

Community Education

FOREST LAKE AREA SCHOOLS

Programs & Services For All Ages



Don't Wait to Join the FUN...

Celebrate

National Community Ed Day

with **FREE** Classes - see page 3

**Computer Courses From the Basics to
Buying & Selling on eBay** - page 5

FALL

2008



Hello and welcome to the fall season with Community Education!

Inside this catalog, you will find many classes, activities and opportunities for residents of all ages. Fall is a great time to get involved with new activities or continue with those you already enjoy. There is something for everyone so look to see what interests you.

We hope you like the new, fresh look to this catalog. Thank you to those who completed our catalog survey. We used your valuable information to update the look of our cover and modify the content inside the catalog. Your thoughts and opinions are always appreciated and we encourage you to contact us with further ideas and suggestions.

You will find information about our many registration options on page 46. Our information specialists, Nancy at 982-8110, Patty at 982-8120 and Jan at 982-8392 are ready and available to answer your questions. Enjoy the fall and we hope to see you in Community Education!

Julie Ohman
Director of Community Education

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Celebrate National Community Education Day with us!



Benefits of Community Education

Provides lifelong learning opportunities for all residents

Encourages all citizens to be learners and active citizens

Gives people the opportunity to learn, have fun, try something new or gain a new skill

Welcomes people into our schools

Join Us for FREE Classes and Activities in Celebration of National Community Education Day

We hope you'll come, try something new and enjoy what we have to offer



Adult Education-ABE

We offer a variety of adult education classes free of charge! Adult Diploma, English as a Second Language, GED and Family Learning Programs are available. See page 18 for details.

Preschool Activities

Infant – Toddler Play Group

Join other parents for a play group designed just for infants and toddlers birth - 24 mos. There will be time for songs, fingerplays, exploration and fun. See page 39 for details.

Birth - 5 years Play Group

Are you looking for some uninterrupted time with your child? An early childhood teacher will have a variety of activities ready for you to enjoy. See page 39 for details.

Baby Shower

Join us for the Fall Family Center Baby Shower. There'll be lots of great activities, and you can find out all that ECFE has to offer your family. See page 38 for details.

Aquatics

Recreational Swim

Join us for a free hour of swimming. If participants are under 50 inches, they must be accompanied in the water by a guardian. Life jackets or water wings are permitted.

Fri 7:30-8:30pm Nov 21

Youth Athletics

Recreational Open Gym Basketball & Volleyball

Boys and girls grades 7-12 are welcome to come play basketball and volleyball. This is a great opportunity to get ready for your sport's season or just have fun with your friends.

1655-F08 Nov 13 Thu
6-9pm Cent JH Gyms

Family Fun

Taekwon-Do

The class is a combination of Taekwon-Do and Self-Defense. Participants will learn basic kicks and punches. Class is for kids ages 6-11 and their parents. See page 28 for details.

Adult Classes

How to Text Your Teen

Here's your chance to impress your teen while building new lines of communication. See page 6 for details.

What is Comfort Yoga®

Ever wonder why yoga is so popular and what it can do for you? You don't have to turn yourself into a pretzel to benefit from yoga. Come see just how easy and rewarding it can be. See page 9 for details.

Bone Up On Osteoporosis

Improve your bone density and work to prevent osteoporosis. Learn how you can maintain or improve your bone density to reduce your chances of developing osteoporosis. See page 12 for details.

Mind/Body Healing ♦

Learn more about how the mind/body connection is key to real health. Inspire your spirit, engage your mind and challenge your creativity as you comprehend the enormous real potential for applying this information in your life. See page 13 for details.



LINK

Adults with Disabilities



Participants have lots of fun at the Link Annual Halloween Party

Join us this fall

Call 651-982-8334 to receive our LINK newsletter which contains numerous social, educational and recreational activities for adults with disabilities. Activities include Arts & Crafts, Bowling, Halloween Costume Party, Game Night, movies, visits to local restaurants, and a Holiday Party and Gift Exchange.

Volunteers Needed

The LINK Program is looking for volunteers to help with some of our activities. Please contact us if you would like to volunteer.

Accessible to All

All Community Education classes and activities are open to persons with special needs. Please call 982-8110 for more information.

Register On-line

www.communityed4u.org

For more information

Contact Laurie Drolson
Adult Services and Program
Coordinator - 651-982-8334



Sell Your Home with or without a Realtor

Discover insider tips that can save you thousands on the sale of your home. Learn how to meet buyer's expectations, set the correct price, stage your home for showings and work with potential buyers and agents to get top dollar with or without a realtor.

\$10 fee paid to the instructor includes two detailed course work books.

Lorah Palmer

7080-F08	Oct 14	Tue
	6:30-9:30pm	\$29 person, \$39 per couple
		FLAHS (door #4) 117

Health Care Directive & Financial Power of Attorney

Plan now to ensure your wishes are known and followed while reducing the strain on your loved ones! Learn how to use a Health Care Directive to express your wishes. We'll also discuss the benefits of having a Financial Power of Attorney. You will leave class with these two important legal documents completed and ready in case they are ever needed.

Robert Herr

7076-F08	Dec 9	Tue
	6:30-9pm	\$29
		CLC (door #1) C8

Get Completely Out of Debt Including Your Mortgage

A life without debt can happen! Following debt elimination plans, you'll pay off your consumer debt, credit cards and car payments in one-to-three years and your 30-year mortgage in another three-to-four years. You can do this on your current income! You'll learn how to operate 100% on cash, never needing credit again. Bring a list of your debts and balances, monthly payments and interest rates (principal and interest for mortgage). You'll develop your own debt-elimination plan to implement immediately. No financial planning, insurance or investments will be promoted or sold at this educational workshop. Learn more at www.averagejoemoneyshow.com \$5 materials fee is payable to the instructor. Optional textbook \$47

Bill Keenan

7055-F08	Oct 9	Thu
	6:30-9:30pm	\$35 person, \$49 couple
		CLC (door #1) C8

Very informative! I wish I would have taken this class years ago!

Melissa - Get Completely Out of Debt participant

Draft Your Own Will

Developing a will is an important step in providing for the ones you love, but many people keep putting it off. Register now to have a completed, legal will by the end of class. You will learn about property distribution, protecting your estate and beneficiaries, safekeeping techniques and circumstances that may require a review or revision of your will. You will explore basic will concepts and assess your need for a simple will. You will then compose your own will using forms and sample language provided.

Robert Herr

7027-F08	Nov 25-Dec 2	Tue
	6:30-9pm	\$45
		Cent JH Media Center

◆ NEW Classes

🌀 Daytime Classes

Computers & Technology - Adult

We now have three levels of computer classes. Novice classes are for beginners, Advanced are for experienced folks and everything else is for those with some computer skills



Elise d'Entremont is highly knowledgeable of the issues and challenges facing business owners in today's marketplace. She has taught computer software applications through CompUSA, community colleges, businesses, and training companies. She also manages her own computer consulting company.

Private Technology Instruction

Learn as much during a one-on-one session with our instructor, Elise d'Entremont, as you would during an all day class! Private instruction moves at your pace and focuses on the topics you want to explore. Use your laptop computer or use ours for certain software applications. Meet with Elise at the Central Learning Center or other convenient locations. This is the same professional instruction offered at less than half the price of national companies. Personalized training for groups or businesses is also available. Contact Laurie Drolson at Ldrolson@forestlake.k12.mn.us or 651-982-8334 for more information.

Windows XP Made Simple

This introductory course will get you acquainted with your computer's operating system. You will find and organize folders and files, customize the desktop and learn computer terminology. Bring one music CD to class the second night. Register for an optional third night to learn about methods and programs to use for backing up your files. We'll perform actual backups in class.

Elise d'Entremont

6474-F08 Sep 30-Oct 1, 6 T, W, M
6-9pm
\$55 1st two nights
\$75 all three nights
FLAHS (door #4) 100

Intro to Microsoft Word

Create well-organized letters and fabulous flyers with MS Word. We will create, format and save a letter and a flyer. Learn to insert clip art and photos, and use templates and on-line resources. Sign up for the 3rd evening to create another flyer and learn more about what Word can do for you.

Elise d'Entremont

6431-F08 Oct 13, 15, 20 Mon, Wed
6-9pm
\$55 1st two nights
\$75 all three nights
FLAHS (door #4) 100

Microsoft Excel Made Simple

With Excel databases, you can organize your household budget, balance your checkbook and maintain your Christmas card list. We will create a spreadsheet, enter and edit data, print it, and yes, even make a colorful chart! Want more practice? Sign up for the 3rd evening where we will cover additional features.

Elise d'Entremont

6429-F08 Nov 3, 5, 10 Mon, Wed
6-9pm
\$55 1st two nights
\$75 all three nights
FLAHS (door #4) 100

Internet Strategies

Come explore the Internet! We will travel to famous places in the world, learn how to find what you are searching for and discuss many ways to use the internet for fun, hobbies, shopping and friends. You will also learn to download files and rid your computer of cookies. We will discuss security and how to safely utilize all the Internet can offer.

Elise d'Entremont

6409-F08 Dec 1 & 3 Mon & Wed
6-9pm \$55
FLAHS (door #4) 100

Create Your Own Website

Using a free service, you will create a personal or family web site during this hands-on class. Considering a business web site? You will learn all about domain names, software and internet packages that are out there for personal or business use. Please consider taking our Internet Strategies class if you are not familiar with using the Internet.

Elise d'Entremont

6452-F08 Dec 8 & 10 Mon & Wed
6-9pm \$55
FLAHS (door #4) 100

This is the best class I've ever attended! I came away with the information I wanted and then some!

Dody - Create Your Own Website participant

Microsoft PowerPoint Made Simple

Easily create a slideshow for a family gathering or a professional presentation. Learn PowerPoint fundamentals (inserting text, clip art, photos and sound) while you create and organize a simple presentation.

Elise d'Entremont

6413-F08 Sep 15 & 17 Mon & Wed
6-9pm \$55
FLAHS (door #4) 100

Computers & Technology - Adult

Microsoft Picture Manager ♦

Improve the quality and composition of your photos. You will learn the basic functions of the Microsoft Picture Manager photo-editing program. We'll discuss cropping, resizing and red eye removal as well as information about other photo editing programs (including free ones).

Elise d'Entremont

6423-F08 Nov 25 Tue
6-9pm \$29
FLAHS (door #4) 100

E-mail ♦

for Computer Novices

Stay in touch with family and friends. Learn the basics of creating an e-mail account; how to send, reply, forward and attach photos. Bring your e-mail address and password to class if possible. If not, an account will be created for you in class.

Elise d'Entremont

6412-F08 Nov 17 & 19 Mon & Wed
6-8pm \$39
FLAHS (door #4) 100

Windows XP ♦

for Computer Novices

Relax and learn the basics of the Windows XP operating system. You will customize the desktop, mouse, create folders, use the recycle bin and learn to install basic software.

Elise d'Entremont

6473-F08 Sep 22 & 24 Mon & Wed
6-8pm \$39
FLAHS (door #4) 100

Internet ♦

for Computer Novices

Discover how to access a wealth of information on the Internet. You will learn the basics of using Internet Explorer software as well as how to access and navigate the Internet.

Elise d'Entremont

6414-F08 Oct 28 & 30 Tue & Thu
6-8pm \$39
FLAHS (door #4) 100

Microsoft Excel Advanced ♦

Take Excel to the next level. Experienced Excel users will learn more functions and how to use multiple worksheets.

Elise d'Entremont

6427-F08 Oct 8 Wed
6-9pm \$29
FLAHS (door #4) 100

Microsoft Word Advanced ♦

Experienced Word users will learn advanced techniques including how to address envelopes and labels, insert page breaks, create a simple table, work in outline form, and create a table of contents the easy way.

Elise d'Entremont

6436-F08 Oct 23 Thu
6-9pm \$29
FLAHS (door #4) 100

Selling on eBay

Clear out your clutter and sell it on eBay! Learn about on-line safety, item research and pricing, photography, titles and descriptions that sell, shipping, returns and warranty issues, effective selling strategies and much more. Even experienced eBay sellers will learn many new skills to improve sales. This class will give you a HUGE head start over the competition. Basic computer knowledge is helpful; however students WILL NOT be working on computers during the class. An optional workbook published by eBay University is available for \$12 payable on the night of class.

Joel Karsten is a Certi.ed eBay Education Specialist with vast eBay selling experience, having listed over 35,000 items for sale on eBay. He has taught over 2,800 students how to be successful selling on eBay.

6450-F08 Sep 30 & Oct 2 Tue & Thu
6:30-9:30pm \$69
FLAHS (door #9) 109

Beginning Keyboarding ♦

Stop struggling with the hunt and peck method! Be more efficient by learning to type quickly and accurately! You'll learn the basics of proper technique as you work to improve your speed and accuracy. We'll cover technique, speed drills, and the history of keyboarding. Over the course of five weeks you should see an improvement in your keyboarding skills and an increase in your words per minute.

Jamie Bullock

6418-F08 Sep 18-Oct 23 Thu
6-8pm \$89
FLAHS (door #9) 324
No class Oct 16

How to Text Your Teen

Text messaging is a great way to communicate with your teenager, teen employees, your children's babysitter or the kid who mows your lawn. At this hands-on workshop you'll learn to text with the help of the instructor and a teenager or two. We'll also provide you with a handout of abbreviations that are commonly used when texting. Bring your cell phone and owner's manual if available. Please check with your service provider to ensure your cell phone plan allows text messaging.

Julie Ohman

9292-F08 Nov 17 Mon
7-8pm FREE
FLAHS (door #4) 117



*The computer labs can be warm. Please dress accordingly.
We want you to be comfortable.*

Creative Arts - Adult



Moment of Inspiration A Writing Workshop

Wherever you are in your writing life, this workshop will help you find a bit of the inspiration and/or motivation you might be lacking lately. There will be a good deal of sharing of material, along with constructive criticism, brief lessons on topics like dialogue and tense and conversations about what's next. We'll do occasional writing exercises to get things going and you'll be assigned a time when your work will be the topic of constructive, engaging discussion. Bring a notebook and a pen.

Holly Harden is a writer for Garrison Keillor's "A Prairie Home Companion"

9232-F08	Sep 15-Dec 8	Mon
	6:30-8:30pm	\$115
	SWJH	104
	No class Sep 29, Oct 27, Nov 24	

Holly is extremely supportive of all the different writers in our class. She gives good advice and is genuinely excited about our attempts to be real writers!

Christie - participant of Holly Harden's writing workshop

Photo & Memorabilia ♦ Organization

Do you have photos, CDs, memory cards and memorabilia piling up? Learn a system to manage all of these items, so you can find what you need when you need it. Discover solutions for managing your piles, boxes and stacks of memories. You'll leave with an organizational starter set, so you can get organized right away! \$20 materials fee payable to instructor.

Jenny Kasa

9227-F08	Oct 21	Tue
	6:30-8:30pm	\$19
	FLAHS (door #4) 117	

Quick & Easy ♦ Paper Photo Album

Create a mini album using the coordinated, pre-cut decorative accessories included in your paper album kit. It's so simple, and there is no cutting required! A variety of color schemes/themes will be available to choose from. Please bring 15-30 photos to class. \$20 materials fee payable to instructor.

Jenny Kasa

9226-F08	Dec 2	Tue
	6:30-8:30pm	\$19
	SWJH 102	

Paying Tribute ♦ to the Graduate!

Class of 2009 & Beyond

So, you have a son, daughter or grandchild graduating soon? Are you planning a gathering in their honor? Explore a variety of options for creating a permanent, fun and memorable showcase of your graduate... from baby days through graduation day! Get some unique ideas for invitations, keepsakes and more. Take home a list of "Must Have Photos" to take during senior year, a system for collecting items to display and MORE! \$23 materials fee payable to instructor.

Jenny Kasa

9228-F08	Sep 23	Tue
	6:30-8pm	\$19
	FLAHS (door #4) 117	

Storybooking ♦

The Quick & Easy Solution for Digital Photos!

Get your photos out of the digital world and into your hands with *StoryBook Creator 2.0* (software provided at class). You'll learn to use editing, cropping and journaling tools, and professionally designed templates to create hardcover bound books in no time at all. Create a family yearbook, history book, keepsake from a special event or trip, tribute to someone special for a milestone birthday, or a re-cap of a sports season. The possibilities are endless! \$10 materials fee payable to instructor. (Includes a Quick Easy Digital Starter Set of CDs.)

Jenny Kasa

9225-F08	Nov 13	Thu
	6:30-8pm	\$19
	CLC (door #1) C8	

Beginning Drawing

Develop your skills and learn about the techniques and tools used for drawing. You'll utilize a variety of drawing techniques as you create your own work in charcoal and graphite. All materials will be supplied by the instructor for \$12 payable the first night of class.

Kyle Marsh

6230-F08	Sep 18-Oct 2	Thu
	6:30-8:30pm	\$45
	SWJH 121	

Kyle did a super job!

It was a relaxed atmosphere. Fun!

Jennifer - Beginning Drawing Participant

Cord Rug

Using basic crochet stitches and macramé cord you will make an oval rug that wears like iron and will last a lifetime. \$20 supply fee payable in class.

Peggy Decker

6345-F08	Oct 7	Tue
	6:30-9:30pm	\$25
	Col Elem Lounge	

Dance - Adult



Clogging-Beginner

Ages 5-adult

Clogging is a fun, energetic style of dance used for performances, competition and exercise. Learn the eight basic steps in Clogging as you dance to rock, pop and country.

Wear a pair of shoes that slide easily, or for \$15 you may purchase a pair of clogging taps to glue onto tennis shoes.

Pam Portz is a Nationally Certified Clogging Instructor

8400-F08	Oct 20-Dec 8	Mon
	5:45-6:15pm	\$25 person \$39 family
		CLC (door #1) Small Gym

Clogging-Beginner Plus

Ages 5-adult

This continuation of the Beginner Clogging class will help to bring your clogging skills to the next level. Wear a pair of shoes that slide easily, or for \$15 you may purchase a pair of clogging taps to glue onto tennis shoes.

Pam Portz

8401-F08	Oct 20-Dec 8	Mon
	6:15-7pm	\$35 person \$55 family
		CLC (door #1) Small Gym

Ballroom Dance

Foxtrot & Swing

Whether you want to become more graceful or just make your partner happy, ballroom dance lessons can be fun and rewarding. The Foxtrot is a classic American jazzy dance that shows off the attitude and style of Big Band and Jazz music through the years. Swing was developed in the 30s and 40s and is one of the most energetic and versatile of the rhythm dances. We are unable to guarantee partners for single registrants - please call 651-982-8334 for more information.

Heidi Smith-Miranda is a former Midwest Ballroom Dance Champion. Heidi began teaching and coaching nine years ago. She loves her career in dance and enjoys sharing her experience and enthusiasm with others. She especially enjoys choreographing a special dance for couples to perform at their wedding.

8481-F08	Oct 2-Nov 13	Thu
	7:30-8:30pm	\$49 person \$79 couple
		CLC (door #1) Small Gym
		No class Oct 16

Wedding Dance Workshop

Impress your friends and relatives at the next family wedding! Whether you are the bride and groom, part of the bridal party or a guest at a wedding, this workshop will give you the skills needed to look great out on that dance floor! The basic steps and some fun patterns will be covered in waltz, swing, polka and slow dance. This is a great way for the entire wedding party to have fun and get the dancing started with style.

Heidi Smith-Miranda

8487-F08	Sep 18	Thu
	6:30-8:30pm	\$29 couple
		CLC (door #1) Cafeteria

◆ NEW Classes

☀ Daytime Classes

Fitness - Adult

Fitness Classes With Thia Casanova

Join Thia Casanova for the ultimate fitness experience. Thia has a Fitness Certification through the YMCA, professional training through Reebok, Nike, MCMSS, ACS, HealthEast, Fitour, MELOS, Yogafit, and ACE. She has also been a Fitness Program Coordinator for a local fitness club, and is currently an independent Image Consultant and Fitness Specialist.



Intro to Comfort Yoga®

This fun and easy starter class will introduce you to Hatha Yoga fundamentals. Yoga promotes good health, strength, and flexibility, reduces physical and mental stress and increases energy and circulation. Participants will learn: breathing, postural alignment, relaxation, personal reflection, stretching, and balance. Small class size offers individual attention. Wear comfortable clothing and bring a mat. All ability levels welcome.

Thia Casanova

7461-F08 Sep 17-Oct 29 Wed
8:10-9:10pm \$39
CLC (door #1) Small Gym
No class Oct 15

What is Comfort Yoga®

Ever wonder why yoga is so popular and what it can do for you? Can it really help you build strength, flexibility and improve your balance? You don't have to turn yourself into a pretzel to benefit from yoga. Come see just how easy and rewarding it can be. Wear comfortable clothing and bring a mat.

Thia Casanova

7477-F08 Nov 19 Wed
8:10-9:10pm FREE
CLC (door #1) Small Gym

What is Comfort Yoga is a free class in recognition of National CE Day!

Comfort Yoga®

This is a great way to reduce stress while you maintain your flexibility, improve your core strength and increase your knowledge of yoga! Class is for students who have taken Intro to Comfort Yoga® or Hatha Yoga. Wear comfortable clothing and bring a mat. You may pay for full class fee upfront or drop in for \$7 per session.

Thia Casanova

7483-F08A Sep 17-Dec 17 Wed
7:05-8:05pm \$59
CLC (door #1) Small Gym
No class Oct 15, Nov 26

7483-F08B Sep 17-Oct 29 Wed
7:05-8:05pm \$35
CLC (door #1) Small Gym
No class Oct 15

7483-F08C Nov 5-Dec 17 Wed
7:05-8:05pm \$35
CLC (door #1) Small Gym
No class Nov 26

Core Potential

Tap your body's full potential with this strength and toning class. Using exercise bands and your own body weight, you'll build muscle and burn fat. Get fit and look great! Wear comfortable clothing and bring your own exercise band and mat. You may pay for full class fee upfront or drop in for \$7 per session.

Thia Casanova

7484-F08 Sep 17-Nov 12 Wed
6-7pm \$45
CLC (door #1) Small Gym
No class Oct 15

Comfort Yoga® ♦ for Your Back

Minor or major changes (environment, injury, illness and stress) affect your body alignment. Learn how yoga can alleviate back pain, reduce stress and increase flexibility. Receive instruction on basic spinal anatomy and easy yoga postures designed to restore natural posture. Wear comfortable clothing and bring a mat.

Thia Casanova

7485-F08 Nov 19-Dec 17 Wed
6-7pm \$25
CLC (door #1) Small Gym
No class Nov 26

Thia makes class fun!

I highly recommend her classes to friends and family.

Terry - Core Potential participant

Our classes do not endorse or promote any religious perspectives

Fitness - Adult

Core Strength Yoga Workout

Sweat and build strength with this intense yoga practice. We'll combine a series of flowing postures with rhythmic breathing to develop core strength and balance. Emphasis is on breathing through each posture to attain mind-body connectedness. Yoga detoxifies the body and mind with emphasis on movement, balance and intention.

Please wear comfortable clothing and bring a yoga mat and water. Beginning to advanced participants are welcome.

Chris Coleman

7498-F08A Sep 23-Dec 9 Tue
6:45-7:45pm \$55
CLC (door #1) Small Gym
No class Oct 28, Nov 4

7498-F08B Sep 23-Oct 21 Tue
6:45-7:45pm \$29
CLC (door #1) Small Gym

7498-F08C Nov 11- Dec 9 Tue
6:45-7:45pm \$29
CLC (door #1) Small Gym

Chris is awesome! I'm a first time yoga learner and I love "fluid" yoga.

Grace - Core Strength Yoga Workout participant

Hula Hoop Dance ♦ and Exercise

Need some variety in your workout? Try this fun and fabulous way to use your core muscles, increase flexibility, promote healthy body alignment and increase your energy level. Everyone can hula hoop with these large, weighted hoops. Hoops are provided for use in class and available to purchase.

Elaina Morely has over 10 years of experience in dancing and teaching dance. She is also a yoga instructor and member of the Tribal Spirits of the Sun dance troop.

7444-F08 Sep 18-Nov 6 Thu
6-7pm \$65
\$15 drop in
CLC (door #1) Small Gym
No class Oct 2, 16

Power Yoga ☯

Energize your body while gaining the flexibility and the focusing benefits of basic yoga. You will use intensive muscle stretching and toning to improve balance, muscle tone and alignment while using aerobic and anaerobic yoga positions. This class is an excellent conditioning workout designed for all ages and abilities.

Julia Phillips has is a registered Yoga Teacher through the Yoga Alliance. She studied at the Institute of the Himalayan Tradition in St. Paul and began teaching yoga in 2002. Before that Julia taught Water Fitness for 18 years.

9936-F08A Sep 8-Oct 6 Mon
9:30-11am \$55
Kyoshin Ryu Karate Academy

9936-F08B Oct 13-Nov 10 Mon
9:30-11am \$55
Kyoshin Ryu Karate Academy

9936-F08C Nov 17-Dec 15 Mon
9:30-11am \$55
Kyoshin Ryu Karate Academy

Cardio Kickboxing

Four punches and four kicks make this class energetic and intense, yet easy to follow. The instructor will lead you through various boxing moves and combinations to form a fun workout that will keep your heart rate elevated for most of the hour. You'll build strength, stamina and self-confidence as you punch and kick your way to fitness. Please wear loose, comfortable clothing and athletic shoes. Bring a water bottle and towel.

Ann Smith

7432-F08A Sep 17-Nov 5 Wed
7-8pm \$45
SWJH East Gym

7432-F08B Nov 19-Jan 28 Wed
7-8pm \$45
SWJH East Gym
No class Nov 26, Dec 24, 31

♦ NEW Classes

☯ Daytime Classes

Absolutely Abdominals

Midsection Makeover ♦



Learn to strengthen ab muscles and re-shape your waistline without getting on the floor. Check for overstretched abdominal tissue and learn a simple technique to correct this problem. Regain control of abdominal muscles that have been cut from surgery. Strengthen abdominals from the inside out. Relieve lower back discomfort and learn anywhere, anytime exercises that fit into the busiest of schedules. Don't waste time doing traditional abdominal crunches. Strengthen and flatten your abdominals quickly and effectively. Bring a mat for floor exercises.

Janice has a Masters Degree in Health & Physical Education. She is an internationally acclaimed author, speaker and wellness consultant who teaches workshops and seminars for hospitals, corporations and professional organizations. Janice regularly presents health segments on television and radio, including a recent guest spot on the Oprah Winfrey Show discussing her latest book, 'Posture, Get It Straight!'. She teaches simple steps that lead to huge changes in how you look and feel.

9971-F08 Nov 10 Mon
6-7:30pm \$35
CLC (door #1) Main Gym



Low Impact Aerobics

Increase your energy level and improve your fitness! Get a great aerobic workout that is easy on your joints. Class includes total body conditioning with a warm-up, 20-25 minutes of low impact aerobics, lower body muscle toning and a refreshing stretch and cool-down. All levels are invited. Please bring a mat and athletic shoes.

Lu Ann Fry

7423-F08 Sep 17-Dec 15 Mon & Wed
7-8pm

\$49 for 13 sessions
\$89 all sessions
SWJH Cafeteria
No class Nov 26
Oct 27 class at FL Elem Gym

Lu Ann does a great job of making exercise fun!

The class is perfect for everyone – from beginners on up.

Julie – Low Impact Aerobics participant

Walkers Welcome 🌟

The Central Learning Center and Forest Lake Area High School are open for walkers! Avoid the snow, ice, rain and traffic. Come walk in a safe and controlled climate. Walk one, two or more times each week. Register for the morning or evening session and then you can walk mornings or evenings at either school throughout the school year. Walkers will be sent an identification badge upon registration. *Badge must be worn while walking.* Sorry, we are unable to offer accommodations for personal belongings. No walking Sep 29, Oct 16, 17, Nov 4, 26, 27, 28

7422-F08A Sep 15-Dec 18 Mon-Fri
6-7:30am \$15
FLAHS & CLC Main Hallways

7422-F08B Sep 15-Dec 18 Mon-Thu
5-8:30pm \$15
FLAHS & CLC Main Hallways

Bellydance Workout ♦

Bellydance is easy on the joints and provides a great cardio workout. Join us for this fun, simple way to burn calories and improve your fitness. Each class includes warm up, stretching and basic bellydance moves and routines. Beginners as well as more experienced bellydancers are welcome. Wear comfortable clothing.

Elaina Morely

7448-F08 Nov 20-Jan 15 Thu
6-7pm \$65

\$15 drop in
CLC (door #1) Small Gym
No class Nov 27, Dec 25, Jan 1

Hips, Thighs & Otherwise ♦ 🌟

Have you noticed hip/thigh/butt spread? We have become a nation of professional sitters, causing lower body muscles to weaken and sag. Learn the “10 Minute Miracle Exercise” series to strengthen lower body muscles, increase metabolism and bone mass and trim inches off your lower body. If you don’t have the time, money or inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. Come prepared to exercise. Bring a mat to class.

Janice Novak

9985-F08 Sep 20 Sat
11:30am-1pm \$35
FLAHS (door #9) Media Center

Zumba ♦

Zumba is a fusion of Latin and international music and dance to create a dynamic, exciting and effective cardio workout. These fun and easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body. No dance experience required. Zumba participants may achieve long term benefits while having an absolute blast in one exhilarating hour of calorie burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life! Join the best fitness party around!

Maria Tovar

7496-F08A Sep 15-Oct 20 Mon
7:15-8:15pm \$29
CLC (door #1) Small Gym

7496-F08B Nov 3-Dec 8 Mon
7:15-8:15pm \$29
CLC (door #1) Small Gym

Our classes do not endorse or promote any religious perspectives

Super Saturday

FREE Skill Building Opportunities

For parents with children ages 0-18 years old

October 4
8 am-12:30 pm
FLAHS Cafe (door# 9)

For more information contact:
Jackie Hays, Lakes Area Youth Service Bureau at 651-464-3685

Health & Wellness - Adult



First Aid

Obtain your certification in First Aid. Your American Heart Association First Aid certification is good for two years. Class fee includes certification card and all necessary supplies and equipment.

Dan Schwabe, CPR Inc

7472-F08 Dec 3 Wed
6-10pm \$55
FLAHS (door #4) 107

CPR

Get certified in American Heart Association adult CPR or pediatric CPR. Dan's hands-on teaching style and sense of humor make this the CPR class to take! Certification is good for two years. Class fee includes certification card and all necessary supplies and equipment. Please register for session A for Adult/Child CPR and session B for Infant/Child CPR.

Dan Schwabe, CPR Inc

7474-F08A Oct 9 Thu
6-10pm \$55
FLAHS (door #4) 107

7474-F08B Nov 6 Thu
6-10pm \$55
FLAHS (door #4) 107

Great CPR class!

Love this instructor!

Danielle – CPR participant

Bone Up On Osteoporosis

Improve your bone density and work to prevent osteoporosis. Stature, nutrition and physical activity can all impact your chances of getting this disease. Learn how you can maintain or improve your bone density. This class will also be helpful to women who have suffered fractures as a result of the disease. You will learn about postural education, exercises for strength and flexibility, body mechanics and balance exercises. Class will be held at OSI Physical Therapy, 146 North Lake Street, Forest Lake.

OSI Physical Therapy

9589-F08 Nov 20 Thu
6-7:30pm FREE
OSI Physical Therapy

Bone Up on Osteoporosis is a free class in recognition of National CE Day!

Eliminating Headaches

Explore the causes, treatments and best known solutions for preventing headaches. We will address nutrition, exercise, ergonomics and posture. You will learn about the body's master control system study and the research that supports a headache-free life.

Dr. Rebecca Bracht

9980-F08 Sep 11 Thu
6:30-8pm \$19
CLC (door #1) C8

Lose Weight or Stop Smoking Through Group Hypnosis

Weight Loss Hypnosis-Session A

Control your eating habits, learn to desire the right foods and motivate yourself to exercise.

Session B: Quit smoking or chewing immediately through hypnosis without withdrawal, cravings or gaining weight.

You will be fully aware and conscious at all times. Bring a pillow, blanket or sleeping bag for added comfort. Fee includes a reinforcement tape and lifetime membership card, which, allows participants to attend future seminars free. Registrants who cancel within three days of class will be mailed their lifetime membership card, but we are unable to issue refunds. Check in begins at 6 pm. If you are returning for a follow-up class call, 651-982-8110 **These classes are not eligible for UCare discount.

Mary Fischer is the Chief Executive of New Way Hypnosis Clinic. She has Diplomas in Hypnotherapy and Master Hypnotist, and is certified as an Advanced Hypnotherapist, Hypnotherapist, Certified Hypnotherapist, and Doctor of Clinical Hypnotherapy. Mary Fischer is also a motivational speaker and has presented on such topics as self-improvement, sales techniques, stress reduction, smoking cessation, proper eating habits, self-hypnosis and goal setting.

7440-F08A Oct 30 Thu
6:30-9pm \$69
FLAHS-door #4 Media Cent

7440-F08B Oct 30 Thu
6:30-9pm \$69
FLAHS-door #4 Media Cent

I quit smokeless tobacco 15 months ago! Thanks!

Shane – Hypnosis participant



Mind/Body Healing ♦ Making the Connection to Better Health

We are learning more about how the mind/body connection is key to real health. Are you interested in overcoming your limitations to a happy, healthy life? The long awaited paradigm shift in health care is here. The new science will inspire your spirit, engage your mind and challenge your creativity as you comprehend the enormous real potential for applying this information in your life.

Dr. Brant Larsen

7469-F08 Nov 18 Tue
6:30-8pm FREE
CLC (door #1) C8

Mind/Body Healing is a free class in recognition of National CE Day!

Six Ways to ♦ Improve Your Health

Maintain maximum health and wellness. Learn the effects of exercise, proper nutrition, medicine, surgery and what positive mental attitude and a clear functioning nervous system can do for you.

Dr. Rebecca Bracht

9979-F08 Sep 8 Mon
6:30-8pm \$19
CLC (door #1) C8

Grief Recovery

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind, but most of the information passed on within our society is not normal, natural or helpful. This 12-week program creates a safe environment in which to look at old beliefs about dealing with loss, losses that have affected your life and to take new actions, which lead to completion of the pain. Companion workbook available from instructor for \$13.

Cyd Dirtzu

9977-F08 Sep 23-Dec 16 Tue
6:30-8:30pm \$90
CLC (door #1) B6
No class Nov 4

Enrich Your Life with Mindfulness Training

Mindfulness is the key to good self-understanding and self-management. It helps everyone with self-esteem, stress, pain management, habit control, painful emotions and destructive thinking. Learn to deeply penetrate your own experiences to find the tools for full and rich living. Please wear clothing that does not bind the body. This class does not endorse or promote any religious perspective.

Dr. Mary Jo Meadow

9508-F08 Sep 16-Oct 28 Tue
6-7:30pm \$59
CLC (door #1) C8
No class Oct 7

Stress Management Without Drugs

Learn to minimize stress without medication. Get your body to function at its highest level. Study the emotional, physical, and chemical stressors that affect your overall health, body function and immune system. We'll also discuss relaxation, nutrition and exercise.

Dr. Rebecca Bracht

9982-F08 Sep 23 Tue
6:30-8pm \$19
CLC (door #1) C4

Are You a ♦ 🌟 Carbohydrate Addict?

Do you crave starches, snack foods, and sweets, and find the more you eat, the more you want? Is your snacking out of control? Learn about a two-week plan that will STOP your cravings, help you lose weight and help keep your insulin levels balanced. Overcoming carbohydrate cravings is not a matter of willpower but a matter of biology. You can stop the vicious cycle of food craving and weight gain.

Janice Novak

9988-F08 Sep 20 Sat
9:30-11am \$35
FLAHS (door #9) Media Center

Carpel Tunnel Causes and Treatments

Explore the causes, symptoms, and treatments of carpal tunnel. Discuss medication as well as natural solutions. Learn the importance of the body's master control system and its effects on your health.

Dr. Rebecca Bracht

9983-F08 Oct 2 Thu
6:30-8pm \$19
CLC (door #1) C8

Relieve Low Back Pain

You don't have to live with pain! Get the facts about how low back pain can affect your life. Discover how you can prevent and correct back pain issues, and learn the pros and cons of treatments like medication, surgery and natural alternatives, as well as how the nervous system relates to low back pain.

Dr. Rebecca Bracht

9984-F08 Oct 6 Mon
6:30-8pm \$19
CLC (door #1) C4

♦ NEW Classes

🌟 Daytime Classes

Health & Wellness - Adult



Understanding Shame ♦

Shame goes beyond embarrassment or humiliation. It is the feeling that something is basically wrong with us, that we are somehow a mistake. Family, social conditions and the attitudes of others can cause painful feelings of shame. Explore the origins of shame and discover how to overcome its limiting effects.

Dr. Mary Jo Meadow

9986-F08 Sep 22 Mon
6-7:30pm \$19
CLC (door #1) C8

Understanding Guilt ♦

We use the word guilt in different ways. Legal guilt is being convicted of a crime. Moral guilt means having done something that is wrong. Emotional guilt, feeling guilty about unimportant things, is the kind that makes us suffer from depression, poor self-esteem and self-defeating behavior. Learn how emotional guilt develops and how to rid yourself of its troublesome effects.

Dr. Mary Jo Meadow

9987-F08 Oct 6 Mon
6-7:30pm \$19
CLC (door #1) C8

Massage My Baby

Massage promotes digestion, relaxation and more. It is a great hands-on way to care for a child. One or two parents may attend with each infant. Bring a blanket, pillow and a large towel.

Dr. Rebecca Bracht

7457-F08 Dec 11 Thu
6-7:30pm \$25
CLC (door #1) B2

Five Minute Massage

You can give a good scalp, neck and shoulder massage in five minutes. Learn about oils, hand pressure, pressure points, danger points and more. Wear a loose fitting, button front shirt. Bring two towels and plan to have fun!

Dr. Rebecca Bracht

7401-F08 Oct 21 Tue
6:30-8pm \$25
CLC (door #1) C4

Loving-Kindness Practice

Come and learn this 2500 year old practice that helps us overcome self-dislike and builds proper self-love and self-acceptance. It also helps us act more gently and lovingly toward others and live without fear or hatred of others.

Dr. Mary Jo Meadow

7490-F08 Oct 20 Mon
6-7:30pm \$19
CLC (door #1) C8

Table Tennis League

Age 14-adult

Grab your teenager, spouse or best pal and get signed up! Handicaps will be established and matches will be assigned accordingly. This is a great opportunity to improve your strokes, spins, footwork and strategy. Whether you're new to table tennis or have been playing for years, you'll love the fun and fitness that come with joining a community table tennis league.

David Degendorfer

9401-F08A Sep 11-Oct 30 Thu
7-9:30pm \$35
SWJH West Gym
No class Oct 9, 16
Will meet Wed Oct 8, 15

9401-F08B Nov 6- Jan 15 Thu
7-9:30pm \$35
SWJH West Gym
No class Nov 27, Dec 25, Jan 1

Co-ed Volleyball

Enjoy an evening out with friends and neighbors in a recreational game of volleyball. Wear comfortable clothes and athletic shoes.

Jim Smith

9446-F08 Sep 12-Dec 19 Fri
8-10pm \$49
\$5 drop in
Linw Elem Gym
No class Oct 17, Nov 28

Men's Basketball

Love to play basketball, but don't have a full team? This is the place for you! Come alone or with friends and use the time to work on your game; perfect your free throws and lay-ups and play recreational pick-up ball with other participants. Drop-ins welcome: \$5.

Wally Kjellberg or David Drolson

9447-F08A Sep 17-Dec 17 Wed
7-8:30pm \$39
Scan Elem Gym
No class Oct 15, Dec 3

9447-F08B Sep 17-Nov 19 Wed
7-9pm \$39
CLC (door #1) Main Gym

Special Interest - Adult

Low Cost Decorating That Looks Like It's Not

Give new life to a room without spending a lot of money. Find interesting furniture at great prices or give a new look to what you already own. You will learn how to paint furniture, refinish without strippers, change the look and function of pieces, or create your own one of a kind design.

Dody Johnson

9967-F08 Oct 27 Mon
6:30-8pm \$19
CLC (door #1) C8

Defensive Driving-Refresher

If you have taken a state approved 8-hour Defensive Driving Course (55+) in the past, you can now renew your 10%, three year car insurance discount by taking this 4-hour refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company.

MN Safety Council

7450-F08 Oct 13 Mon
6-10pm \$19
Cent JH Media Center

Defensive Driving

If you are 55 or older you can save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you a 10% reduction for three years if you complete the National Safety Council's Defensive Driving Course, taught by professional, certified instructors. The course is two sessions of classroom - no driving or test required. You will receive a certificate of completion to provide to your insurance company. Attendance at both sessions is required to receive credit.

MN Safety Council

7451-F08 Oct 6 & 8 Mon & Wed
6-10pm \$25
Cent JH Media Center

Spanish I ♦

Learning Spanish enables you to communicate with Spanish speakers in your community, at work or when you travel. Explore the language and culture or brush up on your skills if you've taken Spanish in the past. We'll cover pronunciation, vocabulary, reading comprehension and grammar. Please bring the textbook "30 Days to Great Spanish-for Beginners" and an English/Spanish dictionary to class. New and used textbooks are available at www.amazon.com or www.barnesandnoble.com for \$5-\$20.

Iris Myers

9205-F08 Sep 17-Oct 15 Wed
6:30-8:30pm \$79
FLAHS (door #4) 117

Spanish II ♦

Here's your chance to further improve your Spanish language skills. Learn more about the language and culture, advance your skills in pronunciation, vocabulary, reading comprehension and grammar. This course can also serve as a review for those who took Spanish lessons in the past or are interested in practicing the language. Please bring the books listed in Spanish I class.

Iris Myers

9203-F08 Nov 5-Dec 10 Wed
6:30-8:30pm \$79
FLAHS (door #4) 117
No class Nov 26

Chess Club ♦

Chess has been called the game of kings. Here's your chance to test your chess skills against others in a casual atmosphere. This will be a great opportunity to play against a variety of people with various skill levels. Bring your own chess set and be paired with an opponent for a game or two of casual play.

9263-F08 Sep 16-Dec 9 Tue
6-9pm \$35
SWJH 104 \$5 drop in
No class Oct 7, Nov 4

Auto Maintenance

Advanced ♦

If you know the basics of maintaining your vehicle, then here's the class for you! Learn how to maintain brakes, steering, suspension, battery and cables, CV Joints, flush and fill the coolant, change transmission fluid and filter, fix a punctured tire and deal with that pesky "check engine" light. Learn to maintain your own car or just be more prepared when taking it in for repair. A supply fee of \$5-\$10 is payable to the instructor on first night of class. Need your transmission fluid and filter changed or your coolant flushed? You can volunteer your car to be the demo car for that lesson (parts are at owner's expense).

Matt Beukema

9279-F08 Oct 22-Nov 19 Wed
6-9pm \$109 pair
\$79 person
FLAHS (door #9) 514

For Women ♦

You can help your car run smoothly with basic maintenance tasks such as checking and adding fluids, jump starting, and changing wiper blades, head lights and tires. Learn how to identify that puddle of fluid on the garage floor and to recognize the symptoms of common engine problems. These topics and many more will be presented in a relaxed environment - for ladies only. Bring a friend at a reduced rate!

Matt Beukema

9283-F08 Sep 24-Oct 8 Wed
6-8pm \$39 person
\$59 pair
FLAHS (door #9) 514

Matt is an excellent instructor. Great job!

Fred - Advanced Auto Maintenance participant

Special Interest - Adult

Want to Share Your Skills?

Are you interested in teaching a community education class for adults? For more information please contact Laurie Drolson at Ldrolson@forestlake.k12.mn.us or 651-982-8334.

Register Early

Community Education staff often need to make decisions about canceling classes a week or more before the start of the class. To avoid disappointment for yourself and others, don't wait until the last minute to register.



Golden Age Passes

If you are a minimum of 62 years old and a resident of Forest Lake Area Schools, be sure to pick up your Golden Age Pass at the District Office. This pass enables you to attend most Forest Lake Area School K-12 activities free or at a reduced rate (does not include hockey events).

FREE Classes for National Community Ed Week

Watch for free classes throughout this brochure. For a complete listing, see page 3. Space is limited so sign up today!

◆ NEW Classes

🌸 Daytime Classes



Bridal Makeup ◆

You've dreamed of your wedding day since you were a little girl. Learn how to achieve a flawless, timeless, naturally exquisite look for your big day. We'll help you choose the colors that are right for you and your skin tone, show you the right amount of depth and intensity appropriate for the time of day, and teach you techniques to make your makeup last all day. Don't forget to bring your camera; you'll want to know exactly what you're going to look like in those precious wedding photos.

Erin Rheault

9216-F08 Sep 16 Tue
7-9pm \$39
SWJH 121

Glamorous ◆ Mineral Makeover

Learn the benefits of mineral-based cosmetics. We'll discuss proper application techniques and additional glamour tips. Class will begin with a quick facial cleansing process so we have a clean canvas to work on. We will have a lesson on mineral makeup including how it compares to other cosmetics. Then, you will be part of a complete makeover using mineral-based cosmetics. This includes foundation, eye-shadow, blush and more! Skin care and cosmetic samples will be provided for use during the class.

Erin Rheault

9217-F08 Oct 6 Mon
7-9pm \$39
SWJH 121

Basic Skin Care ◆ & Makeup Application

Enjoy a personal pampering session while learning basic skin care and the importance of a skin care regimen. Class will begin with a facial scrub followed by a moisturizer and foundation. We'll share techniques for applying cosmetics for a fresh clean look. Skin care and cosmetic samples provided for use during the class.

Erin Rheault

9218-F08 Nov 13 Thu
7-9pm \$29
SWJH 121

Saving Face ◆ Facial Exercise

Facial exercise really works! Be prepared to have fun. Like the rest of your body, your face has muscles that can be tightened to lift up what gravity pulls down. Sagging jowls, shrinking lips and more can be corrected through this 4-minute workout. Do the exercises while showering or riding in the car. Bring a standup mirror to class. You will receive an instruction booklet. Supplemental materials are available but are not necessary for successful results. For more information visit www.facialexercising.com.

Having taught this seminar since 1975, Tessa Hill has seen thousands of women giggle their way through this enlightening and fun seminar.

7428-F08 Sep 16 Tue
6:30-8pm \$25
Cent JH Media Center

Travel and Tours - Adult



Travel to Paris This Spring

Paris and the Villages of Eastern France

During this nine day tour, travelers will linger in small towns and villages of Franche-Comte and Alsace with emphasis on antiques, estate sales and open markets. We'll mill around the Paris flea markets and visit the highlights of this charming city. Good food, delightful scenery, exciting treasure hunts and great companionship are on the schedule. All day trips are included. Stop in Epinal at the moving American Cemetery. A non-refundable deposit of \$300 due with registration. Balance due January 24, 2009. For more information and a detailed itinerary, call 651-982-8110.

Arlette Gerber

9958-F08 Fri, Apr 24-Sat, May 2
\$2,699 plus tax & fuel*
Mpls/St. Paul Intl Airport

Paris, Versailles and the Loire Valley

Experience Paris in the springtime. During this active trip you will walk through all the highlights in the City of Romance, from the Louvre museum to Painters Square in Montmartre. An escapade to the peaceful Loire Valley with its storybook castles will charm you. Step into history in Chambord castle with its 440 rooms, 344 fireplaces, this handiwork designed by Leonardo da Vinci will leave you breathless. A non-refundable deposit of \$300 required with registration. Balance due December 12, 2008.

For information and a detailed itinerary call 651-982-8110.

Arlette Gerber

9957-F08 Sat, Mar 21-28
\$1,899 plus tax & fuel*
Mpls/St. Paul Intl Airport

Things to know...

All tours include airfare.

*Additional tax and fuel surcharge of \$313 per person applies to all tours and is subject to change.

Arlette Gerber, owner of Bonjour Travel

Arlette Gerber was born and raised in France. As a French teacher in the U.S., she organized many educational tours. She continues to offer fully escorted adventures to France and beyond.

France

Make The Most of Your Trip

Get the tips you need before your trip to France. Learn the travel basics including itineraries, when to go, what to do before you leave and more.

Chris Coleman has been an avid traveler and tour guide since 1998. She has been in France every year since 1989 for study, work and travel.

9989-F08 Sep 16 Tue
6:30-8:30pm \$15
CLC (door #1) C4

Unnecessary Farce

Old Log Theater

A comic romp about a sting operation gone haywire makes its Twin Cities premier. Deadly bagpipes, a bumbling mayor, incompetent cops, the Highland Clan's Big Mac and the infamous Highland Hitman all converge in a hotel room where the city's new accountant discovers embezzlement. To crack the case the officers must overcome their fear of the dark, guns, enclosed spaces and the opposite sex. A full course dinner at the Log is included.

Sherry Pratt

9972-F08 Dec 18 Thu
11am-5:30pm \$49
District Office

Arsenic and Old Lace

St Croix Festival Theatre

Enjoy Sunday Brunch (included) at the Dalles House and be entertained. A clever combination of the farcical and the macabre, Arsenic Old Lace centers on two elderly sisters famous in their 1940's Brooklyn neighborhood for numerous acts of charity. Unfortunately, their kind-heartedness includes poisoning lonely old men who come looking for lodging! The sisters are assisted by an eccentric nephew who believes he is Teddy Roosevelt. Matters get complicated when a second nephew discovers the murders and an estranged third nephew appears unexpectedly. You'll laugh out loud.

Sherry Pratt

9976-F08 Oct 12 Sun
11am-5pm \$59
District Office

Adult Basic Education

Kara Rotramel, Lead Teacher/Coordinator 651-982-8302
krotramel@forestlake.k12.mn.us FAX: 651-982-8330



Adult Basic Education

GED Preparation

Tutoring and sample testing for adults who do not have a high school diploma

Adult Diploma

Tutoring to earn credits for diploma completion

Basic Skills Refresher

Instruction in reading, writing, spelling and math for adults who want to improve basic skills

English as a Second Language

Classes for foreign-born adults who want to learn English
Classes designed for adults
Start anytime
Classes run year-round
Free of charge

Family Learning Program

For parents with children from birth to 5, learning together

Children can... participate in high quality preschool programs

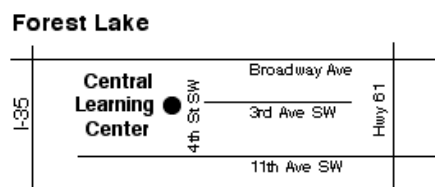
Parents can...

- improve reading skills
- earn high school diploma credits
- prepare for GED
- learn English
- participate in parent education
- brush up on basic skills

Families can...

- enjoy a family meal
- participate in guided learning experiences
- get ideas for home activities

ABE/GED Location



Literacy Volunteers

Help adults learn basic skills such as reading, writing and math. The Adult Basic Education Program holds workshops to teach volunteers how to tutor adults using various techniques. Opportunities are also available to assist in the Adult Basic Education classroom and to tutor foreign-born adults in English as a Second Language. If you are interested in becoming a volunteer or would like more information, call 651-982-8302.

Adult Diploma

You can earn the high school diploma you've always wanted

Study to earn credits to graduate. You may also earn credit if you prove that you have already learned the knowledge or skills needed to satisfy class requirements. Upon completion of all graduation requirements, you will receive your high school diploma. Program is open to adults (18 years or older whose class has previously graduated). For an appointment or for more information call 651-982-8302.

Class Schedule

Adult Learning Center

M-F 9am-Noon
Tu, W, Th 1-3:30pm
M, Tu, Th 5:30-8:30pm

Family Learning Program

Tu, Th 11:15am-3:30pm

GED Testing

Tue beginning Sep 16
6:30-9:30pm
\$100
Central Learning Center
200 SW 4th Street, Forest Lake
Door 12

GED Testing Coordinator

Virg Grove

Chief Examiner

Steve Graves

For general GED information

651-982-8302

651-982-8110

Visit <http://www.communityed4u.org> and click on Adult Basic Education for specific testing information.



Classroom

30 hours

\$115

The \$115 (non-refundable) fee is for a total of 30 hours of Classroom Driver Education. You must be paid in full at time of registration. Sessions will be filled on a first-come, first-served basis. For your convenience, we offer six easy ways to register. For information about registration options, call 651-982-8110.

9001-F08

Sep 4, 8, 9, 11, 15, 16, 18, 22, 23, 25
2:45-5:45pm FLAHS(door #9) 365

9002-F08

Oct 2, 6, 7, 9, 13, 14, 20, 21, 23, 27
2:45-5:45pm FLAHS(door #9) 365

9003-F08

Nov 17, 18, 20, 24, 25, Dec. 1, 2, 4, 8, 9
6-9pm FLAHS(door #4) 115

Daytime Behind the Wheel sessions are available for non-public school students during the weekdays. Call 651-982-8110 to schedule a lesson.

*Bill Loushine,
Driver Education Coordinator*

*Julie Ohman,
Community Education Director*

Behind the Wheel

6 hours

Forest Lake Area High School

\$269

The \$269 (non-refundable) fee is for a total of 6 hours Behind the Wheel Driver Education. Most sessions will be 2 hours per day and a designated time will be assigned to your child. Your fee must be paid in full at the time of registration. Sessions will be filled on a first-come, first-served basis. You must have a valid instruction permit in order to begin the Behind the Wheel session. If you miss any of your six (6) Behind the Wheel hours, you will need to pay an additional \$35 per hour to make up each hour missed.

After School

9086-F08	Sep 8, 9, 10
9087-F08	Sep 15, 16, 17
9088-F08	Sep 22, 23, 24
9089-F08	Sep 29, 30, Oct 1
9090-F08	Oct 6, 7, 8
9091-F08	Oct 13, 14, 15
9092-F08	Oct 20, 21, 22
9093-F08	Oct 27, 28, 29
9094-F08	Nov 3, 5, 6
9095-F08	Nov 17, 18, 19
9096-F08	Nov 24, 25, 26
9097-F08	Dec 1, 2, 3
9098-F08	Dec 8, 9, 10

Weekends

9015-F08	Sep 6, 13, 20
9016-F08	Sep 27, Oct 4, 11
9017-F08	Oct 25, Nov 1, 8

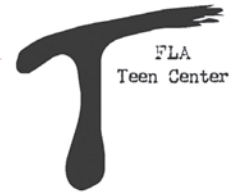
Winter Behind the Wheel Mid-November-March

Ten registrations will be taken for the winter session. This Behind the Wheel training will be during daylight hours and will be scheduled when weather and road conditions permit. Our coordinator, Mr. Loushine, will determine dates and times, then call you to schedule your lessons. To check availability, call the Community Education office at 651-982-8110 or visit our web site at www.communityed4u.org



Youth Development

Forest Lake Area Teen Center



An after school program designed for 7-9 graders!



For More Information

Call 651-932-8392

Registration

Get the required registration form on-line @ www.communityed4u.org or pick one up at school. Parent permission is required to attend.

New Classes, Programs & Features

Thanks to Mayor Sheldon Anderson's extreme fundraising efforts, the Teen Center will open its doors again this year.

Watch for NEW classes, programs and features coming your way this year thanks to additional support given by the McKnight Foundation!

Keep your eyes and ears on your school announcements for more details.

Monday-Thursday, After School, Beginning Mid-fall!

Caring and qualified staff

Shuttle buses from school to Teen Center

Optional enrichment and recreation programs

Homework help program led by a licensed teacher

Activity buses home

Open gym

Billiards

Air Hockey

Foosball

Dome Hockey

Video Games

Music

Concession Stand





ZAPPING the ACT

Gr 10-12

This intensive test-preparation workshop coaches high school juniors and seniors in all four sections of the ACT. A competitive score can bring new opportunities for college-bound students.

The workshop includes: first hand familiarity with the form and content of the ACT including practice on each type of test, a battery of strategies and tactics for dealing with each section of the test, as well as general test-taking tips, three full-length practice tests and a detailed student study guide with test question/answer explanations.

A lunch break will be given at the Saturday session.

Instructor: ZAPS Learning Company

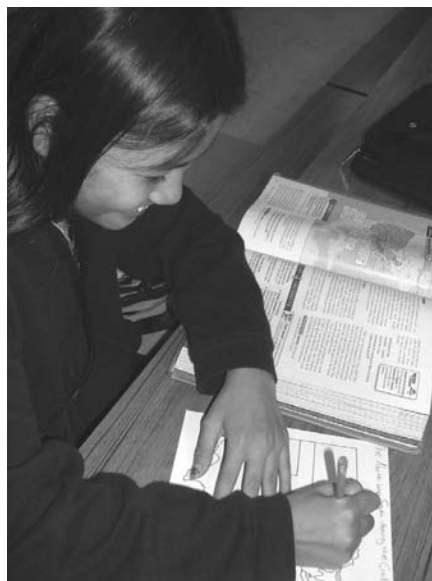
5300-F08 Oct 6-7 Mon & Tue
6:30-9pm \$85
FLAHS (door #9) Media Cent

5300-W09 Mar 15 Sat
9am-3pm \$85
FLAHS (door #9) Media Cent

Zapping the PSAT/SAT

Do you plan to take the SAT or PSAT this fall? Here's an opportunity to learn strategies to boost your score. In addition to providing practice for the SAT, the PSAT score is used to qualify students for the National Merit Scholarship Program. A competitive score can open new doors for college-bound students. Bring two pencils and a calculator to class. A lunch break will be given. Instructor: ZAPS Learning Company

5301-F08 Sep 27 Sat
9am-3pm \$85
FLAHS (door #9) Media Cent



Fourth Annual Teen Lock-in

Gr 7-9

Join your friends for the fourth annual, MEA break Teen Lock-In. This overnight activity includes a PG or PG-13 rated movie and snacks at Lakes 5 Theatre. Then, enjoy music, dancing, open gym and swimming at Southwest Junior High. Finally, cosmic bowling with shoes included, arcade games with four complimentary tokens and PIZZA at Stars and Strikes! Transportation and supervision included for entire event. Visit www.community4u.org or pick up a flier in your school office for full event details. This event is only for students of Forest Lake Area Schools.

5615-F08 Oct 16-17 Thu-Fri
9pm-6am
\$29 on or before Oct 3
\$35 after Oct 3
Drop off Lakes 5 Theatre
Pick up SW Junior High



2007-08 Junior High Youth Nights

Gr 7-9 Forest Lake Area Schools students only

Unwind, relax and have fun with your friends this year at the Central Learning Center! Participate in a variety of activities, including a DJ led dance, billiards, ping-pong, air hockey and the fiercest DDR, Guitar Hero and Dodgeball competition around! If you need a break from all that, buy something from the incredible snack bar. Purchase your ticket at the door. Look for special offers during school lunches!

Nov 15	Sat	7-10pm	\$9
Jan 31	Sat	7-10pm	\$9
Mar 28	Sat	7-10pm	\$9
May 29	Fri	7-10pm	\$9

Aquatics - 6 months old to Adult

Forest Lake Area Schools Community Pool - Southwest Junior High, 943 SW 9th Ave, Forest Lake, MN 55025



Pool Fees

Recreational Swim:
\$2 or 1 punch off card

Children under 6 years
swim free with parent

Family Rate: \$5 (parent/guardian and
children must be in the same household)

Lap Swim: \$2 or 1 punch off card
Punch cards are sold at the pool.

Recreational Swim Punch Cards:
16 times for \$28 – save \$4

Lap Punch Card:
16 times for \$28 – save \$4

Swimnastics Punch Card:
10 times for \$25 – save \$5

Pool Rental

This is a great time for scout, birthday, church, and youth groups to use the pool for recreational swim or badge work. The pool may be rented by the hour. Certified lifeguards will be provided. An adult chaperone must accompany each group. Call the pool office for reservations, 651-982-8746 at least 2 weeks in advance.

\$65 per hour for groups 50 or less
\$75 per hour for groups of 51-75

Susan Griffin, Supervisor
651-982-8746

Pool Closed

Labor Day Weekend: Aug 30, 31, Sep 1
Thanksgiving: Nov 27, 28
Holiday Season: Dec 24, 25, 31, Jan 1

Birthdays at the Pool

Reserve the pool and cafeteria for your next birthday party! Swim times are Saturdays, 1:30-2:30pm, followed by time in the cafeteria from 2:30-3:30pm. A second rental time is available 2:45-4:45pm.

We will provide tables and supervision. You may decorate and bring food and drink. Call the pool office for reservations 651-982-8746.

\$80 for groups of 50 or less
\$90 for groups of 51-75

Pool Rules & Information

The Forest Lake Area Schools Community Pool is 3-1/2 feet deep at the shallow end. Children under 50 inches must have a parent in the water with them during recreational swims. Children 6 years and older must use the appropriate locker rooms. Parents and friends may observe lessons but must remain in the bleacher area. There is a pool capacity of 75. All classes and activities are taught and supervised by Red Cross instructors and lifeguards. Participants must obey the pool rules and regulations. Staff decisions concerning behavior and activities are for everyone's safety. Copies of rules are posted in locker rooms and in the pool area. The pool may be closed due to inclement weather: call 651-982-8143.

If school is closed for the day, all Community Education pool activities are cancelled.

Lap Swim

Use the pool to keep fit and healthy. Swim early mornings, evenings and Sundays. Everyone is welcome. People interested in water jogging may do so, but must follow the flow of lap swimmers.

M-F	5:30-7:30am	Sep-Dec
Tu	8:30-9:30pm	Sep-Dec No class Oct 14, 21
Th	7:30-8:30pm	Oct 9-Dec 11 No class Nov 27
Sun	11:30-1:30pm	Sep-Dec

\$2 drop-in / punch card \$28 for 16 times

Be a lap swim card member

Buy a card good for four months and save money. The card is good for any district pool scheduled lap swim. It is non-transferable.

Sept-Dec	\$60
Jan-Apr	\$60
May-Aug	\$50

Closed for cleaning May 23-Jun 7

Swimnastics

Stretch, strengthen, tone and get your heart rate up with Swimnastics water exercise! Get a great workout without hurting your joints. If you have trouble doing exercise on land this is a great low impact alternative. Classes are ongoing.

Mon	8-9pm	
Wed	7:30-8:30pm	No class Dec 24, 31

\$3 drop-in fee / punch card \$25 for 10 times

Adult Swim Night 18 years and older

We set aside a time just for you to come and enjoy the pool. Whether you want to swim laps or do water exercise, Friday evenings are open so you can get or stay in shape. *This is not a formal exercise class with an instructor.*

Fri	6-7:15pm	
		No class Oct 10, Nov 14, 28

\$2 drop-in / punch card \$28 for 16 times

Senior Citizen Exercise

Have fun while exercising in the pool. Class includes stretching, toning, aerobics and free time. Please check with your physician BEFORE beginning or continuing this program. Seniors must be 62 or older.

Tu, Th 2-3pm
\$2 drop-in fee
\$15 punch card for 10 times

Adult Swim Lessons

Drop-in swim lessons for adults who are non-swimmers or swimmers. You may attend all sessions or drop-in when it works for you. Skills taught will be based on the participant's skill level and interests. Classes are open to all ability levels, whether you are a triathlete needing work on the swimming portion of the race or a non-swimmer finally getting the courage to learn.

1400-F08 Sep 17-Dec 17 Wed
8:30-9:30pm \$7 drop-in

Coached Swim Workout

Gr 7-Adult

Improve or maintain your cardiovascular fitness. By following this quality workout, you will move easier and more efficiently through the water so you can go farther and faster. The swimming workout sessions will be approximately 2000-3000 yards including base, threshold and sprinting. Workouts will be adjusted to the ability of the swimmers. Swimmers need to be able to swim a continuous 50 yards of either the freestyle, backstroke, breaststroke or butterfly.

1420-F08 Sep 7-Dec 21 Sun
10:15-11:30am
\$96, \$7 drop-in fee

Beginning Swim Lessons

Teen

Learn how to float, kick on front and back, crawl stroke, tread water and get adjusted to deep water. If you didn't learn to swim when you were a kid, do it now. There is so much fun around the water if you know how to swim!

1401-F08 Oct 9-Dec 11 Thu
7:30-8:15pm \$51
No class Nov 27

Private and Semi-Private Swim Lessons

Learn with a friend or by yourself. If registering for semi-private lessons you must find a second student at the same level for lessons. Each student in semi-private class pays \$75. Please note on your registration form if you are registering for a private or semi-private lesson. Call 651-982-8746 for more information.

1416-F08A Sep 9-Oct 7 Tue
6-6:30pm
\$105 private/\$75 semi-private

1416-F08B Sep 9-Oct 7 Tue
6:30-7pm
\$105 private/\$75 semi-private

1416-F08C Sep 9-Oct 7 Tue
7-7:30pm
\$105 private/\$75 semi-private

1416-F08D Sep 13-Oct 11 Sat
12-12:30pm
\$105 private/\$75 semi-private

1416-F08E Sep 13-Oct 11 Sat
12:30pm-1pm
\$105 private/\$75 semi-private

1416-F08F Oct 18-Nov 15 Sat
12-12:30pm
\$105 private/\$75 semi-private

1416-F08G Oct 18-Nov 15 Sat
12:30pm-1pm
\$105 private/\$75 semi-private

Pre-Competitive Swim Program

Gr 1-6

This program is designed for children who can swim one length of a 25 yard pool and are interested in the sport of competitive swimming. Swimmers build endurance as they are taught the basics of the four competitive strokes and completion starts and turns.

Swimmers will spend time working on stroke technique and training. Experience the fun of competitive swimming. Emphasis is placed on developing self-esteem, making new friends and having fun! Coached by Barbara Vailodash

1421-F08 Sep 9-Dec 20 Tue
6-7:30pm \$199
Sat 9-10:30am
No class Oct 14, 21

Lifeguard Training

This course is designed to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. It includes CPR for the Professional, Standard First Aid and AED certification.

Course prerequisites:

1. Must be 15 years old on or before the final session of this course
2. Must be able to swim 300 yards continuously in the following manner - front crawl (100 yds), breaststroke (100 yds) and either front crawl or breaststroke (100 yds)
3. Must be able to swim 20 yds using front crawl or breaststroke, surface dive 9 feet, retrieve a 10 lb. brick, swim back to the starting point and exit the water within 1 minute, 40 seconds.

1405-F08 Nov 29-Dec 20 \$205
Sat 9am-1pm
Wed & Fri 6:15-9pm

Recreational Swim

Enjoy the pool for recreational swimming. Participants who are under 50 inches, must be accompanied in the water by a guardian. Feel free to bring lifejackets or water wings.

Tu 7:30-8:30pm
No class Oct 14, 21

Fri 7:30-8:30pm
No class Oct 10, Nov 14, 28

Sun 1:30-2:30pm

\$2, \$5 family rate when parents are in the water with their children

School's Out

Let's Go Swimming

In addition to the regular schedule the pool will be open for Rec Swimming

Thu Oct 16 1-2pm
Fri Oct 17 1-2pm
Mon Dec 29 1-2pm
Tu Dec 30 1-2pm

Aquatics - 6 months old to Adult

Preschool Parent/Child

Infant

6 months-2 years

Through play and games, instructor will assist parents in helping their infants become adjusted to the water safely.

800-F08A	Sep 17-Oct 22	Wed
	6-6:30pm	\$42
800-F08B	Oct 9-Nov 13	Thu
	6-6:30pm	\$42
800-F08C	Oct 29-Dec 3	Wed
	6-6:30pm	\$42

Toddler

2-3 year olds

Work with your child on water play and water safety. Instructor will provide activities that will promote submerging, bubble blowing, kicking, and paddling.

900-F08A	Sep 17-Oct 22	Wed
	6:30-7pm	\$42
900-F08B	Oct 9-Nov 13	Thu
	6:30-7pm	\$42
900-F08C	Oct 29-Dec 3	Wed
	6:30-7pm	\$42

Preschool

3-5 year olds

Work with your child and the instructor to learn water adjustment safety and beginning swim skills. Swim skills include: submerging, bubble blowing, floats, kicks, and arm movements.

1000-F08A	Sep 17-Oct 22	Wed
	7-7:30pm	\$42
1000-F08B	Oct 9-Nov 13	Thu
	7-7:30pm	\$42
1000-F08C	Oct 29-Dec 3	Wed
	7-7:30pm	\$42

Preschool without Parent



Turtles

4-5 year olds

This class is designed for children who will not or are reluctant to put their faces under the water.

1100-F08A	Sep 13-Nov 15	Sat
	9-9:30am	\$46
1100-F08B	Sep 13-Nov 15	Sat
	12-12:30pm	\$46
1100-F08C	Sep 17-Oct 22	Wed
	6-6:30pm	\$42
1100-F08D	Sep 17-Oct 22	Wed
	6:30-7pm	\$42
1100-F08E	Oct 28-Dec 23	Tue
	6-6:30pm	\$46
1100-F08F	Oct 29-Dec 3	Wed
	6-6:30pm	\$42
1100-F08G	Oct 29-Dec 3	Wed
	6:30-7pm	\$42

Bobber

4-5 year olds

This class is for children who are very familiar with the pool setting. They should be able to hold their breath for at least 6 seconds, hang onto the side of the pool without support, and be ready to jump into the pool.

1200-F08A	Sep 13-Nov 15	Sat
	9:30-10am	\$46
1200-F08B	Sep 13-Nov 15	Sat
	12-12:30pm	\$46
1200-F08C	Sep 17-Oct 22	Wed
	6-6:30pm	\$42
1200-F08D	Sep 17-Oct 22	Wed
	7-7:30pm	\$42
1200-F08E	Oct 28-Dec 23	Tue
	6-6:30pm	\$46
1200-F08F	Oct 29-Dec 3	Wed
	6-6:30pm	\$42
1200-F08G	Oct 29-Dec 3	Wed
	7-7:30pm	\$42

L2/Pre

4-5 year olds

This class is designed for 4-5 year olds who have passed the Bobber class. Students must be able to float and kick by themselves with face in the water

1300-F08A	Sep 13-Nov 15	Sat
	12:30-1pm	\$46
1300-F08B	Sep 17-Oct 22	Wed
	6:30-7pm	\$42
1300-F08C	Sep 17-Oct 22	Wed
	7-7:30pm	\$42
1300-F08D	Oct 28-Dec 23	Tue
	6-6:30pm	\$46
1300-F08E	Oct 29-Dec 3	Wed
	6:30-7pm	\$42
1300-F08F	Oct 29-Dec 3	Wed
	7-7:30pm	\$42

Classes are based on skill progression

Refer to class descriptions and eligibility requirements when selecting the class that best fits your child.

Children 6 years and older must use the appropriate locker rooms.

Parents and friends may observe lessons, but must remain in the bleacher area.



Level 1 Introduction to Water Skills 6 Years and older

Water adjustment, breath holding, bobs, front and back floats, kicking and jumping skills are covered. Children must use the appropriate locker room.

100-F08A	Sep 13-Nov 15	Sat	10-10:50am	\$51
100-F08B	Sep 13-Nov 15	Sat	11-11:50am	\$51
100-F08C	Sep 15-Nov 17	Mon	6-6:50pm	\$51
100-F08D	Oct 9-Dec 11	Thu	6-6:50pm	\$51
			No class Nov 27	
100-F08E	Oct 28-Dec 23	Tue	6:30-7:20pm	\$51

Level 2 Fundamental Aquatic Skills

Prerequisite: Level 1 or float on front and back alone 10 seconds and front kick 5 feet.

Skills covered: kicking on front and back, combined stroke on front and back and deep-water adjustment.

200-F08A	Sep 13-Nov 15	Sat	10-10:50am	\$51
200-F08B	Sep 13-Nov 15	Sat	11-11:50am	\$51
200-F08C	Sep 15-Nov 17	Mon	7-7:50pm	\$51
200-F08D	Oct 9-Dec 11	Thu	7-7:50pm	\$51
			No class Nov 27	

Level 3-Stroke Development

Prerequisite: Level 2 or able to jump into deep water, swim crawl 10 feet, turn over and swim on back 15 feet.

Skills covered: crawl with breathing, butterfly kick, back crawl, elementary backstroke kick, diving, survival float, and treading water.

300-F08A	Sep 13-Nov 15	Sat	9-9:50am	\$51
300-F08B	Sep 13-Nov 15	Sat	10-10:50am	\$51
300-F08C	Sep 15-Nov 17	Mon	6-6:50pm	\$51
300-F08D	Sep 15-Nov 17	Mon	7-7:50pm	\$51

Level 4A-Stroke Improvement

Prerequisite: Level 3

Students strengthen crawl and back crawl so they can swim 25 yards in good form. New skills introduced: elementary backstroke, sidestroke and breaststroke kicks, turns, diving, swimming underwater and treading water.

400-F08A	Sep 13-Nov 15	Sat	9-9:50am	\$51
400-F08B	Sep 13-Nov 15	Sat	12-12:50pm	\$51
400-F08C	Sep 15-Nov 17	Mon	6-6:50pm	\$51
400-F08D	Oct 9-Dec 11	Thu	6-6:50pm	\$51
			No class Nov 27	
400-F08E	Oct 28-Dec 23	Tue	6:30-7:20pm	\$51

Level 4B-Advanced Stroke Improvement

Prerequisite: Level 4A

Students review crawl and back crawl so they can swim them 25 yards in good form, but these skills should already be mastered. New skills introduced are: breaststroke, butterfly, elementary backstroke, sidestroke kick, turns, diving, swimming underwater, survival float and treading water.

401-F08A	Sep 13-Nov 15	Sat	11-11:50am	\$51
401-F08B	Sep 15-Nov 17	Mon	7-7:50pm	\$51
401-F08C	Oct 9-Dec 11	Thu	7-7:50pm	\$51
			No class Nov 27	

Level 5 Stroke Refinement

Prerequisite: Level 4B

Students work on perfecting major strokes: crawl, elementary backstroke, back crawl, sidestroke, butterfly and breaststroke. Other skills covered: flip turns, diving, feet first surface dives, survival float and treading water.

500-F08A	Sep 13-Nov 15	Sat	11-11:50am	\$51
500-F08B	Sep 15-Nov 17	Mon	6-6:50pm	\$51

Level 6 Track 1, 2

Prerequisite: Level 5

Stroke techniques, flip turns and endurance are emphasized in each track. A 500-yard continuous swim must be mastered with a good stroke technique in order to pass this course.

Track 1 - Personal Water Safety

Skills covered: cold water survival, surface dives and swimming while clothed.

600-F08	Sep 13-Nov 15	Sat	12-12:50pm	\$51
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Track 2 - Fitness Swimmer

Skills covered: proper etiquette, uses of pace clock, paddles, buoys and fins, water exercise and various training techniques.

601-F08	Sep 15-Nov 17	Mon	7-7:50pm	\$51
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Aquatics - 6 months old to Adult



4 easy ways to register

www.communityed4u.org

in person

by mail

drop off

Registration Procedures

Mail registration to

District Pool
943 SW 9th Ave
Forest Lake, MN 55025
Drop off forms in the Aquatics drop box located at the District Pool.

Filling Out Aquatics Form

When registering, indicate a first, second and third choice. Please use a separate form for each student.

FAX or phone registration is not available for Aquatics offerings.

Confirmations

You will receive a confirmation if you include an e-mail address or if you register on-line. If you register by mail and get your first choice you will not get a confirmation.

Refund Procedure

If you need to cancel a class, you must do so a minimum of two working days before the class is scheduled to start.

Clip and Save Calendar Sep 2-Dec 31

Adult Swim	Fri	6-7:15pm	No class Oct 10, Nov 14, 28
Lap Swim	Tu	8:30-9:30pm	No class Oct 14, 21
Lap Swim	Th	7:30-8:30pm	Oct 9-Dec 11 No class Nov 27
Lap Swim	Sun	11:30am-1:30pm	
Lap Early Bird	M-F	5:30-7:30am	
Rec Swim	Tu	7:30-8:30pm	No class Oct 14, 21
Rec Swim	Fri	7:30-8:30pm	No class Oct 10, Nov 14, 28
Rec Swim	Sun	1:30-2:30pm	
Sr Citizen	Tu, Th	2-3pm	
Swimnastics	Mon	8-9pm	No class Sept 1
Swimnastics	Wed	7:30-8:30pm	No class Dec 24, 31

Aquatics Registration

Mail form and payment to District Pool, 943 SW 9th Ave., Forest Lake MN 55025

Student's Name: _____ Birthdate: _____ Parent(s) Name: _____

Address: _____ City: _____ Zip: _____

Phone: (day) _____ evening) _____

1st Choice: _____ Class#: _____ Day: _____ Time: _____ Fee: _____

2nd Choice: _____ Class#: _____ Day: _____ Time: _____ Fee: _____

3rd Choice: _____ Class#: _____ Day: _____ Time: _____ Fee: _____

UCare Members Only: UCare ID#: _____

UCare Member Discount (up to \$15 per class) _____

If using a Visa or Mastercard: Final Fee (after UCare): _____

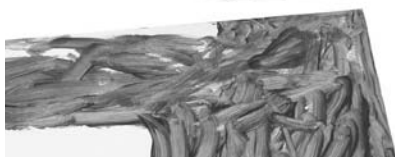
Acc't #: _____ - _____ - _____ Exp. Date: _____ Signature: _____

Your e-mail address: _____

Youth Development



Art



Build Your Own Rustic Twig Furniture Family/Adult

Add a new feature to your home or landscape with a piece of rustic twig furniture. Each individual or team (adult/child - 8 years and up or adult/adult) will create their choice of one whimsical twig chair or a log garden bench- Please note on the registration form which item you plan to build (add \$25 for each additional family member). You will leave this workshop with a completed piece. All materials are included. Bring a marker, tape measure, utility knife (no other knives allowed) and a power drill (if you have one). Don't forget to make plans to transport your creation home at the end of class. **Pre-registration by December 1 is required.** No walk-ins or late registrations can be accepted. Please bring a lunch.

Bob McNeely

5551-F08 Dec 6 Sat
8:30am-3pm \$145-2 people
\$25 each additional person
FLAHS (door #9) 505

Watch Me Draw Gr K-6

Watch Me Draw! is a proven program that inspires kids to create, express and learn through the dynamic world of DRAWING! Our skill-building lessons incorporate fun and creativity into every class! Because nothing makes a child more confident than measurable, tangible success, our students will bring home a beautiful masterpiece each week incorporating new skills and techniques. Our balanced curriculum uses a variety of subject matter, style and media for a progressive art-enriched experience. Our age appropriate lessons combined with quality instruction offers a nurturing environment for a FUN-filled after school activity! Once each session, we will "Mimic the Masters", learning about a master artist and creating a rendition of their art. Lessons are never repeated, taught by trained instructors who have a passion for art and a love for kids. Nothing to bring or buy, all supplies included.

4150-F08A	Oct 9-Nov 20	Th	2:15-3:15pm	\$69	CLC-door 1, A1	No class Oct 16
4150-F08B	Oct 9-Nov 20	Th	3:30-4:30pm	\$69	Col Elem 129	No class Oct 16
4150-F08C	Oct 6-Nov 17	M	3:30-4:30pm	\$69	FV Elem 181	No class Oct 13
4150-F08D	Oct 8-Nov 19	W	2:15-3:15pm	\$69	LILA	No class Oct 15
4150-F08E	Oct 6-Nov 17	M	3:30-4:30pm	\$69	Lino Elem 112	No class Oct 13
4150-F08F	Oct 7-Nov 18	T	3:30-4:30pm	\$69	Linw Elem 402	No class Oct 14
4150-F08G	Oct 22-Nov 26	W	3:30-4:30pm	\$69	Scan Elem Media	
4150-F08H	Oct 7-Nov 18	T	3:30-4:30pm	\$69	Wyo Elem 140	No class Oct 14
4150-F08I	Dec 11-Jan 29	Th	2:15-3:15pm	\$69	CLC-door 1, A1	No class Dec 25, Jan 1
4150-F08J	Dec 11-Jan 29	Th	3:30-4:30pm	\$69	Col Elem 129	No class Dec 25, Jan 1
4150-F08K	Dec 8-Jan 26	M	3:30-4:30pm	\$69	FV Elem 175	No class Dec 29, Jan 19
4150-F08L	Dec 10-Jan 28	W	2:15-3:15pm	\$69	LILA	No class Dec 24, 31
4150-F08M	Dec 8-Jan 26	M	3:30-4:30pm	\$69	Lino Elem 112	No class Dec 29, Jan 19
4150-F08N	Dec 9-Jan 20	T	3:30-4:30pm	\$69	Linw Elem 402	No class Dec 30
4150-F08O	Dec 10-Jan 28	W	3:30-4:30pm	\$69	Scan Elem Media	No class Dec 24, 31
4150-F08P	Dec 9-Jan 20	T	3:30-4:30pm	\$69	Wyo Elem 140	No class Dec 30

Clay Camp The Bowled and The Beautiful

Ages 8-14

Learn the basics of wheel thrown pottery. Create bowls or a cup. Paint your projects for free or glazing can be done for an additional \$1-\$3 per project. Participants will need to purchase clay (\$12 per 25 lbs) from the instructor. Bring a towel, dress for a mess and be prepared to work and have fun!

Nancy Pechmann

4139-F08A	Oct 7-Nov 11	T	4-6pm	\$75	FLHS-door 9, 546	No class Oct 14
4139-F08B	Nov 18-Dec 16	T	4-6pm	\$75	FLHS-door #9, 546	

Why the Arts... Young people who regularly participate in the arts are:

- 4 times more likely to be recognized for academic achievement.
- 3 times more likely to be elected to class office within their schools.
- 4 times more likely to participate in a math and science fair.
- 3 times more likely to win an award for school attendance.
- 4 times more likely to win an award for writing an essay or poem.

Source: *Living the Arts through Language + Learning: Shirley Brice Heath, Stanford University and the Carnegie Foundation for the Advancement of Teaching*

Youth Development

Fitness & Recreation



Tae Kwon Do ♦

Gr 1 & up

Improve flexibility and self-discipline through a traditional martial arts program. You will be surprised at how quickly the full Tae Kwon Do program improves your overall physical condition, flexibility, self-confidence and self-esteem.

Sun Yi's Academy

4665-F08A	Oct 2-Nov 20	Thu
	6:45-7:45pm	\$59
	CLC (door #1) Cafe	
	No class Oct 16, 23	
4665-F08B	Dec 4-Jan 22	Thu
	6:45-7:45pm	\$59
	CLC (door #1) Cafe	
	No class Dec 25, Jan 1	

Lil Ninjas

Ages 4-6

Some of the most important years in a child's development happen between the ages of four and six. Martial arts can enhance your child's listening, social development, motor development and more in a fun and motivating way!

Master Theresa Gibson, 5th Dan.

4676-F08A	Oct 2-Nov 6	Thu
	6:15-6:45pm	\$45
	CLC (door #1) Cafe	
	No class Oct 16, 23	
4676-F08B	Nov 13-Dec 11	Thu
	6:15-6:45pm	\$45
	CLC (door #1) Cafe	
	No class Nov 27	

Taekwon-Do

Ages 6-11 & Parents

Learn Taekwon-Do. Training includes forms, self-defense, physical strength, flexibility, self-control, confidence and discipline. Cost for class is \$35 for one person plus \$15 for each additional family member. Please wear loose clothing.

Dmitry Katkov is a 3rd Degree Black Belt in Taekwon-Do with 14 years experience in Martial Arts and many years in security. Dmitry also has a Master's Degree in Education.

4670-F08A	Oct 7-Nov 11	Tue
	7-8pm	\$35
	Wyo Elem Cafe	
	No class Oct 14, Nov 4	
4670-F08B	Dec 2-23	Tue
	7-8pm	\$35
	Wyo Elem Cafe	

Family Fun Taekwon-Do

Ages 6-11 & Parents

Learn basic kicks and punches in this combination Taekwon-Do and Self-Defense class.

Dmitry Katkov

4669-F08	Nov 11	Tue
	6:15-6:45pm	FREE
	Wyo Elem Cafe	

Family Fun Taekwon-Do is a free class in recognition of National CE Day!

FLAAA

Forest Lake Area Athletic Association offers competitive traveling team athletics.

For information, visit their web site at www.FLAAA.org

**See page 34
for Athletic Offerings**
sponsored by
Community Education

Fencing

Ages 7-100

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game, fencing requires a mental attitude of self-discipline. Classes begin with warm-up exercises followed by games, footwork and drills in a fun enjoyable atmosphere. Students will participate in *strategic bouting* in which they learn fencing strategy that requires problem-solving skills. Fencers also build confidence and develop their analytical skills by learning and practicing how to referee bouts. Fencing is a very safe sport. A fencer is fully protected with a mask, jacket and gloves. All equipment is provided including safety jackets and masks. Students should wear long jogging type pants, tennis shoes, t-shirts and bring a water bottle.

Minnesota Sword Play

4626-F08A	Sep 23-Oct 28	Tue
	6-7pm	\$79
	SWJH West Gym	
	No class Oct 7	
4626-F08B	Nov 11-Dec 16	Tue
	6-7pm	\$79
	SWJH West Gym	

Musketeers' Fencing ♦

Ages 6-9

Learn real fencing skills while having fun in our special Musketeers Fencing class! This new program introduces children to the fundamentals of fencing with the foil sword. With an emphasis on skill building, concentration, self-discipline and fun. Classes are designed to enhance motor skill, social and perceptual growth by teaching safe, age appropriate foil fencing skills. Fencing can help children improve concentration and develop self-control through fun and organized activities that are developmentally correct.

Minnesota Sword Play

4628-F08A	Sep 23-Oct 28	Tue
	6-7pm	\$79
	SWJH West Gym	
	No class Oct 7	
4628-F08B	Nov 11-Dec 16	Tue
	6-7pm	\$79
	SWJH West Gym	



Twist and Tumble Flyaways Gymnastics Program

Ages 18 months-4 years

Play games, sing songs and learn gymnastics skills on special kid-sized equipment. Learn how to use the uneven bars, vault, balance beam, mats and more from trained and experienced coaches. Parents are required to sign a waiver on the first day of class. Sessions A and D are for ages 18 months-3 years; sessions B and E are for age 3; sessions C and F are for age 4.

Flyaways Gold Gym

4696-F08A	Oct 4-Nov 1	Sat	11:30am-12pm	\$28
	Flyaways Gold Gym			
	No class Oct 18			
4696-F08B	Oct 4-Nov 1	Sat	12:05-12:50pm	\$48
	Flyaways Gold Gym			
	No class Oct 18			
4696-F08C	Oct 4-Nov 1	Sat	12:55-1:40pm	\$48
	Flyaways Gold Gym			
	No class Oct 18			
4696-F08D	Nov 8-Dec 6	Sat	11:30am-noon	\$28
	Flyaways Gold Gym			
	No class Nov 29			
4696-F08E	Nov 8-Dec 6	Sat	12:05-12:50pm	\$48
	Flyaways Gold Gym			
	No class Nov 29			
4696-F08F	Nov 8-Dec 6	Sat	12:55-1:40pm	\$48
	Flyaways Gold Gym			
	No class Nov 29			

Gymnastics Workshop

Gr K-5

The Forest Lake High School gymnastics team and coaches will hold a workshop to teach you basic gymnastics skills. You will work on the bars, beam and floor. Floor tumbling skills include: Cartwheels, handstands, handstand roll-downs, backward and forward rolls, back limbers, front limbers and different types of leaps, jumps and turns. Bar skills include: Tap swings, casts, pullovers, kips, squat-on, front and back hip circles. Beam skills include: Forward and backward walking skills, turns, jumps, handstands, forward rolls and jump dismounts. At the end of each night there will be a large group show-and-tell period where you can show off your new skills. Warm-up and stretching exercises will be included.

A snack is provided. Please let us know of any food allergies. Wear comfortable clothes. Register early to insure a spot as this workshop fills quickly.

Nancy Ellias

4685-F08A	Oct 27-Nov 17	Mon	5:30-7:30pm	\$59
	FLAHS (door #9)			
	North Fieldhouse			
4685-F08B	Jan 5-26	Mon	5:30-7:30pm	\$59
	FLAHS (door #9)			
	North Fieldhouse			

Radical Recreation

Touch Football

Gr 2-5

Here's a fun and active way to hang out with your friends after school. You are guaranteed an afternoon of fun. Basic rules and teamwork will be emphasized. Wear comfortable clothes and tennis shoes. Please bring a healthy snack.

Youth Development Staff

4695-F08A	Sep 15-Oct 6	Mon	3:30-5pm	\$25
	FV Elem			
4695-F08B	Sep 16-Oct 7	Tue	3:30-5pm	\$25
	Scan Elem			

Family Event

Horse Clinic

Parent/Child Ages 5 and Up

Share a fun-filled time with your child on horseback. You will learn about saddling and bridling, safe handling of your horse or pony, mounting and dismounting, the proper way to tie your horse, what horses eat and much more! You will also put your learning to work and riding your very own horse or pony.

Down on The Farm, Inc

4687-F08	Sep 27	Sat	9-11:30am	\$69 duo, \$95 trio \$125 quad
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Youth Development



Math & Science

Claymation ♦

Gr 1-6

Clay and digital animation, what a perfect combination! Working in teams, you do it all - from story creation to making the characters and sets. As you learn the production process, you will animate record, download, assemble and edit your own movies. You will become cinematographers as you create your own unique productions. Using the same tools used by today's best-known animators, this course will spark your imagination and give you the tools to bring your ideas to life. You will use state-of-the-art cameras, software and computers. Videos made in class will be available to download online. Fun, learning and excitement go hand-in-hand in this special class.

Computer Explorers

4856-F08	Oct 20-Nov 17	Mon
	3:30-5pm	\$95
	Scan Elem 120	

Watch for Math Power this fall

Math Power is returning to Central Learning Center, Scandia, Linwood and Lino Lakes Elementary schools this fall. Watch your school communication folder for further information.

Engineering: ♦

Motorized Action Machines

Gr 2-6

If you like building things and figuring out how things work, you will love this class. Join us as we explore, investigate and solve problems while we learn about the building blocks of mechanical engineering. This exciting hands-on engineering class combines LEGO Education LEGO Technic materials to explore motorized and self-powered action machines by building realistic models. You will enjoy hand-on activities using LEGO materials that include levers, gears, wheels, axles pulleys that incorporate math and science creativity. Fun action packed models include: a motorized car, ping-pong poppers, motorized drawbridges and more.

Computer Explorers

4855-F08A	Nov 19-Dec 17	Wed
	2:15-3:45pm	\$95
	LILA	
4855-F08B	Nov 24-Dec 22	Mon
	3:30-5pm	\$95
	FV Elem 181	

Mad Science Gr 1-6

Space Travel System

Learn what it takes to be a true globetrotter! Race a balloon rocket and design your own car engine as you learn about thrust. See the principles of propulsion at work in a real rocket launch, and build your own Shuttle Copter to fly to the skies!

Sun and Stars

This stellar program is your ticket to the stars! Watch star dust burn and journey through a soapy galaxy as you investigate the life cycle of stars! Use your Bead Dipper to create a 3-dimensional glow-in-the-dark constellation!

Rocket Science

This is your chance to be a rocket scientist. Investigate the four forces of flight with the help of a Unique Flying Object! Explore the science involved in rocket construction as you build your own Skyblazer II Rocket that you can take home.

Planets & Moons

Explore the farthest reaches of our solar system and create a lunar eclipse in this mad planetary tour! Learn how the planets stack up. Build and take home Kepler's Cube, a fun and educational 3-D solar system puzzle.

Atmosphere & Beyond

We're on a mission to explore the atmosphere on Earth and beyond! Travel to the end of the rainbow and make a sunset! Mix up various planetary atmospheres, one molecule at a time! Discover how stars would look in space and see what makes stars twinkle using your very own Shimmering Stars!

Mad Science (Annica Inc.)

4805-F08A	Oct 8-Nov 12	Wed
	3:30-4:30pm	\$79
	Lino Elem 112	
	No class Oct 15	
4805-F08B	Oct 13-Nov 10	Mon
	2:15-3:15pm	\$79
	LILA	
4805-F08C	Nov 19-Dec 17	Wed
	3:30-4:30pm	\$79
	FV Elem 181	



Music & Dance

Fiddle Fun

All Ages

Join Fiddler Pierre Jacques Pleau and discover the joys of learning how to play new and traditional fiddle music. Fiddles and violins are the same instrument, however, these words are used to define different styles of playing and the music that is played by a musician. Therefore, learning to play the fiddle is not preparation for the school orchestra violin program but rather encompasses a variety of methods. Students will have the opportunity to perform with Fiddler Pierre in his annual theater production. Contact the instructor, Pierre Pleau at 651-674-8129 with questions and to schedule lessons. New students are required to purchase a \$28 book and CD from the instructor at the first class. Students need to provide their own fiddle. Contact instructor for fiddle rental or purchase information.

Pierre Pleau is the Director of the North Star Theater Company and is known locally and throughout the metro area for his many juggling and theatrical performances.

4208-F08A	Sep 22-Nov 3	Mon
	4-8:30pm	
	\$90 private, \$99 family/duo	
	FLAHS (door #9) 534	
	No class Sep 29	
4208-F08B	Nov 10-Dec 22	Mon
	4-8:30pm	
	\$105 private, \$116 family/duo	
	FLAHS (door #9) 534	

Guitar Lessons

Ages 8-Adult

Don't miss out on the opportunity to study with our instructor, Kyle Tennis! Kyle possesses a thorough knowledge of guitar theory and teaching methods, and has had years of practical playing experience. He is offering 30-minute private lessons in electric or acoustic guitar. Contact the Community Education Youth Development office at 651-982-8339 for available lesson times.

Kyle Tennis graduated from University of Wisconsin River Falls with a performance based degree in classical and jazz guitar studies. He has performed with numerous groups and theaters in the Twin Cities area, including contemporary work at the Walker Art Center with the Flying Foot Forum and a collaboration project at Orchestra Hall with the Minnesota Orchestra. He spent a year working as a cruise musician for Princess and Norwegian Cruise Lines.

5240-F08A	Sep 8-Oct 27	Mon
	3-9pm	\$144
	SWJH 123	
5240-F08B	Nov 3-Dec 22	Mon
	3-9pm	\$144
	SWJH 123	

Piano & Voice Lessons

Gr 2-6

Your comprehensive, 30-minute private lesson will include music theory, posture for playing or singing, technical warm-up skills and developmentally appropriate repertoire. After the first lesson you will be responsible for purchasing your own music book suggested by the instructor. Please call Community Education Youth Development at 651-982-8339 to schedule your lesson time.

Deanna Gotschall

4281-F08A	Sep 22-Nov 3	Mon
	3:30-6:30pm	\$126
	CLC (door #1) C3	
4281-F08B	Nov 10-Dec 22	Mon
	3:30-6:30pm	\$126
	CLC (door #1) C3	

Clogging

with Pam Portz

Clogging is a fun energetic style of dance with similarities of tap and Irish dancing. Glue-on clogging taps will be available for \$15 from the instructor, but the purchase is optional or just wear a pair of shoes that slide easily to dance in each week of class. Pam Portz is a Nationally Certified Clogging Instructor

Tiny Tot & Parent

Ages 3-5 With Parent

Learn the basic movements of this dance that can easily be practiced at home. One parent must attend each class with their child. Practice rhythm, balance, counting, step sequence and more. "Tiny Tots" need to be at least 3 as of September 1 to participate

4692-F08	Oct 20-Dec 8	Mon
	5:15-5:45pm	\$39/pair
	CLC (door #1) Small Gym	

Clogging-Beginner

Ages 5-adult

Learn the eight basic steps in Clogging. You will dance to music including rock, pop and country.

8400-F08	Oct 20-Dec 8	Mon
	5:45-6:15pm	
	\$25 person, \$39 family	
	CLC (door #1) Small Gym	

Clogging-Beginner Plus

Ages 5-adult

If you've got some clogging experience, this continuation of the Beginner Clogging class will help to bring your clogging skills to the next level. You will work on songs that were learned in the previous class as well as learn many more songs and fun steps.

8401-F08	Oct 20-Dec 8	Mon
	6:15-7pm	
	\$35 person, \$55 family	
	CLC (door #1) Small Gym	

Youth Development

Special Interests



Red Cross Certified Babysitters Training

Ages 11 & Older

Take this class, then use your new knowledge and talents to make some extra money. Course topics include Leadership - Safety and Responsibility; Stop - Think - Safety; Safe Play; Basic Care - The Heart of Babysitting; Check-Call-Care; First Aid for Breathing and Bleeding Emergencies; and The Business of Babysitting. This course will include fun activity ideas to keep a variety of age groups amused! You will make and take home a Babysitter's Bag to bring with you whenever you babysit. In addition to the activity bag, participants will receive a handbook, certificate and safety kit. Bring a pencil, baby doll, a snack and a lunch. This is an excellent course for 11 to 15 year-olds! You must be at least 11 years old to participate - age will be verified.

Red Cross

4388-F08A	Oct 4	Sat
	7:15am-3pm	\$79
	FLAHS (door #4) 117	
4388-F08B	Nov 1	Sat
	7:15am-3pm	\$79
	FLAHS (door #4) 117	
4388-F08C	Dec 6	Sat
	7:15am-3pm	\$79
	FLAHS (door #4) 117	

Stranger Danger

Gr K-8

Kyoshin Ryu Karate Academy is offering a SafeChild course on stranger awareness and anti-abduction tactics for children and teens. SafeChild presents students with numerous interactive role-playing scenarios that provide children with the information and skills necessary to avoid becoming a victim of an abduction by a stranger.

Chuck Phillips, Kyoshin Ryu Karate Academy

4370-F08	Oct 4	Sat
	9-11am	\$9
	Kyoshin Ryu Karate Academy	

VP Tutoring ♦

Gr 3-5

Small group tutoring provides an opportunity for your child to strengthen his/her skills and confidence. This class will offer one-on-one and small group instruction on topics your child is learning in school. The instructor will use various techniques and materials to help your student learn. Your child is encouraged to bring any materials that he/she is currently working on at school.

VP Tutoring

4360-F08	Oct 27-Dec 8	Mon
	6-7pm	\$79
	CLC (door #1) A8	
	No class Nov 3	

Fall Farm Outing

Family Event

Spend a fun fall evening with your family at Pinehaven Tree Farm in Wyoming. At 6:30, we'll tour the animal viewing area and feed the animals. Experience the exciting pumpkin cannon. Then enjoy your time together making a life-size fall scarecrow decoration for your home. Bring old jeans or bibs that can be cut to make your scarecrow. Families are responsible for transportation to and from Pinehaven Tree Farm.

4590-F08	Oct 7	Tue
	6:30-8:30pm	\$35
	Pinehaven Farm	

Elementary Youth Nights

Basketball, Volleyball, Ping-Pong, Swimming, Bingo, Concessions! Tickets available at each elementary school the week of the event. This event is open to FLAS District residents only. Check your child's communication folder for details.

Elementary Youth Nights

Fri	6-9pm
\$7	Southwest Junior High
Grade 5	Oct 10
Grade 6	Nov 14



School Age Care



Steps Ahead Preschool Care

Full day childcare with quality preschool for 4 year old children

Steps Ahead is a new growth opportunity for your child! It includes comprehensive pre-kindergarten child care (at Forest Lake Elementary) coupled with two or three afternoons of preschool with a licensed teacher (at the Family Center). There's also time for fun with friends, community field trips, guests and outside playtime.

Steps Ahead helps prepare your child for kindergarten

Learning is presented in a fun and creative way, new friendships and social skills are encouraged and developed through play with peers, children gain higher levels of independence and self-confidence, and staff communicate with families regarding their children's progress and challenges.

Schedule

September 2, 2008 - June 5, 2009
Summer session is also available
6am-6pm
Forest Lake Elementary

Fees (School Year)

Full time: 5 days per week: \$180 per week
Part time: Mon, Wed & Fri: \$45 per day
*All rates include preschool

Need more information

School Age Care
SAC Business Office
Central Learning Center
200 SW 4th St.
Forest Lake, MN 55025
651-982-8365



Maroon and Gold Kids' Club

Affordable, convenient child care for K-6

Before and after school care for Kindergarten through 6th grade children, serving all elementary schools at 7 locations (Montessori students served at Forest Lake Elementary). Care is also available on most non-school days.

Recreational and enriching environment where safety comes first

Maroon and Gold Kids' Club includes developmentally appropriate enrichment activities that support the academic day, as well as opportunities for children to practice and build social and citizenship skills for the future.

There's also time for field trips, on-site programs, visitors, technology experiences with a specialist, and student interest generated clubs.

2008-09 Registration

All registrations received after August 1 will have a starting date of September 9, 2008.

A separate registration for Non-School Days will be available approximately two weeks prior to the days when school is not in session.

Need more information

School Age Care
SAC Business Office
Central Learning Center
200 SW 4th St
Forest Lake, MN 55025
651-982-8365

or
Visit www.communityed4u.org,
for tuition rates, registration
information and the Family
Handbook.

Athletics - Youth



Volleyball

Girls Gr 3-6

Volleyball is a great way to improve confidence and build friendships. Girls will work to improve their volleyball skills while having fun! Register now to join a team! Teams have 1-2 practices per week and play three games on Monday evenings. Volunteer coaches will contact their team members during the week of September 15 to notify you of practice schedules. If registering after the September 10 deadline call 651-982-8392.

1630-F08 Early Oct-Nov 17
 Mon Evenings
 \$75 before Sep 10
 \$95 after Sep 10
 Cent Jr H & SW Jr H

*Youth Athletic Coordinator
 Tim Conley, 651-982-8320*

*Community Education Office
 651-982-8110*

Basketball Boys & Girls

Gr 3-6

Basketball can build coordination and help to keep kids active. Register now to ensure your child has the opportunity to build their skills while having fun with their friends this fall. Volunteer coaches will contact their team members during the week of November 17 to notify you of practice schedules. If registering after the October 31 deadline call 651-982-8392.

1560-F08 Boys
 Early Dec-Late Feb
 \$75 before Oct 31
 \$95 after Oct 31

1550-F08 Girls
 Early Dec-Late Feb
 \$75 before Oct 31
 \$95 after Oct 31

Games will be played on:

Mon Gr 4 & 6
 Thu Gr 3 & 5
 Sat Gr 3-6 where necessary

Soccer Instructional League

Boys & Girls Preschool-Gr 2

This program is for current preschool (must be 4 years old), kindergarten, first grade and second grade students who want to play soccer. Registration fee includes a soccer ball and T-shirt that you get to keep. In case of inclement weather, activity will be cancelled. Make-up day will be October 12. Parents are encouraged to join their children in the practice session.

1580-F08 Preschool Sep 14-Oct 5
 Sun 5-6:30pm
 CLC Soccer Field \$65
 Register by Mon, Sep 8

1581-F08 Kindergarten Sep 14-Oct 5
 Sun 5-6:30pm
 CLC Soccer Field \$65
 Register by Mon, Sep 8

1582-F08 Gr 1 Sep 14-Oct 5
 Sun 5-6:30pm
 CLC Soccer Field \$65
 Register by Mon, Sep 8

1583-F08 Gr 2 Sep 14-Oct 5
 Sun 5-6:30pm
 CLC Soccer Field \$65
 Register by Mon, Sep 8

Lacrosse Clinic

Boys & Girls

Gr K-6

The fun and high energy sport of lacrosse is quickly gaining popularity with boys and girls. Register your child now to have them learn the basics of this fast paced and exciting game! Equipment will be provided. Participants will be divided into groups, grades K-3 and grades 4-6.

1536-F08 Sep 27 Sat
 10am-Noon \$25
 Cent JH Gym & outdoor fields

Lacrosse Clinic

Girls Gr 7-12

Participating in sports is beneficial to the health and well-being of girls of all ages. Girls across the country are lining up to participate in the fun, fast paced sport of lacrosse where teamwork is a key to success. Learn more about the game and skills needed at this introductory clinic. Equipment provided.

1537-F08 Sep 27 Sat
 1-3pm \$25
 Cent JH Gym & outdoor fields

Intro to Lacrosse Clinic

Boys & Girls Gr 7-12

The sport of lacrosse utilizes skills from a variety of other sports including soccer, hockey and basketball. This session will introduce students to the game and teach them some lacrosse fundamentals. Equipment provided.

1538-F08 Oct 4 Sat
 10am-noon \$25
 Cent JH Gym & outdoor fields

Advanced Lacrosse Clinic

Boys & Girls Gr 7-12

If you have previous lacrosse experience, here is an opportunity to gain new skills and learn more about this fun and exciting game. Equipment provided.

1539-F08 Oct 4 Sat
 1-3pm \$25
 Cent JH Gym & outdoor fields

**Recreational Open Gym
Basketball & Volleyball
Gr 7-12**

Boys and girls are welcome to come play basketball and volleyball. This is a great opportunity to get ready for your sport's season or just have fun with your friends.

1655-F08 Sep 11-Nov 13 Thu
6-9pm \$25
\$4 drop in
Cent JH Gyms
No class Oct 9, 16

Volleyball & Basketball

Team Assignments

Participants will be assigned to teams and leagues based on grade and school attended. If there are enough participants for two teams in a grade, teams will be assigned through a random draw.

Interested in coaching?

These activities use volunteer coaches. Please consider coaching your child's team. It can be a great way to build a bond between you and your child.

If you are selected as head coach, your registration fee for one child will be refunded. In the interest of child safety, you will be asked to undergo a background check as required by our school district. Forms are available on-line at www.communityed4u.org

Community Education reserves the right to cancel any team that does not have a coach. Registration fees will be refunded if we are unable to find a coach for your child's team.

Volleyball coaches in-service

Thursday, September 18
FLAHS Field house

Basketball coaches in-service

Thursday, November 13
CLC

Athletics Registration

Register or get sports information on-line

www.communityed4u.org or www.communityed4usports.org

Register early!

Fee for volleyball and basketball is \$75 if you register before the deadline. After the deadline, the fee increases to \$95 and registrations will be accepted if space is available. We encourage you to register early so you can be placed on a team before practices begin.

Grade 3-6 Volleyball Registration Night

Thursday, September 4, 6:30-7:30pm, CLC Cafeteria

Grade 3-6 Basketball Registration Night

Tue, Oct 21, 7-8pm, at all elementary public schools, LILA and St Peters

Mail or drop off payment & form

Forest Lake Area Schools Community Education Department
6100 North 210th St, Forest Lake, MN 55025
651-982-8110 or 651-982-8120
Make checks payable to Forest Lake Area Schools.

Name _____ Grade _____

Home Phone: _____ Parent/Guardian Work Phone: _____

Address: _____

City: _____ Zip: _____

Class: _____ Session: _____ Fee: _____

Elementary school where you want to play _____

Parent's Name _____

Please check if you are interested in helping coach: Head coach Assistant coach

Name _____ Sport _____

UCare ID#: _____

UCare Member Discount (\$15 maximum) – _____ Final Fee: _____

If using a Visa or Mastercard:

Acc't #: _____ - _____ - _____ - _____ Exp. Date: _____

Signature: _____

I grant permission for my child to participate in the Community Education Athletic Program. We are aware that injuries may occur and we accept full responsibility for any injury received while participating in the program. We understand that Forest Lake Area Schools and its employees are not responsible for any injury to the above-named participant.

Parent/Guardian Signature: _____

Date: _____

Forest Lake Family Center - Birth to 5 years

A special place for my child and me



Advisory Council members work together to support Family Center programs. Members pictured front row: Kristy Livgard, Heidi Leigh, Carissa Waite, Julie Przybilla, Michelle Valentini, Rachel Gierke. Back row: Megan Newcomb, Steve Runquist, Debbie LeGeault, Melissa Lundmark.

The Family Center Advisory Council Welcomes You

Welcome to the 2008-09 school year! Mark your calendars now for Friday, September 26 at 10:30am to attend our first meeting. We encourage new members to join us on September 26, but anyone is welcome at any time. At this meeting, we will make brief introductions, provide information on the role of the Advisory Council and determine meeting dates for the coming year. Please call the front desk at 651-982-8300 if you need to sign up for the free child care provided.

We sponsor a number of fun family events

Familiar favorites returning this year include: The Un-Scary Halloween Party, October Butterbraid sales, February PJ Party and the April ECFE Garage Sale. We have also been able to help the Family Center purchase some new exciting items. For example, last year the Nature Explore Classroom debuted with our assistance! We also have been able to provide tuition scholarships, classroom supplies and large motor equipment. Advisory Council members provide valuable insight and advice about Family Center programs and services. We also act as legislative advocates for early learning and parent education programs.

A great way to get involved at the Family Center and help make a difference in your child's education

If you are interested in being a part of the Advisory Council, please call the Family Center at 651-982-8300. There are many ways to participate and we would be happy to reserve your spot at the welcome meeting or put your name on a contact list for specific opportunities. We know that not everyone can attend every meeting. There are volunteer opportunities to fit any schedule. Help us make it another great year for the Family Center and all of the children! We hope to hear from you and see you at the first Parent Advisory Council meeting!

*Heidi Leigh, Advisory Council Chair
Cindy Saarela, Family Center Coordinator*

Family Center Fall Open House

Wednesday, September 3

You are invited to join us for our fall open house. This is a great chance to explore the classrooms, meet the teachers and ask any questions you may have about classes and programs at the Family Center. See you there!

Forest Lake Area Schools 831
Community Education
200 SW 4th Street
Forest Lake, MN 55025
651-982-8300
www.forestlake.k12.mn.us

To give everyone a chance to meet teachers, we ask that you attend at the following times if possible.

Last name A-M 5:30-6:30pm

Last name N-Z 6:30-7:30pm

About the Family Center

Early Childhood Family Education (ECFE) classes and preschool programs are designed to support today's families. At the Family Center we believe that parents are a child's first and most important teacher. Parent involvement and quality early childhood programming in the earliest years of a child's life set the stage for later success in school. All classes listed in the brochure are held at the Family Center unless otherwise noted.

Family Center classes and events are open to all families. Please call our front desk at 651-982-8300 if we can help you in any way.

Curriculum & Learning

Family Center teachers use a play based developmentally appropriate curriculum. We believe that young children learn best when they can explore their world with all of their senses. Activities and experiences are designed to help children discover learning in all areas of development. Please call Cindy Saarela at 651-982-8315 with any questions.



Early Childhood Family Education

All ages listed are as of September 1, 2008.

Office Hours

Mon-Fri, 8am-4pm
651-982-8300, Fax 651-982-8375
www.forestlake.k12.mn.us

Staff

Classes at the Family Center are taught by our professional and dedicated staff. All teachers are licensed by the Minnesota Department of Education and hold, at minimum, a bachelor's degree.

Parent & Child Together

Parents and children participate in Family Center classes together. Most weekly classes contain the following three components:

Parent-child interaction

Parents and children explore a room full of activities appropriate to the age and developmental level of the child.

Parent education

Parents meet with a licensed parent educator to explore topics such as child development, discipline, family interaction and other topics of interest.

Children's classroom

Children participate independently in group activities planned by an early childhood teacher to promote overall growth.

Family Center Calendar

Lottery registration due	Sep 5
Preschool classes begin	Sep 5
ECFE classes begin	Sep 29
No classes	Oct 13-17
No class	Nov 3
No class	Nov 24-28
End of fall session	Dec 12
Winter session begins	Jan 5

Infants & Toddlers

Is there a new baby in your life or an active toddler at home? Want to know what to expect next? Bundle up your baby or toddler and join us! Spend some uninterrupted time with your young explorer in a safe, fun environment. Meet with other parents and discuss the joys and challenges of being a parent. The children stay with parents at all times, so bring your diaper bag, relax and take a break from your everyday routine. Child care is available for older siblings during our daytime classes only. Select the class that will fit your child's age and family schedule.

Age	Class #	Day	Time
8-18 months	2010-F08	Mon	11:15am-12:30pm
0-12 months	2011-F08	Mon	1-2:15pm
6-35 months	2030-F08	Mon	6:15-7:30pm
12-24 months	2100-F08	Tu	9:15-10:45am
0-12 months	2020-F08	Wed	1:15-2:45pm

Toddlers 1 yr- 36 months

A weekly session for parents and children together. All ECFE classes follow the class format listed to the left (Parent & Child Together). Sibling care is available for all of our daytime classes, please preregister as space is limited. Select a class that will fit your child's age and your family schedule.

Age	Class #	Day	Time
2's & 3's	2233-F08	Mon	9:15-10:45am
1's & 2's	2120-F08	Tu	11:15am-12:45pm
2's & 3's	2230-F08	Tu	1:15-2:45pm
18-36 mos	2121-F08	Wed	9:15-10:45am
2's & 3's	2231-F08	Wed	11:15am-12:45pm
2's & 3's	2232-F08	Th	9:15-10:45am
1's	2122-F08	Th	11:15am-12:45pm

Preschool 3's - 5's

Limited openings are still available for preschoolers ages 3-5 yrs. Registration for Family Center Preschool classes began in March 2008 and many of our classes are full. Please call 651-982-8301 for information on availability or to be placed on a waiting list.

Sibling Care

In order for a parent to give their full attention to the child registered for class, we ask that siblings are enrolled in sibling care. Sibling care fees are in addition to the regular class session fee and should be paid when you register for the class. Space is limited. You must register and pay for the entire session to be guaranteed a spot. Drop in sibling care is available as space permits. You must contact our front desk prior to bringing children for drop in care. Drop in fee is \$6/hour/per child.

ECFE Parent-Child classes on this page are filled by a lottery See pages 41 and 42 for prices and registration information

Please have your registration in by the lottery deadline of September 5.

Forest Lake Family Center - Birth to 5 years



Family Learning Program

This is an ideal program for parents with young children who want to work on their own learning goals. Parents and children attend together. Children attend intensive preschool or quality childcare programs while parents participate in parent education classes and work on goals that may include GED, Adult Diploma, English or basic skills. Families can enjoy a meal together, participate in guided learning experiences and get ideas for home activities. The program meets on Tuesdays and Thursdays, September to May, at the Central Learning Center in Forest Lake. Classes start September 8.

Resources available:

Scholarships for preschool tuition
No child will be turned away because of inability to pay.

Lunch for all children.
Ask for details about parent lunches.

Limited childcare and transportation

Monthly tuition is based on a sliding fee scale. All families are welcome.

Please call 651-982-8300 for more information.

Early Childhood Screening

What is early childhood screening?

It is a FREE health and developmental screening for children before they are four years old. The screening includes checking a child's height, weight, hearing, vision, speech, language, motor and cognitive development. Parents share information about their child and family that might affect their child's growth, development and learning. Staff members provide resources and referrals as needed. A nurse will discuss the results of each child's screening with the family.

Why do early childhood screening?

Minnesota State law requires screening for all children entering public school kindergarten. Screening is also required for enrollment in preschool classes at the Family Center. Screening is NOT an examination to determine readiness for school. Rather, the purpose is to identify conditions that may interfere with a child's ability to learn. The earlier a child receives help, the better their chance of success in school.

How do I find out when my child should be screened?

Screening is best done before your child turns four years old. You will receive a letter from the school district indicating that you should schedule an appointment for screening. If you do not hear from us shortly before your child turns four years old, please contact the Family Center at 651-982-8300.

Where should I have my child screened?

All screenings are held at the Family Center located in the Central Learning Center. The Family Center is a child friendly setting and the screening process is age-appropriate and fun for children. Please call 651-982-8300 to schedule an appointment.



Fall Screening Dates:

Tu	Aug 19	4-7pm
Wed	Aug 20	4-7pm
Th	Aug 21	8:30am-2:30pm
Th	Sep 4	4-7pm
Fri	Sep 5	8:30am-2:30pm
Mon	Oct 13	4-7pm
Tu	Oct 14	8:30am-2:30pm
Mon	Nov 24	4-7pm
Tu	Nov 25	8:30am-2:30pm

Baby Shower

You and your baby up to 8 months old are invited to join us for the Fall Family Center Shower. We'll practice basic massage techniques, learn a few songs and movement exercises, and try out homemade toys your baby will love!

Meet other new parents as you learn what ECFE has to offer your family.

Take home a packet of resources and free gifts after a healthy snack.

Please register by calling 651-982-8300 or e-mail shayman@forestlake.k12.mn.us

2040-F08A	Sept 18	Thu	9:30-10:30am	FREE
2040-F08B	Sept 18	Thu	6:30-7:30pm	FREE



Infant – Toddler Play Group

Join other parents for a play group designed just for infants and toddlers birth - 24 mos. There will be time for songs, fingerplays, exploration and fun. An early childhood teacher will guide play and be available to answer your questions. No sibling care is available. No preregistration is necessary. Come as often as you like.

2808-F08 Oct 3-Dec 12 Fri
11am-noon FREE
Winter session begins Jan 5
No class Oct 17, Nov 28

Birth - 5 years Play Group

If you're looking for some uninterrupted time with your child, this class is for you. An early childhood teacher will have a variety of activities ready for you to enjoy. There is no parent discussion time. No preregistration is necessary. Come as often as you like.

2807-F08 Oct 3-Dec 12 Fri
9:30-10:30am
\$5/family per session
5-punch card \$20
No class Oct 17, Nov 28

You can now register for Special Classes on-line at www.communityed4u.org/forestlake

Parent child weekly classes are not available for on-line registration at this time.

Local Library Story Times

Check with the local libraries for dates and times:

Hardwood Creek Forest Lake
651-275-7300

Giese Memorial Library Wyoming
651-462-9001

Is Your Child A Challenge?

If you have concerns regarding your child's behavior or would like to ask a parenting question, please call the Family Center at 651-982-8318. Our staff is also available to assist family and center-based child care providers who work with challenging children.

Neighborhood Census Watch

Has there been a birth in your family recently? Has a new family with young children moved into your neighborhood? We want all Forest Lake Area School District 831 families with young children to know about our program and opportunities for family fun. Call the Family Center for more information 651-982-8300.

Check out this website for good information from the State of MN. <http://MNParentsKNOW.info>

Don't miss these special opportunities:

Say Yes to No

The Forest Lake Area School District invites the community to come learn how to "Say Yes to No" from parenting expert Dr. David Walsh. Dr. Walsh will present a workshop based on his book, "NO: Why Kids of All Ages Need to Hear It and Ways Parents Can Say It". No pre registration necessary

Sept 22 Mon
7-9pm
FLAHS (door #9) Media

Say Yes to No - Discussion

How to raise healthy, successful, self-reliant kids.

Join licensed parent educator Vicki Bohling for a discussion based on Dr. David Walsh's newest book, "NO: Why Kids of All Ages-Need to Hear It and Ways Parents Can Say It". Parents with children preschool through school age are invited to attend. Register at www.mahtomedi.k12.mn.us, click on Community Education and then on Web Store. Call 651-407-2036 for more information. \$7 person

Oct 20 Mon
6:30-8pm
CLC (door #1)

Home Visits

If you can't come to an ECFE class, an ECFE staff person can come to you. A home visit provides parents the opportunity to receive support and information on parenting and child development issues; access to school, county and community resources; obtain help in crisis situations; and develop proactive strategies to manage a child's challenging behavior. For more information, call 651-982-8318.

Forest Lake Family Center - Birth to 5 years



Super Saturday: Skill Building for Parents

Save the date!

For parents with children ages 0-18 years old. No preregistration necessary.

Oct 4	Sat
8am-noon	Free
FLAHS (door# 9) Cafe	

Pleasant Valley Apple Orchard

Join us for a fall tour of the Pleasant Valley Apple Orchard in Shafer. We'll learn about apples and how they're picked and prepared for sale. Hop on the hay wagon, walk the nature trail, and pet the farm animals. Each participant can choose an apple to munch on the way back to the Family Center. Bus leaves the Family Center at 9:15am and returns at 12:30pm. Register by Sept 19.

2516-F08	Sept 23	Tue
	9:15am-12:30pm	
	\$8.50/person	

Tiny Tot & Parent Clogging Lessons

Ages 3-5 With Parent

Clogging is a fun energetic style of dance with similarities of tap and Irish dancing. Learn the basic movements of this dance that can easily be practiced at home. One parent must attend each class with their child. Practice rhythm, balance, counting, step sequence and more. Glue-on clogging taps will be available for \$15 from the instructor, but the purchase is optional. Bring a pair of tennis shoes to leave with the instructor for taps glue on or just wear a pair of shoes that slide easily to dance in each week of class. "Tiny Tots" need to be at least 3 as of September 1 to participate. The instructor, Pam Portz is a nationally certified clogging instructor.

4692-F08	Oct 20-Dec 8	Mon
	5:15-5:45pm	\$39/pair
	CLC (door #1) Small Gym	

Hugo Animal Farm & Pumpkin Patch

There's nothing like a trip to the farm during the harvest season. We'll run through the hay maze, milk a goat, see bees make honey, dress a scarecrow and watch an auger move grain in the granary. Of course, we'll also pet the farm animals and go to the pumpkin patch on a hayride to choose a pumpkin to take home. Bring lunch to enjoy by the pond. The trip is on rain or shine. Register by Oct 8 to get your map. No charge for children 9 months and younger.

2545-F08	Oct 13	Mon
	9:30-11:30am	\$7/person

UnScary Halloween Party

This annual event is a great time to put on your costume and join us for some family fun. Don't miss it! Register and pay in advance for the express line.

2513-F08	Oct 23	Thu
	6:15-7:45pm	\$10/family
	CLC (door #1)	

Dads and Kids

A class just for preschoolers and their dads or other important men in their lives! Play in the gym, make a special snack together and spend time with other dads discussing what it means to be a father. Dennis Macklin, father and grandfather, facilitates the parent group while a licensed early childhood teacher provides learning activities for the children. Register by Oct 30.

2566-F08	Nov 6 & 13	Thu
	6:30-8pm	\$12/family
	CLC (door #1)	

Giggles, Gobbles & Grandparents

Children may bring their grandparents or special friends, for a delightful time of holiday sharing. We'll make a Thanksgiving decoration to take home and discover the fun of turkeys, feathers and the fall harvest. Register by Nov 21.

2514-F08	Nov 25	Tue
	6:30-7:30pm	\$9/family
	CLC (door #1)	

Gingerbread Train

All aboard the holiday express! Frost, decorate & nibble while you create a simple gingerbread train with your preschooler. Start a new family tradition this holiday season. Class fee includes all supplies needed for the complete project. Register by Dec 12.

2515-F08	Dec 17	Wed
	6-7pm	\$9/train
	CLC (door #1)	





Early Childhood Family Education Fees

ECFE classes and sibling child care fees are listed to the right for the 2008-09 school year. Find your family income level and the class fee and sibling care fee if needed.

Fall only

If you register for fall session only, you will need to re-register for winter and/or spring sessions when those registrations become available. Your registration will be placed in a random drawing held prior to the beginning of each session.

Full year - payment plan

By registering and paying for the full year, you will be guaranteed the same class for all three sessions. Full year fees can be paid using a payment plan with the following schedule:

- Fall: due at the time of registration
- Winter: due on Oct 1
- Spring: due Nov 1

By choosing installment payments, you are not eligible for the full year discounted rate.

Full year - discounted price

You can take advantage of a tuition discount if you pay the full year fee when you submit your registration.

ECFE weekly class fees

Fall session

If your gross family income is.....

	Class fee	Sibling care
Over \$100,000	\$135	\$78
\$70-\$100,000	\$108	\$61
\$40-\$70,000	\$81	\$47
\$20-\$40,000	\$54	\$34
Under \$20,000	\$27	\$17

Winter session

If your gross family income is.....

	Class fee	Sibling care
Over \$100,000	\$135	\$78
\$70-\$100,000	\$108	\$61
\$40-\$70,000	\$81	\$47
\$20-\$40,000	\$54	\$34
Under \$20,000	\$27	\$17

Spring session

If your gross family income is.....

	Class fee	Sibling care
Over \$100,000	\$135	\$78
\$70-\$100,000	\$108	\$61
\$40-\$70,000	\$81	\$47
\$20-\$40,000	\$54	\$34
Under \$20,000	\$27	\$17

Full Year (discounted)

	Class fee	Sibling care
Over \$100,000	\$385	\$222
\$70-\$100,000	\$308	\$174
\$40-\$70,000	\$231	\$134
\$20-\$40,000	\$154	\$97
Under \$20,000	\$ 77	\$48

No News is Good News!

Assume that you are registered for your first choice unless you hear from us.

Refunds

If for any reason you have to drop a class, please let the office know as soon as possible. A \$10 handling fee is charged for all refunds and changes. If you cancel your registration before the first day of class, there will be a service charge of \$10. If you cancel after the first class, a 75% refund will be given. After the second class, a 50% refund will be given. No refund will be given after the third week of class. Class fees will not be refunded for cancelled classes due to weather or staff professional days. There are no refunds issued due to sick days.

If you encounter special family circumstances, please call the Family Center office at 651-982-8300.

Snow Days

When our school district cancels classes due to weather, Family Center classes will also be cancelled (both daytime and evening). On late start days morning classes will be cancelled. Listen to WCCO 830 AM or WLKX 95.9 FM radio for closings.

Out-of-District

First priority is given to families residing in the Forest Lake Area School District. Out-of-district registrations will be processed on a space available basis. 10% surcharge for nonresidents of the Forest Lake School District.

Transportation

Limited transportation may be available. Call us at 651-982-8300.

Immunizations

A completed immunization form for all children registered (including sibling care children) must accompany your registration. If the immunization form is not complete, the registration will be returned to you. Forms are *not* kept from year to year. Additional forms are available at the Family Center. You may have your clinic fax them to us at 651-982-8375.

Forest Lake Family Center - Birth to 5 years

First Priority given to registrations received by Friday, September 5

Select classes and determine fees. See page 41 for fees and payment information. Determine the correct fee level based on your family income. Keep a record of your request. Fall semester classes are filled by lottery. Please provide second or third choices if possible. Providing multiple choices may increase your chances of securing a spot in a class.

Mail, drop off or fax your registration and immunization forms

Completed forms should be received at the Family Center by September 5 to be included in the lottery registration.

We will continue accepting first semester registrations while space permits. Our fax number is 651-982-8375.



Family Center Registration

Complete and return with fee(s) and immunization record(s)

Family Center, 200 SW 4th Street, Forest Lake, Minnesota 55025

Parent: _____ Home phone _____ Cell _____

Address: _____ City: _____ Zip: _____

E-mail: _____

Are you a resident of Forest Lake Area Schools? yes _____ no _____

Are you a UCare member? yes _____ no _____ member # _____

Do you or your child(ren) have any special needs the staff should be aware of? _____

ECFE Class - First Choice				Sibling care			
Child's name	Birthdate	Class#	Fee	Child's name	Birthdate	Class#	Fee
			fall _____				fall _____
			full year _____				full year _____
ECFE Class - Second Choice							
			fall _____				fall _____
			full year _____				full year _____

All Other Classes & Activities				
Class #	Adults	Children	Birthdate	Fee

Fees enclosed:

Classes & Activities \$ _____ ECFE classes \$ _____ Sibling care \$ _____ Charge 2nd and 3rd installment payment to my credit card _____

Card #: _____ - _____ - _____ Expiration date: _____ Charge: \$ _____

Signature (as it appears on card): _____



Pupil Immunization Record

FOR SCHOOL USE ONLY

- Complete; booster required in _____
- In process; 8 mos. Expires _____
- Medical exemption for _____
- Conscientious objection for _____

Name _____ Birthdate _____ Student Number _____

Minnesota Statutes Section 121A.15 requires children enrolled in a Minnesota school to be immunized against certain diseases, allowing for specified exceptions. This form is designed to provide the school with information required by the law.

Enter the MONTH, DAY, and YEAR for all vaccines the pupil received. DO NOT USE (✓) or (x).
 Vaccines/doses in shaded boxes are recommended but not required by law.

Type of Vaccine	1st Dose Mo/Day/Yr	2nd Dose Mo/Day/Yr	3rd Dose Mo/Day/Yr	4th Dose Mo/Day/Yr	5th Dose Mo/Day/Yr
Diphtheria, Tetanus, and Pertussis (DTaP, DTP)					
Diphtheria and Tetanus (DT) – formulation for <7 yrs					
Tetanus and Diphtheria (Td, Tdap) – formulation for ≥7 yrs					
Polio (IPV, OPV)					
Measles, Mumps, and Rubella (MMR) (minimum age: on or after 1 st birthday)					
Hepatitis B (hep B)*					
Varicella (chickenpox)**					
Pneumococcal Conjugate (PCV)***					
Haemophilus influenzae type b (Hib)****					
Meningococcal (MPSV4, MCV4)					
Human Papillomavirus (HPV)					
Hepatitis A (hep A)					
Rotavirus					

* Hepatitis B is required for kindergarten and 7th grade.

** Varicella vaccine or disease history is required for kindergarten or 7th grade.

*** PCV and Hib vaccines are recommended only for children through age 4 years.

Note for school personnel: Be sure to initial and date any new information that you add to this form after the parent/guardian submits it. Also, record combination vaccines (e.g., DTaP+Hib, Hib+HBV) in each applicable space.

Indicate immunization status and source of above information by choosing one of the following:

I certify that this student has received all immunizations required by law.

Signature of parent/guardian or physician/public clinic

Date

I certify that this student has received at least one dose of vaccine for diphtheria, tetanus, and pertussis (if age-appropriate), polio, hepatitis B (K + 7th), varicella (K + 7th), measles, mumps, and rubella and will complete his/her diphtheria, tetanus, pertussis, hepatitis B, and/or polio vaccine series within the next 8 months. The dates on which the remaining doses are to be given are:

Signature of physician/public clinic

Date

Medical exemption: No student is required to receive an immunization if they have a medical contraindication or laboratory evidence of immunity. To receive a medical exemption, a physician must sign the following statement:
 I certify that immunization is contraindicated for medical reasons or that laboratory confirmation of adequate immunity exists for the following immunizations:

Signature of physician _____ Date _____

Conscientious exemption: No student is required to have an immunization which is contrary to the conscientiously held beliefs of his/her parent or guardian. To receive this exemption, a parent or legal guardian must complete and sign the following statement and have it notarized:

I certify by notarization that immunization for my child is contrary to my conscientiously held beliefs. Indicate vaccine(s): _____

Signature of parent or legal guardian _____ Date _____

Subscribed and sworn to before me this _____ day of _____ 20____

Signature of notary _____

History of varicella disease:

I certify that this child had chickenpox disease on this date: _____ (YR) and therefore does not need a varicella shot.

Signature of parent/legal guardian or physician/public clinic _____ Date _____

Additional exemptions

- **Children less than 7 years of age:** The 5th dose of DTaP/DTP/DT (similarly, the 4th dose of polio vaccine) is not necessary if the 4th DTaP/DTP/DT (3rd dose of polio) was administered after the 4th birthday.
- **Children 7 years of age and older:** A history of 3 doses of DTaP/DTP/DT/Td/Tdap and 3 doses of polio vaccine meets the minimum requirements of the law.
- **Students in grades 7-12:** A Td or Tdap booster at age 11 years or later is not required for students in grades 7-12 whose most recent Td was given after their 7th birthday but before their 11th birthday. Instead, it will be required 10 years after the date of the most recent dose.
- **Students 11-15 years of age:** A 3rd dose of hepatitis B vaccine is not required for those students who provide documentation of the alternative 2-dose schedule.
- **Students 10 years or older:** May receive Tdap to fulfill the Td requirement for students in grades 7-12.
- **Students 18 years of age or older:** Do not need polio vaccine.

Immunization Program
 P.O. Box 64975
 St. Paul, MN 55164-0975
 651-201-5503 or 1-800-657-3970
 www.health.state.mn.us/immunize
 (12/2007) IC#140-0155

Community Education Staff

Community Education Office

Julie Ohman, Director 651-982-8140
 Nancy DeMarais, Administrative Assistant 651-982-8110
 Patty Meyer, Office Assistant 651-982-8120
 Jan Reely, Office Assistant (CLC) 651-982-8392

Adult Services & Programs

Laurie Drolson, Coordinator 651-982-8334
 Adult Enrichment / Special Needs Planner 651-982-8326

Adult Basic Education (ABE)

Kara Rotramel, Coordinator 651-982-8302
 Patricia Wicherski, Office Assistant 651-982-8304

Aquatics

Sue Griffin, Supervisor 651-982-8746

Athletics

Tim Conley, Coordinator 651-982-8320

Driver Education

Bill Loushine, Coordinator 651-982-8110

Family Center

Cindy Saarela, Coordinator 651-982-8315
 Sue Hayman, Office Assistant 651-982-8300

General Education Development (GED)

Virgil Grove, Coordinator 651-982-8110

School Age Care (SAC)

Nancy Blocher, Coordinator 651-982-8364
 Nancy Siefert, Assistant Coordinator 651-982-8316
 Carol Rought, Office Assistant 651-982-8365
 Melissa Baumgartner, Office Assistant 651-982-8307

Senior Citizens

Sherry Pratt, Coordinator 651-982-8110

Technology

Amy Florin, Coordinator 651-982-8372

Youth Development

Jennifer Connolly, Elementary Youth Planner 651-982-8339
 Secondary Youth Planner 651-982-8328



Attention. If you want free help translating this information, call (651) 982-8350.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم (651) 982-8350.

កំណត់សំគាល់: បើអ្នកចង់បានជំនួយបកប្រែឥតគិតថ្លៃសម្រាប់ព័ត៌មាននេះ ដោយមិនគិតថ្លៃ សូមទូរស័ព្ទលេខ (651) 982-8350 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite (651) 982-8350.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu (651) 982-8350.

ໂປດຊາບ. ຖ້າທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມຕັ້ງກ່າວມີພີ, ຈົ່ງໂທລະຄຳ (651) 982-8350.

Hubaddhu. Yoo akka odeeffannoona kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsi bilbiltu (651) 982-8350.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните (651) 982-8350.

Ogow. Haddii aad dooneyso in laga kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, wac (651) 982-8350.

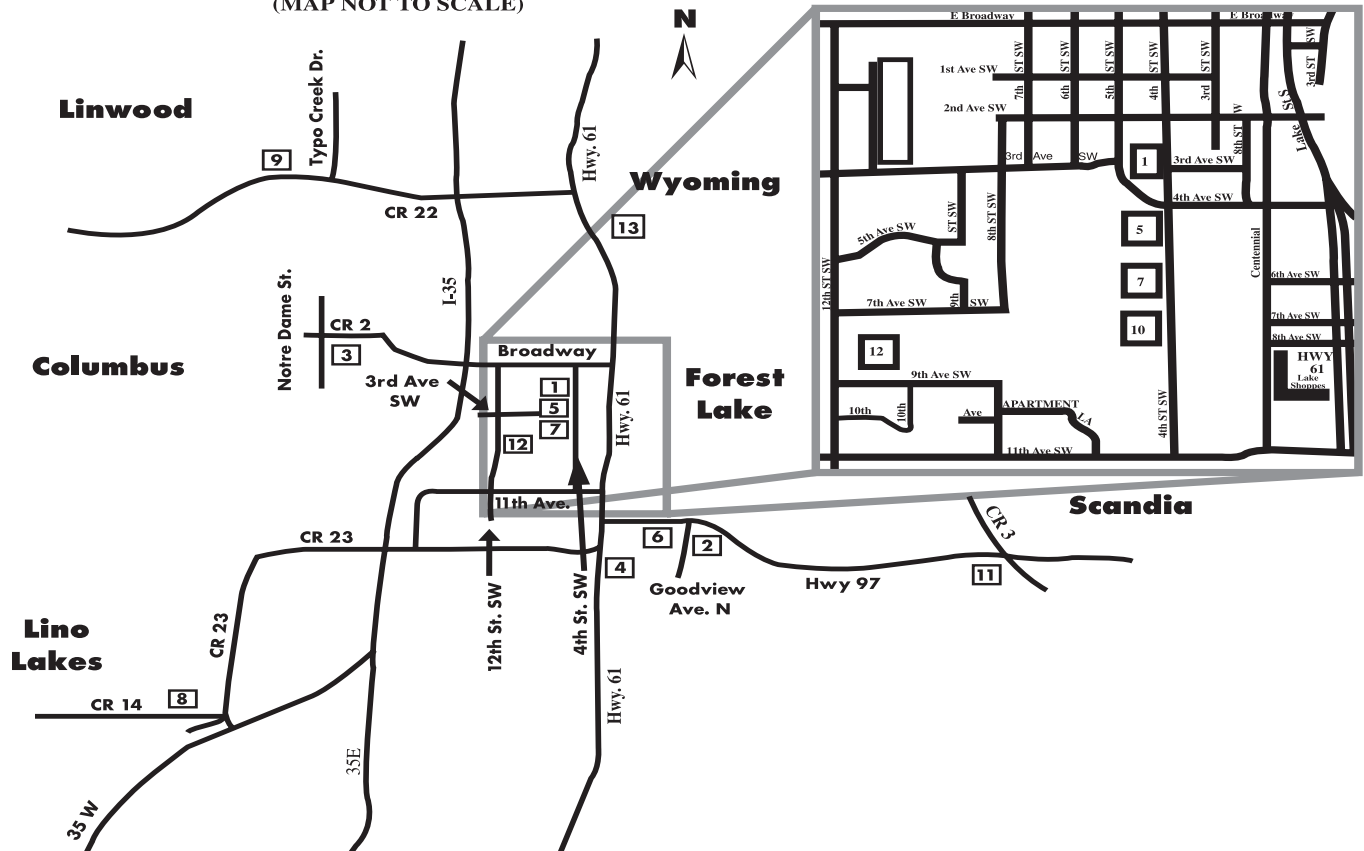
Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al (651) 982-8350.

Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi (651) 982-8350.

124-0220 0-0000

District Map and Entrance Guide

(MAP NOT TO SCALE)



Building		Address	Entrance	
1. Central Learning Center Area Learning Center Family Center, Montessori Adult Learning Center	CLC	200 SW 4th St, Forest Lake	West side of building	Door #1
			East side of building	Door #12
2. Century Junior High	Cent JH	21395 Goodview, Forest Lake	West side of building	Door #1
3. Columbus Elementary	Col	17345 Notre Dame, Forest Lake	West side of building	Door #1
4. District Office		6100 N 210th St, Forest Lake	South side of building	
5. Forest Lake Elementary	FL Elem	408 SW 4th St, Forest Lake	East side of building	Door #1
6. Forest Lake Area High School Community Ed art and music classes All other Community Ed classes		FLAHS	6101 N Scandia Tr, Forest Lake	
			South side of building	Door #9
			East side of building	Door #4
7. Forest View Elementary	FV	620 SW 4th St, Forest Lake	South side of building	Door #4
8. Lino Lakes Elementary	Lino	725 Main St, Lino Lakes	East side of building	Door #6
9. Linwood Elementary	Linw	21900 Typo Creek Dr, Wyoming	South side of building	Door #2
11. Scandia Elementary	Scan	14351 Scandia Tr, Scandia	North side of building	Door #1
12. Southwest Junior High Community Pool	SWJH SWJH	943 SW 9th Ave, Forest Lake	East side of building	Door #7
			East side of building	Door #6
13. Wyoming Elementary	Wyo	25701 Forest Blvd, Wyoming	West side of building	Door #1



Registering in now even easier

Sign up for multiple classes on one registration form

Complete the form and include a single payment for all classes.
(One form per person please.)

On-line www.communityed4u.org

Fax your registration to 651-982-8114 using a VISA/MasterCard credit card.

Mail, In person or drop box

Community Education Office
6100 N 210th Street, Forest Lake, MN 55025
Drop box located outside of the main entrance

By Credit Card

Phone our 24 hour credit/debit card line 651-982-8121



By using the credit card line multiple registrations can be done with one phone call! Dial the credit card line and record the information requested on the Community Education registration form.

It is best to register for a class at least two weeks before the starting date. If you are interested in a class that will be starting within a week, please call 651-982-8110 to see if there are still openings. Forest Lake Area School District residents are given priority when registering. See page 47 to locate the proper registration form for the activity you want to enroll in. The Aquatics Program does not accept phone or fax registrations. See page 26 for details.

UCare

All UCare members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class for free. Classes that do not qualify are noted. Members must be on UCare at the time of registration and through the duration of the class. Members will need to include their UCare ID number when registering.

To the students, parents, employees and patrons of Forest Lake Area Schools:

Educational opportunities will be offered without regard to race, color, national origin, creed, religion, sex, marital status, sexual orientation, status with regard to public assistance, age or disability.

Cancellations

All classes will be held unless you are notified of a cancellation. You will be notified of class cancellations by phone, email or mail, so it is important to fill out your registration form completely.

On days when school is cancelled due to weather, all Community Education activities, afternoon and evening, are also cancelled. On severe weather days, you can call the weather line at 651-982-8143. Last minute cancellations will be on TV channels 4, 5 and 11, on WCCO-830, and on the web, www.forestlake.k12.mn.us

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

Satisfaction Guarantee

We offer you a satisfaction guarantee for most Community Education activities. Your fee will be refunded if you notify us before the second time the activity meets. If you notify us after the second session, a voucher will be issued for future Community Education activities. We cannot issue refunds for trips after the registration deadline due to bus and ticket reservations.

Accessible to All

All Community Education classes and activities are open to persons with special needs. Please call 651-982-8110 for more information.

We Love Feedback

Your questions and comments about the Community Education Catalog are always welcome. Please contact the Community Education Office at 651-982-8110.

Forest Lake Area Schools Community Education Registration

Use this form to register for most classes in the brochure, or register at www.communityed4u.org.

Registration information and forms for some programs are listed in other parts of this document. Forms: Aquatics-page 26, Athletics-page 35, Family Center-page 42. See Table of Contents for location of other program pages. Need help... call the Community Education office at 651-982-8110 or 982-8120. Nancy or Patty will be happy to assist you!

Participant Name (one registrant per form please) _____

Street Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Mobile/Pager _____

Emergency Phone _____ Other _____

Email Address _____

Class # _____ Class Title _____ Building _____ Fee _____

Class # _____ Class Title _____ Building _____ Fee _____

Class # _____ Class Title _____ Building _____ Fee _____

Class # _____ Class Title _____ Building _____ Fee _____

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

Are you a resident of Forest Lake Area Schools Yes No

For Youth Ages 0-18 ONLY

Parent/Guardian Full Name _____

Student's Grade _____ School Attending _____ Classroom Teacher _____

Male Female Birthdate _____ Age _____

Discounts

Participant's UCare ID# (If applicable) _____ UCare Member Discount Total \$ _____

Payment Information

Total Registration Amount \$ _____ Cash Check - **Payable to Forest Lake Area Schools**

Mastercard Visa (please fill out info below)

Authorized Signature _____ Date _____

Cardholder's First Name _____ Card Holder's Last Name _____

Credit Card number _____ Expiration Date _____

Does Community Education have your permission to publish art work, photographs, writing, quotes and videotape of you or your child

1) for promotional use: Yes No

2) on the Forest Lake Area Schools web site? Yes No

Would like to receive information about Community Education via email Yes No

Mail to: Community Education Department District Office Building, 6100 North 210th Street, Forest Lake MN 55025



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Learning is presented in a fun and creative way, new friendships and social skills are encouraged and developed through play with peers, children gain higher levels of independence and self-confidence, and staff communicate with families regarding their children's progress and challenges.

School Year & Summer Options Available

See page 33 for details
or call 651-982-8365

Community Education
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6100 North 210th St
Forest Lake, MN 55025
651-982-8110 or 651-982-8120

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