



FOREST LAKE AREA SCHOOLS

# COMMUNITY EDUCATION



That's  
Community Ed!

SPRING/SUMMER 2026



## A Message from the Director of Community Education

As the days grow longer and the energy of spring turns into the warmth of summer, we are excited to welcome you to a new season of learning, connection, and discovery through our Community Education programs.

Our Spring/Summer catalog is filled with opportunities designed to inspire learners of all ages. Whether you're looking to try something new, build a skill, meet others who share your interests, or simply enjoy an enriching experience close to home, we have something for you. From youth enrichment and family experiences to adult classes, fitness, arts, summer camps, childcare and special interest workshops, this season's offerings reflect the creativity and spirit of our entire community.

Community Education is about more than classes—it's about bringing people together. It's about lifelong learning, personal growth, and creating spaces where curiosity is welcomed and talents are nurtured. Each program is made possible by dedicated instructors, supportive partners, and participants like you who make our community vibrant and engaged.

I encourage you to explore this catalog, step outside of your comfort zone, and register early for programs that spark your interest. Invite a friend, sign up as a family, or come ready to meet someone new. Every season brings fresh opportunities, and we are proud to provide programs that enrich lives and strengthen connections throughout our community.

Thank you for being part of Forest Lake Area Schools Community Education. We look forward to learning, growing, and celebrating the seasons ahead with you.

### Corey McKinnon

Director of Community Education  
Forest Lake Area Schools



## Recreational Swim

JUN 16-AUG 6 • TUESDAYS & THURSDAYS  
1:30-2:30PM • \$6 PER PERSON

Come enjoy the pool for recreational swimming! All ages are welcome to join the fun. Participants that are four-feet or taller may swim without a parent/guardian. If a participant is under four-feet, they must be accompanied in the water by a parent/guardian.

### PRE-REGISTRATION IS REQUIRED.

Register online at [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com) or call (651) 982-8110.



## Little Ranger Roadster: Stop & Play

*A Free Class for Children Ages 1-5!*

We transformed an RV into a mobile classroom! Join our early childhood staff for a fun, engaging experience for you and your little learner! *Learn more on page 51.*

### SUMMER DATES

**Goodview Park**

Tuesdays, Jun 16-Jul 28 • 8:30-9:30am  
26079 Goodview Ave, Wyoming

**Carroll Broadbent Memorial Park**

Tuesdays, Jun 16-Jul 28 • 10:30-11:30am  
22810 Typo Creek Dr NE, Linwood

**Lakeside Memorial Park**

Wednesdays, Jun 17-Jul 29 • 8:30-9:30am  
95 East Broadway Ave, Forest Lake

**Lino Lakes Park**

Wednesdays, Jun 17-Jul 29 • 10:30-11:30am  
7850 Lake Dr, Lino Lakes

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(651) 982-8110



forestlake.ce.eleyo.com



@FLASCE



## A Message from the Superintendent

Forest Lake Area Schools is a comprehensive school district that provides endless learning opportunities that meet the needs of the many students who attend our schools. But, as we know, so much learning and growth takes place outside of the classroom for students and community members alike. For students, athletics, clubs and the arts enrich the academic experience and help students find their interests and passions.

Being a life-long learner keeps us young and active. The Forest Lake Area Schools Community Education Program provides countless opportunities to stay active, to challenge the mind, to learn new things and to meet new friends. From birth into the retirement ages there are exciting Community Education activities and classes for everyone. Summer is a great time to try new experiences. Jump in and get involved.

**Steve Massey, Ed.D.**

Superintendent  
Forest Lake Area Schools



Enroll your student in Forest Lake Area Schools today!



**Online enrollment is available**  
[www.flaschools.org/enroll](http://www.flaschools.org/enroll)  
(651) 982-8134



# Catalog Key

## District Map: Page 61

### Ed Center

Education Center  
943 9th Ave SW, Forest Lake

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

### FLAHS

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

### FLAMS

Forest Lake Area Middle School  
21395 Goodview, Forest Lake

### Col

Columbus Elementary  
17345 Notre Dame, Forest Lake

### FV

Forest View Elementary  
620 SW 4th St, Forest Lake

### Lino

Lino Lakes Elementary  
725 Main St, Lino Lakes

### Linw

Linwood Elementary  
21900 Typo Creek Dr, Wyoming

### Scan

Scandia Elementary  
14351 Scandia Tr N, Scandia

### Wyo

Wyoming Elementary  
25701 Forest Blvd, Wyoming

### Virtual Classes

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

### 4400-SP26 (example)

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

## TRANSLATION AVAILABLE

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

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

កំណត់សំគាល់: បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ (651) 982-8327 ។

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

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

ໂປຼຕຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ ຝິ, ຈົ່ງ ໂທລະຄົາ (651) 982-8327.

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

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

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

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

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

(887-D-6200-PR)T

## Registration

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

## Contact Us

**FLASCE STAFF DIRECTORY:** See page 60

**PHONE:** (651) 982-8110

**FACEBOOK:** Follow @FLASCE

## Partner with Community Education!

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



# Adult Lifelong Learning

## Arts & Home

### Knitting - Beginning

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

*Vickey Nelson*

6439-SP26 Apr 16 & 23 Thu 6-8pm \$29  
2 sessions Ed Center: 113 | Door 4

### Knitting - Increasing and Decreasing Stitches

Would you like to knit more than just a square or rectangle but don't know how to increase or decrease to achieve this? You will learn different ways to increase and decrease while you knit. We'll explore why some increases give you holes (you may want holes) and some do not and how to decrease so your stitches lean the correct way. Skills needed: knit and purl proficiently. View supply list online.

*Vickey Nelson*

6482-SP26 Apr 30 Thu 6-8pm \$19  
1 session Ed Center: 113 | Door 4

### Knitting - Casting On and Binding Off

Did you know there are different ways to cast on and bind off in knitting? Some are stretchy, some are not. We'll explore some of the different ways of starting and ending your knitting projects. Must be proficient in knitting and purling. View supply list online.

*Vickey Nelson*

6520-SU26 Jun 18 Thu 6-8pm \$19  
1 session Ed Center: 113 | Door 4

#### REGISTER FOR CLASSES ONLINE

Hover your phone's camera over the QR code to see classes and register.



### Knitting - Log Cabin Blanket

Now is the time to start thinking about blankets/throws for the winter or making special gifts. Log cabin blankets are a way to use up scrap yarn or you can plan out your colors to match a room. This is an easy to knit blanket that is less complicated than it looks. You will learn how to build the blanket one section at a time, connecting as you go. Skills needed: knit proficiently. View supply list online.

*Vickey Nelson*

6481-SP26 May 14 Thu 6-8pm \$19  
1 session Ed Center: 113 | Door 4

### Photo Organization - Print & Digital

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

*Kathy Povolny*

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

## Painting - Acrylic

Connect with your creative side and join us for our no-experience-required art class. You will be guided through creating a 16x20" acrylic on canvas. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

*Your Bearded Artist - Jeremy Ross | 1 session*

6398-SP26 Apr 23 Thu 6-8pm \$39  
1 session FLAHS: 622 | Door 32

## Painting - Acrylic on Clay Flowerpot

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist will guide you through creating an acrylic masterpiece "Flowerpot Gnomes" on a clay flowerpot (9x8"). All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the Friday before class.

*Your Bearded Artist - Jeremy Ross | 1 session*

6533-SP26 May 16 Sat 10am-12pm \$45  
1 session FLAHS: 622 | Door 32

## Painting - Tree Slice

Connect with your creative side and join us for our no-experience-required art class. You'll be guided through painting with acrylics on a real slice of a tree approximately 9" round by ½" thick. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

*Your Bearded Artist - Jeremy Ross | 1 session*

6515-SU26 Jun 11 Thu 6-8pm \$45  
1 session FLAHS: 622 | Door 32

## Painting - Wine Bottle

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist will guide you through creating an acrylic masterpiece "Daisies on Blue Wine Bottle with Lights" on an empty 750ml wine bottle complete with fairy lights. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

*Your Bearded Artist - Jeremy Ross | 1 session*

6534-SU26 Jul 23 Thu 6-8pm \$45  
1 session FLAHS: 622 | Door 32

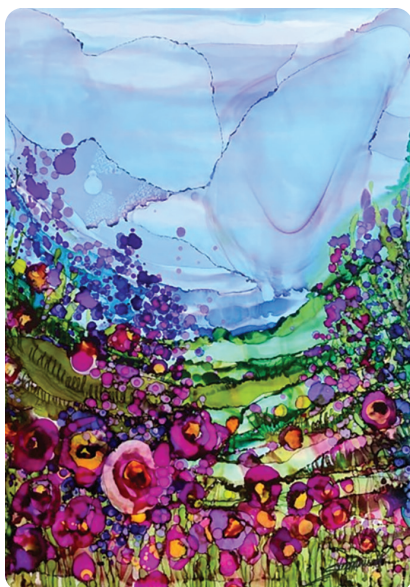
## Mosaic Bird Bath

Create a colorful bird bath to entice birds to your yard! Decorate a terra cotta saucer with mosaic tiles. It can then be placed on a wrought iron stand. The result is beautiful when completed. Wear clothes that can get dirty. A \$25 supply fee is payable to the instructor at class.

*Peggy Decker | 1 session*

6074-SP26 Apr 21 Tue 6-9pm \$25  
1 session Ed Center: 113 | Door 4





## Alcohol Ink - Valley of a Thousand Flowers

Have you ever wanted to try your hand at abstract art that is fun and colorful? Create a sky and a valley using multiple shades of green. Then apply different colors to make your flowers. If you don't like a part of your picture, you can wipe it off with isopropyl alcohol. If time allows, you can make a second picture or play on your own. A supply fee of \$15 is payable to the instructor at class. Due to materials being prepared in advance, there is no refund after noon on the day of class.

*Kay Anderson*

6506-SU26 Jun 16 Tue  
1 session 6-8pm \$39  
Ed Center: 113 | Door 4



## PARTNER WITH US!

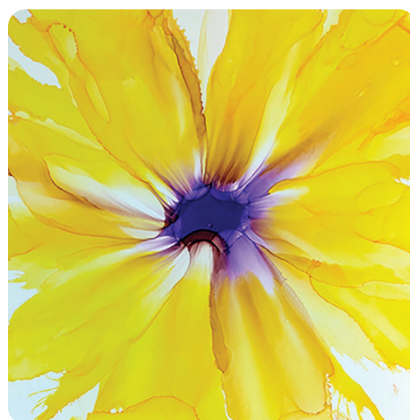
Forest Lake Area Schools Community Education (FLASCE) is always looking for passionate people to share skills and interests with the community! Our class instructors are enthusiastic about their topics and have a desire to share and connect in a meaningful way. See page 5 for details!

## Alcohol Ink - Fantasy Garden

Create beautiful abstract art by putting down your choice of colors to make the background and create flowers using a hand blower to make one 6x9" painting. If time allows, you can create a second painting with variations. The best part of using alcohol ink is if you don't like a part of your picture, you can wipe it off with isopropyl alcohol. A \$15 supply fee is payable to the instructor at class. Due to materials being prepared in advance, there is no refund after noon on the day of class.

*Kay Anderson*

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



## Alcohol Ink Flowers - Using Canned Air

Although there are many ways of painting with alcohol ink, we will focus on blowing flower petals with canned air. After understanding alcohol ink basics, you'll learn how to blow petals. Each student will get to practice on a white 6x6" white tile. A \$20 supply fee is payable to the instructor at class. Due to materials being prepared in advance, there is no refund after noon on the day of class.

*Kay Anderson*

6521-SU26 Aug 6 Thu  
1 session 6-8pm \$39  
Ed Center: 113 | Door 4



## Alcohol Ink - Loosey Goosey

With so many different techniques, alcohol ink will soon become a favorite medium. You will work with brushes and wet ink as well as drop ink right from the bottle. It's time to paint really loosely and not to worry about details while you are making three 6x9" paintings in your chosen colors. A \$15 supply fee is payable to the instructor at class. Due to materials being prepared in advance, there is no refund after noon on the day of class.

*Kay Anderson*

6522-SU26 Jul 21 Tue  
1 session 6-8pm \$39  
Ed Center: 113 | Door 4



## Alcohol Ink - Whimsical Fish

Imagine making a one-of-a-kind fish painting for your home. After creating the outline of the fish, you will choose your alcohol ink colors to fill in the body, tail and lips. After the basic fish is completed, you will use markers to really give your fish a whimsical personality! You will go home with two unique fish. A \$15 supply fee is payable to the instructor at class. Due to materials being prepared in advance, there is no refund after noon on the day of class.

*Kay Anderson*

6371-SP26 May 7 Thu  
1 session 6-8pm \$39  
Ed Center: 113 | Door 4

## Stained Glass - Intermediate Open Studio

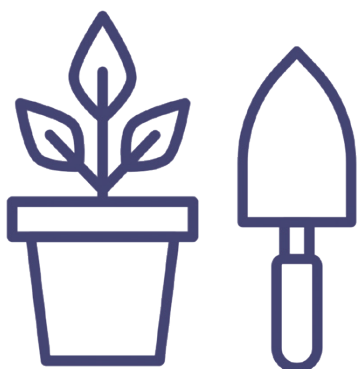
Bring your stained glass projects or ideas and have dedicated time and space to work on them. Make a bunch of suncatchers for gifts, design your own copper foil panel or delve into a leaded window project. Challenge yourself and learn something new, finish an old project or just keep practicing. There will be no formal instruction but the instructor will be there to assist you along the way. Grinders will be provided for class use. Bring your own tools and supplies, buy tools from the instructor or choose to rent the tools for \$30. Prerequisite: at least one stained glass class from any instructor. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Lisa Schwartz

6518-SP26 Apr 15-May 20 Wed 6-9pm \$169  
6 sessions FLAHS: 638 | Door 4



## Lawn & Garden



### Forest Lake Community Garden

Do you want to grow your own fruits and vegetables but don't have the space? The City of Forest Lake has a limited number of 10x10' garden plots available for rent. The City will till and provide access to a water spigot. Gardeners must provide their own hoses, plants/seeds and garden tools. During registration, you can indicate your 1st and 2nd choice of preferred plot location. City staff will assign the plot nearest to your preferred plot if your preferred plot is not available. They will communicate your assigned plot number to you via email.

City of Forest Lake - Kyle Young

6471-SP26 \$45 FL City resident  
\$60 non-resident

### Butterfly Garden Design

If you'd like to attract more butterflies to your yard, consider adding native plants, shrubs and trees that help support their diverse nutritional needs. Native plants generally require less maintenance and provide food and shelter for local wildlife. We will review several host plants that will attract specific pollinators. You will receive an informational folder full of great publications and a native plant book. Several door prizes will be given away.

CLFLWD Staff - Adam Hjelm

6509-SP26 Apr 28 Tue 6:30-7:30pm \$19  
1 session Ed Center: 111 | Door 4

### Mulches and Composts

Composts and mulches are nature's way of recycling; it keeps waste out of landfills and fertilizes without chemicals. Learn how to use a variety of composts and mulches for all your planting and landscaping needs. We'll cover pros, cons and everything in between...especially how to use mulch to tuck your plants in for winter. Participants will receive a folder full of great information and a native plant book. Several door prizes will be given away.

CLFLWD Staff - Adam Hjelm

6414-SP26 May 5 Tue 6:30-7:30pm \$19  
1 session Ed Center: 111 | Door 4

### Rain Barrels

Rain barrels harvest rainwater from roofs and other structures that can be used to water gardens, lawns and potted plants. They are an excellent way to reduce run-off and pollution as well as save money. Learn the ins and outs of rain barrels, site selection and other tips to use them efficiently. You will receive an informational folder full of great publications and a native plant book. Several rain barrels will be given away as door prizes.

CLFLWD Staff - Adam Hjelm

6460-SP26 May 14 Thu 3-4pm \$19  
1 session Ed Center: 111 | Door 18

# Health & Wellness

## What Should I Eat? How to Create Healthy Eating Habits

Want to eat healthy but unsure where to start? What we eat impacts how we feel. Dr. Anjali will be leading an interactive workshop on nutrition basics and will help you create a personalized game plan. Together we will build sustainable eating routines in order to be healthier and feel better!

Ivy Creek Health - Dr. Anjali Reisdorf

6525-SP26    May 14    Thu    4:30-6:30pm    \$19  
1 session    Ed Center: 119 | Door 4

## Stress: What Is It and How to Manage It

Our lives are filled with stressors. Do you feel like you are being controlled by stress and don't know how to manage it? Join us to learn practical tools you can use to help manage both short and long term stress in order to live a healthier, happier life. You may not be able to eliminate stress but learning the definition and basic physiology of stress can help you manage it better to reduce its negative impacts.

Ivy Creek Health - Dr. Anjali Reisdorf

6524-SU26    Jun 11    Thu    4:30-6:30pm    \$19  
1 session    Ed Center: 117 | Door 4

## Lose Weight or Stop Nicotine Cravings Through Group Hypnosis

Section A: Lose weight, start making healthy choices and stop cravings for sugar, pop and unhealthy foods. Stop snacking and get motivated to exercise. Section B: Quit smoking, vaping or chewing immediately through hypnosis without withdrawal, cravings or gaining weight. Section C: Lose weight and quit smoking, vaping or chewing. Bring a pillow and blanket for added comfort. Fee includes a reinforcement CD and lifetime membership card which allows participants to attend future seminars for free. (Flash drive available for \$15.) Registrants who cancel within three days of class will be mailed a lifetime membership card, as we are unable to issue refunds. Check in begins at 5:45pm. If you are returning for a follow-up class, call (651) 982-8333. Visit [www.hypnosisclinic.net](http://www.hypnosisclinic.net) for any questions you may have about hypnosis.

Mary F Fischer

### Lose Weight

6046-SP26A    Apr 15    Wed    6-9pm    \$69  
1 session    Ed Center: 208 | Door 4

### Stop Nicotine Cravings

6046-SP26B    Apr 15    Wed    6-9pm    \$69  
1 session    Ed Center: 208 | Door 4

### Lose Weight & Stop Nicotine Cravings

6046-SP26C    Apr 15    Wed    6-9pm    \$135  
1 session    Ed Center: 208 | Door 4



## Herbs for Spring Renewal

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

Angela Michaud

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

## Heartsaver CPR/AED

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

Emergency Outfitters

6040-SP26    May 11    Mon  
1 session    5:30-8:30pm    \$85  
Ed Center: 117 | Door 4

## Nourish & Thrive: A Summer Wellness Workshop

Feeling tired, stretched thin or unsure where to start when it comes to caring for yourself? This nurse led class offers practical, realistic ways to support your health without adding more pressure. Explore how everyday habits related to nutrition, movement, rest, stress and mindset impact how you feel. You will leave feeling more grounded and confident, knowing what to prioritize, what to let go of and how to support your health without extremes or guilt. No prior experience required, just a desire to feel better and live well.

Anna Pexa

6532-SU26A Jun 16-Aug 25 Tue 10-11:30am \$179  
6 sessions Ed Center: 117 | Door 18  
No class Jun 23, Jul 7, 21, Aug 4 & 18

6532-SU26B Jun 11-Aug 20 Thu 6-7:30pm \$179  
6 sessions Ed Center: 119 | Door 4  
No class Jun 18, Jul 2, 16, 30 & Aug 13

## Yoga - Hatha Flow ☀️

Build strength while you lengthen and stretch your body by aligning ligaments through this gentle yoga practice. Learn the fundamentals of yoga and how to move between yoga poses while you build confidence to try more challenging poses. While most appropriate for people with experience in yoga, those new to yoga are welcome. Drop in fee: \$12 (correct change required). Summer session will be held outdoors with an indoor space as an inclement weather back up. Please wear comfortable clothing, bring a yoga mat, bug spray and a bottle of water. This class is provided in partnership with the City of Forest Lake Parks and Recreation.

Erin Parr

6049-SU26 Jun 1-Jun 29 Mon 6-7pm \$45  
5 sessions Lakeside Memorial Park

## Yoga - Balance & Strength

Energize your body while gaining flexibility and strength through the practice of yoga. Using yoga poses, you will stretch and tone muscles while strengthening joints and improving your balance. This class is designed for people of all abilities. Space permitting, in person drop ins are allowed for a fee of \$12 paid by check or cash (please bring correct change). Please wear comfortable clothing, bring a yoga mat and a bottle of water. You will be provided with a link prior to virtual classes.

Julia Phillips

📺 **ONSITE CLASSES ARE ALSO AVAILABLE VIRTUALLY**

6003-SU26A Jun 1-Jul 13 Mon 9:30-11am \$79  
6 sessions Kyoshin Ryu Karate Academy  
No class Jul 6

6003-SU26B Jul 27-Aug 31 Mon 9:30-11am \$79  
6 sessions Kyoshin Ryu Karate Academy



## Strength, Balance & Flexibility

Work with a nationally certified fitness professional experienced in 55+ adult fitness to build core and stabilizing muscle strength while helping to maintain an active, meaningful life. Beyond physical benefits, our sessions create connections which combat isolation and create a supportive community. This engaging program aims to reduce fall risk and promote independence through exercises using small balls, light weights, loops and bands. Please wear comfortable clothes, athletic shoes and bring a bottle of water.

Live 2 B Healthy

Ed Center: 119 | Door 18

6523-SP26A Apr 14-Apr 30 Tue & Thu  
6 sessions 10:30-11:15am \$49

6523-SP26B May 5-May 28 Tue & Thu  
8 sessions 10:30-11:15am \$59

6523-SU26A Jun 2-Jun 30 Tue & Thu  
9 sessions 10:30-11:15am \$65

6523-SU26B Jul 2-Jul 30 Tue & Thu  
9 sessions 10:30-11:15am \$65

6523-SU26C Aug 4-Aug 27 Tue & Thu  
8 sessions 10:30-11:15am \$59

## Tai Chi - Outdoors ☀️

Tai Chi is an ancient Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements and specialized breathing techniques to improve health, balance and relaxation. Come see for yourself how Tai Chi can enhance your fitness, increase your sense of tranquility and elevate you to new levels of vitality and well-being. Wear comfortable clothes, flat shoes and bring a bottle of water. An indoor space will be available in case of inclement weather.

Jeff Wood

6025-SU26 Jun 18-Aug 20 Thu  
10 sessions 4-5pm \$89  
FLAHS Green Space | Door 4

## Business & Finance

### Draft Your Own Will

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

*Julia Estrem*

6047-SP26 May 6 & 13 Wed \$55  
2 sessions May 6: 6-8pm | May 13: 6-6:30pm  
Ed Center: 208 | Door 4

### Estate Planning - Introduction

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

*Julia Estrem*

6253-SP26 May 5 Tue  
1 session 6-8pm Free  
Ed Center: 208 | Door 4

### How to Pay For the Nursing Home

Baby Boomers worry about how to pay for the nursing home and still leave an inheritance for the next generation. Is long-term care insurance for me? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money? Get the answers to these questions and learn how to create an effective plan.

*Steve Ledin*

6422-SU26 Aug 5 Wed  
1 session 6:30-8pm \$19  
Ed Center: 117 | Door 4



### Medicare 101

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

*Charles Taylor*

6261-SU26A Jun 2 Tue  
1 session 6:30-8pm Free  
Ed Center: 119 | Door 4

6261-SU26B Aug 18 Tue  
1 session 6:30-8pm Free  
Ed Center: 119 | Door 4

### Retirement Planning Today

This course for adults ages 50 to 70 is designed to teach you how to build wealth and align your money with your values to accomplish your goals in life. We will teach you the many ways to save for retirement as well as the advantages and disadvantages of each. You'll discover how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses. You'll learn how to assess your financial situation and develop a personalized plan to achieve your retirement goals. Provide name of guest during registration.

*Mark Josephs*

6194-SP26A Apr 30 & May 7 Thu  
2 sessions 6-8:30pm \$49 per pair  
Ed Center: 119 | Door 4

6194-SP26B May 12 & May 19 Tue  
2 sessions 6-8:30pm \$49 per pair  
Ed Center: 119 | Door 4

## Social Security - Facts & Strategies

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

Charles Taylor

6251-SP26 May 5 Tue  
1 session 6:30-8pm Free  
Ed Center: 119 | Door 4

## Special Needs Trust: Estate Planning for Families with Special Needs Members

With proper planning, parents and family can take care of a child, grandchild or family member with special needs in their estate plan. This planning will not adversely affect the benefits and programs which the person with special needs has available to them! We will discuss the pros and cons of a special needs trust and how it fits into your estate planning.

Steve Ledin

6458-SP26 Apr 29 Wed  
1 session 6:30-8pm \$19  
Ed Center: 117 | Door 4

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

There are ten people we should be prepared to count on as we age including Attorney-In-Fact, Health Care Agent, Estate Executor, Trustee and Guardian. Learn about: What are the roles and responsibilities of these people? How long do they serve and how much of a time commitment are we asking? How much guidance can we give them? Who makes an ideal selection for each of these vastly different roles? What pitfalls and problems should we be aware of?

Steve Ledin

6493-SU26 Jul 20 Mon  
1 session 6:30-8pm \$19  
Ed Center: 117 | Door 4

## Why You Can't Always Trust Your Trust

The trust is a very popular component used in Estate Planning. However, there are a variety of different Trust options and the question arises: "Am I using the right Trust for my needs and goals?" Often used Trusts include: Living Trusts, Testamentary Trusts and Irrevocable Trusts. We will clearly define the strengths and weaknesses of different types of Trusts and when to use them.

Steve Ledin

6425-SU26 Jun 9 Tue  
1 session 6:30-8pm \$19  
Ed Center: 117 | Door 4

## Volunteers Wanted! Let's Go Fishing Program

Let's Go Fishing and the City of Forest Lake in partnership with Forest Lake Area Schools Community Education are excited to announce the Forest Lake Chapter. Starting in June, this Chapter will be providing free boating excursions and fishing trips on Forest Lake for seniors, veterans, special needs individuals and youth. We are in need of volunteers and board members as well as the people that will become our boat captains and crew members next summer. If you have any additional questions or wish to serve on our board of directors, please contact us through Forest Lake Area Schools Community Education at [Btetzlaff@flaschools.org](mailto:Btetzlaff@flaschools.org) or 651-982-8333.

Visit [www.forestlake.lgfws.com](http://www.forestlake.lgfws.com) for more information and to sign up as a volunteer.



## Special Interest

### AARP Smart Driver

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

*AARP Instructor*

*AARP non-member: \$29 | AARP member: \$25*

6036-SP26A May 12 Tue 8:30am-12:30pm  
1 session Ed Center: 117 | Door 18

6036-SP26B May 12 Tue 5:30-9:30pm  
1 session Ed Center: 117 | Door 4

6036-SP26C May 14 Thu 1-5pm  
1 session Ed Center: 117 | Door 18

### Spanish 2

Learning Spanish enables you to communicate with Spanish speakers in your community, at work or in your travels. We'll cover pronunciation, vocabulary, reading comprehension and grammar. See online course description for required textbook.

*Iris Myers*

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

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

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

*Jeff Wood*

6368-SP26 May 28 Thu 6-8:30pm \$35  
1 session Ed Center: Cafeteria | Door 4

### Minnesota Biome Hike ☀

This two-mile guided nature walk will allow you to experience habitats found within the three biomes of our state. A Minnesota Master Naturalist will guide you through a tamarack bog, oak woodland and restored prairie and describe the plant communities, creatures and ecological processes present. You will set up a trail camera and learn how to age trees. Stop to rest, listen and look for birds as well as other animals living in this forest. Wear sturdy walking shoes and bring water, snacks and binoculars, if you have them. Please park at the lot on the north end of the forest: 6256 227th Ave NE, Stacy.

*Jennifer J Braido*

6335-SP26 May 7 Thu 9:30am-12:30pm \$19  
1 session Linwood School Forest

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

Learn everything you need to enjoy tabletop gaming and 5th Edition Dungeons and Dragons. We'll cover character creation, basic rules and taking your character into a beginner-friendly adventure. We will provide everything that you need to play. Simply show up and we'll take care of the rest!

*Badwolf Adventure Studios*

6396-SU26 Jun 15 Mon 6:30-8:30pm \$35  
1 session Ed Center: 126 | Door 4

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

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

*Badwolf Adventure Studios*

6400-SU26 Jun 23 Tue 6:30-8:30pm \$35  
1 session Ed Center: 126 | Door 4



## GED Info Night

Are you or is someone you know interested in getting their GED? Our Adult Education teachers will tell you everything you need to know about the process. You'll leave with information about each test, costs, how to interpret scoring, effective ways to study and how to navigate the GED.com website. Bring your questions. We have answers.

9809-SP26 Apr 30 Thu 6-6:45pm Free  
1 session Ed Center: 134 | Door 4

# Trips & Adventures

## Bayfield and the Apostle Islands

September 8-10

Explore charming Bayfield and the scenic Apostle Islands! Start with a "Grand Tour" cruise past lighthouses, standing rocks, caves and wildlife. Visit Madeline Island and enjoy a guided tour to learn about the history of the archipelago. You will visit beautiful places, a museum, a winery, the Old Rittenhouse Inn and more. Lodging and most meals are included.

6530-FA26	Sep 8-Sep 10	Tue-Thu
3 sessions	8am-6pm	\$200 deposit
	Bayfield, WI	

## Norsk Hostfest Scandinavian Festival

September 23-26

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. It features traditional activities including authentic Nordic food, music and dance performances, artisan crafts and hands-on cultural experiences.

6529-FA26	Sep 23-Sep 26	Wed-Sat
4 sessions	8am-6pm	\$150 deposit
	Minot ND	

## Door County

September 28-October 1

Experience Door County, Wisconsin and explore the vibrant towns, villages and communities that comprise it. This adventure is packed with fun including a lighthouse, sod roof restaurant, Swedish Chapel, fish boil, summer theater, ferry to Washington Island, Maritime Museum and so much more.

6535-FA26	Sep 28-Oct 1	Mon-Thu
4 sessions	7am-7pm	\$250 deposit
	Door County WI	



HOVER YOUR PHONE'S CAMERA OVER THE QR CODE TO VIEW PROGRAMS & TO REGISTER.

Photo credits from top to bottom: TripAdvisor, Bayfield Chamber of Commerce, Midwest Living, Visit Door County.



# Athletics & Recreation

## Disc Golf Intro | Age 15-Adult

Curious about disc golf? Receive instruction on throwing and basic orientation to this fast-growing sport before playing a fun and casual round at the new Ranger Community Disc Golf Course. No experience or equipment necessary! We will provide discs to use. Anyone under the age of 15 must be accompanied by an adult. Guardians may register to participate as well. Bring water and a towel for drying your discs and wear shoes that can get wet.

*Todd Knudson*

*Ed Center: Outside Grounds*

5168-SU26A	1 session	Jun 2	Tue	6-7:30pm	\$29
5168-SU26C	1 session	Jul 21	Tue	6-7:30pm	\$29
5168-SU26E	1 session	Aug 25	Tue	6-7:30pm	\$29

## Kickball League - Adult

Join the inaugural season of the Forest Lake Kickball League! Teams of 10 or more players will play one game per week for a 6-week regular season and a 2-week double elimination Championship Tournament. Games will be held at 6pm, 7:10pm or 8:20pm on Thursdays. Registration deadline is June 22. Schedules will be sent out by Monday, July 6.

*City of Forest Lake - Kyle Young*

6526-SU26	Jul 9-Aug 27	Thu	6-9:30pm	\$225 per team
8 sessions	Beltz Park			

## Tennis Clinic for Adults

Learn the game of tennis from scratch or hone up on your tennis skills by going through the four basic shots required in tennis: the forehand, backhand, volleys and serves. Our goal will be to get you to learn proper techniques for each shot so you will be able to rally by the end of the summer. We want to especially encourage all parents of the students going through the kids' tennis clinics to register. Receive a 50% discount for this clinic if you have a child registered in a FLASCE tennis clinic. Once enrolled, contact Melanie at [mstegmeir@flaschools.org](mailto:mstegmeir@flaschools.org) to receive the discount.

*FLAHS Girls Tennis Coaches*

1648-SU26	Jun 15-Jul 20	Mon	6-8pm	\$49	FLAHS Tennis Courts
5 sessions	No class Jun 29				

## Basketball - Adult

This is an adult recreation league with a minimum age of 18 to register. Recreational basketball is a great workout and a good time for both new and returning players. Players organize full court or cross court pick-up games and often play shirts and skins. A yellow or gold t-shirt can be worn as an alternative to skins. Pre-registration is required. Register on a week to week basis (\$7 each). Registration closes at 4pm each Wednesday. We request that players bring their own ball.

*Todd Knudson*

1700-SP26	Apr 29-Aug 26	Wed	6:30-8:30pm	\$7/week
	FLAHS: North Fieldhouse A			

## Golf Clinic for Beginners - Adult

New to the game of golf? Here is your opportunity to spend time learning the fundamentals from a PGA teaching professional. You will improve your game by focusing on correct form and club selection. Each session will cover a different aspect including irons, woods, chipping and putting. We will also cover etiquette and basic rules.

*Tanners Brook Golf Club*

6071-SP26	Apr 29-May 20	Wed
4 sessions	6-7:15pm	\$65
6071-SU26	Jun 2-Jun 23	Tue
4 sessions	6-7:15pm	\$65

## Golf Clinic for Women - Adult

This is a great opportunity to learn or improve your golf game in a class tailored just for women. You will increase your skills by learning correct form and club selection. Each session will cover a different aspect including irons, woods, chipping and putting. We will also cover etiquette and basic rules.

*Tanners Brook Golf Club*

6070-SP26A	Apr 28-May 19	Tue
4 sessions	6-7:15pm	\$65
6070-SP26B	Apr 30-May 21	Thu
4 sessions	6-7:15pm	\$65
6070-SU26	Jun 1-Jun 22	Mon
4 sessions	6-7:15pm	\$65

## GOLF CLINIC INFORMATION

For those without golf clubs, Tanners Brook has clubs available to use during this class. If rain is in the forecast, you can call Tanners Brook at (651) 464-2300 after 5pm on the day of your clinic for information about if a session will need to be rescheduled.



## Pickleball Lessons - Beginner

Join the fastest growing sport in America by learning to play pickleball. Using a drill and play format, you will learn how to keep score, serve and return the serve along with hitting forehand, backhand, dinking, lobbing and court strategies. Wear comfortable clothes, athletic shoes and bring a bottle of water. A variety of demo paddles are available to try.

Michael Lammer

Ed Center: Gym | Door 4

6213-SP26 May 4-May 13 Mon-Wed 7-8:45pm \$79  
4 sessions No class May 6 & 12

6213-SU26A Jun 22-Jul 1 Mon-Wed 5:15-7pm \$79  
4 sessions No class Jun 24 & 30

6213-SU26B Jun 22-Jul 1 Mon-Wed 7-8:45pm \$79  
4 sessions No class Jun 24 & 30

## Pickleball Clinic - Advanced Beginner

This class is ideal for any player who has taken a beginner class or drill session and would like to enhance their basic strokes: top spin serve, forehand, backhand, dinking, drop shot and volley. Learn advanced court positioning and hitting strategies. Players should wear comfortable clothes, athletic shoes and bring a bottle of water.

Michael Lammer

6208-SU26 Aug 17-Aug 24 Mon, Tue, Thu  
4 sessions 6:30-8:15pm \$79  
Ed Center: Gym | Door 4

## Pickleball - Intermediate Drill

Rapidly improve your pickleball shots, game strategies and footwork with an emphasis on winning doubles play. Specific drill play for dinking, spin serves, drop shots and NVZ lobs will be used to increase your skill level. The last 30 minutes will include organized play emphasizing new skills. Prerequisite: attendance at Beginner and Advanced Beginner lessons or student has received permission from the instructor.

Michael Lammer

6441-SP26 May 4-May 13 Mon-Wed 5:15-7pm \$79  
4 sessions Ed Center: Gym | Door 4  
No class May 6 & 12

## Pickleball Lessons - Advanced Skills Clinic

Hone your pickleball skills at this clinic designed to teach 3.0-4.0+ pickleball players advanced skills. The clinic will focus on: why dinkers can beat bangers, how the drop shot improves your game, using a cut or top spin return, learning three spin serves and the punch shot for winners. As well as knowing when to lob, place shots down the middle and when to be patient or attack during the dink game. Wear comfortable clothes, athletic shoes and bring a bottle of water.

Michael Lammer

6237-SU26 Aug 17-Aug 24 Mon, Tue, Thu  
4 sessions 5:30-6:30pm \$49  
Ed Center: Gym | Door 4



Golf Leagues at Castlewood Golf Course  
Register online at [Castlewood.golf](https://Castlewood.golf)



### Monday Night Couple's League

Join the Castlewood Golf Course Couples League (scramble) on Monday nights and experience the perfect blend of friendly competition and relaxation. The league is designed for all skill levels and offers a great opportunity to meet new people and enjoy the game together.

### Thursday Morning Senior League

Are you a senior golfer looking for a fun and competitive way to enjoy the game? Join the Castlewood Golf Course Thursday Morning Senior League (stroke play), designed for senior golfers over age 55. This league features handicapped stroke play, ensuring a fair and enjoyable experience for players of all skill levels.

### Thursday Night Women's League

Looking for a fun and social way to spend your Thursday evenings this spring and summer? Join the Castlewood Golf Course Thursday Evening Women's League where teams of four or more women hit the course for a relaxed yet competitive round of golf.

### Tuesday or Wednesday Night Men's League

Looking for a fun and competitive way to spend your Tuesday/Wednesday nights this spring and summer? Join the Castlewood Golf Course Tuesday/Wednesday Men's League (head-to-head match play), where teams of four or more players come together for exciting weekly rounds of golf.

# LINK | Adults with Disabilities

Life Skills • Independence • Networking • Knowledge



## About the LINK Program

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

## More Information

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

## Transportation

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

## Please Note

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

## Accommodations

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

## Cancellations Due to Weather

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

## Cancellations

See the Cancellations & Refunds Policy on page 62.



## Summer Activities

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

- MINI GOLF
- ROOT BEER FLOATS & GAME NIGHT
- DISC GOLF
- FOREST LAKE BREWERS BASEBALL
- WILDLIFE SCIENCE CENTER

# Adult Basic Education | ABE



## Basic Skills Refresher/Accuplacer Preparation

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

## English as a Second Language

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

## Citizenship Test Preparation

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

## Family Learning Program (FLP)

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

The Family Learning Program is ideal for parents with young children. Families enjoy a meal together, participate in guided learning experiences and get ideas for home activities.

Children attend Preschool (page 55) or Sibling Care while parents participate in parent education classes and work on goals such as GED or HiSet test preparation, improving their English language or other basic skills.

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

## Programa de Aprendizaje Familiar Edades:

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

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

## GED Info Night

Are you or is someone you know interested in getting their GED? Come learn about the process! You'll leave with information about each test, costs, scoring, effective studying and more!

9809-SP26    Apr 30    Thu    6-6:45pm    Free  
1 session    Ed Center: 134 | Door 4

## Get Your High School Equivalency Credential!

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

## GED® Testing

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

## GED® Testing Schedule

Wednesdays through August 26, 2026  
5:30-8:45pm | Education Center: Room 125 | Door 4  
Visit [GED.com](http://GED.com) for availability.

## ABE Summer Class Schedule

Through September 2026

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

No class May 25, Jul 6-16, Aug 10-13

## ABE Location

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

## Questions?

Visit [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com), call (651) 982-8302 or email [skimber@flschools.org](mailto:skimber@flschools.org).

# Secondary Youth Programs

## Athletics & Recreation



### Middle School Sports

#### Boys & Girls • Grades 6-8

Middle school sports introduce students to high school level experiences. Practices and games are held at Forest Lake Area Middle School (FLAMS), with the exception of select track & field meets at local middle schools. Uniforms are provided for each activity and season dates are finalized once the activity schedule is set.

#### TRACK & FIELD

Middle school track & field introduces students to the events and expectations of high school track and field. Athletes will develop skills in sprints, distance running, hurdles, jumps and throws.

*FLAMS Track & Grounds*

Apr 6-May 21 | Mon-Thu | 2:30-4:30pm | \$205  
No class May 4

<b>Boys:</b>	<b>Girls:</b>
1548-SP26	1549-SP26

#### SOCCER

This recreational middle school soccer section is an introduction to what students will experience at the high school soccer level. Advanced skills such as dribbling, trapping, passing and receiving will be the focus.

*FLAMS Athletic Fields*

Sep 8-Oct 8 | Mon-Thu | 2:30-4:30pm | \$205

<b>Boys</b>	<b>Girls</b>
Grade 6: 1541-FA26A	Grade 6: 1542-FA26A
Grade 7: 1541-FA26B	Grade 7: 1542-FA26B
Grade 8: 1541-FA26C	Grade 8: 1542-FA26C



### Gymnastics Summer Boot Camp | Grades 7-12

The Forest Lake Area High School (FLAHS) Gymnastics team is offering summer boot camp for athletes interested in joining the high school team! Work with FLAHS Gymnastics team coaches to work on new skills, combinations and conditioning so you feel prepared for the next competition season. This camp is designed for gymnasts entering grades 7-12 (Fall of 2026). It is a great opportunity to get to know the coaches and bond with other athletes! Registrations will be accepted on a first-come-first-served basis, so please register early!

*FLAHS Gymnastics Coaches & Athletes*  
\$375 for 4X/week | \$225 for 2X/week

1632-SU26	Jun 8-Jul 23	Mon-Thu	1:30-3:30pm
24 sessions	FLAHS South Fieldhouse C   Door 33		
No class Jul 6-9			

### Volleyball Camp - Girls | Grades 5-8

Want to be a future Volleyball Ranger? The fun starts now! Come learn from the Forest Lake Area High School Volleyball coaches and players. The focus will be on basic skills and techniques to improve your game play. All participants will receive a t-shirt if registered by the deadline. Participants must wear appropriate gym shoes, practice clothes, knee pads, bring two nut/peanut free snacks and a bottle of water every day. Registration deadline is June 18.

*FLAHS Volleyball Coaches & Athletes*  
*FLAMS Gyms | Door 1*

#### Entering Grades 5-6

1543-SU26A	Jun 22-Jun 25	Mon-Thu
4 sessions	8:30-10am	\$89

#### Entering Grades 7-8

1543-SU26B	Jun 22-Jun 25	Mon-Thu
4 sessions	10:15am-12pm	\$99

## Rangers Competitive Tennis Camp Grades 7-12

This camp covers all aspects of the game from technical to tactical. Each day will consist of a new theme: footwork, offense/defense, singles/doubles strategy and sportsmanship, proper technique and grips for a variety of strokes, volleys, lobs, overheads, approach shots, serves and more. Coaches will use a mix of closed and open drills, allowing for students to improve strokes and apply what they've learned through play. Games, competitive play and skits round out this camp to ensure it's a fun time for all! Participants should wear sport appropriate clothing and shoes, bring two nut/peanut free snacks, sunscreen and a bottle of water every day.

*FLAHS Tennis Coaches & Athletes*

5 sessions | Mon-Fri | \$139 | FLAHS Tennis Courts

### Registration Deadline: June 4

1649-SU26A Jun 8-Jun 12 8-10am  
1649-SU26B Jun 8-Jun 12 10am-12pm

### Registration Deadline: July 16

1649-SU26C Jul 20-Jul 24 8-10am  
1649-SU26D Jul 20-Jul 24 10am-12pm

## Tennis Clinic | Grades 7-12

Similar to the Rangers Competitive Tennis Camp, this clinic will continue to work on all aspects of the game from technical to tactical. Each day will consist of footwork, offense/defense, singles/doubles strategy and sportsmanship, proper technique and grips for a variety of strokes, volleys, lobs, overheads, approach shots, serves and more! Coaches will use a mix of closed and open drills, allowing for students to improve strokes and apply what they've learned through play. Games, competitive play and skits round out this clinic to ensure it's a fun time for all! Participants should wear sport appropriate clothing and shoes, bring two nut/peanut free snacks, sunscreen and a bottle of water every day.

*FLAHS Tennis Coaches & Athletes*

8 sessions | Jun 16-Jul 16 | Tue & Thu | \$89  
FLAHS Tennis Courts | No class Jul 7 & 9

### B-Squad/Lower JV | 0-3 Years Experience

1650-SU26A 11:30am-12:30pm

### Upper JV/Varsity | 3+ Years Experience

1650-SU26B 12:30-2pm

## High School Basketball Camp - Girls Grades 9-12

For all students entering 9-12 grade that are interested in playing girls high school basketball, this camp will provide an opportunity to work with the Forest Lake Area Schools High School Girls Basketball coaches. Participants will work on basic fundamentals of basketball as well as learning offensive and defensive principals that will be used during the high school season. Participants must wear appropriate basketball shoes, t-shirt, shorts, bring two nut/peanut free snacks and a bottle of water every day. Registration deadline is June 15.

*FLAHS Girls Basketball Coaches*

1505-SU26 Jun 16-Jul 23 Tue & Thu  
10 sessions 8-10am \$65  
FLAHS North Fieldhouses | Door 33  
No Class Jul 7 & 9

## Basketball Camp - Girls | Grades 1-9

This camp will provide the opportunity to develop individual basketball fundamentals from the Forest Lake Area High School Girls Basketball coaches and athletes. Participants will also engage in team play and live game situations (based on age-level and ability) and have the opportunity to improve their basketball knowledge and court sense. The camp will teach fundamentals and enhance skill development through a series of instructional situations. All participants will receive a t-shirt if registered by the deadline. Participants must wear appropriate basketball shoes, t-shirt, shorts, bring two nut/peanut free snacks and a bottle of water every day. Registration deadline is June 5.

*FLAHS Girls Basketball Coaches & Athletes*

4 sessions | Jun 8-Jun 11 | Mon-Thu | \$119

**Grades 5-9** 1525-SU26A: 9-11am  
**Grades 1-4** 1525-SU26B: 12-1:30pm



**REGISTER BY THE GRADE YOUR  
STUDENT ENTERS IN THE FALL.**

## Basketball Skills Camp - Girls

### Grades 5-8

Do you like to play basketball? Are you working to strengthen certain skills? Join the Forest Lake Area High School Girls Basketball coaches and athletes to work on the fundamentals. Participants will learn new drills they can practice in the off season to enhance their skills for the regular season. All participants will receive a t-shirt if registered by the deadline.

Participants must wear appropriate basketball shoes, t-shirt, shorts, bring two nut/peanut free snacks and a bottle of water every day. Registration deadline is June 15.

*FLAHS Girls Basketball Coaches & Athletes*

1526-SU26    Jun 16-Jul 23    Tue & Thu  
 10 sessions    10am-12pm    \$125  
 FLAHS North Fieldhouses | | Door 33  
 No Class Jul 7 & 9

## Basketball Advanced Skills Camp - Boys

### Grades 4-12

Improve your skills with training from the Forest Lake Area High School Boys Basketball coaching staff! Training will include ball handling, shooting, rim attacks and footwork. All participants will receive a t-shirt if registered by the deadline. Participants must wear appropriate basketball shoes, t-shirt, shorts, bring two nut/peanut free snacks and a bottle of water every day. Registration deadline is June 8.

*FLAHS Boys Basketball Coaches*

*FLAHS South Fieldhouses | Door 33*

#### Grades 4-8

1534-SU26A    Jun 8-Jul 15    Mon & Wed  
 10 sessions    10am-11:30am    \$109  
 No class July 6 & 8

#### Grades 9-12

1534-SU26B    Jun 9-Jul 23    Tue & Thu  
 12 sessions    10am-12pm    \$119  
 No class Jul 7 & 9

### DID YOU MISS THE REGISTRATION DEADLINE?

To check availability after the registration deadline, contact Melanie at (651) 982-8322 or [mstegmeir@flaschools.org](mailto:mstegmeir@flaschools.org).



## Disc Golf Club | Grades 6-12

Players will compete in a friendly league format each week while practicing course etiquette, sportsmanship and scoring. You'll also have the opportunity to compete in in-house tournaments at local courses. Players will be organized by skill level to ensure everyone has an opportunity for success. Accumulate points throughout the season for the opportunity to win prizes. Bring a bottle of water and discs. (Discs will be available to use for those who need them.)

*Emily Bronson and Wendy R Frerichs*

5163-SP26    May 13-Jul 29    Wed  
 12 sessions    5-7pm    \$149  
 Ed Center Outdoor Grounds

## Disc Golf Intro | Ages 7-14

Curious about disc golf? Receive instruction on throwing and basic orientation to this fast-growing sport before playing a fun and casual round at the new Ranger Community Disc Golf Course. No experience or equipment necessary! We will provide discs to use. Anyone under the age of 15 must be accompanied by an adult. Guardians may register to participate as well. Bring water, a towel for drying your discs and wear shoes that can get wet.

*Todd Knudson*

*Ed Center: Outside Grounds*

#### Ages 7-14 | 1 session

5168-SP26	May 26	Tue	6-7:30pm	\$29
5168-SU26B	Jul 14	Tue	6-7:30pm	\$29
5168-SU26D	Aug 18	Tue	6-7:30pm	\$29

#### Age 15-Adult | 1 session

5168-SU26A	Jun 2	Tue	6-7:30pm	\$29
5168-SU26C	Jul 21	Tue	6-7:30pm	\$29
5168-SU26E	Aug 25	Tue	6-7:30pm	\$29

## Golf Lessons at Green Lagoon Adult & Child | Age 6 & up

Improve your golf swing while spending time together! This series of lessons for an adult/child pair will cover the full swing as well as chipping and putting. Instruction and useful methods of practice are included in each lesson. On the last day, golfers will have a chance to play a round of Mini Golf on their own on the course. Range balls are provided and golf clubs are available, if needed. Please register with the name of the child who will be attending the lessons.

### Green Lagoon Golf

5103-SP26A	Apr 20-May 11	Mon
4 sessions	6:30-7:30pm	\$119 per pair
5103-SP26B	Apr 22-May 13	Wed
4 sessions	6:30-7:30pm	\$119 per pair
5103-SP26C	May 27-Jun 17	Wed
4 sessions	6:30-7:30pm	\$119 per pair
5103-SU26	Jun 1-Jun 22	Mon
4 sessions	6:30-7:30pm	\$119 per pair

## Golf Lessons at Green Lagoon Ages 6-14

This is a great opportunity for youth to learn the game of golf including correct form and club selection. Each session will cover a different aspect of the game including irons, woods, chipping and putting. We will also cover etiquette of the game and basic golf rules. For those without golf clubs, clubs will be available to use during class.

### Green Lagoon Golf

5095-SP26A	Apr 20-May 11	Mon
4 sessions	5:30-6:15pm	\$49
5095-SP26B	Apr 22-May 13	Wed
4 sessions	5:30-6:15pm	\$49
5095-SP26C	May 27-Jun 17	Wed
4 sessions	5:30-6:15pm	\$49
5095-SU26	Jun 1-Jun 22	Mon
4 sessions	5:30-6:15pm	\$49

**LOOKS LIKE RAIN?** If rain is in the forecast, you can call Green Lagoon (651) 213-3326 after 4pm on the day of your clinic for information about if a session will need to be rescheduled.

## Golf League - Competitive | Ages 9-16

This Competitive League is for golfers who have experience playing golf and are familiar with the rules and etiquette of the game. Less focus will be placed on the introduction to the game and more on how to keep score and play full rounds of golf. The goal in the competitive league is for each player to play a full nine holes and turn in a scorecard. Players in this league have the opportunity to win the Little Rock's League Championship.

### Castlewood Golf Course

5023-SU26 8 sessions Jun 10-Jul 29 Wed 9-11am \$149

## Golf League - Recreational | Ages 8-16

This Recreational League is designed for golfers who have little to no prior playing experience. Our instructors offer an introduction to the fundamentals of the golf swing along with an emphasis on rules and etiquette. Learn how to swing a golf club and when to use each club in your bag on different areas around the golf course. Each session will begin with drill work and instruction followed by mini-games that lead into playing full holes on the golf course.

### Castlewood Golf Course

5022-SU26 8 sessions Jun 9-Jul 28 Tue 9-11am \$149

**LOOKS LIKE RAIN?** If rain is in the forecast, watch your email for cancellation information or you can call Castlewood at (651) 982-4707 after 7am on the day of your league for information about cancellation, make-up date or if activities are to be held indoors.

## Horse Camp | Ages 6-14

This introduction to horses covers care, grooming, riding and much more using Spark Equestrian's curriculum. Working in pairs, students will interact with a horse while practicing grooming, halter leading, handling the reins and basic commands - skills traditionally taught in a first riding lesson. Additional activities include crafts, games and making treats for the horses.

## Horsin' Around | Ages 8-15

Interested in horses and horseback riding? Join us to learn all about horses including different breeds, how to care for, groom and saddle a horse as well as riding instruction and experiences. Safety while around and on horses will be included in each activity. This comprehensive program is great for beginner riders and kids who want to learn more about horses.

**SEE PAGE 30 FOR DETAILS!**

## Creative Arts

### Sewing Classes for Ages 8-16

#### Getting Started

Has your child been curious about sewing or wanted to make fun creations? This is a great opportunity to learn the craft. They'll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on their own. See page 33.

#### Intro to Quilting

Kids will make My First Quilt: an easy rag quilt. This is a great project for sewers of all levels - even beginners. See page 33.

#### Summer Bag Combo

This camp includes two projects - a water bottle holder and a pool bag. It's a relatively quick project that's packed with skill building techniques. See page 33.

#### Summer Lounge Set

This lounge set is the epitome of comfort and style. It's a versatile set that can be styled up or is perfect as is for a summer day of fun. See page 33.

VIEW SEWING  
CLASSES ON  
PAGE 33!

### Forest Lake Marching Band & Color Guard | Grades 7-12

The Forest Lake Marching Band is growing and we need you! We will rehearse, perform in area parades and at community events and have an end-of-season celebration. A polo shirt is included in the registration fee, with a reduced fee available for those who have their shirt from previous years. Registration deadline is May 13. Late registrants may not get their polo shirt in time for band photos and the first parade. View details online at [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com).

*Katie J Dubois & Jake Matheson*

5052-SP26A

\$169 have polo | \$199 need polo



REGISTER FOR CLASSES ONLINE  
BY SCANNING THE QR CODE.

### Intro to Drama and Theater: The Lion, the Witch and the Wardrobe | Ages 6-17

Follow us through the wardrobe and into the magical world of Narnia! Learn skills such as auditioning, memorization, blocking, vocal projection and character creation. Students will be asked to provide black pants, shoes and t-shirt or tank-top to be worn under their costume pieces. Participants should wear comfortable clothes and closed-toe shoes. Bring a beverage and a nut-free snack. Performance is at 11:30am on Thursday June 18.

*Masquers Theatre Company*

4336-SU26 Jun 8-Jun 18 Mon-Fri  
9 sessions 9:30am-12:30pm \$175

FLAHS: Auditorium | Door 32

### Musical Theater Intensive: Newsies JR. | Ages 6-17

Extra! Extra! Travel back in time with us and explore a chapter in American history when kids helped change the world. Students will need to spend additional time memorizing and practicing for the performance. Students will be asked to provide black pants, shoes and t-shirt or tank-top to be worn under their costume pieces. Participants should wear comfortable clothes and closed-toe shoes. Bring a beverage and a nut-free snack. Performances will be held at 3pm and 7pm on Friday, June 26.

*Masquers Theatre Company*

4337-SU26 Jun 8-Jun 26 Mon-Fri  
14 sessions 1-4:30pm \$295

FLAHS: Auditorium | Door 32

No class Jun 19

### Summer Music Lessons

#### Band | Age 10-Adult

This is a great opportunity for musicians of all ages to improve their ability to play their band instrument. Whether starting your first year of band or working to improve and refine your skills, these 30-minute lessons are ideal! View lesson dates and times online.

*Jake Matheson*

#### Orchestra | Grades 5-12

This is a great opportunity for musicians to improve their ability to play their orchestral instrument. You can indicate preferred lessons times during registration and Ms. Schreiber will contact you to determine the lesson schedule. View lesson dates and times online.

*Pojanat Schreiber*

## Special Interest

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

Learn everything you need to enjoy tabletop gaming and 5th Edition Dungeons and Dragons. We'll cover character creation, basic rules and taking your character into a beginner-friendly adventure. We will provide everything that you need to play. Simply show up and we'll take care of the rest!

*Badwolf Adventure Studios*

6396-SU26 Jun 15 Mon 6:30-8:30pm \$35  
1 session Ed Center: 126 | Door 4



### Dungeons and Dragons - Adventure Age 12-Adult

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

*Badwolf Adventure Studios*

6400-SU26 Jun 23 Tue 6:30-8:30pm \$35  
1 session Ed Center: 126 | Door 4

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

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

*Jeff Wood*

6368-SP26 May 28 Thu 6-8:30pm \$35  
1 session Ed Center: Cafeteria | Door 4



## DRIVER'S EDUCATION

FLASCE proudly partners with A+ Driving School



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

#### FULLY ONLINE

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

#### ZOOM TELECONFERENCE

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

#### IN-PERSON

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



**PLEASE VISIT [WWW.APLUSDRIVINGSCHOOL.NET](http://WWW.APLUSDRIVINGSCHOOL.NET) FOR CURRENT CLASS SCHEDULE AND REGISTRATION DETAILS. MUST BE AT LEAST 14 YEARS OLD TO REGISTER.**



# Elementary Youth Programs

## Athletics & Recreation

### League Information

Forest Lake Area Schools Community Education (FLASCE) athletic leagues for boys and girls provide participants with tools to learn and improve their sportsmanship and sport specific skills while promoting an active lifestyle and having fun. Our leagues are a great introduction to sports and can build on existing skills for those participants with previous experience. The current FLASCE catalog features the following leagues: baseball, flag football and soccer. FLASCE athletic leagues run for 6-8 weeks and participants get to experience live game play as well as learn and practice skills and strategies. All participants will receive a t-shirt/jersey if registered by the deadline. Please indicate size when registering. Coaches will notify participants of practice and game schedules the week after the league's coaches meeting.

### Registration Deadlines

To check availability after the registration deadline, please call (651) 982-8372 or email [ksonterre@flaschools.org](mailto:ksonterre@flaschools.org).

### Volunteer Coaches Needed

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



**REGISTER BY THE GRADE YOUR STUDENT ENTERS IN THE FALL.**

## Little Kickers Soccer | Ages 3-8

Little Kickers is a great introduction to soccer. This fun training program for boys and girls will work on individual skills and small team play. Students must be registered by their current age as of June 1. (Must be three years of age by June 1; no exceptions). What to bring: soccer cleats (rubber only) or tennis shoes, shin guards and a bottle of water. Registration fees will increase after the deadline.

*Columbus Elementary Green Space*

Jun 6-Jun 27 | Sat | 9-10am | 4 sessions | \$59

Registration Deadline: May 5  
\$79 After May 5

Ages 3-4: 1584-SU26 | Ages 5-6: 1588-SU26 | Ages 7-8: 1589-SU26

## Flag Football League | Grades K-3

Flag Football League will focus on skills such as passing, catching, ball handling and learning game positions. Register by the grade your student is entering in the fall and the elementary school your student attends. All game locations will be determined as we get closer to the start date and practices will be held at various FLAS elementaries at 5:30pm or 6:45pm. In addition to the game nights, a weekly practice will be planned and communicated by the volunteer coach after the coaches meeting. Practices can be held Monday-Thursday, excluding your game day. Registration fees will increase after the deadline.

*FLAS Elementaries (Practices)*

Registration Deadline: August 4  
\$109 | \$129 After Aug 4

Tentative Schedule: Aug 24-Oct 8

Kindergarten:	1690-SU26	Tue Games
Grade 1:	1691-SU26	Tue Games
Grade 2:	1692-SU26	Thu Games
Grade 3:	1693-SU26	Thu Games



## Soccer League | Grades K-5

Soccer League will focus on improving the basic skills of dribbling, trapping, passing, receiving, game positions and offensive/defensive techniques. In addition to the game nights, a weekly practice will be planned and communicated by the volunteer coach after the coaches meeting. Register by the grade your student is entering in the fall and the elementary school your student attends. Registration fees will increase after the deadline. *Kindergarten: Combined Girls and Boys.*

*Columbus Elementary Green Space*

Registration Deadline: June 9  
\$109 | \$129 After Jun 9

Tentative Schedule: Jul 6-Aug 20  
Boys: Mon Practices | Wed Games  
Girls: Tue Practices | Thu Games  
Co-Ed: Tue Practices | Thu Games

Kindergarten:	1618-SU26
Boys Grade 1:	1680-SU26
Boys Grade 2:	1681-SU26
Boys Grade 3:	1682-SU26
Boys Grade 4:	1683-SU26
Boys Grade 5:	1684-SU26
Girls Grade 1:	1620-SU26
Girls Grade 2:	1621-SU26
Girls Grade 3:	1622-SU26
Girls Grade 4:	1623-SU26
Girls Grade 5:	1624-SU26

## Track & Field | Grades 3-5

Students will have the opportunity to try out different track and field events and then choose the ones they enjoy the most to showcase their skills in a special track and field meet! The fee includes a t-shirt, coaching and the track meet. The meet will be held on Monday, May 18 from 4:00pm to approximately 7:00pm at the Forest Lake Area High School stadium. Parents are responsible for transportation to and from the meet. No refunds will be given for weather related cancellations as an inclement weather date is not available. Please visit [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com) for details and to register.



# RANGER ATHLETIC CAMPS



All participants will receive a t-shirt if registered by the deadline. Bring two nut-free snacks and a bottle of water every day. Information regarding what to bring to camp and attire can be found in online course descriptions.

## Soccer Camp | Grades K-5

This camp will provide the opportunity to develop individual soccer fundamentals from the Forest Lake Area High School Boys and Girls Soccer coaches and athletes. Students will also participate in team play and live game situations (based on age-level and ability) and have the opportunity to improve their soccer knowledge and game sense. The camp will teach fundamentals and enhance skill development through a series of instructional situations. Registration deadline is June 4.

*FLAHS Soccer Coaches & Athletes*  
*FLAHS Turf*

Jun 8-Jun 11 | Mon-Thu | 4 sessions | \$100

**Grades K-3:** 9-10:30am 1530-SU26A  
**Grades 4-5:** 10:45am-12:30pm 1530-SU26B

## Volleyball Camp | Grades 5-8

Want to be a future Volleyball Ranger? The fun starts now! Come learn from the Forest Lake Area High School Volleyball coaches and athletes. The focus will be on basic skills and techniques to improve your game play. Registration deadline is June 18.

*FLAHS Volleyball Coaches & Athletes*  
*FLAMS Gyms | Door 1*

**Grades 5-6**  
1543-SU26A Jun 22-Jun 25 Mon-Thu  
4 sessions 8:30-10am \$89

**Grades 7-8**  
1543-SU26B Jun 22-Jun 25 Mon-Thu  
4 sessions 10:15am-12pm \$99

## Future Rangers Gymnastics Camp | Grades 1-6

At Future Rangers Gymnastics Camp, girls and boys will have an exciting and fun-filled morning including gymnastics instruction, group exercises and games. Led by the Forest Lake Area High School Gymnastics Team coaches and athletes, students will work on their gymnastics skills (grouped by ability), make new friends and have lots of fun!

*FLAHS Gymnastics Coaches & Athletes*  
*FLAHS South Fieldhouse C | Door 33*

1631-SU26A Jun 15-Jun 18 Mon-Thu  
4 sessions 9am-12pm \$109

1631-SU26B Jul 20-Jul 24 Mon-Fri  
5 sessions 9am-12pm \$125

## Tennis Clinic - Beginner | Age 5-Grade 6

Beginner tennis students will learn the basics of good form for the following four strokes: forehand, backhand, volley and serve. This foundation will allow them to start to rally with each other by the end of the class. Games that reinforce the form will also be mixed in throughout the program. Students are evaluated regularly and when the coaches feel that a participant has mastered all the skills in the level, they will be moved up to the next level/class. Beginner lessons are appropriate for students with one year or less of tennis lessons.

*FLAHS Tennis Coaches & Athletes*  
*FLAHS Tennis Courts*

Jun 16-Jul 16 | Tue & Thu | 8 Sessions | \$89  
No class Jul 7 & 9

**Age 5-Grade 3:** 8-8:45am 1641-SU26A  
**Grades 4-6:** 8:45-9:30am 1641-SU26B



**REGISTER BY THE GRADE YOUR  
STUDENT ENTERS IN THE FALL.**

## Tennis Clinic - Intermediate/Advanced Age 5-Grade 6

Intermediate/Advanced participants should already be familiar with the proper form for all of the strokes. The class will perform a review of the form for all four strokes but quickly move to rally play. The goal of this clinic is to prepare students to play a game of tennis on a full court. Participants not performing at an intermediate/advanced level may be asked to move to the beginner level. Games that reinforce the form will also be mixed in throughout the clinic. Students are evaluated regularly and when the coaches feel that a student has mastered all the skills in the level, they will be moved up to the next level/class.

FLAHS Tennis Coaches & Athletes  
FLAHS Tennis Courts

Jun 16-Jul 16 | Tue & Thu | 10:30-11:30am | 8 Sessions | \$89  
No class Jul 7 & 9

Age 5-Grade 6 (2-3 Years Experience): 1646-SU26A  
Age 5-Grade 6 (3+ Years Experience): 1646-SU26B

## Little Rangers Basketball Camp - Boys | Grades K-3

Come hoop it up with the Rangers this summer! The Forest Lake Area High School Varsity Boys Basketball coaching staff and athletes will teach skills, hold contests and run age-appropriate league play. Registration deadline is June 8.

FLAHS Boys Basketball Coaches & Athletes  
FLAHS North Fieldhouses | Door 33

1535-SU26 Jun 10-Jun 24 Mon & Wed  
5 sessions 9-10am \$65

## Basketball Advanced Skills Camp - Boys Grades 4-12

Improve your skills with training from the Forest Lake Area High School Boys Basketball Varsity coaching staff! Training will include ball handling, shooting, rim attacks and footwork. We are excited to work with your student! Registration deadline is June 8.

FLAHS Boys Basketball Coaches  
FLAHS South Fieldhouses | Door 33

**Grades 4-8**  
1534-SU26A Jun 10-Jul 15 Mon & Wed  
9 sessions 10am-11:30am \$109  
No class July 6 & 8

**Grades 9-12**  
1534-SU26B Jun 9-Jul 23 Tue & Thu  
12 sessions 10am-12pm \$109  
No class July 7 & 9

## Basketball Camp - Girls | Grades 1-9

This camp will provide the opportunity to develop individual basketball fundamentals from the Forest Lake Area High School Girls Basketball coaches and athletes. Students will also participate in team play and live game situations (based on age-level and ability) and have the opportunity to improve their basketball knowledge and court sense. The camp will teach fundamentals and enhance skill development through a series of instructional situations. Registration deadline is June 5.

FLAHS Girls Basketball Coaches & Athletes  
FLAHS South Fieldhouses | Door 33

Jun 8-Jun 11 | Mon-Thu | 4 sessions | \$119

Grades 1-4: 12-1:30pm 1525-SU26B  
Grades 5-9: 9-11am 1525-SU26A

## Basketball Skills Camp - Girls | Grades 5-8

Do you like to play basketball? Are you working to strengthen certain skills? Join the Forest Lake Area High School Girls Basketball coaches and athletes to work on the fundamentals. Students will learn new drills that they can practice in the off season to enhance their skills for the regular season. Registration deadline is June 15.

FLAHS Girls Basketball Coaches & Athletes  
FLAHS North Fieldhouses | Door 33

1526-SU26 Jun 16-Jul 23 Tue & Thu  
10 sessions 10am-12pm \$125  
No Class Jul 7 & 9

## RANGERS MULTI-SPORTS CAMP | AGES 6-12

This multi-sport camp is an intro to a variety of sports and fun yard games! Days are divided into focused sport play, free play, lunch/break and multi-sport games. The camp is led by Forest Lake Area Schools staff as well as college student-athletes that are Forest Lake and other local high school alumni. Each week there will be different activities and games taking place so students can sign up for multiple sessions and have a new experience each week. Four day camps are available all summer long!

Forest Lake Area Middle School

**Full Day Camps:** Mon-Thu 8am-4:30pm  
**Half Day Camps:** Mon-Thu 8-11:30am or 1-4:30pm

View all camp dates and registration details online at [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com).

## Disc Golf Intro | Ages 7-14

Curious about disc golf? Receive instruction on throwing and basic orientation to this fast-growing sport before playing a fun and casual round at the new Ranger Community Disc Golf Course. No experience or equipment necessary! We will provide discs to use. Anyone under the age of 15 must be accompanied by an adult. Guardians may register to participate as well. Bring water and a towel for drying your discs and wear shoes that can get wet.

*Todd Knudson*

5168-SP26 May 26 Tue  
1 session 6-7:30pm \$29  
Ed Center: Outside Grounds

5168-SU26B July 14 Tue  
1 session 6-7:30pm \$29  
Ed Center: Outside Grounds

5168-SU26D Aug 18 Tue  
1 session 6-7:30pm \$29  
Ed Center: Outside Grounds



## Fencing Summer Camp Grades 1-5

Your favorite instructors return with more knowledge, refined coaching skills and your favorite fencing games and arm bands. Safety is our first priority in this high-octane, inclusive environment. Wear comfortable clothes and closed-toed shoes. We supply safety swords, protective masks, chest plates and jackets. Bring a beverage and a nut-free snack.

*{YEL!} Youth Enrichment League*

4057-SU26 Jul 20-Jul 23 Mon-Thu  
4 sessions 9am-12pm \$139  
FLAMS: Cafeteria | Door 1

## Horse Camp | Ages 6-14

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

*Hardwood Creek Farm*

1 session | 9am-2pm | \$159

4277-SP26A Apr 2 Thu  
4277-SP26B May 4 Mon  
4277-SU26A Jun 8 Mon  
4277-SU26B Jun 15 Mon  
4277-SU26C Jun 16 Tue  
4277-SU26D Jun 29 Mon  
4277-SU26E Jul 3 Fri  
4277-SU26F Jul 6 Mon  
4277-SU26G Jul 20 Mon  
4277-SU26H Jul 27 Mon  
4277-SU26I Aug 10 Mon

## Horsin' Around | Ages 8-15

Interested in horses and horseback riding? Join us to learn all about horses including different breeds, how to care for, groom and saddle a horse as well as riding instruction and experiences. Safety while around and on horses will be included in each activity. This comprehensive program is great for beginner riders and students who want to learn more about horses. Students must wear long pants and hard-soled boots. Bring a beverage and a nut-free snack.

*Shadow Creek Stables*

4686-SU26A Jun 8-Jun 11 Mon-Thu  
4 sessions 9am-12pm \$319  
4686-SU26B Jul 6-Jul 9 Mon-Thu  
4 sessions 9am-12pm \$319  
4686-SU26C Aug 10-Aug 13 Mon-Thu  
4 sessions 9am-12pm \$319



## Junior Soccer | Grades K-3

Get outside and get kickin'! We teach the fundamentals of dribbling, passing, receiving and scoring. Emphasis is on teamwork, fundamentals, safety and fast-paced action. Get your kid's pulse pounding today! Please bring a beverage and nut-free snack.

*{YEL!} Youth Enrichment League*

4643-SP26A Apr 20-May 18 Mon  
4 sessions 3:45-4:45pm \$75  
Scan: Green Space  
No class May 4

4643-SP26B May 1-May 29 Fri  
4 sessions 3:45-4:45pm \$75  
Linw: Green Space  
No class May 22

4643-SP26C May 5-May 26 Tue  
4 sessions 3:45-4:45pm \$75  
Lino: Green Space

4643-SP26D May 6-May 27 Wed  
4 sessions 3:45-4:45pm \$75  
Wyo: Green Space

4643-SP26E May 7-May 28 Thu  
4 sessions 3:45-4:45pm \$75  
Col: Green Space

4643-SP26F May 7-May 28 Thu  
4 sessions 3:45-4:45pm \$75  
FV: Green Space



## Golf Lessons at Green Lagoon

### Adult & Child | Age 6 & up

Improve your golf swing while spending time together! This series of lessons for an adult/child pair will cover the full swing as well as chipping and putting. Instruction and useful methods of practice are included in each lesson. On the last day, golfers will have a chance to play a round of Mini Golf on their own on the course. Range balls are provided and golf clubs are available, if needed. Please register with the name of the child who will be attending the lessons.

#### Green Lagoon Golf

5103-SP26A Apr 20-May 11 Mon  
4 sessions 6:30-7:30pm \$119 per pair

5103-SP26B Apr 22-May 13 Wed  
4 sessions 6:30-7:30pm \$119 per pair

5103-SP26C May 27-Jun 17 Wed  
4 sessions 6:30-7:30pm \$119 per pair

5103-SU26 Jun 1-Jun 22 Mon  
4 sessions 6:30-7:30pm \$119 per pair

## Golf Lessons at Green Lagoon

### Ages 6-14

This is a great opportunity for youth to learn the game of golf including correct form and club selection. Each session will cover a different aspect of the game including irons, woods, chipping and putting. We will also cover etiquette of the game and basic golf rules. For those without golf clubs, clubs will be available to use during class.

#### Green Lagoon Golf

5095-SP26A Apr 20-May 11 Mon  
4 sessions 5:30-6:15pm \$49

5095-SP26B Apr 22-May 13 Wed  
4 sessions 5:30-6:15pm \$49

5095-SP26C May 27-Jun 17 Wed  
4 sessions 5:30-6:15pm \$49

5095-SU26 Jun 1-Jun 22 Mon  
4 sessions 5:30-6:15pm \$49

### LOOKS LIKE RAIN?

If rain is in the forecast, you can call Green Lagoon at (651) 213-3326 after 4pm on the day of your class for information about if a session will need to be rescheduled.

# Youth Golf Leagues

## Golf League - Competitive | Ages 9-16

This Competitive League is for golfers who have experience playing golf and are familiar with the rules and etiquette of the game. Less focus will be placed on the introduction to the game and more on how to keep score and play full rounds of golf. The goal in the competitive league is for each player to play a full nine holes and turn in a scorecard. Players in this league have the opportunity to win the Little Rock's League Championship.

#### Castlewood Golf Course

5023-SU26 Jun 10-Jul 29 Wed  
8 sessions 9-11am \$149  
Castlewood Golf Course

## Golf League - Recreational | Ages 8-16

This Recreational League is designed for golfers who have little to no prior playing experience. Our instructors offer an introduction to the fundamentals of the golf swing along with an emphasis on rules and etiquette. Learn how to swing a golf club and when to use each club in your bag on different areas around the golf course. Each session will begin with drill work and instruction followed by mini-games that lead into playing full holes on the golf course.

#### Castlewood Golf Course

5022-SU26 Jun 9-Jul 28 Tue  
8 sessions 9-11am \$149  
Castlewood Golf Course

# More Information

## FINANCIAL ASSISTANCE

Those with a financial need can apply for a scholarship that is supported by the Steve Bystrom Memorial Tournament. Complete the form and then call 651-982-8333 to have your child's space in the golf league reserved. Scholarships will be awarded in early May and you will be contacted regarding the status of your application.

## LOOKS LIKE RAIN?

If rain is in the forecast, watch your email for cancellation information or you can call Castlewood at (651) 982-4707 after 7am on the day of your league for information about cancellation, make-up date or if activities are to be held indoors.

## Dance & Tumbling

### Acrodance | Ages 6-10

Learn the fundamentals of tumbling. Section A for Beginners ages 6-8: Students will work on handstands, cartwheels, round-offs and beginning walkovers. Section B for Intermediates ages 6-10: Students will work on walkovers, beginning aerials, hand balancing and flexibility.

*The Dance Factory*

#### Beginners: Ages 6-8

4244-SU26A Jul 6-Jul 27 Mon  
4 sessions 6-6:30pm \$65  
The Dance Factory

#### Intermediate: Ages 6-10

4244-SU26B Jul 6-Jul 27 Mon  
4 sessions 6:30-7pm \$65  
The Dance Factory

### Cheerleading/Pom | Ages 5-11

Grab a friend and join us to learn popular cheers, stunts and tumbling! We will learn fun pom/jazz routines with pom poms that will help students with flexibility, coordination and strength. Poms will be provided for use during class.

*The Dance Factory*

#### Ages 5-7

4120-SU26A Jul 6-Jul 27 Mon  
4 sessions 5:30-6pm \$65  
The Dance Factory

#### Ages 8-11

4120-SU26B Jul 6-Jul 27 Mon  
4 sessions 7-7:30pm \$65  
The Dance Factory

### Beginning Ballet | Ages 5-6

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

*The Dance Factory*

4291-SU26 Jul 8-Jul 29 Wed  
4 sessions 5-5:45pm \$55  
The Dance Factory

## Creative Arts

### Intro to Drama and Theater: The Lion, the Witch and the Wardrobe | Ages 6-17

Follow us through the wardrobe and into the magical world of Narnia! Learn skills such as auditioning, memorization, blocking, vocal projection and character creation. Students will be asked to provide black pants, shoes and t-shirt or tank-top to be worn under their costume pieces. Students should wear comfortable clothes and closed-toe shoes. Bring a beverage and a nut-free snack. Performance is at 11:30am on Thursday June 18.

*Masquers Theatre Company*

4336-SU26 Jun 8-Jun 18 Mon-Fri  
9 sessions 9:30am-12:30pm \$175  
FLAHS: Auditorium | Door 32

### Musical Theater Intensive: Newsies JR. | Ages 6-17

Extra! Extra! Travel back in time with us and explore a chapter in American history when kids helped change the world. Students will need to spend additional time memorizing and practicing for the performance. Students will be asked to provide black pants, shoes and t-shirt or tank-top to be worn under their costume pieces. Students should wear comfortable clothes and closed-toe shoes. Bring a beverage and a nut-free snack. Performances will be held at 3pm and 7pm on Friday, June 26.

*Masquers Theatre Company*

4337-SU26 Jun 8-Jun 26 Mon-Fri  
14 sessions 1-4:30pm \$295  
FLAHS: Auditorium | Door 32  
No class Jun 19

### Adult & Child Splatter Painting | Age 6-Adult

Come create a colorful masterpiece inspired by master artist Jackson Pollock! Each participant will design a personal symbol to create a stenciled image surrounded by colorful splatter paint on a canvas board. You're free to leave these masterpieces on the mantle all year long! Get ready for some messy fun as each adult and child will create their own craft.



*Kidcreate Studio*

Adult + 1 Child: \$59, + 2 Children: \$75, + 3 Children: \$89

4961-SP26 May 11 Mon 5:30-7pm  
1 session Ed Center: 111 | Door 4

## Sewing - Getting Started | Ages 8-16

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

*Sewing and Fitting Mentor - Renee Bontjes*

5112-SP26	May 28	Thu	4:30-6:30pm	\$49
1 session	Sewing and Fitting Mentor			
5112-SU26A	Jun 15	Mon	1:30-3:30pm	\$49
1 session	Sewing and Fitting Mentor			
5112-SU26B	Jul 6	Mon	1:30-3:30pm	\$49
1 session	Sewing and Fitting Mentor			
5112-SU26C	Aug 3	Mon	1:30-3:30pm	\$49
1 session	Sewing and Fitting Mentor			



5167-SU26

## Sewing Camp: Intro to Quilting | Ages 8-16

**Prerequisite Class: Sewing - Getting Started**

Kids aged 8-16 will make My First Quilt: an easy rag quilt. This is a great project for sewers of all levels - even beginners. The quilt will take several days to complete using repetitive steps. All supplies are included.

*Sewing and Fitting Mentor - Renee Bontjes*

5167-SU26	Aug 10-Aug 13	Mon-Thu	1:30-4:30pm	\$239
4 sessions	Sewing and Fitting Mentor			



5165-SU26

## Sewing Camp: Summer Bag Combo | Ages 8-16

**Prerequisite Class: Sewing - Getting Started**

This camp includes two projects - a water bottle holder and a pool bag. The water bottle holder is what every kid needs! It's a relatively quick project that's packed with skill building techniques. The Cool in the Pool bag is a simple, oversized tote bag perfect for summer days. It is color-blocked and will use cotton webbing for straps. All supplies are included.

*Sewing and Fitting Mentor - Renee Bontjes*

5165-SU26	Jun 16-Jun 18	Tue-Thu	1:30-4:30pm	\$189
3 sessions	Sewing and Fitting Mentor			



5166-SU26

## Sewing Camp: Summer Lounge Set | Ages 8-16

**Prerequisite Class: Sewing - Getting Started**

This lounge set is the epitome of comfort and style. The top has a drawstring neckline and matching shorts. It's a versatile set that can be styled up or is perfect as is for a summer day of fun. All supplies are included.

*Sewing and Fitting Mentor - Renee Bontjes*

5166-SU26	Jul 13-Jul 16	Mon-Thu	1:30-4:30pm	\$239
4 sessions	Sewing and Fitting Mentor			

# ENRICHMENT CAMPS



Where will your curiosity take you this summer?



## NEW! CAMPER CAFE

If your child is registered for a morning and afternoon Community Education camp, you can now sign them up for the Camper Cafe lunch hour to create a full day of fun!

VIEW PAGE 38 FOR DETAILS!

### WEEK OF JUNE 15



#### Lights, Camera Create Ages 6-11

Lights, camera, action! Get ready for an epic art adventure inspired by the magic of the movies! In this action-packed class, young artists will step into the spotlight as they draw Stitch, create Toothless slime, sculpt Pudge from Lilo & Stitch and bring other beloved characters to life. Along the way, they'll explore fun and creative techniques that make their art shine like a Hollywood blockbuster! Bring a beverage and a nut-free snack.

*Kidcreate Studio*

4968-SU26 Jun 15-Jun 18 Mon-Thu  
4 sessions 9am-12pm \$165  
FLAHS: 360 | Door 4

#### 3D Printing Pokémon Inspired | Grades 1-6

Become a Pokémon master of 3D design by creating your very own Pokémon characters with TinkerCAD. Explore CAD modeling, experiment with shapes and features and print two digital creatures to take home. Students will also experiment with SimLab and design Pokémon-themed video games. Bring a USB flash drive on the last day. Pokémon is a trademark of Nintendo of America Inc. and is not affiliated with this camp. Bring a beverage and a nut-free snack.

*Tech Academy*

4328-SU26 Jun 15-Jun 18 Mon-Thu  
4 sessions 9am-12pm \$159  
FLAHS: 350 | Door 4

#### Extreme Robotics: Battlebots | Grades 3-6

Get ready to build, code and compete in this exciting robotics camp using LEGO®. Work in small teams to design and build LEGO robots and bring them to life with block-based programming and daily challenges. Through hands-on learning models, mini-missions and final competitions like target games and robot sumo battles, campers build teamwork, problem-solving and robotics skills. Bring a beverage and a nut-free snack.

*Tech Academy*

4329-SU26 Jun 15-Jun 18 Mon-Thu  
4 sessions 1-4pm \$159  
FLAHS: 350 | Door 4



#### Slime-Tastic | Ages 6-12

It's a slime takeover and slime is the main event. We'll explore different slime recipes as we create tons of gooey, sparkly, stretchy and messy goo. From an out-of-this-world glitter solar system slime, confetti cake slime and bubblegum scented slime, we'll make a different slime each day. We'll even throw in a little painting and sculpting! Bring a beverage and a nut-free snack.

*Kidcreate Studio*

4046-SU26 Jun 15-Jun 18 Mon-Thu  
4 sessions 1-4pm \$165  
FLAHS: 360 | Door 4



REGISTER ONLINE



## WEEK OF JUNE 22

### Chess Summer Camp Grades 1-5

The {YEL!} Teach It! Practice It! Play It! method keeps chess students progressing with 60+ chess lessons and thousands of puzzles as well as guided games and an end-of-week in-class tournament. All levels welcome. Class fee includes ChessKid.com membership for the session (\$49 annual value). Bring a beverage and a nut-free snack.

{YEL!} Youth Enrichment League

4900-SU26 Jun 22-Jun 25 Mon-Thu  
4 sessions 9am-12pm \$135  
FLAHS: 342 | Door 4



### Drawing Club | Ages 6-12

Join our Drawing Club where creativity takes the wheel, imaginations run wild and every blank page holds endless possibilities! Kids will bring to life a giant robot bursting with personality, an irresistibly lovable cactus and everyone's favorite quirky creature, the capybara. With step-by-step guidance that makes creating fun and effortless, they'll turn doodles and details into colorful masterpieces. Unleash the artist within, grab those pencils and brushes and let's draw! Bring a beverage and a nut-free snack.

Kidcreate Studio

4967-SU26 Jun 22-Jun 25 Mon-Thu  
4 sessions 9am-12pm \$165  
FLAHS: 360 | Door 4



### Tie-Dye and Slime | Ages 5-10

Vibrant colors and slime collide in a kaleidoscope of creativity! Kids will master the art of tie-dyeing, delve into the world of slime, concocting their own oozy, stretchy and mesmerizing concoctions. From tie-dyed shirts to custom slime creations, this hands-on adventure encourages self-expression and messy fun. These are not projects you want to do at home! Each child needs to bring their own white cotton t-shirt to camp. Bring a beverage and a nut-free snack.

Kidcreate Studio

4966-SU26 Jun 22-Jun 25 Mon-Thu  
4 sessions 1-4pm \$165  
FLAHS: 360 | Door 4

## WEEK OF JUNE 29

### Minecraft Mod Development: Superhero Mods | Grades 2-6

Use MCreator to create your own mods based on your favorite superheroes. Design unique superhero abilities and tools for Minecraft Java Edition. Students should have basic reading skills and be comfortable using a computer. Bring a USB flash drive to save your games on the last day. Minecraft is a Mojang Studios trademark and not affiliated with this camp. Bring a beverage and a nut-free snack.

Tech Academy

4331-SU26 Jun 29-Jul 2 Mon-Thu  
4 sessions 9am-12pm \$159  
FLAHS: 350 | Door 4



### D&D Minecraft Adventure Grades 1-6

Gear up for an adventure where Dungeons & Dragons and Minecraft come together. Explore a custom-built Minecraft server and participate in an exciting mini D&D one-shot featuring Minecraft creatures. Whether experienced with Minecraft or new to D&D, campers enjoy creative exploration, storytelling, collaboration and epic quest-style challenges. Bring a USB flash drive on the last day to save your projects. Minecraft is a Mojang Studios trademark and not affiliated with this camp. Bring a beverage and a nut-free snack.

Tech Academy

4330-SU26 Jun 29-Jul 2 Mon-Thu  
4 sessions 1-4pm \$159  
FLAHS: 350 | Door 4

## WEEK OF JULY 6



### Ultimate Art Camp | Grades 1-5

This camp is the ultimate in fun and creative art projects. Sculpt a llama pot and a sassy sea turtle, make paper mache maracas, paint some crazy cats inspired by Laurel Burch and create special effects using glue and chalk to make a butterfly or dragonfly on black construction paper. Bring a beverage and a nut-free snack.

*Abakadoodle*

4322-SU26 Jul 6-Jul 9 Mon-Thu  
4 sessions 10am-12pm \$119  
FLAHS: 340 | Door 4

### The Good Witches Save Oz Musical | Ages 5-12

Help Glinda and the Wicked Witch of the West save Oz in the final act of this wickedly wonderful story! Learn music, choreography, how to speak your lines, block a scene, develop your character and much more! Wear comfortable clothing and shoes. Bring a beverage and a nut-free snack. Friends and family are invited to a performance at 11:30am on Thursday.

*Mayer Arts*

4386-SU26A Jul 6-Jul 9 Mon-Thu  
4 sessions 9am-12pm \$125  
FLAHS: 350 | Door 4

4386-SU26B Jul 6-Jul 9 Mon-Thu  
4 sessions 1-4pm \$125  
FLAHS: 350 | Door 4

### Destination Mars: Rocketry Grades 2-5

Launch your very own rocket that speeds 300 feet into the air! Make multiple rockets of varying difficulty to investigate basic aeronautical concepts including propulsion, thrust, lift, drag and more and then take them home. We will also hypothesize about travel in outer space, how to get a United States astronaut to Mars and life on Mars. Parents will be asked to contribute two empty 2-liter soda bottles for two different experiments. All other materials are included. Bring a beverage and a nut-free snack.

*{YEL!} Youth Enrichment League*

4909-SU26 Jul 6-Jul 9 Mon-Thu  
4 sessions 9am-12pm \$155  
FLAHS: 342 | Door 4

### Design Fashionista's Art Camp Grades 1-5

Design your own fashions using paint, yarn, clay, water bottles and more. We'll make Santon dolls out of water bottles and clay, make model magic beads for a fancy necklace, weave a rubber-band bracelet, create colorful headbands, make pink flamingos in tutus and more. Invite your family to a fashion show on Thursday to show off your creations. Bring a beverage and a nut-free snack.

*Abakadoodle*

4323-SU26 Jul 6-Jul 9 Mon-Thu  
4 sessions 12:30-2:30pm \$119  
FLAHS: 340 | Door 4

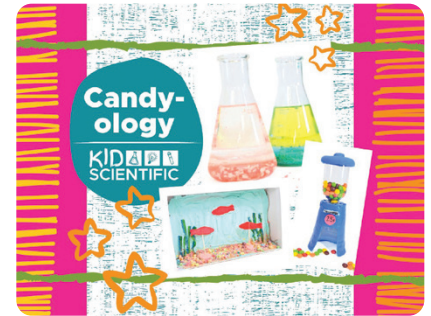
### Pokémon Art Camp Grades 1-5

Do you love Pokemon? Want to learn to draw and sculpt some of your favorite Pokémon characters? Then you will love this fun one-day camp. Bring a beverage and a nut-free snack.

*Abakadoodle*

4324-SU26 Jul 10 Fri  
1 session 9:30am-12pm \$49  
FLAHS: 340 | Door 4

## WEEK OF JULY 13



### Candyology | Ages 6-10

Step into the sweet world of Candyology! This exciting STEAM adventure combines science, creativity and hands-on fun with a sugary twist. Kids will design and build candy machines, craft vibrant candy fish aquariums and engineer thrilling candy rollercoasters. It's a delicious mix of learning, building and tasting that turns candy into an unforgettable educational experience! Bring a beverage and a nut-free snack.

*Kidcreate Studio*

4965-SU26 Jul 13-Jul 16 Mon-Thu  
4 sessions 9am-12pm \$165  
FLAHS: 360 | Door 4

### Robotics Builders: Battlebots | Grades 1-4

Let the battles begin! Designed by the experts at MIT, LEGO® WeDo Robotics unique system teaches students about simple machines, engineering, programming and so much more. Students will work in groups and may construct a catapult, ninja star, tank, battle axe, crossbow and more! Bring a beverage and a nut-free snack.

*Tech Academy*

4332-SU26 Jul 13-Jul 16 Mon-Thu  
4 sessions 9am-12pm \$159  
FLAHS: 350 | Door 4

VISIT [FORESTLAKE.CE.ELEYO.COM](http://FORESTLAKE.CE.ELEYO.COM) OR CALL (651) 982-8110 TO REGISTER!

## Ultimate Brawlers: Super Mario Games Coding | Grades 3-6

Dive into the creation of a Super Smash Bros-style game using Construct 3 game development platform. Learn how to design, develop and implement various game mechanics including character selection, combat systems, item integration and stage design. Participants will learn game development principles and create a dynamic platform game. Bring a USB flash drive to save your games on the last day. Super Smash Bros. is a trademark of Nintendo of America Inc. and is not affiliated with this camp. Bring a beverage and a nut-free snack.

*Tech Academy*

4333-SU26 Jul 13-Jul 16 Mon-Thu  
4 sessions 1-4pm \$159  
FLAHS: 350 | Door 4



## Fun with Resin Polymer Clay & More | Ages 9-12

Learn about resin art as you make charms and necklaces, shape polymer clay masterpieces and experience the art of candle making. Perfect for all levels, you'll learn unique techniques, create amazing keepsakes and discover the joy of hands-on creativity! Bring a beverage and a nut-free snack.

*Kidcreate Studio*

4964-SU26 Jul 13-Jul 16 Mon-Thu  
4 sessions 1-4pm \$165  
FLAHS: 360 | Door 4

## WEEK OF JULY 27

### Beauty and the Beast Musical Ages 5-8

A tale as old as time! Learn music, choreography and how to speak your lines. Block a scene, develop your character and much more! We will also play fun, creative theater games. Wear comfortable clothing and shoes. Bring a beverage and a nut-free snack. Friends and family are invited to a special performance at 11:30am on Thursday!

*Mayer Arts*

4398-SU26 Jul 27-Jul 30 Mon-Thu  
4 sessions 9am-12pm \$125  
Ed Center: 111 | Door 18

### Project Runway | Grades 4-8

Sweet summer projects! Make comfy shorts, water bottle bag, criss-cross headband and more. No experience necessary. Students will make, showcase and take home all of their projects. Hand and machine sewing techniques are taught with safety first always in mind. The final day includes a showcase where friends and family are invited to see the projects in action. Bring a beverage and a nut-free snack.

*{YEL!} Youth Enrichment League*

4948-SU26 Jul 27-Jul 30 Mon-Thu  
4 sessions 9am-12pm \$155  
FLAHS: 342 | Door 4

### KPop Demon Hunters Musical Ages 7-12

Learn music, choreography, how to speak your lines, block a scene, develop your character and much more! We will also play fun creative games. Wear comfortable clothing and shoes. Bring a beverage and a nut-free snack. Friends and family are invited to a special performance at 11:30am on Thursday!

*Mayer Arts*

4385-SU26 Jul 27-Jul 30 Mon-Thu  
4 sessions 1-4pm \$125  
Ed Center: 111 | Door 18



### Camp Invention | Grades 1-6

Experience hands-on STEM and creative learning through four exciting modules: Forensics, Make Waves, Space Morphers and The Infringers. Campers act as detectives, entrepreneurs and space explorers while solving critter crimes, building and pitching inventions, terraforming a new planet and protecting original ideas. The program builds critical thinking, collaboration and the I Can Invent® mindset through engaging, real-world challenges. Sibling discount available. Register online at [www.invent.org](http://www.invent.org) or by scanning QR code below.

*District Staff*

4950-SU26 Jul 27-Jul 31 Mon-Fri  
5 sessions 9am-3:30pm \$305  
FLAHS: 370 | Door 4

REGISTER AT  
INVENT.ORG



## WEEK OF AUGUST 3



### Eco Explorers Lab | Ages 6-12

Unleash your inner explorer in this wild science class! Kids will create a storm in a jar, build animal habitats and stamp animal tracks while learning about weather and wildlife. It's a hands-on adventure packed with creativity, discovery and fun! Bring a beverage and a nut-free snack.

*Kidcreate Studio*

4963-SU26 Aug 3-Aug 6 Mon-Thu  
4 sessions 9am-12pm \$165  
FLAHS: 360 | Door 4

### Hacking Minecraft | Grades 2-6

Minecraft offers endless creative possibilities. Go beyond traditional gameplay by learning to modify and enhance worlds using the PC/Java Edition. Campers explore mods, commands and building challenges. Unlock hidden features and design custom skins and textures while gaining hands-on experience with creative tools that expand how the game is played. Bring a USB flash drive on the last day to save your games. Minecraft is a Mojang Studios trademark and not affiliated with this camp. Bring a beverage and a nut-free snack.

*Tech Academy*

4335-SU26 Aug 3-Aug 6 Mon-Thu  
4 sessions 9am-12pm \$159  
FLAHS: 350 | Door 4

### Robotics: Scout Bots Grades 1-5

Build and code space rovers to scout out Mars, the moon and other extraterrestrial environments. Also, create a dragster and volcano alarm to learn basic computer programming while having fun! Bring a beverage and a nut-free snack.

{YEL!} Youth Enrichment League

4955-SU26 Aug 3-Aug 6 Mon-Thu  
4 sessions 9am-12pm \$129  
FLAHS: 342 | Door 4

### Rainbow & Tie-Dye Science Ages 6-12

Dive into the colorful world of science! In this vibrant science class, kids will create tie-dye slime, design their own tie-dye socks and explore the science of color through fun, hands-on experiments. It's a bright, messy and magical adventure! Bring a beverage and a nut-free snack.

*Kidcreate Studio*

4962-SU26 Aug 3-Aug 6 Mon-Thu  
4 sessions 1-4pm \$165  
FLAHS: 360 | Door 4

### Games World Builders: Nintendo-Inspired STEM Camp | Grades 1-5

Create stop-motion movies starring Mario and friends while learning to plan, animate and edit short films. Explore coding by building games such as maze challenges, coin-catching adventures and drawing with Pikachu. Projects blend coding, animation, storytelling, creativity and problem-solving. Basic reading skills are recommended. Bring a USB flash drive on the last day to save your projects. Bring a beverage and a nut-free snack. Nintendo is a trademark of Nintendo of America Inc. and is not affiliated with this camp.

*Tech Academy*

4334-SU26 Aug 3-Aug 6 Mon-Thu  
4 sessions 1-4pm \$159  
FLAHS: 350 | Door 4



## CAMPER CAFE

Is your child enrolled in a morning and afternoon Community Education camp at the High School or perhaps a half day at the High School and half day at the Middle School? Sign them up for Camper Cafe to create a full day of fun!

During the hour between morning and afternoon camps, kids will enjoy lunch and engage in games under the watchful eye of district staff. Weather permitting, we will head outdoors for some active play. Please note: Students are required to bring their own lunch.

12-1pm | \$20 | FLAHS

- 4340-SU26 Jun 8-Jun 12
- 4340-SU26A Jun 15-Jun 18
- 4340-SU26B Jun 22-Jun 25
- 4340-SU26C Jun 29-Jul 2
- 4340-SU26D Jul 6-Jul 9
- 4340-SU26E Jul 13-Jul 16
- 4340-SU26F Jul 27-Jul 31
- 4340-SU26G Aug 3-Aug 6

**Register for Camper Cafe sessions  
online at [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com).**

## Babysitting 101 | Ages 10-13

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

### Emergency Outfitters

4205-SP26 Apr 2 Thu  
1 session 8:30am-4pm \$85  
Ed Center 119 | Door 18

## Bugged Out Water Adult & Child | Ages 5-10

Is there anything more exciting than playing with bugs? We will be digging right in and seeing what kind of buggy neighbors are swimming around the lakes and streams. This hands-on experience, full of creepy crawly fun, will leave you with a better appreciation of how important insects are as well as what they can tell us about the water.

### CLFLWD Staff - Adam Hjelm

4310-SP26 May 7 Thu  
1 session 6-7pm \$19 per pair  
Normandy Park  
Education Center -  
White Bear Lake

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

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

### CLFLWD Staff - Adam Hjelm

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



## Music Lessons - Summer Orchestra | Grades 5-12

This is a great opportunity for musicians to improve their ability to play their orchestral instrument. Ms. Schreiber will be provided with your contact information. You can indicate preferred lessons times during registration and Ms. Schreiber will contact you to determine the lesson schedule. If you need to cancel and reschedule a lesson, please contact her by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled. View lesson dates and times online.

### Pojanat Schreiber

## Music Lessons - Band | Age 10-Adult

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

### Jake Matheson

Jun 8-Jun 24 | Mon & Wed | (6) 30-min lessons: \$195 | Ed Center: 127 | Door 18  
9-9:30am, 9:30-10am, 10-10:30am, 10:30-11am, 11-11:30am, 11:30am-12pm

 **THERE'S MORE!**  
VIEW YOUTH AQUATICS ON PAGES 42-47.

# Childcare Programs

## Overview

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

### SAC | Grades K-3

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

### Sonic | Grades 4 & 5

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

### Childcare for Full Day Preschool

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

### More Information

Visit [www.flaschools.org/childcare](http://www.flaschools.org/childcare) or call (651) 982-8365.



## School Year Childcare

**August 31, 2026 - June 3, 2027**

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



# SUMMER Childcare

**JUNE 8 - AUGUST 21, 2026 • OPEN 6AM-6PM**

**SAC: Completed Grades K-3 | Sonic: Completed Grades 4-6**

Students will have fun with friends and engage in a variety of indoor and outdoor activities including swimming at the FLAS Community Pool, on-site events and off-site field trips.

Summer care is available at Forest View Elementary, Lino Lakes Elementary and Columbus Elementary.

**Registration is open Feb 1 - May 1 or until sites are full.**



## Registration

**Visit [www.flaschools.org/childcare](http://www.flaschools.org/childcare) to begin!**

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



# Aquatic Programs

## Become a Swimmer!

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

### A "swimmer" should successfully be able to:

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

### Which class is right for you?

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

### Where are aquatic classes held?

All lessons and classes are held at the Forest Lake Area Schools (FLAS) Community Pool within the FLAS Education Center located at 943 9th Ave SW, Forest Lake. \* Park in the east lot and enter door 8.



## Contact Information

### Tracy Angelo

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

### Jennifer Olson

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



## Parent-Child Swim Lessons

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

### Infant Swim Lessons | Ages 6 mo-2 yrs

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

1000-SU26A	6 sessions	Jun 10-Jul 15	Wed	5:30-6pm	\$66
1000-SU26B	5 sessions	Jul 22-Aug 19	Wed	5:30-6pm	\$55

### Toddler Swim Lessons | Ages 2-3

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

1001-SU26A	6 sessions	Jun 10-Jul 15	Wed	6-6:30pm	\$66
1001-SU26B	5 sessions	Jul 22-Aug 19	Wed	6-6:30pm	\$55

### Preschool Swim Lessons | Ages 3-5

Parents are taught to safely work with their child in the water. The parent and child will learn water adjustment and beginning swim skills which include supported front and back floats, kicking, paddling, jumping from the side of the pool and breath holding.

1002-SU26A	6 sessions	Jun 10-Jul 15	Wed	6:30-7pm	\$66
1002-SU26B	5 sessions	Jul 22-Aug 19	Wed	6:30-7pm	\$55

## Turtles Swim Lessons Ages 4-5

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

1003-SU26A	Jun 10-Jul 15	Wed
6 sessions	5:30-6pm	\$66
1003-SU26B	Jun 10-Jul 15	Wed
6 sessions	6-6:30pm	\$66
1003-SU26C	Jun 15-Aug 3	Mon
8 sessions	6-6:30pm	\$88
1003-SU26D	Jun 16-Aug 4	Tue
8 sessions	4:30-5pm	\$88
1003-SU26E	Jun 29-Jul 10	M-F
8 sessions	10-10:30am	\$88
	No class Jul 2 & 3	
1003-SU26F	Jun 29-Jul 10	M-F
8 sessions	11-11:30am	\$88
	No class Jul 2 & 3	
1003-SU26G	Jul 13-Jul 23	M-F
9 sessions	10:30-11am	\$99
1003-SU26H	Jul 13-Jul 23	M-F
9 sessions	12-12:30pm	\$99
1003-SU26I	Jul 22-Aug 19	Wed
5 sessions	5:30-6pm	\$55
1003-SU26J	Jul 22-Aug 19	Wed
5 sessions	6-6:30pm	\$55
1003-SU26K	Jul 27-Aug 6	M-F
9 sessions	11:30am-12pm	\$99



## Bobbers Swim Lessons Ages 4-5

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

1004-SU26A	Jun 10-Jul 15	Wed
6 sessions	6-6:30pm	\$66
1004-SU26B	Jun 10-Jul 15	Wed
6 sessions	6:30-7pm	\$66
1004-SU26C	Jun 15-Jun 26	M-F
9 sessions	10:30-11am	\$99
	No class Jun 19	
1004-SU26D	Jun 15-Jun 26	M-F
9 sessions	11-11:30am	\$99
	No class Jun 19	
1004-SU26E	Jun 15-Aug 3	Mon
8 sessions	5-5:30pm	\$88
1004-SU26F	Jun 15-Aug 3	Mon
8 sessions	6:30-7pm	\$88
1004-SU26G	Jun 15-Aug 3	Mon
8 sessions	7:30-8pm	\$88
1004-SU26H	Jun 16-Aug 4	Tue
8 sessions	5-5:30pm	\$88
1004-SU26I	Jun 29-Jul 10	M-F
8 sessions	10:30-11am	\$88
	No class Jul 2 & 3	
1004-SU26J	Jul 13-Jul 23	M-F
9 sessions	12:30-1pm	\$99
1004-SU26K	Jul 22-Aug 19	Wed
5 sessions	6-6:30pm	\$55
1004-SU26L	Jul 22-Aug 19	Wed
5 sessions	6:30-7pm	\$55
1004-SU26M	Jul 27-Aug 6	M-F
9 sessions	10:30-11am	\$99

## Little Swimmers Swim Lessons | Ages 4-5

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

1005-SU26A	Jun 10-Jul 15	Wed
6 sessions	5:30-6pm	\$66
1005-SU26B	Jun 10-Jul 15	Wed
6 sessions	6:30-7pm	\$66
1005-SU26C	Jun 15-Jun 26	M-F
9 sessions	9:30-10am	\$99
	No class Jun 19	
1005-SU26D	Jun 15-Jun 26	M-F
9 sessions	11:30am-12pm	\$99
	No class Jun 19	
1005-SU26E	Jun 15-Aug 3	Mon
8 sessions	5:30-6pm	\$88
1005-SU26F	Jun 15-Aug 3	Mon
8 sessions	7-7:30pm	\$88
1005-SU26G	Jun 29-Jul 10	M-F
8 sessions	11:30am-12pm	\$88
	No class Jul 2 & 3	
1005-SU26H	Jul 13-Jul 23	M-F
9 sessions	10-10:30am	\$99
1005-SU26I	Jul 22-Aug 19	Wed
5 sessions	5:30-6pm	\$55
1005-SU26J	Jul 22-Aug 19	Wed
5 sessions	6:30-7pm	\$55
1005-SU26K	Jul 27-Aug 6	M-F
9 sessions	10-10:30am	\$99
1005-SU26L	Jul 27-Aug 6	M-F
9 sessions	11-11:30am	\$99

## Level 1 Swim Lessons | Age 6+

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

1006-SU26A	Jun 15-Jun 26	M-F
9 sessions	9-9:50am	\$99
	No class Jun 19	
1006-SU26B	Jun 15-Jun 26	M-F
9 sessions	12-12:50pm	\$99
	No class Jun 19	
1006-SU26C	Jun 15-Aug 3	Mon
8 sessions	5-5:50pm	\$88
1006-SU26D	Jun 15-Aug 3	Mon
8 sessions	6-6:50pm	\$88
1006-SU26E	Jun 16-Aug 4	Tue
8 sessions	4:30-5:20pm	\$88
1006-SU26F	Jun 16-Aug 4	Tue
8 sessions	5:30-6:20pm	\$88
1006-SU26G	Jun 16-Aug 4	Tue
8 sessions	6:30-7:20pm	\$88
1006-SU26H	Jun 29-Jul 10	M-F
8 sessions	9-9:50am	\$88
	No class Jul 2 & 3	
1006-SU26I	Jun 29-Jul 10	M-F
8 sessions	11-11:50am	\$88
	No class Jul 2 & 3	
1006-SU26J	Jun 29-Jul 10	M-F
8 sessions	12-12:50pm	\$88
	No class Jul 2 & 3	
1006-SU26K	Jul 13-Jul 23	M-F
9 sessions	9-9:50am	\$99
1006-SU26L	Jul 13-Jul 23	M-F
9 sessions	11-11:50am	\$99
1006-SU26M	Jul 13-Jul 23	M-F
9 sessions	12-12:50pm	\$99
1006-SU26N	Jul 27-Aug 6	M-F
9 sessions	9-9:50am	\$99
1006-SU26P	Jul 27-Aug 6	M-F
9 sessions	10-10:50am	\$99
1006-SU26Q	Jul 27-Aug 6	M-F
9 sessions	12-12:50pm	\$99

## Level 2 Swim Lessons | Age 6+

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

1007-SU26A	Jun 15-Jun 26	M-F
9 sessions	10-10:50am	\$99
	No class Jun 19	
1007-SU26B	Jun 15-Jun 26	M-F
9 sessions	12-12:50pm	\$99
	No class Jun 19	
1007-SU26C	Jun 15-Aug 3	Mon
8 sessions	7-7:50pm	\$88
1007-SU26D	Jun 16-Aug 4	Tue
8 sessions	5:30-6:20pm	\$88
1007-SU26E	Jun 16-Aug 4	Tue
8 sessions	6:30-7:20pm	\$88
1007-SU26F	Jun 29-Jul 10	M-F
8 sessions	9-9:50am	\$88
	No class Jul 2 & 3	
1007-SU26G	Jun 29-Jul 10	M-F
8 sessions	10-10:50am	\$88
	No class Jul 2 & 3	
1007-SU26H	Jul 13-Jul 23	M-F
9 sessions	9-9:50am	\$99
1007-SU26I	Jul 13-Jul 23	M-F
9 sessions	10-10:50am	\$99
1007-SU26J	Jul 13-Jul 23	M-F
9 sessions	11-11:50am	\$99
1007-SU26K	Jul 13-Jul 23	M-F
9 sessions	12-12:50pm	\$99
1007-SU26L	Jul 27-Aug 6	M-F
9 sessions	9-9:50am	\$99
1007-SU26N	Jul 27-Aug 6	M-F
9 sessions	10-10:50am	\$99
1007-SU26O	Jul 27-Aug 6	M-F
9 sessions	11-11:50am	\$99
1007-SU26P	Jul 27-Aug 6	M-F
9 sessions	12-12:50pm	\$99

## Level 3 Swim Lessons | Age 6+

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

1008-SU26A	Jun 10-Jul 29	Wed
8 sessions	6-6:50pm	\$88
1008-SU26B	Jun 15-Jun 26	M-F
9 sessions	10-10:50am	\$99
	No class Jun 19	
1008-SU26C	Jun 15-Jun 26	M-F
9 sessions	11-11:50am	\$99
	No class Jun 19	
1008-SU26D	Jun 15-Aug 3	Mon
8 sessions	5-5:50pm	\$88
1008-SU26E	Jun 15-Aug 3	Mon
8 sessions	7-7:50pm	\$88
1008-SU26F	Jun 16-Aug 4	Tue
8 sessions	4:30-5:20pm	\$88
1008-SU26G	Jun 16-Aug 4	Tue
8 sessions	6:30-7:20pm	\$88
1008-SU26H	Jun 29-Jul 10	M-F
8 sessions	10-10:50am	\$88
	No class Jul 2 & 3	
1008-SU26I	Jun 29-Jul 10	M-F
8 sessions	12-12:50pm	\$88
	No class Jul 2 & 3	
1008-SU26J	Jul 13-Jul 23	M-F
9 sessions	10-10:50am	\$99
1008-SU26K	Jul 13-Jul 23	M-F
9 sessions	11-11:50am	\$99
1008-SU26L	Jul 13-Jul 23	M-F
9 sessions	12-12:50pm	\$99
1008-SU26M	Jul 27-Aug 6	M-F
9 sessions	9-9:50am	\$99
1008-SU26O	Jul 27-Aug 6	M-F
9 sessions	11-11:50am	\$99
1008-SU26P	Jul 27-Aug 6	M-F
9 sessions	12-12:50pm	\$99



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

### Level 4 Swim Lessons | Age 6+

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

1009-SU26A Jun 10-Jul 29 Wed  
8 sessions 7-7:50pm \$88

1009-SU26B Jun 15-Jun 26 M-F  
9 sessions 11-11:50am \$99  
No class Jun 19

1009-SU26C Jun 15-Jun 26 M-F  
9 sessions 12-12:50pm \$99  
No class Jun 19

1009-SU26D Jun 15-Aug 3 Mon  
8 sessions 6-6:50pm \$88

1009-SU26E Jun 16-Aug 4 Tue  
8 sessions 4:30-5:20pm \$88

1009-SU26F Jun 16-Aug 4 Tue  
8 sessions 5:30-6:20pm \$88

1009-SU26G Jun 29-Jul 10 M-F  
8 sessions 11-11:50am \$88  
No class Jul 2 & 3

1009-SU26H Jun 29-Jul 10 M-F  
8 sessions 12-12:50pm \$88  
No class Jul 2 & 3

1009-SU26I Jul 13-Jul 23 M-F  
9 sessions 10-10:50am \$99

1009-SU26J Jul 13-Jul 23 M-F  
9 sessions 12-12:50pm \$99

1009-SU26L Jul 27-Aug 6 M-F  
9 sessions 10-10:50am \$99

1009-SU26M Jul 27-Aug 6 M-F  
9 sessions 11-11:50am \$99

1009-SU26N Jul 27-Aug 6 M-F  
9 sessions 12-12:50pm \$99

### Level 5 Swim Lessons | Age 6+

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

1010-SU26A 8 sessions Jun 10-Jul 29 Wed 7-7:50pm \$88

1010-SU26B 9 sessions Jun 15-Jun 26 M-F 10-10:50am \$99 No class Jun 19

1010-SU26C 9 sessions Jun 15-Jun 26 M-F 12-12:50pm \$99 No class Jun 19

1010-SU26D 8 sessions Jun 15-Aug 3 Mon 5-5:50pm \$88

1010-SU26E 8 sessions Jun 15-Aug 3 Mon 7-7:50pm \$88

1010-SU26F 8 sessions Jun 16-Aug 4 Tue 6:30-7:20pm \$88

1010-SU26G 8 sessions Jun 29-Jul 10 M-F 9-9:50am \$88 No class Jul 2 & 3

1010-SU26H 9 sessions Jul 13-Jul 23 M-F 9-9:50am \$99

1010-SU26I 9 sessions Jul 13-Jul 23 M-F 11-11:50am \$99

1010-SU26J 9 sessions Jul 13-Jul 23 M-F 12-12:50pm \$99

1010-SU26L 9 sessions Jul 27-Aug 6 M-F 10-10:50am \$99

### Level 6 Swim Lessons | Age 6+

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

1011-SU26A 9 sessions Jun 15-Jun 26 M-F 11-11:50am \$99 No class Jun 19

1011-SU26B 8 sessions Jun 15-Aug 3 Mon 6-6:50pm \$88

1011-SU26C 8 sessions Jun 16-Aug 4 Tue 5:30-6:20pm \$88

1011-SU26D 8 sessions Jun 29-Jul 10 M-F 10-10:50am \$88 No class Jul 2 & 3

1011-SU26E 9 sessions Jul 13-Jul 23 M-F 11-11:50am \$99

1011-SU26F 9 sessions Jul 27-Aug 6 M-F 12-12:50pm \$99

### Level 7 Swim Lessons | Age 6+

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

1012-SU26A 9 sessions Jun 15-Jun 26 M-F 11-11:50am \$99 No class Jun 19

1012-SU26B 8 sessions Jun 15-Aug 3 Mon 6-6:50pm \$88

1012-SU26C 8 sessions Jun 16-Aug 4 Tue 5:30-6:20pm \$88

1012-SU26D 8 sessions Jun 29-Jul 10 M-F 10-10:50am \$88 No class Jul 2 & 3

1012-SU26E 9 sessions Jul 13-Jul 23 M-F 11-11:50am \$99

1012-SU26F 9 sessions Jul 27-Aug 6 M-F 12-12:50pm \$99

## Private & Semi-Private Swim Lessons Ages 4-15

Private and Semi-Private Swim Lessons are offered at various times and dates throughout the summer! A max of two students are allowed in Semi-Private Lessons; both students must be at the same skill level and must register at the same time.

Visit [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com) to view available sessions.  
Please call (651) 982-8110 if you have registration questions.



### Lifeguard Training | Age 15-Adult

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. View the course prerequisites online at [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com).

1023-SU26 4 sessions Jun 8-Jun 11 M-Th 10am-5pm \$250

### Water Safety Aide | Age 12 & up

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

1022-SU26A	1 session	Jun 8	Mon	9am-12pm	\$75
1022-SU26B	1 session	Jun 11	Thu	9am-12pm	\$75
1022-SU26C	1 session	Jun 30	Tue	11:30am-2:30pm	\$75
1022-SU26D	1 session	Aug 13	Thu	6-9pm	\$75

### Lap Swim

The FLAS Community Pool is a six lane, 25-yard pool that is a great place for a morning workout! Pre-registration is preferred. Drop-ins are welcome for a fee of \$10 paid by check or cash. Register online at [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com) or by calling (651) 982-8110.

1029-SU26 Jun 8-Aug 28 Mon, Wed & Fri 5:30-7am \$140  
35 sessions No class Jun 19

## Recreational Swim

All Ages Welcome!

Jun 16-Aug 6 • Tuesdays & Thursdays  
1:30-2:30pm • \$6 per person

Come enjoy the pool for recreational swimming! Participants that are four-feet or taller may swim without a parent/guardian. If a participant is under four-feet, they must be accompanied in the water by a parent or guardian and may use a lifejacket.

### Pre-registration Required

You can register for Recreational Swim sessions online at [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com) or by calling (651) 982-8110.

SEE YOU AT THE POOL!

## Ranger Aquatics | Ages 8-18

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

1015-SU26 Jun 10-Aug 5 Tue & Wed 7:30-9pm \$170  
17 sessions

## Ranger Aquatics - Novice | Ages 8-18

Prerequisite: Must be able to swim 25 continuous yards of front and back crawl or have passed Level 4. The purpose of the novice summer swimming program is to train the athlete to swim efficiently and fast. In addition, the coaching staff will encourage physical fitness, motivation, foster self-discipline, reinforce self-esteem, build self-confidence and provide an environment where the athlete can achieve their highest potential through a challenging and fun atmosphere. The workouts will be adjusted to benefit all swimming abilities. This class is ideal if you are thinking about joining the boys and girls swim teams.

1060-SU26A Jun 15-Jul 1 M-F 8-9am \$120  
12 sessions No class Jun 19

1060-SU26B Jul 6-Jul 31 M-F 8-9am \$200  
20 sessions

## Ranger Aquatics - Advanced | Ages 12-18

Prerequisite: Must be able to swim 50 continuous yards of front and back crawl and 25 yards of butterfly and breaststroke. This class is for athletes that have middle school or high school swim team experience. The purpose of the advanced summer swimming program is to train the athlete to swim efficiently and fast. In addition, the coaching staff will encourage physical fitness, motivation, foster self-discipline, reinforce self-esteem, build self-confidence and provide an environment where the athlete can achieve their highest potential through a challenging and fun atmosphere. The workouts will be adjusted to benefit all swimming abilities.

1059-SU26A Jun 8-Jul 1 M-F 7-9am \$170  
17 sessions No class Jun 19

1059-SU26B Jul 6-Aug 7 M-F 7-9am \$250  
25 sessions



## Synchronized Swim Camp | Ages 9-18

Synchronized swimming is a combination of swimming, gymnastics and dance. This sport has an artistic element that relates to the three sports. Come and explore the basics of synchronized swimming in a short camp climate. Each participant must provide their own swim suit, swim cap, nose clip and goggles.

1016-SU26 Jun 8-Jun 11 M-Th  
4 sessions 12-1:15pm \$69

## Synchronized Swim Clinic | Ages 9-18

This Synchronized Swim Clinic is for swimmers interested in learning the basic skills of synchronized swimming and for the advanced synchronized swimmer. The novice synchronized swimmer must be able to swim 25 yards of the following strokes: front and back crawl and sidestroke. The advanced synchronized swimmer will focus on both technical and artistic components that make up a routine. Both the novice and advanced swimmer will work on strength and control in figures and hybrids. Each swimmer must provide their own swim suit, swim cap, nose clip and goggles.

1019-SU26 Jun 11-Aug 6 Thu  
8 sessions 6-8:30pm \$152  
No class Jul 2



SCAN THE QR CODE TO SEE CLASSES & REGISTER.  
[FORESTLAKE.CE.ELEYO.COM](http://FORESTLAKE.CE.ELEYO.COM) | (651) 982-8110

# Early Childhood Programs

## Overview



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

### Purpose of the Early Childhood Programs:

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

### Curriculum & Learning

To learn about the curriculums and approaches used in the FLAS Early Childhood Programs, please visit [www.flaschools.org/preschool](http://www.flaschools.org/preschool).



## Join the Parent Advisory Council!

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

Meetings are the second Thursday of the month at the Education Center in room 166 from 10:30-11:30am.

### Meeting Focus:

- October | ECFE program updates
- December | Toys for Tots distribution
- February | Planning for Big Rig Day and Week of the Young Child
- May | Community Needs Assessment review

## Baby Basics Family Resource Cupboard

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



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

If you could benefit from this resource, please contact [communitycloset@flschools.org](mailto:communitycloset@flschools.org) to schedule a time to visit.

The Community Closet is located at the STEP Building at 200 4th St SW. Enter through door 7, on the back of the building near 3rd Ave SW and 5th St SW in Forest Lake.

## Help Me Grow

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

## A Gift for Your Newborn

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



## Early Childhood Family Education

### What Happens in ECFE Classes?

#### 1. Together Time

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

#### 2. Family Time

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

#### 3. Children's Time

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

## Sliding Fee Scale

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

Gross Income	Your Cost
\$100,000+	100% of fee listed
\$70,000-\$99,999	80% of fee listed
\$40,000-\$69,999	60% of fee listed
\$20,000-\$39,999	40% of fee listed
\$0-\$19,999	20% of fee listed

## Sibling Care

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



# ECFE Classes

## FREE | Busy Babies

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

### Ages Birth-18 Months | Non-Separating

2010-SP26 Mar 20-May 29 Fri  
9 sessions 9:15-10:15am Free  
Ed Center: 120 | Door 18  
No class Apr 3 & May 22  
Sib Care: \$74

## Wonderful Ones & Twos

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

### Ages 1-2 | Non-Separating

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

## SLIDING FEE SCALE

Each qualifying class lists the full fee. You may use the sliding fee scale on page 49 to determine your individual rate based on your family's income.

## Drop-In Gym & Play

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

*\*Five visit punch card: \$20 per family*

### Ages Birth-3 | Non-Separating

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

### Ages Birth-5 | Non-Separating

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

## ECFE Friends

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

### Age 3 by Jan 1, 2026 | Separating

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



## Silly Sprouts

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

### Ages 1-4 | Non-Separating

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

### Ages 1-4 | Separating

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

## Terrific Twos & Threes

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

### Ages 2-3 | Separating

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



## FREE | Little Ranger Roadster: Stop & Play

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

### Ages 1-5 | Non-Separating

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

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

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

2524-SU26A Jun 16-Jul 28 Tue  
 7 sessions 8:30-9:30am Free  
 Goodview Park  
 26079 Goodview Ave, Wyoming

2524-SU26B Jun 16-Jul 28 Tue  
 7 sessions 10:30-11:30am Free  
 Carroll Broadbent Memorial Park  
 22810 Typo Creek Dr NE, Linwood

2524-SU26C Jun 17-Jul 29 Wed  
 7 sessions 8:30-9:30am Free  
 Lakeside Memorial Park  
 95 East Broadway Ave, Forest Lake

2524-SU26D Jun 17-Jul 29 Wed  
 7 sessions 10:30-11:30am Free  
 Lino Lakes Park  
 7850 Lake Dr, Lino Lakes



# Parent & Community Outreach

## **FREE | ECFE Home Education Program**

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

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

The ECFE Home Education Program provides opportunities to assist families with a smooth transition into preschool and kindergarten. We offer three main topics to start with: health and safety, parents as teachers and parent/child bonding. Each area will include information and an activity related to the topic.

Once your registration has been received, an early childhood teacher will contact you to schedule a session that fits your schedule. If you have any questions about the ECFE Home Education Program, please call (651) 982-8318.

2604-SP26 | Free

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

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

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

## **FREE | Behavior Assistance Technical Support Team**

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

2605-SP26 | Free

# Events



## Bruce the Bug Guy

Tue, Mar 31 • 5:30-6:30pm

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

*Ages 18 months-5 years | Ed Center: Cafeteria ( Door 4) | \$10 per child*

## STEM Night!

Tue, Apr 7 • 5:30-6:30pm

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

*Ages 2-5 | Lino Lakes Elem (Door 1) | \$7 per child*

## Como Zoo

Thu, Apr 23 • 9am-1pm

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

by 1pm. *Ages 3-6 | Como Zoo | Meet at Ed Center (Door 17) | \$13 per child*

## Big Rig Day

Sat, May 2 • 9:30-11:30am

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

*All Ages | Hardwood Creek Library (19955 Forest Rd N, Forest Lake) | Free*

## Little Picasso's on the Playground

Tue, May 19 • 5:30-6:30pm

Does your child enjoy messy art projects but still likes to be on the move? Experience the Education Center playground (west parking lot) for some fun in the sun! We'll paint with squeeze bottles, brushes and fingers. Bring the whole family and take home a masterpiece. *Ages 18 months-5 years | Ed Center: EC Playground | \$5 per child*



FIND US ON FACEBOOK!  
**@ForestLakeECFE**

## Register for Events Online

View event details & register online by scanning the QR code or visiting [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com).



# Early Childhood Screening

## Screen at 3!

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



### What can I expect at a screening appointment?

A trained professional will check your child's:

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



### What should I bring to a screening appointment?

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



### When are screening appointments available?

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



## More Information

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



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



# Little Rangers Preschool

## Ensuring a Smooth Transition to Kindergarten

The Early Childhood Programs are an integral part of Forest Lake Area Schools (FLAS). The transition from preschool to kindergarten is a pivotal moment in a child's educational journey, setting the foundation for future learning experiences. Our collaborative efforts with the district are dedicated to making this transition as seamless as possible, ensuring that each child feels confident and prepared as they step into their new learning environment. The Little Rangers Preschool program is designed to nurture every aspect of a child's development. By focusing on social, physical and pre-academic growth, we lay the groundwork for lifelong learning and success.

## Joy-Filled Learning

At Little Rangers Preschool, learning is an adventure! We use the Frog Street Pre-K curriculum in all our classrooms — a hands-on, joy-filled program that helps children explore, create and grow each day. Lessons are thoughtfully designed to spark curiosity and build confidence, with goals aligned to Minnesota's Early Childhood Indicators of Progress. Our teachers understand that each child is unique and tailor their approach to meet individual learning needs so every child can thrive.

## Supportive Educators

Our classrooms are thoughtfully led by an exceptional team of caring, highly trained educators who are passionate about early learning. Each teacher completes "LETRS for Early Childhood Educators", giving them powerful tools to support language, literacy and social-emotional growth. The Little Rangers Preschool team is dedicated to nurturing each child's love of learning and helping them take the important first steps toward successful learning.

## Locations District-Wide

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

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

## Elementary Boundary Adjustment

Beginning in the 2026-2027 school year, the district's elementary school attendance boundaries have changed.

## Find Your School

Scan the QR code to learn more and to find your assigned school by looking up your home address.



# Programs & Resources



## Four-Star Parent Aware Rating

Little Rangers Preschool proudly holds a Four-Star Parent Aware Rating, highlighting our commitment to exceeding early childhood education standards. This rating system helps families find programs using research-based practices for school and life readiness. By participating in this process, Little Rangers Preschool has completed extra training beyond standard licensing, ensuring a high-quality educational environment. Each star level (one through four) indicates a deeper commitment to these practices, offering families insight into program quality. For more information, visit [www.parentaware.org](http://www.parentaware.org).

## Transportation

Transportation is available for students who attend preschool at the elementary school assigned to their home address and at the Education Center for those in the Forest View Elementary busing area. This service is offered to make high-quality early learning programs accessible to a broader range of families. A caregiver, 18 years or older, is expected to be at the bus stop for pick up and drop off to escort the child on and off the bus. Space is limited and dependent on the availability of existing bus routes. This service is offered free of charge. Call (651) 982-8349 for more information.

- Four and five year old students can ride the bus (age as of September 1).
- Full Day Preschool students can ride the bus to and from school.
- Half Day Preschool students can ride the bus to school in the morning or home at the end of the day. Mid-day transportation is not available.

## Childcare

Providing childcare is essential to make preschool accessible for everyone. Children enrolled in Little Rangers Full Day Preschool have the opportunity to register for School Age Care (SAC); a before and after school childcare program available only on days your child is enrolled in Little Rangers Preschool at any location. Students attending Full Day Preschool at the Education Center can register for SAC at Forest View. For more information or to register for School Age Care, call (651) 982-8365.

## Family Learning Program (FLP)

Designed for parents with children ages birth-5

The Family Learning Program (FLP) is ideal for caregivers of young children (birth-5 years old) who would like to register for \*Adult Basic Education (ABE). Families can enjoy a meal together, participate in guided learning experiences and get ideas for home activities. Children 12 weeks-2 years old attend Sibling Care (childcare) and 3-5 year olds attend preschool, while caregivers participate in parent education classes and work on goals such as GED test preparation, improving their English or basic skills in our ABE program. Children ages birth to 11 weeks old stay with their caregiver during classes.

- Children will enroll in the Tuesday/Thursday Half Day Preschool class that is appropriate for their age (page 59).
- Daily tuition for children is based on a sliding fee scale. All families are welcome. No child will be turned away because of the inability to pay.
- Please call (651) 982-8349 for more information. Transportation and interpreters are available upon request.

\*See page 19 or visit [www.flaschools.org/ce](http://www.flaschools.org/ce) for more information on ABE and GED programs.

# Registration & Fees

## Preschool Registration

Begin the registration process online at [www.flaschools.org/preschool](http://www.flaschools.org/preschool) and click "Register Online". To register by phone, call (651) 982-8349.

- Required forms are online at [www.flaschools.org/ecforms](http://www.flaschools.org/ecforms).
- You may fax your child's forms directly to us at (651) 982-8375 or email them to [earlychildhood@flaschools.org](mailto:earlychildhood@flaschools.org). If you need required forms mailed to you, please call (651) 982-8349.
- A non-refundable registration fee of \$50 is due with registration.
- Invoices will be emailed at the beginning of the month and due by the 15th of the month to avoid a \$10 late fee.
- Preschool class fees are based on a daily rate per contract day. You will be invoiced the actual number of contracted days per month.
- Class fees and times listed are subject to modification.
- All programs will be invoiced from September to May. Receive a 2% discount if you pay the year in full.
- No refunds will be given for absences or school closings (inclement weather days).



## Fee Assistance

FLAS Early Childhood Programs have a variety of fee assistance options available based on the program your child is enrolled in and your family's circumstances. All fee assistance is confidential.

### Pathway I Scholarship

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

### Pathway II Scholarship

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

### School Readiness Financial Aid

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

### Voluntary Pre-K

Available only at Lino Lakes Elementary and Forest View Elementary, these state-funded scholarships provide free tuition for qualifying students attending on a Monday/Wednesday/Friday schedule. Families who register for these locations and schedules will be contacted if they are eligible.

# 2026-2027 Preschool Classes

## Important Information

- Registration began on January 20, 2026.
- Classes begin the week of Sep 8, 2026 and end the week of Jun 1, 2027.
- Preschool orientation sessions will be held before the start of school.
- Children must be the appropriate age for class by Sep 1, 2026; no exceptions.

## Full Day Classes

- Seven locations throughout the school district.
- Classes for four and five year old children (age as of Sep 1).
- Free breakfast and lunch are offered to students.

## Half Day Classes

- Classes are offered at the Education Center, Lino Lakes Elementary and Linwood Elementary.
- Offerings include classes for three, four and five year old children (age as of Sep 1).
- Free breakfast is offered to students in morning classes.

## Family Learning Program (FLP)

Details on page 56.



## Take a Tour!

The preschool staff is excited to meet you and answer any questions you have about the program. Call to schedule:

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



## Elements of a Preschool Day

### Meal Times

Students attending a morning class or full day class have access to a free, district provided balanced breakfast. Full day students also have access to a free, district provided balanced lunch. Families provide a snack each day.

### Practice Centers

Meaningful opportunities to integrate the week's learning goals through active exploration and play. Children are given the chance to explore their interests, learn cooperatively, make their own choices and develop independence.

### Small Groups

Purposeful and relevant small group activities focused on literacy, math and STEAM skill development.

### Rest Time

During full day preschool classes, students are given 30 minutes to rest their bodies. They are not required to sleep; rather, they are encouraged to relax and recharge their bodies to take on the rest of the afternoon.

### Circle Time

This is a time for classrooms to develop relationships with each other, read stories and build on social emotional strategies.



FULL DAY

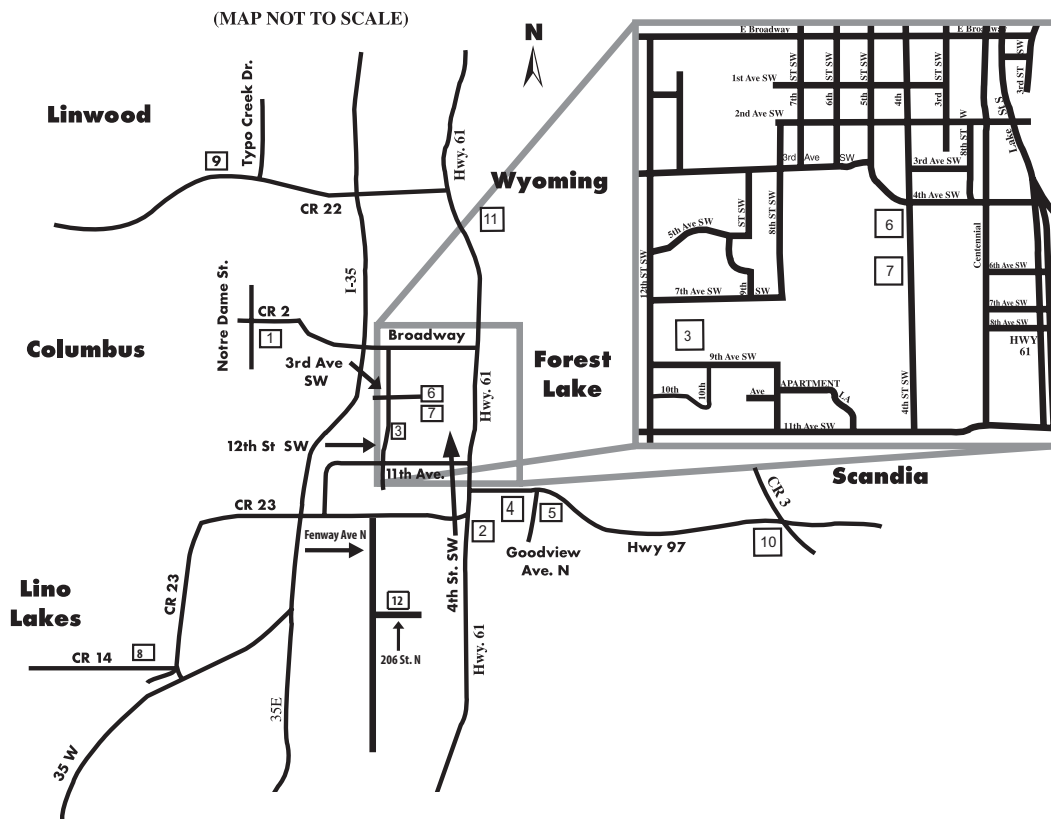
HALF DAY

LOCATION	AGE	DAYS	TIME	DAILY RATE
COLUMBUS ELEMENTARY	4-5	M-F	9:15am-3:40pm	\$44.50
COLUMBUS ELEMENTARY	4-5	M/W/F	9:15am-3:40pm	\$44.50
EDUCATION CENTER	4-5	M/W/F	9:15am-3:30pm	\$44.50
EDUCATION CENTER	4-5	T/Th	9:15am-3:30pm	\$44.50
FOREST VIEW ELEMENTARY	4-5	M/W/F	9:15am-3:40pm	\$44.50
FOREST VIEW ELEMENTARY	4-5	T/Th	9:15am-3:40pm	\$44.50
LINO LAKES ELEMENTARY	4-5	M-F	9:15am-3:40pm	\$44.50
LINO LAKES ELEMENTARY	4-5	M/W/F	9:15am-3:40pm	\$44.50
LINWOOD ELEMENTARY	4-5	M-F	9:15am-3:40pm	\$44.50
LINWOOD ELEMENTARY	4-5	M/W/F	9:15am-3:40pm	\$44.50
SCANDIA ELEMENTARY	4-5	M-F	9:15am-3:40pm	\$44.50
SCANDIA ELEMENTARY	4-5	M/W/F	9:15am-3:40pm	\$44.50
WYOMING ELEMENTARY	4-5	M-F	9:15am-3:40pm	\$44.50
WYOMING ELEMENTARY	4-5	M/W/F	9:15am-3:40pm	\$44.50
EDUCATION CENTER	3	M/W	9:15-11:45am	\$27.50
EDUCATION CENTER	3	T/Th	9:15-11:45am	\$27.50
EDUCATION CENTER *FLP	3	T/Th	9:15-11:45am	Sliding Fee
LINO LAKES ELEMENTARY	3	T/Th	9:15-11:45am	\$27.50
LINWOOD ELEMENTARY	3	T/Th	9:15-11:45am	\$27.50
EDUCATION CENTER	4-5	M/W/F	9:15-11:45am	\$27.50
EDUCATION CENTER	4-5	T/Th	9:15-11:45am	\$27.50
EDUCATION CENTER *FLP	4-5	T/Th	9:15-11:45am	Sliding Fee
EDUCATION CENTER	3-5	M/W/F	1-3:30pm	\$27.50
EDUCATION CENTER	3-5	T/Th	1-3:30pm	\$27.50
EDUCATION CENTER *FLP Sibling Care	0-2	T/Th	9:15-11:45am	Sliding Fee



# District Map & Entrance Guide

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



# Registration & Cancellations



## Registration Options

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

- **Online Registration:** [forestlake.ce.eleyo.com](http://forestlake.ce.eleyo.com)
- **Phone Registration:** (651) 982-8110
- **Fax Registration:** (651) 982-8386 using a Discover, Visa, MasterCard or American Express credit card
- **Mail or in person:**  
Community Education  
Forest Lake Area Schools Education Center  
943 9th Ave SW, Forest Lake, MN 55025  
Daytime: Door 18 | Evening: Door 4 (dropbox)
- **Drop box:**  
Community Education  
Forest Lake Area Schools District Office  
6100 N 210th Street, Forest Lake, MN 55025  
Drop box located outside of the main entrance

## We Love Feedback

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

## Accessible to All

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



## SCAN ME

HOVER YOUR PHONE'S CAMERA OVER THE QR CODE TO SEE CLASSES & TO REGISTER.

## Cancellations & Refunds

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

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

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

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

## Liability Waiver

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

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

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

## Forest Lake Area Schools Community Education Registration Form

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

Participant First Name \_\_\_\_\_ M \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Class # \_\_\_\_\_ Class Title \_\_\_\_\_ Building \_\_\_\_\_ Fee \_\_\_\_\_

Class # \_\_\_\_\_ Class Title \_\_\_\_\_ Building \_\_\_\_\_ Fee \_\_\_\_\_

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

### FOR YOUTH AGES 0-18 ONLY

Parent/Guardian Full Name \_\_\_\_\_

Student's Grade \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Male  Female School Attending \_\_\_\_\_

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### PAYMENT INFORMATION

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

Authorized Signature \_\_\_\_\_ Date \_\_\_\_\_

Cardholder's First Name \_\_\_\_\_ Cardholder's Last Name \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

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



Forest Lake Area Schools 831  
Community Education  
6100 210th St N  
Forest Lake, MN 55025  
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