



Fall Catalog 2026



— CELEBRATING —
100 YEARS
OF THE HIPPODROME

A Century of Memories. A Future of Community.



FLIP TO SEE
**BEAR'S
BULLETIN**

Bear's Bulletin, a White Bear Lake Area School District publication, can be found on the reverse of this catalog. The piece covers District and school news, accomplishments, 624 Facts, and notice of upcoming events.
Flip this book to see the District updates!





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Scan QR code to see full class descriptions for all our classes or visit bit.ly/wbl2026.

FLIP TO SEE BEAR'S BULLETIN

ESPAÑOL: Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 16.

HMOOB: Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntxiv mus nyeem rau phab nplooj ntawv 16.

Welcome back! As a new school year begins, we are excited to invite community members of all ages to discover new opportunities to learn, grow, and connect through White Bear Lake Area Schools Community Education & Recreation.

From Early Childhood and youth enrichment to adult learning, recreation, gymnastics, fitness, and programming for older adults, our goal is to help every community member discover their passion and define their joy. Guided by our commitment to Care, Connect, and Create, we strive to offer meaningful experiences that bring people together and enrich lives.

This year, as we celebrate the 100th anniversary of the Hippodrome, we reflect on our rich history, celebrate where we are today, and look forward to creating the future together. If there's a class, program, or experience you'd like to see, we want to hear from you. Your ideas help shape the opportunities that strengthen our community and ensure there is something for everyone.

Here's to a wonderful season of learning, recreation, and connection!

Our Mission

The mission of Community Education & Recreation, a dynamic leader in community programming, is to connect and engage individuals and the community in enriching lifelong learning experiences through collaboration distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, evolving experiences, and programs
- Ensuring we reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

Elementary Schools

BIRCH LAKE

1616 Birch Lake Avenue
White Bear Lake, MN 55110

LAKEAIRES

3963 Van Dyke Street
White Bear Lake, MN 55110

LINCOLN

1961 Sixth Street
White Bear Lake, MN 55110

MATOSKA INT'L

2530 Spruce Place
White Bear Lake, MN 55110

NORTH STAR

15198 Forest Blvd N
Hugo, MN 55038

ONEKA

4888 Heritage Parkway North
Hugo, MN 55038

OTTER LAKE

1401 County Road H2
White Bear Township, MN 55110

VADNAIS HEIGHTS

3645 Centerville Road
Vadnais Heights, MN 55127

WILLOW LANE

3375 Willow Avenue
White Bear Lake, MN 55110

Middle Schools

CENTRAL

4857 Bloom Avenue
White Bear Lake, MN 55110

MARINER

3551 McKnight Road
White Bear Lake, MN 55110

High Schools

WBL AREA HIGH SCHOOL - ENTRANCE

5045 Division Ave
White Bear Lake, MN 55110

WBLAHS FIELD HOUSE - ENTRANCE

5040 Bald Eagle Ave
White Bear Lake, MN 55110

WBLAHS MANITOU CAMPUS

2449 Orchard Lane
White Bear Lake, MN 55110

Other District Locations

DISTRICT CENTER OFFICES AT

SUNRISE PARK

2399 Cedar Ave, White Bear Lake, MN 55110

COMMUNITY EDUCATION & RECREATION

2399 Cedar Ave, White Bear Lake, MN 55110

EARLY CHILDHOOD CENTER AT

SUNRISE PARK

2399 Cedar Ave, White Bear Lake, MN 55110

EARLY CHILDHOOD

NORMANDY PARK ED. CENTER

2399 Cedar Ave, White Bear Lake, MN 55110

SENIOR CENTER AT SUNRISE PARK

2399 Cedar Ave, White Bear Lake, MN 55110

TAMARACK NATURE CENTER

5287 Otter Lake Road
White Bear Township, MN 55110

ONLINE Classes: Link will be emailed 2-3 days prior to the start date. If you do not see the link, check your SPAM, then call 651-653-3121.

Facilities Reservations: All requests for facility use within the White Bear Lake Area School District #624 should be emailed to: facilities@isd624.org.

Weather Cancellations: In the event of extreme weather, classes and activities may be canceled. Notifications will be announced on local news sources, our website, or depending on timing, by phone or email.

Refunds & Prorating: To cancel your class registration, notify us immediately. Refunds are not issued after an in-person class has begun or, for online classes, if the class link and materials have been emailed to you already. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity or before receiving online materials. Call 651-407-7501. Some exceptions apply.

Processing fees for classes:

- Under \$50 have a \$5 fee
- \$50-\$149 have a \$10 fee
- \$150-\$399 have a \$20 fee
- \$400+ have a \$30 fee

Your Privacy is Important to Us: Your registration information is considered private data under state and federal law. Information is used for the purposes of administering the activity or contacting you about upcoming cancellation changes. If you choose to withhold this information, this could limit the distribution of information.

Liability Waiver: There is an inherent risk of accident or injury in any activity. It is the responsibility of the participant or the parent of the participant to be aware that there are assumed risks in participation. ISD 624 assumes no responsibility for injuries received during activities. Any changes in a participant's activity level should be done under approval and direction of their physician and/or healthcare provider(s).

Do You Have a Disability? Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call 651-407-7501 to discuss accommodations.

Need Financial Assistance? WBL Community Education & Recreation is dedicated to providing learning opportunities for people of all ages. Limited financial assistance is available. For details and to apply, call 651-407-7501.

Waitlist: When a class is at capacity, we create a waitlist, where you have the option to add your name. If a spot becomes available, we'll call you. If we do not reach you, a voicemail will be left, giving you some amount of time to return the call. If you do not contact us, we will call the next person on the list.

ISD 624 does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX, including in employment. Complete information in SB Policy 522.

White Bear Lake Area Schools Community Education & Recreation

2399 Cedar Ave, Door D, White Bear Lake, MN 55110
Entrance is on the north/west side of the building, off Cranbrook Dr, near the tennis courts.

Information & Registration (651) 407-7501
FAX (651) 407-7502
communityed@isd624.org

ONLINE Registration whitebear.arux.app

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tim.maurer@isd624.org

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Senior Center at Sunrise Park (651) 653-3121
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Jennifer Chappuis jennifer.chappuis@isd624.org

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Facilities Use & Athletics Coordinator (651) 407-7506
Matthew Riebow matthew.riebow@isd624.org

Facility Scheduling facilities@isd624.org

Meals on Wheels Specialist (651) 653-3123
Jamie Tueffel mealsonwheels@isd624.org

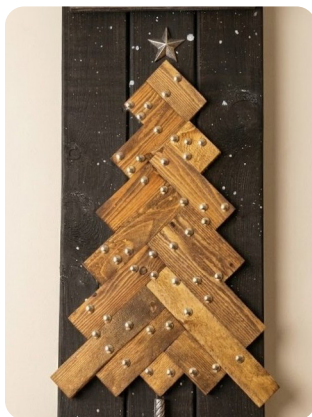
Out of School Time Assistant Director (651)-407-7504
Nicole Oswald nicole.oswald@isd624.org

Out of School Time Billing & Registration (651) 407-7511
Amy Kleist communityservicesbilling@isd624.org

Youth Enrichment & Development Specialist (651) 407-7544
Jessica Edwards jessica.edwards@isd624.org

Youth Recreation Specialist (651) 653-3126
Ashlie Anzel ashlie.anzel@isd624.org

Arts

**Beginning Soap Making: Cold Process***Ages 12-17 with registered adult*

Discover the craft of cold process soap making in this hands-on beginner workshop. Blend your own signature scent, learn foundational techniques, and take home a beautiful loaf of handcrafted soap, all in one class.

A2026-63p | Sat, Nov 7 | 9:00 - 11:00 AM
\$40 + 20 in-class fee | WBL High School
Zeimetz-Schultz

A2026-64p | Sat, Nov 7 | 12:00 - 2:00 PM
\$40 + 20 in-class fee | WBL High School
Zeimetz-Schultz

Blooms in Ink: Alcohol Ink *NEW*

Discover the magic of alcohol inks as you create a stunning, one-of-a-kind flower bouquet. Learn how to harness the fluid, unpredictable nature of alcohol inks to build vibrant blooms and lush greenery, using blending techniques to create depth and movement.

A2026-99 | Wed, Oct 14 | 6:00 - 8:00 PM
\$40 + \$15 in-class fee | Sunrise Park-Sr Center
Anderson

Chalk Pastels: Autumn's Reflection *NEW*

Richly pigmented and effortlessly blendable, chalk pastels deliver paint-like results with minimal setup. Follow step-by-step instructions to explore this versatile medium and leave with an original drawing of your own.

A2026-39 | Thu, Nov 12 | 10:00 AM - 12:00 PM | \$40
Sunrise Park-Sr Center | Merry

Cozy Mittens Acrylic Painting *NEW*

Learn basic acrylic painting skills in a fun, relaxing setting with all supplies included. Your 12"x12" canvas will have the design drawn out for you and the simple instructions will help you as you create your own individual style, even if you have never painted before.

A2026-27 | Thu, Dec 10 | 12:30 - 3:00 PM | \$40
Sunrise Park-Sr Center | Danus

Misty Deer: Bob Ross Oil Painting *NEW*

Learn to paint like Bob Ross with step-by-step instructions to create a 12"x16" painting using the process created by Bob Ross.

A2026-107 | Mon, Sep 21
5:00 - 9:00 PM | \$55
Sunrise Park-Sr Center | Namen

**Mosaic Art: Frame, Trivet or Sign**

Design a glass mosaic on a sign, photo frame, or trivet! With pre-cut glass and stencil templates provided, night one focuses on creating your design. Night two covers grouting, glass cutting, and mosaic techniques.

A2026-17 | 2 Sessions | Fri, Oct 2 - 9 | 6:00 - 9:00 PM
\$50 + in-class fee | Sunrise Park-Sr Center | Guetter

No Fear Oil Painting: Autumn*Unraveling* *NEW*

Have you ever wanted to experience the joy of painting with oils but been afraid to try? Create a beautiful 8"x10" canvas with step-by-step instructions, while learning about the paints and other tools. Bring a box to carry your painting home in.

A2026-37 | Fri, Oct 9 | 12:30 - 2:30 PM | \$48
Sunrise Park-Sr Center | Merry

Quiet Forest: Acrylic Painting *NEW*

Capture the beauty of a misty autumn forest using layered brush techniques and rich seasonal colors. Create a serene woodland scene with vibrant foliage, soft blue-gray trees, and glowing highlights. Learn blending, texture, and depth to bring the landscape to life.

A2026-53 | Wed, Nov 18 | 6:00 - 8:00 PM | \$40
Sunrise Park-Sr Center | Danus

Rustic Herringbone Christmas Tree *NEW*

Build a 10.5"x30" rustic wooden Christmas tree from scratch! You'll craft a herringbone wood pattern, add a starry-night finish, and top it off with a rebar trunk and barn star.

A2026-51 | Tue, Nov 17 | 6:00 - 8:00 PM
\$35 + \$40 in-class fee | Sunrise Park-Sr Center
Bjerstedt

Turkish Mosaic Lamp

Design your own 12" mosaic lamp using shimmering stained-glass pieces, colorful beads, and a custom pattern. With step-by-step guidance and stories from her Istanbul adventure, you'll craft a dazzling piece that glows with your creativity and style.

A2026-34 | Mon, Nov 30
6:00 - 9:00 PM | \$40 + \$50 in-class fee
Sunrise Park-Sr Center | Guetter



Wise Old Owl: Acrylic Painting **NEW**

Celebrate fall with this charming Owl design on a 12"x12" canvas — with easy-to-follow instructions to create your own masterpiece.

A2026-26 | Tue, Oct 27 | 10:00 AM - 12:30 PM | \$40
Sunrise Park-Sr Center | Danus

Yellow Sky: Bob Ross Style Oil Painting

NEW

Pick up a brush and find your happy place! Watch your hidden talent come to life and leave with a 16"x20" masterpiece, ready to frame and show off.

A2026-22 | Thu, Oct 8 | 5:30 - 9:30 PM
\$50 + \$20 in-class fee | Sunrise Park-Sr Center | Rupp



Beginner's Guide to Getting Published (online)

This workshop guides aspiring freelance writers from manuscript to publication, covering query letters, finding the right publisher, landing an agent, and proven ways to earn as a freelance writer.

A2026-13 | Fri, Oct 23 | 6:00 - 8:00 PM | \$35 | Online

Beginner's Guide to Using Free AI: CHAT GPT for Writers (online)

Learn how to register for a free account, input effective writing prompts to avoid nonsense responses, build creative content, determine its capabilities and limitations, and understand ethical/legal considerations.

A2026-14 | Thu, Oct 29 | 4:00 - 6:00 PM | \$35 | Online

Creative Writing 101: A Beginners Guide (online)

Anyone with a passion for writing can develop their craft. Discover the different forms of creative writing, essential tips for beginners, how to find your voice, and ways to get paid for your work.

A2026-11 | Tue, Oct 20 | 4:00 - 6:00 PM | \$35 | Online

Introduction to Voiceovers: Get Started in Voice Acting (online)

Explore the world of voiceovers and learn about industry trends, job opportunities, and essential tools for success. Practice reading a real script and get coaching from a professional voice actor to improve your delivery. The coach will contact you to schedule.

A2026-97 | \$49 | Online

Cooking



Baklava

Flaky, sweet, and easier than you think. Learn to make traditional baklava from scratch using phyllo, honey, and nuts. A great treat for yourself or your holiday guests. Bring a 9x12" baking pan and hot pads to class.

A2026-32 | Wed, Dec 9 | 6:30 - 8:30 PM
\$45 + \$20 in-class fee | WBL High School | Chef Mimi

Dubai Chocolate Pistachio Chocolate Cookies

Ages 5+ with registered adult

Indulge in the rich flavors of Chocolate Pistachio Kunafa cookies with crunchy pistachios, sweet chocolate chips, and the unique texture of kunafa. Learn the secrets of Dubai-inspired baking and take home a fresh batch.

A2026-31 | Wed, Nov 18 | 6:30 - 8:30 PM
\$50 + \$20 in-class fee | WBL High School | Chef Mimi

Egg Rolls & Samosas

Ages 5+ with registered adult

Why wait for the food truck? Learn to make restaurant-quality egg rolls and samosas in your own kitchen. Explore a variety of fillings, transform leftovers into something delicious, and pair them with homemade dipping sauces.

A2026-30 | Wed, Oct 21 | 6:30 - 8:30 PM
\$45 + \$20 in-class fee | WBL High School | Chef Mimi

Lefse (Norwegian Potato Flatbread)

Ages 10+ with registered adult

Learn to make lefse from scratch! You'll master the dough, the baking, and the storing, try both real and instant potato versions, and sample warm lefse with traditional toppings. Take home finished lefse and dough ready to bake. Trust us, one bite and you'll be hooked.

A2026-80p | Wed, Dec 2 | 6:00 - 9:00 PM
\$40 + \$9 in-class fee | WBL High School | Severson

Macarons

Master the challenging French macaron in this hands-on class! This delicate meringue-based treat has unlimited possibilities. Learn two variations from start to finish and how to create your own flavors at home.

A2026-24p | Thu, Sep 17 | 6:00 - 8:30 PM | \$50
WBL High School | Sullivan

A2026-29p | Wed, Oct 14 | 6:00 - 8:30 PM | \$50
WBL High School | Sullivan

Sourdough 101

Discover the art of sourdough baking! Learn the essential first steps of mixing dough, the process of creating a beautiful loaf of bread, and gain confidence in feeding and maintaining your own sourdough starter. You'll also enjoy tasting fresh-baked bread and sourdough cookies during class!

A2026-87p | Mon, Nov 16 | 6:00 - 8:30 PM
\$75, \$99 with scale | Mahtomedi High School | Jordan

Tiramisu **NEW**

Learn to make classic Italian tiramisu, a delicious no-bake dessert made with layers of espresso-soaked ladyfingers and creamy mascarpone cheese. You'll leave with your own tiramisu to share.

A2026-33p | Thu, Nov 5 | 6:00 - 8:00 PM | \$45
WBL High School | Sullivan

Finance

55+ Driver Safety

Drivers 55+ who complete a state-approved defensive driving course can get a 10% auto insurance discount for three years. Taught by experienced traffic safety instructors, the class features lectures, films, and discussions—no tests required.

\$36/person

A2026-40 | Thu, Sep 10 | 9:00 AM - 1:00 PM
Sunrise Park-Sr Center

A2026-41 | Thu, Sep 17 | 9:00 AM - 1:00 PM | Online

A2026-42 | Tue, Sep 22 | 12:00 - 4:00 PM
Sunrise Park-Sr Center

A2026-43 | Thu, Oct 8 | 5:00 - 9:00 PM | Online

A2026-44 | Wed, Oct 21 | 12:00 - 4:00 PM
Sunrise Park-Sr Center

A2026-45 | Tue, Oct 27 | 9:00 AM - 1:00 PM | Online

A2026-46 | Tue, Nov 10 | 5:00 - 9:00 PM | Online

A2026-47 | Fri, Nov 13 | 9:00 AM - 1:00 PM
Sunrise Park-Sr Center

A2026-48 | Wed, Dec 2 | 5:00 - 9:00 PM
Sunrise Park-Sr Center

A2026-49 | Tue, Dec 8 | 12:00 - 4:00 PM
Sunrise Park-Sr Center

A2026-50 | Thu, Dec 10 | 9:00 AM - 1:00 PM | Online

5 Biggest Retirement Expenses & How to Reduce Them

Discover ways to reduce and manage the five biggest retirement expenses. Gain practical strategies to help stretch your income and make your money last.

A2026-07 | Tue, Sep 29 | 10:00 - 11:30 AM | \$5
Sunrise Park-Sr Center

Everything You Want to Know About Medicare

This presentation covers Medicare Parts A-D, enrollment, costs, supplements, and Medicare Advantage plans. Whether you're turning 65, leaving an employer plan, or enrolled, get help navigating your options confidently.

A2026-121 | Mon, Nov 2 | 6:30 - 8:00 PM | \$30
Sunrise Park-Sr Center

Fraud and Scams

Scammers target older adults more than ever, but knowing their tactics is the best defense. Learn the most common scams aimed at seniors, including phone, mail, email, and Medicare fraud. Discover how to spot red flags, protect personal information, and know what to do if targeted.

A2026-115 | Thu, Sep 24 | 1:00 - 2:30 PM | Free
Sunrise Park-Sr Center

These FREE classes are sponsored by
Lino Lakes Strategic Wealth Group.

Are Your Retirement Dollars Tax Efficient?

Discover how future tax changes could affect your retirement, strategies for tax-free income, how Social Security is taxed, and how to make the most of your current tax brackets.

A2026-16 | Wed, Sep 30 | 6:00 - 7:30 PM | Free
Sunrise Park-Sr Center

Navigating the Do's and Don'ts of Retirement

Join us for retirement insights and answers to questions like: Will I have enough to retire? Will my income last? Are my assets protected?

A2026-09 | Wed, Oct 14 | 6:00 - 7:30 PM | Free
Sunrise Park-Sr Center

Social Security: Preparing for Retirement

Social Security is a vital income source for retirees, but making the most of it comes down to timing. We'll cover when to apply, how to maximize your benefits, how it may affect your spouse, and what it can mean for you.

A2026-10 | Tue, Nov 10 | 6:00 - 7:30 PM | Free
Sunrise Park-Sr Center

How To Pay For The Nursing Home: An Attorney's Perspective (online)

Protecting family assets from nursing home costs can be challenging. Learn about long-term care insurance, Medicaid eligibility, asset gifting, and strategies to help protect your finances.

A2026-71 | Tue, Sep 22 | 6:30 - 8:00 PM | \$25/household Online

How to Start Any Home Business + 250 Home Business Ideas! (online)

Ready to turn your talents and hobbies into a profitable home business? This startup workshop covers 250+ business ideas, legal requirements, marketing strategies, and tax deductions — everything you need to get started.

A2026-12 | Wed, Oct 21 | 6:00 - 8:00 PM | \$35 | Online

Protecting What Matters Most: Estate Planning for Families with Special Needs (online)

Learn how to support a special needs loved one financially — without losing a single benefit they receive. This class covers special needs trusts, asset protection, and the honest pros and cons you need to know.

A2026-76 | Wed, Nov 18 | 6:30 - 8:00 PM \$25/household | Online

Questions & Answers with a Will & Trust Planning Attorney (online)

Bring your questions! Learn about wills, trusts, avoiding probate, nursing home planning, asset protection, death taxes, Transfer-on-Death Deeds, and retirement assets.

A2026-77 | Mon, Dec 21 | 6:30 - 8:00 PM \$25/household | Online

Seven Steps to Selling Your Home **NEW**

Downsizing is a big decision with many factors to consider. Explore townhomes, condos, and senior living options with guidance from experienced instructors to help you move forward with confidence.

A2026-62 | Thu, Oct 8 | 6:00 - 7:30 PM | \$20 Sunrise Park-Sr Center

Stay or Go...Navigating Your Options for Your Next Move **NEW**

The first day focuses on the practical considerations of aging in place, with expert panelists discussing in-home care services and costs, home accessibility renovations, transportation options, and guidance on important property decisions. The second day explores transitioning to a new living situation, featuring experts who will discuss senior living options, transportation solutions, and how to use home equity to help finance a move and support long-term financial planning.

A2026-128 | 2 Sessions | Tue, Oct 13 & Wed, Nov 4 10:00 - 11:30 AM | \$5 | Sunrise Park-Sr Center

Trusts And Long-Term Estate Planning: Why You Can't Always Trust Your Trust

Not all trusts are created equal. Learn the differences between living, testamentary, and irrevocable trusts, including their strengths, weaknesses, and best uses—plus what they do and don't protect.

A2026-70 | Wed, Oct 28 | 6:30 - 8:00 PM \$25/household | Online

Your Equity, Your Way: Making the Most of Your Home's Equity in Retirement **NEW**

Your home equity can help fund your next chapter. Learn about reverse mortgages, bridge loans, HELOCs, and traditional mortgages, including pros and cons and how to buy before you sell without a contingent offer.

A2026-73 | Thu, Oct 8 | 10:00 - 11:30 AM | \$5 Sunrise Park-Sr Center

Your Equity, Your Way: Using Your Home to Navigate What's Next **NEW**

Not sure how to manage your move? Learn how to maximize equity, reduce stress, and move with confidence, including buying before you sell, cash flow planning, and real-life examples.

A2026-72 | Wed, Sep 9 | 10:00 - 11:30 AM | \$5 Sunrise Park-Sr Center

Your Equity, Your Way: Navigating As-Is Home Sales and Investor Offers With Confidence **NEW**

Selling as-is can be simpler, but cash and investor offers differ from traditional listings. Learn how as-is sales work, what to expect from cash buyers, and key questions to ask before signing, plus how pricing, timelines, repairs, and fees impact your equity.

A2026-74 | Thu, Nov 12 | 10:00 - 11:30 AM | \$5 Sunrise Park-Sr Center



STAY CONNECTED!

Follow us on social media

 Facebook: @WBLASRec

 Instagram: @WBLASComServRec

Fitness

Chair Yoga

A modified form of yoga using a chair instead of a floor mat. Chair Yoga improves flexibility, concentration, and strength while boosting mood, reducing stress, and decreasing joint pain. \$8 drop-ins welcome!

10:00 - 10:45 AM | Sunrise Park-Sr Center

A2026-58 | 3 Sessions | Mon, Sep 14 - 28 | \$24

A2026-59 | 4 Sessions | Mon, Oct 5 - 26 | \$30

A2026-60 | 5 Sessions | Mon, Nov 2 - 30 | \$38

A2026-61 | 3 Sessions | Mon, Dec 7 - 21 | \$24

Kayaking: One Last Adventure!

Ages 14-17 with registered adult

Make the most of summer's final days on White Bear Lake with a guided two-hour paddle along the scenic shoreline, launching from Bellaire Beach. Your guide will cover technique before you set out. Equipment provided.

**A2026-79 | Sun, Sep 13 | 2:00 - 3:45 PM | \$40
Bellaire Beach**

Mat Pilates

Practice slow, controlled movements with steady breathing to build strength, improve flexibility, and support joint health. With continued practice, you may notice better balance, less tension, and greater ease of movement.

**A2026-108p | 5 Sessions | Mon, Sep 28 - Nov 2
6:15 - 7:00 PM | \$55 | Skyview Community Middle School
(1100 Heron Ave N, Oakdale) | No class Oct 12**

**A2026-109p | 5 Sessions | Mon, Nov 9 - Dec 14
6:15 - 7:00 PM | \$55 | Skyview Community Middle School
(1100 Heron Ave N, Oakdale) | No class Nov 23**

Minnesota Biome Hike

Enjoy a guided 2-mile nature walk through a tamarack bog, oak woodland, and restored prairie with a Master Naturalist. Learn about plant communities, wildlife, and ecological processes, including trail cameras and aging trees. Bring water and binoculars if you have them.

**A2026-78 | Tue, Oct 6 | 9:30 AM - 12:30 PM | \$20
Linwood School Forest & Community Park
(6256 227th Ave NE, Stacy, MN)**

Nordic Pole Walking

Already a walker? Nordic Pole Walking turns your stroll into a full-body workout using specially designed poles. Improve strength, posture, bone density, and burn more calories. Poles provided.

**A2026-86p | Thu, Oct 1 | 4:00 - 5:15 PM | \$35
Katherine Abbott Park**



Flag Football for Adults **NEW**

Experience the excitement of co-ed flag football without contact. Develop passing, catching, route running, and game strategy skills while enjoying competitive games that emphasize agility, teamwork, and sportsmanship.

**A2026-124 | 4 Sessions | Thu, Sep 24 - Oct 15
6:30 - 8:30 PM | \$80 | Sunrise Park District Center Field**

Flag Football for the Family **NEW**

Ages 8+

Learn flag football fundamentals, including passing, catching, route running, and defense. Families work together through fun drills, skill-building activities, and friendly games that build teamwork and communication.

**A2026-125 | Sun, Sep 27 | 10:00 - 11:30 AM
Sunrise Park District Center Field
\$60 Adult & Child, \$75 Adult + 2 family members
\$80 Adult + 3 family members**

**A2026-126 | 4 Sessions | Sun, Oct 4-25 | 10:00 - 11:30 AM
Sunrise Park District Center Field
\$100 Adult & Child, \$125 Adult + 2 family members
\$150 Adult + 3 family members**

Pound® Rockout - Workout

Under 18 with registered adult

Channel your inner rockstar in this high-energy cardio drumming workout! Using lightly weighted drumsticks, you'll hit 15,000+ beats to burn calories, strengthen your core, and have fun. All ages and fitness levels welcome.

**A2026-01p | 6 Sessions | Wed, Sep 16 - Oct 28
6:30 - 7:30 PM | \$60 | Matoska International
No Class Oct 14**

**A2026-02p | 6 Sessions | Wed, Nov 4 - Dec 16
6:30 - 7:30 PM | \$60 | Matoska International
No Class Nov 25**

Power Yoga **NEW**

Try this dynamic, athletic-style yoga that links breath with movement for a fast-paced, strength-building workout. All levels welcome—bring a mat and water.

**A2026-105p | 5 Sessions | Wed, Sep 30 - Nov 4
7:15 - 8:00 PM | \$55 | Skyview Community Middle School
(1100 Heron Ave N, Oakdale) | No class Oct 14**

**A2026-106p | 5 Sessions | Wed, Nov 11 - Dec 16
7:15 - 8:00 PM | \$55 | Skyview Community Middle School
(1100 Heron Ave N, Oakdale) | No class Nov 2**

Get Up & Go Fitness and Silver Sneakers on page 13.

Pickleball

The lesson with SAHS Sports will focus on proper grip, stroke technique, serving, scoring, and basic strategies, with plenty of guided play to help participants build confidence and enjoy the game. **Beginner Lessons** will introduce the basic rules, equipment and fundamental skills such as returning and positioning with guided practice and fun drills to build confidence and prepare for game play. **Intermediate Lessons** for those with some experience, will focus on refining techniques, improving consistency, learning advanced strategies as well as drills and match play.

3 Sessions | 6:30 - 8:30 PM | \$99 | WB Field House
A2026-122 Beginners | Wed, Sep 23 - Oct 7
A2026-123 Intermediate | Wed, Oct 14 - 28

Strength Training **NEW**

This beginner-friendly course teaches adults the basics of strength training in a supportive setting. Learn to safely use body weight, resistance bands, dumbbells, and equipment with proper form while building strength, balance, and mobility.

A2026-110 | 5 Sessions | Wed, Sep 30 - Nov 4
6:15 - 7:00 PM | \$55 | Skyview Community Middle School
(1100 Heron Ave N, Oakdale) | *No class Oct 14*

A2026-111 | 5 Sessions | Wed, Nov 11 - Dec 16
6:15 - 7:00 PM | \$55 | Skyview Community Middle School
(1100 Heron Ave N, Oakdale) | *No class Nov 25*

Tai Chi

The 24-form Yang style Tai Chi uses slow, graceful movements and breathwork to improve balance, health, and relaxation. Discover how Tai Chi can enhance fitness, calm the mind, and improve well-being.

A2026-05p | 8 Sessions | Wed, Sep 23 - Nov 11
8:00 - 9:00 PM | \$85 | Matoska International

Yoga - Whole Body Vinyasa

Whole Body Vinyasa builds strength and flexibility for all ages and body types. Breathwork is incorporated into each movement to relieve stress and anxiety, with modifications for all levels. Improve body, mind, and spirit through yoga. Drop-ins welcome.

A2026-28 | 8 Sessions | Tue, Sep 1 - Oct 20
5:30 - 6:30 PM | \$96 or \$15 Drop-In | Bellaire Beach

A2026-36 | 8 Sessions | Tue, Oct 27 - Dec 15
5:30 - 6:30 PM | \$96 or \$15 Drop-In | Sunrise Park

The White Bear Area Pickleball Club

Year Round: July 2026 - June 2027

Membership Required: \$35/resident, \$45/non-resident

Indoor: Nov - Apr

Central Middle School (4857 Bloom Ave, WBL - Door B)

Outdoor: Apr - Oct

Sunrise District Service Center (2399 Cedar Ave, WBL)

Details & Registration: whitebear.arux.app

Questions: Call 651-653-3124 or email
michelle.hubbard@isd624.org

WHITE BEAR LAKE AREA HIGH SCHOOL FIELD HOUSE - WALKING TRACK

FREE & INDOORS

MON - THU
6:00 - 9:00 PM

Starts October 19



WBLA HIGH SCHOOL, 5040 BALD EAGLE AVE, WBL

Health

Aging Eyes

Our eyes change so much as we age. Renee Waclaw from Vision Loss Resources will cover the causes of low vision, healthy eyes, and the devices and resources available for low vision. Q&A to follow.

A2026-112 | Thu, Sep 24 | 10:00 - 11:30 AM | Free
Sunrise Park-Sr Center

Are We Talking Hospice Already... and Just Don't Know It? **NEW**

What does hospice really mean, and are we talking about it without even realizing it? Join us for an honest, compassionate conversation about recognizing the right time for support, understanding your options, and helping families feel more prepared.

A2026-82 | Tue, Sep 15 | 10:00 - 11:30 AM | \$5
Sunrise Park-Sr Center

Brain Health, Memory and Dementia **NEW**

Join us for an informative, heartfelt presentation on protecting your brain, understanding memory changes, and caring for loved ones with dementia. Learn simple habits that make a real difference, how to recognize early warning signs, and how to communicate with compassion when words get hard. Whether you're caring for someone or planning ahead, this is for you.

A2026-116 | Tue, Oct 27 | 1:00 - 2:30 PM | Free
Sunrise Park-Sr Center

Breaking the Pain Cycle: How Mood & Mindset Shape Healing **NEW**

This wellness-focused class explores the powerful connection between mental and physical health, offering practical strategies for managing chronic pain, stress, and symptoms of depression or anxiety without relying solely on medication. Learn how the nervous system plays a role in the pain-depression cycle, discover simple mindfulness tools to support emotional wellness, and walk away with bonus tips to keep the brain sharp!

A2026-56 | Thu, Oct 22 | 10:30 AM - 12:00 PM | \$5
Sunrise Park-Sr Center

Honoring Choices / Your Healthcare Directive

What is a Healthcare Directive, and do you need one? We'll review the forms, who should have one, how often to revisit it, and Minnesota's Honoring Choices directive. You'll get online resources and time for questions.

A2026-98 | Wed, Oct 28 | 11:00 AM - 12:00 PM | Free
Sunrise Park

Dementia Live® & Aging in the Community **NEW**

Aging in Community focuses on how seniors can safely and comfortably remain in their own homes. We'll highlight key differences between home care and home health services, two essential but often misunderstood areas of support. Attendees will gain a better understanding of how home care provides personal and daily living assistance, while home health delivers skilled medical services under a physician's order.

A2026-55 | Tue, Nov 10 | 6:00 - 7:30 PM | \$20
Sunrise Park-Sr Center

How to Support People Grieving a Death: Do's & Don'ts (online) **NEW**

Most people want to help a grieving friend or family member but don't know what to say or do — so they say nothing at all, leaving the griever feeling abandoned. This workshop gives you the confidence and tools to show up meaningfully. You'll learn what grief really looks like, what to say and what to avoid, and simple actions that make a genuine difference for children, young adults, and adults who have lost a loved one.

A2026-38 | Tue, Nov 17 | 7:00 - 8:00 PM | \$15 | Online

The Quiet Within: A Meditation Circle **NEW**

Gather in a supportive circle for meditation, breathwork, and reflection. Each session explores a theme to help reduce stress, calm the nervous system, and deepen self-awareness through mindfulness practices, journaling prompts, and quiet discussion. Give yourself space to breathe, reset, and reconnect. Bring a notebook, pen, water, and a mat if you'd like to sit on the floor.

A2026-119 | 2 Sessions | Wed, Sep 23 & 30
6:00 - 7:00 PM | \$50 | Sunrise Park-Sr Center

Seated Exercise to Keep You Moving **NEW**

Explore safe, effective ways to stay active - all from a seated position at home! This class debunks common myths about aging and exercise while introducing gentle seated movements including chair yoga, tai chi, and upper/lower body strengthening. You'll learn warm-up techniques and simple routines to build strength, flexibility, and confidence at any fitness level.

A2026-57 | Tue, Nov 17 | 10:00 - 11:30 AM | \$5
Sunrise Park-Sr Center

Home

Author Talk: Failing to Launch: Understanding & Resolving the Young Adult Crisis **NEW**

Today's young adults are struggling, from record loneliness to rising isolation and nearly half of those ages 18-29 still live at home. Young men are especially at risk, with lower college and workforce participation and higher rates of depression, overdose, and deaths of despair. Dr Jack Stolz fus explores the causes, offers practical strategies to help parents launch independent young adults, and includes time for audience questions. See full description online at whitebear.arux.app.

A2026-85p | Tue, Oct 20 | 6:00 - 7:30 PM | \$35
Sunrise Park-Sr Center

Author Talk: Girls in a World at War **NEW**

Peggy Munro Scholberg shares her mother's WWII Army experiences, including the Battle of the Bulge, through readings and photos of courage and sacrifice. Refreshments provided; autographed books available. See full description online at whitebear.arux.app.

A2026-113p | Fri, Oct 30 | 2:00 - 3:30 PM | \$15
Gladstone Community Center

Getting Started in Hydroponic Gardenings **NEW**

Curious about growing food without soil? This class compares hydroponic and soil-based gardening, reviews techniques, and explores Deep Water Culture. You'll take home a lettuce-growing kit and a hands-on intro that builds a foundation for more complex systems.

A2026-08p | Wed, Sep 30 | 6:00 - 7:30 PM | \$30
Sunrise Park-Sr Center

Protecting Your Information in the Digital/AI Age **NEW**

Scammers and AI tools are making it easier than ever to steal your personal information. In this hands-on class, you'll learn practical, easy-to-use strategies to protect yourself online, from spotting phishing emails to safeguarding passwords and understanding what AI knows about you. Walk away with confidence and real tools to stay safe in today's digital world.

A2026-118 | Mon, Oct 5 | 6:00 - 7:00 PM | \$25
Sunrise Park-Sr Center

Swipe Smart: A Safety Guide to Dating Apps (online) **NEW**

Dating apps have changed how we connect, but protecting yourself makes all the difference. Learn to navigate popular apps, safeguard your info, and use safety features to connect confidently and securely.

A2026-130 | Tue, Dec 8 | 12:00 - 1:00 PM | \$26 | Online

History: I'm Gonna Get Me Some: American Gold Rushes **NEW**

Driven by greed, grit, and lawlessness, the California and Klondike gold rushes were packed with scammers and survivors. Join us to see if you would've had what it took to "get you some."

A2026-21 | Fri, Nov 20 | 10:00 AM - 12:00 PM
\$18 | Sunrise Park-Sr Center | Simmer

History: The Good, the Bad and the Ugly: History of Congress **NEW**

From noble statesmen to corrupt scoundrels, Congress has seen it all — assaults, compromises, and some truly "unusual" legislators. Join us to explore the wild history of this branch and what it's really like to be a member.

A2026-19 | Fri, Sep 11 | 10:00 AM - 12:00 PM
\$18 | Sunrise Park-Sr Center | Simmer

History: Wild About Harry: Life of President Truman **NEW**

Today, Harry Truman is revered as an honest, sensible leader—yet he left office deeply unpopular. Find out how this president integrated the Army, saved the White House, and made the ultimate choice to end World War II.

A2026-20 | Fri, Oct 9 | 10:00 AM - 12:00 PM
\$18 | Sunrise Park-Sr Center | Simmer

New Parent Know-How: Essential Infant Development and Postpartum Skills **NEW**

Jumpstart your parenting knowledge and get ahead of the learning curve. In this class, gain confidence caring for a newborn and get your top questions answered. We'll cover infant development, tummy time, and preparing for the postpartum period.

A2026-120 | Tue, Oct 20 | 6:00 - 8:00 PM
\$25/person, \$40/couple | Sunrise Park-Sr Center

Your Kid's Phone: A Parent's Survival Guide (online) **NEW**

Get the essential insights you need to protect your child online—recommended privacy settings, risky apps to avoid, screen time boundaries, and the warning signs that matter most. Walk away ready to create a safer digital environment for your family.

A2026-129 | Thu, Nov 5 | 12:00 - 1:00 PM | \$26 | Online

Photo Organization - Print & Digital

Organize your photos and create a system to find any image in seconds. Learn how to manage prints, slides, negatives, VHS, digital photos, memorabilia, and more using scanners, cloud storage, AI, and digitizing tools.

A2026-35 | Mon, Nov 2 | 6:30 - 8:30 PM | \$30
Sunrise Park-Sr Center

Senior Housing: Should I Stay or Should I Go?

Discuss senior living options and explore whether aging in place or moving is the best fit for you. Learn about home modifications, accessible housing, and single-level living, then complete an assessment to help you make informed decisions.

A2026-06 | Wed, Oct 14 | 10:00 - 11:30 AM | \$5
Sunrise Park-Sr Center

Where Do I Start? A Practical Guide to Downsizing & Moving

Feeling overwhelmed by downsizing or moving? Learn practical strategies for decluttering, deciding what to keep, planning a move, and reducing stress. Ideal for seniors, families, and caregivers.

A2026-117 | Wed, Nov 18 | 10:00 - 11:30 AM | \$5
Sunrise Park-Sr Center

The Psychology of Decluttering: Why We Avoid It **NEW**

Decluttering is about more than stuff. Explore why letting go is so difficult, gain a new perspective on what belongings represent, and leave with practical strategies to get started.

A2026-75 | Fri, Dec 4 | 10:00 - 11:30 AM | \$5
Sunrise Park-Sr Center

The TPT Viewers Like Us Club is a FREE and thoughtfully curated program from Twin Cities PBS (TPT) designed to bring adults together around meaningful media. It's like a traditional book club but swaps out the latest best-selling novel with award-winning programs from your local PBS station.

Viewers Like Us: Art + Medicine: Disability, Culture & Creativity **NEW**

Artists and healthcare clinicians explore disability through stories and performances that challenge perceptions of normal. Hosted by artist Kevin Kling, Professor Jessica Horvath Williams, PhD, and Dr. Tsegaensh Selameab.

A2026-83 | Fri, Oct 16 | 10:00 AM - 12:00 PM
Free | Sunrise Park-Sr Center

Viewers Like Us: Remember the Magic **NEW**

Relive the magic of Dayton's holiday displays through stories from the artists, creators, and visitors who made the 8th floor auditorium a cherished holiday tradition.

A2026-84 | Tue, Dec 1 | 10:00 AM - 12:00 PM
Free | Sunrise Park-Sr Center

RAMSEY COUNTY MASTER GARDENER CLASSES:

Build Your Own Lures*Ages 10+ w/ Registered Adult*

Discover what fish actually see and respond to, explore a variety of lures and gadgets, and craft your own to take home.

A2026-68 | Mon, Oct 5 | 6:00 - 7:00 PM | \$20
 Sunrise Park-Sr Center

Fall Lawn Care

A2026-65 | Mon, Sep 21 | 6:30 - 7:30 PM | \$20
 Sunrise Park-Sr Center

Fall Native Perennial Planting

A2026-66 | Mon, Oct 19 | 6:30 - 7:30 PM | \$20
 Forest Lake Area Schools Education Center

Growing Great Garlic in Minnesota

A2026-100 | Mon, Sep 14 | 6:30 - 8:00 PM | \$20
 U of M Extension Office in Maplewood

Growing Microgreens

A2026-101 | Sat, Nov 7 | 6:30 - 8:00 PM | \$20
 U of M Extension Office in Maplewood

Houseplant Success

A2026-102 | Sat, Dec 5 | 6:30 - 8:00 PM | \$20
 U of M Extension Office in Maplewood

Saving Your Seeds

A2026-67 | Mon, Nov 16 | 6:30 - 7:30 PM | \$20
 Forest Lake Area Schools Education Center

Winter Tree & Shrub Care

A2026-69 | Mon, Dec 14 | 6:30 - 7:30 PM | \$20
 Forest Lake Area Schools Education Center

Music & Dance**Easy Partner Dancing for All Occasions**

Looking for a fun way to move and connect? Learn simple patterns and turns from classic ballroom moves, set to everything from old-school tunes to today's top hits. No pressure, just a relaxed, supportive environment — two left feet welcome!

A2026-114p | 3 Sessions | Tue, Oct 13 - 27
6:30 - 7:45 PM | \$60/person | Matoska International

Harmony Adventure for Women

Love to sing? Learn four-part harmony with the Vallee de Croix Women's Chorus through evening rehearsals, with music, learning materials, and vocal coaching included. Culminates in December holiday performances. A free voice lesson is included!

A2026-18 | 9 Sessions | Mon, Oct 12 - Dec 7
7:00 - 8:30 PM | \$40 | Our Savior's Lutheran Church

Day Trips for 55+**Day Trip: ANNIE at Chanhassen Dinner Theatre *NEW***

Little orphan Annie easily wins everyone's hearts. And now, alongside her best pup pal, Sandy, she's set her sights on making us grin from ear-to-ear as she inspires a whole new generation!

A2026-88 | Wed, Dec 9 | 10:00 AM - 4:45 PM | \$115
 Mahtomedi District Education Center

Day Trip: Crow River Winery and Bistro & Carlson's Orchard Bakery *NEW*

Visit the award-winning Crow River Winery & Bistro near Hutchinson for lunch, a guided tour, and tasting. Then it's on to Carlson's Orchard Bakery & Restaurant in Winsted, a beloved local treasure with over 26 years of pie-making tradition, for fresh-picked apples and irresistible homemade baked goods.

A2026-23 | Wed, Oct 14 | 9:30 AM - 5:00 PM | \$105
 Sunrise Park-Sr Center

Day Trip: Historic Stillwater Trolley Tour & Lunch *NEW*

Step back in time in Stillwater. Take a narrated trolley tour tracing the city's journey from a booming lumber town of grand Victorian mansions to one of America's prettiest small towns. Lunch awaits at The Freight House Restaurant, a beautifully preserved 1800s train depot.

A2026-103 | Tue, Sep 15 | 10:00 AM - 1:30 PM | \$75
 Mahtomedi District Education Center

Day Trip: Twin Cities Model Train Museum *NEW*

Train lover or not, this guided tour is not to be missed. Explore 11,000+ square feet of interactive layouts, including a world-class Twin Cities recreation, a multi-scale toy train display, and a rich collection of local railroad artwork and artifacts. Come for the history, the craftsmanship, or simply the nostalgia. We'll wrap up the day with lunch at The Original Malt Shop in Roseville.

A2026-54 | Fri, Nov 13 | 9:30 AM - 2:00 PM | \$40
 Sunrise Park-Sr Center

TRAVEL SHOW

PREMIER
 WORLD DISCOVERY

Sep 2026	West Virginia Rails & Williamsburg
Dec 2026	Sedona Holiday or San Antonio Holiday
Apr 2027	Ireland
May 2027	Carolina Outer Banks
July 2027	Majestic Canadian Rockies
Dec 2027	Christmas Season in Victoria & Vancouver
Dec 2027	Burges, Brussels & Rhine Christmas

A2026-143 | Thu, Oct 15 | 10:00 - 11:30 AM | Free
 Sunrise Park-Sr Center

White Bear Area Senior Center

2399 Cedar Ave, White Bear Lake, MN 55110

Mon - Fri, 9:00 AM - 3:00 PM | 651-653-3121

Email: whitebearseniorprogram@isd624.org | WhiteBearSeniorProgram.org

Senior Center Membership

JULY 1 - JUNE 30

\$35/PERSON, \$60/COUPLE

Membership is required to attend ongoing group activities at the Senior Center. Memberships and renewals are processed in our Main Office, or by calling 651-653-3121.

Craft Corner Gift Shop

Open 11:00 AM - 3:00 PM daily

(651) 653-3130

Our gift shop offers a variety of beautiful, handcrafted items. Are you a creative individual with a growing collection of crafts? Become a consignee at our Craft Corner. Adults 50+ or with disabilities can sell items in our shop. A portion of sales supports the Senior Program, and the rest goes to the consignee.

Foot Care Clinic at the Senior Center

\$60/cash or check | \$63 credit card

35 minute appointment | Appointment required | 651-653-3121

The Voice

Publication dates:

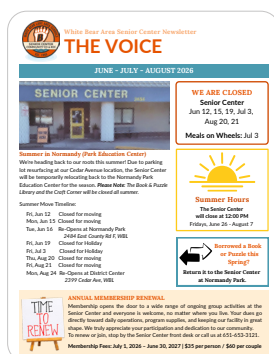
Sep-Dec, Dec-Feb, Mar-May, Jun-Aug

The Voice is a free, quarterly newsletter. If you would like to be added to our mailing list, call 651-653-3121.

Current Wave

Emailed at the end of each month

Current Wave is a monthly email that provides supplemental information to The Voice newsletter. To subscribe, call 651-653-3121.



WE ARE CLOSED

Senior Center:
Sep 7, Nov 26 & 27,
Dec 24 - Jan 1

Weekly Activities

5 Crowns

Fri | 9:30 - 11:30 AM

500 Cards

Tue | 12:30 - 3:00 PM

Bridge-Contract

Wed | 12:00 - 3:45 PM

Coloring

Tue | 9:30 - 11:00 AM

Cribbage

Mon & Thu | 12:30 - 3:00 PM

\$1/play | \$2 optional snack bar

Dominoes

Thu (1st, 3rd, 5th) | 1:30 - 3:30 PM

Guys & Gals Social Group

Wed | 1:00 - 2:30 PM

Restaurant: 1st & 3rd, 5th

Senior Center: 2nd & 4th

Hand & Foot

Fri | 12:30 - 3:00 PM

In Stitches

Fri | 1:00 - 3:00 PM

Mugs & Musings

Fri (2nd & 4th) | 10:00 AM - 12:00 PM

Mah Jongg

Mon & Thu | 12:00 - 3:00 PM

Painting Group

Tue | 10:00 AM - 4:00 PM

Pinochle

Wed | 12:00 - 3:00 PM (\$1/person)

Reader's Chat

Mon (4th) | 10:00 - 11:30 AM

Ukulele Bears

Mon | 10:00 - 11:30 AM

Lessons: 9:00 AM

Woodcarvers Group

Wed | 8:30 - 11:00 AM

Yarn B's

Thu | 10:00 - 11:30 AM

MARK YOUR CALENDAR

Craft Corner Holiday Boutique

Friday, November 6

9:00 AM - 6:00 PM

Saturday, November 7

9:00 AM - 3:00 PM

REGISTER

whitebear.arux.app

Meals on Wheels



WE ARE CLOSED

Meals on Wheels:
Sep 7, Nov 26 & 27,
Dec 24 & 25, Dec 29 - Jan 1

Meals on Wheels (MOW) is a community-based service that provides fresh, nutritious meals delivered directly to the homes of seniors and individuals with disabilities.

Meals on Wheels eliminates stress by providing fully prepared meals delivered right to your door.

We offer flexible delivery options: choose from hot, cold, or frozen meals to suit your lifestyle. We also offer gluten-free, dairy-free, low-sodium, mechanically soft, and pureed meals. This not only saves you time but also allows you to focus on other important aspects of your life.

- Monday - Friday delivery between 11:30 AM - 1:00 PM.
- Weekend meals are delivered frozen on Thursdays.
- Adults living in the White Bear Lake & Mahtomedi School Districts are eligible to receive meals.
- Cost is on a sliding scale based on income.



GET MEALS

<https://meals-on-wheels.com/get-meals>

DONATE

<https://bit.ly/40hWSE8>

VOLUNTEER

<https://bit.ly/3MQ8F9E>

Contact us for more details:

Phone: 651-653-3123

Email: mealsonwheels@isd624.org

Community Bridge Consortium



*A Place for Adults With
Cognitive Disabilities To
Explore Their Abilities*



Experience a variety of classes and activities:

- Customized class and recreational and social opportunities for adults with Developmental Cognitive Disabilities (DCD)
- Accommodations for successful participation in classes
- Registration assistance
- American Sign Language interpreters

To receive our brochure of courses and activities:
651-748-7250 | www.isd622.org/communitybridge

Watch for Classes in White Bear Lake:

Oct 8: Cardboard Creation Workshop

Nov 17: Bingo

Nov 30: Create a Gift: Outstanding Ornaments

Dec 8: Tree Decorating Party

Jan 13: Mugs & Marshmallows

Registration Opens:

Sep 1 (view online beginning Aug 17)

Register at 651-748-7232

<https://isd622.arux.app/com>



Community Bridge is a consortium sponsored by the School district of Mahtomedi, North St. Paul-Maplewood-Oakdale, Roseville Area, South Washington County, and White Bear Lake Area.

COMMUNITY EVENTS



SAVE THE DATE



EST 1955
**COMMUNITY ED
& RECREATION**
WHITE BEAR LAKE AREA SCHOOLS

— CELEBRATING —
100 YEARS
OF THE HIPPODROME

Saturday, October 10
2 - 4 PM

Explore a century of memories and
enjoy open skating for all ages!

View more details and register
at whitebear.arux.app



Senior Center Craft Corner

FALL Boutique

Homemade Items From Everyday to Holiday

Friday, Nov 6 | 9 AM - 6 PM
and
Saturday, Nov 7 | 9 AM - 3 PM

White Bear Area Senior Center
2399 Cedar Ave, White Bear Lake, MN 55110
Entrance at the corner of Cranbrook & Roth Place
(Door D)



WHITE BEAR LAKE GIRL SCOUT TROOPS &
THE SENIOR CENTER CRAFT CORNER

ELVES Workshop

SATURDAY, DECEMBER 5

Shop homemade crafts & baked goods by local
Girl Scout Troops and the Craft Corner Seniors.

10:00 AM - 3:00 PM

SUNRISE PARK-SENIOR CENTER
2399 Cedar Ave, White Bear Lake
Entrance on Cranbrook Drive & Roth Place



SUNDAY, OCT 4 BEAR BIKE

RIDE FOR YOUTH SCHOLARSHIPS

All proceeds help pay student activity and sport registration fees.

10-mile ride (11 AM start) or Family Fun Ride around the school (11:45 AM start)

White Bear Lake Area High School, 5045 Division Ave, White Bear Lake, MN 55110



Register
whitebear.arux.app
ce-950

**Don't Ride?
Donate**



English as a Second Language



Sunrise Park

2399 Cedar Ave, WBL, MN 55110
651-653-3120 | Text: 651-252-4425
¿Español? Amy Ottaviani 651-653-3116
ec@isd624.org | www.isd624.org/abe



ESL Family Literacy Classes

Parent-child classes are offered for families with English as a second language who have children under 5 years old (before kindergarten). Parents and children attend together to improve English language skills through conversation, learning activities, stories, and more. There is a fee for ESL Family Literacy classes. Call for more information

Mon & Wed | 9:30 AM - 12:00 PM | Transportation available

Tues & Thu | 9:00-11:30 AM (no transportation)

We Are Here to Help!

Please send us a text message at 651-899-2880 if you need help registering or have questions.

Spanish/Español:

Estamos aquí para ayudarle. Por favor, envíenos un mensaje de texto al 651-899-2880 si usted:

- Necesito ayuda para registrarme
- ¿Tiene preguntas?
- Necesito un traductor

Hmong/Hmoob:

Peb nyob ntawm no pab! Thov xa peb ib phau ntawv lus ntawm 651-899-2880 yog hais tias koj:

- Xav tau kev pab sau npe
- Muaj lus nug
- Xav tau ib lub tshuab txhais lus

Somali/Soomaali:

Waxaan halkaan u joognaa inaan caawinno! Fadlan noogu soo dir fariin qoraal ah 651-899-2880 haddii aad: Waxaad u baahan tahay in lagaa caawiyo

- isdiiwaangelinta
- Su'aalo qabo
- Waxaan u baahanahay urjumaan



Harmony Learning Center

1961 County Road C East, Maplewood, MN 551109
651-748-6208 | Text: 651-899-2880
harmonyabe@isd622.org | www.isd622.org/abe

ESL English Classes

English classes for reading, writing, speaking, and listening. Classes are offered at NO COST. Come join our community of adult English learners in a comfortable, friendly environment. Day, evening and online classes are available.

• Beginning/Intermediate ESL

Mon-Fri | 9:00 AM - 1:00 PM
Mon-Wed: 5:00 - 8:00 PM

• Advanced ESL

Mon-Fri | 9:00 AM - 1:00 PM

• LEAP (Learn English for Academic Purpose)

Mon-Thu | 9:00 AM - 1:00 PM
Mon-Wed | 5:00 - 8:00 PM

• LEAP Writing

Mon & Wed | 1:30 - 4:30 PM

• Citizenship

Mon | 5:00 - 8:00 PM

For anyone at or above intermediate speaking and reading level in English and will meet the time requirement in one year or less.

How to Register

Registration takes 2 to 2.5 hours and must be done in person at Harmony Learning Center. There is no cost to register for classes. Students may register during the following hours:

- Monday-Wednesday: 9:30 AM - 8:00 PM
- Thursday: 9:30 AM - 5:00 PM
- Friday: 9:30 AM - 2:00 PM

Additional Course Options:

- **GED Prep & Testing:** General Education Development (GED) & Testing Preparation is a self-paced program designed to help you study and prepare to take the GED tests.
- **Health Care Careers:** Train for an entry-level position on a track toward a career as a Home Health Aide, Certified Nursing Assistant, Licensed Practical Nurse or Registered Nurse.
- **Distance Learning: Computer Skills & Learning English Careers:** Prepare for a future career in the Information Technology field.
- **iParaEducator Careers** We can help you obtain the certification to work in our schools as a paraprofessional.



Early Childhood Screening

SCREEN AT THREE

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

3 reasons to screen at age 3:

- Screening can help ensure school success
- If health or developmental concerns are identified, educational services are readily available
- It is fun for children and provides caregivers with valuable information regarding child development

Register online at whitebear.arux.app/course/5820/ec-2526-screening/early-childhood-screening or call 651-653-3100 with your child's name, date of birth, your name, and phone number.

Screening Location:

Early Childhood Center at Sunrise Park
2399 Cedar Avenue, White Bear Lake, MN 55110

Early Childhood Screening Dates

Thu, September 17	3:00-7:00 PM
Fri, September 18	8:30 AM-3:15 PM
Thu, October 8	3:00-7:00 PM
Fri, October 9	8:30 AM-3:15 PM
Thu, November 12	3:00-7:00 PM
Fri, November 13	8:30 AM-3:15 PM
Thu, December 10	3:00-7:00 PM
Fri, December 11	8:30-11:30 AM



ECFE Classes include Three Components:

- » **Parent-Child Interaction:** You and your child enjoy activities together that support learning and leave with new ideas to try at home.
- » **Parent Education:** Connect with other parents and a licensed ECFE teacher to discuss development, temperament, discipline, and school readiness. This group meets separately or in a designated space in the classroom for non-separating classes.
- » **Children's Classroom:** While parents meet, children learn through play with early childhood staff, enjoying music, art, stories, and large and small motor activities with peers.

Infants

AGES BIRTH-12 MONTHS BY SEP 1, 2026

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment. **Non-separating*

Mondays | Sunrise Park

6-12 Months Old | 8:45 - 10:15 AM

0-6 Months Old | 10:30 - 11:45 AM

Ones

AGE 1 BY SEP 1, 2026

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines, and parenting styles. **Gradual parent/child separation*

Tuesdays | 8:45-10:45 AM | Sunrise Park

Wednesdays | 8:45-10:45 AM | Sunrise Park

ECFE Terrific Twos

AGE 2 BY SEP 1, 2026

Join us for this unique opportunity where we highlight the developmental milestones happening during this age, such as self regulation, independence, motor development, communication and language development.

Wednesdays | 8:00-10:00 AM | Hugo

Thursdays | 8:45-10:45 AM | Sunrise Park

Multi-Age

AGES BIRTH-5 BY SEP 1, 2026

Join families with children birth to five (before kindergarten) and participate in age appropriate activities. There will be a separate parenting time to learn about child development, handling tantrums and anger, toilet learning, and more. Gradual parent/child separation is flexible and can occur as the child's needs are met.

Mondays | 8:45-10:45 AM | Hugo

Mondays | 6:00 PM-7:30 PM | Hugo

Tuesdays | 6:00-7:30 PM | Sunrise Park

Thursdays | 12:00-2:00 PM | Sunrise Park

Wednesdays | 8:45-10:45 AM | Sunrise Park

Family Literacy

AGES BIRTH TO 5 (BEFORE KINDERGARTEN)

This multi-age class meets twice a week for families looking to practice English together. Parents and children will tell stories, create art, music and more. There will be a separate time to talk about parenting and learn English. The class is co-taught by an English/ESL teacher and an ECCE/parent educator.

Mondays & Wednesdays | 9:30 AM-12:00 PM | \$26

Sunrise Park

**Transportation is available*

Tuesdays & Thursdays | 9:00-11:30 AM | \$26

Sunrise Park

Knee-High Nature

AGES 2-3 BY SEP 1, 2026

In this unique parent-child program, we venture beyond the classroom to explore and uncover nature's wonders. Parents and children will enjoy one-on-one time both indoors and outdoors. Additionally, parents will have the opportunity to meet separately with the teacher to discuss their child's learning and development, while children engage with a Naturalist to discover more about themselves, each other, and the natural world.

Wednesdays | 11:30 AM-1:30 PM

Tamarack Nature Center

**Wednesday families are welcome to bring a picnic lunch*

Fridays | 8:45-10:45 AM | Tamarack Nature Center

Pop In & Play Time!

AGES BIRTH-3 YEARS, 11 MONTHS BY SEP 1, 2026

Parents/caregivers and children will enjoy a variety of activities and circle time with our Early Childhood teachers. **Non-separating*

Tuesdays | 11:00 AM-12:00 PM | Sunrise Park

Wednesdays | 10:30-11:30 AM | Hugo

Thursdays | 11:00 AM-12:00 PM | Sunrise Park

Grandparents Class

AGES BIRTH-5 BY SEP 1, 2026

When we had young children, there was no instruction manual—and as we step into grandparenting, we find that hasn't changed! Whether you're raising your grandchild full-time or simply looking for special moments together, this ECCE class is for you.

Join other grandparents in a welcoming space designed for young children, where you can connect, play, and share experiences. During our separation time, we'll explore the unique joys and challenges of grandparenting while the children engage in fun, age-appropriate activities.

**Birth - 12 months are non-separating*

Classes run in two 8-week sessions:

Sept 14 - Nov 12 & Mar 29 - May 27

Mondays | 8:45-10:45 AM | Sunrise Park

Thursdays | 8:45-10:45 AM | Sunrise Park

Young Explorers

AGES 2.5-3 BY SEP 1, 2026

In these engaging mini sessions, children will explore, learn, and discover exciting new things! Each themed class provides opportunities to develop age-appropriate skills, spark curiosity, and encourage hands-on learning.

**Please note: The Hugo class will not have an on-site nurse.*

Session 1 - Sep: "Pete the Cat's Groovy Adventure"

Join Pete the Cat for fun stories, songs, and activities exploring music, colors, and friendship! Every day brings a groovy journey full of laughter and cat-tastic fun!

Sunrise Park | Tue | Sep 15, 22, 29 | 8:45-10:45 AM

Hugo | Wed | Sep 9, 16, 23 | 12:45-2:45 PM

Oneka | Fri | Sep 11, 18, 25 | 8:45-10:45 AM

Session 2 - Oct: "When You Wish Upon a Star"

Step into a world of magic, moonlight, and sparkling dreams! Your child will explore the night sky, stars, and the power of wishing big through crafts, songs, and imaginative play. Each day is a magical adventure where creativity soars and dreams take flight!

Sunrise Park | Tue | Oct 6, 20, 27 | 8:45-10:45 AM

Hugo | Wed | Oct 7, 21, 28 | 12:00-2:00 PM

Oneka | Fri | Oct 2, 9, 23 | 8:45-10:45 AM

Session 3 - Nov: "Lions, Tigers, & Bears... Oh My!"

Explore the fascinating world of animals big and small! Through activities, songs, and crafts, your child will learn about jungle friends, habitats, and animal sounds. Each day is a wild adventure full of animal fun!

Sunrise Park | Tue | Nov 3, 10, 17 | 8:45-10:45 AM

Hugo | Wednesdays | Nov 4, 11, 18 | 12:00-2:00 PM

Oneka | Fridays | Nov 6, 13, 20 | 8:45-10:45 AM

Session 4 - Dec: "Splash of Color"

Dive into the world of colors, painting, and creativity! Through messy art, crafts, songs, and sensory activities, your child will explore how to mix colors. Every day is a rainbow-filled adventure where imagination blooms and creativity flows.

Sunrise Park | Tue | Dec 1, 8, 15 | 8:45-10:45 AM

Hugo | Wed | Dec 2, 9, 16 | 12:00-2:00 PM

Oneka | Fridays | Dec 4, 11, 18 | 8:45-10:45 AM

Field Trip to Lendt's Pumpkin Patch

Hop on the bus for a fun-filled adventure at Lendt's Pumpkin Patch! Enjoy a scenic hayride, pick your own pumpkin, and learn about honey bees. Each child receives Indian corn and a popcorn cob to take home. Explore outdoor playgrounds and play in the corn pit — don't miss this exciting fall experience!

Monday, October 12 | 8:30 AM-12:00 PM

Fall Parent Event

More information to come — stay tuned!

Thursday, November 12 | Sunrise Park

Music Together (Adult & Child Class)

Discover the joy of making Music Together! Sing, laugh, move, and learn along with your child for 45-minutes of pure fun each week in these award-winning classes. Tuition: \$209 for adult & first child, \$129/additional sibling. Infants under 8 months on the first day of a session attend FREE with a registered sibling. They must be born after: January 19, 2025.

FREE DEMO CLASSES

A2026-93 | Wed, Sep 9 | 4:45 - 5:30 PM | Sunrise Park
 A2026-94 | Wed, Sep 9 | 5:45 - 6:30 PM | Sunrise Park
 A2026-95 | Fri, Sep 11 | 9:15 - 10:00 AM | Sunrise Park
 A2026-96 | Fri, Sep 11 | 10:15 - 11:00 AM | Sunrise Park

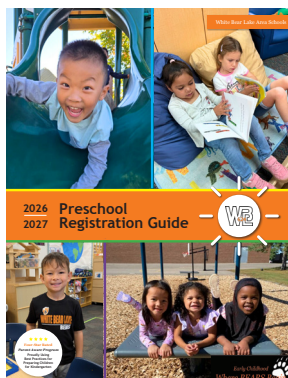
FULL CLASSES | 10 Sessions

A2026-91 | 10 Sessions | Wed, Sep 23 - Dec 2
 4:45 - 5:30 PM | Sunrise Park | No Class Nov 25
 A2026-92 | 10 Sessions | Wed, Sep 23 - Dec 2
 5:45 - 6:30 PM | Sunrise Park | No Class Nov 25
 A2026-89 | 10 Sessions | Fri, Sep 25 - Dec 4
 9:15 - 10:00 AM | Sunrise Park | No Class Nov 27
 A2026-90 | 10 Sessions | Fri, Sep 25 - Dec 4
 10:15 - 11:00 AM | Sunrise Park | No Class Nov 27

New Parent Know-How:
 Essential Infant Development & Postpartum Skills.
 See page 11.



ECFE
GUIDE



PRESCHOOL
GUIDE



PRESCHOOL REGISTRATION:

- Call 651-653-3100 or visit whitebear.arux.app.
- Guides are available to view online at earlychildhood.isd624.org/registration.
Guides will not be mailed out.
- Tuition based program. Scholarships are available.

JOIN OUR PAC!

What is the Parent Advisory Council (PAC)?

Every Early Childhood program is required to have an advisory council to help develop, plan, and monitor the ECCE program. The PAC is made up of parents in the program, local community professionals, and agency representatives who provide input and guidance on community needs.

- The PAC meets 4 times per year
- The first PAC meeting is Monday, September 21, 11:00 - 12:00 PM
- Free Childcare Provided
- \$50 Incentives Available
- The PAC approves grants for EC programs
- Runs special PAC sponsored events
- The PAC supports 2-3 fundraisers per year

earlychildhood.isd624.org/families/pta

If interested send an email to: wblecpac@gmail.com

Early Childhood Preschool Options:

Half Day Preschool	
Site:	Early Childhood Center at Sunrise Park
Days & Hours:	8:30-11:00 AM & 12:30-3:00 PM,
Site:	Oneka
Days & Hours:	7:45-10:15 AM & 11:45-2:15 AM
Full Day Preschool: M/W/F	
Sites:	Oneka, Birch
Days & Hours:	Mon/Wed/Fri, 7:45 AM-2:15 PM
Additional Options:	May qualify for transportation, access to nutrition services, Extended Day options
Full Day Preschool: Mon-Fri	
Sites:	Birch, Lakeaires, Otter, Oneka, Vadnais, Willow
Days & Hours:	Mon-Fri, 7:45 AM-2:15 PM
Additional Options:	May qualify for transportation, access to nutrition services, Extended Day options available
Tamarack Nature Preschool	
3 Year Olds:	T/Th or M/W, 8:30-11:00 AM
4-5 Year Olds Half Day:	M/W/F, 12:30-3:00 PM
4-5 Year Olds Full Day:	T/Th, 8:30 AM-3:00 PM M/W/F, 8:30 AM-3:00 PM



The Bear Adventure Club is youth-focused and choice-based, offering students the opportunity to develop strong social skills and positive relationships with peers, increase literacy and math skills, participate in individual and group activities, and work on special projects. Program activities

include health and fitness, service projects, arts and crafts, creative play, languages and literacy, cooking, science, and much more.

- » Pick Your Day contract available-only 5 day notice required.
- » Drop-ins available (24 hour notice and accepted if space is available).
- » No minimum number of days required for consistent contracts (attend 1-5 days per week).
- » Contract change fee after July 19, 2026: \$15

REGISTRATION INFO:

- Registration is open for the 2026-27 school year for incoming grades preK-5. Visit whitebear.arux.app to register.
- Registration fee: \$30
- Contracts will start to be accepted for the upcoming school year on Monday, July 20. All registration fees are non-fundable after July 19.
- Any withdrawal of contract after July 19 will result in being charged the registration fee as well as an additional \$50 withdrawal fee
- Questions? We are here to help! Call 651-407-7511 or email communityservicesbilling@isd624.org.

Bear Adventure Club will be **CLOSED** on the following Non-School Days:

Sep 7, 2026	Labor Day
Nov 25-27, 2026	Thanksgiving Break
Dec 24, 2026-Jan 1, 2027	Winter Break
Jan 18, 2027	Martin Luther King Jr. Day
Feb 15, 2027	Presidents' Day
Mar 26, 2027	Staff Development
May 31, 2027	Memorial Day

Sample of Daily Afternoon Schedule

2:15	Check-in & Group Team Building Game
2:25	Daily Meeting: Review daily choices and schedule and Social Emotional Learning Activity
2:45	Homework, Literacy Time (Read to Self, Read Aloud, Word Games, etc.)
3:00	Snack Opens
3:15	Active Play (Gym, Outside, Classroom Yoga or Go Noodle) Camps & clubs of varying topics offered
4:00	Daily Special or Youth Led Activity such as STEAM, Social Studies, Social Emotional Learning & Life Skills, Literacy, and Service Projects
4:45	Free Choice: Active Play, Dramatic Play, Games, Art, etc.
5:30	Program Close

*All activities offered are open for varying lengths. Students will be able to access a variety of choices after school to tailor to their own individual enrichment interests!

Bear Adventure Club will be **OPEN** on the following 2026-27 Non-School Days:

Non-School Day	Registration Deadline
Sept 4, 2026	08/28/2026
Oct 14-16, 2026	10/01/2026
Nov 30, 2026	11/16/2026
Jan 19, 2026	01/05/2027
Feb 12, 2026	01/29/2027
Mar 5-12, 2026	02/19/2027
Apr 16	04/02/2027

Locations
will be available
August 7 in Arux.

- Non-school days are not included in your contract. If you plan to use any of these days you will need to register at whitebear.arux.app.
- If you are looking to only register for non-school days, please register for a drop-in contract and select the non school days needed.
- Registration fee before deadline: \$61/day
Registration fee after deadline: \$72/day
- Families can cancel after the deadline has passed until 7 business days prior to the programming date for a \$25 fee.

CONSISTENT CONTRACT RATES

SESSION & HOURS	RATE
Before School: 6:30 - 7:30 AM	\$10.50
After School: 2:15 - 5:30 PM	\$21.50
Matoska AM: 6:30 - 8:30 AM	\$13.25
Matoska PM: 3:00 - 5:30 PM	\$18.80

PICK YOUR DAYS RATES

SESSION & HOURS	RATE
Before School: 6:30 - 7:30 AM	\$12.50
After School: 2:15 - 5:30 PM	\$25.50
Matoska AM: 6:30 - 8:30 AM	\$15.50
Matoska PM: 3:00 - 6:00 PM	\$21.95

DROP IN RATES

SESSION & HOURS	RATE
Before School: 6:30 - 7:45 AM	\$15.00
After School: 2:15 - 5:30 PM	\$32.00
Matoska AM: 6:30 - 8:30 AM	\$18.50
Matoska PM: 3:00 - 6:00 PM	\$28.00

Advantage EP: In-School ACT Prep Course: Gr 10-12

Traditional classroom format with in-person instructors who present test-taking strategies, critical review and time management for all testing areas of the ACT. This 12-hour course meets one day each week for four weeks.

Y0926-206 | 4 Sessions | Mon, Sep 14 - Oct 5
6:00 - 9:00 PM | \$180 | WBLA High School

Y0926-207 | 4 Sessions | Thu, Oct 29 - Nov 19
6:00 - 9:00 PM | \$180 | WBLA High School

Y0926-208 | 4 Sessions | Sat, Oct 31 - Nov 21
12:00 - 3:00 PM | \$180 | WBLA High School

Advantage EP: Virtual Online ACT Prep Course: Gr 10-12

The virtual option takes place with an Advantage instructor in an interactive online classroom. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

Y0926-209 | 4 Sessions | Sun, Sep 20 - Oct 11
1:00 - 4:00 PM | \$180 | Online

Y0926-210 | 4 Sessions | Sun, Nov 8 - Dec 6
1:00 - 4:00 PM | \$180 | Online | *No Class Nov 29*

Advantage EP: Self-Paced Online ACT Prep Course: Gr 10-12

Although live instruction is always optimal for ACT instruction, Advantage offers a self-paced option for students who are unable to attend an in-person or virtual course. Instructional videos and slides are pre-recorded and provided online. Upon request, students who are registered for the In-School ACT Prep Course or the Virtual ACT Prep Course can also access this online course at NO ADDITIONAL CHARGE.

You have one year to finish this course.

Y0926-777 | \$80 | Online



Drivers Education: Ages 14- 18 A+ Driving School

This 30-hour course, led by a certified instructor from A+ Driving School, meets the Minnesota state requirement for driver's education. The class will cover both the "how" and "why" of safe driving through a combination of lecture and interactive discussion. Upon completion, students will be eligible to schedule and complete six hours of behind-the-wheel instruction as required by the state.

Students can begin classroom driving lessons at age 14, take the Knowledge Test and receive their Instruction Permit at 15, and become eligible for the Road Test and Provisional License at 16. To take the Road Test, students must hold their Instruction Permit for at least six months.

Classroom Phase - Teleconference or In-Person: This phase includes 30 hours of required classroom instruction designed to prepare students for the Minnesota permit test and the responsibilities of safe driving. If a lesson is missed, make-up sessions can be scheduled through the office, either during the next White Bear session or at another A+ location.

Behind-the-Wheel Phase: Once students pass the permit test, they must complete six hours of behind-the-wheel instruction, divided into three, two-hour sessions. Each session is one-on-one with a licensed instructor certified by the MN Department of Public Safety. Students can be picked up and dropped off at home, school, or work. Detailed scheduling information will be provided to help arrange these lessons.

Parent Involvement: A+ Driving School offers parent informational meetings to support families through the learning process. Attending this class fulfills the state requirement to reduce the student's supervised driving hours from 50 to 40. **The course fee is \$450, with payment plans available.**

Y0926-1
3:30 - 6:30 PM | WBLA High School

Mon - Thu | Oct 5-8, 12-13, 19-22

Mon - Thu | Nov 2-5, 9-12, 16-17

Mon - Thu | Dec 2-3, 7-10, 14-17

Mon - Thu | Jan 11-14, 20-21, 25-18

Mon - Thu | Feb 8-11, 16-18, 22-24

Mon - Thu | Mar 3-4, 8-11, 15-18

Mon - Thu | Apr 7-8, 12-15, 19-22

Mon - Thu | May 4-6, 10-13, 18-20

4:00 - 7:00 PM | Online

Mon - Thu | Sep 14-17, 22-24, 28-30

Mon - Thu | Oct 5-8, 12-13, 19-22

Mon - Thu | Nov 2-5, 9-12, 16-17

Mon - Thu | Dec 2-3, 7-10, 14-17

Mon - Thu | Jan 11-14, 20-21, 25-28

Mon - Thu | Feb 8-11, 16-18, 22-24

Mon - Thu | Mar 3-4, 8-11, 15-18

Mon - Thu | Apr 7-8, 12-15, 19-22

Mon - Thu | May 4-6, 10-13, 18-20

Archery

Middle School Competitive Archery Team: Gr 6-8

Join our competitive archery team for three weekly practices from late Nov to late Mar, with opportunities for local, regional, and state tournaments. Attendance is flexible; students do not need to attend every practice.

**Y1126-444 | 49 Sessions | Tue-Thu | Nov 17 - Mar 31
6:00 - 8:00 PM | \$375 | WBLA High School**
No Class Nov 25 & 26, Dec 24, 29, 30 & 31, Jan 19, Mar 9, 10 & 11

Monday Night Archery Club: Gr 3-12

Explore archery in this introductory club with NASP-approved equipment included. Learn to sight, aim, and shoot while discovering your passion for the sport.

**Y1126-445 | 11 Sessions | Mon, Nov 16 - Feb 22
6:00 - 8:00 PM | \$225 | WBLA High School**
No Class Nov 30, Dec 28, Jan 18 & Feb 15

Art

AbraKadoodle: Cookies & Art Studio: Fall and Holiday Edition: Gr K-5

Become an edible artist in this fun class where you'll sketch, sculpt, and decorate delicious fall and holiday-themed cookies to take home each day.

**Y0926-73 | 5 Sessions | Mon, Sep 14 - Oct 12
2:20 - 3:20 PM | \$75 | Willow Lane Elementary**

**Y0926-74 | 5 Sessions | Tue, Sep 15 - Oct 13
2:20 - 3:20 PM | \$75 | Birch Lake Elementary**

**Y0926-75 | 4 Sessions | Thu, Sep 17 - Oct 8
2:20 - 3:20 PM | \$60 | Lakeaires Elementary**

**Y0926-76 | 6 Sessions | Fri, Sep 18 - Oct 30
2:20 - 3:20 PM | \$100 | Vadnais Heights Elementary**
No Class Oct 16

AbraKadoodle: Elf Workshop: Holiday Gift Makers: Gr K-5

Join the Holiday Gift Factory to paint, sculpt, and create handmade gifts that are wrapped and ready for loved ones. Celebrate the season by crafting unique presents and spreading holiday cheer!

**Y1126-77 | 6 Sessions | Fri, Nov 6 - Dec 18 | 2:20 - 3:20 PM
\$100 | Vadnais Heights Elementary | No Class Nov 27**

**Y1126-78 | 5 Sessions | Thu, Nov 12 - Dec 17 | 2:20 - 3:20 PM
\$75 | Lakeaires Elementary | No Class Nov 26**

**Y1126-79 | 5 Sessions | Tue, Nov 17 - Dec 15 | 2:20 - 3:20 PM
\$75 | Birch Lake Elementary**

Adult/Child Soap Making Class
See page 4.

Kidcreate: Anime-zing Art: Gr K-5

Young artists will learn to draw popular anime characters while building essential skills like expressive eyes and creative character design. This engaging class inspires students to bring their own unique creations to life.

**Y1126-162 | 4 Sessions | Mon, Nov 23 - Dec 21
2:20 - 3:20 PM | \$100 | Lakeaires Elementary**
No Class Nov 30

**Y1126-163 | 4 Sessions | Tue, Dec 1 - 22
2:20 - 3:20 PM | \$100 | Vadnais Heights Elementary**

Kidcreate: Plushy Pals Clay Factory: Gr K-5

Inspired by beloved plush toys, kids will craft a silly pizza, an adorable cupcake trinket box, and a lovable dinosaur from clay. This creative class is packed with paint, laughter, and endless imagination.

**Y0926-152 | 6 Sessions | Thu, Sep 3 - Oct 8
2:20 - 3:20 PM | \$130 | Birch Lake Elementary**

**Y0926-154 | 5 Sessions | Fri, Oct 23 - Nov 20
2:20 - 3:20 PM | \$115 | North Star Elementary**

**Y0926-153 | 4 Sessions | Tue, Dec 1 - 22
2:20 - 3:20 PM | \$100 | Willow Lane Elementary**

Kidcreate: TrendTastic: Gr K-5

Create trendy, character-inspired projects, including Labubu sculptures, character portraits, and custom Cinnamoroll slime.

**Y0926-150 | 5 Sessions | Tue, Sep 1 - 29 | 2:20 - 3:20 PM
\$115 | Vadnais Heights Elementary**

**Y0926-151 | 4 Sessions | Tue, Sep 1 - 22 | 2:20 - 3:20 PM
\$100 | Willow Lane Elementary**

**Y0926-148 | 5 Sessions | Wed, Sep 2 - 30 | 2:20 - 3:20 PM
\$115 | Birch Lake Elementary**

**Y0926-149 | 4 Sessions | Mon, Sep 14 - Oct 5
2:20 - 3:20 PM | \$100 | Lakeaires Elementary**

Mindful Movement: Make & Take: Calming Creations: Gr K-5

Unwind after school with mindful art and sensory play! Students will create calming, take-home crafts paired with relaxation techniques to help them feel centered.

**Y0926-28 | 3 Sessions | Fri, Sep 11 - 25 | 2:20 - 3:20 PM
\$100 | Vadnais Heights Elementary**

**Y0926-29 | 3 Sessions | Mon, Sep 14 - 28 | 2:20 - 3:20 PM
\$100 | Birch Lake Elementary**

**Y0926-32 | 3 Sessions | Fri, Oct 9 - 30 | 2:20 - 3:20 PM
\$100 | Vadnais Heights Elementary | No Class Oct 16**

**Y0926-33 | 3 Sessions | Mon, Nov 2 - 16 | 2:20 - 3:20 PM
\$100 | Birch Lake Elementary**

**Y0926-35 | 3 Sessions | Fri, Nov 6 - 20 | 2:20 - 3:20 PM
\$100 | Willow Lane Elementary**

**Y0926-38 | 3 Sessions | Fri, Dec 4 - 18 | 2:20 - 3:20 PM
\$100 | Willow Lane Elementary**

**Y0926-39 | 3 Sessions | Mon, Dec 7 - 21 | 2:20 - 3:20 PM
\$100 | Vadnais Heights Elementary**

**Y0926-37 | 3 Sessions | Wed, Dec 9 - 23 | 2:20 - 3:20 PM
\$100 | Birch Lake Elementary**

Now. Make. Art.: Cardboard Creations: Gr K-5

Let's see what we can make with cardboard! Each week we'll choose a theme and build it together. Come discover how versatile this everyday material really is!

Y1126-144 | 4 Sessions | Mon, Nov 2 - 23 | 2:20 - 3:20 PM
\$65 | Birch Lake Elementary

Y1126-146 | 4 Sessions | Tue, Nov 3 - 24 | 2:20 - 3:20 PM
\$65 | Vadnais Heights Elementary

Y1126-147 | 4 Sessions | Wed, Nov 4 - Dec 2 | 2:20 - 3:20 PM | \$65 | Willow Lane Elementary | *No Class Nov 25*

Y1126-145 | 4 Sessions | Fri, Nov 6 - Dec 4 | 2:20 - 3:20 PM | \$65 | Lakeaires Elementary | *No Class Nov 27*

Now. Make. Art.: Haunted Minis: Gr K-5

Create a spooky miniature haunted world using art materials, found objects, and clay. Take home your creation as a Halloween decoration!

Y1026-143 | 4 Sessions | Wed, Sep 30 - Oct 28
2:20 - 3:20 PM | \$65 | Willow Lane Elementary-Cafeteria
No Class Oct 14

Y1026-141 | 4 Sessions | Fri, Oct 2 - 30 | 2:20 - 3:20 PM
\$65 | Lakeaires Elementary | *No Class Oct 16*

Y1026-140 | 4 Sessions | Mon, Oct 5 - 26 | 2:20 - 3:20 PM
\$65 | Birch Lake Elementary

Y1026-142 | 4 Sessions | Tue, Oct 6 - 27 | 2:20 - 3:20 PM
\$65 | Vadnais Heights Elementary

WBL Staff: Fun With Looms: Gr 3-5

Learn how to use a round loom, and then put those skills to the test to create fun stuffed loom knit buddies!

Y1226-53 | 4 Sessions | Tue, Dec 1 - 22 | 2:20 - 3:20 PM
\$50 | Lakeaires Elementary

Y1226-52 | 4 Sessions | Wed, Dec 2 - 23 | 2:20 - 3:20 PM
\$50 | Willow Lane Elementary

WBL Staff: Intro to Polymer Clay: Gr 2-5

Work with polymer clay to create figures, bookmarks, bracelets, magnets, or earrings. Learn to condition clay, mix colors, create texture, and more!

Y0926-46 | 5 Sessions | Tue, Sep 8 - Oct 6
2:20 - 3:20 PM | \$50 | Lakeaires Elementary

Y0926-48 | 5 Sessions | Wed, Sep 9 - Oct 7
2:20 - 3:20 PM | \$50 | Otter Lake Elementary

Y0926-47 | 5 Sessions | Thu, Sep 10 - Oct 8
2:20 - 3:20 PM | \$50 | Vadnais Heights Elementary

WBL Staff: Play With Your Food!: Gr K-5

We will use edible items in a fresh way to create lasting art. In this class, playing with your food is encouraged!

Y1026-49 | 5 Sessions | Tue, Oct 13 - Nov 10
2:20 - 3:20 PM | \$50 | Birch Lake Elementary

Y1026-51 | 5 Sessions | Wed, Oct 21 - Nov 18
2:20 - 3:20 PM | \$50 | Oneka Elementary

Y1026-50 | 5 Sessions | Thu, Oct 22 - Nov 19
2:20 - 3:20 PM | \$50 | Vadnais Heights Elementary

Young Rembrandts: Drawlandia: Gr K-5

Build art skills through imaginative projects featuring vibrant characters, textures, and patterns. Practice shading, composition, and more.

Y0926-129 | 4 Sessions | Wed, Sep 16 - Oct 7
2:20 - 3:20 PM | \$79 | Willow Lane Elementary

Y0926-127 | 4 Sessions | Thu, Sep 17 - Oct 8
2:20 - 3:20 PM | \$79 | Otter Lake Elementary

Y0926-130 | 4 Sessions | Fri, Sep 18 - Oct 9
2:20 - 3:20 PM | \$79 | Lakeaires Elementary

Y0926-128 | 4 Sessions | Mon, Sep 21 - Oct 12
2:20 - 3:20 PM | \$79 | Vadnais Heights Elementary

Y0926-122 | 4 Sessions | Mon, Oct 19 - Nov 9
2:20 - 3:20 PM | \$79 | Oneka Elementary

Y0926-124 | 4 Sessions | Tue, Oct 20 - Nov 10
2:20 - 3:20 PM | \$79 | Lincoln Elementary

Y0926-125 | 4 Sessions | Tue, Oct 20 - Nov 10
2:20 - 3:20 PM | \$79 | Birch Lake Elementary

Y0926-126 | 4 Sessions | Wed, Oct 21 - Nov 11
3:05 - 4:05 PM | \$79 | Matoska International

Y0926-123 | 4 Sessions | Thu, Oct 22 - Nov 12
2:20 - 3:20 PM | \$79 | North Star Elementary

Young Rembrandts: Festive Drawings: Gr K-5

Build artistic skills and confidence in this festive holiday drawing session. Master new techniques and express your creativity in a fun, supportive environment.

Y0926-139 | 4 Sessions | Fri, Nov 13 - Dec 11
2:20 - 3:20 PM | \$79 | Lakeaires Elementary
No Class Nov 27

Y0926-137 | 4 Sessions | Mon, Nov 16 - Dec 14
2:20 - 3:20 PM | \$79 | Vadnais Heights Elementary
No Class Nov 30

Y0926-132 | 4 Sessions | Thu, Nov 19 - Dec 17
2:20 - 3:20 PM | \$79 | North Star Elementary
No Class Nov 26

Y0926-136 | 4 Sessions | Thu, Nov 19 - Dec 17
2:20 - 3:20 PM | \$79 | Otter Lake Elementary
No Class Nov 26

Y0926-131 | 4 Sessions | Mon, Nov 23 - Dec 21
2:20 - 3:20 PM | \$79 | Oneka Elementary
No Class Nov 30

Y0926-133 | 4 Sessions | Tue, Dec 1 - 22
2:20 - 3:20 PM | \$79 | Lincoln Elementary

Y0926-134 | 4 Sessions | Tue, Dec 1 - 22
2:20 - 3:20 PM | \$79 | Birch Lake Elementary

Y0926-135 | 4 Sessions | Wed, Dec 2 - 23
3:05 - 4:05 PM | \$79 | Matoska International

Y0926-138 | 4 Sessions | Wed, Dec 2 - 23
2:20 - 3:20 PM | \$79 | Willow Lane Elementary

Chess

CSGA: AM Chess Club: Gr K-5

Join fellow chess enthusiasts for weekly games and skill-building. Beginners will learn basic rules and strategies, while experienced players can sharpen their skills. Tournament play is encouraged but not required.

Y0926-172 | 12 Sessions | Fri, Sep 18 - Dec 18
7:35 - 8:15 AM | \$68 | Matoska International
No Class Oct 16 and Nov 27

CSGA: Competitive Online Chess Practice & Instruction: Gr K-12

Practice and compete with fellow chess players online. Sessions include advanced instruction and competitive matches against students from across the Twin Cities.

Y0926-193 | 12 Sessions | Sat, Sep 19 - Dec 19
8:00 - 9:30 AM | \$99 | Online
No Class Oct 17 and Nov 28

CSGA: PM Chess Club: Gr K-5

Join fellow chess enthusiasts for weekly games and skill-building. Beginners will learn basic rules and strategies, while experienced players can sharpen their skills. Tournament play is encouraged but not required.

Y0926-173 | 13 Sessions | Mon, Sep 14 - Dec 14
2:20 - 3:20 PM | \$109 | Otter Lake Elementary
No Class Nov 30

Y0926-174 | 14 Sessions | Tue, Sep 15 - Dec 15
2:20 - 3:20 PM | \$118 | Lincoln Elementary

Y0926-175 | 12 Sessions | Wed, Sep 16 - Dec 16
2:20 - 3:20 PM | \$101 | Vadnais Heights Elementary
No Class Oct 14 and Nov 25

Y0926-176 | 12 Sessions | Wed, Sep 16 - Dec 16
2:20 - 3:20 PM | \$101 | Birch Lake Elementary
No Class Oct 14 and Nov 25

Y0926-177 | 12 Sessions | Thu, Sep 17 - Dec 17
2:20 - 3:20 PM | \$101 | Lakeaires Elementary
No Class Oct 15 and Nov 26

Y0926-178 | 10 Sessions | Thu, Oct 1 - Dec 17
2:20 - 3:20 PM | \$85 | Willow Lane Elementary
No Class Oct 15 and Nov 26



Coding

CSGA: Scratch Game Coding: Gr K-5

This program offers a crash course in coding your own games with Scratch. Students will create 2-3 basic games while learning foundational computer science skills with boundless potential for creativity and expansion.

Y1126-186 | 6 Sessions | Mon, Nov 2 - Dec 14
2:20 - 3:20 PM | \$56 | Willow Lane Elementary
No Class Nov 30

Y1126-187 | 7 Sessions | Tue, Nov 3 - Dec 15
2:20 - 3:20 PM | \$66 | Lakeaires Elementary

Y1126-188 | 6 Sessions | Wed, Nov 4 - Dec 16
2:20 - 3:20 PM | \$56 | Lincoln Elementary | No Class Nov 25

Y1126-189 | 6 Sessions | Wed, Nov 4 - Dec 16
2:20 - 3:20 PM | \$56 | Otter Lake Elementary
No Class Nov 25

Y1126-190 | 6 Sessions | Thu, Nov 5 - Dec 17
2:20 - 3:20 PM | \$56 | Birch Lake Elementary
No Class Nov 26

Y1126-191 | 6 Sessions | Thu, Nov 5 - Dec 17
2:20 - 3:20 PM | \$56 | Vadnais Heights Elementary
No Class Nov 26

Y1126-192 | 6 Sessions | Fri, Nov 6 - Dec 18
3:05 - 4:05 PM | \$56 | Matoska International | No Class Nov 27

Code Championship Tournament Series Virtual Computer Coding Competition Gr 3-9 (online)

Build a bot to compete in four online coding tournaments! Whether you're a beginner or an expert, you'll explore competitive coding through browser-based matches on Google Meet—no experience required.

Y1026-205 | 4 Sessions | Sat, Oct 24 - Nov 14
9:00 - 11:00 AM | \$75 | Online

Cooking

VAC: Cooking Around the World: Gr K-5

This class introduces young students to international and American cuisine through safe, hands-on microwave cooking. Participants explore diverse recipes from around the globe while learning essential food preparation tips, international food terms, and engaging in cultural games. Please note that parents should be aware of and disclose any student food sensitivities before enrollment.

Y0926-239 | 6 Sessions | Tue, Sep 8 - Oct 13
2:20 - 3:20 PM | \$150 | Vadnais Heights Elementary

Y0926-240 | 6 Sessions | Fri, Sep 11 - Oct 30
2:20 - 3:20 PM \$150 | Willow Lane Elementary
No Class Oct 9 and Oct 16

Y0926-241 | 6 Sessions | Wed, Nov 4 - Dec 16
2:20 - 3:20 PM | \$150 | Lakeaires Elementary
No Class Nov 25

Y0926-238 | 6 Sessions | Thu, Nov 5 - Dec 17
2:20 - 3:20 PM | \$150 | Birch Lake Elementary
No Class Nov 26

Enrichment

CSGA: Stock Market, Personal Finance, & Business Club: Gr 6-12

Master real-world investing and personal finance through interactive stock market and budgeting simulations. Students build investment portfolios, explore career planning, and gain hands-on business experience, preparing them for long-term financial success.

Y0926-194 | 12 Sessions | Thu, Sep 17 - Dec 17
6:45 - 7:30 PM | \$85 | Online
No Class Oct 15 and Nov 26

Language

Futura: Let's Go With Traditions in Spanish! Live Virtual: Gr K-5

Celebrate the season in Spanish! Explore fall and winter vocabulary, cultural traditions, and conversational skills through fun games and songs. No experience required.

Y1026-202 | 8 Sessions | Wed, Oct 14 - Dec 9
4:15 - 5:00 PM | \$159 | Online | *No Class Nov 25*

Futura: Middle School Spanish Prep Live Virtual: Gr 6-8

This virtual course builds a strong foundation in Spanish through interactive lessons on vocabulary, grammar, conversation, pronunciation, and sentence structure, while engaging in dynamic cultural activities.

Y1026-203 | 8 Sessions | Mon, Oct 12 - Dec 7
4:45 - 5:30 PM | \$159 | Online | *No Class Nov 23*

Futura: ¡Vamos con las Tradiciones! (Let's go with Traditions – in SPANISH!) Gr K-5

Celebrate the season by exploring Spanish vocabulary, festive songs, games, and traditions like Día de los Muertos and La Navidad. No experience needed.

Y1026-87 | 8 Sessions | Wed, Oct 7 - Dec 9
2:20 - 3:20 PM | \$165 Class | \$171.50 + Bottle
\$181.99 + T-Shirt | \$188.49 + Bottle & T-Shirt
Lincoln Elementary | *No Class Oct 14 and Nov 25*

Y1026-83 | 6 Sessions | Mon, Oct 19 - Nov 23
2:20 - 3:20 PM | \$130 | Willow Lane Elementary

Y1026-84 | 6 Sessions | Tue, Oct 20 - Nov 24
2:20 - 3:20 PM | \$130 | Vadnais Heights Elementary

Y1026-85 | 6 Sessions | Wed, Oct 21 - Dec 2
2:20 - 3:20 PM | \$130 | Birch Lake Elementary
No Class Nov 25

Y1026-86 | 6 Sessions | Thu, Oct 22 - Dec 3
2:20 - 3:20 PM | \$130 | Lakeaires Elementary
No Class Nov 26

Music

ARDE: Dance: Gr 3-5

Learn dance techniques, rhythm, coordination, and choreography while building confidence, creativity, and self-expression through routines and group performances.

Y1126-47 | 4 Sessions | Fri, Nov 20 - Dec 18
2:20 - 3:20 PM | \$100 | Lakeaires Elementary
No Class Nov 27

Y1126-46 | 5 Sessions | Tue, Nov 24 - Dec 22
2:20 - 3:20 PM | \$125 | Vadnais Heights Elementary

ARDE: Dance: Gr K-2

Learn dance techniques, rhythm, coordination, and choreography while building confidence, creativity, and self-expression through routines and group performances.

Y0926-44 | Sessions | Tue, Sep 8 - 29
2:20 - 3:20 PM | \$100 | Vadnais Heights Elementary

Y0926-45 | \$100 | Fri, Sep 11 - Oct 9
2:20 - 3:20 PM | \$125 | Lakeaires Elementary

STEM/STEAM

CSGA: Robotics Problem Solvers: Gr K-5

Learn programming, construction, testing, and design while building robots to solve specific challenges using Scratch coding and Lego Spike Prime.

Y0926-179 | 7 Sessions | Mon, Sep 14 - Oct 26
2:20 - 3:20 PM | \$66 | Willow Lane Elementary

Y0926-180 | 7 Sessions | Tue, Sep 15 - Oct 27
2:20 - 3:20 PM | \$66 | Lakeaires Elementary

Y0926-181 | 6 Sessions | Wed, Sep 16 - Oct 28
2:20 - 3:20 PM | \$56 | Lincoln Elementary
No Class Oct 14

Y0926-182 | 6 Sessions | Wed, Sep 16 - Oct 28
2:20 - 3:20 PM | \$56 | Otter Lake Elementary
No Class Oct 14

Y0926-183 | 6 Sessions | Thu, Sep 17 - Oct 29
2:20 - 3:20 PM | \$56 | Birch Lake Elementary
No Class Oct 15

Y0926-184 | 6 Sessions | Thu, Sep 17 - Oct 29
2:20 - 3:20 PM | \$56 | Vadnais Heights Elementary
No Class Oct 15

Y0926-185 | 6 Sessions | Fri, Sep 18 - Oct 30
3:05 - 4:05 PM | \$56 | Matoska International
No Class Oct 16

Engineering for Kids: Jr Engineering/STEM Club: Gr K-4

This hands-on club introduces young learners to engineering concepts through fun weekly projects, building essential skills like problem-solving, critical thinking, and teamwork.

Y0926-104 | 6 Sessions | Fri, Sep 11 - Oct 23
2:20 - 3:20 PM | \$170 | Vadnais Heights Elementary
No Class Oct 16

Y0926-106 | 6 Sessions | Fri, Sep 11 - Oct 23
2:20 - 3:20 PM | \$170 | Birch Lake Elementary
No Class Oct 16

Y0926-108 | 6 Sessions | Wed, Sep 16 - Oct 28
2:20 - 3:20 PM | \$170 | Lakeaires Elementary
No Class Oct 14

Y0926-110 | 6 Sessions | Wed, Sep 16 - Oct 28
2:20 - 3:20 PM | \$170 | Oneka Elementary
No Class Oct 14

Y0926-116 | 6 Sessions | Thu, Sep 17 - Oct 29
3:05 - 4:05 PM | \$170 | Matoska International
No Class Oct 15

Y0926-118 | 6 Sessions | Mon, Sep 21 - Oct 26
2:20 - 3:20 PM | \$170 | North Star Elementary

Y0926-120 | 6 Sessions | Mon, Sep 21 - Oct 26
2:20 - 3:20 PM | \$170 | Lincoln Elementary

Y0926-112 | 6 Sessions | Tue, Oct 6 - Nov 10
2:20 - 3:20 PM | \$170 | Willow Lane Elementary

Y0926-114 | 6 Sessions | Tue, Oct 6 - Nov 10
2:20 - 3:20 PM | \$170 | Otter Lake Elementary

Y0926-117 | 6 Sessions | Thu, Nov 5 - Dec 17
3:05 - 4:05 PM | \$170 | Matoska International
No Class Nov 26

Y0926-105 | 6 Sessions | Fri, Nov 6 - Dec 18
2:20 - 3:20 PM | \$170 | Vadnais Heights Elementary
No Class Nov 27

Y0926-107 | 6 Sessions | Fri, Nov 6 - Dec 18
2:20 - 3:20 PM | \$170 | Birch Lake Elementary
No Class Nov 27

Y0926-119 | 6 Sessions | Mon, Nov 9 - Dec 21
2:20 - 3:20 PM | \$170 | North Star Elementary
No Class Nov 30

Y0926-121 | 6 Sessions | Mon, Nov 9 - Dec 21
2:20 - 3:20 PM | \$170 | Lincoln Elementary
No Class Nov 30

Y0926-109 | 6 Sessions | Wed, Nov 11 - Dec 23
2:20 - 3:20 PM | \$170 | Lakeaires Elementary
No Class Nov 25

Y0926-111 | 6 Sessions | Wed, Nov 11 - Dec 23
2:20 - 3:20 PM | \$170 | Oneka Elementary
No Class Nov 25

Y0926-113 | 6 Sessions | Tue, Nov 17 - Dec 22
2:20 - 3:20 PM | \$170 | Willow Lane Elementary

Y0926-115 | 6 Sessions | Tue, Nov 17 - Dec 22
2:20 - 3:20 PM | \$170 | Otter Lake Elementary

GoSolar! Kidz: Solar Cars: Gr K-5

Build solar-powered cars from easy-to-assemble kits and develop problem-solving skills through redesign challenges.

Y0926-164 | 4 Sessions | Mon, Oct 5 - 26 | 2:15 - 3:15 PM
\$129 | Lakeaires Elementary

Y0926-165 | 4 Sessions | Tue, Oct 6 - 27 | 2:15 - 3:15 PM
\$129 | Vadnais Heights Elementary

Y0926-166 | 4 Sessions | Wed, Oct 7 - Nov 4 | 2:15 - 3:15 PM
\$129 | Birch Lake Elementary | *No Class Oct 14*

Y0926-167 | 4 Sessions | Thu, Oct 8 - Nov 5 | 2:15 - 3:15 PM
\$129 | Lincoln Elementary | *No Class Oct 15*

Y0926-168 | 4 Sessions | Fri, Oct 9 - Nov 6 | 2:15 - 3:15 PM
\$129 | Willow Lane Elementary | *No Class Oct 16*

KidScientific: Slime, Sparkles & Science: Gr K-5

Explore light refraction and glitter while creating dazzling projects like disco balls, suncatchers, and slime.

Y0926-157 | 4 Sessions | Wed, Sep 2 - 23 | 2:20 - 3:20 PM
\$100 | Lakeaires Elementary

Y0926-155 | 4 Sessions | Thu, Sep 3 - 24 | 2:20 - 3:20 PM
\$100 | Willow Lane Elementary

Y0926-159 | 5 Sessions | Thu, Sep 10 - Oct 8
2:20 - 3:20 PM | \$115 | North Star Elementary

Y0926-160 | 5 Sessions | Fri, Oct 2 - Nov 6 | 2:20 - 3:20 PM
\$115 | Oneka Elementary | *No Class Oct 16*

Y0926-161 | 5 Sessions | Thu, Oct 22 - Nov 19
2:20 - 3:20 PM | \$115 | Otter Lake Elementary

Y0926-158 | 5 Sessions | Mon, Nov 16 - Dec 21
3:05 - 4:05 PM | \$115 | Matoska International
No Class Nov 30

Y0926-156 | 4 Sessions | Mon, Nov 23 - Dec 21
2:20 - 3:20 PM | \$100 | Birch Lake Elementary
No Class Nov 30

Tech Tac Toe: Engineering & STEAM Club: Gr K-5

Unleash your inner inventor through hands-on challenges in aeronautics, space, and marine science.

Y0926-40 | 5 Sessions | Tue, Nov 24 - Dec 2
2:20 - 3:20 PM | \$95 | Vadnais Heights Elementary

Y0926-41 | 4 Sessions | Fri, Oct 23 - Nov 13
2:20 - 3:20 PM | \$75 | Lakeaires Elementary

Y0926-42 | 4 Sessions | Mon, Nov 23 - Dec 21
2:20 - 3:20 PM | \$75 | Willow Lane Elementary
No Class Nov 30

Y0926-43 | 4 Sessions | Wed, Dec 2 - 23 | 2:20 - 3:20 PM
\$75 | Birch Lake Elementary

STAY CONNECTED!

Follow us on social media

 Facebook: @WBLASRec

 Instagram: @WBLASComServRec

Sports

DASH: Basketball Camp: Gr K-5

Learn to shoot, pass, dribble, and defend through skills training and fun games in a positive environment, with scrimmages on the final day.

Y1126-19 | 4 Sessions | Mon, Nov 16 - Dec 14
2:20 - 3:20 PM | \$75 | Lincoln Elementary
No Class Nov 30

Y1126-20 | 4 Sessions | Mon, Nov 16 - Dec 14
2:20 - 3:20 PM | \$75 | Vadnais Heights Elementary
No Class Nov 30

Y1126-21 | 4 Sessions | Tue, Nov 17 - Dec 8
2:20 - 3:20 PM | \$75 | Birch Lake Elementary

Y1126-22 | 4 Sessions | Tue, Nov 17 - Dec 8
2:20 - 3:20 PM | \$75 | North Star Elementary

Y1126-23 | 4 Sessions | Wed, Nov 18 - Dec 16
2:20 - 3:20 PM | \$75 | Lakeaires Elementary
No Class Nov 25

Y1126-24 | 4 Sessions | Wed, Nov 18 - Dec 16
3:05 - 4:05 PM | \$75 | Matoska International
No Class Nov 25

Y1126-25 | 4 Sessions | Thu, Nov 19 - Dec 17
2:20 - 3:20 PM | \$75 | Oneka Elementary
No Class Nov 26

Y1126-26 | 4 Sessions | Thu, Nov 19 - Dec 17
2:20 - 3:20 PM | \$75 | Willow Lane Elementary
No Class Nov 26 6

Y1126-27 | 4 Sessions | Fri, Nov 20 - Dec 18
2:20 - 3:20 PM | \$75 | Otter Lake Elementary
No Class Nov 27

DASH: Basketball TYKES: Ages 2-5

This introductory camp covers basketball fundamentals like dribbling, passing, and shooting through fun drills and mini-games. Parent participation required for ages 2-3, recommended for ages 4+.

Y1126-232 | 4 Sessions | Mon, Nov 16 - Dec 14
5:10 - 5:55 PM | \$69 | Birch Lake Elementary

DASH: Flag Football TYKES: Ages 2-5

Introducing players to non-contact football through passing, catching, rushing, and defense. Parent participation required for ages 2-3, recommended for 4+.

Y0926-228 | 4 Sessions | Tue, Oct 20 - Nov 10
4:00 - 4:45 PM | \$69 | Birch Lake Elementary

Y0926-230 | 4 Sessions | Sat, Oct 24 - Nov 14
9:30 - 10:15 AM | \$69 | Vadnais Heights Elementary

Flag Football for the Family (Ages 8+)

A2026-125 | Sun, Sep 27 | 10:00 - 11:30 AM

A2026-126 | 4 Sessions | Sun, Oct 4-25
10:00 - 11:30 AM | Sunrise Park District Center

View pricing and details online at whitebear.arux.app.

DASH: Flag Football Camp: Gr K-5

Master passing, catching, rushing, and defense in a fun, safe, no-contact environment. Players learn respect, hustle, and pride through skills practice and scrimmages.

Y1026-10 | 4 Sessions | Mon, Oct 19 - Nov 9
2:20 - 3:20 PM | \$75 | Lincoln Elementary

Y1026-11 | 4 Sessions | Mon, Oct 19 - Nov 9
2:20 - 3:20 PM | \$75 | Vadnais Heights Elementary

Y1026-12 | 4 Sessions | Tue, Oct 20 - Nov 1
2:20 - 3:20 PM | \$75 | Birch Lake Elementary

Y1026-13 | 4 Sessions | Tue, Oct 20 - Nov 10
2:20 - 3:20 PM | \$75 | North Star Elementary

Y1026-14 | 4 Sessions | Wed, Oct 21 - Nov 11
2:20 - 3:20 PM | \$75 | Lakeaires Elementary

Y1026-15 | 4 Sessions | Wed, Oct 21 - Nov 11
3:05 - 4:05 PM | \$75 | Matoska International

Y1026-16 | 4 Sessions | Thu, Oct 22 - Nov 12
2:20 - 3:20 PM | \$75 | Oneka Elementary

Y1026-17 | 4 Sessions | Thu, Oct 22 - Nov 12
2:20 - 3:20 PM | \$75 | Willow Lane Elementary

Y1026-18 | 4 Sessions | Fri, Oct 23 - Nov 13
2:20 - 3:20 PM | \$75 | Otter Lake Elementary

DASH: Floor Hockey TYKES: Ages 2-5

Introducing young athletes to stickhandling, passing, and shooting through drills and games. Parent participation required for ages 2-3, recommended for ages 4+.

Y1126-234 | 4 Sessions | Mon, Nov 16 - Dec 14
6:05 - 6:50 PM | \$69 | Birch Lake Elementary

DASH: Soccer Camp: Gr K-5

Build soccer skills like dribbling, passing, shooting, and defense through drills and scrimmages, emphasizing 'Respect, Hustle, and Pride.'

Y0926-01 | 4 Sessions | Mon, Sep 14 - Oct 5
2:20 - 3:20 PM | \$75 | Lincoln Elementary

Y0926-02 | 4 Sessions | Mon, Sep 14 - Oct 5
2:20 - 3:20 PM | \$75 | Vadnais Heights Elementary

Y0926-03 | 4 Sessions | Tue, Sep 15 - Oct 6
2:20 - 3:20 PM | \$75 | Birch Lake Elementary

Y0926-04 | 4 Sessions | Tue, Sep 15 - Oct 6
2:20 - 3:20 PM | \$75 | North Star Elementary

Y0926-05 | 4 Sessions | Wed, Sep 16 - Oct 7
2:20 - 3:20 PM | \$75 | Lakeaires Elementary

Y0926-06 | 4 Sessions | Wed, Sep 16 - Oct 7
3:05 - 4:05 PM | \$75 | Matoska International

Y0926-07 | 4 Sessions | Thu, Sep 17 - Oct 8
2:20 - 3:20 PM | \$75 | Oneka Elementary

Y0926-08 | 4 Sessions | Thu, Sep 17 - Oct 8
2:20 - 3:20 PM | \$75 | Willow Lane Elementary

Y0926-09 | 4 Sessions | Fri, Sep 18 - Oct 9
2:20 - 3:20 PM | \$75 | Otter Lake Elementary

DASH: Soccer TYKES: Ages 2-5

Introducing kids to dribbling, passing, and shooting through fun, skill-based games. Parent participation required for ages 2-3, recommended for 4+.

Y0926-222 | 4 Sessions | Tue, Sep 15 - Oct 6
5:30 - 6:15 PM | \$69 | Birch Lake Elementary

DASH: T-Ball TYKES: Ages 2-3

Introducing players to throwing, fielding, batting, and baserunning through fun drills and a final 'Game Day' showcase. Bring a glove. Parent participation required.

Y0926-224 | 4 Sessions | Sat, Sep 19 - Oct 10
9:20 - 10:00 AM | \$69 | Vadnais Heights Elementary

DASH: T-Ball TYKES: Ages 4-6

Introducing players to throwing, fielding, batting, and baserunning, with a final 'Game Day' showcase. Bring a glove. Parent participation recommended.

Y0926-226 | 4 Sessions | Sat, Sep 19 - Oct 10
10:10 - 10:50 AM | \$69 | Vadnais Heights Elementary

Mindful Movement: Kids Yoga Club: Gr K-5

Through playful yoga poses, imaginative games, and creative activities, kids build essential skills to manage stress, improve focus, and cultivate calm. Presented by The Mindfulness Movement.

Y0926-30 | 4 Sessions | Tue, Sep 1 - 22 | 2:20 - 3:20 PM
\$100 | Lakeaires Elementary

Y0926-31 | 4 Sessions | Mon, Oct 5 - 26 | 2:20 - 3:20 PM
\$100 | Vadnais Heights Elementary

Y0926-34 | 4 Sessions | Tue, Nov 3 - 24 | 2:20 - 3:20 PM
\$100 | Lakeaires Elementary

Y0926-36 | 4 Sessions | Tue, Dec 1 - 22 | 2:20 - 3:20 PM
\$100 | Lakeaires Elementary

Minnesota Xtreme: Cheer Basics: Ages 7-12

This introductory class builds foundational skills in tumbling, stunting, jumps, and motions to prepare athletes for competitive cheer, with coaches focusing on proper technique, safety, and confidence.

Y0926-197 | 10 Sessions | Tue, Sep 15 - Nov 17
5:45 - 6:30 PM | \$125 | Minnesota Xtreme

Minnesota Xtreme: Intro to All Stars: Ages 6-12

This fun, low-pressure program introduces athletes to cheerleading fundamentals, building confidence and teamwork through jumps, tumbling, and stunting.

Y0926-199 | 8 Sessions | Thu, Sep 17 - Nov 12
5:30 - 6:30 PM | \$125 | Minnesota Xtreme | *No Class Oct 15*

Minnesota Xtreme: MX Glow Party: Ages 6-12

Join us for a high-energy glow party featuring dancing, music, and fun games! Wear your brightest neon colors!

Y0926-201 | Fri, Sep 18 | 6:00 - 8:00 PM
\$45 | Minnesota Xtreme

Minnesota Xtreme: Pink Pajama Dance Camp: Ages 3-7

Join us for a high-energy cheer camp filled with dancing, games, crafts, and fun! Athletes should wear comfortable pajamas or athletic gear.

Y0926-200 | Sat, Sep 26 | 9:00 - 11:00 AM
\$45 | Minnesota Xtreme

Minnesota Xtreme: Tiny Cheer Basics: Ages 3-6

This introductory class prepares young athletes for competitive cheer by teaching tumbling, stunting, jumps, and motions in a fun, supportive environment.

Y0926-198 | 9 Sessions | Wed, Sep 16 - Nov 18
5:30 - 6:15 PM | \$115 | Minnesota Xtreme | *No Class Oct 14*

Minnesota Xtreme: Tumbling Fundamentals: Ages 6-12

Build foundational tumbling skills like rolls, bridges, and cartwheels in this supportive beginner class.

Y0926-195 | 6 Sessions | Mon, Sep 14 - Oct 19
5:30 - 6:25 PM | \$109 | Minnesota Xtreme

Y0926-196 | 6 Sessions | Mon, Oct 26 - Nov 30
5:30 - 6:25 PM | \$109 | Minnesota Xtreme

SAHR: Capture the Flag: Gr 1-5

Participants play Capture the Flag, a team strategy game where teams defend their territory while trying to capture the opposing flag. Sessions emphasize teamwork, strategy, and movement.

Y0926-60 | 5 Sessions | Wed, Sep 2 - 30 | 2:20 - 3:20 PM
\$75 | Vadnais Heights Elementary

Y0926-61 | 4 Sessions | Thu, Sep 3 - 24 | 2:20 - 3:20 PM
\$60 | Lakeaires Elementary

Y0926-62 | 4 Sessions | Tue, Sep 15 - Oct 6
2:20 - 3:20 PM | \$60 | Oneka Elementary

Y0926-63 | 4 Sessions | Mon, Sep 21 - Oct 12
3:05 - 4:05 PM | \$60 | Matoska International

Y0926-64 | 5 Sessions | Wed, Oct 21 - Nov 18
2:20 - 3:20 PM | \$75 | Willow Lane Elementary

Y0926-65 | 4 Sessions | Fri, Nov 20 - Dec 18
2:20 - 3:20 PM | \$60 | Birch Lake Elementary
No Class Nov 27

Y0926-66 | 4 Sessions | Wed, Dec 2 - 23 | 2:20 - 3:20 PM
\$60 | North Star Elementary

SAHR: Gym Games & Relays: Gr 1-5

Participants rotate through gym-based games and team challenges that build teamwork, coordination, and movement skills while staying active.

Y0926-54 | 5 Sessions | Tue, Sep 1 - 29 | 2:20 - 3:20 PM
\$75 | Willow Lane Elementary

Y0926-55 | 5 Sessions | Fri, Sep 11 - Oct 9
2:20 - 3:20 PM | \$75 | Birch Lake Elementary

Y0926-56 | 5 Sessions | Wed, Oct 7 - Nov 11
2:20 - 3:20 PM | \$75 | Vadnais Heights Elementary
No Class Oct 14

Y0926-57 | 4 Sessions | Tue, Oct 20 - Nov 10
2:20 - 3:20 PM | \$60 | Oneka Elementary

Y0926-58 | 4 Sessions | Wed, Oct 21 - Nov 11
2:20 - 3:20 PM | \$60 | North Star Elementary

Y0926-59 | 4 Sessions | Mon, Nov 2 - 23 | 2:20 - 3:20 PM
\$60 | Lakeaires Elementary

SAHR: Street Hockey: Gr 1-5

Learn street hockey fundamentals like passing, stick handling, shooting, and positioning through drills and small games. Emphasis on teamwork, movement, and gameplay in a fun environment.

Y0926-67 | 5 Sessions | Wed, Sep 9 - Oct 7
2:20 - 3:20 PM | \$75 | North Star Elementary

Y0926-68 | 4 Sessions | Fri, Oct 23 - Nov 13
2:20 - 3:20 PM | \$60 | Birch Lake Elementary

Y0926-69 | 5 Sessions | Mon, Oct 26 - Nov 23
3:05 - 4:05 PM | \$75 | Matoska International

Y0926-70 | 4 Sessions | Thu, Nov 12 - Dec 17
2:20 - 3:20 PM | \$60 | Lincoln Elementary
No Class Nov 19 and Nov 26

Y0926-71 | 5 Sessions | Wed, Nov 18 - Dec 23
2:20 - 3:20 PM | \$75 | Vadnais Heights Elementary
No Class Nov 25

Y0926-72 | 5 Sessions | Tue, Nov 24 - Dec 22
2:20 - 3:20 PM | \$75 | Oneka Elementary

Skyhawks: Hoopster Tots: Ages 3-4

HoopsterTots builds little ballers from the ground up! Kids learn dribbling, shooting, passing, and teamwork. Beyond basketball, they build confidence and listening skills that carry into everyday life. Fun, active, and beginner-friendly. Parent participation required.

Y0926-245 | 4 Sessions | Mon, Oct 12 - Nov 9
5:00 - 5:30 PM | \$65 | Vadnais Heights Elementary
No Class Nov 2

Skyhawks: Mini-Hawk Basketball: Ages 5-7

Mini-Hawk Basketball is the perfect intro to basketball. Players build dribbling, passing, shooting, and defensive fundamentals while developing confidence and sportsmanship in a fun, high-energy environment.

Y0926-246 | 4 Sessions | Mon, Oct 12 - Nov 9
5:40 - 6:25 PM | \$69 | Vadnais Heights Elementary
No Class Nov 2

Skyhawks: Mini-Hawk Soccer: Ages 5-7

Ignite your young athlete's love for soccer at Mini-Hawk Soccer! Through passing drills, fun games, and mini-scrimmages, kids build skills while enjoying the game.

Y0926-243 | 4 Sessions | Mon, Sep 14 - Oct 5
5:00 - 5:45 PM | \$69 | Vadnais Heights Elementary

**Skyhawks: Mini-Hawk Volleyball: Ages 5-7**

This beginner volleyball program teaches passing, serving, and ball control through fun, age-appropriate activities. Participants build coordination, confidence, and teamwork.

Y0926-248 | 4 Sessions | Mon, Nov 16 - Dec 14
5:00 - 5:45 PM | \$69 | Vadnais Heights Elementary
No Class Nov 30

Skyhawks: Skyhawks Basketball: Ages 8-10

Skyhawks Basketball teaches dribbling, passing, shooting, and defense through engaging drills and games. Players build confidence, game knowledge, teamwork, and sportsmanship in a positive environment.

Y0926-247 | 4 Sessions | Mon, Oct 12 - Nov 9
6:35 - 7:35 PM | \$75 | Vadnais Heights Elementary
No Class Nov 2

Skyhawks: Skyhawks Soccer: Ages 8-10

Take your soccer skills to the next level with Skyhawks Soccer. Players sharpen dribbling, passing, shooting, and ball control while building teamwork and confidence.

Y0926-244 | 4 Sessions | Mon, Sep 14 - Oct 5
5:55 - 6:55 PM | \$75 | Vadnais Heights Elementary

Skyhawks: Skyhawks Volleyball: Ages 8-10

Skyhawks Volleyball teaches passing, setting, serving and movement through fun activities, building coordination, confidence, and teamwork.

Y0926-249 | 4 Sessions | Mon, Nov 16 - Dec 14
5:55 - 6:55 PM | \$75 | Vadnais Heights Elementary
No Class Nov 30

Skyhawks: Soccer Tots: Ages 3-4

Introduce your little athlete to soccer with Skyhawks Soccer Tots! Kids build motor skills and learn dribbling, passing, and shooting. Parent participation required.

Y0926-242 | 4 Sessions | Mon, Sep 14 - Oct 5
4:20 - 4:50 PM | \$65 | Vadnais Heights Elementary



TGA: Golf Enrichment Program: Gr 1-5

TGA Golf teaches full swing, chipping, and putting fundamentals. With an 8:1 student-to-coach ratio, kids of all skill levels build confidence and learn sportsmanship.

Y0926-211 | 5 Sessions | Mon, Sep 28 - Oct 26
2:20 - 3:20 PM | \$150 | Oneka Elementary

TGA: Little Golfers Program: Ages 4-6

Learn golf fundamentals like grip, stance, swing, and putting through fun, hands-on instruction in a small 6:1 student-to-coach ratio.

Y0926-213 | 4 Sessions | Thu, Sep 17 - Oct 8
5:30 - 6:15 PM | \$140 | Lincoln Elementary

Y0926-214 | 4 Sessions | Thu, Oct 22 - Nov 12
5:30 - 6:15 PM | \$140 | Lincoln Elementary

TGA: Tennis Enrichment Program: Gr K-5

TGA Tennis teaches groundstrokes, volleys, and serves through fun drills and games. With an 8:1 student-to-coach ratio, players build new skills at all levels.

Y0926-212 | 5 Sessions | Tue, Sep 29 - Oct 27
3:05 - 4:05 PM | \$150 | Matoska International



Fall Bear Camp: Oct 6 - 8 ^{FREE}

Wrestling Season Session 1: Begins Oct 27

Grades K-5

wblwrestling.org for details and registration!

Flag Football for the Family (Ages 8+)

A2026-125 | Sun, Sep 27 | 10:00 - 11:30 AM

A2026-126 | 4 Sessions | Sun, Oct 4-25
10:00 - 11:30 AM | Sunrise Park District Center

View pricing and details online at whitebear.arux.app.

Tabletop Gaming

Wyldwolf Games: Dungeons & Dragons Mini Campaign: Gr 3-5

Join a professional Game Master for an immersive D&D adventure where players build characters, shape their own legends, and dive into collaborative storytelling.

Y0926-94 | 6 Sessions | Fri, Sep 11 - Oct 23
2:20 - 4:20 PM | \$160 | Lincoln Elementary
No Class Oct 16

Y0926-89 | 6 Sessions | Mon, Sep 21 - Oct 26
2:20 - 4:20 PM | \$160 | Lakeaires Elementary

Y0926-91 | 6 Sessions | Tue, Sep 22 - Oct 27
2:20 - 4:20 PM | \$160 | Otter Lake Elementary

Y0926-92 | 6 Sessions | Thu, Nov 5 - Dec 17
2:20 - 4:20 PM | \$160 | Vadnais Heights Elementary
No Class Nov 26

Y0926-93 | 6 Sessions | Thu, Nov 5 - Dec 17
2:20 - 4:20 PM | \$160 | Oneka Elementary
No Class Nov 26

Y0926-88 | 6 Sessions | Mon, Nov 9 - Dec 21
2:20 - 4:20 PM | \$160 | Birch Lake Elementary
No Class Nov 30

Y0926-90 | 7 Sessions | Tue, Nov 10 - Dec 22
3:05 - 5:05 PM | \$175 | Matoska International

Y0926-95 | 5 Sessions | Fri, Nov 13 - Dec 18
2:20 - 4:20 PM | \$160 | Willow Lane Elementary
No Class Nov 27

Wyldwolf Games: The Command Zone, A Magic: The Gathering Club: Gr 3-5

Join us for casual, friendly multiplayer card game battles. Bring your own deck to connect with fellow players, share tips, and enjoy epic battles!

Y0926-100 | 6 Sessions | Thu, Sep 10 - Oct 22
2:20 - 4:20 PM | \$160 | Vadnais Heights Elementary
No Class Oct 15

Y0926-103 | 5 Sessions | Fri, Sep 11 - Oct 9
2:20 - 4:20 PM | \$135 | Willow Lane Elementary

Y0926-101 | 6 Sessions | Thu, Sep 17 - Oct 29
2:20 - 4:20 PM | \$160 | Oneka Elementary
No Class Oct 15

Y0926-96 | 6 Sessions | Mon, Sep 21 - Oct 26
2:20 - 4:20 PM | \$160 | Birch Lake Elementary

Y0926-98 | 6 Sessions | Tue, Sep 22 - Oct 27
3:05 - 5:05 PM | \$160 | Matoska International

Y0926-102 | 6 Sessions | Fri, Nov 6 - Dec 18
2:20 - 4:20 PM | \$160 | Lincoln Elementary
No Class Nov 27

Y0926-97 | 6 Sessions | Mon, Nov 9 - Dec 21
2:20 - 4:20 PM | \$160 | Lakeaires Elementary
No Class Nov 30

Y0926-99 | 6 Sessions | Tue, Nov 17 - Dec 22
2:20 - 4:20 PM | \$160 | Otter Lake Elementary

Theater

Gina Mayer: The Land of Sometimes Musical Theater Class: Gr K-5

Join the mysterious Wish Collector to learn songs, dances, and theater skills for a special musical performance, building confidence through character development, scene blocking, and theater games.

Y0926-80 | 10 Sessions | Wed, Sep 23 - Dec 9
3:00 - 4:30 PM | \$150 | Vadnais Heights Elementary
No Class Oct 14 and Nov 25

Y0926-81 | 10 Sessions | Thu, Sep 24 - Dec 10
3:00 - 4:30 PM | \$150 | Matoska International
No Class Oct 15 and Nov 26

Y0926-82 | 10 Sessions | Tue, Sep 29 - Dec 1
3:00 - 4:30 PM | \$150 | Willow Lane Elementary

Just Kidding Improv: All Fun & Games: Gr 1-5

This improv class uses creative storytelling games to build confidence and imagination — no scripts required, just a fun, welcoming space for everyone to shine.

Y1026-169 | 7 Sessions | Mon, Oct 12 - Nov 23
2:20 - 3:20 PM | \$79 | Vadnais Heights Elementary

Y1026-170 | 6 Sessions | Tue, Oct 13 - Nov 24
2:20 - 3:20 PM | \$79 | Lakeaires Elementary
No Class Nov 3

Y1026-171 | 6 Sessions | Thu, Oct 22 - Dec 3
2:20 - 3:20 PM | \$79 | Birch Lake Elementary
No Class Nov 26

Non-School Day Camps

Note: Locations for all non-school day camps are TBD. Visit whitebear.arux.app for updated details.

Now Make Art: Color X Non-School Day Camp: Gr K-5

What if you could make your very own color? Students mix chalk to create and name unique colors, then collaborate on a project showcasing their creations!

Y0926-217 | Fri, Sep 4 | 9:00 AM - 12:00 PM | \$150

Now Make Art: Haunted Minis Non-School Day Camp: Gr K-5

Create eerie miniature worlds filled with monsters and ghouls using art materials and clay. Take home your haunted scene as a Halloween decoration.

Y0926-218 | Fri, Oct 16 | 9:00 AM - 12:00 PM | \$150

Young Rembrandts: KPop Anime Art Non-School Day Camp: Gr K-5

Unleash your star power in our K-Pop Anime Drawing Workshop! Students will master K-Pop style anime characters, focusing on expressive eyes, stylish outfits, and dynamic poses using color pencils, Sharpies, and markers.

Y0926-221 | 3 Sessions | W/Th/F, Oct 14 - 16
9:00 AM - 12:00 PM | \$135

Young Rembrandts: Toon Time Non-School Day Camp: Gr K-5

Master cartooning basics and create your own original characters! Students will explore techniques like exaggeration, action, and personification to bring their unique drawings to life.

Y0926-220 | Mon, Nov 30 | 9:00 AM - 12:00 PM \$60

Pose & Play: Mindfulcraft Camp: Gr K-5

MindfulCraft™ blends Minecraft adventures with yoga and mindfulness to build resilience and focus through movement and hands-on activities.

Y0926-216 | Wed, Oct 14 | 9:00 AM - 12:00 PM | \$115

Pose & Play: Mindful Non-School Day Camp: Gr K-5

This non-school day adventure blends yoga, mindfulness, and creative projects to help kids build resilience and feel ready to thrive in the classroom and beyond.

Y0926-215 | Fri, Sep 4 | 9:00 AM - 12:00 PM | \$115

GoSolar! Kidz: Solar Cars, Robots & Machines Non-School Day Camp: Gr K-5

Build solar-powered cars, robots, cranes, and bridges while developing problem-solving skills and creativity.

Y0926-219 | Mon, Nov 30 | 9:00 AM - 3:00 PM | \$129

NEW FLAG FOOTBALL FOR THE FAMILY
Ages 8+

1 SESSION
SUN, SEP 27 / 10 - 11:30 AM

4 SESSIONS
SUN, OCT 4-25 / 10 - 11:30 AM

Sunrise Park District Center Field

DETAILS ON PAGE 8

PLAY TOGETHER. WIN TOGETHER.

FAMILY FUN ACTIVE TOGETHER STRONGER TOGETHER



WBL Recreational Sports

Youth Rec Specialist

Ashlie Anzel 651-653-3126

Facility & Athletics Coordinator

Matt Riebow 651-407-7506

WBL School Sports

Central Middle School Athletic Office 651-407-7500

Mariner Middle School Athletic Office 651-773-6212

WBL Area High School 651-773-6206

Vadnais Park and Recreation Sports

Vadnais Heights

Park & Recreation 651-204-6000

Sport Specific Organizations

Baseball www.whitebearbaseball.com

Basketball www.whitebearbasketball.com

Cheerleading www.whitebearcheer.com

Fast Pitch Softball www.wbafsa.com

Football www.wbyouthfootball.org

FLIPS Gymnastics www.flipsgym.com

Hockey www.wblhockey.com

Lacrosse www.wblax.com

Soccer www.whitebearsoccer.org

Speedskating in Roseville www.skatetheoval.com

Ultimate Frisbee www.wblultimate.blogspot.org

Volleyball www.whitebearvolleyball.org

Wrestling Club www.leaguelineup.com/wbl-icebears

WB Sailing Club www.whitebearsailingschool.com

Facilities

Hippodrome Ice Arena Office: (651) 653-2699

White Bear Area YMCA (651) 777-8103

Ramsey County Arena (651) 748-2515

Tamarack Nature Center (651) 407-5350

WBLAS Facility Reservation Line (651) 407-7503

WB Armory & Sports Center (651) 429-8572

Girls Bear Cubs Hoops Camp (PreK-2)

Girls Bear Cubs Hoops Camp is a fun and encouraging program for girls in PreK-2nd grade designed to introduce girls to the sport of basketball, while building confidence, teamwork, and friendships in a positive all-girls environment.

R0826-80 | Mon - Thu, Aug 17 - 20 | 9:00 - 10:00 AM | \$60 Central MS

REGISTRATION DEADLINE: **AUG 14**

Bears Basketball Season Prep Camp

For students in grades 3-8, this camp helps build confidence while developing basketball fundamentals and game knowledge.

GIRLS SESSION

Mon & Thu, Aug 24 - Sep 14 | No Class Sep 7

Lincoln Elementary | Grades 3-5: 5:45 - 7:15PM

Grades 6-8: 7:00 - 8:30 PM

BOYS SESSION

Mon & Thu, Aug 24 - Sep 17 | No Class Sep 3 & Sep 7

Oneka Elementary | Grades 3-5: 5:45-7:15

Grades 6-8: 7:15 - 8:45 PM

REGISTRATION DEADLINE: **AUG 23**

Beardown Basketball Clinic (Gr: K-2)

Open for boys & girls in grades K-2. Players will develop fundamental skills including dribbling, passing, pivoting, rebounding, and shooting, advancing by grade level.

5 Sessions | Central MS | \$105 | No Class Nov 28

OPTION 1

R1126-01 | Kindergarten | Sat, Nov 7 - Dec 12 | 9:00 - 9:45 AM

R1126-02 | 1st Grade | Sat, Nov 7 - Dec 12 | 10:00 - 11:00 AM

R1126-03 | 2nd Grade | Sat, Nov 7 - Dec 12 | 11:15 AM - 12:15 PM

OPTION 2

R1126-04 | Kindergarten | Sat, Jan 2 - Feb 13 | 9:00 - 9:45 AM

R1126-05 | 1st Grade | Sat, Jan 2 - Feb 13 | 10:00 - 11:00 AM

R1126-06 | 2nd Grade | Sat, Jan 2 - Feb 13 | 11:15 AM - 12:15 PM

REGISTRATION DEADLINE: **OPTION 1: OCT 31** | **OPTION 2: DEC 31**

Rec Basketball League (Gr 3-12)

Rec Basketball is open for boys & girls in grades 3-12 (*2nd graders welcome). Boys & girls play in separate leagues. Practices begin mid-Nov (grades 3-8) and vary based on coach availability. Games are played Saturday mornings starting in Dec. Rec High School League (grades 9-12) begins early Jan with games on Sunday afternoons. Registration opens September 1.

R1126-100 3rd Grade Boys | \$139

R1126-101 3rd/4th Grade Girls | \$139

R1126-102 4th Grade Boys | \$139

R1126-103 5th/6th Grade Boys | \$139

R1126-104 5th/6th Grade Girls | \$139

R1126-105 7th/8th Grade Boys | \$139

R1126-106 7th/8th Grade Girls | \$139

R1126-107 High School 9th/10th Boys | \$144

R1126-108 High School 9th/10th Girls | \$144

R1126-109 High School 11th/12th Boys | \$144

R1126-110 High School 11th/12th Girls | \$144

REGISTRATION DEADLINE:

GIRLS GR 7-8: OCT 10 | **GR 3-8: OCT 31** | **GR 9-12: NOV 30**

Rec Soccer (Gr PreK-4)

Fall development soccer for boys & girls. Learn shooting, passing, and dribbling. Practices begin Aug 24 (coaches pick times & locations). Saturday games Sep 5 - Oct 10.

Ro826-07 (Girls PreK/K) | \$114

Ro826-08 (Girls 1st/2nd) | \$114

Ro826-09 (Girls 3rd/4th) | \$114

Ro826-10 (Boys PreK/K) | \$114

Ro826-11 (Boys 1st/2nd) | \$114

Ro826-12 (Boys 3rd/4th) | \$114

REGISTRATION DEADLINE: AUG 15

Rec Volleyball (Gr: 3-6)

Weekly practices and Saturday matches for boys & girls in grades 3-6 from the surrounding area. Games run Sep. 12-Oct. 31 (no games MEA weekend). Teams formed by school/area or coach roster. Head coaches needed!

Ro926-01 Grades 3-4 | \$144

Ro926-02 Grades 5-6 | \$144

REGISTRATION DEADLINE: AUG 15

Girls Flag Football (Gr: 3-8)

Open to girls in grades 3-8. Sunday games vs. local communities; practice times set by coaches. Register for your 2026-27 grade. Teams formed by school/area or coach-submitted rosters. Volunteer coaches needed!

Ro826-04 (Gr. 3/4) | \$149

Ro826-05 (Gr. 5/6) | \$149

Ro826-06 (Gr. 7/8) | \$149

REGISTRATION DEADLINE: AUG 15

Youth Gymnastics

Preschool (Ages 3-5) | Tue or Thu

Learn foundational motor skills and introductory gymnastics through obstacle courses, balance activities, and stations. Builds coordination, listening, and confidence. No experience needed.

Beginner (Ages 5-12) | Tue or Thu

Build confidence on vault, bars, beam, and floor while developing strength, coordination, and foundational skills.

Intermediate (Ages 5-12) | Tue or Thu

For gymnasts ready to move beyond the basics, with greater emphasis on form, control, and consistency across all four events.

Pre-Team (Ages 5-12) | Mon & Wed

Focused training emphasizing fundamentals, technique, and execution. Coached by Lead Coach & Head High School Coach Sarah.

Fall Sessions:

Session I: Sep 9-23

Session II: Sep 28-Oct 21

Session III: Oct 26-Nov 11

Middle School Intramurals

We have Flag Football, Boys Volleyball, and Ultimate Frisbee.

More information can be found online at whitebear.arux.app.

NEW Family Flag Football. See page 8.



White Bear Lake Area Schools Middle School Athletics



Sports Physicals

Students must have a current qualifying Sports Physical Examination form on file in their school's health office.

Sports Physicals are good for 3 years. To check on a physical, contact your school's Admin Assistant.

NOTE: A well-child exam does not meet the requirements.

Find the Sports Physical Form on the Middle School Athletics page of the Community Services & Recreation website.

Additional Notes

All athletes must be registered before he/she may participate in practice or competitions.

Refunds may be issued only within the first ten days of the season if the athlete has not yet competed.

If needed, please email your school's Admin Assistant for a Family Key or for any registration questions.

An Activity Bus is available after practice for students. View the schedule on the Middle School Athletics page of the Community Services & Recreation website.

Athletics Offered

Registration Opens August 1		
Sport	Season Starts	Cost
Cross Country (6-8)	First week of school	\$150
Soccer - Boys (6-8)		\$150
Soccer - Girls (6-8)		\$150
Tennis - Girls (6-8)		\$150
Volleyball (7-8)		\$150
Volleyball (6)	October	\$145
Wrestling (6-8)		\$150
Registration Opens Mid-September		
Basketball - Girls (7-8)	November	\$150
Basketball - Boys (7-8)	January	\$150
Registration Opens February 15		
Golf (6-8)	Early April	\$175
Tennis - Boys (6-8)		\$150
Track & Field (6-8)		\$160

Registration

Online Registration: SmartschoolsK12

Financial Assistance

Students currently receiving educational benefits will automatically receive a discount when registering.

Contact Information

Community Services & Recreation
2399 Cedar Avenue
White Bear Lake, MN 55110
651-407-7501
communityservices@isd624.org

Matt Riebow, Coordinator
matthew.riebow@isd624.org

Sue Lenne, Admin Assistant
Mariner Middle School
sue.lenne@isd624.org
Fax Physicals: 651-653-2716

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Central Middle School
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Fax Physicals: 651-407-7502