

4 sessions \$69 Sat Apr 25-May 16

BH: Baseball Field

#6961-A Ages 2-3 12:30-1:10 pm  
 #6961-B Ages 4-5 1:20-2 pm

4 sessions Wed May 6-27

BH: Baseball Field

#6961-D Ages 2-3 5:30-6 pm \$65  
 #6961-E Ages 4-6 6:10-6:55 pm \$69

##### Flag Football Tykes Camp

4 sessions Wed Apr 8-29 BH: Baseball Field  
 #6957-A Ages 2-3 5:30-6 pm \$65  
 #6957-B Ages 4-6 6:10-6:55 pm \$69

### DASH Camps Ages 6-Grade 5

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

##### Grades K-5 \$75 9 am-4 pm CMS: Gym 3

#6216-A	Ultimate Games Camp	Th	Jan 22
#6216-B	Multi-Sport Camp	F	Jan 23
#6216-C	Basketball Camp	F	Feb 13
#6216-D	Ultimate Games Camp	M	Apr 6



#### Jr. NBA Basketball Camp Ages 7-10

#6954 Sa Mar 21-Apr 11 CMS: Gym 3  
 4 sessions \$105 11:05 am-12:05 pm

#### Volleyball Ages 6-10

#6955 Sa Mar 21-Apr 11 CMS: Gym 3  
 4 sessions \$75 12:15-1 pm

#### Multi-Sport Sampler (Spring Break) Grades K-5

#6216-E M-Th Mar 9-12  
 4 sessions \$139 9 am-noon CMS: Gym 3

#### T-Ball Camp Ages 6-7

4 sessions Sat Apr 25-May 16  
 #6961-C \$75 2:10-3 pm BHE: Baseball Field



## Centennial Youth Flag Football

### Pre-K – 8<sup>th</sup> grade CYFA spring offering



**Join the  
Cougar team!**

- Convenient "in-house" offering also open to kids outside of Centennial
- Enjoy football in a non-contact setting
- Sharpen skills for the fall tackle season

Visit [centennialyouthfootball.com](http://centennialyouthfootball.com) to register!

**Who:** Pre-K – 8<sup>th</sup> grade (boys & girls)

**Where:** Sundays at Centennial High School

**Practices:** Begin mid-April (weather-permitting)

**Games:** late-April – mid-June

**Questions?**

[cyfamn@gmail.com](mailto:cyfamn@gmail.com)

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



**Centennial Lakes**  
Little League

## Centennial Lakes Little League

**Ages listed are Age as of August 31, 2026**

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

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

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

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

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

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

Tryout fees are additional as determined based on facility cost

*Centennial Lakes  
Fastpitch*

## Centennial Lakes Girls Fastpitch Softball

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

### What Do We Offer?

We offer pitching, catching, fielding, & hitting clinics. Free Winter workouts! Largest 8U program in town>> play against LOCAL teams. Several State Championship teams!

**Ages listed are Age as of August 31, 2025**

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

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

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

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



**2026 Registration Opens December 1 at [CentennialLakesLittleLeague.org](http://CentennialLakesLittleLeague.org)**

For families with three or more children, the lowest registration fee plays for half price. Registrations after February 1, 2026 will be charged a \$30 late fee and will be accepted on a space availability basis only.

T-Ball Registrations after March 1, 2026 will be charged a \$30 Late fee.

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

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

# Aquatics

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

When registering your children for swim classes, please remember to do so based on their current skill level and their ability to be appropriately challenged. A class level too difficult or too easy will hinder the progress of the swimmer and possibly distract others in the class as well. Your child will benefit most being in the appropriate class level, based on their ability. We're here to guide your swimmers to confidence and success. Don't put your children in the same swim class for convenience. The Centennial Community Pool is in the high school east building. Enter through door N52 accessible from stadium parking lot from 103rd Lane NE.



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

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

### Cancellation & Makeup Policy

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

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

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

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

### Learn to swim in progressive classes

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

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

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

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

### Pool Temperatures

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

#### Pool Temperatures

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

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

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

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





## Swim Class Levels

### Tiny Tots Age 18 months-3 years with parent

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

### Poly Wogs Ages 3-5 with parent

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

### Bobber Ages 5-6

**Introduction to swimming for children who are not comfortable in the water or have no previous lesson experience** Participants will develop comfort with water, correct body position and be introduced to swimming on their front and back. Advance to Poly Beginner 1. Limit 2.

### Poly Beginner 1 Ages 5-7

**Children who are comfortable in water and have some lesson experience (Poly Wog, Tiny Tot, etc. or equivalent skills)** Children will wear flotation belts for several classes to gain confidence and independence while stressing correct body position. Final test taken without belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner 2. Limit 6.

### Poly Beginner 2 Ages 5-7

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

### Poly Beginner 3 Ages 5-7

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

### Beginner Ages 8+

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

### Advanced Beginner Ages 8+

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

### Red Cross Level 3

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

### Red Cross Level 4

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

### Red Cross Level 5

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

### Red Cross Level 6

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



## Introduction to Diving Ages 9-12

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

## ABC Diving Ages 12+

(Prerequisite: must have passed Level 3 or equivalent skills.) If you are a diver age 12 or older, just beginning to learn the fundamentals of diving or with years of experience, ABC Diving is for you. Challenges the experienced diver and offers the time to practice and fine tune skills for competitive programs. New divers are introduced to correct approach, front and back dives and how to begin putting it all together. Coaches work with individuals on each dive giving you what you need to improve. (For those interested in competitive meets off season, you can sign up with USA diving for an additional fee and still enter meets.

### Winter

#9701-B	M	Jan 12-Feb 23	7-8:30 pm
#9701-C	W	Jan 14-Feb 25	7-8:30 pm

### Spring

#9701-E	M	Mar 23-May 4	7:8:30 pm
#9701-G	W	Mar 25-May 6	7:8:30 pm
#9701-H	Th	Mar 26-May 7	7:8:30 pm

## Adult Beginner Swim Lessons Ages 18+

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

## Cougar Adaptive Lessons (CAL)

Our Cougar adaptive swim lessons program is for children who are challenged to participate independently in a standard group lesson. The program uses techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs, and goals. Lessons are created for, but not limited to, those with anxiety, physical, sensory, communication or behavior challenges. This will be a 1:1 ratio of student to instructor. 7 lessons \$160

## Private or Semi-Private Lessons

High-quality swim instruction for those wanting personalized lessons. These lessons offer private one-on-one instruction or two-on-one for semi-private swim instruction.

If interested in CAL or private lessons, call 763-792-5240 and leave a day and evening phone number and you will be called after registration deadlines. Our coordinator will work with you to determine the dates and times of each lesson.

## Lifeguard Training

Prerequisite: Minimum 15 years of age and successful completion of preliminary swimming skills and endurance test. Provides knowledge and skills to save lives in an emergency. Fee includes cost of CPR for the Professional Rescuer Course and Standard First Aid Course (requirements), book and equipment rental.

Those who pass are certified in Lifeguard Training, First Aid and CPR for the Professional Rescuer. Attendance at all dates required.

9650-A      Su      Jan 11, 18, 25, Feb 1, 8, 15  
\$150                    11 am-3 pm

## Open Swim & Lap Swim

### Sundays, Jan 11-May 3 1-2 pm

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

Half of the pool will be used for lap swimming and the other half and diving well will be for Open Swim participants for the winter sessions.

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

\$2 PER PERSON      Closed Mar 1, 8 & Apr 5

## Saturday Swim & Gym Time Teen Night!

### Ages 13-17

Getting Cabin Fever? Come join us for some swim and gym time including pizza, beverages, music and games!

Come and chill out with friends and have a fun time getting together! Pre-registration is required.

#9908-A Jan 3 7-9:30 pm \$15  
#9908-B Feb 21 7-9:30 pm \$15

## Family Time

Come on in as a family and have a fun time swimming, doing some crafts, and play time in the gym.

Geared for children 8 and under.

#9909 Apr 11 \$10 per child 10 am-noon

## Adult Water Aerobics

There are so many benefits to exercising in water. Lose inches and improve your cardiovascular and joint health while reducing stress on muscles, tendons, and ligaments. See page 18 for details.



## Winter Sessions

Registration deadline Fri, Jan 9 at noon

### Sun Afternoons & Evening

**Jan 11-Feb 22**

Bobbers	9009-A1	2:30-3 pm	\$110
Bobbers	9009-A2	3-3:30 pm	\$110
Bobbers	9009-A3	4-4:30 pm	\$110
Poly Beginner 1	9010-A1	2:30-3 pm	\$88
Poly Beginner 1	9010-A2	3-3:30 pm	\$88
Poly Beginner 1	9010-A3	4-4:30 pm	\$88
Poly Beginner 2	9020-A1	3-3:30 pm	\$88
Poly Beginner 2	9020-A2	4-4:30 pm	\$88
Poly Beginner 3	9030-A1	2-2:30 pm	\$88
Poly Beginner 3	9030-A2	3:30-4 pm	\$88
Beginner	9100-A1	2-2:30 pm	\$88
Beginner	9100-A2	3:30-4 pm	\$88
Adv Beginner	9200-A1	2-2:30 pm	\$88
Adv Beginner	9200-A2	3:30-4 pm	\$88
Level 3	9300-A	2-2:50 pm	\$95
Level 4	9400-A	3:30-4:20 pm	\$95
Level 5	9500-A	4:30-5:20 pm	\$95
Level 6	9600-A	4:30-5:20 pm	\$95
Intro to Diving	9701-A	4:30-5 pm	\$88
OPEN SWIM		1-2 pm	\$2/person

### Monday Evenings

**Jan 12-Feb 23**

Bobbers	9009-B1	6:30-7 pm	\$110
Bobbers	9009-B2	7-7:30 pm	\$110
Poly Beginner 1	9010-B1	6:30-7 pm	\$88
Poly Beginner 1	9010-B2	7-7:30 pm	\$88
Poly Beginner 2	9020-B	7-7:30 pm	\$88
Poly Beginner 3	9030-B	7:30-8 pm	\$88
Beginner	9100-B	7:30-8 pm	\$88
Adv Beginner	9200-B	7:30-8 pm	\$88
Intro to Diving	9701-B	6:30-7 pm	\$88
Water Aerobics	9830-B	8-8:50 pm	\$88

### Tuesday Evenings

**Jan 13-Mar 3** **Pool closed on Feb 3**

Bobbers	9009-C	6-6:30 pm	\$88
Poly Beginner 1	9010-C	6:30-7 pm	\$88
Poly Beginner 2	9020-C	7-7:30 pm	\$88
Level 3	9300-C	7-7:50 pm	\$95
Adult Lessons	9840-C	7:30-8 pm	\$88

## Spring Session

### Sunday Afternoons

**Mar 15-May 3** **Pool closed on April 5**

**Registration deadline Fri, March 6 at noon**

Tiny Tots	9000-D1	4:30-5 pm	\$88
Poly Wogs	9005-D1	4-4:30 pm	\$88
Poly Wogs	9005-D2	5-5:30 pm	\$88
Bobbers	9009-D1	2-2:30 pm	\$110
Bobbers	9009-D2	3-3:30 pm	\$110
Bobbers	9009-D3	4:30-5 pm	\$110
Poly Beginner 1	9010-D1	2-2:30 pm	\$88
Poly Beginner 1	9010-D2	3-3:30 pm	\$88
Poly Beginner 1	9010-D3	4-4:30 pm	\$88
Poly Beginner 2	9020-D1	3-3:30 pm	\$88
Poly Beginner 2	9020-D2	4-4:30 pm	\$88
Poly Beginner 3	9030-D1	2:30-3 pm	\$88
Poly Beginner 3	9030-D2	4:30-5 pm	\$88
Beginners	9100-D1	2:30-3 pm	\$88
Beginners	9100-D2	3:30-4 pm	\$88
Adv. Beginners	9200-D1	2:30-3 pm	\$88
Adv. Beginners	9200-D2	3:30-4 pm	\$88
Level 3	9300-D	2-2:50 pm	\$95
Level 4	9400-D	3-3:50 pm	\$95
Level 5	9500-D	4-4:50 pm	\$95
Level 6	9600-D	4-4:50 pm	\$95
Open Swim		1-2 pm	\$2/Person

### Monday Evenings Mar 23-May 4

**Registration Deadline Fri, March 20 at noon**

Tiny Tots	9000-E	6-6:30 pm	\$88
Poly Wogs	9005-E	6:30-7 pm	\$88
Bobbers	9009-E1	6-6:30 pm	\$110
Bobbers	9009-E2	6:30-7 pm	\$110
Poly Beginner 1	9010-E1	6-6:30 pm	\$88
Poly Beginner 1	9010-E2	7-7:30 pm	\$88
Poly Beginner 2	9020-E	6:30-7 pm	\$88
Poly Beginner 3	9030-E	7-7:30 pm	\$88
Beginners	9100-E	7:30-8 pm	\$88
Adv. Beginners	9200-E	7:30-8 pm	\$88
Level 3	9300-E	7-7:50 pm	\$88
Intro to Diving	9701-E	6:30-7 pm	\$88
Water Aerobics	9830-E	8-8:50 pm	\$88

### Tuesday Evenings Mar 24-May 5

**Registration Deadline Fri, March 20 at noon**

Tiny Tots	9000-F	6:30-7 pm	\$88
Poly Wogs	9005-F	7-7:30 pm	\$88
Bobbers	9009-F1	6-6:30 pm	\$88
Bobbers	9009-F2	7-7:30 pm	\$88
Poly Beginner 2	9020-F	7-7:30 pm	\$88
Poly Beginner 3	9030-F	7:30-8 pm	\$88
Beginners	9100-F	7:30-8 pm	\$88
Adv. Beginners	9200-F	7:30-8 pm	\$88

### Wednesday Evenings April 15-May 27

**Registration Deadline Fri, April 10 at noon**

Tiny Tots	9000-G	6:30-7 pm	\$88
Poly Wogs	9005-G	7-7:30 pm	\$88
Bobbers	9009-G	6-6:30 pm	\$110
Poly Beginner 1	9010-G	6-6:30 pm	\$88
Poly Beginner 2	9020-G	6:30-7 pm	\$88
Beginners	9100-G	7-7:30 pm	\$88
Adult Lessons	9840-G	7:30-8 pm	\$88

# Kids Club Child Care

Centennial Community Education's choice-focused, fee-based preschool & school-age child care program where fun and learning come together. It's where we build, tinker, paint, play, work together and create friendships!



## Serving ISD 12 Students PreK-Grade 5

**School Year: 6:30 am-school start/dismissal-6 pm**

**Summer and Non-School Days: 6:30 am-6 pm**

Available at all elementary schools during school year, with condensed sites in Summer and on non-school days.

**\*REGISTER ONLINE THROUGH ELEYO\***

**\*SPACE IS LIMITED\***



### To provide the highest quality program, Kids Club staff:

- ◆ Integrate Character Strong curriculum to build social and emotional skills & key traits: respect, responsibility, gratitude, empathy, perseverance, honesty, cooperation, courage, and creativity
- ◆ Partner with parents & children to create a happy, productive, and safe experience
- ◆ Meet all standards for school-age childcare set by State of Minnesota guidelines



### Participants engage in a variety of choices across indoor and outdoor activities throughout the year!

- ◆ Run, jump & race during cooperative and competitive gym games
- ◆ Get creative with unique art, craft & STEM projects
- ◆ Learn and play all kinds of games, plus try out themed clubs
- ◆ Build personal strengths & friendships via leadership & teambuilding activities
- ◆ Climb, swing & explore outside
- ◆ Adventure to new places on weekly field trips (Summer C.A.M.P.)
- ◆ Splash, slide, and swim (Summer C.A.M.P.)

*Participants must be able to safely engage in a choice-based environment, and use the restroom independently. PreK Kids Club fees are in addition to Preschool tuition.*

### School Year 2025-26

#### Enrollment remains open!

Many sites are experiencing a waitlist, but enrollment changes frequently. A minimum contract of 2 consistent days/week applies. Register your child online, and Kids Club staff will notify you if & when space becomes available.

### School Year 2026-27

#### Registration opens April 27

for non-current families. Care begins the first day of the 2026-27 school year. Minimum contract of 2 consistent days/week applies. Enroll Early! Many sites experience wait lists.

#### Want to know more?

Visit our website at  
[communityed.isd12.org/kids-club](http://communityed.isd12.org/kids-club)

Call us at: 763-792-6193  
 Email: [KidsClub@isd12.org](mailto:KidsClub@isd12.org)

### Summer C.A.M.P 2026

#### Registration opens March 9 for noncurrent families

Serves students entering K-Grade 6 in Fall 2026

Convenient Pick Your Day Schedule - enroll for the days you need!

A minimum of 15 days is required.

Care available: June 16 - August 14. (Closed: June 19, July 3)

Optional 'NSD' care: available Aug 17-20 (not included in minimum contract)

4.6 out of 5 families reported being satisfied with Summer C.A.M.P. in 2025!

*"I continue to be impressed every year with the program and the staff!"*

*You are all amazing and my kids adore the program!" - Parent, Summer 2025*

**Summer 2026 & next school year information will be available mid January.**

### Looking for a great job, and enjoy engaging with kids?

We are hiring quality staff, as well as substitutes, to work in our before and after school program! Summer staff hiring will begin in March. Apply online at [isd12.org/employment](http://isd12.org/employment).

# Early Childhood Family Education

## ECFE Programming for families with children ages birth to kindergarten

Learn and grow together through parent and child interaction, guided play and learning experiences, parent education, and special events. All activities are held at the Early Childhood Center at Rice Lake Elementary unless otherwise noted.

**Don't let winter keep you from getting out of the house with your little ones!**

**Registration is still open for remaining seats in weekly ECFE parent-child classes.**

If a weekly class does not work for your family's schedule, consider joining us for one or more of the following:



### Young Explorers

#### Ages 2½-5 with caregiver

Young Explorers classes meet for 3 weeks on a specific theme. Join us for one or two that spark your interest or take them all!

Tuesdays 1-2:30 pm \$30 per three week class  
Sibling care available for \$10 per child

#### Young Chefs Jan 20, 27, Feb 3

We'll be whipping up a variety of recipes you can eat in the classroom and make again at home.

#### Young Helpers Feb 17, 24, Mar 3

We will discover the helpers in our community - police, fire fighters, postal workers, librarians - and get a chance to be helpers ourselves.

#### New! Young Performers Mar 31 & Apr 7

Bring out your inner superstar! We'll explore the arts and learn about music therapy.  
2 week class, \$20/child, sibling care available for \$7/child

#### Young Gardeners Apr 21, 28, May 5

We'll explore plants and the growing cycle. Prepare to get your hands dirty as we visit All Good Organics to see the greenhouse and visit the baby goats!

### Specialty Classes

#### Ages 1½-5 with caregiver

Join us for a one-time class, whether you are already attending a weekly ECFE class or you have never been to ECFE before! Find the theme that resonates with your child's interests or introduce them to something new.

Wednesdays 11 am-noon \$10 per child per class

#### S'more Fun Indoors Jan 14

Families will gather around a "campfire," use flashlights to discover hidden surprises, and enjoy playful games that make camping come alive. A magical hour of fun designed for curious campers and their grown-ups.

#### Sweethearts & Songs Feb 11

A day full of love and lively fun! We'll sing, dance, and make heart-themed instruments to celebrate friendship and caring. Expect high-energy movement and a gentle circle time with stories about love and kindness.

#### Winter Wonderland Science Feb 18

Time to get curious! We'll explore snow, ice, and simple sensory science experiments (think fizzy hearts, melting "snow," and oobleck). Includes wintery art projects and hands-on discovery play with a frosty twist.

#### Leprechaun Mischief & Magic Mar 4

Join us as we go on a hunt for a sneaky leprechaun! We'll make shamrock crafts, mix up some green playdough, and maybe even find a pot of gold. Be ready for giggles, surprises, and a bit of St. Patrick's Day magic

#### Silly School Day Apr 1

Nothing is quite what it seems today! We'll have silly dress-up, upside-down stories, backwards songs, and funny games that turn the usual routine on its head. Get ready for laughter and lighthearted fun.

#### Grandparents Day Encore Apr 22

Back by popular demand! Invite your grandparent (or another special grown-up) to join us for crafts, snacks and sweet moments together. We'll read stories about family and make keepsake projects to take home.

**All ECFE classes take place at the Early Childhood Center (door C at Rice Lake Elementary) and can be registered for via Eleyo.**



## Drop-In Classes

### No registration required

Come late, leave early, come once, come every week. We're casual and will be happy to see you whenever you can join us.

#### Explore With Baby Mondays 1-2 pm FREE

Have a new baby? Need to get out of the house without anyone judging the spit-up on your shirt? Are you a grandparent or friend who wants to give a new parent a break? Explore With Baby is for you! Drop by to meet other new parents/grandparents/caregivers and our parent educator to chat, play, and get support. Care for siblings is available for \$5/child.

#### Drop-In & Play

#### Mondays 11 am-12:30 pm or Fridays 9-10:30 am

Come any week for some playtime! We'll sing songs, read a story, play with toys, and go to the gym or playground. Space is limited. \$5/child or \$10/family

## Early Childhood Screening

Minnesota law requires Early Childhood Screening before a child can enter kindergarten. This FREE screening checks hearing and vision, weight and height, health history, immunizations, speech and language, general development, and motor skills. Screening is NOT a readiness test for kindergarten.

A child can be screened anytime after age 3, but the district recommends screening your child before their fourth birthday.

For more information or to make an appointment, call 763-792-6120 or visit [earlychildhood.isd12.org](http://earlychildhood.isd12.org)



## Centennial Preschool

### Preschool registration season is approaching

We invite you to consider Centennial Preschool! Our play-based program prepares students for kindergarten and beyond.

Information for the 2026-27 school year including class schedules, locations, and tuition rates will be available online beginning mid-December at [earlychildhood.isd12.org/programs/preschool](http://earlychildhood.isd12.org/programs/preschool)

#### Preschool Age by Sept 1, 2026 Location

Full-Day	Age 4	All 5 Elementary Bldgs
Part-Day	Age 3	Early Childhood Center
Outdoor Explorers	Age 3 1/2	Early Childhood Center

Centennial Preschool charges monthly tuition.

Financial aid is available to families who qualify, but funds are limited. More information can be found on our website: [earlychildhood.isd12.org/programs/preschool/paying-for-preschool](http://earlychildhood.isd12.org/programs/preschool/paying-for-preschool) Apply early to ensure we can make preschool affordable for your family.

## 2026-27 School Year

### Preschool Registration Placement Lottery

Feb 2: Registration opens at [isd12.ce.eleyo.com](http://isd12.ce.eleyo.com)

Feb 22: Deadline to be included in the placement lottery. (Registration continues for remaining seats post-lottery.)

Feb 27: Deadline for paperwork for tuition assistance.

### Need care before or after your preschool day?

PreK Kids Club offers wrap-around care.

See page 49 for details.

### Want to start your child in preschool now?

There is still time to join Centennial Preschool for the 2025-26 school year!

Contact the Early Childhood office at 763-792-6120 or email [earlychildhood@isd12.org](mailto:earlychildhood@isd12.org) for information on availability.

### Need more information?

Call the Early Childhood office at 763-792-6120, email [earlychildhood@isd12.org](mailto:earlychildhood@isd12.org), or visit [earlychildhood.isd12.org/programs/preschool](http://earlychildhood.isd12.org/programs/preschool)



For more offerings for young children see our P.L.A.Y. Preschool Enrichment section on pages 52-53



# P.L.A.Y. Preschool Enrichment

An opportunity for your child to expand and reinforce their learning outside their world or preschool classroom. Join us for Preschool Learning After-hours to answer the burning question of Why?

Financial assistance is available to those who qualify. See pages listed or call 763-792-6100 for more information.



## Little Nature Adventures

### Ages 2-5 with adult

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

**Mon 10-11 am \$15 child/adult pair Wargo Nature Center**  
#1056-A Winter Birds Feb 2  
#1056-B Maple Time! Mar 23  
#1056-C Spring Explorers Apr 20  
#1056-D Flower Fun May 4

## Birthday Parties

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

Spend the first hour doing gymnastics or playing in the pool. The last half hour is reserved for refreshments you would like to provide or a gift opening. Chairs and tables provided with decorative table coverings. See page 30.

## Swim Lessons

See page 46

### Tiny Tots Age 18 months-3 years with parent

### Poly Wogs Age 3-5 with parent

## Music & Dance

See page 34-35

### Music Together

### Newborn to PreK age 5 years with adult

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

### Kids Dance

Happy Feet focuses less on perfection and more on fun, allowing children to build confidence, improve coordination, and learn fundamental dance moves without even knowing it! Children will use props including tambourines, scarves and pompoms to learn basic tap, jazz and ballet steps.

14 sessions \$184 Thurs Jan 15-May 7  
CMS: Gym 5/Studio No session Mar 12, 19 & Apr 16

### Hop N'Tots

#### Age 3 & 4

#5001-A 5-5:45 pm

### Creative Dance

#### Age 4 & 5

#5001-B 5:45-6:30 pm



For more offerings for young children see Early Childhood & Preschool on pages 50-51



## Sports & Recreation See page 37-43

### Mini Kickers Soccer Age 3-5

Mini Kickers is a FUN, age-appropriate and professionally guided introduction to the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these new-found skills in a daily scrimmage.

### Syhawks Supertots Camps

Tots Sampler, Baseball, Hoopster, Floor Hockey  
1st Down Tots

### Dash Tykes Camps

Basketball, Floor Hockey, T-Ball, Flag Football,  
Soccer T-Ball, Track & Field

### Karate Age 4-6

Karate is a great way for students to increase their sense of responsibility and build self-esteem.

#6400-A Jan 5-14 M/W 6-6:30 pm  
4 sessions \$39 CT: Media Center

### Gymnastics See page 38

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

Children will use mats, parachutes, trampoline, and other equipment to explore and discover the world around them developing fundamental movement and problem solving skills. This is a great opportunity to get in the gym with your child and play in a safe, fun, semi-structured environment. Children run, tumble, and spend time with you, while developing gross motor skills.

### Little Tumblers Age 3-4

Developing gymnasts will learn basic and fundamental gymnastics skills in a safe, fun, age appropriate, structured environment

## Family Events

See page 6-7 for details.

### Early Childhood Open Gym

**Feb 18, 6-8 pm at Rice Lake Elementary**  
**Ages 2-5 with adult Free**

Families with young children, come get those winter wiggles out before bedtime. We'll provide the space and the toys; you provide the kids!

### Family Puzzle Challenge

**Feb 20 for Ages 3-12 with adult**

Calling all jigsaw puzzle enthusiasts! Compete with other teams to put together a 500-piece puzzle! The fee includes the puzzle (yours to keep), pizza and prizes. Register as a beginner if you have a younger/less experienced team.

**Teams must consist of 1-2 adults & 2-3 youths, age 3-12. 4-person max per team.**

#8590 F Feb 20 \$50 6-7:45 pm

### Family Fun Fair Sun, March 22

Summer is on the way - come get ready with us! Join us for a fun afternoon and enjoy a sneak peek at our upcoming summer offerings, including swim lessons. We'll have a bounce house in the gym along with some other activities, opportunities to explore the gymnastics room, and creative craft stations. The pool will have open swim from 1-2 pm.

#8589 Su 12:30-2:30 pm CHS/East: Lower \$10/Family if preregister \$15/Family at the door

### NEW! Family Open Gym

**Ages 2-12 with adult**

**Parents must accompany youth and participate in the activity.** Gym 1 will be open for basketball. Gym 2 will be open for games like soccer and football. Small and regulation basketballs will be provided, no organized games.

**Sun 3-5 pm CMS: Gym 2 & 3 \$5 Individual or \$25 Family**  
#6250-A Jan 11 #6250-B Jan 25  
#6250-C Feb 15 #6250-D Feb 22

### Wolf Howl Bonfire Fri, May 15

**5:30-8 pm All ages at Wildlife Science Center**

Meet and learn about some of Minnesota's most fascinating wildlife during this bonfire program. The center's resident wolves, mountain lions, coyotes, foxes, lynx and raptors will be the focus of this incredible opportunity. At the conclusion of the program, sit fireside and toast marshmallows while the wolves fill the darkness around you with their incredible wild song.

#8560 \$20/person Wildlife Science Center

# Registration, Information & Policies



## Registration

### Online

[isd12.ce.eleyo.com](http://isd12.ce.eleyo.com)

Register online for any class. Secure registration for classes is available 24 hours/day using an electronic form of payment. Apple Pay now available for iPhone users!

### Mail or Drop Off

Complete a registration form and return with payment to:

**Centennial Community Education  
4707 North Road  
Circle Pines, MN 55014**

**Make checks payable to District 12**  
24-hour drop box located outside the Community Education entrance at door S14.

**Office Hours** Mon-Fri: 8 am-4 pm,  
Closed non-school days and holidays  
Closed 11 am-2 pm Thursday, Dec 18

### By Phone

**763-792-6100**

Using an electronic form of payment (credit card or ACH)

### By Fax

**763-392-7743**

Complete a registration form, including credit card information

*For online registrations: You will know you have successfully completed your online registration when you have received an email confirmation to the email address you have provided.*

**Scan this code to register!**



### No News is Good News!

#### Assume the class is a go

Unless we contact you, assume that you are enrolled and the course will be held at the time and place indicated. We do not mail out confirmations, but an automated email receipt will be sent if you provide your email address upon registration.

### Cancellations

Community Education reserves the right to cancel a class due to insufficient enrollment. Classes are filled on a first-come, first-serve basis. Some class sizes are limited, so early sign-up is suggested. If a class is canceled or full, you will be notified and your fee will be refunded.

### Inclement Weather & Emergencies

When the regular school day is canceled because of inclement weather or emergencies, Community Education classes and activities may also be canceled. You may receive an emergency messenger system message. Also watch or listen to local TV stations, or visit the district website at [isd12.org](http://isd12.org).

### Refunds

A refund, minus a \$10 administrative fee, will be made if you cancel at least five business days prior to the start of an activity unless otherwise noted such as with sport leagues, adult trips and driver education classes. No refunds thereafter.

### Registration Deadlines

#### Deadline for most activities is one week before they begin

Classes are filled on a first-come, first-serve basis. Many classes fill quickly and instructors may need to order supplies. Some classes cancel due to low enrollment, so please don't hesitate to register.

### Make-Ups

There are no make-ups for a missed class (*with the exception of Driver Ed classroom*). Check your schedule prior to registration for potential conflicts.

### Discounts

Financial assistance is available to those who qualify. For an application please call 763-792-6100.

### Special Needs

Individuals with special needs are welcome in any activity they qualify for and may bring a helper at no extra charge if needed. Indicate needs on registration form. Contact Community Education with questions or if you need assistance in an activity.

### Check Collection Service

Centennial School District uses PayTek Solution's services when a check is returned due to insufficient funds. If collection is made electronically, the district receives the face value of the check plus a \$3 per check rebate. PayTek charges an NSF fee to the party that issued the bad check. The use of a check for payment is the check writer's acknowledgment and acceptance of this policy and its terms. After two NSFs, fees must be paid using a money order.

### Photo Policy

There are occasions when representatives of District 12 and/or the media photograph or videotape students while attending/participating in school sponsored functions. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the Community Education office.







Centennial Community Education  
4707 North Road  
Circle Pines, MN 55014

Non-Profit Organization  
U.S. Postage PAID  
Circle Pines, MN  
Permit No. 8

ECR WSS  
Postal Customer

## It's always warm at the Community Pool!

Join us for swim lessons available for all ages

**Tiny Tot and Poly Wog classes, and the WIBIT are back in the Spring Session!**  
Winter lessons registration opens Dec 1 at 8 am. The deadline to register is Jan 10 at noon.

### Teen Night! Ages 13-17

Getting Cabin Fever? Come join us for some swim and gym time including pizza, beverages, music and games!  
Come and chill out with friends and have a fun time getting together! Pre-registration is required.

#9908-A Jan 3 7-9:30 pm \$15  
#9908-B Feb 21 7-9:30 pm \$15

### Family Time

Come on in as a family and have a fun time swimming, doing some crafts, and play time in the gym.  
Geared for children 8 and under. #9909 Apr 11 \$10 per child 10 am-noon

### Open Swim & Lap Swim

Sundays, Jan 11-May 3 1-2 pm



**The Summer Activity Guide will open for registration March 23 at 8 am.**  
**Look for offerings for both youth and adults for summer including:**

- ◆ More Than Pink and many sports and recreational camps
- ◆ Fine arts, music and creative classes
- ◆ STEM and academics
- ◆ Driver Education
- ◆ Music on the Lake - It's Golden
- ◆ Financial and educational classes
- ◆ Special events and much more!