MESSAGE FROM OUR DIRECTOR

With the leaves falling and the busses making their way through the streets of our community, there exists a newfound excitement as we turn the page into the fall season. Along with the transition from summer to fall, a new Community Education catalog also brings new opportunities to participate in innovative, cost-effective and engaging lifelong educational, social and recreational programs and classes. Our team has been hard at work to maximize every opportunity to effectively meet the needs of the Forest Lake area and do so in the safest and most cost effective manner.

As you travel through the pages of this catalog, it is our team’s sincere hope that you connect with programs and classes that meet your lifelong learning and recreational needs.

Have a great start to the 2021-22 school year and may your Community Education experiences enrich your life and the lives of those around you!

Corey McKinnon
Director of Community Education
Forest Lake Area Schools

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Engaging people; enriching lives!
Catalog Key

Ed Center
Education Center
943 9th Ave SW, Forest Lake
Community Pool is located in the Education Center

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

FLAMS
Forest Lake Area Middle School
21395 Goodview, Forest Lake

Col
Columbus Elementary
17345 Notre Dame, Forest Lake

FL Elem
Forest Lake Elementary
408 SW 4th St, Forest Lake

FREE
This symbol precedes the title of any class that is free of charge.

(*) This symbol is by class titles that are available virtually with Zoom.

FV
Forest View Elementary
620 SW 4th St, Forest Lake

Lino
Lino Lakes Elementary
725 Main St, Lino Lakes

Linw
Linwood Elementary
21900 Typo Creek Dr, Wyoming

Scan
Scandia Elementary
14351 Scandia Tr N, Scandia

Wyo
Wyoming Elementary
25701 Forest Blvd, Wyoming

4400-F21 (example)
The number and letter combination found in class details is a “course number” affiliated with the class.

邮件列表
Join our email list at www.flaschools.org/ce to receive Community Education updates!

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

Register online at www.flaschools.org/ce or call (651) 982-8110. View more options on page 62.

Follow us! Search @FLASCE
MESSAGE FROM OUR SUPERINTENDENT

While our families and students enjoy their summer, our school and district leaders are busy getting ready for the start of school in the fall. Welcoming students back to school on that first day is always one of our favorite milestones of the year.

This year, our planning has a new energy as we think ahead to a year that is less burdened by COVID restrictions. I am excited to say that we are planning to be fully open this year, offering many of the normal school activities that students know and love. Masks will be recommended, but not required, for any students or staff who remain unvaccinated.

Since vaccines are not yet approved for students under age 12, we are planning to continue offering a Ranger Academy distance learning option for students in grades K-6.

Our educators are thrilled to start a school year with the ability to focus on their core mission of educating and supporting students in their learning. It’s going to be a great year!

Steve Massey, Ed.D.
Superintendent, Forest Lake Area Schools
This fall, our football and soccer teams will be the first to play on a brand new turf field with fans watching from home bleachers that no longer face the setting sun. Next spring, our track and field athletes will be able to participate in the first home track meet since 1992.

Construction on the new athletic facilities is currently underway at Forest Lake Area High School. New track and field facilities are being built, along with a new multi-sport turf game field and a new multi-sport turf practice field. These facilities will be used by soccer, lacrosse, football, softball, track and field and other sports, along with high school physical education classes during the school day and Community Education classes outside of the school day.

When not being used by high school athletic programs and Community Ed, the facilities will also be available to rent and use by the broader community.
Remain Vital and Vibrant

50+ Lifelong Learning (50+LL) classes and activities are designed for adults age 50 and over and will help you continue learning and remain connected to your community. Community Education will offer 50+LL classes for free or at a low cost as a way to express our appreciation for adults age 50 and over in the Forest Lake area. Whether you are looking to improve your wellness, engage your mind or find your fun, 50+LL will have opportunities for you!

🌟 Yoga - Specifically for Adults Over 50

This beginning yoga practice will combine gentle physical poses with mindfulness and breathing. Our focus will be on functional mobility, balance and working to release stress and stiffness. Studies show that yoga practice positively correlates with both physical and mental wellness as well as managing pain and inflammation, improving sleep quality and much more. Please wear comfortable clothing, bring a yoga mat and a bottle of water.

Julia Phillips

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<th>Day</th>
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<td>Sep 20-Oct 18</td>
<td>Mon</td>
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<td>$39</td>
<td>Ed Center (door 18) 117</td>
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<td>3-4pm</td>
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<td>Mon</td>
<td>3-4pm</td>
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<td>6288-F21CV</td>
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<td>Mon</td>
<td>3-4pm</td>
<td>$39</td>
<td>Virtual</td>
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</table>

Register for this class, attend the majority of the sessions and on the last day of class you’ll receive a gift certificate for the cost of the class (up to $25) that is good towards your next Community Education class! *Offer available to Forest Lake Area School District residents only.
FREE Find Your Fun!
According to the Mayo Clinic, laughter may improve your immune system, relieve pain, increase personal satisfaction and improve your mood. This once monthly event is a great opportunity to laugh and have some fun. A different activity will be planned each month and enthusiastic event hosts will organize the groups into teams with the focus on fun. All levels of competition, knowledge and skill are welcome! September: Charades, October: Pictionary, November: Taboo, December: Name That Tune

6300-F21A Sep 23 Thu 6:30-8pm Free
Ed Center (door 4) 119
1 session

6300-F21B Oct 14 Thu 6:30-8pm Free
Ed Center (door 4) 119
1 session

6300-F21C Nov 11 Thu 6:30-8pm Free
Ed Center (door 4) 119
1 session

6300-F21D Dec 9 Thu 6:30-8pm Free
Ed Center (door 4) 119
1 session

🌟 Mindfulness Meditation - The Art of the Present Moment
Adults of all ages are welcome to join Mindfulness Meditation - the ancient method of self-understanding and self-management. It is widely used for handling pain and stress, habit control and dealing with painful emotions and disturbing thoughts. It leads to deep self-knowledge and self-management skills that make life richer. The content of the practice is simply our own experiences of body and mind with no ideology. It is compatible with any religious and self-development practices you do. Please wear loose clothing for comfort. The teaching is cumulative, so attendance at all meetings is encouraged.

Mary Jo Meadow
6018-F21AV Oct 5-Nov 9 Tue 6-7:30pm $39
Virtual
5 sessions
No class Nov 2

6018-F21BV Oct 7-Nov 11 Thu 10:30am-12pm $39
Virtual
5 sessions
No class Oct 21

🌟 Navigating Through Grief 🌟
Grief comes from losing something. People are touched by grief at various depths. It can come from something as small as a broken favorite teacup or as momentous as having a loved one die. We will discuss the effects that grief has on us and the stages that it goes through, how to navigate the path through grief and how to come to wholeness again without what was lost.

Mary Jo Meadow
6333-F21AV Oct 27 Wed 10:30am-12pm $19 Virtual
1 session

6333-F21BV Oct 27 Wed 6-7:30pm $19 Virtual
1 session

🌟 Moving Out of Loneliness 🌟
Some important theorists believe that loneliness is one of the hardest of all emotions to handle. Loneliness is not just being alone; sometimes solitude can be pleasant. Loneliness carries a feeling of being cut off or alienated. Sometimes it makes one feel like nobody cares about them. Lonely people often add to their distress by drawing away from others. We’ll discuss the steps you can take to get away from loneliness along with the ability to enjoy solitude.

Mary Jo Meadow
6332-F21AV Nov 1 Mon 10:30am-12pm $19 Virtual
1 session

6332-F21BV Nov 1 Mon 6-7:30pm $19 Virtual
1 session

🌟 Loving Kindness Meditation 🌟
Adults of all ages are welcome to participate in this 2,500 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. This practice improves good relationships and helps heal problem ones. It also teaches compassion, balance in relationships and appreciating others' good fortune.

Mary Jo Meadow
6019-F21AV Nov 16 & Nov 23 Tue 6-7:30pm $25 Virtual
2 sessions

6019-F21BV Dec 2 & Dec 9 Thu 10:30am-12pm $25 Virtual
2 sessions
Cooking

Easy Ethiopian/Eritrean Cooking
Ethiopian/Eritrean food has become a favorite among foodies worldwide. The food is light, healthy and flavorful, ranging from very spicy to very mild. Experience the thrilling discovery of exotic spices paired with daily ingredients such as vegetables, beans and lentils. For the non-vegetarian, we can use different types of meat sautéed with various kinds of flavored butter and healthy oils. Every step is educational, informative and a dream-like trip into the food culture of these historic countries. This class is offered virtually. You will be provided an ingredient list and a link prior to class.

Selam (Mimi) Asfaha
6326-F21V Oct 11 Mon
1 session 6-7:30pm $29
Virtual

Homemade Egg Rolls & Samosas
Restaurant quality egg rolls and samosas can be made right in your own kitchen. These appetizers are jammed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class. This class is offered virtually. You will be provided an ingredient list and a link prior to class.

Selam (Mimi) Asfaha
6228-F21V Oct 19 Tue
1 session 6-7:30pm $29
Virtual

Ethiopian Breakfast
Prepare a traditional Ethiopian breakfast for your family and friends. Ethiopian favorites Chechebsa, Shahi (herbed Hot Tea) and mouthwatering Fuul are on the menu. Join Mimi and prepare this fun and healthy meal with her guidance. This class is offered virtually. You will be provided an ingredient list and a link prior to class.

Selam (Mimi) Asfaha
6331-F21V Nov 3 Wed
1 session 6-7:30pm $29
Virtual
Successful Composting
Fall is a great time to get started composting all of those yard leaves! Composting is a microbial process that converts plant material such as grass clippings and leaves to a more usable organic soil amendment or mulch. Many homeowners are finding it convenient and economical to compost leaves and grass clippings in their own backyards. Learn how to build and maintain a compost pile including troubleshooting tips as well as how to use the completed compost in your yard or garden.

Paul Richtman
6229-F21V Oct 6 Wed 6:30-7:30pm $15
1 session Virtual

Got Buckthorn?
Buckthorn is an invasive tree and shrub that is harming our native habitats. You will learn how to identify both types of buckthorn and learn removal techniques, including chemical and chemical-free control. This class is timely because fall is the absolute best time for buckthorn control.

Paul Richtman
6307-F21V Oct 11 Mon 6:30-8pm $19
1 session Virtual

Growing Blueberries In Your Backyard
Blueberries are such a carefree shrub, it’s a wonder more people don’t grow them. They are long-lived and generally free of disease and insect problems. Fall is the best time to prepare the bed for planting blueberry bushes next spring. We will discuss how to successfully grow blueberries including site requirements, adjusting acidity, soil preparation, cultivars for our climate, buying plants, pruning and seasonal protection from birds, rabbits and winter.

Paul Richtman
6308-F21V Oct 18 Mon 6:30-7:30pm $15
1 session Virtual
Paint Your Pet
Create a unique portrait of your pet! Once you sign up for the class, email us a clear, high quality photo of your pet. The better the photo, the easier it will be to paint from. One pet per canvas please. Any animal is possible; dog, cat, chicken, horse or whatever creature you love. Instructor Tree Croyle Johnson will have a sketch of your pet outlined on an 11 X 14 canvas ready when you arrive for your class. You will be guided step-by-step through the process to help you capture the likeness of your pet. No experience is necessary. Come ready to have fun and please be advised the paint can stain your clothes. Aprons will be provided, but please dress accordingly. Photo must be emailed to Janet at Jnutter@flaschools.org at least one week prior to class. A supply fee of $10 is payable to the instructor at class.

Tree Croyle Johnson
6284-F21A Sep 16 Thu
1 session 6-9pm $39
Hallberg Center for the Arts

6284-F21B Nov 11 Thu
1 session 6-9pm $39
Hallberg Center for the Arts

Painting Buddies Age 6-Adult
Adult and child pairs will work together to create an acrylic painting on two canvases. Step by step instruction from professional artist, Tree Croyle Johnson, will help ensure every painting is a masterpiece! This is a great opportunity to have fun and be creative in a friendly, welcoming atmosphere. The paint can stain your clothes. Aprons will be provided, but please dress accordingly. A supply fee of $10 per pair is payable to the instructor at class. Due to materials being prepared, no refunds after noon the day of class. Please register the child who will be attending. During registration, there will be a space to list the name of the adult who will be attending with the child.

Tree Croyle Johnson
6191-F21A Sep 24 Fri
1 session 6-8pm $45 per pair
Hallberg Center for the Arts

6191-F21B Oct 29 Fri
1 session 6-8pm $45 per pair
Hallberg Center for the Arts

6191-F21C Nov 19 Fri
1 session 6-8pm $45 per pair
Hallberg Center for the Arts

6191-F21D Dec 10 Fri
1 session 6-8pm $45 per pair
Hallberg Center for the Arts

Registration deadline is one week prior to the start of class. Due to canvases being prepared in advance, no refunds will be given after the registration deadline.
ADULT ARTS & HOME

Painting with Acrylics
Painting should be fun, relaxing and fulfilling. This class will help get you there by building your knowledge of basic painting skills. Acrylic painting techniques including blending, creating the illusion of depth, easy ways to correct a little accident and learning to create your own style will be explored over three classes. Skills learned are then applied to a finished work of art. The medium is versatile and forgiving. Instructor Tree Croyle Johnson will guide you through the process and teach you ways to take your painting to the next level! Several studies and one finished 16 X 20 painting will be made. The paint can stain your clothes. Aprons will be provided, but please dress accordingly. A $10 supply fee is payable to the instructor on the first night of class. Due to materials being prepared, no refunds after noon the day of class.

Tree Croyle Johnson
6223-F21 Oct 13-Oct 27 Wed
3 sessions 6-8pm $75
Hallberg Center for the Arts

Social Paint Night
Anyone can be an artist - yes, including you! No art experience is necessary to create a 16 X 20 acrylic painting on a canvas you can take home. Step by step instruction by professional artist, Tree Croyle Johnson will guide you through the creation of the featured painting in a relaxed, welcoming atmosphere. Creativity, fun and mess-making are encouraged! The paint can stain your clothes. Aprons will be provided, but please dress accordingly. Each session will feature a different painting. A supply fee of $5 is payable to the instructor at class. Due to materials being prepared, no refunds after noon the day of class.

Tree Croyle Johnson
6154-F21A Sep 30 Thu
1 session 6-8pm $29
Hallberg Center for the Arts

6154-F21B Oct 28 Thu
1 session 6-8pm $29
Hallberg Center for the Arts

6154-F21C Nov 17 Wed
1 session 6-8pm $29
Hallberg Center for the Arts

6154-F21D Dec 9 Thu
1 session 6-8pm $29
Hallberg Center for the Arts

HALLBERG CENTER FOR THE ARTS
Hallberg Center for the Arts is located at 5521 East Viking Blvd, Wyoming. The classroom at Hallberg Center for the Arts is not wheelchair accessible. If you require accessibility, please call (651) 982-8110 two weeks prior to the start of class and the class will be moved to a Forest Lake Area Schools (FLAS) art room.

WWW.FLASCHOOLS.ORG/CE
Create a Cord Rug
Make a beautiful rug from macramé cord! These rugs are durable, washable and can last a lifetime. Using simple crochet stitches, this rug can easily be created even if you have never crocheted or your skills are a little rusty! A supply fee of $25 is payable to the instructor at class.

*Peggy Decker*
6140-F21 Oct 26 Tue
1 session 6-9pm $25
Ed Center (door 4) 113

Handmade Stoneware
Join us for a unique and relaxing experience hand-building a one of a kind round hanging planter. You will be guided through the process of turning a flat slab of clay into a 6” W X 8” D planter. Once you have decorated your clay slab with stamps and textures, you will form and shape the planter. Glazing options and the material for hanging the planter (cotton or leather cording or paracord rope) will be selected. Your piece will then be ready for drying and firing at The LOVE of CLAY studio. All materials including clay, tools, forms and decorating options will be provided for a supply fee of $20 payable to the instructor at class. The LOVE of CLAY will contact you within 3-4 weeks after class to pick up your piece after it is fired and glazed.

*LeeAnn Murdock*
6274-F21A Sep 15 Wed
1 session 6-8pm $39
Ed Center (door 4) 113

6274-F21B Oct 14 Thu
1 session 6-8pm $39
Ed Center (door 4) 113

6274-F21C Nov 18 Thu
1 session 6-8pm $39
Ed Center (door 4) 113

Sewing Machine Quick-Start Age 16-Adult
If you’ve never used a sewing machine before or if it’s been years, this is a great class to take first! You’ll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on your own. During the process of getting comfortable with the sewing machine, you will also create a microwave bowl cozy to prove you can sew. You are welcome to and you might find it helpful to bring your own sewing machine. Sewing and Fitting Mentor is located at 69 Lake St. N, Forest Lake. Project kits of fabric will be available for purchase from the instructor for $5-$8 or you can purchase your own fabric. Yardage and a basic supply list is available on the Community Education website or call (651) 982-8110 for information.

*Sewing and Fitting Mentor - Renee Bontjes*
5087-F21A Oct 5 & Oct 12 Tue 6-8pm $49 Sewing and Fitting Mentor
2 sessions

5087-F21B Nov 9 & Nov 16 Tue 6-8pm $49 Sewing and Fitting Mentor
2 sessions

5087-F21C Dec 7 & Dec 14 Tue 6-8pm $49 Sewing and Fitting Mentor
2 sessions
FREE 5 Keys to Retiring Fearlessly

Whether you are approaching retirement or in retirement, the risk remains the same. You need to have a strategy to manage your assets in volatile markets. This workshop will provide five keys to building a retirement plan that will give you confidence to face the daily swings in the market.

Matthew Merrick
6249-F21V 1 session Nov 11 Thu 6-7:30pm Free Virtual

Draft Your Own Health Care Directive & Power of Attorney

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

Rob Collins and Julia Estrem
6048-F21 1 session Oct 12 Tue 6:30-8:30pm $29 Ed Center (door 4) 119

Draft Your Own Will

Preparing your will is an important step in providing for the ones you love. Session 1: Learn the various techniques for property distribution of your estate. Explore basic estate planning concepts and assess your needs for your estate plan. You will receive sample forms and language to use while you draft your own will. Instructors will also cover circumstances that may require a review/revision of your will and a brief review of the benefits of a trust. Session 2: You will be able to sign the will you created. Questions are welcome.

Rob Collins and Julia Estrem
6047-F21 2 sessions Oct 6 & Oct 13 Wed 6:30-8:30pm $45 Ed Center (door 4) 117

FREE Estate Planning - Introduction

Do I need a will? What’s a trust? With over 25 years of transition planning experience, attorneys Rob Collins and Julia Estrem will walk through these questions, some common myths and other elder law and estate planning topics such as probate, powers of attorney and health care directives in an informal discussion setting. Questions welcome.

Rob Collins and Julia Estrem
6253-F21 1 session Oct 5 Tue 6-8pm Free FV (door 4) Media Center

FREE Medicare 101

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

Charles Taylor
6261-F21A 1 session Oct 6 Wed 6:30-8pm Free Ed Center (door 4) 119
6261-F21B 1 session Dec 8 Wed 6:30-8pm Free Ed Center (door 4) 119

FREE Social Security Claiming: Facts & Maximization Strategies

How do I maximize my Social Security benefits? This course explores claiming rules and strategies for couples, divorcees and widowed surviving spouses to show you how to get the most out of your Social Security benefit. We will discuss the important role Social Security plays in your overall retirement planning, ways to maximize your benefits and how to avoid becoming a victim of the "widow trap". You should attend if you’re within 10 years of retirement. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. Investment and Advisory services offered through World Equity Group Inc., member of FINRA/SIPC.

Charles Taylor
6251-F21 1 session Sep 22 Wed 6:30-8pm Free Ed Center (door 4) 119

FREE Social Security: Timing is Everything

As you approach retirement, now is the time to determine how you’ll support yourself. Find out how you can optimize Social Security and know how much you can expect to receive from other income sources.

Matthew Merrick
6248-F21V 1 session Oct 12 Tue 6-7:30pm Free Virtual
Heartsaver CPR/AED
Whether you have a duty to respond to a cardiac emergency because of job responsibilities or if you have the desire to learn the techniques of CPR and the use of an AED - this course is for you. This instructor-led course teaches adult, child and infant CPR/AED as well as choking management. American Heart Association certification lasts two years. The general public and anyone interested in learning CPR may take this class. This course is not intended for healthcare providers.

Emergency Outfitters
6040-F21 Oct 4 Mon
1 session 5:30-9pm $79
Ed Center (door 4) 119

Lose Weight or Stop Nicotine Cravings Through Group Hypnosis
Section A: Lose weight and start making healthy choices. Stop cravings for sugar, pop and unhealthy foods. Stop snacking and get motivated to exercise. Section B: Quit smoking, vaping or chewing immediately through hypnosis without withdrawal, cravings or gaining weight. Section C: Lose weight and quit smoking, vaping or chewing. Bring a pillow, blanket or sleeping bag for added comfort.
Fee includes a reinforcement CD and lifetime membership card which allows participants to attend future seminars free. Registrants who cancel within three days of class will be mailed a lifetime membership card, but we are unable to issue refunds. Check in begins at 5:45pm. If you are returning for a follow-up class, call (651) 982-8110.
Visit www.hypnosisclinic.net for any questions you may have about hypnosis. These classes are not eligible for UCare discount.

Kirstin Barsness
6281-F21 Nov 9 Tue
1 session 6:30-8pm $25
Ed Center (door 4) 119

Meditation - Intro
Do you ever get to the end of the day and wonder what you did? Have trouble recalling details or are you up all night with your to-do list playing on an endless loop in your brain? If you’re plagued by any of these there is help through meditation. Your stress levels will drop, you’ll be more energized and feel more in control and grounded in your life. You’ll gain tools and techniques that will transform your mind, body and spirit.

Kirstin Barsness
6324-F21 Oct 19 Tue
1 session 6:30-8pm $25
Ed Center (door 4) 119

Manifesting Abundance Through Gratitude
Your outside world is a reflection of your inside world. When you look around do you see the miracles or just the shortcomings? Are you stuck in a mode where you want more from life but can’t figure out how to get it? Gratitude brings clarity. Clutter falls away leaving you with clarity about where to focus your energy. Gratitude is your secret superpower! You’ll learn how to unleash its power and manifest the abundance you’ve been waiting for.

Kirstin Barsness
6046-F21A Sep 29 Wed
1 session 6-9pm $69
Ed Center (door 4) 117

6046-F21B Sep 29 Wed
1 session 6-9pm $69
Ed Center (door 4) 117

6046-F21C Sep 29 Wed
1 session 6-9pm $135
Ed Center (door 4) 117

WALKERS WELCOME
Avoid the snow, ice, rain and traffic! Come walk in a safe and controlled climate. Walk one, two or more times each week. Walkers will be sent an identification badge and complete schedule upon registration. Your badge must be worn while walking. We are unable to offer accommodations for personal belongings. Registration fee allows you to walk in the morning and evening at any of these three schools:
Forest Lake Area High School Education Center and Wyoming Elementary
Sep 13 - Apr 29
Mon, Tue, Wed, Thu & Fri
Full schedule of dates and times: www.flaschools.org/ce
Pound Fitness
Channel your inner rockstar with this cardio-jam session inspired by the energizing fun of playing the drums. Using Ripstix®, lightly weighted drumsticks, this full-body workout combines conditioning and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, the workout is easily modifiable and the welcoming philosophy appeals to men and women of all ages and abilities. Ripstix will be provided by the instructor. Please wear comfortable clothing and athletic shoes. Bring a yoga mat and a bottle of water.

Melissa Hanson
6336-F21 Sep 28-Nov 23 Tue
8 sessions 6-6:45pm $65
Wyo (door 1) Gym
No class Nov 2

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

Jeff Wood
6025-F21 Sep 22-Nov 10 Wed
5 sessions 5-6pm $59
Ed Center (door 4) 208

Hatha Flow Yoga

Yoga - Hatha Flow Beginner
Learn the fundamentals of yoga including proper alignment and breathing during this class especially designed for beginners. Learn how to move between yoga poses while you improve your balance and flexibility and build strength and confidence to move on to more challenging classes. Hatha Flow Yoga provides the full benefits of practicing yoga at a softer pace appropriate for beginner students.

Erin DiBetta
6180-F21 Sep 20-Oct 18 Mon
5 sessions 7:15-8:15pm $65
Ed Center (door 4) 208

6180-F21V Sep 20-Oct 18 Mon
5 sessions 7:15-8:15pm $65
Virtual

Yoga - Hatha Flow
Build strength while you lengthen and stretch your body by aligning ligaments through this gentle yoga practice. Yoga postures are connected with fluid movements that synchronize with your breathing to help reduce stress and improve balance. This class is most appropriate for people with experience in yoga. In person drop-in fee is $10 - space permitting.

Erin DiBetta
6049-F21A Sep 20-Oct 18 Mon
5 sessions 6-7pm $39
Ed Center (door 4) 208

6049-F21AV Sep 20-Oct 18 Mon
5 sessions 6-7pm $39
Virtual

6049-F21B Nov 1-Nov 29 Mon
5 sessions 6-7pm $39
Ed Center (door 4) 208

6049-F21BV Nov 1-Nov 29 Mon
5 sessions 6-7pm $39
Virtual

6049-F21C Dec 13-Jan 17 Mon
5 sessions 6-7pm $39
Ed Center (door 4) 208
No class Dec 27

6049-F21CV Dec 13-Jan 17 Mon
5 sessions 6-7pm $39
Virtual
No class Dec 27

MORE YOGA ON PAGE 16
# ADULT HEALTH & FITNESS

## Yoga - Balance & Strength
Energize your body while gaining flexibility and strength through the practice of yoga. Using yoga poses, you will stretch and tone muscles while strengthening joints and improving your balance. This class is designed for people of all abilities. In person drop-in fee is $10 - space permitting.

*Julia Phillips*

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<td>6003-F21A</td>
<td>Sep 20-Oct 18</td>
<td>Mon</td>
<td>9:30-11am</td>
<td>$59</td>
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<td>Mon</td>
<td>9:30-11am</td>
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<tr>
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<td>Mon</td>
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## Yoga - Whole Body Vinyasa
Whole Body Vinyasa is designed to increase both your strength and flexibility and is suitable for all ages and body types. The breath is incorporated into each exercise and helps to relieve stress and anxiety. No previous yoga experience is necessary. Each pose will be described in detail for beginners as well as modifications offered for more advanced students. Improve the health of your body, mind and soul through yoga! In person drop-in fee is $10 - space permitting.

*Michele LaHood*

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<tr>
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## Yoga - Slow Flow
Increase your flexibility and strengthen your core through yoga movements and breathing to encourage the integration of body, mind and spirit. This class is designed for students with some prior experience in yoga. In person drop-in fee is $10 - space permitting.

*Suzanne McArdle*

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<td>$49</td>
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## Yoga - Core Strength
Build strength with this dynamic 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. In person drop-in fee is $10 - space permitting. Beginning to intermediate participants are welcome.

*Chris Coleman*

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<td>$65</td>
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**PLEASE WEAR COMFORTABLE CLOTHING, BRING A YOGA MAT AND A BOTTLE OF WATER.**
Ballroom Dance - Private Instruction
Heidi Smith-Miranda will be offering 30 minute private instruction in ballroom dance. This is a great opportunity to work out the kinks in your steps and move your dance skills to the next level. A 30 minute lesson is $39 per couple. Dates and times available online at www.flaschools.org/ce.

Clogging - Beginner Age 8-Adult
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to Tap, Irish Dancing and Hip Hop. No previous dance experience needed. Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for $20. These taps can be put on any basic flat soled shoes. White shoes are preferred. At the end of the session, dancers are invited to perform their routines at a local event.

Pam Heaton
6101-F21 Sep 20-Oct 25 Mon
6 sessions 5-5:30pm $35 per person or $55 per family
Ed Center (door 4) Cafeteria

Clogging - Beginner Plus Age 8-Adult
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to Tap, Irish Dancing and Hip Hop. Dancers that have taken the beginner level class or have some clogging experience will continue to improve their skills as we review some of the beginner level dances and continue to learn new clogging routines and steps! Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for $20. These taps can be put on any basic flat soled shoes. White shoes are preferred. At the end of the session, dancers are invited to perform their routines at a local event.

Pam Heaton
6205-F21 Sep 20-Oct 25 Mon
6 sessions 5:40-6:10pm $35 per person or $55 per family
Ed Center (door 4) Cafeteria

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

Heidi Smith-Miranda
6034-F21 Oct 7-Nov 18 Thu
6 sessions 7-8pm $59 per person or $89 per couple
FV (door 4) Cafeteria
No class Oct 21

Forest Lake Area Community Band
The Forest Lake Area Community Band is open to all levels of adult musicians who play woodwind, brass or percussion and enjoy practicing and performing in a band! The band’s purpose is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from traditional compositions for band to inspiring contemporary pieces. Under the direction of Jake Matheson, the band will perform in various venues (to be announced) in the community. No audition required. Community Band meets most Thursdays throughout the school year.

Jake Matheson
6184-F21 Sep 16-May 12 Thu
28 sessions 7-8pm $69
Ed Center (door 4) 127
No class Oct 21, Nov 18, Nov 25, Dec 23, Dec 30, Jan 27 & Mar 10

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

Heidi Smith-Miranda
6033-F21 Sep 23 Thu 7-9pm
1 session $29 per person or $39 per couple
FV (door 4) Cafeteria
Basketball - Adult Co-ed
Looking for a place to play recreational basketball? This is the place for you! Players organize full court or cross court pick-up games and often play shirts and skins. A yellow or gold t-shirt can be worn as an alternative to skins. We request that players bring their own ball.

6023-F21 Sep 15-Dec 15 Wed 7-9pm $5 FLAHS (door 33) Main Gym

Volleyball - Adult Co-ed
Enjoy an evening out with friends and neighbors! Good volleyball, great times and the exercise is just a bonus. Wear comfortable clothes and athletic shoes. We request that players bring their own ball.

6032-F21 Sep 15-Dec 15 Wed 7-9pm $5 FLAHS (door 33) North Fieldhouse A

Pickleball Club - Adult Co-ed
Pickleball players of all experience levels are invited to join the club! Individual players are welcome to pre-register or drop-in to participate in pick-up pickleball games. Players will rotate in and out of games to ensure everyone has the opportunity to play. Bring your own paddle or borrow one of ours! Players should wear comfortable clothes, athletic shoes and bring a bottle of water.

6110-F21 Sep 8-Dec 15 Wed 6-8pm $5 Ed Center (door 4) Gym

Tae Kwon Do Age 6-Adult
Traditional Tae Kwon Do, an ancient Korean martial art over a thousand years old, is rapidly becoming the world’s most popular martial art and form of self-defense. Tae Kwon Do is great exercise and also builds confidence, character and self-control. Parents report that their children become more focused in school and improve their social relationships with others. For families, it is an excellent activity to participate in together no matter what your level of athletic ability.

Sun Yi’s Academy
4665-F21 Nov 13-Dec 11 Sat 9-9:45am $49 Sun Yi’s Academy 4 sessions No class Nov 27

Fencing Age 6-Adult
Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic bouting, students will learn fencing strategies that require problem solving skills. You’ll also build confidence and develop your analytical skills by learning and practicing how to referee bouts. Fencers are fully protected with a mask, jacket and gloves. All equipment is provided including safety jackets and masks. Please wear long athletic pants, a t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play
4626-F21 Oct 26-Dec 7 Tue 6-7pm $89 FV (door 4) Gym 6 sessions No class Nov 2

Archery - Intro Age 7-Adult
Bullsseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, techniques of shooting and enhance your skills as a shooter. Don’t miss out on this great opportunity. Shoot straight, have fun and remember - safety first! Registration fee will be refunded after the second session if children are not strong enough to achieve full draw of the bow.

Grant Roy
4018-F21A Sep 21-Oct 26 Tue 5:30-6:30pm $55 Ed Center (door 4) Gym 6 sessions
4018-F21B Sep 21-Oct 26 Tue 6:45-7:45pm $55 Ed Center (door 4) Gym 6 sessions
4018-F21C Nov 9-Dec 14 Tue 5:30-6:30pm $55 Ed Center (door 4) Gym 6 sessions
4018-F21D Nov 9-Dec 14 Tue 6:45-7:45pm $55 Ed Center (door 4) Gym 6 sessions

Volleyball League - Adult Co-ed
Register now for this fun, competitive, co-ed league for adults. Teams will play with six players on the court (up to three of whom can be men) and will compete for the Community Education Adult Volleyball League Championship! Although this league is fairly competitive, recreational teams are welcome. The team that wins the championship will receive free team registration for the next season. Each team should supply their own volleyball. Win/loss record will be tracked for standings and playoff seeding. The season will end with two weeks of playoffs and the playoff format will be determined by the number of teams. Early or late game preference will be assigned according to registration date. Registration deadline: Nov 29, 2021.

6181-F21 Dec 8-Apr 13 Wed 6:30-10pm $149 per team FLAMS (door 1) Gym A No class Mar 9

*Forest Lake Area Schools Community Education Adult Rec activities encourage online registration and payment in advance each week; walk-ins will be taken only if space allows.
FREE Moving in the Right Direction
Join Mary Beck, Certified Senior Real Estate Specialist, as she explores the #1 reason people feel it’s time to move, making new lifestyle choices and why we procrastinate. Seniors who are considering a move from their long-time home or have questions about housing options, retirement living and planning for the future, will learn about the transition process in the least intimidating way possible.

Mary Beck
6334-F21 Sep 28 Tue
1 session 10-11am Free
Ed Center (door 18) 119

Minnesota Biome Hike
This two-mile guided nature walk will allow you to experience habitats found within the three biomes of our state – the deciduous forest, the coniferous forest and the prairie. A Minnesota Master Naturalist Instructor will guide you through a tamarack bog, oak woodland and restored prairie and describe the plant communities, creatures and ecological processes present in the school forest. The history of the school forest as well as the current partnerships, collaborations, research and service-learning will be presented. Attendees will learn how to set up a trail camera and how to age trees. There will be multiple opportunities to stop and rest to listen and look for birds as well as other animals living in this forest. Wear sturdy walking shoes and bring water, snacks and binoculars, if you have them.
Park in the lot at the north end of the forest: 6256 227th Ave NE, Stacy.

Jennifer Braido
6335-F21 Oct 7 Thu
1 session 9:30am-12:30pm $19
Linw School Forest

Follow us! Search @FLASCE

LEARN SPANISH ONLINE!

Spanish 1
Learning Spanish enables you to communicate with Spanish speakers in your community, at work or in your travels. Beginners can explore both the language and culture. Those with previous Spanish instruction can brush up on speaking skills. We’ll cover pronunciation, vocabulary, reading comprehension and grammar. Please have a copy of the textbook “Practice Makes Perfect Basic Spanish” Premium Second Edition, by Dorothy Richmond by the first day of class. New and used textbooks are available at www.barnesandnoble.com or www.amazon.com.

Iris Myers
6004-F21V Oct 7-Nov 11 Thu 6:30-8pm $79
6 sessions Virtual

Fly Tying Essentials
Learn how to tie nine unique flies! Through those nine flies, you’ll learn the techniques needed to allow you to tie 95% of all trout flies. Each successive fly that you learn builds on the skills learned in previous flies. All tools and materials are provided by the instructor. There is a $5 supply fee payable to the instructor.

Scott Hanson
6204-F21 Nov 1-Nov 15 Mon 6:30-8:30pm $49
3 sessions Ed Center (door 4) 113
Adult Basic Education (ABE)

About ABE in Minnesota

Adult Basic Education (ABE) is a state-wide system that serves adults who are working towards a high school credential, learning English, improving basic skills such as literacy and math, and/or preparing for post-secondary education or employment. ABE is funded with both federal and state funds, and services are delivered through a network of 39 consortia comprising all Minnesota school districts as well as other partners including the correctional system and community-based organizations.

The mission of ABE in Minnesota is to provide adults with educational opportunities to acquire and improve the literacy skills needed to become self-sufficient and to participate effectively as productive workers, family members and citizens.

Learn more about FLASCE’s Adult Basic Education program!
ADULT BASIC EDUCATION (ABE)

FREE Basic Skills Refresher/Accuplacer Preparation
Are you preparing to enter college or wanting to brush up on your reading, writing, math or computer skills? Based on your individual needs, you will be guided through activities and materials to help you meet your educational goals.

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

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

FREE Family Learning Program (FLP)
Ages Birth-2 attend Sibling Care • Ages 3-5 attend Preschool
The Family Learning Program is ideal for parents with young children. Families enjoy a meal together, participate in guided learning experiences and get ideas for home activities. Children attend Preschool (page 55) or Sibling Care (page 49) while parents participate in parent education classes and work on goals such as GED test preparation, improving their English language or other basic skills.

Sep-May Tue, Thu 11:30am-3:30pm

GRATIS Programa de Aprendizaje Familiar
Edades: Los niños 0 a 2 años asisten a la guardería. Los niños de 3 a 5 años asisten al programa de preescolar.
El programa de Aprendizaje Familiar es un programa ideal para padres con niños pequeños. Las familias disfrutan del almuerzo juntos, experimentan aprendizajes guiados por maestros, y además consiguen ideas que pueden aplicar posteriormente en sus casas. Mientras que los niños asisten a la clase de preescolar (página 55) o la guardería (página 49) los padres participan en una clase donde pueden trabajar sus metas académicas, prepararse para el examen GED, mejorar sus destrezas de inglés, o cualquier otro tipo de destreza básica.

Enero-Mayo Martes, Jueves 11:30am-3:30pm

Adult Education Volunteers Needed!
Help adults learn basic skills in reading, writing and math. Volunteers may attend workshops to learn how to tutor adults using various techniques. Opportunities are also available to tutor foreign-born adults in English as a Second Language. Call (651) 982-8302 to volunteer today!

ABE Class Schedule
September 7 - December 16
Mon & Wed 9am-12pm
Tue & Thu 9am-12pm
1-8pm
No class Oct 21 & Nov 25, close at 6pm on Nov 2

ABE Location
Education Center
943 9th Ave SW
Forest Lake, MN 55025
Room 134
Daytime entrance: door 18
Evening entrance: door 4

Questions Regarding ABE or GED® Preparation?
Visit www.flaschools.org/ce, call (651) 982-8302 or email skimber@flaschools.org

GET YOUR GED®!
Do you or someone you know need their GED? Participate in our Adult Basic Education Program! For more information, call (651) 982-8302.

FREE GED® Preparation
Work with the guidance of a licensed teacher to prepare to take your GED test. We will determine where you need extra support in order to pass all four sections of the GED test. You will have access to instructional materials and timed practice tests.

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

GED® Testing Schedule
Sep 8 - Dec 15
5:30-8:45pm
Ed Center (door 4) 125
No testing Nov 24
**LINK - ADULTS WITH DISABILITIES**

*Life Skills • Independence • Networking • Knowledge*

**About the LINK Program**
The LINK program offers social, recreational and educational opportunities for adults with disabilities. Community Education staff members work hard to offer a variety of activities to enrich the lives of LINK participants and help them be active and engaged members of the community.

**Fall Activities**
Information on the activities listed below (and other great opportunities) will be included in our LINK newsletter and online at www.flaschools.org/ce. The newsletter will be mailed to those on our mailing list. Want to receive the newsletter? See the contact information below!

- **BOWLING**
- **COSTUME PARTY**
- **HOLIDAY LIGHTS**
- **AND MORE!**

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

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

**Cancellations**
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 and materials will have been prepared. We cannot issue refunds after the registration deadline.

**Safely Open**
We will be following all recommendations by MDH regarding in person activities including social distancing, group size and cleaning procedures. If LINK activities are not able to be held because of ongoing COVID-19 concerns, you will receive a full refund. We will let you know of any updates as they become available.

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

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

**Accommodations**
If you have a disability and need some accommodations to participate in Community Education, call Tracy Angelo at (651) 982-8110. Call at least 10 working days before your class is scheduled to begin. We will do our best to make needed accommodations.
Safe, fun, affordable & convenient!

FLASCE CHILD CARE PROGRAMS
PAGES 40 & 41

*PRE-K - GRADE 6

*Little Rangers Full Day Preschool (pg. 55-59) students can register for childcare.
SECONDARY YOUTH ATHLETICS & RECREATION

WE ARE RANGERS

FOREST LAKE AREA HIGH SCHOOL ATHLETICS

**FALL**
- Boys Cross Country (7-12)
- Girls Cross Country (7-12)
- Football (9-12)
- Boys Soccer (9-12)
- Girls Soccer (9-12)
- Girls Swim & Dive (7-12)
- Girls Tennis (7-12)
- Volleyball (9-12)

**WINTER**
- Alpine Skiing (7-12)
- Boys Basketball (9-12)
- Girls Basketball (9-12)
- Dance Team (8-12)
- Gymnastics (7-12)
- Boys Hockey (7-12)
- Girls Hockey (7-12)
- Nordic Skiing (7-12)
- Boys Swim & Dive (7-12)
- Wrestling (7-12)

**SPRING**
- Baseball (9-12)
- Boys Golf (7-12)
- Girls Golf (7-12)
- Boys Lacrosse (8-12)
- Girls Lacrosse (7-12)
- Softball (9-12)
- Synchro (7-12)
- Boys Tennis (7-12)
- Boys Track & Field (9-12)
- Girls Track & Field (9-12)
- Boys Volleyball (9-12)

registration information >> rangers.flaschools.org
SECONDARY YOUTH ATHLETICS & RECREATION

FOREST LAKE AREA
MIDDLE SCHOOL ATHLETICS

Middle school sports is an introduction to what participants will experience at the high school level. Games and meets will be played against other local middle school teams. Practices, games and meets will be held at Forest Lake Area Middle School (FLAMS) unless away at an opponent’s location. Transportation to the away games is provided and will return to FLAMS. Families must provide transportation home from FLAMS after practices and games. Game uniforms will be provided.

FALL
Boys Soccer (7-8)
Girls Soccer (7-8)
Girls Basketball (7-8)

WINTER
Boys Basketball (7-8)

SPRING
Boys Track & Field (7-8)
Girls Track & Field (7-8)

Details in FLASCE Winter 2021-'22 catalog

MIDDLE SCHOOL SOCCER
BOYS & GIRLS GRADES 7-8
Middle school soccer focuses on advanced skills such as dribbling, trapping, passing and receiving. Bring: soccer cleats (rubber only), practice clothes, shin guards and a bottle of water every day.

Register by Sep 13, $185
M-Th, 2:30-4:30p
1541-F21A: boys grade 7
1541-F21B: boys grade 8
1542-F21A: girls grade 7
1542-F21B: girls grade 8

MIDDLE SCHOOL BASKETBALL
BOYS & GIRLS GRADES 7-8
Middle school basketball focuses on advanced skills such as dribbling, passing, shooting as well as offensive and defensive strategies. Bring: tennis shoes, practice clothes and a bottle of water every day.

GIRLS
Register by Oct 4, $185
M-Th, 2:30-4:30pm
1544-F21A: grade 7
1544-F21B: grade 8

BOYS
Register by Jan 10, $185
M-Th, 2:30-4:30pm
1545-W22A: entering grade 7
1545-W22B: entering grade 8

registration information >> rangers.flaschools.org

WWW.FLASCHOOLS.ORG/CE 25
SECONDARY YOUTH ATHLETICS & RECREATION

Archery - Intro Age 7-Adult
Bullseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, techniques of shooting and enhance your skills as a shooter. Don’t miss out on this great opportunity. Shoot straight, have fun and remember - safety first! Registration fee will be refunded after the second session if children are not strong enough to achieve full draw of the bow.

Grant Roy
4018-F21A Sep 21-Oct 26 Tue 5:30-6:30pm $55
6 sessions Ed Center (door 4) Gym
4018-F21B Sep 21-Oct 26 Tue 6:45-7:45pm $55
6 sessions Ed Center (door 4) Gym
4018-F21C Nov 9-Dec 14 Tue 5:30-6:30pm $55
6 sessions Ed Center (door 4) Gym
4018-F21D Nov 9-Dec 14 Tue 6:45-7:45pm $55
6 sessions Ed Center (door 4) Gym

Pole Vaulting Age 9 & up
Dream of flying? First time or experienced participants, age nine to adults, are encouraged to join us. The emphasis of this program is having fun while learning about equipment, safety, pole care, run/approach, plant and swing up. Space is limited so we can have a 1 to 5 coach to vaulter ratio. Family discount: each additional family member registered for this class will receive a 30% discount. Those that are eligible for the family discount should register all family members then email jkloss@flaschools.org with the names of all family members registered and a refund will be processed for the discount. Participants must wear weather appropriate and comfortable clothing, bring a small notebook, pen/pencil, two nut/peanut free snacks and a bottle of water every day.

1518-F21A Sep 12-Oct 24 Sun 12:30-2pm $235 FLAHS Pole Vault Pit
1518-F21B Sep 12-Oct 24 Sun 2-3:30pm $235 FLAHS Pole Vault Pit
1518-F21C Sep 12-Oct 24 Sun 3:30-5pm $235 FLAHS Pole Vault Pit

Tae Kwon Do Age 6-Adult
Traditional Tae Kwon Do, an ancient Korean martial art over a thousand years old, is rapidly becoming the world’s most popular martial art and form of self-defense. Tae Kwon Do is great exercise and also builds confidence, character and self-control. Parents report that their children become more focused in school and improve their social relationships with others. For families, it is an excellent activity to participate in together no matter what your level of athletic ability.

Sun Yi’s Academy
4665-F21 Nov 13-Dec 11 Sat 9-9:45am $49 Sun Yi’s Academy
4 sessions No class Nov 27

Youth Aquatics pages 42-47
Clogging is for Everyone!

Modern clogging shows similarities to Tap, Irish Dancing and Hip Hop. Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for $20. These taps can be put on any basic flat soled shoes. White shoes are preferred. At the end of the session, dancers are invited to perform their routines at a local event.

Clogging - Beginner Age 8-Adult
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to Tap, Irish Dancing and Hip Hop. No previous dance experience needed.

Pam Heaton
6101-F21 Sep 20-Oct 25 Mon 5-5:30pm $35 per person or $55 per family
6 sessions Ed Center (door 4) Cafeteria

Clogging - Beginner Plus Age 8-Adult
Dancers that have taken the beginner level class or have some clogging experience will continue to improve their skills as we review some of the beginner level dances and continue to learn new clogging routines and steps!

Pam Heaton
6205-F21 Sep 20-Oct 25 Mon 5:40-6:10pm $35 per person or $55 per family
6 sessions Ed Center (door 4) Cafeteria

Fencing
Age 6-Adult
Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic boutting, students will learn fencing strategies that require problem solving skills. Fencers also build confidence and develop their analytical skills by learning and practicing how to refereee bouts. Students are fully protected with a mask, jacket and gloves. All equipment is provided including safety jackets and masks. Students should wear long athletic pants, a t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play
4626-F21 Oct 26-Dec 7 Tue 6-7pm $89
6 sessions FV (door 4) Gym
No class Nov 2

Cheerleading & Dance
Ages 4-14
Cheer America is an exciting cheerleading and dance program. Children learn popular cheers and chants, choreographed dance and pom-pom routines, parade marching techniques, simple stunting and tumbling and many other skills related to cheerleading performance. Physical fitness, teamwork, respect for others and self-esteem are promoted. A group recital is performed on the last night of class and all students receive medals and diplomas for their participation in the program.

Cheer America
Ages 4-7
4700-F21A Sep 28-Dec 7 Tue 6-6:45pm $79
10 sessions FV (door 4) Cafeteria
No class Nov 2

Ages 8-14
4700-F21B Sep 28-Dec 7 Tue 7-7:45pm $79
10 sessions FV (door 4) Cafeteria
No class Nov 2
SECONDARY YOUTH SPECIAL INTEREST

**FIRST® LEGO® League Robotics Competition Ages 8-14**
In FIRST® LEGO® League, students will be immersed in a real-world science and technology challenge. Teams will strategize, design, program and test an autonomous robot to perform a series of missions based on an annual theme. Research a real-world problem, come up with a solution and then participate in a regional tournament. Adult volunteer assistant coaches needed. No experience necessary.

*Dean Jensen*
4001-F21  Sep 21-Dec 15  Tue & Wed  4:30-6pm  $225  Ed Center (door 4) 111  No class Nov 2
26 sessions

**Music Lessons - Band Grades 6-12**
This is a great time for students to improve their ability to play their band instrument! Registration is open for woodwind, brass and percussion musicians with Mr. Jake Matheson. Whether students are starting their first year of band or nearing high school graduation, these lessons are ideal! Mr. Matheson will be provided with your contact information and will contact you to schedule your child’s lessons. If you need to cancel and reschedule a lesson, please contact the instructor by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled.

*Jake Matheson*

**PrepStar Blast Grades 10-12**
A strong ACT score continues to be important for college admissions and financial aid. In this class, an ACT expert will cover the test format, essential strategies and content review. Students will take a fully proctored practice ACT test. They will score their test in the online scoring system for immediate results and will receive a detailed score report. It is recommended that students register for the next available ACT exam which is scheduled for October 23, 2021. This course takes place over a total of three days; two Thursday evenings and one Saturday morning.

*Academic All Star Tutoring*
5028-F21  Thu, Oct 7 & 14: 3:30-6:30pm  $149  FLAHS (door 32) Media Center  No class Oct 9
3 sessions  Sat, Oct 16: 9am-1pm

**Sewing Machine Quick-Start Age 16-Adult**
If you’ve never used a sewing machine before or if it’s been years, this is a great class to take first! You’ll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on your own. During the process of getting comfortable with the sewing machine, you will also create a microwave bowl cozy to prove you can sew. You are welcome to and you might find it helpful to bring your own sewing machine. Project kits of fabric will be available for purchase from the instructor for $5-$8 or you can purchase your own fabric. Yardage and a basic supply list is available on the Community Education website or call (651) 982-8110 for information.

*Sewing and Fitting Mentor - Renee Bontjes*
5087-F21A  Oct 5 & Oct 12  Tue  6-8pm  $49
2 sessions  Sewing and Fitting Mentor

5087-F21B  Nov 9 & Nov 16  Tue  6-8pm  $49
2 sessions  Sewing and Fitting Mentor

5087-F21C  Dec 7 & Dec 14  Tue  6-8pm  $49
2 sessions  Sewing and Fitting Mentor

Register online at www.flaschools.org/ce or call (651) 982-8110

28
FREE College Links Grades 9-12
College Links, a program of INROADS, offers a pathway to education, leadership and career success. College Links prepares and equips high potential yet under resourced high school students for future college and career success, particularly in STEAM (Science, Technology, Engineering, Arts and Math) and Business fields. College Links creates opportunities for diverse, underserved and/or underrepresented teens to nurture their talents and personal power through early intervention and support. Programming is provided through monthly developmental sessions, once or twice per month on Saturdays, October-May. Apply online at http://collegelinks.inroads.org/apply. This program is FREE. Learn more at a virtual information session. Sign up: https://forms.office.com/r/Hfgqpb5i6k

FREE Youth Service Club Grades 9-12
Gain New Perspectives * Give Back * Create Connections
This is an awesome opportunity for Forest Lake Area High School students who want to make a difference in our community. Participate in leadership development and learn about opportunities for students to get connected with volunteer projects. Students will have the opportunity to achieve a varsity letter in volunteerism and community service. Please contact Janet at jnutter@flaschools.org for information on meeting dates.
Laurie Drolson and Janet Nutter
5068-F21

A+ Driving School is dedicated to training teens and adults to become safe and courteous drivers. We are experts in our field and instruct over 4000 students each year. Our curriculum is constantly expanding with new ideas, updated methods and the latest innovations. Our main philosophy is Defensive Driving and we put a key emphasis on safety.

Visit www.aplusdrivingschool.net for current class schedule and registration details. Must be at least 14 years old to register.
ATHLETICS & RECREATION

**Elementary Youth Athletics & Recreation**

**Elementary Schools Athletic League Information**

Forest Lake Area Schools Community Education (FLASCE) Athletic Leagues for boys and girls provide participants with tools to learn and improve their time management and sportsmanship skills while promoting an active lifestyle and having fun. Our leagues are a wonderful introduction to sports and can build on existing skills for those participants with experience. The current FLASCE catalog features the following leagues for both boys and girls: volleyball, soccer and basketball. FLASCE leagues run for 6-8 weeks and participants get to experience live game play and learn skills and strategies for each sport during practices. All participants will also receive a t-shirt/jersey if registered by the deadline, so please indicate size when registering. For availability after the registration deadline for a league, please call (651) 982-8392 or email jkloss@flaschools.org. Coaches will notify participants of practice and game schedules the week after the coaches meeting for each league.

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

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**Volleyball League**

Boys & Girls Grades 3-6

Volleyball League will focus on the basic skills of passing, setting, serving and other offensive/defensive techniques. Please register the participant by the grade they are entering in the fall and by the elementary school they attend. Games will be played at Forest Lake Area Middle School (FLAMS) on Tuesdays. Game times are at 6:15pm or 7:15pm. In addition to the one game night, participants will have one to two practices a week at a school located within the Forest Lake Area Schools (FLAS) district. Please bring: tennis shoes, volleyball spandex/black shorts, knee pads and a bottle of water every day.

**Registration Deadline: August 11**

- $99 before Aug 11 deadline
- $119 after Aug 11

Practice begins the week of Sep 7

Grade 3: 1633-F21
Grade 4: 1634-F21
Grade 5: 1635-F21
Grade 6: 1636-F21

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**Little Kickers Soccer**

Boys & Girls Ages 3-8

Little Kickers is a great introduction to soccer. This fun training program for boys and girls will work on individual skills and small team play. Please register the participant by age and the elementary school they attend or plan to attend. Bring: soccer cleats (rubber only) or tennis shoes, shin guards and a bottle of water every day.

**Registration Deadline: August 3**

- $69 before Aug 3 deadline
- $89 after Aug 3

Saturdays, Sep 11-Oct 16

Columbus Elementary Green Space

- Ages 3 & 4: 1584-F21 9:30-10:30am
- Ages 5 & 6: 1588-F21 9:30-10:30am
- Ages 7 & 8: 1589-F21 9:30-10:30am

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**Basketball League**

Boys & Girls Grades 2-6

Basketball League will focus on improving basic skills such as dribbling with both hands, shooting, passing, game positions and offensive/defensive techniques. Register for the grade the participant is entering in the fall and the elementary school they attend. Games will be played at Forest Lake Area Middle School (FLAMS). Game times are at 6:15pm or 7:15pm. In addition to the one game night, the participant will have one to two practices a week at a school located within the Forest Lake Area Schools (FLAS) district. Please bring: appropriate basketball shoes, t-shirt, shorts and a bottle of water every day.

**Registration Deadline: October 13**

- $99 before Oct 13 deadline
- $119 after Oct 13 deadline

Practice begins the week of Nov 29

**Boys:** Thursday games, 6:15 or 7:15pm
- Grades 2-3 1563-F21
- Grade 4 1564-F21
- Grades 5-6 1565-F21

**Girls:** Tuesday games, 6:15 or 7:15pm
- Grades 2-3 1553-F21
- Grade 4 1554-F21
- Grades 5-6 1555-F21
{YEL!} Junior Basketball Ages 5-8
Fundamentals and fun are in store! Emphasis is placed on developing the basic skills of dribbling, shooting, passing, sportsmanship and teamwork. We use engaging and dynamic games to support students’ growth including our unique three-on-three style game. This is a high-octane class with an inclusive atmosphere. Hurry, the shot-clock is running down!

{YEL!} Junior Soccer Ages 5-8
Get outside and get kickin’! We teach the fundamentals of dribbling, passing, receiving and scoring. Emphasis is on teamwork, fundamentals, safety and fast-paced action. Get your kid’s pulse pounding today.

{YEL!} Youth Enrichment League

{YEL!} Junior Basketball Ages 5-8

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
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<td>Scan (door 2) Gym</td>
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<td>4644-F21B</td>
<td>Nov 2-Dec 7</td>
<td>Tue</td>
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<td>Nov 4-Dec 16</td>
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<td>Nov 4-Dec 16</td>
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{YEL!} Youth Enrichment League

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**Pole Vaulting**
**Age 9 & up**
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- **1518-F21A** 7 sessions Sep 12-Oct 24 Sun 12:30-2pm $235 FLAHS Pole Vault Pit
- **1518-F21B** 7 sessions Sep 12-Oct 24 Sun 2-3:30pm $235 FLAHS Pole Vault Pit
- **1518-F21C** 7 sessions Sep 12-Oct 24 Sun 3:30-5pm $235 FLAHS Pole Vault Pit

**Archery - Intro**
**Age 7-Adult**
Bullseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, techniques of shooting and enhance your skills as a shooter. Don’t miss out on this great opportunity. Shoot straight, have fun and remember - safety first! Registration fee will be refunded after the second session if children are not strong enough to achieve full draw of the bow.

Grant Roy

- **4018-F21A** 6 sessions Sep 21-Oct 26 Tue 5:30-6:30pm $55 Ed Center (door 4) Gym
- **4018-F21B** 6 sessions Sep 21-Oct 26 Tue 6:45-7:45pm $55 Ed Center (door 4) Gym
- **4018-F21C** 6 sessions Nov 9-Dec 14 Tue 5:30-6:30pm $55 Ed Center (door 4) Gym
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**Fencing**
**Age 6-Adult**
Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic bouting, students will learn fencing strategies that require problem solving skills. Fencers also build confidence and develop their analytical skills by learning and practicing how to referee bouts. Students are fully protected with a mask, jacket and gloves. All equipment is provided including safety jackets and masks. Students should wear long athletic pants, a t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play

- **4626-F21** 6 sessions Oct 26-Dec 7 Tue 6-7pm FV (door 4) Gym
  - No class Nov 2

Follow us! Search @FLASCE
Intro to Hockey  Boys & Girls Ages 4-12
Let’s learn to play hockey! We have partnered with the Forest Lake Hockey Association (FLHA) to offer this great introduction to hockey. The first few weeks will focus heavily on skating skills and independent balance. Each week after will expand on basic skating skills in a hockey environment through stations, age appropriate drills and games with an emphasis on fun. Skaters will be split into groups based on skill level. Everyone will work on expanding their basic skating skills while the higher level skaters will begin to incorporate hockey plays and stickhandling. Participants must be able to stand up on the ice without assistance.

Volunteer coaches are needed for this program. If you are interested, please indicate when registering. Coaches must provide their own skates and helmet. Full hockey equipment is required and should include: skates, helmet with face guard, shoulder pads, elbow pads, hockey breezers, gloves, shin pads and stick. A mouth guard and protective cup are recommended. A jersey and hockey socks will be provided.

1667-F21  Oct 16-Apr 2  Sat  10:15-11am  $150
FL Sports Center Lichtscheidl Arena
No class Nov 27, Dec 4, Dec 25 and Jan 1

SUN YI’S ACADEMY
255 SE Hwy 97, Forest Lake

Tae Kwon Do  Age 6-Adult
Traditional Tae Kwon Do, an ancient Korean martial art over a thousand years old, is rapidly becoming the world’s most popular martial art and form of self-defense. Tae Kwon Do is great exercise and also builds confidence, character and self-control. Parents report that their children become more focused in school and improve their social relationships with others. For families, it is an excellent activity to participate in together no matter what your level of athletic ability.

Sun Yi’s Academy
4665-F21  Nov 13-Dec 11  Sat  9-9:45am  $49  No class Nov 27  Sun Yi’s Academy
4 sessions

Lil Ninjas  Ages 4-6
Some of the most important time in a child’s development occurs during their preschool years. Lil Ninjas is a martial arts program specifically developed for preschool children. Students learn respect, discipline and self-control while developing their physical and social skills. Master Theresa Gibson is a 6th Dan Black Belt with over 30 years of experience in the martial arts. Master Gibson developed the Lil Ninjas program after many years of working with preschool children.

Sun Yi’s Academy
4676-F21  Nov 13-Dec 11  Sat  10-10:30am  $49  No class Nov 27  Sun Yi’s Academy
4 sessions

Register online at www.flaschools.org/ce or call (651) 982-8110

WWW.FLASCHOOLS.ORG/CE
Cheerleading & Dance Ages 4-14
Cheer America is an exciting cheerleading and dance program. Children learn popular cheers and chants, choreographed dance and pom-pom routines, parade marching techniques, simple stunting and tumbling and many other skills related to cheerleading performance. Physical fitness, teamwork, respect for others and self-esteem are promoted. A group recital is performed on the last night of class and all students receive medals and diplomas for their participation in the program.

**Cheer America**

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<td>4700-F21A</td>
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</table>

Clogging - Beginner Age 8-Adult
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to Tap, Irish Dancing and Hip Hop. No previous dance experience needed. Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for $20. These taps can be put on any basic flat soled shoes. White shoes are preferred. At the end of the session, dancers are invited to perform their routines at a local event.

**Pam Heaton**

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<tr>
<th>6101-F21</th>
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<tr>
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Clogging - Beginner Plus Age 8-Adult
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to Tap, Irish Dancing and Hip Hop. Dancers that have taken the beginner level class or have some clogging experience will continue to improve their skills as we review some of the beginner level dances and continue to learn new clogging routines and steps! Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for $20. These taps can be put on any basic flat soled shoes. White shoes are preferred. At the end of the session, dancers are invited to perform their routines at a local event.

**Pam Heaton**

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<tr>
<td>Oct 2-Oct 30 Sat 11:30am-12pm $45</td>
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<td>4 sessions</td>
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<td>Dance Factory</td>
<td>Dance Factory</td>
</tr>
<tr>
<td>No class Oct 23</td>
<td>No class Oct 23</td>
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</tbody>
</table>

Beginning Ballet Ages 5-6
Children will learn ballet movements and creative expression for beginners. Emphasis is on basic locomotor development, rhythm and creative expression. Our dancers learn dance in a playful, imaginative and non-competitive environment.

**Dance Factory**

<table>
<thead>
<tr>
<th>4291-F21</th>
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<tbody>
<tr>
<td>Oct 2-Oct 30 Sat 11:30am-12pm $45</td>
</tr>
<tr>
<td>4 sessions</td>
</tr>
<tr>
<td>Dance Factory</td>
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<tr>
<td>No class Oct 23</td>
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</tbody>
</table>
Learn to Ice Skate!

If you are looking to play hockey, figure skate or just skate for fun, our lessons will be the perfect fit. We teach the basics of ice skating, focusing on fundamentals and having fun. Skaters are grouped by their skating ability/level. Our skater to coach ratio is 12 to 1 per class. Skaters must be dressed for the cold. We recommend mittens, hats and comfortable, easy to move in clothing. All skaters age 6 and under must have a helmet on; bike or hockey helmets work well. We recommend that younger skaters wear snow pants as it keeps them warm and dry. Skaters must provide their own skates. When the Skating Director feels a skater has mastered all of the skills in their level, they will be moved up to the next level/class.

ICE SKATING LESSONS ARE HELD AT FL SPORTS CENTER LICHTSCHEIDL ARENA: 5530 206TH ST N, FOREST LAKE

FOR FULL LEVEL DESCRIPTIONS, VISIT FORESTLAKE.CE.ELEYO.COM AND SEARCH “SKATING”.

*No lessons on Saturday, Nov 27 and Dec 4

### TOTS 1 (LEVEL 1)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1601-F21A</td>
<td>Sep 11-Oct 9</td>
<td>Sat 5 sessions 9-9:30am</td>
<td>$75</td>
<td></td>
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</tr>
<tr>
<td>1601-F21B</td>
<td>Sep 11-Oct 9</td>
<td>Sat 5 sessions 9:30-10am</td>
<td>$75</td>
<td></td>
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<tr>
<td>1601-F21C</td>
<td>Oct 16-Dec 18</td>
<td>Sat 8 sessions 9-9:30am</td>
<td>$99</td>
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<tr>
<td>1601-F21D</td>
<td>Oct 16-Dec 18</td>
<td>Sat 8 sessions 9:30-10am</td>
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### TOTS 2 (LEVEL 2)

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<tbody>
<tr>
<td>1602-F21A</td>
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<td>Sat 8 sessions 9-9:30am</td>
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<tr>
<td>1602-F21D</td>
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### TOTS 3 (LEVEL 3)

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<tr>
<td>1623-F21B</td>
<td>Sep 11-Oct 9</td>
<td>Sat 5 sessions 9:30-10am</td>
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<td>1623-F21D</td>
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### PRE ALPHA (LEVEL 4)

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<tr>
<td>1603-F21C</td>
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<td>Sat 8 sessions 9-9:30am</td>
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<td>Sat 8 sessions 9:30-10am</td>
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### ALPHA (LEVEL 5)

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<tbody>
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### BETA (LEVEL 6)

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<tr>
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### GAMMA (LEVEL 7)

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<tr>
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### DELTA (LEVEL 8)

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### FREESTYLE (LEVEL 1-10)

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<td>Sep 11-Oct 9</td>
<td>Sat 5 sessions 7:15-8am</td>
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<tr>
<td>1608-F21B</td>
<td>Oct 16-Dec 18</td>
<td>Sat 8 sessions 7:15-8am</td>
<td>$179</td>
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</table>
ELEME NTARY YOUTH CREATIVE ARTS

**Painting Buddies** Age 6-Adult
Adult and child pairs will work together to create an acrylic painting on two canvases. Step by step instruction from professional artist, Tree Croyle Johnson, will help ensure every painting is a masterpiece! This is a great opportunity to have fun and be creative in a friendly, welcoming atmosphere. The paint can stain your clothes. Aprons will be provided, but please dress accordingly. A supply fee of $10 per pair is payable to the instructor at class. If you require accessibility, please call (651) 982-8110 two weeks prior to the start of class and the class will be moved to a FLAS art room. Due to materials being prepared, no refunds after noon the day of class.

Tree Croyle Johnson

6191-F21A Sep 24 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts

6191-F21B Oct 29 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts

6191-F21C Nov 19 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts

6191-F21D Dec 10 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts

**For Love of Art with Kidcreate Studio** Ages 5-12
Painting, collage and clay—you name it, kids love it! This class will give your child opportunities to experiment with many different types of art while they make Van Gogh globes, dot-to-dot like Seurat and more. They’ll learn about famous artists such as Henri Matisse, Georges Seurat and Vincent Van Gogh. It’s a great way for your child to explore the incredible world of art!

Kidcreate Studio

4071-F21A Nov 9-Nov 30 Tue 3:45-4:45pm $79
4 sessions FV (door 4) 122

4071-F21B Nov 10-Dec 1 Wed 3:45-4:45pm $79
4 sessions Scan (door 2) 155
No class Nov 20

4071-F21C Nov 11-Dec 9 Thu 3:45-4:45pm $79
4 sessions Wyo (door 1) 132
No class Nov 25

4071-F21D Nov 8-Nov 29 Mon 2:15-3:15pm $79
4 sessions LILA Lower School (Main)
FIRST® LEGO® League Robotics Competition
Ages 8-14
In FIRST® LEGO® League, students will be immersed in a real-world science and technology challenge. Teams will strategize, design, program and test an autonomous robot to perform a series of missions based on an annual theme. Research a real-world problem, come up with a solution and then participate in a regional tournament. Adult volunteer assistant coaches needed. No experience necessary.
Dean Jensen
4001-F21  Sep 21-Dec 15  Tue & Wed
26 sessions  4:30-6pm  $225
Ed Center (door 4) 111

Junior STEM Club Ages 5-8
The Engineering For Kids Junior STEM Club introduces students to a new, hands-on lesson every week from various engineering disciplines. For each lesson, students focus on developing 21st century skills such as problem solving, critical thinking and peer collaboration. These life skills provide students with the confidence to approach challenges in their lives and realize that they can succeed in almost anything! Engineering for Kids has a library of 300+ individual lessons which continues to grow so lessons are never repeated.

Engineering for Kids
4017-F21  Oct 5-Oct 26  Tue
4 sessions  3:45-4:45pm  $109
Col (door 1) 128

{YEL!} Brick Builders - Rapid Racers Ages 5-10
Kids will build a Formula 1 racer, land yacht and other race cars using LEGO® bricks. LEGO® brick models will be used to explore STEM concepts. The {YEL!} Teach It! Practice It! Play It! method engages students to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

{YEL!} Youth Enrichment League
4070-F21A  Nov 11-Dec 9  Thu
4 sessions  3:45-4:45pm  $65
Linw (door 2) 159
No class Nov 25
4070-F21B  Nov 15-Dec 6  Mon
4 sessions  3:45-4:45pm  $65
Wyo (door 1) 132
4070-F21C  Nov 16-Dec 7  Tue
4 sessions  3:45-4:45pm  $65
Col (door 1) 106
4070-F21D  Nov 17-Dec 8  Wed
4 sessions  3:45-4:45pm  $65
Lino (door 1) 121
4070-F21E  Nov 19-Dec 17  Fri
4 sessions  3:45-4:45pm  $65
FV (door 4) 122
No class Nov 26
4070-F21F  Nov 16-Dec 7  Tue
4 sessions  2:15-3:15pm  $65
LILA Lower School (Main)

{YEL!} Grandmasters of Chess Ages 5-10
New and returning students are welcome! Each {YEL!} Chess class follows four basic components: Teach It! Students are taught different chess concepts and coached to implement those concepts into their chess games. Practice It! Students practice positions set by the coach to improve their understanding of the concept Puzzle It! Students are given chess puzzles, constructed by WIM Serafima Sokolovskaya and work with coach guidance to solve them. Play It! Each class ends with students playing 20-30 minutes of chess. Coaches often feature in-class tournaments during the session. Fee includes ChessKid.com membership ($49 annual value).

{YEL!} Youth Enrichment League
4926-F21  Nov 4-Dec 16  Thu
6 sessions  3:45-4:45pm  $95
Lino (door 1) Media Center
No class Nov 25
4926-F21B  Nov 2-Dec 7  Tue
6 sessions  3:45-4:45pm  $95
FLE (door 1) Media Center
No class Nov 25

CODING Club - Build Your Own Video Game Ages 7-11
The Engineering For Kids CODING Club helps develop your child's creativity, problem solving skills, teamwork and technology knowledge in an engaging, collaborative way through fun and practical challenges. Students are introduced to a different coding activity each session to develop 21st century skills and bring authentic learning as they build something they can share with family and friends. Kids will watch their game world come to life by creating and animating play spaces, characters and objects as the artist, game designer, storyteller, programmer, publisher and player! Using BloxelsEdu®, students will create a digital video game that they can play on a mobile device or tablet.

Engineering for Kids
4044-F21  Nov 9-Nov 30  Tue
4 sessions  3:45-5:15pm  $129
Col (door 1) 128
American Red Cross Certified Babysitters Training

Age 11 & older
Becoming a Certified Babysitter provides the knowledge necessary for young people 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 includes fun activity ideas to keep a variety of age groups amused! Participants will take home a babysitters bag to bring with them whenever they babysit. In addition to the bag, participants will receive a handbook, certificate and safety kit. Students should bring a pencil, infant sized baby doll or stuffed animal, a snack and a lunch. Participants must be at least 11 years old - age will be verified.

American Red Cross
4388-F21A Oct 21 Thu
1 session 9am-3pm $95
Ed Center (door 18) 119

4388-F21B Nov 8 Mon
1 session 9am-3pm $95
Ed Center (door 18) 119

F.A.S.T. KIDS - Staying Safe While Home Alone Ages 8-10
First Aid and Safety Trained Kids (F.A.S.T.) covers basic first aid, water safety, vehicle safety, home emergencies, injury prevention, personal safety and healthy living. Information provided will help prepare children for staying home alone. Students will receive a book and construct a home first aid kit as part of the class. Please bring a snack and a lunch.

Emergency Outfitters
4387-F21 Nov 8 Mon
1 session 8:30am-12:30pm $69
Ed Center (door 18) 117

Kids will join their friends from school for a night of fun and games! Whether they’re on the basketball court, at the volleyball nets or dancing along to music provided by a DJ, they’ll be having an amazing time. The pool will be open for swimming, so bring a swimsuit and towel. Pizza, water and snacks will be available for purchase ($2 each). Registration fee covers all activities.

District Staff
4500-F21 Nov 12 Fri 6:30-8:30pm Ed Center (door 4)
1 session $10 Before 10/28/21 or $15 After 10/28/21
**Creative Movement** Ages 3-4
Children will learn ballet movements and tap sounds for beginners. Emphasis is on basic locomotor development, rhythm and creative expression. Preschool dancers learn dance in a playful, imaginative and non-competitive environment.

*Dance Factory*
4297-F21 Oct 2-Oct 30 Sat
4 sessions 11-11:30am $45

**Lil Ninjas** Ages 4-6
Some of the most important time in a child’s development occurs during their preschool years. Lil Ninjas is a martial arts program specifically developed for preschool children. Students learn respect, discipline and self-control while developing their physical and social skills. Master Theresa Gibson is a 6th Dan Black Belt with over 30 years of experience in the martial arts. Master Gibson developed the Lil Ninjas program after many years of working with preschool children.

*Sun Yi’s Academy*
4676-F21 Nov 13-Dec 11 Sat
4 sessions 10-10:30am $49

**Mommy & Me Dance** Ages 2-4
Children will learn fun dance-related activities, basic dance steps, stretches and classroom etiquette in a fun, safe environment with Mom or other caring adult. Focus is on music, movement and imagination!

*Dance Factory*
4102-F21 Oct 2-Oct 30 Sat
4 sessions 12-12:30pm $45

**Twist & Tumble Flyaways Gymnastics** Ages 18 months-4
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. Three year olds are encouraged to register for the 18 month - 3 years class if this is their first experience with Flyaways Gold. Parents are required to sign a waiver on the first day of class.

*Flyaways Gymnastics*

**Beginning Ballet** Ages 5-6
Children will learn ballet movements and creative expression for beginners. Emphasis is on basic locomotor development, rhythm and creative expression. Our dancers learn dance in a playful, imaginative and non-competitive environment.

*Dance Factory*
4291-F21 Oct 2-Oct 30 Sat
4 sessions 11:30am-12pm $45

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**THERE’S MORE!**

- **Swim Lessons (6 months+)** page 43
- **Early Childhood Classes (Birth+)** page 50
- **Little Rangers Preschool (Ages 3-5)** page 55
- **Little Kickers Soccer (Ages 3-8)** page 30
- **Skating Lessons (Ages 3-5)** page 35
- **Intro to Hockey (Ages 4-12)** page 33
**SAC Grades K-3**

Affordable, convenient care for grades K-3.

School Age Care (SAC) is a before and after school care program for kindergarten through third grade children, serving all elementary schools. SAC provides fun learning activities that support the academic day as well as opportunities for students to practice and build social and citizenship skills for the future. All SAC sites participate in STEM (science, technology, engineering and math) curriculum and activities. There’s also time for field trips, on-site programs and student interest generated clubs.

**Sonic Grades 4-6**

A fun place to be with friends for grades 4-6.

Sonic is a before and after school care program for fourth through sixth grade children, serving all elementary schools. The Sonic program allows more independence while keeping children safe and well cared for. Breakout time depends on the number of older students enrolled at each location. Students have an opportunity to help plan program activities and clubs, take active leadership roles and participate in service learning projects.

**Childcare for Little Rangers Preschool**

Providing childcare is essential to make preschool accessible for all. *Children enrolled in Little Rangers Full Day Preschool have the opportunity to register for School Age Care (SAC); a before and after school childcare program available on days your child is enrolled in Little Rangers Preschool at Columbus, Forest View, Lino Lakes, Linwood, Scandia and Wyoming Elementaries.*
CHILDCARE PROGRAMS PRESCHOOL-GRADE 6

2021-2022 School Year

• September 7 - June 9
• Located at every elementary school in the Forest Lake Area School district
• Non-school day (NSD) care is available at select sites with the exception of major holidays. NSD registration must be submitted online by the registration deadlines listed on the website.
• Open at select sites when school is closed due to inclement weather
• Full and part-time options
• Open 6am until morning bell and from afternoon dismissal until 6pm
• Minimum of one session, same day, same session each week required

Fall Registration Deadline: August 1

All registrations received after the August 1, 2021 deadline will have a start date of at least one week after the first day of school. Registrations are continuously accepted upon space availability.

Register Online
www.flaschools.org/childcare

I registered online, now what?
Students are unable to participate in any Childcare Program until all required forms are returned to the childcare business office and your contract is accepted.

1. Check your email inbox for a pending childcare contract.
2. Submit all required forms to the childcare business office.
3. Once all paperwork is completed and accepted, you will receive an email confirmation with your start date.

*Registration is accepted continuously upon space availability.

For rates, additional registration information and the Family Handbook, contact:

Childcare Programs
(651) 982-8365
www.flaschools.org/childcare
A “swimmer” should successfully be able to:

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

How to become a “swimmer”
Passing Levels 1-4 will give a swimmer most of the skills listed above. Levels 5-7 will continue to work on all of the basic strokes, introduce the breaststroke, butterfly and work on distance swimming!

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

Swim all year, save money!
If you complete two consecutive swim sessions during the school year, you will get the third session for half price. Consecutive sessions would be fall, winter and spring all in one school year. No other discounts will apply. This discount does not apply to private or semi-private swim lessons.

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

FLAS Community Pool
Education Center (door 8)
943 9th Ave SW, Forest Lake

Contact
Tracy Angelo, Administrative Assistant
tangelo@flaschools.org • (651) 982-8110
Jennifer Olson, Pool Supervisor
jjolson@flaschools.org • (651) 982-8746

HOW TO REGISTER FOR CLASSES:
VISIT WWW.FLASCHOOLS.ORG/CE OR CALL (651) 982-8110
Infant Swim Lessons Ages 6 months-2 years
Parents work with their child to become comfortable in the water through play and games.

1000-F21A  Sep 8-Oct 13  Wed  6-6:30pm  $60
6 sessions

1000-F21B  Oct 27-Dec 8  Wed  6-6:30pm  $60
6 sessions

Toddler Swim Lessons Ages 2-3
Parents are taught to safely work with their child in the water. We explore many fun ways to learn the basic skills of swimming.

1001-F21A  Sep 8-Oct 13  Wed  6:30-7pm  $60
6 sessions

1001-F21B  Oct 27-Dec 8  Wed  6:30-7pm  $60
6 sessions

Preschool Swim Lessons Ages 3-5
Parents work with their child to become comfortable in the water. With guidance from the instructor, parent and child will learn water adjustment and beginning swim skills which include supported front and back floats, kicking, paddling, jumping from the side of the pool and breath holding.

1002-F21A  Sep 8-Oct 13  Wed  7-7:30pm  $60
6 sessions

1002-F21B  Sep 21-Nov 16  Tue  6-6:30pm  $75
8 sessions

No class Nov 2

1002-F21C  Oct 27-Dec 8  Wed  7-7:30pm  $60
6 sessions

ALL SWIM LESSONS ARE HELD IN THE COMMUNITY POOL AT THE FOREST LAKE AREA SCHOOLS EDUCATION CENTER.

Turtle Swim Lessons Ages 4-5
The first swim experience for participants without a parent in the water. All basic skills will be covered; water adjustment, breath holding, floating and kicking.

1003-F21A  Sep 8-Oct 13  Wed  6-6:30pm  $60
6 sessions

1003-F21B  Sep 8-Oct 13  Wed  6:30-7pm  $60
6 sessions

1003-F21C  Sep 13-Nov 1  Mon  6-6:30pm  $75
8 sessions

1003-F21D  Sep 18-Nov 13  Sat  9:30-10am  $75
8 sessions

No class Oct 23

1003-F21E  Sep 18-Nov 13  Sat  10-10:30am  $75
8 sessions

No class Oct 23

1003-F21F  Sep 21-Nov 16  Tue  6-6:30pm  $75
8 sessions

No class Nov 2

1003-F21G  Oct 27-Dec 8  Wed  6:30-7pm  $60
6 sessions

No class Nov 24

1003-F21H  Oct 27-Dec 8  Wed  7-7:30pm  $60
6 sessions

No class Nov 24

Bobber Swim Lessons Ages 4-5
Participants should be comfortable jumping to the instructor and are able to hold their breath for 6 seconds. Unsupported floats and kicks are the emphasis in this class. Parents are not in the water.

1004-F21A  Sep 8-Oct 13  Wed  6-6:30pm  $60
6 sessions

1004-F21B  Sep 8-Oct 13  Wed  7-7:30pm  $60
6 sessions

1004-F21C  Sep 13-Nov 1  Mon  6:30-7pm  $75
8 sessions

1004-F21D  Sep 18-Nov 13  Sat  10:30-11am  $75
8 sessions

No class Oct 23

1004-F21E  Sep 18-Nov 13  Sat  11-11:30am  $75
8 sessions

No class Oct 23

1004-F21F  Oct 27-Dec 8  Wed  6-6:30pm  $60
6 sessions

No class Nov 24

1004-F21G  Oct 27-Dec 8  Wed  6:30-7pm  $60
6 sessions

No class Nov 24
**AQUATICS**

**Little Swimmers Swim Lessons**  
**Ages 4-5**  
Prerequisite: Bobber class. Participants must be able to float and kick with their faces in the water unsupported for 10 feet. We do lots of kicking on the front and back. Beginner arm strokes on front and back are introduced. Parents are not in the water.

- **1005-F21A**  
  Sep 8-Oct 13  
  Wed  
  6 sessions  
  6:30-7pm  
  $60

- **1005-F21B**  
  Sep 8-Oct 13  
  Wed  
  6 sessions  
  7-7:30pm  
  $60

- **1005-F21C**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  9-9:30am  
  $75  
  No class Oct 23

- **1005-F21D**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  11:30am-12pm  
  $75  
  No class Oct 23

- **1005-F21E**  
  Sep 21-Nov 16  
  Tue  
  8 sessions  
  6-6:30pm  
  $75  
  No class Nov 2

- **1005-F21F**  
  Oct 27-Dec 8  
  Wed  
  6 sessions  
  6-6:30pm  
  $60  
  No class Nov 24

- **1005-F21G**  
  Oct 27-Dec 8  
  Wed  
  6 sessions  
  7-7:30pm  
  $60  
  No class Nov 24

**Level 1 Swim Lessons**  
**Age 6 & up**  
The objectives of Level 1 are to learn basic personal water safety skills and to help participants feel comfortable in the water. The skills being taught are: breath holding, floating and kicking without support. Children under 6 years old must have a recommendation from the swim instructor.

- **1006-F21A**  
  Sep 13-Nov 1  
  Mon  
  8 sessions  
  6-6:50pm  
  $75

- **1006-F21B**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  9-9:50am  
  $75  
  No class Oct 23

- **1006-F21C**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  10-10:50am  
  $75  
  No class Oct 23

- **1006-F21D**  
  Sep 21-Nov 16  
  Tue  
  8 sessions  
  6:30-7:20pm  
  $75  
  No class Nov 2

**Level 2 Swim Lessons**  
**Age 6 & up**  
Prerequisite: Level 1 or float on front and back unsupported for 10 seconds and front kick 5 feet. Participants further develop arm and leg actions on the front and back and begin deep water swimming.

- **1007-F21A**  
  Sep 13-Nov 1  
  Mon  
  8 sessions  
  7-7:50pm  
  $75

- **1007-F21B**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  9-9:50am  
  $75  
  No class Oct 23

- **1007-F21C**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  11-11:50am  
  $75  
  No class Oct 23

- **1007-F21D**  
  Sep 21-Nov 16  
  Tue  
  8 sessions  
  6:30-7:20pm  
  $75  
  No class Nov 2

**Level 3 Swim Lessons**  
**Age 6 & up**  
Prerequisite: Level 2 or be able to jump in the deep end, swim front crawl for 15 yards, turn over and swim back crawl for 15 yards. Level 3 builds on previously learned skills by introducing the front and back crawl, elementary backstroke and dolphin kick. Treading water, diving and survival floating are also covered.

- **1008-F21A**  
  Sep 13-Nov 1  
  Mon  
  8 sessions  
  7-7:50pm  
  $75

- **1008-F21B**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  10-10:50am  
  $75  
  No class Oct 23

- **1008-F21C**  
  Sep 18-Nov 13  
  Sat  
  8 sessions  
  11-11:50am  
  $75  
  No class Oct 23

- **1008-F21D**  
  Sep 21-Nov 16  
  Tue  
  8 sessions  
  6:30-7:20pm  
  $75  
  No class Nov 2

**CLASSES ARE BASED ON SKILL PROGRESSION**  
Refer to class descriptions and eligibility requirements when selecting the class that best fits your child.

**REGISTRATION INFORMATION**  
Register online at www.flaschools.org/ce, call (651) 982-8110 or refer to page 62 for additional options.

**FLAS COMMUNITY POOL LOCATION**  
Education Center (door 8) • 943 9th Ave SW, Forest Lake
# AQUATICS

## Level 4 Swim Lessons Age 6 & up
Prerequisite: Level 3 or be able to swim a front crawl in good form with rotary breathing for 15 yards. In Level 4, participants improve on their skills and increase their endurance of familiar strokes (front and back crawl) for greater distances. The entire elementary backstroke is learned and new kicks are introduced for the sidestroke and breaststroke.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1009-F21A</td>
<td>Sep 13</td>
<td>Nov 1</td>
<td>Mon</td>
<td>6-6:50pm</td>
<td>$75</td>
</tr>
<tr>
<td>1009-F21B</td>
<td>Sep 18</td>
<td>Nov 13</td>
<td>Sat</td>
<td>10-10:50am</td>
<td>$75</td>
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<td>No class Oct 23</td>
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</tbody>
</table>

## Level 5 Swim Lessons Age 6 & up
Prerequisite: Level 4. The objectives of Level 5 are coordination and refinement of front and back crawl, elementary backstroke, sidestroke and breaststroke. Other skills taught are surface dives, underwater swimming and turns.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1010-F21A</td>
<td>Sep 13</td>
<td>Nov 1</td>
<td>Mon</td>
<td>6-6:50pm</td>
<td>$75</td>
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<tr>
<td>1010-F21B</td>
<td>Sep 18</td>
<td>Nov 13</td>
<td>Sat</td>
<td>9-9:50am</td>
<td>$75</td>
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<td>No class Oct 23</td>
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</tbody>
</table>

## Level 6 Swim Lessons Age 6 & up
Prerequisite: Level 5. The objectives of Level 6 are to refine strokes so participants swim them with more ease, efficiency and power. Personal water safety skills such as surface dives, retrieving a brick from a depth of 9 feet, cold water survival and treading water are also learned in this course.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1011-F21A</td>
<td>Sep 13</td>
<td>Nov 1</td>
<td>Mon</td>
<td>7-7:50pm</td>
<td>$75</td>
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<tr>
<td>1011-F21B</td>
<td>Sep 18</td>
<td>Nov 13</td>
<td>Sat</td>
<td>11-11:50am</td>
<td>$75</td>
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<td></td>
<td>No class Oct 23</td>
<td></td>
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</tbody>
</table>

## Level 7 Swim Lessons Age 6 & up
Prerequisite: Level 6. The objectives of Level 7 are to refine strokes so participants swim the competitive strokes with efficiency and power over greater distances. This will be achieved through workouts, turns, use of pace clocks, pull buoys and fins. This is a great introduction to competitive swimming.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1012-F21A</td>
<td>Sep 13</td>
<td>Nov 1</td>
<td>Mon</td>
<td>7-7:50pm</td>
<td>$75</td>
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<tr>
<td>1012-F21B</td>
<td>Sep 18</td>
<td>Nov 13</td>
<td>Sat</td>
<td>11-11:50am</td>
<td>$75</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No class Oct 23</td>
<td></td>
</tr>
</tbody>
</table>

**ALL AQUATICS CLASSES ARE HELD IN THE COMMUNITY POOL AT THE FOREST LAKE AREA SCHOOLS EDUCATION CENTER.**
AQUATICS

**Adult Fitness Swim Age 50 & up**
Have fun while exercising in the pool! This class includes stretching, toning and aerobics. Pre-registration is required. You must register for this class online or by calling (651) 982-8110.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Duration (sessions)</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1027-F21A</td>
<td>Sep 8-Oct 27</td>
<td>Mon &amp; Wed</td>
<td>15 sessions</td>
<td>9-9:45am</td>
<td>$75</td>
<td></td>
</tr>
<tr>
<td>1027-F21B</td>
<td>Nov 1-Dec 22</td>
<td>Mon &amp; Wed</td>
<td>16 sessions</td>
<td>9-9:45am</td>
<td>$80</td>
<td></td>
</tr>
</tbody>
</table>

**Lap Swim**
Swim laps regularly at the pool to keep fit and healthy. Pre-Registration is required. You must register for this class either online or by calling (651) 982-8110.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Duration (sessions)</th>
<th>Cost</th>
<th>No Class Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1029-F21A</td>
<td>Sep 8-Dec 22</td>
<td>Mon, Wed &amp; Fri</td>
<td>44 sessions</td>
<td>5:30-6:45am</td>
<td>$88</td>
<td>Nov 19 &amp; 26</td>
<td></td>
</tr>
<tr>
<td>1029-F21AA</td>
<td>Sep 8-Dec 22</td>
<td>Mon, Wed &amp; Fri</td>
<td>44 sessions</td>
<td>6:45-8am</td>
<td>$88</td>
<td>Nov 19 &amp; 26</td>
<td></td>
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</tbody>
</table>

**Rangers Aquatics Ages 8-18**
The purpose of this swimming program is to train the participants (both novice & advanced) to swim efficient and fast. In addition, the coaching staff will encourage physical fitness, motivation, foster self-discipline, reinforce self-esteem, build self-confidence and provide an environment where the participant can achieve their highest potential through a challenging and fun atmosphere. The workouts will be adjusted to benefit all swimming abilities. Participants must be able to swim 25 continuous yards of front crawl and backstroke or have passed Level 4.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Duration (sessions)</th>
<th>Cost</th>
<th>No Class Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1015-F21A</td>
<td>Sep 14-Oct 16</td>
<td>Tue &amp; Wed: 7:30-9pm</td>
<td>15 sessions</td>
<td>Sat: 12-1:30pm</td>
<td>$135</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1015-F21B</td>
<td>Oct 26-Nov 17</td>
<td>Tue &amp; Wed: 7:30-9pm</td>
<td>10 sessions</td>
<td>Sat: 12-1:30pm</td>
<td>$90</td>
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</table>

**Water Safety Aide Age 11 & up**
The best Water Safety Instructors start out as Water Safety Aides. This course is designed for participants who are age 11 & up have passed Level 6 and may be interested in working at an aquatic facility as a Water Safety Aide and eventually add the certification to become a Water Safety Instructor. Participants will be asked to volunteer practice teach at the pool for one 10-hour session during the summer.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Duration (sessions)</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1022-F21</td>
<td>Nov 8</td>
<td>Mon</td>
<td>6-9:30pm</td>
<td>1 session</td>
<td>$75</td>
</tr>
</tbody>
</table>

**ALL AQUATICS CLASSES ARE HELD IN THE COMMUNITY POOL AT THE FOREST LAKE AREA SCHOOLS EDUCATION CENTER.**
Northern Formation Synchro Level 1
Age 12 & under
Prerequisite: Must be able to swim 50 yards of freestyle. Participants will learn the basics of synchronized swimming such as figures and routines. Figures are specific body movements done in the water individually and then judged (very similar to diving). Routines are performances choreographed to music. Participants will learn and practice solo, duet and team formations as well as learn at least one routine. Goggles, swim cap and a nose clip are required.
Participants will also have an optional opportunity to compete at the local level. If the participant should choose to compete at the local level, more information will be provided at the first session and an additional annual fee of $200 is payable to the Northern Formation Synchro Club. Any new swimmers who join after the Fall session will be learning skills but will be unable to compete due to competition deadlines. They will be preparing for next year’s competitions.

1050-F21A Sep 19-Oct 17 Sun: 4-6:30pm $122
9 sessions Fri: 6-8pm

1050-F21B Oct 29-Dec 19 Sun: 4-6:30pm $175
12 sessions No class Nov 12, 19, 26 & 28 Fri: 6-8pm

Northern Formation Synchro Level 2
Age 13 & up
Prerequisite: Must have previous synchronized swimming experience. Participants will work on advanced synchronized swimming skills. Participants will learn age-group figures and practice solo, duet and team formations as well as learn at least one routine. Goggles, swim cap and a nose clip are required.
Participants will also have an optional opportunity to compete at the local level. If the participant should choose to compete at the local level, more information will be provided at the first session and an additional annual fee of $200 is payable to the Northern Formation Synchro Club. Any new swimmers who join after the Fall session will be learning skills but will be unable to compete due to competition deadlines. They will be preparing for next year’s competitions.

1052-F21A Sep 19-Oct 18 Sun: 1-5pm $145
10 sessions Mon: 6:30-9pm

1052-F21B Oct 25-Dec 19 Sun: 1-5pm $220
15 sessions No class Nov 28 Mon: 6:30-9pm

Register online at www.flaschools.org/ce or call (651) 982-8110
Early Childhood Programs

About Early Childhood Programs
The Early Childhood Programs provide a welcoming and enriching environment for families with children from birth to five years of age. We know that parents are their child’s first and most important teachers.

Purpose of the Early Childhood Programs
• Strengthen families
• Foster children’s development
• Provide both parent and child education and learning
• Partner with families to provide resources, education and referrals
• Support opportunities for all families

Curriculum & Learning
Early Childhood teachers use a play-based, developmentally appropriate curriculum called Big Day for PreK. 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 and prepare children for kindergarten. Visit www.flaschools.org/preschool for more information on Big Day for PreK.

Programs
• Early Childhood Family Education pg. 50
  Classes, family resources and events
• Early Childhood Screening pg. 54
  Check children’s growth and development
• Little Rangers Preschool pg. 55
  Ages 3-5, half-day and full-day options

Join the Parent Advisory Council!
Attending Parent Advisory Council (PAC) meetings is a great way to learn more about school district programs and make personal connections with other families attending ECFE and preschool programs. PAC volunteers can be parents or members of the community. With meetings once a month and several special events throughout the year, the PAC is instrumental in our program’s success. We would love for you to join us! Meetings are held on the first Friday of the month from 9:30-11am. Free childcare is provided, but please call in advance to register. If you are interested in joining or would like more information, call (651) 982-8300.

OPPORTUNITIES SPONSORED BY THE PARENT ADVISORY COUNCIL:
• Do Good Together: Families give back to the community through age-appropriate activities for local charitable organizations.
• Big Rig Day: Bring your camera as little ones can climb on their favorite vehicles or honk a horn.
Resources for Early Childhood Families

A GIFT FOR YOU
Has there been a birth in your family recently? Scan the QR Code to complete the online census form to get you connected to district information or update your family’s information. Once completed, we will send you a Future Ranger onesie for your little one!

HELP ME GROW
If you have concerns about the development of your child (birth to five years of age), there may be services available for your child and family. Help Me Grow is a collaborative effort of agencies serving young children to improve access to special education and other community services. Help Me Grow provides resources for families to understand developmental milestones and learn about signs of concern.

VISIT WWW.HELPMEGROWMN.ORG OR CALL HELP ME GROW AT 1-866-693-4769.

FAMILY CONSULTATION
Forest Lake Area Schools Early Childhood Programs provide free individualized family consultations for parenting-related concerns, frustrations or to establish connections to community resources. A district family educator can meet with you in person, by phone or video chat for families who have children up to the 3rd grade.

TOPICS OF CONVERSATION MAY INCLUDE:
• Sibling rivalry
• Avoiding power struggles
• Creating routines
• Talking about tough subjects
• Parent self-care
• Helping kids develop problem-solving skills
• And many more!

TO SCHEDULE A TIME, CALL 651-982-8300.

BABY BASICS FAMILY RESOURCE CUPBOARD
The ECFE staff and Parent Advisory Council partner to provide a community resource for parents in need of baby supplies. This resource provides immediate assistance to families with young children in our community. We continue to stock this cupboard with items that families with young children often need; diapers, pull-ups, baby and child hygiene items, baby food and formula. Anyone in the community is welcome to stop by the Education Center and take what they need. Donations are accepted throughout the year. By donating items to the Baby Basics Family Resource Cupboard, you are supporting Forest Lake Area families in need and helping us maintain a great resource for our community. Suggested items to be donated: diapers (all sizes), pull-ups (larger sizes), wipes, diaper cream, baby lotion, toothbrushes, kids toothpaste, formula and baby food. At this time we are unable to accept clothing items due to limited space.

DONATION LOCATION
Items can be dropped off at door 17 of the Education Center located at 943 9th Ave SW, Forest Lake

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

• $95,001+  100% OF FEE LISTED
• $75,001-$95,000  80% OF FEE LISTED
• $45,001-$75,000  60% OF FEE LISTED
• $20,000-$45,000  40% OF FEE LISTED
• $0-$19,999  20% OF FEE LISTED

SIBLING CARE FOR CLASSES
On parent days, we have Sibling Care available for children who are not enrolled in a class. We offer Sibling Care for our daytime classes only. The fee for Sibling Care is $5.00 per hour when you pre-register and the drop-in fee is $7.00 per hour.

PLEASE CALL (651) 982-8349 FOR DROP-IN AVAILABILITY.
EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

What happens in ECFE is as easy as 1, 2, 3!

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

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

3. **Children’s Time**
   While family members are in the discussion group in another room, children are learning through activities designed by a licensed early childhood teacher to help them grow and develop their social, emotional, cognitive, physical and communication skills.

FREE **Busy Babies**
**Ages Birth-18 Months (Non-Separating)**
*Note: This class takes drop-ins. The fall session is for birth to 12 months old; winter and spring sessions are for birth to 18 months old. Bundle up your baby and join us to spend some uninterrupted time with your young explorer in a safe and fun environment. Meet with other parents and discuss the joys and challenges of your child’s first year. Your child will stay with you at all times, so bring your diaper bag, relax and take a break from your everyday routine.*

2010-F21 Sep 20-Dec 13 Mon 11:15am-12:15pm Free
9 sessions Ed Center (door 17) 166
No class Oct 18, Oct 25, Nov 8 & Nov 22

**Drop-In Gym & Play**
Join other parents for a drop-in play group designed just for you and your child. 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 available.

$5 per family per visit or $20 per 5 visit punch card

**Ages Birth-3 (Non-Separating)**
2807-F21 Sep 24-Dec 17 Fri 9:30-10:30am
11 sessions Ed Center (door 17) 166
No class Oct 22 & Nov 26

**Ages Birth-5 (Non-Separating)**
2808-F21A Sep 24-Dec 17 Fri 11am-12pm
11 sessions Ed Center (door 17) 166
No class Oct 22 & Nov 26

2808-F21B Sep 22-Dec 15 Fri 6:30-7:30pm
11 sessions Faith Lutheran Church (886 N Shore Dr, Forest Lake)
No class Oct 13, Oct 27, Nov 24 & Dec 1

*REGISTER YOUR CHILD ACCORDING TO THEIR AGE AS OF SEPTEMBER 1, 2021.*
EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

ECFE Friends
Ages 2½-5 (Separating)
Is your child ready for a preschool experience but won’t be quite three by September 1? This class starts in the fall with a parent-child class and will be adding a preschool day with independent learning opportunities in January. Children must be three years old by Jan 1, 2022. Sibling Care is available on Tuesdays.

2235-F21  Sep 21-Dec 14  Tue
11 sessions  9:15-10:45am  $149
Sibling Care  $83
Ed Center (door 17) 166
No class Oct 19 & Nov 23

Silly Sprouts
Ages Birth-5 (Separating)
Be a playful parent with us! Silly Sprouts is a mixed age class with separation. Children will play with caregivers, children and early childhood staff. Caregivers will then go to a separate space to share with each other the fabulous and frightening parts of parenting. Children will continue to learn with the early childhood professionals in the classroom.

2031-F21A  Sep 23-Dec 16  Thu
11 sessions  9:15-10:45am  $149
Ed Center (door 17) 166

2031-F21B  Sep 23-Dec 16  Thu
11 sessions  6-7:30pm  $149
Ed Center (door 4) 166

Terrific Twos
Age 2 (Separating)
If you and your 2 year old are ready to practice spending time apart in addition to meeting new friends and participating together in fun learning activities, then this class is for you. Our staff will support both of you as you learn to separate.

2232-F21  Sep 22-Dec 15  Wed
11 sessions  9:15-10:45am  $149
Sibling Care  $83
Ed Center (door 17) 166
No class Oct 20 & Nov 24

Thrilling Threes
Age 3 (Separating)
Embrace your child’s curiosity and join us on an adventure to discover the world around them. Children are encouraged to explore the world through their senses and get messy while learning to problem solve.

2231-F21  Sep 22-Dec 15  Wed  11am-12:30pm  $149
11 sessions  Ed Center (door 17) 166  Sibling Care  $83
No class Oct 20 & Nov 24

Walkers & Talkers
Ages 1-2 (Separating)
Explore the classroom with your child and watch as they discover their first friends in a fun, learning environment. Connect with other parents on topics such as nutrition and the importance of play.

2120-F21  Sep 20-Dec 13  Mon  9:15-10:45am  $122
9 sessions  Ed Center (door 17) 166  Sibling Care  $68
No class Oct 18, Oct 25, Nov 8 & Nov 22

FREE Little Ranger Roadster: Stop & Play
Ages 1-5 (Non-Separating)
The Forest Lake Area Schools Early Childhood Programs transformed an RV into a mobile classroom! Engage in an enriching experience with your child through songs, fingerplays and exploration with our knowledgeable early childhood staff. For answers to frequently asked questions, visit www.flaschools.org/roadster.

2524-F21A  Sep 24, Oct 15, Nov 12  Fri  10-11am  Free
3 sessions  Lino Lakes Elementary (725 Main St, Lino Lakes)

2524-F21B  Oct 1, Oct 29, Nov 19  Fri  10-11am  Free
3 sessions  Scandia Elementary (14351 Scandia Trail N, Scandia)

2524-F21C  Oct 8, Nov 5  Fri  10-11am  Free
2 sessions  Linwood Elementary (21900 Typo Creek Drive NE, Wyoming)

WWW.FLASCHOOLS.ORG/CE
Lentt's Pumpkin Patch  
Ages 3 Months-5 Years  
Join us as we ride the bus to Lentt’s Pumpkin Patch in Wyoming. Take an old fashioned hay ride past the beehives, then harvest a cob of corn and pick a pumpkin from the patch. Hop back in the wagon, take photos in the play area and be home in time for lunch and a nap. Register by 10/10.

2565-F21  
Oct 14 Thu  
1 session  
9:30am-12pm  
$10 per person  
Ed Center (door 17) Lobby

UnScary Halloween Party  
Ages Birth-5  
Looking for some non-spooky fun? Come to the UnScary Halloween party and try some games and family activities designed to delight your little ones. Wear a friendly costume and join us for children’s music, pumpkins, prizes and some Halloween surprises.

2513-F21  
Oct 28 Thu  
1 session  
6-7:30pm  
$10 per family  
Ed Center (door 4)  
Cafeteria and Gym

Giggles & Grandparents  
Ages Birth-5  
Show gratitude for your grandparents or special older friend with a delightful time of sharing. Bring your special person for an evening of crafts and other activities to celebrate the remarkable older people in our lives. Register by 11/5.

2514-F21  
Nov 9 Tue  
1 session  
6-7pm  
$4 per child  
Ed Center (door 4) Cafeteria

Glazing Memories  
Ages 2-5  
Join us for a night of fun at Glazing Memories Art Studio in Forest Lake! Children choose from a wide variety of small figurines, animals and smaller plaques to paint on with an assortment of colored glazes. Leave their pottery piece behind to be fired in the kiln and return for your masterpiece in a couple weeks. Register by 11/11.

2581-F21  
Nov 15 Mon  
1 session  
6-7:30pm  
$15 per child  
Glazing Memories

Buckets of Paint  
Ages Birth-5  
Come with your child and enjoy creating works of art as you experiment with unusual paints, brushes and techniques on a variety of surfaces. Have fun with color mixing activities and bring home masterpieces any refrigerator would be proud to wear! Register by 11/30.

2550-F21  
Dec 2 Thu  
1 session  
6-7pm  
$5 per child  
Ed Center (door 4) Cafeteria

Gingerbread Houses  
Ages 2-5  
Celebrate the season with family bonding and gingerbread. From frosted candy roofs to pretzel picket fences, there are endless decorating options for you and your creative chef. At the end of the evening, bring home your very own gingerbread creation! Register by 12/10.

2515-F21  
Dec 14 Tue  
1 session  
6-7pm  
$5 per child  
Ed Center (door 4) Cafeteria
FREE Baby Resource Fair
ECFE is inviting all new or expecting parents, or those considering pregnancy to enjoy this free educational and fun resource fair. Attendees can connect with local family-friendly nonprofit organizations, resource providers and businesses that are dedicated to helping families in our community grow and prosper. This event is free to the public and registration is not required. FREE resources! FREE prizes! FREE food!

2040-F21  Sep 18  Sat
1 session  9-11am  Free
Ed Center (door 4)  Cafeteria

FREE Balancing Act: Parenting and Stress
The dog ran away, juice was spilled on the remote and the toilet overflowed; just a typical day of parenting. Parenting can be stressful. We understand the feeling. Have a night out and join a parent educator with other families that are experiencing stress. Learn techniques to prevent stressful events and how to handle them when they happen. Free childcare is available. Register by 10/17.

2504-F21  Oct 12  Tue
1 session  6-7pm  Free
Ed Center (door 17)  156

FREE Behavior Assistance Technical Support Team
The Behavior Assistance Technical Support Team (BATS) is a voluntary program offered to childcare and early learning centers who are looking for behavioral support for students that are struggling. A trained parent educator will visit your location to promote early learning, knowledge and understanding of important developmental milestones. Early intervention for identified concerns helps improve school readiness for young children. If you have questions about the Parents As Teachers, please contact Bethany Hardy at bhardy@flaschools.org or (651) 982-8315.

2605-F21  Free

FREE Childcare Provider Visits
If you care for three or more children, an early childhood teacher is available to come to your home three times per school year with fun filled, educational learning activities. These fun and engaging visits last for one hour and providers will be given a CEU for their participation. Limited availability. Please enroll in the course to complete your registration. If you have questions about the Childcare Provider Visits, please contact Bethany Hardy at bhardy@flaschools.org or (651) 982-8315.

2603-F21  Free

FREE Parenting After Lights Out
‘After Lights Out’ is an evening class for parents only to connect with and learn from other parents. A Parent Educator will lead discussion based on participant interests. Some possible topics may include parent-child relationships, child development, and parenting during challenging times. This class is online only.

BIRTH TO 5 YEARS OLD
2034-F21  Sep 21-Dec 14  Tue
11 sessions  7:45-8:45pm  Free
Virtual
No class Oct 19 & Nov 23

KINDERGARTEN-3RD GRADE
2035-F21  Sep 23-Dec 16  Thu
11 sessions  7:45-8:45pm  Free
Virtual
No class Oct 21 & Nov 25

FREE Single Parenting or Co-Parenting
Parenting alone is not easy! As a single parent, you may miss out on pats on your back for a job well done. You don’t always have a second opinion to handle difficult behaviors and you can’t take a few moments break while the other parent takes over. This session offers you many opportunities for recognition, information and support. Join other single parents who really understand your situation. Your children will benefit from a variety of activities and play with others. Free childcare is available. Register by 11/14.

2569-F21  Nov 16  Tue
1 session  6-7pm  Free
Ed Center (door 17)  156

Find us on Facebook! @ForestLakeECFE
SCREEN AT 3!
Screening at three years old is preferred, but a child may be screened anytime between the age of 3 and the start of kindergarten, as required by law. You will receive a letter indicating that you should schedule an appointment. If you do not hear from us before your child turns four years old, call (651) 982-8300.

WHAT IS EARLY CHILDHOOD SCREENING?
Early Childhood Screening is a free and simple check of how your child is growing, developing and learning. It includes checking a child’s height, weight, hearing, vision, speech, language, motor and cognitive development. A nurse will discuss the results with the family and provide resources and referrals as needed.

WHY COMPLETE EARLY CHILDHOOD SCREENING?
Early Childhood Screening before entrance into public school kindergarten is required by Minnesota State Law. Screening is also required for enrollment in preschool classes through Forest Lake Area Schools. Screening is not an examination to determine readiness for school. The purpose is to screen for potential problems that may interfere with a child’s ability to be successful. Early screening and intervention promote early success.

WHERE SHOULD I HAVE MY CHILD SCREENED?
Screening is held at the Education Center (943 943 9th Ave SW, Forest Lake). It is a child-friendly setting and the screening process is age appropriate and fun for children.

Screening appointments are held Monday, Wednesday and Friday throughout the school year. Visit www.flaschools.org/screening for information.
An Exceptional Preschool Experience

The Early Childhood Programs are an integral part of Forest Lake Area Schools (FLAS). We work together to ensure that children transition smoothly into kindergarten. Our high-quality preschool classes focus on each child's social, physical and pre-academic development.

We use the curriculum Big Day for PreK to support a play-based approach to learning. This curriculum also allows children to engage in STEM (Science, Technology, Engineering and Math) activities through hands-on exploration and discovery. The real-life skills that students develop through STEM help them become better problem-solvers and learners. Children will learn age-appropriate math, writing, music, art, language and science while making friends and experimenting with their growing independence.

Curriculum outcomes and objectives are aligned with the Early Childhood Indicators of Progress. Classes are taught by professional and dedicated staff who have extensive experience working with children birth to five years of age.

4 Star Parent Aware Rated
Little Rangers Preschool has a 4 star rating from Parent Aware, the highest possible rating! Parent Aware helps you find childcare and early education providers in your area focused on high quality early learning and kindergarten readiness. The one to four star rating system – a free service – measures best practices identified by research that help children succeed in kindergarten and beyond.

Preschool is Available District Wide
If you would like to visit one of our preschool locations, please call the site to schedule a tour. We look forward to meeting you!

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

🌟 REGISTER YOUR CHILD ACCORDING TO THEIR AGE AS OF SEPTEMBER 1, 2021.
REGISTRATION

• Registration began February 1, 2021. If a class is full, add your child’s name to the waiting list as a similar class could open.
• All classes begin the week of September 13, 2021 and end the week of May 16, 2022.
• Orientation sessions will be held two weeks prior to the start of preschool. Information will be sent to families during the summer.
• Children must be the appropriate age by September 1, 2021.
• Many classes are integrated with Early Childhood Special Education.
• Limited transportation options for four and five year olds are available within your elementary school boundaries.
• Required registration forms can be found online at www.flaschools.org/ecforms. You may fax your child’s forms directly to us at (651) 982-8375 or email them to akupczak@flaschools.org.
• If you need registration forms mailed to you, please call (651) 982-8349.

FEES

• A non-refundable registration fee of $40 is due when registration forms are submitted.
• Invoices will be emailed at the beginning of the month and due by the 15th of the month to avoid a $10 late fee.
• Preschool class fees are based on a daily rate per contract day. You will be invoiced the actual number of contracted days per month.
• Class fees and times listed on the following pages are subject to modification.
• All programs will be invoiced September - May.
• No refunds will be given for an absence or school closing (inclement weather days).

FEE ASSISTANCE

FLAS Early Childhood Programs have a variety of fee assistance options available based on the program your child is enrolled in and your family circumstances. All fee assistance is confidential. For information on how to apply for these scholarships, visit www.flaschools.org/preschool.

Pathway I Scholarship
Pathway I Scholarships are awarded by an applicant’s county directly to families who meet eligibility requirements.

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

School Readiness Scholarship
Through the School Readiness Scholarship, we can offer a limited amount of financial assistance to families. There is an application process to complete; children must meet specific criteria based on the sliding fee adapted by the Early Childhood Programs to participate. We are not able to assist all families that apply. Assistance will focus on the children attending Little Rangers Half Day Preschool enrolled the year before kindergarten entry, but limited scholarships are available in Full Day Preschool as well.

For more information, call (651) 982-8349.

TRANSPORTATION

A caregiver, 18 years or older, is expected to be at the bus stop for pick up and drop off.

Our hope is that by providing this service, it will be easier for families to participate in a high quality early learning experience. Space is limited and dependent on availability on existing bus routes. This service is offered free of charge. Please call (651) 982-8349 for more information.

• Four and five year old preschoolers can ride the bus.
• Children who enroll in Half Day Preschool can ride the bus to school in the morning or ride the bus home at the end of the day.
• Mid-day transportation is not available.
• Children who enroll in Full Day Preschool have the option of riding the bus to and from school.
• Transportation is available for students who attend preschool at the elementary school where their home address is assigned and at the Education Center for those in the Forest Lake Elementary and Forest View Elementary busing area.

CHILDCARE

Providing childcare is essential to making preschool accessible for all. Children enrolled in Little Rangers Full Day Preschool have the opportunity to register for School Age Care (SAC). SAC offers childcare before and after school and will be available on days that your child is enrolled in Little Rangers Preschool at Columbus, Forest View, Lino Lakes, Linwood, Scandia and Wyoming Elementaries.

More information on Childcare Programs is on pages 40-41. For questions regarding SAC, call (651) 982-8365.
Little Rangers Academy
Distance Learning Program

Distance Learning for 3 & 4 Year Olds!
Students registered for the Little Rangers Academy will learn in a learning cohort of students based on age. Teachers will use the Big Day for Pre-K curriculum and teaching practices aligned with the Early Childhood Indicators of Progress. Teachers will monitor progress, assess student learning and provide support for their students.

Lessons will be provided to families each week (based on a two hour class that meets twice a week) through email, along with the opportunity to pick up supplemental materials at the Education Center in Forest Lake. Student learning will take place through a combination of pre-recorded and/or live lessons in multiple subject areas, including social emotional learning. Students will also have the opportunity to participate in individual and/or small group scheduled check-ins with their teacher.

Your student(s) will need access to an internet-enabled device for Little Ranger Academy as we will be using Seesaw and Zoom. Information about opportunities for a virtual meet and greet with your child’s teacher will be coming soon.

Distance Learning runs September 2021 through May 2022. See pages 55-56 for more information on preschool.

SUPPLY LIST:
- box of crayons
- washable markers
- blunt scissors
- pencils
- dry erase markers
- dry erase board
- watercolor paint set
- bottle of white glue
- glue sticks

3’s LEARNING TIMES:
Tuesday & Thursday
9:30-10am

4’s LEARNING TIMES:
Tuesday & Thursday
10:30-11am

COST: $12.50/day

If your child is receiving Special Education Services and you are interested in this option, please contact Sara Heckel at sheckel@flaschools.org.

Register online at forestlake.ce.eleyo.com
LITTLE RANGERS PRESCHOOL

Full Day Preschool
Full Day Preschool is offered at seven locations throughout the district for four and five year old children. Since the Full Day program does not receive any state funding, the program relies solely on parent fees to offer high-quality programming for our students.

Families can apply for an in-house School Readiness Scholarship providing financial assistance to families that have risk factors such as low income, family disruption, emergency circumstances, etc. This scholarship is based on a sliding fee scale adapted by the Early Childhood Programs and a limited number of scholarships are available in the Full Day program.

Financial Assistance is Available
*See page 56 for more information

2021-2022 Full Day Preschool Classes
*Students may register for more than one class.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>AGE</th>
<th>DAYS</th>
<th>TIME</th>
<th>DAILY RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbus Elementary</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Columbus Elementary</td>
<td>4-5</td>
<td>M-F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15am-3:30pm</td>
<td>$34</td>
</tr>
<tr>
<td>Forest View Elementary</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Forest View Elementary</td>
<td>4-5</td>
<td>T/Th</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Lino Lakes Elementary</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Lino Lakes Elementary</td>
<td>4-5</td>
<td>M-F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Linwood Elementary</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Scandia Elementary</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Scandia Elementary</td>
<td>4-5</td>
<td>M-F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Wyoming Elementary</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<tr>
<td>Wyoming Elementary</td>
<td>4-5</td>
<td>M-F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
</tbody>
</table>

TO REGISTER, VISIT www.flaschools.org/preschool OR CALL (651) 982-8349.
If a class is full, add your child’s name to the waiting list as a similar class could open.
LITTLE RANGERS PRESCHOOL

Half Day Preschool
Half Day Preschool is offered at six locations throughout the district for three, four and five year old children. Half Day Preschool is a School Readiness program that is funded by various sources; parent fees, state aid and levy funding.

Families can apply for an in-house School Readiness Scholarship providing financial assistance to families that have risk factors such as low income, family disruption, emergency circumstances, etc. This scholarship is based on a sliding fee scale adapted by the Early Childhood Programs.

Financial Assistance is Available
*See page 56 for more information

2021-2022 Half Day Preschool Classes

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>AGE</th>
<th>DAY(S)</th>
<th>TIME</th>
<th>DAILY RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education Center</td>
<td>3</td>
<td>M/W</td>
<td>9:15-11:15am</td>
<td>$19</td>
</tr>
<tr>
<td>Education Center</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$19</td>
</tr>
<tr>
<td>Columbus Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$19</td>
</tr>
<tr>
<td>Linwood Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$19</td>
</tr>
<tr>
<td>Lino Lakes Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$19</td>
</tr>
<tr>
<td>Scandia Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$19</td>
</tr>
<tr>
<td>Wyoming Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$19</td>
</tr>
<tr>
<td>Education Center FLP*</td>
<td>3-5</td>
<td>T/Th</td>
<td>11:30am-3:30pm</td>
<td>$12.50</td>
</tr>
<tr>
<td>Education Center</td>
<td>3-5</td>
<td>Th</td>
<td>6:00-7:30pm</td>
<td>$15.50</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15-11:45am</td>
<td>$21</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>M/W/F</td>
<td>1:00-3:30pm</td>
<td>$21</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>T/Th</td>
<td>9:15-11:45am</td>
<td>$21</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>T/Th</td>
<td>1:00-3:30pm</td>
<td>$21</td>
</tr>
</tbody>
</table>

*FLP: Family Learning Program

Family Learning Program (FLP)
Ages 0-2 attend Sibling Care • Ages 3-5 attend Preschool
The Family Learning Program (FLP) is ideal for parents with young children 0-5 years old and would like to register for Adult Basic Education (ABE). Families enjoy a meal together, participate in guided learning experiences and get ideas for home activities. Children attend Preschool or Sibling Care (childcare) while parents participate in parent education classes and work on goals such as GED test preparation, improving their English or basic skills in our ABE program (see page 21 for ABE information).

Monthly tuition is based on a sliding fee scale. All families are welcome. No child will be turned away because of inability to pay. Please call (651) 982-8349 for more information. The following resources are available:

- Scholarships are available for preschool tuition.
- Sibling Care (childcare) is available for children 0-2 years old.
- Transportation is available upon request.
- Interpreters available upon request.

Tuesday, Thursday
11:30am-3:30pm
Education Center (door 17)
$12.50/day Preschool
$6/day Sibling Care
COMMUNITY EDUCATION STAFF

Community Education Office
Corey McKinnon, Director  cmckinnon@flaschools.org  (651) 982-8140
Tracy Angelo, Administrative Assistant  tangelo@flaschools.org  (651) 982-8110
Jessica Kloss, Office Assistant  jkloss@flaschools.org  (651) 982-8392

Adult Basic Education (ABE)
Susanne Kimber, Coordinator  skimber@flaschools.org  (651) 982-8302

Adult Lifelong Learning
Laurie Drolson, Coordinator  Ldrolson@flaschools.org  (651) 982-8334
Janet Nutter, Adult/Special Needs Planner  jnutter@flaschools.org  (651) 982-8328

Aquatics
Jennifer Olson, Supervisor  jjolson@flaschools.org  (651) 982-8746

Athletics & Facilities
Kyle Young, Coordinator  keyoung@flaschools.org  (651) 982-8320

Early Childhood Programs
Bethany Hardy, Coordinator  bhardy@flaschools.org  (651) 982-8315
Wendy Cook, Program Support Manager  wcumbler@flaschools.org  (651) 982-8318
Angie Kupczak, Office Assistant  akupczak@flaschools.org  (651) 982-8349
Kari Damon, Office Assistant  kdamon@flaschools.org  (651) 982-8300

General Education Development (GED)
Laurie Drolson, Testing Coordinator  Ldrolson@flaschools.org  (651) 982-8334

Childcare Programs (SAC & Sonic)
Nancy Siefert, Coordinator  nsiefert@flaschools.org  (651) 982-8316
Sue Waataja, Assistant Coordinator  swaataja@flaschools.org  (651) 982-8364
Melissa Lupinek, Office Assistant  mlupinek@flaschools.org  (651) 982-8365

Marketing
Alexa Nelson, Coordinator  alnelson@flaschools.org  (651) 982-8303

Technology
Jeff Farinella, Marketing & Technology Assistant  jfarinella@flaschools.org  (651) 982-8372
Amy Florin, Software Specialist  aflorin@flaschools.org  (651) 982-8106

Youth Development & Enrichment
Laurie Drolson, Coordinator  Ldrolson@flaschools.org  (651) 982-8334
Jennifer Connolly, Elementary Youth Planner  jconnolly@flaschools.org  (651) 982-8339
Janet Nutter, Secondary Youth Planner  jnutter@flaschools.org  (651) 982-8328

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

Translation Available
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DISTRICT MAP & ENTRANCE GUIDE

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

(MAP NOT TO SCALE)
REGISTRATION & CANCELLATIONS

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

Online: www.flaschools.org/ce
Phone: (651) 982-8110
Fax: (651) 982-8386 using a Discover, Visa, MasterCard or American Express credit card

Mail or in person
Community Education
Forest Lake Area Schools Education Center
943 9th Ave SW, Forest Lake, MN 55025
Drop box located inside door 4

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

UCare
Eligible UCare members may get up to a $15 discount on many Community Education classes in Minnesota. Members must have UCare insurance at the time of registration and through the duration of the class. Members will need to provide their UCare ID number when registering for class. Limits and restrictions may apply. Online registration is not available when using your UCare discount; please call (651) 982-8110 to register.

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

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

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

On days when school is canceled due to weather, most afternoon and evening activities are also canceled. Childcare programs are open; see the Family Handbook for more information. 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 radio and online at www.flaschools.org.

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 as instructors will have been notified of the number of students in their class, materials will have been prepared and the other students in the class are expecting the class to go.

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.

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

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

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

Register at www.flaschools.org/ce or use this form. If you have questions or need assistance, please call (651) 982-8110.

Participant First Name_______________________________ M____________ Last Name____________________________________________

Street Address ___________________________________________________________________________ City ____________________________ Zip___________________

Home Phone ____________________ Work Phone_______________________ Cell Phone ____________________________

Email Address__________________________________________________________________________________

Class #_________________ Class Title___________________________________ Building____________ Fee____________________

Class #_________________ Class Title___________________________________ Building____________ Fee____________________

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

For Youth Ages 0-18 ONLY

Parent/Guardian Full Name ______________________________________________________________________________________

Student’s Grade ______ Birthdate_________________________ Age ______________

☑ Male ☐ Female School Attending __________________________________________________________

Discounts

Participant’s UCare ID# __________________________________ UCare Member Discount Total $_______________________

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

Signature ___________________________ Date ___________________________

Payment Information

Total Registration Amount $ ___________ ☐ Cash ☐ Check (Payable to Forest Lake Area Schools)

☐ American Express ☐ Discover ☐ MasterCard ☐ Visa (please fill out information below)

Authorized Signature __________________________________________ Date________________________

Cardholder’s First Name________________________________________ Cardholder’s Last Name________________________

Credit Card Number_________________________ Expiration Date __________________________ Security Code________

Sign up to receive Community Education email news at www.flaschools.org/ce

Mail to: Community Education, FLAS Education Center, 943 9th Ave SW, Forest Lake, MN 55025
SAVE THE DATE

Little Rangers Preschool
2022-2023

REGISTRATION OPENS JANUARY 2022
www.flaschools.org/preschool

View all opportunities online at www.flaschools.org/ce • Questions? Call (651) 982-8110