



FOREST LAKE AREA SCHOOLS

COMMUNITY EDUCATION



That's
Community Ed!

FALL 2026

September - December



A Message from the Director of Community Education

Welcome to the Forest Lake Area Schools Community Education Fall Catalog! As summer gives way to fall and the excitement of a new school year begins, we are pleased to welcome you to another season of learning, exploration, and connection through Forest Lake Area Schools Community Education.

Community Education is built on the belief that learning happens throughout every stage of life. Our programs are designed to bring people together, foster new experiences, and strengthen the connections that make our community such a special place to live, learn, and grow. Whether you're

looking for enrichment opportunities for your child, a new hobby to explore, a fitness class to support your well-being, or a chance to connect with others who share your interests, you'll find a wide variety of opportunities in this fall catalog.

As you browse these pages, we encourage you to try something new, continue a favorite tradition, or discover a program that helps you reach a personal goal. Every class, activity, and event is an opportunity to learn, connect, and grow together.

Thank you for choosing Community Education and for being part of our vibrant learning community. We look forward to seeing you this fall and throughout the year ahead.

Wishing you a wonderful start to the 2026–2027 school year.

Go Rangers!

Corey McKinnon

Director of Community Education
Forest Lake Area Schools

Learning to swim benefits kids in more ways than one! See pages 42-45 for Aquatic Programs.



**INCREASED
COGNITIVE SKILLS**



**IMPROVED
QUALITY OF SLEEP**



**GOOD FOR HEALTH
OF GROWING BODY**



**DEVELOPING
SOCIAL SKILLS**



**LEARNING A
LIFE SKILL**



**TIME AWAY
FROM SCREENS**

Early Childhood Events

-  **Music Together in the Valley**
Mon, Oct 12 • 5:30-6:30pm
-  **UnScary Halloween Party**
Tue, Oct 27 • 6-7:30pm
-  **The Friendly Monsters Workshop**
Tue, Nov 10 • 5:30-6:30pm
-  **Card Party: Thankfulness**
Tue, Nov 17 • 5:30-6:30pm
-  **Cooking with Kids**
Tue, Dec 1 • 5:30-6:30pm
-  **Gingerbread Houses**
Tue, Dec 15 • 5:30-6:30pm

See page 53



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(651) 982-8110



flaschools.arux.app



@FLASCE



A Message from the Superintendent

Forest Lake Area Schools is a dynamic and comprehensive school system that provides a world-class educational experience for students from early childhood through high school. But our commitment to learning doesn't stop there. We also provide extended learning opportunities and activities for community members of all ages. Through these programs, we unlock new passions, connect with personal interests, and help our broader community develop new skills.

Please take a few moments to enjoy a cup of coffee while you peruse our various offerings. I am confident you will find something inspiring for yourself or a family member. Enclosed in this guide are wonderful ways to connect with others while exploring unfamiliar subjects or simply staying active in a favorite hobby.

We believe that our district must be many things to many people, and our Community Education program is vital to that mission. Thank you for being a part of our community and school district. We look forward to learning and growing with you.

All the best,

JP Jacobson

Superintendent
Forest Lake Area Schools



Back to School

Enroll your student today!



Online enrollment is available
www.flaschools.org/enroll



Catalog Key

District Map: Page 61

Ed Center

Education Center
943 9th Ave SW, Forest Lake

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

FLAHS

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

FLAMS

Forest Lake Area Middle School
21395 Goodview, Forest Lake

Col

Columbus Elementary
17345 Notre Dame, Forest Lake

FV

Forest View Elementary
620 SW 4th St, Forest Lake

Lino

Lino Lakes Elementary
725 Main St, Lino Lakes

Linw

Linwood Elementary
21900 Typo Creek Dr, Wyoming

Scan

Scandia Elementary
14351 Scandia Tr N, Scandia

Wyo

Wyoming Elementary
25701 Forest Blvd, Wyoming

Virtual Classes

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

4400-FA26 (example)

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

TRANSLATION AVAILABLE

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

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

កំណត់សំគាល់: បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ (651) 982-8327 ។

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

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

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ ຟິ, ຈົ່ງ ໂທລະສັບ (651) 982-8327.

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

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

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

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

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

1284-00729 (1-08)

Registration

Register online at flaschools.arux.app, scan the QR code or call (651) 982-8110. View more options on page 62.

Contact Us

FLASCE STAFF DIRECTORY: See page 60

PHONE: (651) 982-8110

FACEBOOK: Follow @FLASCE

Partner with Community Education!

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



Adult Lifelong Learning

55+ Programs

AARP Smart Driver

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

AARP Instructor

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

6036-FA26A Nov 5 Thu 8:30am-12:30pm
1 session Ed Center 117 | Door 18

6036-FA26B Nov 5 Thu 5:30-9:30pm
1 session Ed Center 117 | Door 4

6036-FA26C Nov 10 Tue 1-5pm
1 session Ed Center 117 | Door 18

Bingo & Breakfast - Adults 55+

Kickstart your day with fun, laughter and delicious treats at our monthly morning Bingo & Breakfast event, exclusively for adults aged 55 and up! This delightful gathering is the perfect opportunity to socialize, enjoy a steaming cup of coffee, indulge in tasty breakfast items and engage in the excitement (and prizes) that Bingo has to offer!



Jenny Courneya

6548-FA26A Oct 7 Wed 9:30-11am \$5
1 session Ed Center 117 | Door 18

6548-FA26B Nov 4 Wed 9:30-11am \$5
1 session Ed Center 117 | Door 18

6548-FA26C Dec 2 Wed 9:30-11am \$5
1 session Ed Center 117 | Door 18

Card & Game Club - Adults 55+

Ready to shuffle the deck and make new friends? Whether you're interested in playing a classic favorite or looking to learn a new game, our new club is the place for you! Join us for a relaxed, social atmosphere where fun is the top priority. Light refreshments will be provided. All skill levels are welcome.



Jenny Courneya

6551-FA26 Oct 8-Dec 17 Thu 1-3pm \$5 per session

Ed Center 117 | Door 18

Country Line Dancing - Adults 55+

Dust off your boots and kick up your heels for this upbeat and exciting dance class! Whether you're a total greenhorn or a seasoned pro, this class is tailored for all skill levels and abilities. We'll guide you through classic country-western steps and the latest floor-fillers in a fun, supportive environment. No partner? No problem! Grab your hat and let's make some noise - it's time to scoot, shuffle and shine!

Heidi Smith-Miranda

6550-FA26 Sep 24-Oct 8 Thu 5:30-6:30pm \$39
3 sessions FV Cafeteria | Door 4

Help Us Expand Our 55+ Programs!

Forest Lake Area Schools Community Education is diligently working to expand the programs for the 55+ folks in the communities we serve, but we need your help!

If you are a part of the 55+ crew and enjoy our programs, please take a moment to participate in this brief survey to let us know what programs & classes you'd like to see in future catalogs!



Scan the QR code with your phone's camera to access the survey.

Strength for Life

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

Live 2 B Healthy

Free for Silver Sneakers Members

6523-FA26A	Sep 8-Sep 29	Tue & Thu	10:30-11:15am	\$65
7 sessions	Ed Center 119 Door 18			
6523-FA26B	Oct 1-Oct 29	Tue & Thu	10:30-11:15am	\$65
9 sessions	Ed Center 119 Door 18			
6523-FA26C	Nov 3-Nov 24	Tue & Thu	10:30-11:15am	\$65
7 sessions	Ed Center 119 Door 18			
6523-FA26D	Dec 1-Dec 22	Tue & Thu	10:30-11:15am	\$65
7 sessions	Ed Center 119 Door 18			

Yoga - Specifically for Adults Over 50

Studies show that yoga practice positively correlates with both physical and mental wellness as well as managing pain and inflammation, improving sleep quality and much more. We will combine gentle physical poses with mindfulness and breathing in this beginning yoga practice. Our focus will be on functional mobility, balance and working to release stress and stiffness. Please wear comfortable clothing, bring a yoga mat and a bottle of water. Space permitting, drop ins are allowed for a fee of \$12 (please bring correct change). You will be provided with a link prior to class.

Julia Phillips

6288-FA26A	Sep 21-Oct 26	Mon	3-4pm	\$55
6 sessions	Ed Center 119 Door 18			
6288-FA26AV	Sep 21-Oct 26	Mon	3-4pm	\$55
6 sessions	Virtual			
6288-FA26B	Nov 9-Dec 14	Mon	3-4pm	\$55
6 sessions	Ed Center 119 Door 18			
6288-FA26BV	Nov 9-Dec 14	Mon	3-4pm	\$55
6 sessions	Virtual			

More Classes! View Medicare, Retirement Planning and Estate Planning classes on pages 14 & 15.

Foot Care Clinic

Reserve an individual session with a mobile nurse who specializes in foot care. Services offered include toenail trimming, filing down thick nails, removing corns, filing calluses, diabetic foot assessment, circulation assessment, fungal nails, non-infected ingrown nails, performing a shoe assessment if needed and making recommendations for certain skin conditions or foot ailments. Product recommendations are available but no products will be sold.

Jessica Lyall

Ed Center 119 | Door 18

6549-FA26A	Sep 23	Wed
1 session	9-9:45am	\$75
6549-FA26B	Sep 23	Wed
1 session	10-10:45am	\$75
6549-FA26C	Sep 23	Wed
1 session	11-11:45am	\$75
6549-FA26D	Sep 23	Wed
1 session	12-12:45pm	\$75
6549-FA26E	Sep 23	Wed
1 session	1-1:45pm	\$75
6549-FA26F	Sep 23	Wed
1 session	2-2:45pm	\$75
6549-FA26G	Sep 23	Wed
1 session	3-3:45pm	\$75
6549-FA26H	Nov 18	Wed
1 session	9-9:45am	\$75
6549-FA26I	Nov 18	Wed
1 session	10-10:45am	\$75
6549-FA26J	Nov 18	Wed
1 session	11-11:45am	\$75
6549-FA26K	Nov 18	Wed
1 session	12-12:45pm	\$75
6549-FA26L	Nov 18	Wed
1 session	1-1:45pm	\$75
6549-FA26M	Nov 18	Wed
1 session	2-2:45pm	\$75
6549-FA26N	Nov 18	Wed
1 session	3-3:45pm	\$75

Arts & Home

Hand Knit Chunky Blanket | Age 10-Adult

Join us for a fun, no-experience-needed class where you'll hand-knit your very own soft, chunky, basketweave blanket—no needles required! You'll leave with a completed blanket approximately 40x50 inches. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on Friday before the class. Children must be accompanied by an adult. Only one registration fee is required for teams working together to make one blanket.

Your Bearded Artist - Jeremy Ross

6399-FA26 1 session | Sat, Dec 5 | 10am-1:30pm | \$75 | FLAHS Media Center | Door 32

Hand Knit Chunky Pillow - Pumpkin

Join us for a fun, no-experience-needed class where you'll hand-knit a cozy pumpkin pillow—no needles required! You'll leave with a 15–20" round pillow, perfect for seasonal décor or gifting. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on Friday before the class.

Your Bearded Artist - Jeremy Ross

6485-FA26 1 session | Sat, Oct 31 | 10am-12pm | \$45 | FLAHS Media Center | Door 32

Hand Knit Chunky Snowman

Join us to be guided through hand knitting your very own soft, chunky snowman pillow. No needles or knitting experience is required. Your completed pillow will measure approximately 18" tall and 15" round. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on Friday before the class.

Your Bearded Artist - Jeremy Ross

6538-FA26 1 session | Sat, Nov 21 | 10am-12pm | \$45 | FLAHS Media Center | Door 32

Alcohol Ink - Fabulous Fall

Alcohol ink is a forgiving medium that allows you to wipe away mistakes with isopropyl alcohol. Have fun and enjoy yourself while you use real leaves to make the fall background and then create the flowers using a hand blower. You will be guided through each step. Make one 8x11" painting in your chosen colors. Given time, you can create a second painting with variations. A \$15 supply fee is payable to the instructor at class.

Kay Anderson

6437-FA26 1 session | Tue, Sep 29 | 6-8pm | \$39 | Ed Center 113 | Door 4

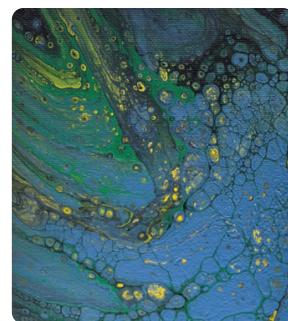
Alcohol Ink - Glitter Ornaments

Do you want to make gorgeous, one-of-a-kind ornaments for yourself or as an incredible gift? You'll learn various processes of working with alcohol ink. Choose colors of your choice to create four unique ornaments; follow a color scheme or each ornament can be completely different. The ornaments are painted on the inside so the colors will last forever. A \$20 supply fee is payable to the instructor at class. Additional ornaments can be made for a \$4 fee per ornament.

Kay Anderson

6369-FA26 1 session | Tue, Dec 8 | 6-8pm | \$35 | Ed Center 113 | Door 4





Alcohol Ink - Fantasy Landscape

Have you ever wanted to try your hand at abstract art that is fun and colorful? Put down your choice of colors to make the background, then blend the background and use a thin brush to create your tree and a stamper for the leaves. You'll be guided through each step. Make one 4.5x6" painting to learn the technique then paint another 4.5x6" or a 9x12" painting. The best part of using alcohol ink is that you can wipe it off with isopropyl alcohol. A \$15 supply fee is payable to the instructor at class.

Kay Anderson

6473-FA26 1 session | Mon, Oct 12 | 6-8pm | \$39 | Ed Center 113 | Door 4

Painting - Acrylic

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist, will guide you through creating a 16x20" acrylic on canvas. Each session will feature a different painting. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

Golden Hour

6398-FA26A 1 session | Thu, Oct 8 | 6-8pm | \$39 | FLAHS 622 | Door 32

Christmas Tree on the Farm

6398-FA26B 1 session | Thu, Dec 10 | 6-8pm | \$39 | FLAHS 622 | Door 32

Sewing Machine Quick-Start | Age 16-Adult

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

Sewing and Fitting Mentor - Renee Bontjes

5087-FA26A 1 session | Thu, Sep 17 | 6:30-9:30pm | \$75 | Sewing and Fitting Mentor

5087-FA26B 1 session | Thu, Oct 22 | 6:30-9:30pm | \$75 | Sewing and Fitting Mentor

Painting - Acrylic Marble Pour

Age 6-Adult

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist, will guide you through pouring acrylic on 8x10" canvas. Additional dry time of 24-36 hours is needed after class completion. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

6450-FA26	Nov 12	Thu
1 session	6-8pm	\$39
FLAHS 622 Door 32		

Photo Organization- Print & Digital

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

Kathy Povolny

6155-FA26	Oct 29	Thu
1 session	6:30-8:30pm	\$19
Ed Center 117 Door 4		



REGISTER FOR CLASSES ONLINE BY SCANNING THE QR CODE OR VISITING [FLASCHOOLS.ARUX.APP](https://flaschools.arux.app)

Knitting - Beginning

Even if you've never held knitting needles, you can learn the basics of knitting including cast-on, knit, purl and bind-off. These four skills will set you up for success with many different knitting projects. Under the guidance of an experienced knitter, you will combine the four basic skills of knitting to start you on your way to your knitting adventure. Please bring a pair of wood knitting needles in size 10, a skein of light colored worsted weight (#4) yarn, scissors and a darning needle with a large eye.

Vickey Nelson

6439-FA26 Sep 24 & Oct 1 Thu 6-8pm \$29
2 sessions Ed Center 113 | Door 4



Knitting - Brioché

Brioche knitting is a technique creating a lush, thick and fully reversible ribbed fabric using slipped stitches and yarn overs that are knitted together in subsequent rows. It produces a "squishy" texture, perfect for scarves and blankets and is often worked in one or two colors to create contrasting, textured stripes. Must be proficient in knitting and purling.

Vickey Nelson

6536-FA26 Oct 8 Thu 6-8pm \$19
1 session Ed Center 113 | Door 4

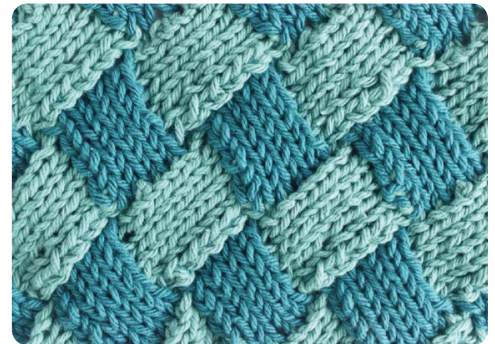


Knitting - Entrelac

Entrelac knitting is a technique composed of interlocking squares or rectangles worked in diagonal tiers. It's a style of knitting that resembles a basket weave. It can be incorporated into any item - hat, mittens, socks or blankets to create an eye-catching piece with incredible texture. Must be proficient in knitting and purling.

Vickey Nelson

6537-FA26 Oct 22 Thu 6-8pm \$19
1 session Ed Center 113 | Door 4



Crochet - Beginning 1

Do you want to create magic with a hook and yarn? If you have never picked up a crochet hook before or need a refresher on crochet basics, then this is the class for you. You will learn basic stitches, how to read patterns and much more! Soon you will be on your way to creating hand-made gifts for family and friends just in time for holiday giving! Please bring an H or I size hook and one skein of acrylic yarn, weight 4.

Vickey Nelson

6430-FA26 Nov 5 & 12 Thu 6-8pm \$29
2 sessions Ed Center 113 | Door 4



Lawn & Garden



Fall Lawn Care

Lawn care can be expensive and puzzling. Learn to get the best performance from your yard while protecting lakes and streams from pollutants and runoff. We will cover a wide variety of topics and answer your questions about watering, fertilizing, weed identification and more. Learn how to prep your lawn for winter so you have a yard that is the envy of the neighborhood in the spring. Participants will receive a folder full of great information and a native plant book. Several door prizes will be given away from local plant specialists.

CLFLWD Staff - Adam Hjelm

6412-FA26	Sep 21	Mon
1 session	6:30-7:30pm	\$19
Normandy Park Education Center - White Bear Lake		

Fall Native Perennial Planting

Why should spring get all the glory? While you might not think of fall as a time to get outside and plant new perennials, it actually presents a golden opportunity to do just that. Not only is it bargain time for many perennials at the garden store, the growing conditions are perfect for establishing roots. Participants will receive a folder full of great information and a native plant book. Several door prizes will be given away from local plant specialists.

CLFLWD Staff - Adam Hjelm

6411-FA26	Oct 19	Mon
1 session	6:30-7:30pm	\$19
Ed Center 111 Door 4		

Saving Your Seeds

Looking to save some money and learn a new gardening skill? Seed saving is an easy and rewarding practice that will let you become more self-sufficient and select varieties of plants that do best in your unique gardening situations. Come learn how to save seeds from your favorite plants and also give them the best chance of germinating next spring. Participants will receive native plant books. Several door prizes will be given away.

CLFLWD Staff - Adam Hjelm

6540-FA26	Nov 16	Mon
1 session	6:30-7:30pm	\$19
Ed Center 113 Door 4		

Winter Tree and Shrub Care

Even though trees seem to be in a state of hibernation in the winter, not preparing them for the cold, dry winter months can have long term health effects. Learn what you can do to minimize stress so you will have healthy trees in the spring. We will also discuss timing of pruning dormant trees and shrubs for the best spring recovery and growth. Participants will receive native plant books. Several door prizes will be given away.

CLFLWD Staff - Adam Hjelm

6541-FA26	Dec 14	Mon
1 session	6:30-7:30pm	\$19
Ed Center 111 Door 4		

Health & Wellness

From Overwhelmed to Grounded: A Holistic Reset for Women

Feeling overwhelmed, exhausted or stretched too thin? This experience helps you slow down, reduce stress and reconnect with yourself. Through gentle yoga, breathwork, reflection and practical wellness tools, you will learn how to calm your nervous system, improve energy and sleep and build simple daily habits that support your life. No experience needed. Bring a yoga mat.

Anna Pexa

6542-FA26	Sep 9-Oct 7	Wed
5 sessions	6-7:15pm	\$99
	Ed Center 208 Door 4	

Herbal Remedies for Cold Weather

As the cold settles in and the air turns sharp, we gather to craft a small but mighty apothecary of winter remedies. We'll explore the energetics of winter, the herbs that shine in cold weather and how to care for yourself and your family with gentle, accessible remedies. You'll make three take-home preparations: Sore Throat Spray, Warming Chest Rub and Herbal Honey for Coughs.

Angela Michaud

6547-FA26	Dec 10	Thu
1 session	6-8pm	\$59
	Ed Center 102 Door 4	

Herbs - Crafting Fire Cider

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

Angela Michaud

6512-FA26	Sep 24	Thu
1 session	6-8pm	\$55
	Ed Center 102 Door 4	

Walkers Welcome

Come walk in a safe and controlled climate. Walk one, two or more times each week. Walkers will be provided with an identification badge and complete schedule upon registration. Your badge must be worn while walking. We are unable to offer accommodations for personal belongings.

Registration fee allows you to walk in the morning and evening at any of these four schools: **High School, Education Center, Wyoming Elementary and Lino Lakes Elementary** until April 2027. Please arrive before 8pm in the evening. While walking is available until 8:30pm, the building may be locked at 8pm.

Sep 8-Apr 30 | Mon-Fri: 6-7:30am | Mon-Thu - 5-8:30pm | \$19

Full schedule is available online.

Heartsaver CPR/AED

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

Emergency Outfitters

6040-FA26	Oct 6	Tue	5:30-8:30pm	\$85
1 session	Ed Center 208 Door 4			

Lose Weight or Stop Nicotine Cravings Through Group Hypnosis

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

Dr. Mary Fischer

Lose Weight

6046-FA26A	Sep 30	Wed	6-9pm	\$69
1 session	Ed Center 119 Door 4			

Stop Nicotine Cravings

6046-FA26B	Sep 30	Wed	6-9pm	\$69
1 session	Ed Center 119 Door 4			

Lose Weight & Stop Nicotine Cravings

6046-FA26C	Sep 30	Wed	6-9pm	\$135
1 session	Ed Center 119 Door 4			

Yoga - Hatha Flow

Build strength while you lengthen and stretch your body by aligning ligaments through this gentle yoga practice. Yoga postures are connected with fluid movements that synchronize with your breathing to help reduce stress and improve balance. This class is most appropriate for people with experience in yoga, however, those new to yoga are welcome. The instructor will incorporate the fundamentals of yoga and how to move between yoga poses while you build confidence to move on to more challenging poses. Space permitting, in person drop ins are allowed for a fee of \$12 (correct change required). Please wear comfortable clothing, bring a yoga mat and a bottle of water. You will be provided with a link prior to class.

Erin Parr

CLASSES ARE ALSO AVAILABLE VIRTUALLY

6049-FA26A	Sep 21-Oct 26	Mon
6 sessions	6-7pm	\$55
	Ed Center 208 Door 4	

6049-FA26B	Nov 9-Dec 14	Mon
6 sessions	6-7pm	\$55
	Ed Center 208 Door 4	

Yoga - Balance & Strength

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

Julia Phillips

CLASSES ARE ALSO AVAILABLE VIRTUALLY

6003-FA26A	Sep 21-Oct 26	Mon
6 sessions	9:30-11am	\$79
	Kyoshin Ryu Karate Academy	

6003-FA26B	Nov 9-Dec 14	Mon
6 sessions	9:30-11am	\$79
	Kyoshin Ryu Karate Academy	



Yoga - Rest and Reset: Stress Relief and Better Sleep

Want to relax your body, quiet your mind and sleep better? This workshop combines gentle yoga, breathwork and deep relaxation to reduce stress and support restful sleep. You will release tension, calm your nervous system and create a custom essential oil roller blend to use at home. All supplies are included. You will also receive simple nurse-led tips and a take-home guide to support better sleep. Leave feeling relaxed, restored and ready for rest. Bring a yoga mat.

Anna Pexa

6546-FA26	Oct 29	Thu
1 session	6-7:30pm	\$45
	Ed Center 119 Door 4	

Yoga - Gentle Flow for Stress Relief & Renewal

Want to avoid feeling stressed and overwhelmed during the holiday season? This gentle yoga class helps you slow down, release tension and reset. Through simple movement, breathwork and relaxation, you will improve flexibility, reduce stress and restore your energy. This is a supportive space to pause, breathe and reconnect during a busy time of year. Bring a yoga mat.

Anna Pexa

6543-FA26	Nov 18-Dec 16	Wed	6-7pm	\$59
4 sessions	Ed Center 208 Door 4			
	No class Nov 25			

Business & Finance

10 Reasons Your Parents' Estate Plan is Important to You

Take an in-depth look into many issues and problems that may be faced from our parents estate plan, or lack thereof, such as: creating a difficult probate, loss of assets to the nursing home, fighting amongst the children, senior care issues, guardianship, privacy, the continued life of the surviving parent, estate tax protection, fairness and equality, legacy assets and the flow of critical information between the generations. We will discuss actual examples of challenges and how they can be avoided with some simple planning.

Steve Ledin

6478-FA26V	Oct 22	Thu
1 session	6:30-8pm	\$19
	Virtual	

Are Your Retirement Dollars Tax Efficient?

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

Ben Prchal

6453-FA26	Sep 23	Wed
1 session	6-7:30pm	Free
	Ed Center 117 Door 4	

Draft Your Own Health Care Directive & Power of Attorney

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

Julia Estrem

6048-FA26	Oct 6	Tue
1 session	6-8pm	\$39
	Ed Center 117 Door 4	

Draft Your Own Will

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

Julia Estrem

6047-FA26	Sep 30: 6-8pm	Wed
2 sessions	Oct 7: 6-6:30pm	\$55
	Ed Center 117 Door 4	

Estate Planning - Introduction

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

Julia Estrem

6253-FA26	Sep 29	Tue
1 session	6-8pm	Free
	Ed Center 117 Door 4	

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

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

Steve Ledin

6459-FA26	Sep 28	Mon
1 session	6:30-8pm	\$19
	Ed Center 117 Door 4	



Social Security - Facts & Strategies

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

Charles Taylor

6251-FA26	Oct 13	Tue
1 session	6:30-8pm	Free
Ed Center 117 Door 4		

Social Security - Preparing for Retirement

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

Ben Prchal

6517-FA26	Nov 4	Wed
1 session	6-7:30pm	Free
Ed Center 117 Door 4		

Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65, attend this course to learn the basics of what Medicare is, how it works, how to avoid penalties and what you need to know to prepare yourself for this process. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. Investment and advisory services offered through World Equity Group Inc., member of FINRA/SIPC.

Charles Taylor

6261-FA26	Dec 15	Tue
1 session	6:30-8pm	Free
Ed Center 117 Door 4		

Navigating the Dos and Don'ts of Retirement

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

Ben Prchal

6249-FA26A	Oct 7	Wed
1 session	6-7:30pm	Free
Ed Center 117 Door 4		

6249-FA26BV	Oct 20	Tue
1 session	12-1:30pm	Free
Virtual		

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

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

Steve Ledin

6457-FA26	Nov 16	Mon
1 session	6:30-8pm	\$19
Ed Center 117 Door 4		

Special Interest

Dungeons and Dragons - Adventure | Age 12-Adult

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

Badwolf Adventure Studios

6400-FA26 Tue, Oct 20 | 6:30-8:30pm | \$39
1 session Ed Center 126 | Door 4

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

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

Badwolf Adventure Studios

6396-FA26 Thu, Oct 8 | 6:30-8:30pm | \$39
1 session Ed Center 126 | Door 4

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

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

Jeff Wood

6368-FA26 Thu, Oct 15 | 6-8:30pm | \$35
1 session Ed Center Cafeteria | Door 4

Minnesota Biome Hike

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

Jennifer J Braido

6335-FA26 Tue, Oct 6 | 9:30am-12:30pm | \$19
1 session Linwood School Forest | 6256 227th Ave NE, Stacy

Spanish 1 | Age 18+

Learning Spanish enables you to communicate with Spanish speakers in your community, at work or in your travels. Beginners can explore both the language and culture. We'll cover pronunciation, vocabulary, reading comprehension and grammar. Please have the textbook "Practice Makes Perfect Basic Spanish" Premium Third Edition by Dorothy Richmond (new or used) on the first day of class.

Iris Myers

6004-FA26 Sep 15-Oct 13 Tue
5 sessions 6:30-8pm \$89
Ed Center 119 | Door 4

Let's Go Fishing

Forest Lake seniors, veterans, special needs individuals and youth are welcome to join us on a free fishing or boating excursion. Trips run through early September. We are also seeking volunteer boat captains, crew members and board members. For more information, please visit our website at www.forestlake.lgfws.com. If you have any additional questions or wish to serve on our board of directors, please contact us through Forest Lake Area Schools Community Education at Btetzlaff@flaschools.org or 651-982-8333.

6514-FA26 Free

Coming Soon: 2027 Trips Your Next Adventure Awaits!

We are thrilled to announce two incredible travel opportunities heading your way. Watch for our next catalog offering Galena, IL in the Spring 2027 & Nashville, TN in the Fall 2027!

Bow Building

Build your own longbow with hard maple riser and bamboo core fiberglass limbs. The finished product will be a professional quality bow for target archery or hunting. Most tools will be provided, but you will need an orbital hand sander, sanding blocks and sanding sheets to complete some work at home. Experience with power tools is not expected, but you need to have some comfort using power tools.

Grandpa Toad Custom Bows - Travis Stewart

6539-FA26 Oct 6-Dec 1 Tue 5:30-8:30pm \$549
8 sessions FLAHS 631 | Door 32
No class Nov 3



Music & Dance

Forest Lake Area Community Band | Age 15-Adult

The Forest Lake Area Community Band is open to all levels of musicians who play woodwind, brass or percussion and enjoy practicing and performing in a band! The band's purpose is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from traditional compositions for band to inspiring contemporary pieces. Under the direction of Jake Matheson, the band will perform at various venues (to be announced) in the community.

- **\$89 | Meets most Thursdays throughout the school year**
- **Open to all levels of musicians! No audition required**
- **Performances at various venues in the community**
- **View details online at flaschools.arux.app**

Forest Lake Area Community Orchestra | Age 15-Adult

The Forest Lake Area Community Orchestra is open to all levels of musicians who play traditional string instruments (violin, viola, cellos, bass) and enjoy practicing and performing in an orchestra! The purpose of the group is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from string standards to inspiring contemporary pieces. Under the direction of Dave Livermore, the orchestra will perform at various venues (to be announced) in the community.

- **\$89 | Meets most Mondays throughout the school year**
- **Open to all levels of musicians! No audition required**
- **Performances at various venues in the community**
- **View details online at flaschools.arux.app**

Dance - Foxtrot & Swing

Whether you want to become more graceful or just make your partner happy, ballroom dance lessons can be fun and rewarding. The Foxtrot is a classic American jazzy dance that shows off the attitude and style of Big Band and Jazz music through the years. Swing was developed in the 30s and 40s and is one of the most energetic and versatile of the rhythm dances.

Heidi Smith-Miranda

6034-FA26 Sep 24-Oct 29 Thu 7-8pm
6 sessions \$59 per person | \$89 per pair
FV Cafeteria | Door 4

Dance - Wedding Workshop

Impress your friends and relatives at the next family wedding! Whether you are the bride and groom, part of the bridal party or a guest at a wedding, this workshop will give you the skills needed to look great out on the dance floor. Basic steps and some fun patterns will be covered in Waltz, Swing, Nightclub Two Step and Slow Dance. This is a great way for the entire wedding party to have fun and get the dancing started with style!

Heidi Smith-Miranda

6033-FA26 Sep 17 Thu 7-9pm
1 session \$39 per person | \$49 per pair
Ed Center Cafeteria | Door 4

Athletics & Recreation



Volleyball League - Adult Indoor Co-ed

Register now for this fun, competitive, co-ed league for adults! Teams will play with six players on the court (up to three of whom can be men) and will compete for the Community Education Adult Volleyball League Championship! Although this league is fairly competitive, recreational teams are welcome. The team that wins the championship will receive free team registration for the next season. Each team should supply their own volleyball. Win/loss record will be tracked for standings and playoff seeding. The playoff format will be determined by the number of teams and final schedule. Early or late game preference will be assigned according to registration date.

Looking for a team to join or need additional players to start your own team?
Email ksonterre@flaschools.org

Registration deadline: Nov 16, 2026.

1702-FA26	Dec 2-Apr 14	Wed	6-10pm	\$195 per team
17 sessions	No games Dec 23, 30 & Mar 10			

Pickleball Club - Adult Co-ed

Players of all experience levels are invited to join the club! Players rotate in and out of games to ensure everyone has the opportunity to play. Individual players are welcome to participate in pick-up games. Bring your own paddle or borrow one of ours. Players should wear comfortable clothes, athletic shoes and bring a bottle of water. Pre-registration is required. Registration closes at 4pm each Wednesday. No refunds will be given if cancellations occur less than two days prior.

6110-FA26	Oct 7-Dec 16	Wed	5-7pm & 7-9pm	\$7/session
Ed Center Gym Door 4				

Basketball - Adult Indoor Co-ed

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

1700-FA26	Sep 2-Dec 16	Wed	6:30-8:30pm	\$7/session
FLAHS North Fieldhouse A				

Soccer - Adult Indoor Co-ed

Join us for indoor soccer (Futsal). What is Futsal? Futsal offers fast-paced, action-packed games in a gymnasium with a smaller ball. Games will be organized by the supervisor. Substitutes will rotate in from the sideline so everyone gets a chance to play. Whether you're experienced or new to soccer, we welcome everyone. Join us for exhilarating matchups and opportunities to grow as a player and a member of our dynamic soccer-loving community.

1701-FA26	Sep 3-Dec 17	Thu	6:30-8:30pm	\$7/session
Ed Center Gym Door 4				

Pickleball Lessons - Beginner

Join the fastest growing sport in America by learning to play pickleball. This beginner class is designed as a drill and play format. You will learn how to keep score, serve and return the serve along with hitting forehand, backhand, dinking, lobbing and court strategies. This course is taught with passion and humor by PPR Coach and multi-Gold Medalist, Michael Lammer. Wear comfortable clothes, athletic shoes and bring a bottle of water. You do not need to purchase a paddle before class, as Michael will bring a variety of demo paddles for you to try.

Michael Lammer

6213-FA26A Sep 28-Oct 26 Mon 5:30-7:15pm \$79
4 sessions Ed Center Gym | Door 4
No class Oct 12

6213-FA26B Nov 30-Dec 14 Mon 5-7pm \$69
3 sessions Ed Center Gym | Door 4

Pickleball Clinic - Advanced Beginner

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

Michael Lammer

6208-FA26 Sep 28-Oct 26 Mon 7:15-9pm \$79
4 sessions Ed Center Gym | Door 4
No class Oct 12

Pickleball Lessons - Advanced Skills Clinic

Hone your pickleball skills at this clinic designed to teach 3.0-4.0+ pickleball players advanced skills. The clinic will focus on: why dinkers can beat bangers, how the drop shot improves your game, using a cut or top spin return, learning three spin serves and the punch shot for winners. As well as knowing when to lob, place shots down the middle and when to be patient or attack during the dink game. Clinic includes active participation through drills and live play breakdown followed by skill ratings in accordance with USA Pickleball Association standards. Michael is a USAPA Ambassador and Gold Medalist. Wear comfortable clothes, athletic shoes and bring a bottle of water.

Michael Lammer

6237-FA26 Nov 30-Dec 14 Mon 7-9pm \$69
3 sessions Ed Center Gym | Door 4



LINK | Adults with Disabilities

Life Skills • Independence • Networking • Knowledge



About the LINK Program

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

More Information

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

Transportation

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

Please Note

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

Accommodations

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

Cancellations Due to Weather

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

Cancellations

See the Cancellations & Refunds Policy on page 62.



Fall Activities

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

- LET'S LEARN ABOUT DISC GOLF
- LINK COSTUME PARTY
- PAINT ALONG WITH JEREMY
- HOLIDAY LIGHTS TOUR

Adult Basic Education | ABE

Basic Skills Refresher/Accuplacer Preparation

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

English as a Second Language

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

Citizenship Test Preparation

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

Family Learning Program (FLP)

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

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

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

Programa de Aprendizaje Familiar Edades:

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

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

WATCH THE VIDEO:

What you need to know about GED Testing.



Get Your High School Equivalency Credential!

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

GED® Testing

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

GED® Testing Schedule

Wednesdays Sep 2 - Dec 16, 2026
5:30-8:45pm | Education Center: Room 125 | Door 4
Visit GED.com for availability.

ABE Fall Class Schedule

Through December 23, 2026

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

No class Oct 14 & 15 and Nov 25 & 26. Class ends at 6pm on Nov 3.

ABE Location

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

Questions?

Visit flaschools.arux.app, call (651) 982-8302 or email skimber@flaschools.org. Registration by appointment only.

Secondary Youth Programs

Athletics & Recreation



Middle School Sports Information

Whether you’re trying a sport for the first time or already have experience, there’s a place for you on our teams!

Our middle school sports programs focus on building skills, encouraging teamwork and promoting a positive experience for all participants.

All practices and games take place at Forest Lake Area Middle School (FLAMS). These programs are designed as recreational courses centered on skill development and in-house competition.

Organized games will include referees, with teams competing against one another on campus rather than traveling to other schools. Uniforms are provided for each activity.

For more information, please contact Jay at (651) 982-8320 or email jekman@flaschools.org.

Middle School Soccer | Grades 6-8

Middle School Soccer is a fun and fast-paced recreational league where players build essential skills like dribbling with both feet, trapping, passing and receiving while also diving deeper into game strategies, team positioning and both offensive and defensive play.

Sep 8-Oct 8 | Mon-Thu | 2:30-4:30pm | \$205
FLAMS Athletic Fields | No class Sep 7

Boys

Grade 6: 1541-FA26A
Grade 7: 1541-FA26B
Grade 8: 1541-FA26C

Girls

Grade 6: 1542-FA26A
Grade 7: 1542-FA26B
Grade 8: 1542-FA26C

Middle School Volleyball | Grades 6-8

Middle School Volleyball is a fun, low-pressure league focused on developing fundamentals like serving, passing, setting and teamwork. Open to all skill levels for girls and boys. This program emphasizes learning the game, building confidence and enjoying friendly competition in a supportive environment while playing at least one game per week.

Sep 8-Oct 8 | Mon-Thu | 2:30-4:30pm | \$205
FLAMS Gyms | No class 7

Girls

Grades 6 & 7: 1552-FA26A
Grade 8: 1552-FA26B

Boys

Grades 6 & 7: 1552-FA26C
Grade 8: 1552-FA26D

Middle School Basketball | Grades 6-8

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

Girls

Oct 19-Dec 17 | Mon-Thu | 2:30-4:30pm | FLAMS Gyms | \$205
No Class Nov 2, 25 & 26

Grades 6 & 7: 1544-FA26A
Grade 8: 1544-FA26B

Boys

Jan 4-Mar 4 | Mon-Thu | 2:30-4:30pm | FLAMS Gyms | \$205
No Class Jan 18, 19 & Feb 15

Grade 6: 1545-FA26A
Grades 7: 1545-FA26B
Grade 8: 1545-FA26C



Fencing Team | Ages 13-18

En Garde! Fencing is a sport of strategy, skill, decision making and athleticism unlike any other; not to mention it's rich in history and tradition! Train and compete in the fastest growing youth sport in the country! Chisago Lakes and Forest Lake Community Education programs have combined to build this dynamic team of competitive fencers. Represent your school while fencing for Minnesota Sword Play, coached by Kailan Benford. Experienced and beginner fencers are welcome. The competitive season runs October - February, includes 4-5 optional tournaments and provides an opportunity to fence against athletes from all over Minnesota. Participants are responsible for purchasing regulation approved electronic equipment (for competition only, practice equipment provided) and for all tournament fees and transportation. Come to our informational meeting Tuesday, October 28, at Forest View Elementary Media Center. Practice will be held 2x per week at Forest View Cafeteria or FLAS Education Center Cafeteria (5:30-7:30pm on Tuesday evenings) and Chisago Lakes WCC (3-5pm on Saturday afternoons).

Minnesota Sword Play - Kailan Anthony Benford

5150-FA26 Oct 27-Feb 23 Tue 5:30-7:30pm \$149
17 sessions FV Cafeteria | Door 4
No class Nov 3

Fencing Lessons | Ages 6-15

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

Minnesota Sword Play

4626-FA26A Sep 22-Oct 27 Tue
5 sessions 6-7pm \$99
FV Cafeteria | Door 4
No class Oct 13

4626-FA26B Nov 10-Dec 8 Tue
5 sessions 6-7pm \$99
FV Cafeteria | Door 4

Creative Arts

Painting - Acrylic Marble Pour | Age 6-Adult

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist, will guide you through pouring acrylic on 8x10" canvas. Additional dry time of 24-36 hours is needed after class completion. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

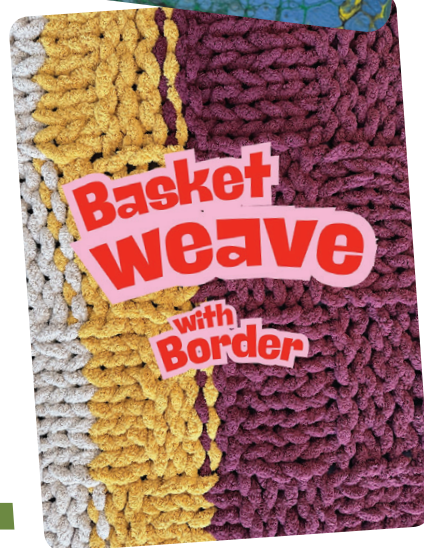
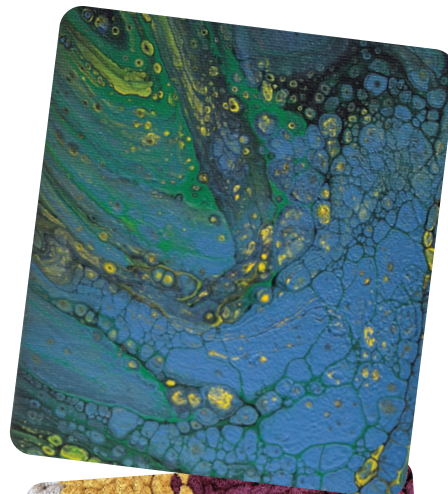
6450-FA26 Nov 12 Thu 6-8pm \$39
1 session FLAHS 622 | Door 32

Hand Knit Chunky Blanket | Age 10-Adult

Join us for a fun, no-experience-needed class where you'll hand-knit your very own soft, chunky, basketweave blanket—no needles required! All supplies are provided including yarn in a variety of colors. You'll leave with a completed blanket approximately 40x50 inches. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

6399-FA26 Dec 5 Sat 10am-1:30pm \$75
1 session FLAHS Media Center | Door 32



Sewing Classes

Sewing - Getting Started | Ages 8-16

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

Sewing and Fitting Mentor - Renee Bontjes

5112-FA26A Sep 21 Mon 4-6pm \$55
1 session Sewing and Fitting Mentor

5112-FA26B Oct 19 Mon 4-6pm \$55
1 session Sewing and Fitting Mentor

Sewing Machine Quick-Start | Age 16-Adult

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

Sewing and Fitting Mentor - Renee Bontjes

5087-FA26A Sep 17 Thu 6:30-9:30pm \$75
1 session Sewing and Fitting Mentor

5087-FA26B Oct 22 Thu 6:30-9:30pm \$75
1 session Sewing and Fitting Mentor

Forest Lake Area Community Band

Age 15-Adult

The Forest Lake Area Community Band is open to all levels of musicians who play woodwind, brass or percussion and enjoy practicing and performing in a band! The band's purpose is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from traditional compositions for band to inspiring contemporary pieces. Under the direction of Jake Matheson, the band will perform at various venues (to be announced) in the community.

- \$89 | Meets most Thursdays throughout the school year
- Open to all levels of musicians! No audition required
- Performances at various venues in the community
- View details online at flaschools.arux.app

Forest Lake Area Community Orchestra

Age 15-Adult

The Forest Lake Area Community Orchestra is open to all levels of musicians who play traditional string instruments (violin, viola, cellos, bass) and enjoy practicing and performing in an orchestra! The purpose of the group is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from string standards to inspiring contemporary pieces. Under the direction of Dave Livermore, the orchestra will perform at various venues (to be announced) in the community.

- \$89 | Meets most Mondays throughout the school year
- Open to all levels of musicians! No audition required
- Performances at various venues in the community
- View details online at flaschools.arux.app

Math & Science

Ranger Space Camp Informational Meeting Parent & Students | Grades 4-8

Is your child ready to suit up for the FLAS mission to take Rangers to Space Camp? Parents and students (grades 4-8 in fall 2026) are invited to learn what it will take for kids to spend a week at Space Camp in Huntsville, Alabama in the spring of 2027! This informational meeting will cover the application process, fees, fundraising and expectations for children and parents as we prepare for Space Camp. During the 2026-2027 school year, students who are selected to join the mission will work as a team and confront mission scenarios that require dynamic problem solving and critical thinking — 21st century learning skills required in the workplace. Throughout the week at Space Camp, students are immersed in astronaut training techniques using equipment adapted from NASA's astronaut program. Our motto is: We all go or no one goes. We will fundraise as a group to ensure that every student who is accepted into the program can go to Space Camp regardless of their families financial situation.

Gretchen Mattson

4110-FA26A Sep 14 Mon 6-7:30pm Free
1 session Ed Center 212 | Door 4

4110-FA26B Sep 17 Thu 6-7:30pm Free
1 session Ed Center 212 | Door 4



RSC 2026

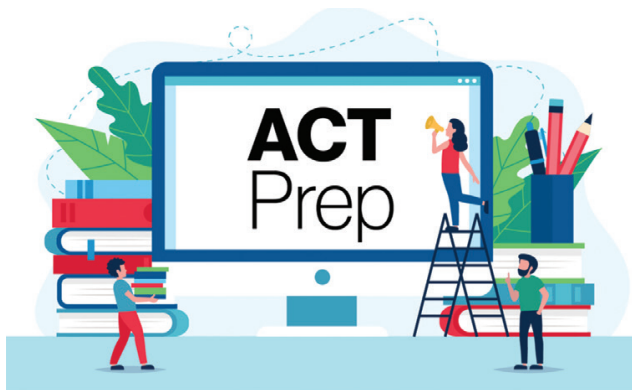
Special Interest

Brick Builders | Grades 3-8

Join us for some Lego® fun! Kids will explore and exercise their creativity and engineering skills! They will be able to dive into the LEGO® world of robotics and get hands-on experience with programming and design. There will be challenge builds as well as free builds.

5169-FA26A Sep 22-Oct 20 Tue & Thu
7 sessions 5:30-7pm \$99
Ed Center 111 | Door 4
No class Sep 29 & Oct 15

5169-FA26B Oct 27-Nov 19 Tue & Thu
7 sessions 5:30-7pm \$99
Ed Center 111 | Door 4
No class Nov 3

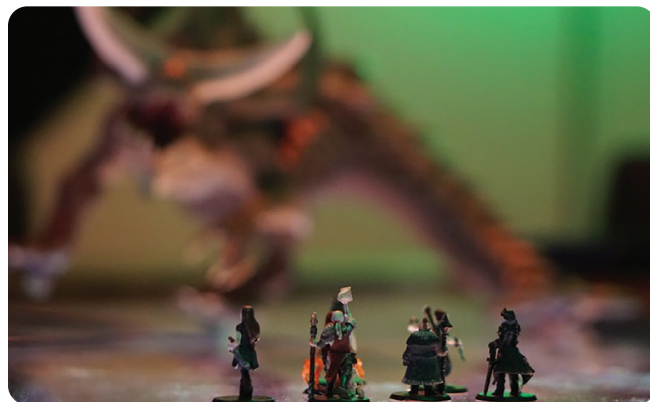


ACT Prep - 6 Hour | Grades 10-12

A strong ACT score continues to be important for college admissions and financial aid. In this class, Renee Holmquist, outstanding FLAHS teacher, will cover the test format, essential strategies and content review. Students will complete practice ACT questions from each section of the ACT during the class.

PrepStar - Renee Holmquist

5134-FA26 Sep 2 & Sep 9 Wed
2 sessions 5:30-8:30pm \$119
FLAHS Media Center | Door 32



Dungeons and Dragons - Adventure | Age 12-Adult

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

Badwolf Adventure Studios

6400-FA26 Oct 20 Tue
1 session 6:30-8:30pm \$39
Ed Center 126 | Door 4

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

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

Badwolf Adventure Studios

6396-FA26 Oct 8 Thu
1 session 6:30-8:30pm \$39
Ed Center 126 | Door 4

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

FEBRUARY 15-17, 2027 • \$209

REGISTER NOW! FUNDRAISING AVAILABLE

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

5151-FA26 Sep 24-May 20 Thu
15 sessions 2:15-3:30pm Free
FLAMS B-11 | Door 1

This is an awesome opportunity for Forest Lake Area High School students who want to make a difference in our community. Participate in leadership development and learn about opportunities for students to get connected with volunteer projects. Students will have the opportunity to achieve a varsity letter in volunteerism and community service. Meeting schedule for the 2026-2027 school year is to be determined. Please contact Janet at jnutter@flaschools.org for information on meeting dates.

5068-FA26 Sep 22-Apr 15 Tue & Thu
15 sessions 2:45-3:45pm Free
FLAHS 322 | Door 32



FLASCE proudly partners with A+ Driving School



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

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

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



Elementary Youth Programs

Athletics & Recreation

League Information

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

Registration Deadlines

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

Volunteer Coaches Needed

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

Volleyball League | Grades 3-5

Volleyball League focuses on the basic skills of passing, setting, serving and other offensive/defensive techniques. Games start between 6pm and 7:15pm. In addition to one game night, your student will have one practice each week. What to bring for games and practices: tennis shoes, shorts, t-shirt and a bottle of water every day.

Registration Deadline: September 8

Fee: \$109 | \$129 after Sep 8

Practices

Begin the week of October 5
FLAS Elementary Schools

Games

Thursdays, Oct 22-Dec 3
FLAMS Gyms

Basketball League | Grades 2-5

Basketball League focuses on improving basic skills such as dribbling with both hands, shooting, passing, game positions and offensive/defensive techniques. Games start between 5:30pm and 7:40pm. In addition to one game night, your student will also have one practice each week. What to bring for games and practices: tennis shoes, shorts, t-shirt and a bottle of water every day.

Registration Deadline: December 1

Fee: \$109 | \$129 After Dec 1

Practices

Begin the week of January 4
FLAS Elementary Schools

Games

Boys - Tuesdays, Jan 19-Feb 23
Girls - Thursdays, Jan 21-Feb 25
FLAMS Gyms

**AUGUST 4
DEADLINE**

Flag Football League | Grades K-3

Flag Football League will focus on skills such as passing, catching, ball handling and learning game positions. All game locations will be determined as we get closer to the start date and practices will be held at various FLAS elementary schools at 5:30pm or 6:45pm. In addition to one game night, your student will also have one practice each week. What to bring for games and practices: tennis shoes, shorts, t-shirt and a bottle of water every day.

Registration Deadline: August 4

\$109 | \$129 After Aug 4

[View more details online.](#)

Lacrosse 101 | Grades 1-5

Learn about the fastest game on two feet in a fun and engaging program designed for girls and boys of all skill levels who are new to lacrosse. This introductory course will cover the basics of lacrosse, including rules of the game, equipment, positions and essential skills like cradling, passing and shooting. Please wear athletic clothing and tennis shoes and bring a water bottle. All equipment will be provided. We are offering two introductory courses at the lacrosse field at Columbus Elementary.

Girls

1639-FA26A Sep 22 Tue 6-7:30pm \$13
1 session Col Green Space

1639-FA26C Sep 29 Tue 6-7:30pm \$13
1 session Col Green Space

Boys

1639-FA26B Sep 22 Tue 6-7:30pm \$13
1 session Col Green Space

1639-FA26D Sep 29 Tue 6-7:30pm \$13
1 session Col Green Space



Golf Squad | Grades K-5

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

Golf Squad

4247-FA26 Nov 10-Dec 1 Tue 6-7:30pm \$155
4 sessions Wyo Main Gym | Door 1

Fencing Lessons | Ages 6-15

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

Minnesota Sword Play

4626-FA26A Sep 22-Oct 27 Tue 6-7pm \$99
5 sessions FV Cafeteria | Door 4
No class Oct 13

4626-FA26B Nov 10-Dec 8 Tue 6-7pm \$99
5 sessions FV Cafeteria | Door 4





Junior Soccer | Grades K-3

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

{YEL!} Youth Enrichment League

4643-FA26A Sep 21-Oct 12 Mon
4 sessions 3:45-4:45pm \$75
Scan Green Space

4643-FA26B Sep 22-Oct 20 Tue
4 sessions 3:45-4:45pm \$75
Lino Green Space
No class Oct 13

4643-FA26C Sep 23-Oct 21 Wed
4 sessions 3:45-4:45pm \$75
Wyo Green Space
No class Oct 14

4643-FA26D Sep 24-Oct 29 Thu
4 sessions 3:45-4:45pm \$75
Col Green Space
No class Oct 8 & 15

4643-FA26E Sep 24-Oct 22 Thu
4 sessions 3:45-4:45pm \$75
FV Green Space
No class Oct 15

4643-FA26F Sep 25-Oct 23 Fri
4 sessions 3:45-4:45pm \$75
Linw Green Space
No class Oct 16

Junior Basketball | Grades K-3

Fundamentals and fun are in store! Emphasis is placed on developing the basic skills of dribbling, shooting, passing, sportsmanship and teamwork. We use engaging and dynamic games to support students' growth including our unique three-on-three style game. This is a high-octane class with an inclusive atmosphere. Hurry, the shot-clock is running down! Please bring a water bottle.

{YEL!} Youth Enrichment League

4644-FA26A Nov 4-Dec 16 Wed
6 sessions 3:45-4:45pm \$99
Wyo Main Gym | Door 1
No class Nov 25

4644-FA26B Nov 5-Dec 17 Thu
5 sessions 3:45-5pm \$99
FV Main Gym | Door 4
No class Nov 12 & 26

4644-FA26C Nov 5-Dec 17 Thu
6 sessions 3:45-4:45pm \$99
Col Gym | Door 1
No class Nov 26

4644-FA26D Nov 6-Dec 18 Fri
6 sessions 3:45-4:45pm \$99
Linw Gym | Door 2
No class Nov 27

4644-FA26E Nov 9-Dec 14 Mon
6 sessions 3:45-4:45pm \$99
Scan Gym | Door 1

4644-FA26F Nov 10-Dec 15 Tue
6 sessions 3:45-4:45pm \$99
Lino Gym | Door 1

Pickleball | Grades 1-5

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

TGA (Teach. Grow. Achieve.)

4246-FA26A Oct 12-Nov 16 Mon
5 sessions 3:45-4:45pm \$129
Col Gym | Door 1
No class Nov 2

4246-FA26B Oct 20-Nov 24 Tue
5 sessions 3:45-4:45pm \$129
Wyo Main Gym | Door 1
No class Nov 3

4246-FA26C Oct 20-Nov 24 Tue
5 sessions 5:30-6:30pm \$129
FV Main Gym | Door 4
No class Nov 3

4246-FA26D Oct 21-Nov 18 Wed
5 sessions 3:45-4:45pm \$129
Lino Gym | Door 1

4246-FA26E Oct 22-Nov 19 Thu
5 sessions 3:45-4:45pm \$129
Linw Gym | Door 2

4246-FA26F Oct 23-Nov 20 Fri
5 sessions 3:45-4:45pm \$129
Scan Gym | Door 1

RESERVE YOUR SPOT!

POPULAR CLASSES CAN FILL UP.
VISIT [FLSCHOOLS.ARUX.APP](https://flschools.arux.app) OR
CALL (651) 982-8110 TO REGISTER.

Girls Intro to Wrestling

Age 4-Grade 8

Would you like to learn about wrestling? Here's your chance! Girl's wrestling is the fastest growing sport in Minnesota and Forest Lake has the first ever girls high school team state champions and we would like you to help continue that level of success. Girls Intro to Wrestling is centered around the inexperienced wrestler. Students will spend part of the time in group drills then split into age/weight appropriate groups for some live competitions. Learn technique, meet new friends and have fun! Coached by the FLAHS coaches and current FLAHS girl wrestlers. For questions related to wrestling and this course, please contact Ben Dahmes at 651-982-3038 or bdahmes@flaschools.org.

FLAHS Wrestling Coaches

1560-FA26 Nov 10 & 12 Tue & Thu
2 sessions 5:30-6:30pm \$30
FLAHS Wrestling Room
Door 33

Tae Kwon Do | Ages 6-15

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

Sun Yi's Academy

4665-FA26A Sep 26-Oct 24 Sat
4 sessions 9-9:45am \$55
Sun Yi's Academy
No class Oct 17

4665-FA26B Nov 14-Dec 12 Sat
4 sessions 9-9:45am \$55
Sun Yi's Academy
No class Nov 28



FLHA Jr Rangers Fall Hockey | Ages 3-8

This introductory program is perfect for athletes who are brand new to skating or hockey. It combines Learn to Skate and Learn to Play Hockey instruction in a fun, low-pressure environment. No prior skating experience is needed—this is the typical starting level for all new players.

1625-FA26 | Sep 5–Oct 4 | Sat & Sun | 9:15–10:15 AM | 10 sessions

Program Highlights

- Designed for beginners with no skating or hockey experience
- A fun and casual way to try hockey without a large commitment
- Open to boys and girls ages 3–8 in the Forest Lake area

Starter Equipment Option

A limited supply of beginner equipment sets are available for \$50. Equipment can be reserved during registration at flhockey.org/juniorrangers. After registering, you'll receive an email voucher within a week to take to Strauss Skate in Maplewood for your child's equipment fitting. Come give hockey a try—we'd love to see you at the rink!



Creative Arts & Music

Ranger Singers | Grades 3-5

Hey kids! Are you ready for more singing?! Join Ranger Singers and keep your voice and heart warm by singing with friends. We will move and groove to new songs while improving everyone's singing skills. Ranger Singers will perform at the Big Sing on November 9 at 7pm (date tentative).

Lisa Sauer

4002-FA26A Sep 21-Nov 9 Mon 3:45-5pm \$65 Lino 116 | Door 1
7 sessions No class Nov 2

Kerrie Barr

4002-FA26B Sep 21-Nov 9 Mon 3:45-5pm \$65 Col 149 | Door 1
7 sessions

Anna Hogan

4002-FA26C Sep 21-Nov 9 Mon 3:45-5pm \$65 FV 146 | Door 4
7 sessions No class Nov 2

Medora Richards

4002-FA26D Sep 21-Nov 9 Mon 3:45-5pm \$65 Linw 138 | Door 2
7 sessions No class Nov 2



Take a Class Together!

Painting - Acrylic Marble Pour | Age 6-Adult

Connect with your creative side and join us for our no-experience-required art class. Jeremy Ross from Your Bearded Artist, will guide you through pouring acrylic on 8x10" canvas. Additional dry time of 24-36 hours is needed after class completion. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

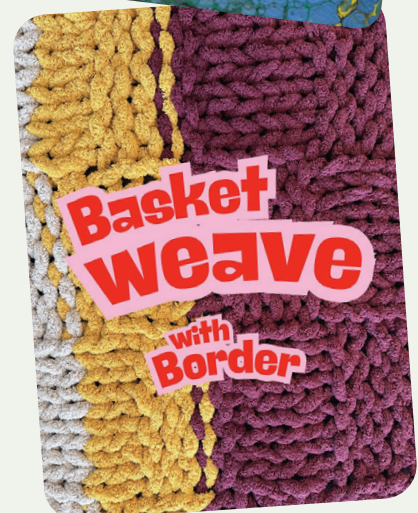
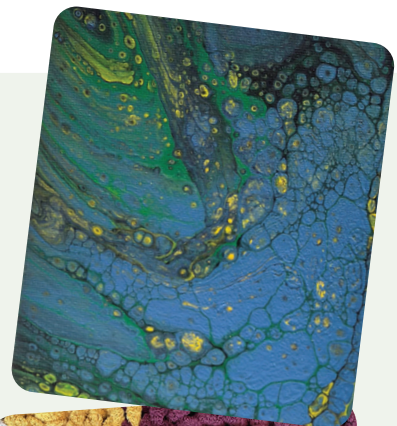
6450-FA26 Nov 12 Thu 6-8pm \$39
1 session FLAHS 622 | Door 32

Hand Knit Chunky Blanket | Age 10-Adult

Join us for a fun, no-experience-needed class where you'll hand-knit your very own soft, chunky, basketweave blanket—no needles required! All supplies are provided including yarn in a variety of colors. You'll leave with a completed blanket approximately 40x50 inches. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

6399-FA26 Dec 5 Sat 10am-1:30pm \$75
1 session FLAHS Media Center | Door 32





Drawlandia | Grades K-5

Students will be inspired by creativity through fun art lessons. They will draw a realistic pizza to learn proportion and shading, design a baby sloth to explore expression and create a portrait of Hiawatha to build cultural appreciation. Each project blends imagination with essential art skills in an engaging experience.

Young Rembrandts

4341-FA26A	Sep 21-Oct 12	Mon
4 sessions	3:45-4:45pm	\$75
	Col 109 Door 1	
4341-FA26B	Sep 22-Oct 20	Tue
4 sessions	3:45-4:45pm	\$75
	FV 175 Door 4	
	No class Oct 13	
4341-FA26C	Sep 23-Oct 21	Wed
4 sessions	3:45-4:45pm	\$75
	Lino 195 Door 1	
	No class Oct 14	
4341-FA26D	Oct 1-Oct 29	Thu
4 sessions	3:45-4:45pm	\$75
	Scan 101 Door 1	
	No class Oct 15	
4341-FA26E	Oct 19-Nov 16	Mon
4 sessions	3:45-4:45pm	\$75
	Linw 170 Door 2	
	No class Nov 2	
4341-FA26F	Oct 20-Nov 10	Tue
4 sessions	2:20-3:20pm	\$75
	LILA Lower School (Main)	
4341-FA26G	Oct 21-Nov 11	Wed
4 sessions	3:45-4:45pm	\$75
	Wyo 106 Door 1	

Drawing - K-Pop | Grades K-5

Kids will explore anime art with a K-Pop twist over three fun-filled days. Students learn to draw expressive eyes, stylish outfits and dynamic poses while using colored pencils, Sharpies and markers. This energetic class blends creativity, pop culture and imagination, helping kids build confidence and artistic skills in a lively, trend-inspired environment. Please bring a beverage and nut-free snack.

Young Rembrandts

4343-FA26	Oct 14-Oct 16	Wed-Fri
3 sessions	9am-12pm	\$129
	Ed Center 119 Door 18	

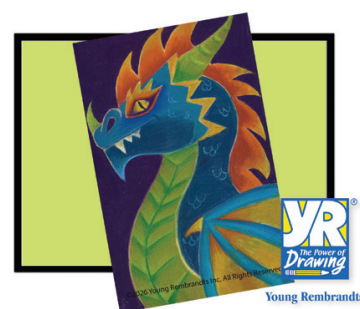


Drawing - Fiery Dragons | Grades K-5

Young artists will create bold, imaginative dragons with unique personalities. Using colored pencils, Sharpies and markers, students learn shading, texture and dramatic color techniques. This fun, hands-on class builds creativity and artistic confidence while helping kids produce epic artwork they'll be proud to share. Please bring a beverage and nut-free snack.

Young Rembrandts

4346-FA26	Oct 14-Oct 16	Wed-Fri
3 sessions	1-4pm	\$129
	Ed Center 119 Door 18	



Drawing - Anime & Manga | Grades 3-5

Experience three exciting evenings of creating original characters and scenes inspired by popular Japanese styles. Students learn to draw expressive, colorful illustrations that capture anime and manga flair. This fun, hands-on class encourages creativity, builds artistic skills and lets kids bring their imagination to life through dynamic artwork.

Young Rembrandts

4345-FA26	Nov 9-Nov 30	Mon
4 sessions	5:30-7pm	\$109
	Ed Center 111 Door 4	



REGISTER ONLINE BY SCANNING THE QR CODE!



TrendTastic

Grades K-5

Young artists will craft trendy, internet-inspired art projects, including sculpting their very own Labubu and learning how to draw a portrait based on the characters from K-Pop Demon Hunters. But that's not all—they will also mix up a batch of Cinnamonroll slime! Perfect for young artists to express themselves, learn new skills and create fridge-worthy masterpieces!



Kidcreate Studio

4347-FA26A	Sep 28-Oct 19	Mon	3:45-4:45pm	\$99
4 sessions	Lino 195 Door 1			
4347-FA26B	Sep 29-Oct 20	Tue	3:45-4:45pm	\$99
4 sessions	Scan 101 Door 1			
4347-FA26C	Sep 29-Oct 20	Tue	3:45-4:45pm	\$99
4 sessions	Wyo 106 Door 1			
4347-FA26D	Sep 30-Oct 28	Wed	3:45-4:45pm	\$99
4 sessions	Col 109 Door 1			
	No class Oct 14			
4347-FA26E	Oct 1-Oct 29	Thu	2:20-3:20pm	\$99
4 sessions	LILA Lower School (Main)			
	No class Oct 15			
4347-FA26F	Oct 1-Oct 29	Thu	3:45-4:45pm	\$99
4 sessions	Linw 170 Door 2			
	No class Oct 15			
4347-FA26G	Oct 2-Oct 30	Fri	3:45-4:45pm	\$99
4 sessions	FV 175 Door 4			
	No class Oct 16			

The How-Tos of Clay

Grades K-5

Discover the wonders of working with clay in this hands-on art class that is full of messy fun! Artists will learn clay hand-building techniques as they create amazing projects. They'll make a playful coil fish, sculpt a unique self-portrait, design their very own clay castle and make a colorful dragon. Embrace the messiness and join us for some sculpting, shaping and transforming clay into one-of-a-kind masterpieces. Let the messy fun begin!



Kidcreate Studio

4349-FA26A	Nov 9-Nov 30	Mon	3:45-4:45pm	\$99
4 sessions	Lino 195 Door 1			
4349-FA26B	Nov 10-Dec 1	Tue	3:45-4:45pm	\$99
4 sessions	Scan 101 Door 1			
4349-FA26C	Nov 10-Dec 1	Tue	2:20-3:20pm	\$99
4 sessions	LILA Lower School (Main)			
4349-FA26D	Nov 11-Dec 9	Wed	3:45-4:45pm	\$99
4 sessions	FV 175 Door 4			
	No class Nov 25			
4349-FA26E	Nov 12-Dec 10	Thu	3:45-4:45pm	\$99
4 sessions	Wyo 106 Door 1			
	No class Nov 26			
4349-FA26F	Nov 12-Dec 10	Thu	3:45-4:45pm	\$99
4 sessions	Linw 170 Door 2			
	No class Nov 26			
4349-FA26G	Nov 13-Dec 11	Fri	3:45-4:45pm	\$99
4 sessions	Col 109 Door 1			
	No class Nov 27			



Fall Leaf Pinch Pots | Ages 4-9

Get ready to take your clay creations to the next level with a fun and festive fall-themed project. We're talking pinch pots that are not only artfully formed, but also beautifully embellished with colorful beads and shimmering sequins. So grab your clay tools, roll up your sleeves and let's dive into the wonderful world of pinch pot artistry! Please bring a beverage and nut-free snack.

Kidcreate Studio

4348-FA26	1 session	Oct 10	Sat	9am-12pm	\$65	FLAHS 622 Door 32
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Festive Drawing | Grades K-5

Spark your child's creativity while they build artistic skills for winter break. Each lesson enhances self-expression, strategic thinking and technique as students explore emotions through art. In a fun, supportive environment, children gain confidence, develop creativity and create lasting memories.

Young Rembrandts

4342-FA26A 4 sessions	Nov 5-Dec 3 LILA Lower School (Main) No class Nov 26	Thu	2:20-3:20pm	\$75
4342-FA26B 4 sessions	Nov 11-Dec 9 Lino 195 Door 1 No class Nov 25	Wed	3:45-4:45pm	\$75
4342-FA26C 4 sessions	Nov 13-Dec 11 Wyo 106 Door 1 No class Nov 27	Fri	3:45-4:45pm	\$75
4342-FA26D 4 sessions	Nov 16-Dec 7 Col 109 Door 1	Mon	3:45-4:45pm	\$75
4342-FA26E 4 sessions	Nov 17-Dec 8 FV 175 Door 4	Tue	3:45-4:45pm	\$75
4342-FA26F 4 sessions	Nov 19-Dec 17 Scan 101 Door 1 No class Nov 26	Thu	3:45-4:45pm	\$75
4342-FA26G 4 sessions	Dec 2-Dec 23 Linw 170 Door 2	Wed	3:45-4:45pm	\$75

Ornament Making | Grades K-5

Join us for an ornament making party. We will set up four stations, each with a different ornament to make. Your child will be creating an adorable snowman ornament, an ornament inspired by that famous reindeer with the red nose and so much more! Please bring a beverage and nut-free snack.

Kidcreate Studio

4350-FA26	Dec 5	Sat
1 session	9am-12pm	\$65
FLAHS 622 Door 32		

Sewing - Getting Started | Ages 8-16

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

Sewing and Fitting Mentor - Renee Bontjes

5112-FA26A	Sep 21	Mon	4-6pm	\$55
1 session	Sewing and Fitting Mentor			
5112-FA26B	Oct 19	Mon	4-6pm	\$55
1 session	Sewing and Fitting Mentor			

Special Interest



Youth Night | Grades 4 & 5

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

District Staff

Pool Not Included

4500-FA26A	1 session	Nov 6	Fri	6:30-8:30pm	\$10 \$15 after 10/30	Ed Center Cafeteria Door 4
4500-FA26B	1 session	Dec 18	Fri	6:30-8:30pm	\$10 \$15 After 12/11	Ed Center Cafeteria Door 4

Pool Included

4500-FA26AP	1 session	Nov 6	Fri	6:30-8:30pm	\$15 \$20 after 10/30	Ed Center Cafeteria Door 4
4500-FA26BP	1 session	Dec 18	Fri	6:30-8:30pm	\$15 \$20 after 12/11	Ed Center Cafeteria Door 4

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

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

CLFLWD Staff - Adam Hjelm

4312-FA26	1 session	Oct 5	Mon	6-7pm	\$19 per pair	Normandy Park Education Center - White Bear Lake
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Babysitting 101 | Ages 10-13

Is your child interested in learning the current practices of caring for young children and how to manage their babysitting business? Students will learn safety and injury prevention, CPR, first aid basics, feeding and caring for infants and how to handle behavior problems. Students receive a reference book, handouts, babysitting bag and first aid kit. Please bring a nut-free lunch, snack and a beverage.

Emergency Outfitters

4205-FA26	1 session	Nov 2	Mon	8:30am-4pm	\$85	Ed Center 119 Door 18
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Math & Science

Brick Builders | Grades 3-8

Join us for some Lego® fun! Kids will explore and exercise their creativity and engineering skills! They will be able to dive into the LEGO® world of robotics and get hands-on experience with programming and design. There will be challenge builds as well as free builds.

Arianna Saxton

4351-FA26A Sep 22-Oct 20 Tue & Thu
7 sessions 5:30-7pm \$99
Ed Center 111 | Door 4
No class Sep 29 & Oct 15

4351-FA26B Oct 27-Nov 19 Tue & Thu
7 sessions 5:30-7pm \$99
Ed Center 111 | Door 4
No class Nov 3

Junior Engineering/ STEM Club | Grades K-5

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

Engineering for Kids

4017-FA26A Sep 30-Oct 28 Wed
4 sessions 3:45-4:45pm \$109
Col 113 | Door 1
No class Oct 14

4017-FA26B Nov 11-Dec 9 Wed
4 sessions 3:45-4:45pm \$109
Col 113 | Door 1
No class Nov 25

**REGISTER ONLINE AT
FLASCHOOLS.ARUX.APP**



Robotics: Muscle 'Bots | Grades 1-5

Get ready to flex some robot muscle! We'll build a robot to compete in a tug-o-war competition, a truck pull and haul heavy loads. Students use these robots to learn basic computer coding and engineering principles.

{YEL!} Youth Enrichment League

4908-FA26A	Nov 5-Dec 10	Thu	3:45-4:45pm	\$85	
5 sessions	No class Nov 26				
4908-FA26B	Nov 4-Dec 9	Wed	3:45-4:45pm	\$85	Scan 101 Door 1
5 sessions	No class Nov 25				
4908-FA26C	Nov 9-Dec 7	Mon	3:45-4:45pm	\$85	Wyo 106 Door 1
5 sessions					
4908-FA26D	Nov 6-Dec 11	Fri	3:45-4:45pm	\$85	Linw 170 Door 2
5 sessions	No class Nov 27				
4908-FA26E	Nov 10-Dec 8	Tue	3:45-4:45pm	\$85	Col 109 Door 1
5 sessions					



Ranger Space Camp Informational Meeting

Parent & Students | Grades 4-8

Is your child ready to suit up for the FLAS mission to take Rangers to Space Camp? Parents and students (grades 4-8 in fall 2026) are invited to learn what it will take for kids to spend a week at Space Camp in Huntsville, Alabama in the spring of 2027! This informational meeting will cover the application process, fees, fundraising and expectations for children and parents as we prepare for Space Camp. During the 2026-2027 school year, students who are selected to join the mission will work as a team and confront mission scenarios that require dynamic problem solving and critical thinking — 21st century learning skills required in the workplace. Throughout the week at Space Camp, students are immersed in astronaut training techniques using equipment adapted from NASA's astronaut program. Our motto is: We all go or no one goes. We will fundraise as a group to ensure that every student who is accepted into the program can go to Space Camp regardless of their families financial situation.

Gretchen Mattson

FREE! REGISTER ONLINE

MONDAY, SEPTEMBER 14 • 6-7:30PM
EDUCATION CENTER: ROOM 212 | DOOR 4

THURSDAY, SEPTEMBER 17 • 6-7:30PM
EDUCATION CENTER: ROOM 212 | DOOR 4



Enrichment for Little Learners



Dance - Beginning Ballet | Ages 5-6

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

The Dance Factory

4291-FA26	Oct 3-Oct 31	Sat	10:45-11:15am	\$69
4 sessions	Dance Factory			
	No class Oct 17			

Dance - Creative Movement | Ages 3-4

Pre-tap and pre-ballet, along with lots of creative movement will make this class fun and playful for our young dancers!

The Dance Factory

4297-FA26	Oct 3-Oct 31	Sat	11:45am-12:15pm	\$69
4 sessions	Dance Factory			
	No class Oct 17			

Dance - Parent & Me | Ages 2-3

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

The Dance Factory

4296-FA26	Oct 3-Oct 31	Sat	11:15-11:45am	\$69
4 sessions	Dance Factory			
	No class Oct 17			

Lil Ninjas | Ages 4-6

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

Sun Yi's Academy

4676-FA26A	Sep 26-Oct 24	Sat	10-10:30am	\$55
4 sessions	Sun Yi's Academy			
	No class Oct 17			

4676-FA26B	Nov 14-Dec 12	Sat	10-10:30am	\$55
4 sessions	Sun Yi's Academy			
	No class Nov 28			

Fall Leaf Pinch Pots | Ages 4-9

Get ready to take your clay creations to the next level with a fun and festive fall-themed project. We're talking pinch pots that are not only artfully formed, but also beautifully embellished with colorful beads and shimmering sequins. So grab your clay tools, roll up your sleeves and let's dive into the wonderful world of pinch pot artistry! Please bring a beverage and nut-free snack.

Kidcreate Studio

4348-FA26	Oct 10	Sat	9am-12pm	\$65
1 session	FLAHS 622 Door 32			

Childcare Programs

Overview

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

SAC | Grades K-3

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

Sonic | Grades 4 & 5

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

Childcare for Full Day Preschool

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

More Information

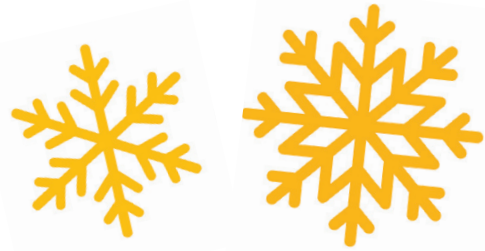
Visit www.flaschools.org/childcare or call (651) 982-8365.



School Year Childcare

August 31, 2026 - June 3, 2027

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



Open on Inclement Weather Days

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

Inclement Weather Locations:

- Forest View Elementary
- Lino Lakes Elementary
- Wyoming Elementary

Registration

Visit www.flaschools.org/childcare to begin!

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



Aquatic Programs

Become a Swimmer!

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

A "swimmer" should successfully be able to:

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

Which class is right for you?

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

Where are aquatic classes held?

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

Contact Information

Tracy Angelo

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

Jennifer Olson

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



Parent-Child Swim Lessons

Infant Swim Lessons | Ages 6 mo-2 yrs

Parents learn how to help their child feel safe and comfortable in the water through play, songs and games. Due to limited pool space, this class allows one adult per child.

1000-FA26A	Sep 16-Oct 28	Wed	6-6:30pm	\$69
6 sessions	No class Oct 14			

1000-FA26B	Nov 4-Dec 9	Wed	6-6:30pm	\$59
5 sessions	No class Nov 25			

Toddler Swim Lessons | Ages 2-3

Parents are taught how to safely help their child become comfortable in the water while exploring fun ways to learn basic swimming skills. Due to limited pool space, this class allows one adult per child.

1001-FA26A	Sep 16-Oct 28	Wed	6:30-7pm	\$69
6 sessions	No class Oct 14			

1001-FA26B	Nov 4-Dec 9	Wed	6:30-7pm	\$59
5 sessions	No class Nov 25			

Preschool Swim Lessons | Ages 3-5

Parents are taught how to safely work with their child in the water. Parents and children will learn water adjustment and beginning swim skills, including supported front and back floats, kicking, paddling, jumping from the side of the pool and breath holding. Due to limited pool space, this class allows one adult per child.

1002-FA26A	Sep 16-Oct 28	Wed	7-7:30pm	\$69
6 sessions	No class Oct 14			

1002-FA26B	Nov 4-Dec 9	Wed	7-7:30pm	\$59
5 sessions	No class Nov 25			

Swim Benefits for Kids



**INCREASED
COGNITIVE SKILLS**



**IMPROVED
QUALITY OF SLEEP**



**GOOD FOR HEALTH
OF GROWING BODY**



**DEVELOPING
SOCIAL SKILLS**



**LEARNING A
LIFE SKILL**



**TIME AWAY
FROM SCREENS**

Turtles Swim Lessons

Ages 4-5

This class is designed for participants who are ready to experience swimming without a parent in the water. Participants will build confidence and learn foundational water skills, including water adjustment, breath holding, floating and kicking.

1003-FA26A	Sep 14-Oct 26	Mon
7 sessions	6-6:30pm	\$80
1003-FA26B	Sep 15-Nov 10	Tue
7 sessions	6-6:30pm	\$80
	No class Oct 20 & Nov 3	
1003-FA26C	Sep 16-Oct 28	Wed
6 sessions	6-6:30pm	\$69
	No class Oct 14	
1003-FA26D	Sep 16-Oct 28	Wed
6 sessions	6:30-7pm	\$69
	No class Oct 14	
1003-FA26E	Nov 4-Dec 9	Wed
5 sessions	6:30-7pm	\$59
	No class Nov 25	
1003-FA26F	Nov 4-Dec 9	Wed
5 sessions	7-7:30pm	\$59
	No class Nov 25	

Bobbers Swim Lessons

Ages 4-5

Prerequisite: Turtles class. Participants in this class should be comfortable jumping to the instructor independently and able to hold their breath for at least six seconds. The primary focus is developing unsupported floating and kicking skills while continuing to build confidence and independence in the water. Parents are not in the water.

1004-FA26A	Sep 14-Oct 26	Mon
7 sessions	6:30-7pm	\$80
1004-FA26B	Sep 15-Nov 10	Tue
7 sessions	6-6:30pm	\$80
	No class Oct 20 & Nov 3	
1004-FA26C	Sep 16-Oct 28	Wed
6 sessions	6:30-7pm	\$69
	No class Oct 14	
1004-FA26D	Sep 16-Oct 28	Wed
6 sessions	7-7:30pm	\$69
	No class Oct 14	
1004-FA26E	Nov 4-Dec 9	Wed
5 sessions	6-6:30pm	\$59
	No class Nov 25	
1004-FA26F	Nov 4-Dec 9	Wed
5 sessions	6:30-7pm	\$59
	No class Nov 25	

Little Swimmers Swim

Lessons | Ages 4-5

Prerequisite: Bobbers class. Participants in this class must be able to float independently on both their front (with face in the water) and back for at least ten seconds. Emphasis is placed on strong kicking skills on both the front and back while continuing to improve comfort and coordination in the water. Parents are not in the water.

1005-FA26A	Sep 15-Nov 10	Tue
7 sessions	6-6:30pm	\$80
	No class Oct 20 & Nov 3	
1005-FA26B	Sep 16-Oct 28	Wed
6 sessions	6-6:30pm	\$69
	No class Oct 14	
1005-FA26C	Sep 16-Oct 28	Wed
6 sessions	7-7:30pm	\$69
	No class Oct 14	
1005-FA26D	Nov 4-Dec 9	Wed
5 sessions	6-6:30pm	\$59
	No class Nov 25	
1005-FA26E	Nov 4-Dec 9	Wed
5 sessions	7-7:30pm	\$59
	No class Nov 25	



Level 1 Swim Lessons | Age 6+

Level 1 objectives focus on building basic water safety skills and helping participants become comfortable in the water. Participants learn foundational skills such as breath holding, floating and kicking without support. Participants under six years old must have a recommendation from swim instructor.

1006-FA26A	Sep 12-Oct 31	Sat
7 sessions	9-9:50am	\$80
	No class Oct 17	
1006-FA26B	Sep 12-Oct 31	Sat
7 sessions	10-10:50am	\$80
	No class Oct 17	
1006-FA26C	Sep 14-Oct 26	Mon
7 sessions	6-6:50pm	\$80
1006-FA26D	Sep 14-Oct 26	Mon
7 sessions	7-7:50pm	\$80
1006-FA26E	Sep 15-Nov 10	Tue
7 sessions	6:30-7:20pm	\$80
	No class Oct 20 & Nov 3	
1006-FA26F	Nov 2-Dec 14	Mon
7 sessions	6-6:50pm	\$80

Level 2 Swim Lessons | Age 6+

Prerequisite: Level 1 or float on front and back unsupported for 10 seconds and front kick 10 yards unsupported. Level 2 objectives focus on improving swimming skills and increasing confidence in deeper water. Participants further develop arm and leg movements on both the front and back, while beginning basic deep-water swimming skills.

1007-FA26A	Sep 12-Oct 31	Sat
7 sessions	9-9:50am	\$80
	No class Oct 17	
1007-FA26B	Sep 12-Oct 31	Sat
7 sessions	11-11:50am	\$80
	No class Oct 17	
1007-FA26C	Sep 14-Oct 26	Mon
7 sessions	6-6:50pm	\$80
1007-FA26D	Sep 15-Nov 10	Tue
7 sessions	6-6:30pm	\$80
	No class Oct 20 & Nov 3	
1007-FA26E	Nov 2-Dec 14	Mon
7 sessions	6-6:50pm	\$80
1007-FA26F	Nov 2-Dec 14	Mon
7 sessions	7-7:50pm	\$80

Level 3 Swim Lessons | Age 6+

Prerequisite: Level 2 or be able to jump into the deep end, swim beginner stroke 10 yards, turn over and swim on back for 10 yards. Level 3 objectives focus on advancing swimming ability through more coordinated stroke development and water skills. Participants build on previously learned skills by learning the front crawl, back crawl and elementary backstroke kick, while also practicing treading water and basic diving techniques.

1008-FA26A	Sep 12-Oct 31	Sat
7 sessions	10-10:50am	\$80
	No class Oct 17	
1008-FA26B	Sep 12-Oct 31	Sat
7 sessions	11-11:50am	\$80
	No class Oct 17	
1008-FA26C	Sep 14-Oct 26	Mon
7 sessions	7-7:50pm	\$80
1008-FA26D	Sep 15-Nov 10	Tue
7 sessions	6:30-7:20pm	\$80
	No class Oct 20 & Nov 3	
1008-FA26E	Nov 2-Dec 14	Mon
7 sessions	7-7:50pm	\$80

Level 4 Swim Lessons | Age 6+

Prerequisite: Level 3 or be able to swim a front crawl in good form with rotary breathing for 15 yards. Level 4 objectives focus on strengthening stroke technique and building endurance. Participants improve their front crawl and back crawl skills by swimming greater distances and they learn the complete elementary backstroke. Goggles are highly recommended.

1009-FA26A	Sep 12-Oct 31	Sat
7 sessions	10-10:50am	\$80
	No class Oct 17	
1009-FA26B	Sep 14-Oct 26	Mon
7 sessions	7-7:50pm	\$80
1009-FA26C	Sep 15-Nov 10	Tue
7 sessions	6:30-7:20pm	\$80
	No class Oct 20 & Nov 3	
1009-FA26D	Nov 2-Dec 14	Mon
7 sessions	6-6:50pm	\$80
1009-FA26E	Nov 2-Dec 14	Mon
7 sessions	7-7:50pm	\$80

Level 5 Swim Lessons | Age 6+

Prerequisite: Level 4. In Level 5, participants focus on improving coordination and technique in the front crawl, back crawl and elementary backstroke, making their strokes smoother and more efficient. The full breaststroke is introduced and taught in detail. In addition to stroke development, participants also learn important water skills such as: surface dives, underwater swimming and turns. Level 5 is about refining existing skills and building confidence with more advanced stroke mechanics and aquatic abilities. Goggles are highly recommended.

1010-FA26A	Sep 12-Oct 31	Sat
7 sessions	9-9:50am	\$80
	No class Oct 17	
1010-FA26B	Sep 14-Oct 26	Mon
7 sessions	6-6:50pm	\$80
1010-FA26C	Nov 2-Dec 14	Mon
7 sessions	6-6:50pm	\$80



Level 6 Swim Lessons | Age 6+

Prerequisite: Level 5. In Level 6, participants work on refining their technique in the front crawl, back crawl, elementary backstroke and breaststroke, focusing on making each stroke smoother, more efficient and more powerful. A new stroke, the sidestroke, is also introduced at this level. Along with stroke development, participants practice more advanced water safety and endurance skills, including: surface dives, retrieving a brick from a depth of nine feet and treading water. Level 6 emphasizes strong, efficient swimming and practical survival skills in deeper water. Goggles are highly recommended.

1011-FA26A	Sep 12-Oct 31	Sat
7 sessions	11-11:50am	\$80
	No class Oct 17	
1011-FA26B	Sep 14-Oct 26	Mon
7 sessions	7-7:50pm	\$80
1011-FA26C	Nov 2-Dec 14	Mon
7 sessions	7-7:50pm	\$80

Level 7 Swim Lessons | Age 6+

Prerequisite: Level 6. In Level 7, participants continue refining all strokes—front crawl, back crawl, elementary backstroke, breaststroke and sidestroke—with an emphasis on swimming them more efficiently and powerfully over longer distances. Training becomes more structured and fitness-focused, often including: workouts to build endurance and speed, turns to improve efficiency at the wall and the use of training tools like pace clocks, pull buoys and fins. The butterfly stroke is introduced at this level. Level 7 serves as a transition into more advanced and competitive swimming, helping participants build endurance, technique and training habits used in swim teams. Goggles are highly recommended.

1012-FA26A	Sep 12-Oct 31	Sat
7 sessions	11-11:50am	\$80
	No class Oct 17	
1012-FA26B	Sep 14-Oct 26	Mon
7 sessions	7-7:50pm	\$80
1012-FA26C	Nov 2-Dec 14	Mon
7 sessions	7-7:50pm	\$80

Note: Goggles are highly recommended for levels 4-7.



Ranger Aquatics | Ages 8-18

Prerequisite: Participants must be able to swim 25 continuous yards of front back crawl or passed Level 4. This swimming program is designed to help athletes of all levels—both novice and advanced—develop efficient and fast swimming skills. In addition to performance training, the coaching staff promotes overall physical fitness, motivation, self-discipline, self-esteem and self-confidence. The program provides a supportive and challenging environment where athletes are encouraged to reach their highest potential while enjoying the sport. Workouts are adapted to accommodate a wide range of swimming abilities.

1015-FA26A Sep 8-Oct 13 Tue, Wed & Sat \$187
16 sessions Tue & Wed: 7:30-9pm | Sat: 12-1:30pm

1015-FA26B Oct 21-Nov 18 Tue, Wed & Sat \$127
11 sessions Tue & Wed: 7:30-9pm | Sat: 12-1:30pm
No class Nov 3 & Nov 7

Ranger Artistic Swimming Level 1 | Ages 9-11

Prerequisite: Must be able to swim 25 continuous yards of front and back crawl. Artistic swimming blends elements of swimming, gymnastics and dance into a unique and expressive sport. It emphasizes both technical skill and creativity, drawing on movements and styles from all three disciplines. Participants will explore the fundamentals of artistic swimming, including figures and routines. Figures are precise, controlled movements performed individually in the water, while routines are choreographed performances set to music. Participants will have opportunities to practice solo, duet and team routines while developing strength, coordination and artistic expression. Required equipment includes a one-piece swimsuit, goggles, a swim cap and a nose clip.

1050-FA26A Sep 13-Oct 11 Sun & Fri \$140
8 sessions Sun: 11am-1pm, Fri: 6-8pm
No class Oct 2

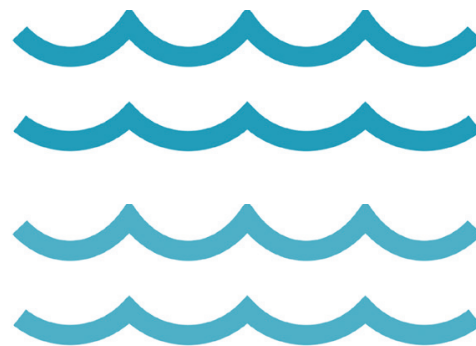
1050-FA26B Oct 23-Dec 6 Sun & Fri \$193
11 sessions Sun: 11am-1pm, Fri: 6-8pm
No class Nov 6, 27 & 29

Ranger Artistic Swimming Level 2 | Ages 12-18

Prerequisite: Must have previous artistic swimming experience. Participants will build on their foundation of artistic swimming by developing advanced skills. They will learn more complex figures while refining technique through solo, duet and team routines. Required equipment includes a one-piece swimsuit, goggles, a swim cap and a nose clip.

1052-FA26A Sep 13-Oct 12 Sun & Mon \$175
10 sessions Sun: 1-5pm, Mon: 7-9pm

1052-FA26B Oct 19-Dec 7 Sun & Mon \$245
14 sessions Sun: 1-5pm, Mon: 7-9pm
No class Nov 29



Water Safety Aide | Age 12 & up

The best Water Safety Instructors (WSI) often begin as Water Safety Aides (WSA). This course is designed for teens who have successfully completed Level 6 and are interested in working at an aquatic facility as a WSA, with the potential to later earn certification as a WSI. Students will gain hands-on experience by practice-teaching alongside a certified WSI, learning how to lead a swimming lesson from start to finish. During the course, WSA participants will assist with and practice-teach beginner-level classes.

1022-FA26 Nov 16 Mon
1 session 6-9pm \$75

Lap Swim

The FLAS Community Pool is a six lane, 25-yard pool that is a great place for a morning workout! Pre-registration is preferred. Drop-ins welcome for \$10 (check or cash). Register online at flaschools.arux.app or by calling (651) 982-8110.

1029-FA26 Sep 2-Dec 23
47 sessions Mon, Wed, Fri
5:30-7:30am
\$188 | \$10 drop-in
No class Sep 7 & Nov 27



Join our Team!

Check out job openings in Forest Lake Area
Schools Community Education and the district
online at www.flaschools.org/employment



**SCAN
ME** 

Early Childhood Programs

About Early Childhood Programs

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

Purpose of the Early Childhood Programs:

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



Supporting Your Child from Pregnancy to Preschool

Minnesota offers two incredible, free resources to ensure your family has everything it needs to thrive.

Find Local Services

Use Help Me Connect (helpmeconnect.mn.gov) to connect with local programs, from prenatal care and safety resources, to local non-profits tailored for expectant parents and families with children up to age 8.

Track Development

Turn to Help Me Grow (helpmegrowmn.org) for expert information on your child's milestones. Access helpful YouTube videos, caregiver strategies and guidance on developmental screenings and evaluations.

Whether you are looking for a community program or have questions about your child's growth, these tools are here to support your journey every step of the way.

Join the Parent Advisory Council!

Attending Parent Advisory Council (PAC) meetings is a great way to learn more about school district programs and make personal connections with other families attending Early Childhood Family Education (ECFE) and preschool programs. PAC volunteers can be parents or community members. This is a unique opportunity to offer your input and ideas to the ECFE program. Help us grow a stronger ECFE community!

Participation & Benefits:

Active PAC members will participate in one meeting and one volunteer event, per session. As a thank you for your time, a 20% refund will be issued for one ECFE class in the same session. Please note: Credit cannot be applied to future classes.

Free childcare is provided for meetings, but please call in advance to register. If you are interested in joining or want more information, call (651) 982-8378.

Meeting Focus:

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

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

A Gift for Your Newborn

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



Supporting our Families

The Diaper Depot

Need diapers, wipes or diaper cream? Stop in anytime! The Diaper Depot is a dedicated space for families in need of immediate assistance with diapering essentials. No appointment or check-in is required—simply stop by when you need to Monday through Friday, 8am-4pm. Items are available based on current availability.

- **Items Available:** Diapers (all sizes), wipes and diaper creams
- **Location:** FLAS Education Center (943 9th Ave SW, Forest Lake)
- **Access:** Use Door 17.

Your donations keep our shelves stocked! We gratefully accept donations of new diapering supplies and gently used children's items throughout the year.



The Community Closet

Our Community Closet continues to provide a wide range of essential items for growing families. To ensure the best experience, we ask that you schedule a visit in advance.

- **Items Available:** Gently used clothing
- **Location:** STEP Building (200 4th St SW, Forest Lake)
- **Access:** Use Door 7 located at the back of the building near 3rd Ave SW and 5th St SW
- **To Schedule:** Please email communitycloset@flaschools.org

Class Fees

Sliding Fee Scale for Early Childhood Family Education

The listed fee scale is based on your family's gross income. When registering more than one child for the same parent/child class, the second child is 50% off.

Please call (651) 982-8349 for the second child discount.

Gross Income	Fee A	Fee B	Fee C	Fee D	Fee E	Fee F	Fee G
\$0-\$19,999	\$24	\$27	\$33	\$36	\$39	\$45	\$117
\$20,000-\$39,999	\$48	\$54	\$66	\$72	\$78	\$90	\$234
\$40,000-\$69,999	\$72	\$81	\$99	\$108	\$117	\$135	\$351
\$70,000-\$99,999	\$96	\$108	\$132	\$144	\$156	\$180	\$468
\$100,000+	\$120	\$135	\$165	\$180	\$195	\$225	\$585



Sibling Care Update

Sibling Care is now only available to families actively enrolled in our Family Learning Program (page 56). We are no longer able to offer Sibling Care for regularly scheduled ECFE classes.

What Happens in ECFE Classes?

Together Time

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

Family Time

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

Children's Time

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



Drop-In Gym & Play

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

Ages Birth-3 | Non-Separating

Mondays, Sep 14-Dec 21 | 9:15-10:15am

*\$5/family per session

Ed Center 175 | Door 17

No class Nov 2

Ages Birth-5 | Non-Separating

Mondays, Sep 14-Dec 21 | 10:30-11:30am

*\$5/family per session

Ed Center 175 | Door 17

No class Nov 2

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

Wonderful Ones & Twos

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

Ages 1-2 | Non-Separating

Wednesdays, Sep 16-Dec 23 | 9:15-10:45am

Course Cost: Fee E

Ed Center 176 | Door 17

No class Oct 14 & Nov 25

Busy Babies *FREE*

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

Ages Birth-18 Months | Non-Separating

Fridays, Sep 18-Dec 18 | 9:15-10:15am

Course Cost: Free

Ed Center 120 | Door 17

No class Oct 16 & Nov 27

How much does the class cost?

Use the sliding fee scale on page 49 to determine your individual rate for classes based on your family's income.



Early Explorers

This mixed-age ECFE class provides a welcoming space for children and caregivers to learn, play and connect together. Families explore engaging activities with early childhood staff while building relationships with others. Both non-separating and separating options are available. Non-Separating: stay together for playtime and guided parenting discussion. Separating: after shared playtime, caregivers step out for a guided parenting discussion while children continue learning in the classroom.

Ages 1-4 | Non-Separating

Fridays, Sep 18-Dec 18 | 10:45am-12:15pm
Course Cost: Fee D
Ed Center 176 | Door 17
No class Oct 16 & Nov 27

Ages 1-4 | Separating

Tuesdays, Sep 15-Dec 22 | 11am-12:30pm
Course Cost: Fee F
Ed Center 176 | Door 17

ECFE Friends

Is your child eager to dive into the world of preschool but not quite three years old? Our ECFE Friends class offers the ideal introduction! Start the year with a warm parent-child experience filled with exploration, growth and fun. In January, your child will take the next step into independent preschool learning, building new skills and confidence along the way. This transition will be child-only, allowing your little one to embrace their growing independence while still feeling supported in their learning journey. Children must be three years old by Jan 1, 2027.

Age 3 by Jan 1, 2027 | Separating

Tuesdays, Sep 15-Dec 15 | 9:15-10:45am
Course Cost: Fee F
Ed Center 176 | Door 17

Terrific Twos & Threes

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

Ages 2-3 | Separating

Wednesdays, Sep 16-Dec 23 | 11am-12:30pm
Course Cost: Fee E
Ed Center 176 | Door 17
No class Oct 14 & Nov 25

Little Ranger Roadster: Stop & Play *FREE*

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

Ages 1-5 | Non-Separating

Fridays, Sep 18, Oct 9 & Nov 9 | 10-11am
Lino Lakes Elementary
725 Main St, Lino Lakes

Fridays, Sep 25, Oct 23 & Nov 13 | 10-11am
Scandia Elementary
14351 Scandia Trl N, Scandia

Fridays, Oct 2, Oct 30 & Nov 20 | 10-11am
Linwood Elementary
21900 Typo Creek Dr NE, Wyoming

Parent & Community Outreach

ECFE Home Education Program

Birth through Grade 3

Build a strong foundation for your child's future with the ECFE Home Education Program. This evidence-based program establishes a positive partnership between home and school, supporting families through the critical early years of development.

Program Highlights

- **Personal Visits:** Flexible, regularly scheduled family visits with a licensed Early Childhood teacher or Parent Educator.
- **Developmental Milestones:** Annual screenings to track progress and monitor development.
- **Core Topics:** Sessions focus on parent/child bonding, parents as teachers and health & safety—each featuring a guided information session and a hands-on activity.



Behavior Assistance Technical Support Team

Looking for behavioral guidance in your classroom? The BATS team offers voluntary on-site support for childcare centers. A trained educator will visit your location to provide early intervention strategies and developmental insights to support struggling students.

Get Started

Visit www.flaschools.org/ecfe to get registered or use the QR code. Once registered, a teacher will contact you to schedule a session that fits your family's lifestyle. If you have any questions about the programs or would like to register over the phone, please call (651) 982-8318.



Love & Logic: Early Childhood Parenting Made Fun!

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

Thursdays, Nov 5-Dec 17 | 5:45-7:45pm
Ed Center 176 | Door 17
No class Nov 12 & Nov 26

**FREE
CLASS**

Events



Music Together in the Valley

MON, OCT 12 ■ 5:30-6:30PM

Gear up for a fun evening with friends where music becomes the bridge for building memories with your little one! This event is designed for parents and children to explore the magic of music together in a playful and nurturing environment. Through interactive songs, rhythm games and creative activities, you'll connect with your child, strengthen your bond and discover how music can enhance early development.

Ages Birth-5 | \$7 per child | Ed Center: Cafeteria | Door 4

UnScary Halloween Party

TUE, OCT 27 ■ 6-7:30PM

Looking for some non-spooky fun? Come to the UnScary Halloween Party for games and family activities designed to delight your little ones. Wear a friendly costume and join us for children's music, pumpkins, prizes and some Halloween surprises. Walk-ins are welcome!

Ages Birth-7 | \$10 per family | Ed Center: Gym | Door 4

The Friendly Monsters Workshop

TUE, NOV 10 ■ 5:30-6:30PM

Get ready for a "monster-sized" hour of giggles! This workshop is all about showing preschoolers that monsters can be goofy, kind and great at making friends. We'll create a fun snack and turn the "scary" into "silly" through fun hands-on activities.

Ages 2-5 | \$7 per child | Ed Center: Cafeteria | Door 4

Card Party: Thankfulness

TUE, NOV 17 ■ 5:30-6:30PM

Unleash your little one's creativity in this fun event! We'll read a special story about being thankful and have all the fun supplies ready for your little one to make awesome personalized cards and crafts for family and friends. These handmade creations are perfect for holidays, birthdays, get-well wishes or just saying 'thank you'. It's a wonderful way for your child to express appreciation and thankfulness to the loved ones in their lives. Plus, a healthy snack will be provided to keep those creative juices flowing!

Ages Birth-6 | \$7 per child | Ed Center: Cafeteria | Door 4

Cooking with Kids

TUE, DEC 1 ■ 5:30-6:30PM

Cooking with kids can be a fabulous way to spend time together and provides lifelong skills like hand washing, measuring and following directions. There will be two simple recipes for families to create together and other opportunities for fun.

Ages 2-5 | \$7 per child | Ed Center: 102 | Door 4

Gingerbread Houses

TUE, DEC 15 ■ 5:30-6:30PM

Celebrate the season with family bonding and gingerbread. From frosted candy roofs to pretzel picket fences, there are endless decorating options for you and your creative chef. At the end of the evening, you will bring home your very own gingerbread creation!

Ages 2-5 | \$7 per child | Ed Center: Cafeteria | Door 4

Early Childhood Screening

Screen at 3!

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



What can I expect at a screening appointment?

A trained professional will check your child's:

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



What should I bring to a screening appointment?

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



When are screening appointments available?

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



More Information

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



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

Little Rangers Preschool



Ensuring a Smooth Transition to Kindergarten

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

Joy-Filled Learning

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

Supportive Educators

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

Locations District-Wide

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

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

Find Your School

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



Programs & Resources



Four-Star Parent Aware Rating

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

Transportation

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

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

Childcare

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

Family Learning Program (FLP)

Designed for parents with children ages birth-5

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

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

*See page 21 or visit www.flaschools.org/ce for more information on ABE and GED programs.

Registration & Fees

Preschool Registration

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

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



Fee Assistance

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

Pathway I Scholarship

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

Pathway II Scholarship

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

School Readiness Financial Aid

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

Voluntary Pre-K

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

2026-2027 Preschool Classes

Important Information

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

Full Day Classes

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

Half Day Classes

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

Family Learning Program (FLP)

Details on page 56.

Take a Tour!

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

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



Elements of a Preschool Day

Meal Times

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

Practice Centers

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

Small Groups

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

Rest Time

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

Circle Time

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



FULL DAY

HALF DAY

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

Community Education Staff Directory

Community Education Office

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

Adult Basic Education (ABE)

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

Laurie Drolson, Coordinator	Ldrolson@flaschools.org	(651) 982-8334
Janet Nutter, Adult/Special Needs Planner	jnutter@flaschools.org	(651) 982-8328
Jennifer Courneya, Planner	jcourneya@flaschools.org	(651) 982-8326
Beth Tetzlaff, Office Assistant	btetzlaff@flaschools.org	(651) 982-8333

Aquatic Programs

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

Jay Ekman, Coordinator	jekman@flaschools.org	(651) 982-8320
Kayleigh Sonterre, Planner	ksonterre@flaschools.org	(651) 982-8372
Logan Kolehmainen, Planner	lkolehmainen@flaschools.org	(651) 982-8392

Early Childhood

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

General Education Development (GED)

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

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

Marketing

Alexa Nelson, Coordinator	alnelson@flaschools.org	(651) 982-8303
Melanie Stegmeir, Planner	mstegmeir@flaschools.org	(651) 982-8322

Technology

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

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

TRANSLATION AVAILABLE

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

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

កំណត់សំគាល់: បើអ្នកចង់បានព័ត៌មានបំពេញព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ (651) 982-8327 ។

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

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

ໂປດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມຕັ້ງກ່າວນີ້ ພິ, ຈົ່ງໂທໂອ້ນ (651) 982-8327.

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

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

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

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

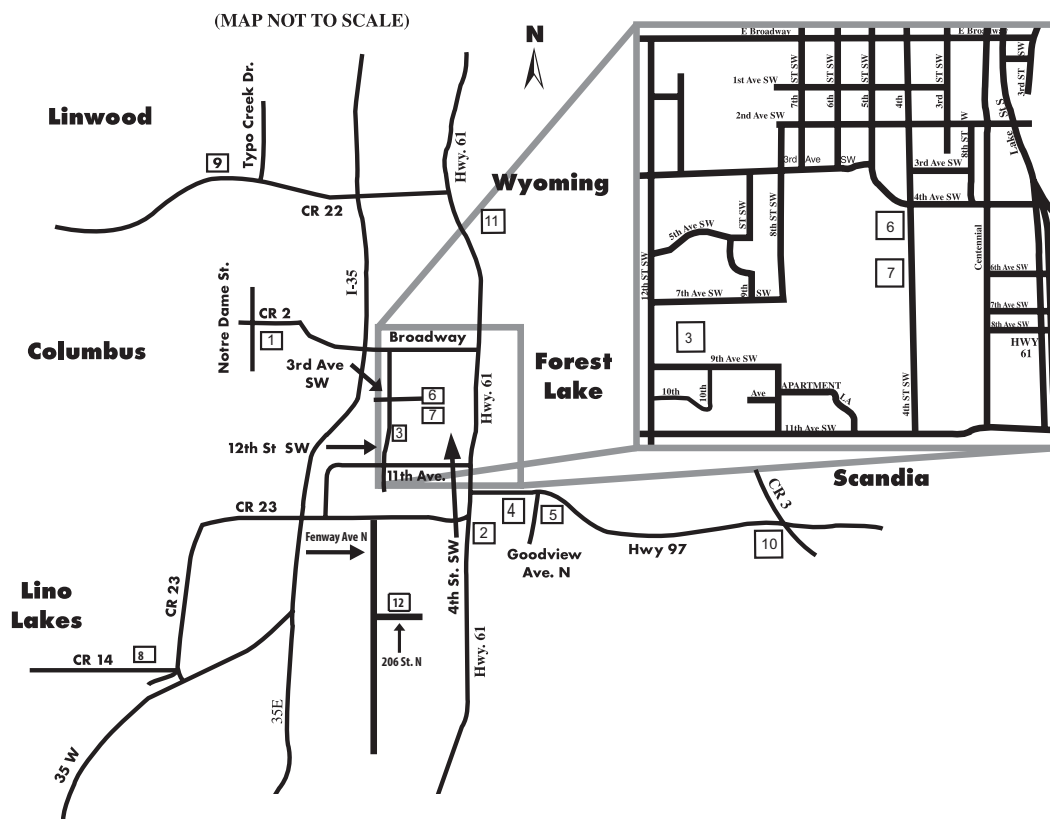
Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi (651) 982-8327.

LDH-0029 (1-08)



District Map & Entrance Guide

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



Registration & Cancellations



Registration Options

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

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

We Love Feedback

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

Accessible to All

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



REGISTER ONLINE BY
SCANNING THE QR CODE!

Cancellations & Refunds

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

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

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

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

Liability Waiver

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

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

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

Forest Lake Area Schools Community Education Registration Form

REGISTER AT FLASCHOOLS.ARUX.APP OR USE THIS FORM. IF YOU HAVE QUESTIONS OR NEED ASSISTANCE, PLEASE CALL (651) 982-8110.

Participant First Name _____ M _____ Last Name _____

Street Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email Address _____

Class # _____ Class Title _____ Building _____ Fee _____

Class # _____ Class Title _____ Building _____ Fee _____

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

FOR YOUTH AGES 0-18 ONLY

Parent/Guardian Full Name _____

Student's Grade _____ Birthdate _____ Age _____

☐ Male ☐ Female School Attending _____

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

Signature

Date

PAYMENT INFORMATION

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

Authorized Signature _____ Date _____

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

Credit Card Number _____ Expiration Date _____ Security Code _____

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



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

Try an After-School Class!

A variety of recreation and enrichment classes for elementary students are offered shortly after the school day ends, making it easy and convenient for students to participate.

See pages 30-37



www.flaschools.arux.app



(651) 982-8110



@FLASCE