

South St. Paul

COMMUNITY EDUCATION (PAGES 6-23)

EARLY LEARNING/ECFE (PAGES 3-5)



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SSP SENIOR CENTER PAGE 21

**ECFE CLASSES
NEW LOCATION!**

Kaposia Education Center

1225 1st Ave S
South St. Paul, MN 55075

REGISTER ONLINE
OR IN PERSON

tridistrictce.arux.app



SUMMER 2026 PROGRAM CATALOG

Questions? Give us a call or stop in!

Community Education
(651) 306-3632
100 7th Avenue North, SSP

Early Learning
(651) 457-9418
1225 1st Avenue South, SSP

SSP Community Education

South St. Paul Community Education at Central Square Community Center (CSCC) is a place where our community can come together to learn, grow, and socialize! Come, explore, and see what CSCC has to offer!

Central Square Community Center
100 7th Avenue North, South St. Paul

Summer Hours

Monday - Thursday
5:00 am - 8:00 pm

Friday
5:00 am - 4:00 pm

Saturday
7:30 am - 12:00 pm

(651) 306-3632

<https://communityed.sspps.org>

Director of Community Education, Adult Education, and Early Learning
Jeanne Zehnder

Community Ed Administrative Assistant
Amy Trettel

Community Education Facilitator
Linda Jacobs-Buse

Adult Education Coordinator
Tom Umhoefer

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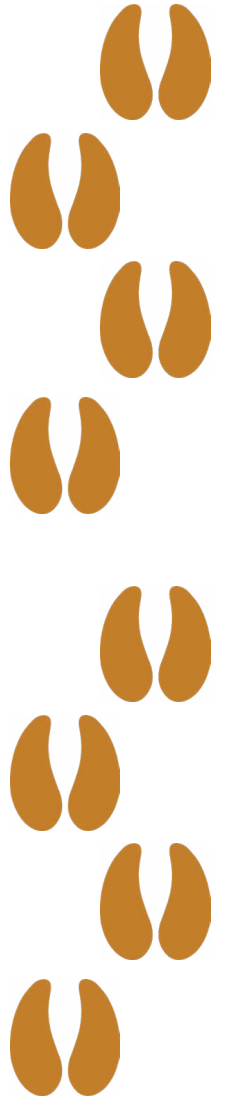
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Central Square Swimming Pool

Central Square features an indoor pool with a diving board, large open swim area, and a portable tot dock for younger children. The pool begins at a depth of 4 feet and has a maximum depth of 12 feet, length is 25 yards.

Punch card- 10 daily admissions (valid for use at CSCC pool only)
\$40 adult (19-64) \$15 senior (65+)

Punch card- 30 daily admissions (valid for use at CSCC pool only)
\$80 adult (19-64) \$30 senior (65+)

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

Free lap swim for Sr Center members (65+):

Mon-Fri from 7:30 am - 3:00 pm

Sat from 7:30 am - 12:00 pm



Registration System Transition to Arux

We're excited to share that South St. Paul Public Schools Community Education and Kids' Choice programs are transitioning to a new registration and account management system called Arux.

Arux is a modern platform that makes it easy for families to register for programs, manage schedules, and handle payments. For returning families, account information, enrollments, and saved payment methods will transfer automatically, and existing login credentials will continue to work.

Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Central Kitchen and Second Harvest Heartland, to offer [free take 'n bake family dinners](#).

Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Meals are fully prepared, you just need to warm them up before enjoying!

Who: All SSP residents

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

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

When: Meals can be picked up from Central Square Mondays after 3:00 pm and are available through Saturday while supplies last.



CENTRAL SQUARE INFORMATION

Programming and Registration

All Community Education courses take place at Central Square Community Center unless otherwise noted.

Registration for courses can be done online at tridistrictce.arux.app or at the Central Square front desk.



Notary Service

Monday - Friday 7:30 am - 4:00 pm

Free Wi-Fi

Wireless Internet access is available. No password necessary.

Refunds

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

Cancellations

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

Inclement Weather

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

Volunteer Opportunities

Adult Education Tutors - call Linda at 651-306-3632 or stop by the front desk for more information.

Meeting Rooms

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

Metro Dining Cards

The South St. Paul Seniors and Metro Dining offers an opportunity to enjoy 2 for 1 or 50% off dining at more than 100 local restaurants each month, for a year. Purchase a set for \$35 at the front desk.

SSP Early Learning

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

CLASSES TAKE PLACE AT:

Kaposia Education Center
1225 1st Ave S- Door 2, South St. Paul

651-457-9418
earlylearning@sspps.org
<https://earlylearning.sspps.org>



Director of Community Education, Adult Education, and Early Learning

Jeanne Zehnder

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Early Childhood Teacher

Cathy Gieselman

SSP EARLY CHILDHOOD FAMILY EDUCATION

Early Childhood and Family Education

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

Program Goal

The goal for Early Childhood and Family Education is to strengthen families through education and support with research-based child development information. The foundation of early learning is building close relationships between caregivers and children. Creating a rich learning environment by talking to your child and allowing them to explore is essential to physical and mental growth.

ECFE Is...

- For all families in the South St. Paul School District with children from birth up to kindergarten enrollment, other district residents welcome, but SSPPS families will receive registration priority
- A fun, informal place to meet, learn and play with other children and parents
- Creative play and learning activities for all families
- Here to provide the best possible start for children and for you

Immunization Requirement

Minnesota requires all children entering child care, early childhood programs, and elementary or secondary schools (public or private), have up-to-date immunizations on file with the provider.

The school district will follow up on each child enrolled as required by law. You must bring your child's immunization record on or before the first day of class. Any child who does not have up-to-date immunizations on the first day will not be allowed to attend.

Class Cancellation and Refunds

- SSP ECFE wants every parent to have the opportunity to participate
- The program reserves the right to cancel classes or sibling care due to low enrollment; your fee will be refunded and you will be notified
- If you cancel a registration before class begins, a full refund will be made, less a \$10 handling fee
- If enrollment in your class choice is full and we are unable to fit you into another class, a full refund will be made
- No refunds are given after the first class is held
- Fees for cancelled days due to district closing, staff professional days, or emergencies are not refunded

SSPPS School Census

Have you registered your baby, toddler, or preschooler with SSPPS? Having your child's name on the census helps us keep you informed:

- Early childhood screenings and important milestones
- Registration information for Preschool and Kindergarten

If you have moved to or within the School Districts of Inver Grove Heights, South St. Paul, or West St. Paul-Mendota Heights-Eagan, changed your phone number, or had a new baby, you will need to update your census information.

Early Learning Advisory Council

The Early Learning Advisory Council (ELAC) is a volunteer organization that supports and assists the SSP early learning programs: Community Preschool and ECFE. ELAC sponsors family events, community outreach programs, engages with local government, and raises funds for the program. ELAC is always looking for volunteers to lend their voice to this important work. If you are interested in the Early Learning Advisory Council, please email earlylearning@sspps.org.



EARLY LEARNING

Summer Programming

Register for classes at tridistrictce.arux.app (or scan the QR code). If you need a hard copy of the registration form, stop by Central Square Community Center (100 7th Ave N, SSP) between the hours of 7:30 am - 4:00 pm.



If you are a new family or have updated immunization records, please bring a completed record to class or fax to our office at 651-552-3108.

All Classes take place at Kaposia Education Center
1225 1st Ave S- Door 2, South St. Paul

The Power of Playful Parenting

18 months to 5-years-old

Play is how young children learn and connect. In this ECFE class, families will explore how playful interactions support brain development, big feelings, and strong relationships, while learning practical strategies to support their child's growth at home through guided play. Register for class before July 1.

Wed, July 8-29
5:30-7:00 pm
\$50/family

There is no sibling care available for this class

Stay-and-Play Wednesdays

Parents and Children ages birth-kindergarten enrollment

Enjoy a fun and relaxed time with your child exploring new toys, hands-on activities, and our muscle room for sliding and climbing. Early Learning staff will be available to answer questions about child development, upcoming classes, and community resources. Families from South St. Paul are welcome on a first-come, first-served basis until room capacity is reached. Parents and caregivers are responsible for supervising their children. Please leave strollers at home. Arrive anytime during the first hour and stay as long as it works for your family.

Wed, June 17-Aug 12
No class July 1
9:30 am-12:00 pm
\$5/family



EARLY LEARNING

Early Childhood Screening

Do you have a 3-year-old? Come and see us! Early Childhood Screenings are free and provide a valuable snapshot of your child's development as you begin to prepare for preschool or kindergarten. Our goal is to meet and get to know every family with young children in our district before they turn 4 years old. You can learn more about how your child is growing and developing, and go home with advice, support, and resources. Screenings take place at Central Square Community Center.

Why is this visit important?

- Every child is different. We can help your child build on their strengths to get ready for school learning
- Children's brains grow the fastest in the first three years of life
- The sooner we see you, the more we can offer

How it helps your child

- Get their hearing, vision, height, and weight checked
- Find out more about how they play, talk, and develop

Make your Screening appointment today!

Call 651-306-3641 or visit:
earlylearning.sspps.org/about/ecs



Help Me Grow

There are several programs available to help children who are showing delays in understanding concepts, speech and language, motor development, vision or hearing, and social skills. Your child may be eligible for a developmental assessment and services designed to help him/her grow.



Ages Birth to Three: 651-306-3682

Ages Three to Six: 651-457-9497

La Evaluación del Desarrollo del Niño:

La evaluación se realiza entre los 3 ½ y 4 años de edad, antes de entrar al kínder. Son gratis y se ofrece una variedad de horarios para las citas.

La evaluación consiste en los siguientes exámenes:

- Oído
- Vista
- Comunicación y lenguaje
- Desarrollo social y emocional
- Habilidad motriz
- Registro de Inmunizaciones

Recibirá información de:

- Desarrollo de su hijo(a)
- Cómo prepararlo para el kínder
- Recursos para la escuela y para los padres

Llame o envíe un correo electrónico para reservar su cita,
651-306-3644 o visite earlylearning.sspps.org/about/ecs

EARLY LEARNING

2026-27 School Year Information

South St. Paul offers excellent preschool programs for children ages 3 years to kindergarten enrollment. Enrollment is open!

Our teachers strive to promote children's love of learning and curiosity through an intentionally planned "hands-on" learning environment, designed to foster the development of the whole child. Young children learn best through active involvement, in order to learn about themselves, other people and the world around them.

Our preschool classrooms encourage active exploration, investigation, and play in a variety of learning centers, plus individual, small and large group activities. Children are guided to question, solve problems and express themselves. Teachers respect and understand the uniqueness of each child.



Kaposia Education Center

ALL DAY	9:10 am - 3:25 pm
HALF DAY AM	9:10 am - 11:55 am
HALF DAY PM	12:40 pm - 3:25 pm

Lincoln Center

ALL DAY	8:25 am - 2:50 pm
HALF DAY AM	8:25 am - 11:10 am
HALF DAY PM	12:05 pm - 2:50 pm

4-Year-Old Preschool

Monday-Friday, All Day - \$690/month*

Monday-Friday, Half Day - \$345/month*

South St. Paul Public Schools Community Education offers 4-year-old Preschool for children who will be four by September 1, 2026. This includes both all-day and half-day options at both Lincoln and Kaposia. South St. Paul residents are given registration priority. Most families are eligible to attend preschool for free. Please call the Early Learning Office for more information 651-457-9418

3-Year-Old Preschool

Monday, Wednesday, Friday- \$210/month*

For children who will be three years old by September 1, 2026
Monday, Wednesday, Friday half days, \$50 registration fee

*Class offerings and fees are subject to change

Scholarships

A limited numbers of scholarships are available for 3-year-old Pre-school. For more information call: 651-457-9418.

Children must be fully toilet trained and independent in the bathroom in order to attend preschool.



Horarios y Tarifas de Preescolar

South St. Paul ofrece excelentes programas preescolares para niños desde los 3 años y medio hasta la inscripción al jardín de infantes.

Nuestros maestros se esfuerzan por promover el amor por el aprendizaje y la curiosidad de los niños a través de un entorno de aprendizaje "práctico" planificado intencionalmente, diseñado para fomentar el desarrollo del niño en su totalidad. Los niños pequeños aprenden mejor a través de la participación activa, para aprender sobre sí mismos, otras personas y el mundo que los rodea.

Nuestras aulas de preescolar fomentan la exploración activa, la investigación y el juego en una variedad de centros de aprendizaje, además de actividades individuales, en grupos pequeños y grandes. Los niños son guiados a cuestionar, resolver problemas y expresarse. Los maestros respetan y entienden la singularidad de cada niño.

Kaposia Education Center

TODO EL DÍA	9:10 am - 3:25 pm
MAÑANA	9:10 am - 11:55 am
TARDE	12:40 pm - 3:25 pm

Lincoln Center

TODO EL DÍA	8:30 am - 2:45 pm
MAÑANA	8:30 am - 11:15 am
TARDE	12:00 pm - 2:45 pm

Preescolar de 4 años

De lunes a viernes, jornada completa: \$690/mes*

De lunes a viernes, media jornada: \$345/mes*

El Departamento de Educación Comunitaria de las Escuelas Públicas de South St. Paul ofrece preescolar para niños de 4 años que cumplirán cuatro años antes del 1 de septiembre de 2026. Esto incluye opciones de jornada completa y media jornada en Lincoln y Kaposia. Los residentes de South St. Paul tienen prioridad de inscripción. El preescolar puede ser gratuito para algunas familias, según sus requisitos. **Las familias que cumplen con los requisitos de elegibilidad del estado obtienen prioridad para la educación preescolar gratuita**, pero existen muchas otras maneras de calificar y deben comunicarse con nosotros para hablar sobre ello.

Preescolar de 3 años

Lunes, Miércoles, Viernes - \$210/mes*

Para niños que cumplirán tres años antes del 1 de septiembre de 2026
Lunes, Miércoles, Viernes medio día, Hay una cuota de inscripción de \$50

*La oferta de clases y las tarifas están sujetas a cambios.

Becas

Hay un número limitado de becas disponibles. Para más información llame al: 651-306-3644

Los niños deben saber ir al baño por completo y ser independientes en el baño para poder asistir al preescolar.



YOUTH ENRICHMENT

Gymnastics at Central Square

Tumble Together (18 mos-4 years old +adult)

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

Tue, June 16-Aug 18

No class July 7
3:00-3:30 pm
4000-S26A
\$92

Tumble Bees (3-4 years old)

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

Tue, June 16-Aug 18

No class July 7
2:00-2:45 pm
4001-S26A
\$92

Mini Stars (Coach Approval)

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

Tue, June 16-Aug 18

No class July 7
5:00-6:00 pm
4013-S26A
\$92

Wed, June 17-Aug 19

No class July 1 & 8
3:00-4:00 pm
4013-S26B
\$82

Mini Stars 2 (Coach Approval)

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

Mon, June 15-Aug 17

No class July 6
3:30-5:00 pm
4014-S26A
\$152

Beginners (4-14 years old)

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

Tue, June 16-Aug 18

No class July 7
12:00-1:00 pm
4002-S26A
\$92

Tue, June 16-Aug 18

No class July 7
1:00-2:00 pm
4002-S26B
\$92

Wed, June 17-Aug 19

No class July 1 & 8
3:00-4:00 pm
4002-S26C
\$82

Intermediate Beginners

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

Tue, June 16-Aug 18

No class July 7
6:30-7:30 pm
4009-S26A
\$92

Advanced Beginners (Coach Approval)

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

Wed, June 17-Aug 19

No class July 1 & 8
4:00-5:00 pm
4003-S26A
\$82

Flips (Coach Approval)

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

Tue/Thurs, June 16-Aug 20

No class July 2, 7 & 9
3:45-5:00 pm
4004-S26A
\$240

Open Gym

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

Fri, May 15

5:00-6:00 pm
4005-S26A
\$10/gymnast



Full Day Camp (ages 5-14)

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

Mon-Fri, June 8-12
8:00 am-4:00 pm
\$325

Mon-Wed, Aug 25-27
8:00 am-4:00 pm
\$195

Midwest Amateur Gymnastics Association (MAGA) Competition Teams

Central Square is home to SSP Gymnastics Supernovas and Eclipse Competition Teams, and Cosmos Pre-Team. The teams compete under the Midwest Amateur Gymnastics Association (MAGA). During the season, gymnasts practice with their team 2-3 times per week, year round, for a monthly fee. The competition season lasts from December through February with 6-7 competitions and if the team qualifies, the regional championship at the end of February.

Team Placement Tryouts

Saturday, August 1
8:00 am-12:00 pm
\$15/gymnast

Cosmos- PreTeam

The Cosmos are the SSP Gymnastics PreTeam. This team is for gymnasts just beginning their competition journey. The preteam competition season is short and takes place April-May. The team will have 2-3 competitions during that time.

Tuesdays & Thursdays
5:00-7:00 pm



Supernovas- Team 1

The Supernovas are the SSP Gymnastics- Team 1. This team practices three times per week for a total of 7.5 hours. At MAGA 2026 Championships, Supernovas competed in Division 4 and brought home the Sportsmanship Award for their session.

Mondays & Wednesdays
5:00-8:00 pm

(practice moves to 5:30-8:30 pm
Nov-Feb)

Fridays

5:00-6:30 pm

(practice moves to 5:30-7:00 pm
Nov-Feb)



Eclipse- Team 2

The Eclipse are the SSP Gymnastics- Team 2. This team practices two times per week for a total of 6 hours. At MAGA 2026 Championships, Eclipse competed in Division 10 and brought home 3rd place and the Sportsmanship Award for their session.

Mondays & Wednesdays

5:00-8:00 pm

(practice moves to 5:30-8:30 pm Nov-Feb)



YOUTH ENRICHMENT

Swimming Lessons at Central Square

Our lesson program develops competency in swimming along with confidence and endurance. Participants are taught swimming skills that will allow them to enjoy aquatic activities throughout their lives. A child is advanced to the next level only when he/she can proficiently and safely perform the skill within the level. We expect children to learn and progress at their own rate. Therefore, do not be discouraged if your child does not complete all the skills within the level during any one session. Your child needs to know that it is acceptable to take as much time as necessary to master all skills.

Summer Schedules have not yet been determined. Please check the website at communityed.sspps.org for dates and times when they are decided.

Parent-Tot (6 months - 36 months)

Learn to enjoy the water safely with your child. For ages 6 to 36 months accompanied by a parent or guardian in the water. Parents and children learn together with fun activities to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements, breath control as well as water safety. Water diapers are required for infants and toddlers who aren't trained.

Preschool (3-5 years)

Preschool levels 1-3 are for students learning and mastering the following skills: Entering water safely and eventually jumping in, submerge and hold breath underwater, glide and recover on front and back, float on back, roll over front to back and back to front, swim on front and back, tread water, and change direction while swimming.

Level 1: Introduction (Ages 5+)

This class introduces swimmers to fundamental water skills while building comfort and confidence. Participants learn to travel independently for short distances and practice rhythmic breathing through bobbing. Swimmers develop front glides with their face in the water, practice rolling from a front position into a back float with their ears submerged for five seconds, and recover to a standing position. They also begin treading water for short periods and practice basic front and back swimming for five yards. The focus of this level is water comfort, breath control, floating, and early stroke development.

Level 2: Fundamentals (ages 5+)

This class builds greater independence and endurance in shoulder-deep water. Participants practice safe entries by jumping into the water and fully submerging for up to 10 seconds. They strengthen their ability to tread water for 15 seconds and swim 15 yards on both their front and back. Swimmers learn to transition smoothly between floating and swimming by rolling from front to back and back to front while maintaining control. This level emphasizes confidence in deeper water, improved coordination, and the development of essential swim-and-float safety skills.

Level 3: Stroke Development (ages 5+)

This class focuses on refining stroke technique and increasing stamina in deep water. Swimmers practice jumping into deep water, recovering to the surface independently, and treading water or floating for one full minute. They work toward swimming 25 yards using front crawl or elementary backstroke and learn proper streamline push-offs from the wall. Instruction emphasizes face-in swimming with coordinated side breathing and a consistent flutter kick. Swimmers also practice rotating their body and transitioning between strokes. The goal of this level is to strengthen technique, breathing control, and endurance.

Level 4: Stroke Improvement (ages 5+)

This class emphasizes stroke refinement, endurance, and efficiency across multiple swim strokes. Swimmers practice feet-first entries into deep water and complete longer swim distances, including 25 yards each of front crawl and elementary backstroke, as well as 15 yards each of breaststroke and back crawl. Participants build underwater confidence by submerging and swimming several body lengths before recovering and exiting safely. Instruction focuses on improving technique, including proper body roll and bent-arm pull in front crawl, controlled arm patterns in elementary backstroke, coordinated alternating arms in back crawl, correct timing in breaststroke, and introductory butterfly and sidestroke mechanics. By the end of this level, swimmers demonstrate stronger endurance, improved stroke efficiency, and increased overall water safety skills.

Conquer Ninja Rec Team (6-13 years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, balance, and friendships! We will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and more during practice. Rec Team members will learn the styles and techniques to develop their skills with over forty different obstacles! This session consists of six practices and two competitions (week 4 and week 8).

6-9 YEARS

Fri, July 10-Aug 28
5:00-6:00 pm
4995-S26A
\$225

8-13 YEARS

Fri, July 10-Aug 28
6:30-7:30 pm
4995-S26B
\$225

Parent-Child Ninja Class

Family Ninja Classes are for anyone 5+. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! All fitness levels welcome!

Sun, June 7-28

9:00-10:00 am
7949-S26A
\$139, Add another child for \$50

Sun, Aug 2-23

9:00-10:00 am
7949-S26B
\$139, Add another child for \$50

YOUTH ENRICHMENT

Ninja Warrior

Ninja classes take place at:

Conquer Ninja, 707 Commerce St, Woodbury

Intro to Ninja (5-13 years)

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

5-9 YEARS

Wed, June 3-24
5:00-6:00 pm
4994-S26A
\$108

Wed, July 8-29
5:00-6:00 pm
4994-S26B
\$108

Wed, Aug 5-26

5:00-6:00 pm
4994-S26C
\$108

Mon, July 6-Aug 24

5:00-6:00 pm
4994-S26D
\$215

10-13 YEARS

Wed, June 3-24
6:30-7:30 pm
4994-S26E
\$108

Wed, July 8-29
6:30-7:30 pm
4994-S26F
\$108

Wed, Aug 5-26

6:30-7:30 pm
4994-S26G
\$108

Mon, July 6-Aug 24

6:30-7:30 pm
4994-S26H
\$215

Ninja Summer Camps

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

6-13 YEARS

Monday-Thursday

9:00-11:00 am
4996-S26
\$175

- June 8-11
- June 15-18
- June 22-25
- July 6-9
- July 13-16
- July 20-23
- July 27-30
- Aug 3-6
- Aug 10-13
- Aug 17-20
- Aug 24-27

YOUTH ENRICHMENT

Sports and Recreation

Full Day Multi-Sports Camp

DASH Sports Summer Full Day Multi-Sports camp includes fun skills training and games in three sports: Soccer, Basketball, and Flag Football. Key sports skills will be taught and practiced in all 3 sports including: dribbling, passing, shooting, defense, and more! Also included are fun games such as Dodgeball, Capture the Flag, Kickball, and more! Camp ends with games/scrimmages the final day for each sport. Campers should wear sunscreen, bring a water bottle, lunch, two snacks, and athletic shoes and clothing. All equipment is provided.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 8-11

9:00 am-4:00 pm
4901-S26
\$229



Ultimate Games Camp

DASH Sports Summer Ultimate Games camp provides participants with a fun experience learning and playing your favorite physical education games! Games will include: Capture the Flag, Kickball, Dodgeball, Tag Games, Ultimate Frisbee/Football, Soccer, Sharks and Minnows, and more! Participants will learn teamwork, and values such as respect, hustle, and pride, all in a fun environment. Campers should bring a snack, water bottle, and wear sunscreen. All other equipment is provided.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 15-18

1:00-4:00 pm
4904-S26 6-12 YO
\$129, Ages 6-12

Soccer Tykes

DASH Sports Soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle and wear athletic clothing & shoes (spikes and shin guards optional). Soccer balls are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 8-11

5:00-5:45 pm
4902-S26 2/5 YO
\$69, Ages 2-5

Mon-Thurs, July 13-16

5:00-5:45 pm
4907-S26 2/5 YO
\$69, Ages 2-5

Soccer Camp

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

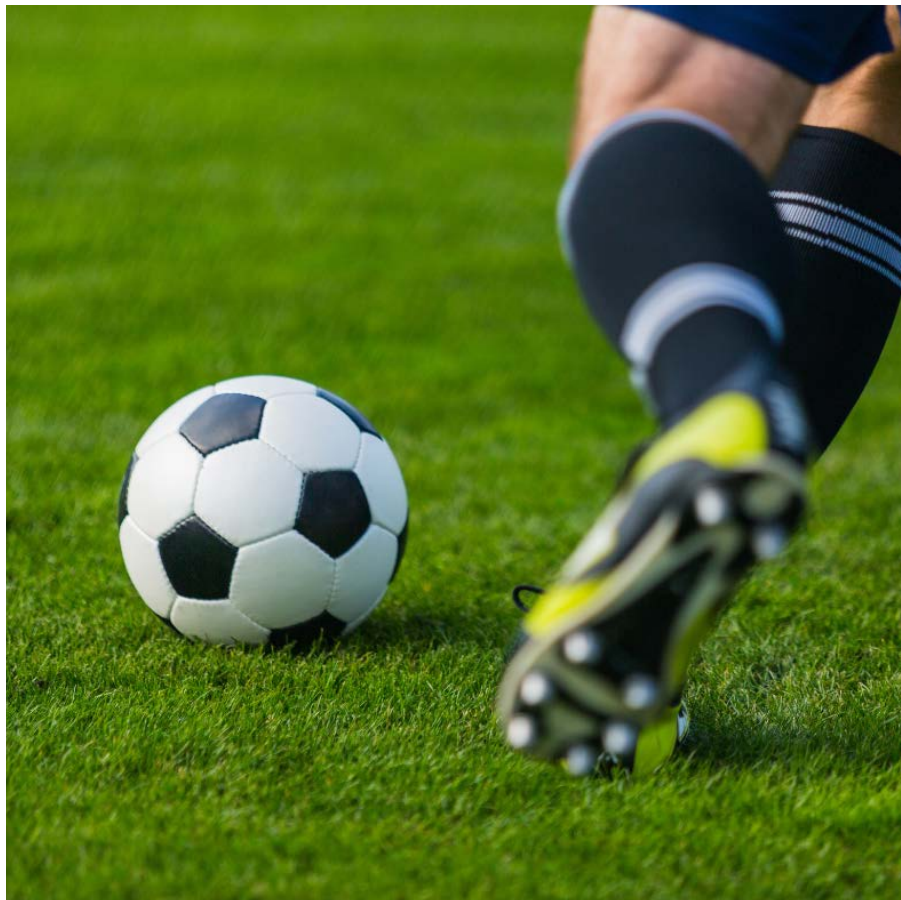
Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 15-18

9:00 am-12:00 pm
4903-S26 6/12 YO
\$129, Ages 6-12

Mon-Thurs, July 13-16

1:00-4:00 pm
4916-S26 6/12 YO
\$129, Ages 6-12



Volleyball Camp

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

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 22-25

9:00 am-12:00 pm
4906-S26 6/12 YO
\$129, Ages 6-12

Mon-Thurs, July 27-30

1:00-4:00 pm
4923-S26 6/12 YO
\$129, Ages 6-12

T-Ball Tykes

Looking for a fun introduction to baseball? DASH Sports T-Ball Tykes camp introduces players to key elements of throwing, fielding/catching, batting, and baserunning. The final day of classes is 'Game Day' and athletes will showcase their skills in a game environment. Athletes should bring a water bottle and a baseball glove. Baseballs and bats are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 15-18

5:00-5:45 pm
4905-S26 2/5 YO
\$69, Ages 2-5

Basketball Tykes

DASH Sports Basketball Tykes camps provide players with an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle & wear athletic clothing & shoes. Balls are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 22-25

5:00-5:45 pm
4908-S26 2/5 YO
\$69, Ages 2-5

Mon-Thurs, July 27-30

5:00-5:45 pm
4922-S26 2/5 YO
\$69, Ages 2-5

Jr. NBA Basketball Camp

DASH Sports Summer Jr. NBA basketball camps provide players with a well-rounded basketball experience covering a broad range of skills training and skill-based games. Camp ends with scrimmages and games the final day where athletes can showcase their skills. Athletes should bring a water bottle and a snack. Balls are provided. Each participant may receive a custom Jr. NBA Jersey of their favorite team with their name and number printed on the back to keep (additional \$30 fee).

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 22-25

1:00-4:00 pm
4907-S26 6/12 YO
\$129, Ages 6-12

Basketball Camp

DASH Sports Summer Basketball camps provide players with a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camp ends with scrimmages and games the final day where athletes can showcase their skills. Athletes should bring a water bottle and a snack. Balls are provided.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, July 27-30

9:00 am-12:00 pm

4921-S26 6/12 YO

\$129, Ages 6-12

SNAG Golf Camp

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

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 29-July 2

9:00 am-12:00 pm

4909-S26 6/10 YO

\$129, Ages 6-10

Flag Football Tykes

DASH Sports Flag Football Tykes camps provide players with an introductory experience to football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught. Fun, skill-based games will be played. Athletes should bring a water bottle and wear athletic clothing & shoes (spikes/cleats are optional). Footballs and flag belts are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 29-July 2

5:00-5:45 pm

4914-S26 2/5 YO

\$69, Ages 2-5

Mon-Thurs, Aug 3-6

5:00-5:45 pm

4913-S26 2/5 YO

\$69, Ages 2-5

NFL Flag Football Camp

DASH Sports officially licensed NFL flag football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught, and players will be challenged at an appropriate level in a fun, positive environment. Players have the option to add an official NFL Flag Jersey and flag belts to keep (\$30 additional). Athletes should bring a water bottle and a snack (spikes/cleats, and mouthguards are optional). All other equipment is provided.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 29-July 2

1:00-4:00 pm

4910-S26 6/12 Y/O

\$129, Ages 6-12



Flag Football

DASH Sports Summer Flag Football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught, and players will be challenged at an appropriate level in a fun, positive environment. Camp ends with scrimmages/games the final day where players can showcase their skills. Athletes should wear sunscreen and bring a water bottle and a snack (spikes/cleats, and mouthguards are optional). Flag belts and footballs are provided.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, Aug 3-6

1:00-4:00 pm

4912-S26 6/12 YO

\$129, Ages 6-12

Track & Field

DASH Sports Summer Track & Field camps provide participants with practice in several areas including: sprinting, throwing (javelin and shot put), relay running, long jumping and distance running. Emphasis is on technique and proper form. All players will be timed/tested on the first and last day. Camp consists of many different types of physical activities, drills, and games, all tailored specifically to enhance overall track and field performance. Campers should wear sunscreen, bring a water bottle, snack, and wear athletic clothing/shoes.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, July 13-16

9:00 am-12:00 pm

4915-S26 6/12 YO

\$129, Ages 6-12

Cheer Camp

DASH Sports Summer Cheer camps provide athletes with an introduction to cheerleading. Campers will learn several cheers with focus on body control, jumping, and proper hand movements. Emphasis will be placed on sportsmanship, teamwork, and a positive attitude! Athletes should wear sunscreen and bring a water bottle and a snack.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, June 29-July 2

1:00-4:00 pm

4911-S26 6/12 YO

\$129, Ages 6-12

Floor Hockey

DASH Sports Summer Floor Hockey camps provide players with a well-rounded hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment. Athletes should wear sunscreen and bring a water bottle and a snack. Sticks and pucks are provided.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, July 20-23

9:00 am-12:00 pm

4918-S26 6/12 YO

\$129, Ages 6-12

USTA Red Ball Tennis Camp

DASH Sports USTA Red Ball Tennis camps provide participants with introductory experience to the game. With modified equipment and lower compression red balls, this camp will supercharge the success of your players. Key elements of the serve, forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, and the overhead smash will be taught. Participants should wear sunscreen and athletic clothing/shoes and bring a tennis racket (optional if you have one), water bottle, and a snack. Balls and all other equipment are provided.

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, July 20-23

1:00-4:00 pm

4919-S26 6/12 YO

\$129, Ages 6-12

Tennis Tykes

DASH Sports Tennis Tykes camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and ball striking as well as gameplay. Basic elements of the serve, forehand, and backhand will be taught and practiced. Participants should bring a tennis racket, water bottle, and athletic clothing.

Kaposia Education Center (1225 1st Ave S, SSP)

AGES 3-5

Mon-Thurs, July 20-23

5:00-5:45 pm

4920-S26 3/5 YO

\$69, Ages 3-5

Pickleball Camp

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

Kaposia Education Center (1225 1st Ave S, SSP)

Mon-Thurs, Aug 3-6

9:00 am-12:00 pm

4924-S26 6/12 YO

\$129, Ages 6-12



YOUTH ENRICHMENT

Family Recreation

See Page 8 for Parent-Child Ninja Class

See Page 15 for Summer Community Theater

School of Fish

ZEBCO School of Fish is a fishing class open to kids from grades 3 and up taught by Fishing the Midwest TV show host Mike Frisch. Students learn about lakes, finding fish, and great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. Kids get: rod and reel, hat or t-shirt, tackle box with tackle, and workbook. One adult can attend with a child at no additional charge, provided they share one equipment packet.

Sat, May 16

9:30 am-12:00 pm

7942-S26

FREE to SSP Students thanks to the SSP Educational Foundation

\$60, non- Resident or SSP student

Fishing in Your Neighborhood: Family Fishing Clinic

Join the MN DNR's Fishing in the Neighborhood (FiN) program for a fun, family-friendly evening of fishing! Designed for ages 5 and up, each youth must be accompanied by an adult. No experience or equipment is needed—we've got you covered! Rain or shine, come dressed for the weather and enjoy a great outdoor adventure close to home.

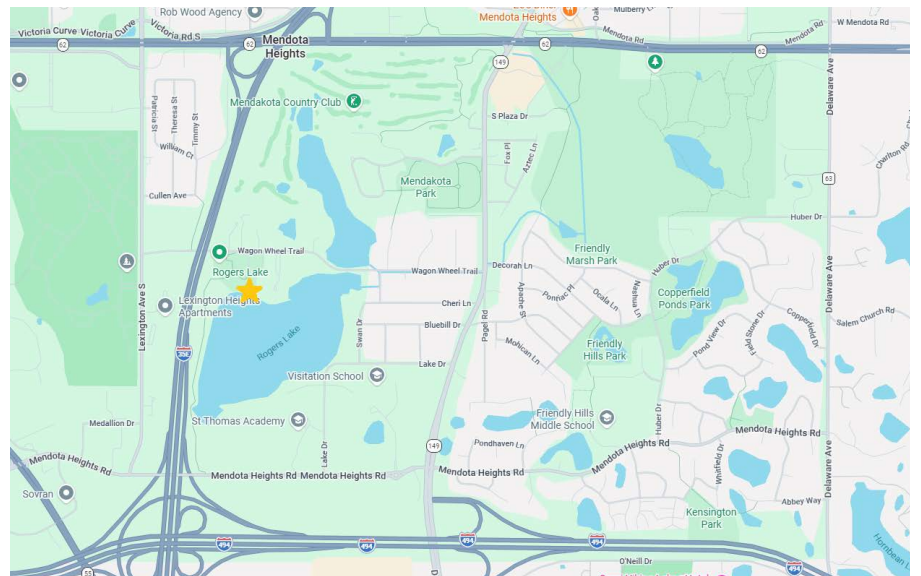
Takes place at Rogers Lake Fishing Pier in Mendota Heights

Tues, June 2

5:00-7:00 pm

7940-S26

FREE





YOUTH ENRICHMENT

Driver's Ed and Brain Busters

GRASP Correspondence Programs

GRASP is a nine week correspondence program which helps students maintain reading and math skills while they are on summer vacation. We suggest parents order the grade level just completed. If there are extenuating circumstances, order the level that is appropriate for your child. Price includes curriculum packet, completion awards and scoring service. Deadline to register is April 24. GRASP books will be sent to your child's school after Memorial Day. SSP Students in grades 6-8 and Private Schools may pick up their books at the Community Education office at Central Square.

Register by Fri, Apr 24

4115-S26

\$60 both subjects

\$40 one subject

Grades K-8

YOUTH ENRICHMENT

Health and Safety

Safe Kids

Do you feel your child knows what to do in an emergency situation? Do they know what to do if approached by a strange dog, how to use a fire extinguisher, or how to tell if someone is a "stranger"? This course will cover important safety principles that ALL parents want their children to know. Give your child solid training on becoming a self care kid and yourself peace of mind, knowing you're helping him or her safely prepare for staying home alone and emergency situations. Handbook is included. Instructor: Deb Gutzman.

Sat, May 16

8:30 am-11:00 am

4205-S26

\$45, Central Square, Ages 7+

One Day Class! Certified Babysitter's Training

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

Fri, June 5

8:00 am-12:00 pm

4202-S26

\$80, Central Square, Ages 11+

Easy CPR for Babysitters & Teens

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

Fri, Aug 7

8:00-10:30 am

4204-S26B

\$50, Central Square, Ages 11+

Driver's Ed

Our Driver's Education program is offered in partnership with A+ Driving School. The course is approved by the State of Minnesota and meets all requirements for training anyone under the age of 18. The course fee includes 30 hours of classroom instruction and six hours of behind the wheel instruction.

For the virtual classroom series, you must attend by logging in to the live broadcast at class time each day on a device that has the ability to be seen as well as heard for the entire class time. Please provide participant's email address during the registration process to send the meeting invite. This email needs to be accessible from the device being used.

Participants missing class must wait for the next session to make up missed time.

Mon-Thurs, May 4-19

2:45-5:45 pm

4300-S26A

\$420 (Split payment option)

VIRTUAL

Mon-Thurs, May 4-19

4:00-7:00 pm

4300-S26OLA

\$420 (Split payment option)



ACT Prep Class

This class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management. Students who complete a course may repeat the course as often as they wish, free of charge. For more information, call 612-222-5108 or visit www.advantageprep.net.

VIRTUAL SESSIONS

Sat, Aug 2-23

1:00-4:00 pm

4301-S26#938

\$180



SELF-PACED ONLINE

4301-S26#777

\$80



YOUTH ENRICHMENT

Visual and Performing Arts

Intro to Sewing

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

Mon, May 18
4:30-7:30 pm
4454-S26
\$95

Summer Jr. Players - The Pirate Sisters and the Bounty for Bluebeard

John Bluebeard has just given up his life of piracy because he's in love with Princess Maria. But after he is accidentally captured by Queen Victoria and the power-hungry Prince George, it is up to Maria and the two Pirate Sisters, Jackie and Morgan, and their ragtag group of pirates, to pillage the palace, save the day, and steal the treasure. This play full of comedy, action, adventure, love, epic sword fights, and plenty of booty jokes is a hit for the whole family! This play is open to actors in grades 4-9 (students going into grades 4-9 in the 26-27 school year). There is a \$85 fee to participate in this production.

Auditions: June 1 & 2, 6:00-9:00 pm
Performances: July 10, 7:00 pm and July 11, 2:00 pm
7569-S26
\$85

Summer Community Musical - Oklahoma!

This Pulitzer and Tony award winning musical by Rodgers and Hammerstein is the king of the Golden Age of American Musicals. Farmers and cowboys try to figure out how to get along in a new territory that's about to become a state. Curly and Laurie are in love, but are too stubborn to admit it. Will and Ado Annie are also in love, but also too stubborn to make it work. Jud's anger and vindictiveness threatens to tear it all apart. Featuring songs like "Oh What a Beautiful Morning" and "I'm Just a Girl Who Can't Say No", this show is sure to mesmerize the whole family. This play is open to actors in grades 9 through adults.

Auditions: June 8 & 10 from 6:00-9:00 pm
Performances: July 23, 24, and 25, 7:00 PM and July 26 at 2:00 pm
7568-S26
\$85

KIDS' CHOICE

2026-27 School-Age Care

The South St. Paul Kids' Choice School-Age Care Program is a place where we create a safe atmosphere for youth to develop into self-confident, culturally enriched, compassionate leaders who embrace life-long learning and desire to make a positive change in the world. Kids' Choice operates during the school year at each of the elementary schools and switches between Lincoln Center and Kaposia Education Center during the summer (wherever summer programming is taking place). We offer programming before and after school, on non-school days and during the summer for youth in grades K-6. At Kids' Choice, students have a voice and we give them skills to become great leaders!

Register at: <https://tridistrict.ce.eleyo.com/>
Non-refundable registration fee of \$50 per child.



- Full-Day – Full-Time registrations will receive priority.
- Fees are based on enrollment, not attendance. Tuition refunds or credits will not be given for emergency school closing days, absences, illness (including covid related), or vacations.
- Fees are subject to change.

Kaposia Education Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30-8:50 am	5 days	\$15 / day
Before School - Part-Time	6:30-8:50 am	1-4 days	\$18 / day
After School - Full-time	6:30-8:50 am	5 days	\$16/ day
After School - Part-time	3:35-6:00 pm	1-4 days	\$19 / day
Non-School Day Before Deadline	3:35-6:00 pm	--	\$46 / day
Non-School Day After Deadline	3:35-6:00 pm	--	\$50 / day
Before School Drop-In	6:30 am-5:30 pm	--	\$23 / day
After School Drop-In	6:30 am-5:30 pm	--	\$25 / day

Lincoln Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30-8:20 am	5 days	\$13 / day
Before School - Part-Time	6:30-8:20 am	1-4 days	\$15 / day
After School - Full-time	6:30 - 8:20 am	5 days	\$18 / day
After School - Part-time	3:00-6:00 pm	1-4 days	\$22 / day
Non-School Day Before Deadline	3:00-6:00 pm	--	\$46 / day
Non-School Day After Deadline	3:00-6:00 pm	--	\$50 / day
Before School Drop-In	6:30 am-5:30 pm	--	\$21 / day
After School Drop-In	6:30 am-5:30 pm	--	\$27 / day



ADULT EDUCATION

Free Classes for Adults

English Language Levels- 6

Learners are placed in the appropriate class level according to their goals and skill levels. In each class, teachers offer students a variety of learning activities and experiences to enhance their literacy, writing, speaking, and listening skills based on life skills, civics, and work related content.

English Language Online-Conversation Class

Classes are leveled and meet twice a week. Students participate in large and small group conversations, work on their pronunciation, and gain confidence.

Citizenship

This free class helps non-native speakers prepare for the citizenship process. Areas include: developing English language skills, civic content knowledge, learning about the N-400 form, and the citizenship interview.

High School Equivalency Degree (HSE)

Adult learners are prepared for next steps based upon their goals when entering the program. Learners are tested to determine levels of readiness and are guided towards their goals which may include, but are not limited to, obtaining a HSE credential, entering college and training programs, securing a job and career advancement. Learners work closely with their teacher to complete the necessary steps to achieve their goal.

High School Equivalency Degree (HSE) Online

For students needing flexible study schedule options, this online class allows student to use free digital course materials to prepare for any one of the four HSE tests - language arts, mathematical reasoning, social studies, and science. Individuals are first tested to determine levels of testing readiness and attend an initial in-person orientation to determine goals, materials and to create an individual learning plan. Students study remotely and connect regularly with a teacher via in-person office hours, appointments or virtual conferencing.

TEAS (Tests of Essential Academic Skills) Prep

We offer in-person and online class options to provide pre-nursing students with the skill-building opportunities necessary to master TEAS tests. Students have access to targeted learning materials to build skills in the areas of physiology, as well as testing strategies and practice.

IHCC Developmental Math Partnership

In collaboration with Inver Hills Community College (IHCC), we offer a pre-Algebra math course designed for students new to the college experience and/or needing additional support to master basic mathematical concepts. This class is co-taught by an Inver Hills instructor and an SSABE instructor. Our ABE instructor works closely with the IHCC instructor, and largely one-on-one with students to help students master the required concepts and skills. Students are tested at the start of the course to determine individual areas of strength and where additional support is needed. They are re-tested at the conclusion of the course to determine progress.

Family Learning in Partnership with ECFE

Family Learning is an educational program for parents and their children 2 1/2 to 5 years old. Family learning includes:

- Adult Education: build your skills in reading, math and writing; improve your English speaking and writing skills
- Parent Education: hands-on learning through fun activities together; gain ways to support your child's learning; focus on parenting strategies with other parents
- Children 2 1/2 to 5 years old: explore and participate in readiness activities, stories, songs, snack time and large muscle games and activities
- Sibling care is available on a limited basis

For more information call: 651-457-9418



ADULT ENRICHMENT

Culinary Arts

Amazing Balsamic Vinegar Truffles

Learn a new way to make Truffles using aged flavored Balsamic Vinegars. The flavors of raspberry, strawberry, blackberry and black cherry are truly amazing. We will use melted chocolates to mold beautiful truffles. Each student will make 24 truffles that they will take home in a provided box. Instructor: Diana Hirte.

Tues, May 5
6:30-8:00 pm
7479-S26
\$45, SSP High School

Chocolate Chip Cookies - Everyone's Favorite!

We have come a long way since the first Nestle Toll House (chocolate chip) cookies were made in 1930. Join us to create, taste and take home the originals, Famous Amos chocolate chip cookies with raisins and Mrs. Field's special recipe too. Plus we will prepare others that feature peanuts, almonds, peanut butter, oatmeal, coconut and more! Food industry officials estimate that 1/2 of all cookies baked at home are chocolate chip cookies. Come, you'll find wonderful new favorites to taste, take home and then bake for family and friends. Bring containers to transport your cookies home. A \$13 supply fee is payable to the instructor in class. Instructor: Laurel Severson.

Thurs, May 7
6:00-9:00 pm
7693-S26
\$35, SSP High School

Let Them Eat Cake!

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

Mon, May 11
6:00-9:00 pm
7683-S26
\$35, SSP High School

Moroccan Cuisine

Discover the exotic and enticing cuisine of Morocco in this online interactive class. You will learn how to make Moroccan chicken tagine, couscous, and salad. While cooking, we will talk about Moroccan spices, including Ras el Hanout, and varieties of other types of tagine dishes. You do not need a tagine pot to make tagine. Instructor: Ploy Khunisorn.

Thurs, May 14
6:00-8:00 pm
7653-S26
\$35, Virtual

Summer Skewer Snack

Food on a stick isn't just for the Fair! Join Kirsten live online to move beyond the basic Caprese Skewers into a world of color, flavor, and possibilities. Kirsten will share the 3 Rules of Skewering and demonstrate multiple methods to pleasingly present your offerings. From vegan to omnivore there are recipes for everyone. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can cook along at your convenience. Instructor: Kirsten Madaus.



Thurs, May 14
6:30-8:00 pm
7660-W26
\$35

Thai Street Food

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we'll make 3 popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken. Instructor: Ploy Khunisorn.

Tues, June 9
6:00-8:00 pm
7654-S25
\$35, SSP High School

Summer Cupcake Fun

Learn how to create your own spectacular decorated cupcakes. Using buttercream icing we will create hydrangeas, sunflowers, ice cream sundaes and more. Learn some basic techniques that work on larger cakes too. Decorate 10 cupcakes in class to take home. There is a supply fee of \$12 per student in this class. Instructor: Diana Hirte.

Tues, July 14
6:30-8:30 pm
7651-S26
\$45, SSP High School

Korean Street Food: Chicken Bulgogi Bibimbap

Homestyle Korean cooking is full of vegetables. You can also adjust the heat level at home. In this online interactive class, we will make popular delicious chicken bulgogi bibimbap, a rice bowl with chicken bulgogi, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce. We will finish the class with spiced peach dessert. Instructor: Ploy Khunisorn.



Tues, July 21
6:00-8:00 pm
7655-S26
\$35, Virtual



Hand-Pulled Noodles from Scratch

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn 2 different techniques to pull noodles. We will make 2 types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup. Instructor: Ploy Khunisorn.



Tues, Aug 4
6:00-8:00 pm
7656-S26
\$35, Virtual

ADULT ENRICHMENT

Creativity and Technology

AI Doesn't Have to be Scary

Join this beginner-friendly online workshop designed to help you understand artificial intelligence in a clear, practical, and approachable way. Learn how AI is already part of everyday life, explore opportunities to grow your skills, and gain confidence navigating a rapidly changing digital future. No technical experience required—just curiosity and a willingness to learn. Instructor: La Tasha Reed.



Tues, May 5
5:45-7:45 pm
7160-S26A
\$65, Virtual

Tues, June 16
5:45-7:45 pm
7160-S26B
\$65, Virtual

Tues, July 21
5:45-7:45 pm
7160-S26C
\$65, Virtual

Tues, Aug 8
5:45-7:45 pm
7160-S26D
\$65, Virtual

Voiceover... Now is Your Time

Our instructor will show you how you can begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. You will also be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. Instructor: Justine Reiss.



Mon, May 11
6:30-8:30 pm
7543-S26A
\$30, Virtual

Thurs, July 9
6:30-8:30 pm
7543-S26B
\$30, Virtual



Puzzle Competition

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

- Each team receives the same puzzle.
- No one gets to see the puzzle until the timer begins – the puzzle boxes are placed face down before the competition starts.
- Individuals or teams try to put the puzzle together the fastest.
- In the event of a tie, individuals or teams can be given an additional five minutes to work on the puzzle.
- There are no devices or outside assistance permitted while working on a puzzle.
- Two moderators help with the event – one to handle the timer and completion times, and another to observe and ensure that competitors are abiding by the rules.
- Individuals and teams are not allowed to distract or approach team tables when the competition is in progress.

Sat, June 20
10:00 am
7545-S26
\$25, Individual
\$35, Pairs
\$45, Team (3-4)

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

Join us for an enriching painting event designed for all skill levels! Whether you're a seasoned painter or have never touched a brush, this is the perfect opportunity to let your imagination soar. We will paint with acrylic paint on canvas, and the canvas will be pre-drawn and ready to paint! What to expect: step by step instruction, guidance. Our friendly instructor will lead you through each stage, no experience needed, a relaxing atmosphere, take home your art at the end. Instructor: Linda Rinaldi.

Tues, July 21
6:00-8:00 pm
7548-S26

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



ADULT ENRICHMENT

Finance and Real Estate

First Time Home Buyers

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

Tues, May 5
6:00-8:00 pm
7719-S26
\$12, Free to SSP Sr Center Members, Central Square

How to Retire From the Attorney's Perspective

This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects include: (i) Estate planning while working and during retirement, (ii) When to take your Social Security, (iii) Key financial products and services available in the market, (iv) What to look for in a professional, and (v) the final plans before the end. Bring your questions, this class is an interactive forum. Instructor: Steve Ledin Law, PLLC.

Tues, May 19
10:30-11:30 am
7802-S26
\$12, Free to SSP Sr Center Members, Virtual

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

Are you turning sixty-five and wondering about Medicare? Would you like to understand Medicare Part A and B and the difference between Medicare supplements and Advantage plans? What are your choices if you are working and have a group plan? Learn when you can enroll and where you can make some comparisons to select the right option. It is generic and educational. Optional one-on-one meetings are free for attendees to discuss specific options and available plans if so desired. Instructor: John Mazzara.



Thurs, May 21
6:00-8:00 pm
7718-S26
\$12, Free to SSP Sr Center Members, Central Square

9 Secrets to Creating an Effective Estate Plan

Are you turning sixty-five and wondering about Medicare? Would you like to understand Medicare Part A and B and the difference between Medicare supplements and Advantage plans? What are your choices if you are working and have a group plan? Learn when you can enroll and where you can make some comparisons to select the right option. It is generic and educational. Optional one-on-one meetings are free for attendees to discuss specific options and available plans if so desired. Instructor: John Mazzara.

Thurs, May 28
6:30-7:30 pm
7803-S26
\$12, Free to SSP Sr Center Members, Central Square

Questions and Answers with a Minnesota Will and Trust Planning Attorney

This is a friendly open-forum seminar. Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? What tools protect me best? How do I decide who should serve in my estate plan? What is the death tax? How do I avoid leaving a mess for my children? All questions will be answered! Instructor: Steve Ledin Law, PLLC.

Wed, June 3
6:30-7:30 pm
7818-S26
\$12, Free to SSP Sr Center Members, Virtual

How to Win with Investment Properties

Have you ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord, from buying, selling, and renting. Instructor: John Mazzara.

Thurs, June 4
6:00-8:00 pm
7713-S26
\$12, Free to SSP Sr Center Members, Central Square

Writing Your Own Will

Without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. Prior to class, information will be sent to you for review. During class, learn the background on estates and wills, then prepare a legal will on a professionally prepared form. The will is then notarized with a witness at class. This class is appropriate for people who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Each participant must register separately. Bring an appropriate ID for notary and a pen to class. Instructor: Kristin Davis.

Thurs, June 18
6:30-8:30 pm
7821-S26A
\$50, Central Square

Wed, Aug 12
6:30-8:30 pm
7821-S26B
\$50, Central Square



Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus-all attendees receive the Downsizing Made Easy guide PDF-A \$24.95 value. Access to preferred service providers and discount coupons are provided, as well as a no-cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable. Instructor: John Mazzara.



Mon, June 22
6:00-8:00 pm
7714-S26
\$12, Free to SSP Sr Center Members, Central Square

Pre-Planning Cremation Seminar

Join us for an informational seminar to learn how pre-planning for cremation services can help you protect your family in the future. Ensure your wishes are respected and that those you leave behind are cared for in what surely is one of their most difficult times. Learn about: the value of pre-planning, current costs, legal aspects, relocation protection, travel protection, Veterans' funeral benefits, social security, cremation options and costs, Medical Assistance and asset protection, and how to avoid common mistakes. Presenter: Danielle Gore with National Cremation Society.

Tues, June 23
11:00 am-12:00 pm
7150-S26B
\$12, Free to SSP Sr Center Members, Central Square

Wed, July 22
6:30-7:30 pm
7150-S26A
\$12, Free to SSP Sr Center Members, Central Square

How to Pay for the Nursing Home: An Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? Should I gift my money away? What if my spouse goes into the nursing home and exhausts our money? Learn how to create an effective plan to deal with these uncertainties. Instructor: Steve Ledin Law, PLLC.

Thurs, July 16
6:30-7:30 pm
7800-S26
\$12, Free to SSP Sr Center Members, Central Square



Intro to Senior Housing

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

Thurs, July 23
6:00-8:00 pm
7720-S26
\$12, Free to SSP Sr Center Members, Central Square

Write Your Own Power of Attorney & Healthcare Directive

Everyone should have a health care directive and a power of attorney whether you are 18 or 80. Without these important documents, it can be difficult for your loved ones to get health care information, make health care decisions on your behalf or handle your financial affairs if you should become incapacitated. Gain valuable information and tools to organize your affairs. Receive instructions and professionally prepared forms, and have access to witnesses and a notary public. Must bring your driver's license for identification. This class is a great supplement to the Writing Your Own Will class. Instructor: Kristin Davis.

Mon, July 27
6:00-8:00 pm
7822-S26
\$50, Central Square

Five Common Mistakes That Can Ruin Your Hard-Earned Retirement

Join our expert presenters with over 50 years of experience helping Minnesotans plan for a secure retirement. Discover critical milestones and often overlooked areas that can make or break your retirement, whether you're in your 40s, 50s, or 60s. Gain insights, real-life examples, and answers to your questions in a relaxed and informative learning session. Instructor: Steve Ledin Law, PLLC.

Mon, Aug 10
6:30-8:00 pm
7804-S26
\$12, Free to SSP Sr Center Members, Central Square

Buying New Construction

Are you considering moving and new construction as a housing option because you want an open floor plan and larger closets? Explore what is available, where to find it, and what to expect in new construction, including timelines, hidden costs, risks, and the coordination of selling your existing home or giving appropriate notice on your lease. You will find differences when selecting a smaller builder versus a national builder. Instructor: John Mazzara.

Thurs, Aug 20
6:00-8:00 pm
7716-S26
\$12, Free to SSP Sr Center Members, Central Square



ADULT ENRICHMENT

Lifestyle and Spirituality

Guided Reflection Circle

Learn to hear what is in the silence of your heart. Personal reflection on a selected reading combines with optional group sharing to help you see who you are, what you value, how you interact with the world. The personal reflection will be on a poem, essay, book excerpt, or a few quotes around a common theme. Most people write during this time; some prefer to let the words sink in by reading them over and over or sitting with them in silence; some draw. Whatever helps the words sink deep into your heart. Instructor: Jennifer Westpfahl.

Sat, May 2
9:00-10:00 am
7546-S26A
\$25, Central Square

Sat, June 6
9:00-10:00 am
7546-S26C
\$25, Central Square

Mon, June 29
6:00-7:00 pm
7546-S26D
\$25, Central Square

Mon, July 13
6:00-7:00 pm
7546-S26E
\$25, Central Square

Sat, Aug 1
9:00-10:00 am
7546-S26F
\$25, Central Square

Affirmations Made Easy

Stop using ineffective generic phrases to boost your energy and manifesting. Learn your specific style to make your affirmations matter. From verbs to vibes it all counts. Instructor: Lily McNamara.



Tues, May 19
6:00-8:00 pm
7490-S26
\$45, Virtual

From Good to Gorgeous: Makeup Tips & Techniques for Women 40+

Have you ever wondered "How did that happen overnight?" Would you like to look like the very best version of yourself and feel more confident? Makeup routines we used in our 20s and 30s don't work for us anymore, but what does? This class will offer demonstrations of makeup techniques for women 40+ and answer your questions. You will receive a comprehensive hand-out and leave knowing the techniques and types of products that will help you look your very best. Instructor: Elise Marquam-Jahns.

Tue, June 2
6:00-8:00 pm
7888-S26
\$49, Central Square

Your Personalized 10 Minute Out-the-Door Beautiful Makeup Routine for Women 40+

In this class you will create a 10 minute personalized makeup routine that will help you look your very best. You will assess your facial features and learn the 4 most important research-proven steps you can incorporate into your makeup routine. Then you will learn the makeup techniques you can use now to create your most beautiful look in the least amount of time. A hand-out will be provided that will guide you through the entire process. Instructor: Elise Marquam-Jahns.

Mon, June 8
6:00-8:00 pm
7889-S26
\$45, Central Square

Energetic Boundaries

How do you know your energetic boundaries? How do you know when to set them? Learn what a boundary is and what your boundaries are. How to set them so that they aren't crossed. Instructor: Lily McNamara



Tues, June 16
6:00-8:00 pm
7491-S26
\$45, Virtual

Past Lives Workshop

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



Tues, July 21
6:00-8:00 pm
7492-S26
\$45, Virtual

Astrology Chart

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

Instructor: Lily McNamara



Tues, Aug 18
6:00-8:00 pm
7493-S26
\$45, Virtual

ADULT ENRICHMENT

Wellness, Health, and Safety

Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo

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



Wed, May 20
6:00-7:30 pm
7132-S26
\$35, Virtual

Dementia Friends

Dementia Friends is led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community. The action can be as big or as small as you choose-every action counts! Presenter: Colleen Fitsch.

Tues, July 14
10:30-11:30 am
7145-S26
FREE

Hypnosis: Weight Loss-Stop Smoking/ Chewing Tobacco

The experience is relaxing and you are fully conscious and in control at all times. Dress comfortably and bring a pillow or blanket. You may sit or lay down for part of the session. Stop cravings for sweets, bread and greasy foods. Stop snacking and overeating. Stop smoking/chewing without weight gain or withdrawal.

6:00 pm - Introduction for Both
7:00 pm - Weight Loss Hypnosis
8:00 pm - Stop Smoking/Chewing Tobacco Hypnosis

Fee also includes reinforcement cd and a lifetime membership for free future classes. Part of the fee is donated to the American Lung and Heart Association. Instructor: Mary Fischer.

Tues, June 2
5:30-8:30 pm
7111-S26
\$60/topic, Central Square

CPR/AED for All Ages

This is an Adult/Child/Infant CPR/AED Class. The class includes a two year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims of all ages. No written test required. Please wear comfortable clothing. Instructor: Deb Miller.

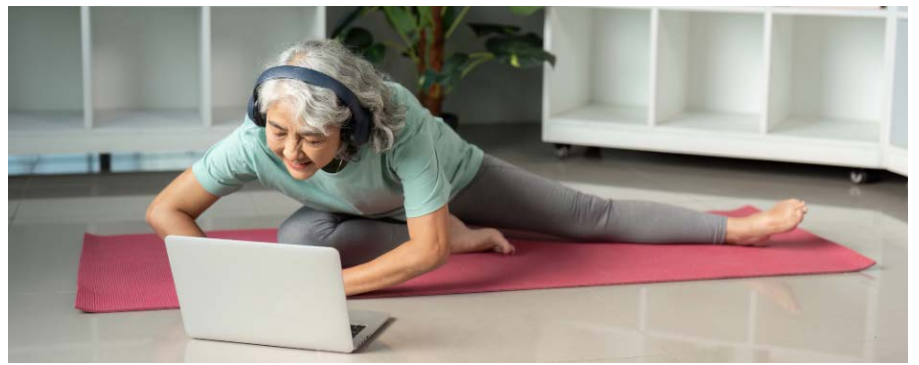
Thurs, May 14
5:30-8:00 pm
7103-S26
\$65. Central Square

Pediatric CPR/First Aid Blended Learning with In-Person Skills Check

Class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full Pediatric CPR/AED & First Aid course will include; an online link to all the program videos, as well as an experienced instructor, dedicated to make the class fun and interesting and 2 year certification. This class meets "Pediatric CPR/AED & First Aid" requirements for the MN Child Care Licensing Agency. No written test required. Please wear comfortable clothing. Instructor: Deb Miller.

Thurs, June 4
6:00-7:30 pm
7104-S26A
\$85, Central Square

Sat, Aug 8
8:00-9:30 am
7104-S26A
\$85, Central Square



ADULT ENRICHMENT

Virtual Fitness

Visit the Central Square front desk or communityed.sspps.org for class schedules. All virtual fitness classes are hosted via ZOOM. Registration 9913-S26.

Strength Cardio

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

Yoga

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

Senior Yoga

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

Senior Strength Cardio

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



Monthly Fees

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

ADULT ENRICHMENT

Get Fit at Central Square

1 day drop-in also available \$8 adult, \$4 seniors (65+) for all classes

Tai Chi for Beginners

Tai Chi for Beginners introduces the foundational principles and movements of this mind-body practice. Through this program, you will learn the first 6 forms of Yang style Tai Chi. This class is designed to help improve flexibility, balance and confidence while using gentle movements, focused intention, and deep breathing. Instructor: Bobbie Drew.

Mon, May 4-June 29
No class May 25
8:30-9:30 am
9968-S26B
\$55 adult, \$20 senior

Mon, July 13-Aug 31
8:30-9:30 am
9968-S26D
\$55 adult, \$20 senior

HIIT Boot Camp

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

Mon, May 4-June 29
No class May 25
5:30-6:30 pm
9918-S26A
\$55 adult, \$20 senior

Mon, July 13-Aug 31
5:30-6:30 pm
9918-S26B
\$55 adult, \$20 senior

Yoga Fusion

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results. Instructors: Rita Wurm/Jina Digaetano.

Mon, May 4-June 29
No class May 25
6:30-7:30 pm
9902-S26A
\$55 adult, \$20 senior

Mon, July 13-Aug 31
6:30-7:30 pm
9902-S26B
\$55 adult, \$20 senior

Total Body

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

Tue, May 5-June 30
5:15-6:15 am
9909-S26A
\$62 adult, \$20 senior

Wed, May 6-June 24
4:30-5:30 pm
9909-S26B
\$55 adult, \$20 senior

Thurs, May 7-June 25
5:15-6:15 am
9909-S26C
\$55 adult, \$20 senior

Fri, May 1-June 29
6:00-7:00 am
9909-S26B
\$55 adult, \$20 senior

Tue, July 14-Aug 25
5:15-6:15 am
9909-S26E
\$49 adult, \$20 senior

Wed, July 1-Aug 26
4:30-5:30 pm
9909-S26F
\$55 adult, \$20 senior

Thurs, July 2-Aug 27
5:15-6:15 am
9909-S26G
\$55 adult, \$20 senior

Fri, July 17-Aug 28
6:00-7:00 am
9909-S26H
\$49 adult, \$20 senior

Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors, but all are welcome to join! Instructor: Kim Befort.

Tue, May 5-June 30
10:30-11:15 am
9800-S26A
\$62 adult, \$20 senior

Thurs, May 7-June 25
10:30-11:15 am
9800-S26B
\$55 adult, \$20 senior

Fri, May 1-June 29
10:30-11:15 am
9800-S26C
\$69 adult, \$20 senior

Tues, July 14-Aug 25
10:30-11:15 am
9800-S26D
\$49 adult, \$20 senior

Thurs, July 2-Aug 27
No class July 9
10:30-11:15 am
9800-S26E
\$55 adult, \$20 senior

Fri, July 17-Aug 28
10:30-11:15 am
9800-S26F
\$49 adult, \$20 senior

Gentle Yoga

Gentle yoga moves with a slower pace with longer periods spent on working into poses; great for those new to yoga, healing from an injury, or looking for a calming practice. Chair options provided. Instructor: Bobbie Drew.

Thurs, May 7-June 25
12:00-12:45 pm
9969-S26B
\$55 adult, \$20 senior

Cardio Kickboxing

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

Tues, May 5-June 30
5:30-6:30 pm
9915-S26A
\$62 adult, \$20 senior

Tues, July 14-Aug 25
5:30-6:30 pm
9915-S26B
\$49 adult, \$20 senior

Mat Pilates

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

Tues, May 5-June 30
6:30-7:30 pm
9916-S26A
\$62 adult, \$20 senior

Tues, July 14-Aug 25
6:30-7:30 pm
9916-S26B
\$49 adult, \$20 senior

Tai Chi for Arthritis & Fall Prevention

Developed by Dr. Paul Lam with Tai Chi and medical colleagues, this program utilizes Sun style Tai Chi for its ability to improve balance, strength, flexibility, and overall well-being, while also helping to prevent falls. Instructor: Bobbie Drew.

Wed, May 6-June 24
8:30-9:30 am
9967-S26B
\$55 adult, \$20 senior

July 1-Aug 26
No class July 8
9967-S26D
\$55 adult, \$20 senior

Aqua Interval

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

Wed, May 6-June 24
6:00-7:00 pm
9901-S26A
\$55 adult, \$20 senior

Wed, July 1-Aug 26
6:00-7:00 pm
9901-S26B
\$55 adult, \$20 senior





55+ ENRICHMENT

Senior Fitness at Central Square

R.I.P.P.E.D.®

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

Thurs, May 7-June 25
5:30-6:30 pm
9908-S26A
\$55 adult, \$20 senior

Thurs, July 2-Aug 27
No class July 9
5:30-6:30 pm
9908-S26B
\$55 adult, \$20 senior

Yoga

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

Thurs, May 7-June 25
6:30-7:30 pm
9911-S26A
\$55 adult, \$20 senior

Thurs, July 2-Aug 27
6:30-7:30 pm
9911-S26B
\$55 adult, \$20 senior

Friday Night Bootcamp

There is no better way to welcome the weekend than a sweat inducing workout! This class utilizes a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome, come join the fun! Instructor: Michelle Richter.

Fri, May 1-29
6:00-7:00 pm
9903-W26A
\$35 adult, \$20 senior

Kettlebell-TRX® Fusion

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

Sat, May 2-June 20
8:00-9:00 am
9906-S26A
\$62 adult, \$20 senior

Sat, July 18-Aug 29
8:00-9:00 am
9906-S26B
\$49 adult, \$20 senior

POUND®

POUND® is designed for all fitness levels and is easy to modify. It is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercise, this workout transforms drumming into an incredibly effective way of working out. Please bring a water bottle and yoga mat. Instructor: Erin Donnelly.

Sat, May 2-30
11:00 am-12:00 pm
9966-S26A
\$42 adult, \$20 senior

Silver Sneakers® and Silver & Fit®

Classes are available for Silver Sneakers® and Silver & Fit® Medicare fitness programs. Silver Sneakers® members are eligible for one free fitness related activity once per day that will be covered by insurance. For example: Aqua Fitness, Total Body, Yoga, etc. or one free lap swim per day. Silver & Fit® members may take two Silver & Fit® fitness classes free per week or participate in lap swim ten times per month that will be covered by insurance.

1 day drop-in also available \$8 adult, \$4 seniors (65+) for all classes.

Silver & Fit® Explore

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

Fri, May 1-Jun 26
No class June 19
9:30-10:15 am
9803-S26A
\$55 adult, \$22.50 senior

Fri, July 17-Aug 28
9:30-10:15 am
9803-S26B
\$49 adult, \$20 senior

Silver Sneakers® Classic

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

Tues, May 5-June 30
9:30-10:15 am
9801-S26B
\$62 adult, \$20 senior

Thurs, May 7- June 25
9:30-10:15 am
9801-S26A
\$55 adult, \$20 senior

Tues, July 14-Aug 25
9:30-10:15 am
9801-S26C
\$49 adult, \$20 seniors

July 2-Aug 27
No class July 9
9:30-10:15 am
9801-S26D
\$55 adult, \$20 seniors

Senior Circuit

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults. Instructor: Rita Wurm.

Mon, May 4-June 29
6:15-7:15 am
9802-S26A
\$62 adult, \$20 senior

Wed, May 6-June 24
6:15-7:15 am
9802-S26B
\$55 adult, \$20 senior

Thurs, May 7-June 25
6:15-7:15 am
9802-S26C
\$55 adult, \$20 senior

Mon, July 13-Aug 31
6:15-7:15 am
9802-S26D
\$55 adult, \$20 seniors

Wed, July 1-Aug 26
No class July 8
6:15-7:15 am
9802-S26E
\$55 adult, \$20 seniors

Thurs, July 2-Aug 27
No class July 9
6:15-7:15 am
9802-S26F
\$55 adult, \$20 seniors



Weekly Activities

Walk the Square

Come walk the Square- We're not big, but we are temperature controlled.

Monday - Friday (daily) 7:30 am - 3:30 pm

SSP Buzz

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

Monday - Friday (daily) 8:30 - 11:00 am

Cribbage

The classic card/board game.

Mondays 12:00 - 2:30 pm

Penny Bingo

Be the first to turn all your cards face down.

Mondays 1:00 - 2:30 pm

Woodcarvers

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

Tuesdays 9:00 - 11:00 am

Line Dancing

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

Tuesdays 10:30 - 11:30 am

Craft Day

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

Tuesdays 1:00 - 3:00 pm

500 Cards

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

Beginners 500- Wednesdays and Fridays 10:00-11:00 am

Wednesdays and Fridays 11:30 am - 2:00 pm

Hand & Foot Card Games

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

Thursdays 1:00 - 3:00 pm

55+ ENRICHMENT

Central Square Senior Center

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

Learn more about the SSP Senior Center on the website at:

<https://communityed.sspps.org/programs/55-programming>

Become a Member

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership of \$15 includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+). Senior Board meetings take place at 9:30 am the second Wednesday of the month: May 13, June 10, Aug 12.

You do not have to be a member to participate in all events.

Out and About Lunches

Travel monthly to a new lunch destination. Registration is required in person or by calling 651-306-3632. Limited transportation is offered. Sign-up in the Central Square lobby. Lunches take place at 11:00 am.

May 13	The Copperfield
June 10	Andiamo
July 8	Blvd Tavern
Aug 12	House of Coates

Senior Socials

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

From 11:30 am - 1:00 pm

May 14	Tea Party
June 18	Ice Cream Social
July 23	Summer Cookout
Aug 20	Salisbury Steak Meatballs

Movie and Popcorn

Join us for a monthly movie matinee with popcorn at Central Square! We'll feature a different film once a month. Movie viewing begins at 12:00 pm.

May 21
June 11
July 12
Aug 13

Happy Feet

Happy Feet is scheduled the second Tuesday of the month from 9:00 am-4:00 pm. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage. \$45 per session. Call to make an appointment: 763-346-3390.

May 12
June 8
July 13
August 10

55+ ENRICHMENT

Senior Programming at Central Square

Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/ insurance course that is open to the public. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws and vehicle technology. This class has something for everyone! Persons 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. four hour refresher class every three years to maintain the 10% discount. Pre-Registration is required. Call toll free 1-(888)-234-1294 or visit www.driverdiscountprogram.com.

Thurs, May 15

Thurs, June 25

9:00 am-1:00 pm

\$24

Book Club

Connect with others who share a love of reading. Bring a lunch or something to share. Pick up the book the last week of the previous month at the front desk.

Second Monday of the month from 12:30-2:30 pm

May 26: *Where the Crawdads Sing* by Deia Owens

Where the Crawdads Sing is at once an ode to the natural world, a coming-of-age story, and a surprising tale of possible murder.

June 26: *A Good Time for the Truth* by Sun Yung Shin

Essays that challenge, discomfort, disorient, galvanize, and inspire all of us to evolve now, for our shared future.

July 26: *Americanah* by Chimamanda Ngozi Adichie

A young woman from Nigeria leaves her home and her first love to start a new life in America, only to find her dreams are not all she expected.

Aug 26: *The Lager Queen of Minnesota* by J. Ryan Stradal

The story of Mariel and Ned, a couple from two very different restaurant families in rustic Minnesota, and the legacy of love and tragedy, of hardship and hope, that unites and divides them.

Crazy BINGO

Calling all seniors! Get ready for an afternoon of fun, sponsored by Allina Health | Aetna. We'll play a variety of bingo games with crazy twists to keep the excitement rolling. While you play, you'll enjoy refreshments and have the chance to win some great prizes. Don't miss out on the fun...let us know you're coming and sign up by May 15.

Tues, May 26

11:30 am-1:00 pm

7124-S26

FREE

DoNot Forget the Music!

Join us for a sweet time with live music by Mary Hall, who will take you on a musical journey with the Bee Gee's. After years of traveling as a solo entertainer in the nightclub scene, she has transitioned to new venues. With her three octave voice range and unique guitar style, Mary Hall incorporates a wide variety of styles spanning several decades. Great tunes, delicious donuts, unforgettable vibes. Don't miss out – come for the music, stay for the donut!

Thurs, June 4

1:00-2:00 pm

7123-S26

\$10

Everything You Want to Know About Medicare

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

Thurs, July 16

6:30-8:00 pm

7146-S26

FREE



Olof Swensson Farm Photo

55+ ENRICHMENT

Trips and Tours

Stillwater River Boat Cruise

Arrive in Stillwater, the birthplace of Minnesota and former lumber center located on the St. Croix River. This distinctive community has a wealth of 19th century Greek Revival, Queen Anne and Italianate architecture and offers a blend of history, scenery, shopping and culture. The two-hour cruise is aboard a modern vessel with the St. Croix Boat & Packet Company. Climate controlled and fully accessible, with table seating available on the first floor. This is not a narrated cruise, so relax and enjoy the sights and sounds of the river. Socialize or feel free to bring cards or games to play while cruising. A deli lunch is served buffet style during the cruise, including a variety of meats, cheeses, salads, dessert bars, coffee, and sodas. Afterward enjoy shopping downtown Stillwater boutiques, gift stores, and art galleries. Register by Friday, May 8.

Tues, June 9

Bus departs Central Square at 9:45 am

1602-SSP-S26

\$97/person, Includes transportation, lunch, and boat ride

Hudson Luncheon Cruise

Travel to Hudson to board a vessel with Afton Cruise Lines for a scenic cruise on the beautiful St. Croix River. Relax aboard the Afton Princess or Grand Duchess as a licensed captain and crew guide you past wooded bluffs, rugged shorelines, and abundant wildlife along the Minnesota and Wisconsin banks. Enjoy an onboard luncheon featuring Chicken Marsala, mostaccoli with red sauce, hot vegetables, salads, dessert, coffee, and ice water; a cash bar is available. After the cruise, explore historic downtown Hudson's unique shops, including a stop at Knoke's Chocolates and Nuts. Register by Friday, June 12.

Wed, July 15

Bus departs Central Square at 10:15 am

1601-SSP-S26

\$100/person, Includes transportation, lunch, and show

Circus Juventas

Circus Juventas is a youth performing arts circus school, serving youth throughout the Minneapolis–Saint Paul metropolitan area. The organization was founded in 1994 by Dan and Betty Butler, and offers circus arts training to young people ranging from 3 to 21 years old. Before the performance, lunch at Buca di Beppo in St. Paul- Pranzo Lunch Menu: Mixed Green Salad and Caesar Salad, Fresh-Baked House Bread, Spaghetti Marinara & Fettuccine Alfredo, Chicken Parmigian, Coffee, Tea, Soft Drink. Register by Friday, June 26.

Thurs, July 30

Bus departs Central Square at 10:30 am

1669-SSP-S26

\$97/person, Includes transportation, lunch, and show

Olof Swensson Farm

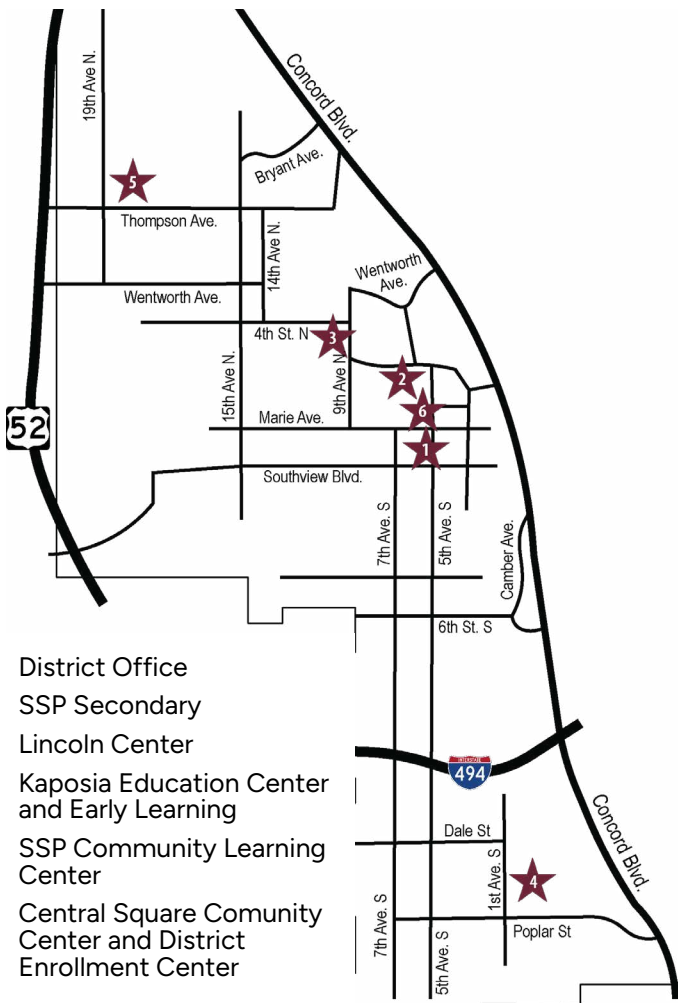
Discover the homestead of one of Minnesota's most innovative immigrants, Swensson, a farmer, scholar, builder, and self-taught minister whose craftsmanship is reflected throughout the property. Highlights include hand-built looms and spinning wheels and an impressive 1880s timber-framed barn featuring intricate wind-bracing and notching. Enjoy a homestyle meatloaf lunch at The Rivers Restaurant, complete with mashed potatoes and gravy, vegetable, roll, beverage, and dessert. Then explore Chippewa City, a recreated late-1800s village with 24 historic buildings, including log cabins, a church, general store, and blacksmith shop. The site also inspired renowned artist Terry Redlin, whose work features several of its iconic structures. Register by Friday, July 10.

Thurs, Aug 13

Bus departs Central Square at 7:00 am

1605-SSP-S26

\$108/person, Includes transportation, lunch, and tour



1. District Office
2. SSP Secondary
3. Lincoln Center
4. Kaposia Education Center and Early Learning
5. SSP Community Learning Center
6. Central Square Community Center and District Enrollment Center

ECRWSS
Current SSP Resident

SOUTH ST. PAUL PUBLIC SCHOOLS

Community Education and Early Learning



IT'S NEVER TOO LATE TO LEARN

FREE Classes are offered during the day, evening, and online... Designed to fit your life and schedule.

South Suburban Adult Education provides adults with opportunities to acquire and improve their literacy skills necessary to become self-sufficient and to participate effectively as productive workers, family members, and citizens.

communityed.sspps.org/programs/ae

JOIN THE PACKER FAMILY!

Enrollment for the 2026–27 school year is now open for all new students in grade levels, PreK–12!

SSPPS is a nurturing and inclusive Packer community of life-long learners. We look forward to engaging, educating, and empowering your student as they travel the pathway through school and life after graduation.

www.sspps.org/enroll

