A MESSAGE FROM OUR DIRECTOR

When the concept of community education first started in Flint, Michigan in the 1950’s, it had a distinct objective to maximize the use of school facilities and resources for the betterment of the entire community. Forest Lake Area Schools Community Education (FLASCE) has continuously been committed to carrying this concept forward into the delivery of today’s programming and beyond. We work to be the gold standard when it comes to identifying the educational, recreational and enrichment needs of our community and then safely meeting those needs by providing cost-effective and high quality programs and services.

“Safely Open” has been our motto throughout the COVID-19 pandemic and you can rest assured that our team does everything possible to implement necessary safety measures to keep a wide variety of classes and programs open for our community.

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

Have a great finish to the 2020-21 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
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.

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-S21 (example)
The number and letter combination found in class details is a “course number” affiliated with the class.

asterisk
District map is located on page 61

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

Register

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

Connect

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.

Translation Available

ملاحظة: إذا أردك مساعدة مجانیة في ترجمة هذه المعلومات، فقم بالاتصال بالرقم (651) 982-8350.

Translation Available

Translation Available

Translation Available

Translation Available

Translation Available
A MESSAGE FROM OUR SUPERINTENDENT

If the past year has taught us anything, it’s that the future can be hard to predict. Our district has spent many hours in 2020 and 2021 planning and replanning for how to safely provide an excellent education for our students.

Looking ahead to our 2021-2022 school year, we are excited to welcome another group of kindergartners to our elementary schools, along with new and current students at higher grade levels. Time doesn’t stand still in the life of a child, and we are excited and ready to welcome our students to the next milestone of their lives.

It’s hard to say for certain whether Covid-related modifications will still be necessary next year. What we do know is that our teachers and staff stand ready to guide their students through whatever their year might bring, and help them learn and grow along the way.

If you are interested in enrolling in one of our schools, please visit our website at www.flaschools.org. We would love to show you all of the reasons Forest Lake Area Schools are the preferred choice for families in our community.

Steve Massey, Ed.D.
Superintendent, Forest Lake Area Schools

EXPLORE KINDERGARTEN AT FOREST LAKE AREA SCHOOLS!

Personal attention from caring, experienced teachers to build a strong foundation for success

• Small class sizes
• Community-based schools
• Spanish Immersion Plus program available

SCHOOL TOURS AVAILABLE NOW
REQUEST A TOUR AT FLASCHOOLS.ORG

FOREST LAKE AREA ELEMENTARY SCHOOLS:
• Columbus Elementary | 651-982-8900
• Forest View Elementary (K-3) | 651-982-8200
• Forest Lake Elementary (4-6) | 651-982-3200
• Lino Lakes Elementary | 651-982-8850
• Linwood Elementary | 651-982-1907
• Scandia Elementary | 651-982-3300
• Wyoming Elementary | 651-982-8000
KINDERGARTEN EVENTS COMING IN MAY
Visit www.flaschools.org/kindergarten for updates and information.

Rangers Need Drivers!

- Paid Training
- Daytime Hours
- $18.25 to Start
- Benefits Offered

Spread the word to your friends and neighbors! Driving for FLAS is a great part-time job for retirees, stay at home parents and others.

Application available online at www.flaschools.org/employment
Community Education serves all of the 336 districts in Minnesota. Each district has created a system that recognizes each community member as both a learner in the system and a resource to it. Community Education is a catalyst serving communities to work in partnership to create stepping stones.

The Community Education movement is grounded in the distant past by significant contributions of Plato and Sir Thomas Moore who understood the positive force between the community and education. More recently John Dewey wrote about the interrelationship between a community, its schools and society. He believed the community has a role in developing youth. He also believed that all members of the community have a responsibility to continue to develop themselves in an effort to improve their society and thus the quality of life.

The formal movement of Community Education started in the 1950’s in Flint, Michigan. The legend of Frank Manley, a teacher in the Flint, Michigan schools who convinced philanthropist Charles Steward Mott to create an after-school program in the local school has been retold hundreds of times. Manley saw the untapped potential in the school buildings which were left unused after 4pm during the school year and closed down in the summer. His dream was to improve the neighborhoods by making the local schools a focal point for health, recreation and adult education classes.

Michigan was the first of 18 states over the next 10 years to pass community education legislation. In 1971, Minnesota followed in Michigan’s footsteps and became the fourth state to pass legislation with sixteen school districts approving community school programs. Senator Jerome Hughes, Maplewood, was responsible for authoring the bill in 1975 that brought funding to Community Education in Minnesota.
What are the benefits of Community Ed?

• Provide safe, accessible learning environments and opportunities for all ages
  Most programs and services are offered in school buildings, which are welcoming and safe spaces located in every community across Minnesota. A wide range of classes are offered with options to meet any interest at any age. Community Education also facilitates the community’s use of school buildings and grounds, maximizing the use of this public asset.

• Connect families to school and community resources
  Family and parent support is provided through Early Childhood Family Education (ECFE) classes, home visits and parent engagement from prenatal to grade 3.

• Help prepare children for kindergarten
  Whether it’s early childhood screening to identify learning issues or preschool programs of various types, a wide range of early childhood offerings help boost early learning skills to help children enter kindergarten ready for their school experience. This is an important way Community Education helps schools meet one of the state’s World’s Best Workforce goals.

• Support working families
  School-age care programs offer parents the option of safe, high-quality experiences for their children through before and after-school care programs housed in their schools.

• Expand learning beyond the school day
  Youth development programs provide students with opportunities to explore interests and develop skills beyond the school curriculum. Engaging youth in leadership and service activities builds strengths and helps mitigate risk-taking behaviors.

• Build a qualified workforce
  Minnesota’s economy relies on a qualified workforce. Adult Basic Education programs help adults acquire the important skills and qualifications they need to become fully employed, self-sufficient and equipped to participate fully in the community. Ensuring every member of our community is able to work productively helps contribute to a strong overall economy and is increasingly critical as our population ages, leaving fewer workers to fill the jobs available.

Contact the Minnesota Community Education Association (MCEA)
(651) 257-0752
www.mn-mcea.org
**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-SP21B May 6 Thu 6-9pm $39
1 session Hallberg Center for the Arts
6284-S21 Jul 15 Thu 6-9pm $39
1 session 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
Mushrooms
6191-SP21A Apr 23 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts
I Love You Birds
6191-SP21B May 14 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts
Unicorns
6191-S21A Jun 25 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts
Butterfly
6191-S21B Jul 30 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts
Flowers
6191-S21C Aug 27 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts

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

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Name</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6154-SP21A</td>
<td>Gnome</td>
<td>Apr 28</td>
<td>Wed</td>
<td>6-8pm</td>
<td>$29</td>
</tr>
<tr>
<td>1 session</td>
<td>Hallberg Center for the Arts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6154-SP21B</td>
<td>Splatter Flowers</td>
<td>May 13</td>
<td>Thu</td>
<td>6-8pm</td>
<td>$29</td>
</tr>
<tr>
<td>1 session</td>
<td>Hallberg Center for the Arts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6154-S21A</td>
<td>Canoe</td>
<td>Jun 24</td>
<td>Thu</td>
<td>6-8pm</td>
<td>$29</td>
</tr>
<tr>
<td>1 session</td>
<td>Hallberg Center for the Arts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6154-S21B</td>
<td>Moon Silhouette</td>
<td>Jul 29</td>
<td>Thu</td>
<td>6-8pm</td>
<td>$29</td>
</tr>
<tr>
<td>1 session</td>
<td>Hallberg Center for the Arts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6154-S21C</td>
<td>Black Eyed Susans</td>
<td>Aug 26</td>
<td>Thu</td>
<td>6-8pm</td>
<td>$29</td>
</tr>
<tr>
<td>1 session</td>
<td>Hallberg Center for the Arts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6223-S21</td>
<td>Jun 9-Jun 23</td>
<td>Wed</td>
<td>6-8pm</td>
<td>$75</td>
</tr>
<tr>
<td>3 sessions</td>
<td>Hallberg Center for the Arts</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
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 tote bag to prove you can sew.

Sewing and Fitting Mentor - Renee Bontjes
5087-SP21 Apr 6 & Apr 13 Tue 6:30-8:30pm $49
2 sessions Sewing and Fitting Mentor

Sewing - Make & Take Beach Bag Age 16-Adult
Tote bags are super easy to make and they make great gifts! This is a fun project that is created with basic sewing skills and makes for a unique and thoughtful hostess or birthday gift. You’ll assemble six pieces, using straight ¼” seam allowances and contrasting fabric for lining and handles.

Sewing and Fitting Mentor - Renee Bontjes
5091-SP21 May 25 Tue 6:30-8:30pm $29
1 session Sewing and Fitting Mentor

Sewing - One Yard Magic Apron Age 16-Adult
This apron is a quick, easy project that requires basic sewing skills and makes for a unique and thoughtful gift for a host/hostess, Mother’s Day or Father’s Day. You’ll assemble six pieces and use a straight ¼” rolled hem from a single yard of fabric. Your apron can also be customized with contrasting fabric for ties and pocket.

Sewing and Fitting Mentor - Renee Bontjes
5081-SP21 May 4 Tue 6:30-8:30pm $29
1 session Sewing and Fitting Mentor

Spanish Conversation 101
This class has been designed for those who eagerly wish to practice their Spanish language skills - so this class may be for you! All activities will be done in a fun and relaxed learning environment. Each session is a great opportunity for you to learn, participate in conversations, gain confidence and increase your language fluency.

Iris Myers
6328-SP21 Apr 27-May 25 Tue 6-8pm $79
5 sessions FLAHS (door 32) 204

Dance - Wedding Workshop
Whether the next wedding you attend is your own, a friend's or relative’s, has 10 or 200 guests, it will likely involve dancing! This workshop will give you the skills to feel comfortable, confident and look great 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. Come have fun and learn something new in a relaxed atmosphere.

Heidi Smith-Miranda
6033-SP21 May 20 Thu 7-9pm $39 per couple
1 session Ed Center (door 4) Cafeteria
*Couples must be close contacts or from the same household.
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 necessary forms and information to assist you in preparing them.

Rob Collins and Julia Estrem
6048-SP21 Apr 27 Tue
1 session 6:30-8:30pm $29
FV (door 4) Media Center

Draft Your Own Will

Preparing your will is an important step in providing for the ones you love. Learn the various techniques for property distribution and protection of your estate and beneficiaries, explore basic concepts and assess your need for a simple will. You will receive sample forms and language to use while drafting your will. During the second class, instructors will cover safekeeping techniques, circumstances that may require a review or revision of your will and a brief review of the benefits of a trust. In addition, you will be able to sign your will during the second night of class.

Rob Collins and Julia Estrem
6047-SP21 Apr 21 & Apr 28 Wed
2 sessions 6:30-8:30pm $45
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-SP21A May 11 Tue 6:30-8pm Free
1 session Ed Center (door 4) 208
6261-S21 Jun 16 Wed 6:30-8pm Free
1 session Ed Center (door 4) 208

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-SP21 May 13 Thu 6:30-8pm Free
1 session Ed Center (door 4) 208
**Couch to 5K**
Get off the couch and get ready to run! Learn the importance of stretching, training techniques and running strategies under the guidance of an experienced and accomplished runner. Beginning runners will be prepared to run a 5K while experienced runners will focus on improving running times. Runners will be expected to journal runs throughout, so bring paper and a writing utensil.

*Adam Lushanko*
6072-SP21 May 17-Jun 28 Mon
6 sessions 6-7pm $25
FLAMS Track
No class May 31

**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. You will be fully aware and conscious at all times.

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.

*Dr. Mary Fischer*
6046-S21A Jun 15 Tue
1 session 6-9pm $69
Ed Center (door 4) 208

6046-S21B Jun 15 Tue
1 session 6-9pm $69
Ed Center (door 4) 208

6046-S21C Jun 15 Tue
1 session 6-9pm $135
Ed Center (door 4) 208

**Fitness Boxing & Circuit Training**
Use circuit training, shadow-boxing, hand pads and an array of punching bags to learn the basics of boxing and get a great workout! Gain balance and coordination while learning punch combinations and proper fighting stance. This fun workout will help you reduce stress, lose weight and build confidence. There will be no physical contact between participants. See more information below.

*Rachel Schley*
6028-S21 Jun 7-Jul 12 Mon 5:30-7pm $65
5 sessions Believers Boxing
No class Jul 5

**Fitness Boxing & Circuit Training Ages 50+**
Join us for fun, fitness and enhanced personal freedom for “extreme seniors”. If you have limited mobility, arthritis or Parkinson’s, you can enhance your quality of life and build impressive power, strength, flexibility and speed into your 60s and beyond! With the support of certified coaches, you'll fight your way out of the corner and start to feel better. Come join us and have a blast! See more information below.

*Rachel Schley*
6179-S21 Jun 7-Jul 12 Mon 4-5:30pm $65
5 sessions Believers Boxing
No class Jul 5

**FITNESS BOXING INFORMATION**
Wear comfortable workout clothes and athletic shoes. Bring a bottle of water and a towel. A supply fee of $8 for hand wraps is payable to the instructor on the first night of class. Believers’ Boxing Gym is fully ADA accessible. Believers Boxing is located in the Maranatha Church Building at 24799 Forest Blvd, Forest Lake. Door 15.
**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.

*Julia Phillips*

- **6003-SP21V**
  - 8 sessions
  - May 3–Jun 28 Mon
  - 9:30–11am $89
  - Virtual
  - No class May 31

- **6003-S21V**
  - 6 sessions
  - Jul 12–Aug 16 Mon
  - 9:30–11am $69
  - 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.

*Erin DiBetta*

- **6049-S21V**
  - 8 sessions
  - Jun 22–Aug 17 Tue
  - 10–11am $65
  - Virtual
  - No class Jul 6

**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!

*Erin DiBetta*

- **6234-S21V**
  - 8 sessions
  - Jun 21–Aug 16 Mon
  - 6–7pm $65
  - Virtual
  - No class Jul 5

---

**Stand Up Paddle Board Fitness/Yoga**

Take your workout to the water on a stand up paddle board. Build strength and improve your balance and focus. Starting with a short paddle, we’ll find the perfect spot to anchor. Your total body workout will include body weight and strength exercises, conditioning drills and cardio bursts. Each session will end with a short flowing sequence of yoga and relaxing on the water. See more information below.

*Kelly Konopliv*

- **6235-S21A**
  - 1 session
  - Jun 30 Wed 7–8:15pm $39
  - Lakeside Memorial Park

- **6235-S21B**
  - 1 session
  - Jul 14 Wed 7–8:15pm $39
  - Lakeside Memorial Park

- **6235-S21C**
  - 1 session
  - Jul 28 Wed 7–8:15pm $39
  - Lakeside Memorial Park

**Stand Up Paddle Board Lessons**

Learn the basics of stand up paddle boarding. Start with an introduction on dryland to learn about equipment, safety, launching, form, balance and turning. Next, move to the water starting on your knees and gaining confidence and skills to progress to standing on the board. SUP improves balance, core strength, endurance and is fun for all fitness levels. See more information below.

*Kelly Konopliv*

- **6079-S21A**
  - 1 session
  - Jun 30 Wed 5:30–6:45pm $39
  - Lakeside Memorial Park

- **6079-S21B**
  - 1 session
  - Jul 14 Wed 5:30–6:45pm $39
  - Lakeside Memorial Park

- **6079-S21C**
  - 1 session
  - Jul 28 Wed 5:30–6:45pm $39
  - Lakeside Memorial Park

---

**STAND UP PADDLE BOARD INFORMATION**

All participants must be 18+ years of age, sign a liability waiver and are required to wear a life jacket, whistle and leash. Please wear a swimsuit or workout wear you are comfortable getting wet and swimming in (no cotton, please). Bring sunscreen and a bottle of water. All equipment is provided. Small group size with certified instructors allows for individual attention. Students may bring their own life jackets.
**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 bouts, 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-SP21 Apr 6-May 11 Tue
6 sessions 6-7pm $85
Ed Center (door 4)
Cafeteria

**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 is located at 255 SE Hwy 97, Forest Lake.

**Sun Yi’s Academy**
4665-SP21 Apr 10-May 1 Sat
4 sessions 9-9:45am $45
Sun Yi’s Academy

**Horseshoes - Big & Little League Age 8-Adult**
Pitching horseshoes is a fun activity for all ages that promotes hand-eye coordination and friendly competition. In teams of two - one little (child) and one big (adult) - you will learn how to pitch horseshoes and kids will enjoy playing with their parent, sibling or adult friend. We will focus on the fundamentals of pitching horseshoes and how to score using the MN Gopher State Horseshoe Pitchers Association rules. We will then have time to pitch horseshoes in a friendly competition. Bring your own set of horseshoes or we will provide them for you. Please register with the name of the child who will be attending. We will meet at the outdoor horseshoe courts behind the Forest Lake VFW - 556 12th St SW, Forest Lake.

**Helen Hawkinson-Mike**
4019-S21 Jun 1-Jul 6 Tue 6:30-8:30pm $39 per pair
6 sessions Forest Lake VFW

---

**Golf Classes Online!**
Check www.flaschools.org/ce for details on the following classes:
- GOLF CLINIC FOR BEGINNERS
- GOLF CLINIC FOR WOMEN
- GOLF LESSONS - PARENT/CHILD
FOREST LAKE AREA SCHOOLS

There’s a Place For Everyone in Ranger Territory

Forest Lake Area Schools offer unmatched opportunity for students to chart their best path to success. Caring and skilled staff help guide each student to their highest potential while a wide variety of options in academics, leadership, extra-curricular activities and sports inspire each learner to succeed.

Elementary Schools
Columbus Elementary
Forest Lake Elementary
Forest View Elementary
Lino Lakes Elementary
Linwood Elementary
Scandia Elementary
Wyoming Elementary

Preschool Locations
Columbus Elementary
Education Center
Forest View Elementary
Lino Lakes Elementary
Linwood Elementary
Scandia Elementary
Wyoming Elementary

Secondary Schools
Forest Lake Area Middle School
Forest Lake Area High School
Forest Lake Area Community School

Visit www.flaschools.org or call (651) 982-8100 for more information.

THE TOP CHOICE FOR EDUCATION IN THE FOREST LAKE AREA

Forest Lake Area Schools Community Education

Opportunities for every age!
Community Education is proud to offer the Forest Lake area safe and enriching opportunities for people of all ages. Our programs include:

• Adult Lifelong Learning
• Aquatics
• Athletics
• Childcare
• Early Childhood Family Education
• Preschool
• Youth Development & Enrichment

Visit www.flaschools.org/ce or call (651) 982-8110 to learn more about our programs!
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.

Spring & Summer 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 in the spring to those on our mailing list. Want to receive the newsletter? See the contact information below!

• MINI GOLF
• FISHING
• FOOD & A FLICK
• OPEN GYM
• GAME NIGHT

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.
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 (see page 59) or Sibling Care (childcare) while parents participate in parent education classes and work on goals such as GED test preparation or improving their English language or other basic skills.

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

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 (Look for the “Login to MyGED” box). 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.

Questions Regarding ABE or GED® Preparation?
Visit www.flaschools.org/ce, call (651) 982-8302 or email skimber@flaschools.org
Girls Basketball Camp Entering Grades 2-10
This camp will provide the opportunity to develop individual basketball fundamentals from the Forest Lake Area High School Girls Basketball coaches and players. Participants will also experience team play and live game situations (based on age-level and ability) and have the opportunity to improve their basketball knowledge and court sense. The camp will teach fundamentals and enhance skill development through a series of instructional situations.

What to bring: appropriate basketball shoes, t-shirt, shorts, two nut/peanut free snacks and a bottle of water every day.
Registration deadline: June 3
Location: FLAHS Main Gym

<table>
<thead>
<tr>
<th>Camp</th>
<th>Grades</th>
<th>Duration</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1525-S21A</td>
<td>entering 2-5</td>
<td>4 sessions</td>
<td>Mon-Thu</td>
<td>9am-12pm</td>
<td>$99</td>
</tr>
<tr>
<td>1525-S21B</td>
<td>entering 6-10</td>
<td>4 sessions</td>
<td>Mon-Thu</td>
<td>9am-12pm</td>
<td>$99</td>
</tr>
</tbody>
</table>
SECONDARY YOUTH ATHLETICS & RECREATION

Boys Basketball League - Advanced Skills Entering Grades 5-12
Improve your skills with training from the Forest Lake Area High School Boys Basketball coaches! Head Coach Dan Cremisino (2018 Minnesota AAAA Basketball Coach of the Year), and varsity assistants Mike Holmquist and Craig Coleman will lead the training. Training will include ball handling, shooting, rim attacks and footwork.

What to bring: basketball, appropriate basketball shoes, t-shirt, shorts, two nut/peanut free snacks and a bottle of water every day.
Registration deadline: June 3
Location: FLAHS South Fieldhouse A & B

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Grade Range</th>
<th>Sessions</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1534-S21A</td>
<td>grades 5-8</td>
<td>12</td>
<td>Jun 15-Jul 22</td>
<td>Tue &amp; Thu 10am-12:30pm</td>
<td>$139</td>
<td>No class July 2 &amp; 5</td>
</tr>
<tr>
<td>1534-S21B</td>
<td>grades 9-12</td>
<td>16</td>
<td>Jun 14-Jul 23</td>
<td>Mon, Wed &amp; Fri 10am-1pm to 12-1:30pm</td>
<td>$159</td>
<td></td>
</tr>
</tbody>
</table>

Girls Volleyball Camp Entering Grades 5-8
Want to be a future Volleyball Ranger? The fun starts now! Come learn from the Forest Lake Area High School Volleyball coaches and players. The focus will be on basic skills and techniques to improve your game play.

What to bring: appropriate gym shoes, practice clothes, knee pads, two nut/peanut free snacks and a bottle of water every day.
Registration deadline: June 10
Location: FLAMS Gyms A, B & C

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Grade Range</th>
<th>Sessions</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1543-S21A</td>
<td>grades 5-6</td>
<td>4</td>
<td>Jun 21-24</td>
<td>Mon - Thu 8:30-10am</td>
<td>$69</td>
</tr>
<tr>
<td>1543-S21B</td>
<td>grades 7-8</td>
<td>4</td>
<td>Jun 21-24</td>
<td>Mon - Thu 10:15am-12pm</td>
<td>$79</td>
</tr>
</tbody>
</table>

Rangers Competitive Tennis Camp Boys & Girls Entering Grades 9-12
This camp will cover all aspects of the game from technical to tactical. Each day will consist of a new theme (grips, footwork, offense/defense, singles/doubles strategy and sportsmanship), proper technique and grips for a variety of strokes like groundstrokes (underspin/topspin), volleys, lobs, overheads, approach shots, serves, returns, blocks and drop shots. Coaches will use a mix of closed and open drills, allowing for participants to improve strokes and apply what they’ve learned through play. Games, competitive play, and skits round out this camp to ensure it’s a fun time for all!

Ron Ingalls

What to bring: tennis shoes, tennis racket, two nut/peanut free snacks, sunscreen and a bottle of water every day.
Registration deadline: A-June 3, B-July 29
Location: FLAHS Tennis Courts

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Sessions</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1649-S21A</td>
<td>5</td>
<td>Jun 14-Jun 18</td>
<td>8:30-11:30am</td>
<td>$139</td>
</tr>
<tr>
<td>1649-S21B</td>
<td>5</td>
<td>Aug 9-Aug 13</td>
<td>8:30-11:30am</td>
<td>$139</td>
</tr>
</tbody>
</table>

Pole Vaulting Boys & Girls Age 9-Adult
Dream of flying? First time or experienced participants, age nine to adult, are encouraged to join us. 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 a 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 name of all family members registered and a refund will be processed for the discount.

What to bring: tennis shoes, a small notebook, pen/pencil, two nut/peanut free snacks, sunscreen and a bottle of water every day.
Registration deadline: June 3
Location: FLAMS Track Field

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Sessions</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1517-S21A</td>
<td>12</td>
<td>Jun 15-Jul 29</td>
<td>Tue &amp; Thu 10:30am-12:30pm</td>
<td>$390</td>
<td>No class Jul 6 &amp; Jul 8</td>
</tr>
<tr>
<td>1517-S21B</td>
<td>12</td>
<td>Jun 15-Jul 29</td>
<td>Tue &amp; Thu 5-7pm</td>
<td>$390</td>
<td>No class Jul 6 &amp; Jul 8</td>
</tr>
<tr>
<td>1517-S21C</td>
<td>24</td>
<td>Jun 15-Jul 29</td>
<td>Tue &amp; Thu 10:30am-12:30pm &amp; 5-7pm</td>
<td>$550</td>
<td>No class Jul 6 &amp; Jul 8</td>
</tr>
</tbody>
</table>

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

**Ages 9-16**

Do you have some golf course playing experience? Then it’s time to try out this non-competitive league! The emphasis will be on fun, safety, skill development and etiquette. Get back in the swing of things on the first day with an instructional clinic from 8-10am. Fixed tee times will be set up for the remainder of the season.

5022-S21
9 sessions
Jun 8-Aug 10 Tue 9-11am $139
No class Jul 6
Castlewood Golf Course

**Golf League Competitive**

**Ages 9-16**

Designed for the skilled, competitive golfer – this comprehensive program will focus on the skills and attitude needed for upper level play. Respect, rules and etiquette in a league setting will be emphasized. The fee includes green fees and a first day clinic from 8-10am. Fixed tee times will be assigned after the first week.

5023-S21
9 sessions
Jun 8-Aug 10 Tue 8-10am $139
No class Jul 6
Castlewood Golf Course

**GOLF LEAGUE INFORMATION**

If you have your own clubs, you may bring them to the course. No clubs? No problem. Castlewood rents out youth and adult sized clubs for left and right handed golfers. Beverages, snacks and pizza are available for purchase at the golf course. Questions on inclement weather conditions or make-up dates? Visit the “Little Rock League” page on www.castlewood.golf for up-to-date information relating to the league. You may also call the pro shop at 651-982-4707. Castlewood Golf Course is located at 7050 Scandia Trail N, Forest Lake.

**Middle School Soccer**

**Boys & Girls Entering Grades 7-8**

Middle school soccer is an introduction to what participants will experience at the high school soccer level. Advanced skills such as dribbling, trapping, passing and receiving will be the focus. Games will be played against other local middle school teams. Practices and games will be played 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. Rain day practices will be held in FLAMS Gym D. Game uniforms will be provided.

**What to bring:** soccer cleats (rubber only), practice clothes, shin guards and a bottle of water every day.

**Registration deadline:** September 13

**Location:** FLAMS Athletics Fields

Sep 13-Oct 14 Mon-Thu 2:30-4:30pm $185

1541-F21A: boys entering grade 7
1542-F21A: girls entering grade 7
1541-F21B: boys entering grade 8
1542-F21B: girls entering grade 8

**MORE GOLF ONLINE!** Check www.flaschools.org/ce for details on the following classes:

- GOLF CLINIC FOR BEGINNERS
- GOLF CLINIC FOR WOMEN
- GOLF LESSONS - PARENT/CHILD
SECONDARY YOUTH ATHLETICS & RECREATION

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 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-SP21 Apr 6-May 11 Tue
6 sessions 6-7pm $85
Ed Center (door 4) Cafeteria

{YEL!} Fencing Summer Camp
Grades 2-8
Olympic Coach Ro Sobalvarro heads up {YEL!}'s fencing curriculum, instructor training and tournament consultation. Coach Sobalvarro brings with him an immense knowledge of youth, national and international fencing. We keep it fun, too. Your favorite instructors return with more knowledge, refined coaching skills and, of course, your favorite fencing games and arm bands. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets.

{YEL!} Youth Enrichment League
4057-S21 Jun 14-Jun 17 Mon-Thu
9am-12pm $125
Ed Center (door 18) Cafeteria

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 is located at 255 SE Hwy 97, Forest Lake.

Sun Yi's Academy
4665-SP21 Apr 10-May 1 Sat
4 sessions 9-9:45am $45
Sun Yi's Academy

Horseshoes - Big & Little League
Age 8-Adult
Pitching horseshoes is a fun activity for all ages that promotes hand-eye coordination and friendly competition. In teams of two - one little (child) and one big (adult) - you will learn how to pitch horseshoes and kids will enjoy playing with their parent, sibling or adult friend. We will focus on the fundamentals of pitching horseshoes and how to score using the MN Gopher State Horseshoe Pitchers Association rules. We will then have time to pitch horseshoes in a friendly competition. Bring your own set of horseshoes or we will provide them for you. Please register with the name of the child who will be attending. We will meet at the outdoor horseshoe courts behind the Forest Lake VFW - 556 12th St SW, Forest Lake.

Helen Hawkinson-Mike
4019-S21 Jun 1-Jul 6 Tue
6 sessions 6:30-8:30pm $39 per pair
Forest Lake VFW
SEWING CLASS INFORMATION
Sewing and Fitting Mentor classes are taught by owner, Renee Bontjes. All classes are held at Sewing and Fitting Mentor located at 69 Lake Street South, 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 - Kid’s Camp Ages 9-16
Learn how to use a sewing machine, sew seams and use patterns to create sewing projects. We’ll begin with some easy starter projects (pillowcase and a drawstring bag) designed to teach sewing machine operation and safety. As you gain experience and confidence, you will be free to select more complex projects that are age and skill level appropriate. Students are encouraged to create a basic sewing supply kit, but all supplies will be available for use during class.
Sewing and Fitting Mentor - Renee Bontjes
5079-S21 Jun 21-Jun 24 Mon-Thu 5:30-7:30pm $119
4 sessions  Sewing and Fitting Mentor

Sewing - Make & Take Beach Bag Age 16-Adult
Tote bags are super easy to make and they make great gifts! This is a fun project that is created with basic sewing skills and makes for a unique and thoughtful hostess or birthday gift. You’ll assemble six pieces, using straight ¼” seam allowances and contrasting fabric for lining and handles.
Sewing and Fitting Mentor - Renee Bontjes
5091-SP21 May 25 Tue 6:30-8:30pm $29
1 session  Sewing and Fitting Mentor

Sewing - One Yard Magic Apron Age 16-Adult
This apron is a quick, easy project that requires basic sewing skills and makes for a unique and thoughtful gift for a host/hostess, Mother’s Day or Father's Day. You’ll assemble six pieces and use a straight ¼” rolled hem from a single yard of fabric. Your apron can also be customized with contrasting fabric for ties and pocket.
Sewing and Fitting Mentor - Renee Bontjes
5081-SP21 May 4 Tue 6:30-8:30pm $29
1 session  Sewing and Fitting Mentor

Sewing Machine Quick-Start Age 16-Adult
If you’ve never used a sewing machine before or if it’s been years, this is a great class to take first! You’ll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on your own. During the process of getting comfortable with the sewing machine, you will also create a tote bag to prove you can sew.
Sewing and Fitting Mentor - Renee Bontjes
5087-SP21 Apr 6 & Apr 13 Tue 6:30-8:30pm $49
2 sessions  Sewing and Fitting Mentor

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

LEGO® Robotics Camp
Grades 3-8
Students will work together to build a LEGO® Mindstorm EV3 Robot. Then they will learn the EV3 programming interface to make the robot move and complete certain tasks. By combining the blocks, we will explore the magic of bringing the robot to life! We will focus on basic movement and using sensors. Students will be presented with a number of challenges for the robot to accomplish.

Dean Jensen
4032-S21  Jun 14-Jun 17  Mon-Thu
4 sessions 9am-12pm  $109
FLAHS (door 4) 342

Battle Drones
Grades 3-8
Students will learn from an experienced drone pilot to complete challenges and earn their Drone Pilot’s License. Once certified, students will take to the skies with their new flying skills and compete with each other in exciting, aerial laser tag battles. Students will work with their teams and use their critical thinking skills to develop strategies for each aerial competition thrown their way.

COR Robotics
4054-S21  Jun 21-Jun 24  Mon-Thu
4 sessions 9am-12pm  $99
FLAHS (door 4) 340

Drone Programming
Grades 4-9
Students will learn to program and fly at the same time! The drone can be programmed using entry level block based coding or more advanced text based coding to perform various challenges throughout the camp. The fun and excitement of flying drones makes it easy to forget students will be learning valuable 21st century programming skills in the process. A snack will be provided each day and parents are welcome to stop in at the end of each day to see what their child has learned.

COR Robotics
4055-S21  Jun 21-Jun 24  Mon-Thu
4 sessions 1-4pm  $99
FLAHS (door 4) 340

{YEL!} Project Runway
Grades 4-8
New summer projects! A swimsuit coverup, mini messenger bag, earbud case and your personalized sewer’s handbook. The {YEL!} Project Runway Sewing Camp follows four basic principles: Teach It! Students are taught multiple hand and machine sewing techniques. Practice It! Students practice those techniques on basic projects. Sew It! Students increase their skill and sew more complicated projects. Own It! Students showcase their projects on the last day of class (family and friends are invited) and then take everything home with them to walk the runway of everyday life!

{YEL!} Youth Enrichment League
4948-S21  Jul 19-Jul 22  Mon-Thu
4 sessions 9am-12pm  $125
FLAHS (door 4) 350
Forest Lake Ranger
Marching Band
Grades 7-12
The Forest Lake Ranger Marching Band is back and we need you! We will rehearse, perform in area parades and have an end of season celebration. A band polo shirt is included in the registration fee, with a reduced fee available for those who have their shirt from previous years. Use section A to register for Marching Band and select if you need a shirt or if you have a shirt. Use section B to purchase additional shirts for yourself or family members for $31-$33 each. Shirts are available in men’s and women’s styles in sizes XS-XXL.
Registration deadline is May 14. Late registrants may not get their marching band polo shirt in time for the first parade. Practice and parade schedule is to be determined - May 26-Sept 11. Parades may include White Bear Lake, Blaine, Coon Rapids, Forest Lake and Valleyfair as well as others.
Jake Matheson and Katie Hartman
5052-S21A $119 have polo
$145 need polo
5052-S21B $31 Extra Shirt (XS-XL) or $33 Extra Shirt (XXL-XXXL)

PrepStar Premium
Grades 10-12
The ACT® is no longer just an aptitude test. To receive great ACT scores, you need training and coaching now more than ever. This ACT preparation course is unlike any other. The class is thorough, challenging and extremely effective. It also offers guaranteed results if you have already taken the ACT! Increasing an ACT score by just a couple of points can result in thousands of dollars in additional scholarship money. The parent of a recent participant said, “Two points higher on the ACT meant nearly $50,000 more in scholarship money!” Class includes: three proctored ACT practice tests, test taking strategies and extensive content review.
Academic All Star Tutoring
5004-S21 Aug 16-Aug 24 Mon & Tue 4 sessions 9am-3:30pm $349
FLAHS (door 32) Media Center
DRIVER’S EDUCATION
FLASCE proudly partners with A+ Driving School

“OUR MAIN PHILOSOPHY IS DEFENSIVE DRIVING AND WE PUT A KEY EMPHASIS ON SAFETY.”

Please visit www.aplustrivingschool.net for current class schedule and registration details. Must be at least 14 years old to register.

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.
ELEMENARY SCHOOLS ATHLETIC LEAGUE INFORMATION

Forest Lake Area Schools Community Education (FLASCE) Athletic Leagues for girls & boys provide participants with tools to learn & improve their time management & 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: soccer, volleyball and flag football.

FLASCE leagues run for 6-8 weeks and participants get to experience live game play and learn skills & 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 & game schedules the week after the coaches meeting for each league.

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 for the elementary school they attend or plan to attend. All events will take place at Columbus Elementary.

What to bring: soccer cleats (rubber only) or tennis shoes, shin guards and a bottle of water every day.
Registration deadline: April 6
Coaches meeting: April 21 at 6:30pm, Columbus Elementary Cafeteria (door 1)

May 5-Jun 9 Wed
Col Green Space 6-8pm
$69 before April 6, $89 after April 6

1584-S21: ages 3 & 4 6-7pm
1588-S21: ages 5 & 6 7-8pm
1589-S21: ages 7 & 8 7-8pm
Soccer League Boys & Girls Entering Grades K-6
Soccer League will focus on improving the basic skills of dribbling, trapping, passing, receiving, game positions and offensive/defensive techniques. Please register the participant by the grade they are entering in the fall and by the elementary school they attend. Boys Soccer League will play games on Wednesdays and practice on Mondays starting July 12. Girls Soccer League will play games on Thursdays and practice on Tuesdays starting July 13. Games will start at either 6:15pm or 7:15pm. All games and practices will take place at Columbus Elementary.

What to bring: soccer cleats (rubber only) or tennis shoes, black shorts, shin guards and a bottle of water every day.
Registration deadline: June 8
Coaches meeting: June 29 at 6pm, Ed Center Cafeteria (door 4)

Boys: Mon & Wed
1679-S21: entering kindergarten
1680-S21: entering grades 1-2
1682-S21: entering grades 3-4
1684-S21: entering grades 5-6

Girls: Tue & Thu
1618-S21: entering kindergarten
1620-S21: entering grades 1-2
1622-S21: entering grades 3-4
1624-S21: entering grades 5-6

Flag Football League Boys & Girls Entering Grades K-3
Flag Football League will focus on skills such as passing, catching, ball handling and learning game positions. Please register the participant by the grade they are entering in the fall and by the elementary school they attend. Kindergarten and first grade will play games on Tuesdays starting September 14. Second and third grade will play games on Thursdays starting September 16. Games will start at 5:30pm or 6:30pm.

What to bring: football cleats (rubber only) or tennis shoes, black shorts and a bottle of water every day.
Registration deadline: August 3
Coaches meeting: August 26 at 6pm, Ed Center Cafeteria (door 4)

Boys: Mon & Wed
1690-F21: entering kindergarten
1691-F21: entering grade 1
1692-F21: entering grade 2
1693-F21: entering grade 3

Girls: Tue & Thu
1691-F21: entering grade 1
1692-F21: entering grade 2
1693-F21: entering grade 3

Volleyball League Boys & Girls Entering Grades 3-6
Volleyball League will focus on 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.

What to bring: tennis shoes, volleyball spandex/black shorts, knee pads and a bottle of water every day.
Registration deadline: August 11
Coaches meeting: September 10 at 6pm, Ed Center Cafeteria (door 4)

Boys: Mon & Wed
1634-F21: entering grades 3 & 4
1635-F21: entering grade 5
1636-F21: entering grade 6

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

**GOLF LEAGUE INFORMATION**

If you have your own clubs, you may bring them to the course. No clubs? No problem. Castlewood rents out youth and adult sized clubs for left and right handed golfers. Beverages, snacks and pizza are available for purchase at the golf course. Questions on inclement weather conditions or make-up dates? Visit the “Little Rock League” page on [www.castlewood.golf](http://www.castlewood.golf) for up-to-date information and news relating to the league. You may also call the pro shop at 651-982-4707. Castlewood Golf Course is located at 7050 Scandia Trail N, Forest Lake.

### Golf League Beginner Ages 8-12

Beginner golfers with little or no course play knowledge will gain the experience needed in a non-competitive, relaxed, no pressure setting that encourages skill development, safety and etiquette. Staff will teach you the basic skills you need for course play. First day instructional clinic will be from 10am-noon. Fixed tee times will be set up for the remainder of the season.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4640-S21</td>
<td>Jun 8</td>
<td>Aug 10</td>
<td>Tue</td>
<td>10am-12pm</td>
<td>$139</td>
<td>Castlewood Golf Course</td>
</tr>
<tr>
<td>9 sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No class Jul 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Golf League Recreational Ages 9-16

Do you have some golf course playing experience? Then it’s time to try out this non-competitive league! The emphasis will be on fun, safety, skill development and etiquette. Get back in the swing of things on the first day with an instructional clinic from 8-10am. Fixed tee times will be set up for the remainder of the season.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5022-S21</td>
<td>Jun 8</td>
<td>Aug 10</td>
<td>Tue</td>
<td>9-11am</td>
<td>$139</td>
<td>Castlewood Golf Course</td>
</tr>
<tr>
<td>9 sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No class Jul 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Golf League Competitive Ages 9-16

Designed for the skilled, competitive golfer - this comprehensive program will focus on the skills and attitude needed for upper level play. Respect, rules and etiquette in a league setting will be emphasized. The fee includes green fees and a first day clinic from 8-10am. Fixed tee times will be assigned after the first week.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5023-S21A</td>
<td>Jun 8</td>
<td>Aug 10</td>
<td>Tue</td>
<td>8-10am</td>
<td>$139</td>
<td>Castlewood Golf Course</td>
</tr>
<tr>
<td>9 sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No class Jul 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TENNIS CLINIC INFORMATION
Designed for participants who are interested in learning tennis or have played recreational/competitive tennis. Sessions will focus on skills, drills and games. All basic skills will be taught in an atmosphere that promotes learning and individual success. All tennis skill levels are encouraged to come out and learn the great game of tennis.

All participants will receive a t-shirt if registered by the deadline; please indicate size when registering. The registration deadline is June 10. For availability after June 10, please call (651) 982-8392 or email jkloss@flaschools.org.

What to bring: tennis shoes, tennis racket, two nut/peanut free snacks, sunscreen and a bottle of water every day.

Registration deadline: June 10
Location: (FLAHS) Tennis Courts

Tennis Clinic Beginner
Boys & Girls Age 5-Grade 6
Age 5-Grade 3
1641-S21A Jun 22-Aug 5 Tue & Thu
12 sessions 8-8:45am $69
No class Jul 6 & Jul 8

Grades 4-6
1641-S21B Jun 22-Aug 5 Tue & Thu
12 sessions 9:45-10:45am $89
No class Jul 6 & Jul 8

Tennis Clinic Intermediate/Advanced
Boys & Girls Age 5-Grade 6
Ages 5-8
1646-S21A Jun 22-Aug 5 Tue & Thu
12 sessions 8:45-9:30am $69
No class Jul 6 & Jul 8

Ages 9-12
1646-S21B Jun 22-Aug 5 Tue & Thu
12 sessions 11am-12pm $89
No class Jul 6 & Jul 8

Future Rangers Gymnastics Camp
Boys & Girls Entering Grades 1-6
At Future Rangers Gymnastics Camp, girls and boys will have an exciting and fun-filled morning including gymnastics instruction, group exercises, games and crafts. Led by the Forest Lake Area High School Gymnastics Team coaches and athletes, participants will work on their gymnastics skills (grouped by ability), make new friends and have lots of fun!

What to bring: leotard or appropriate athletic clothing (t-shirt and shorts or tank top and shorts), shoes, two nut/peanut free snacks and a bottle of water every day.

Registration deadline: July 16
Location: FLAHS (door 33) South Fieldhouse C
1631-S21 Jul 19-Jul 23 Mon-Fri
5 sessions 9am-12pm $125

Pole Vaulting Boys & Girls Age 9-Adult
Dream of flying? First time or experienced participants, age nine to adult, are encouraged to join us. Equipment, safety, pole care, run/approach, plant and swing up along with having fun will be the main emphasis. Space is limited so we can have a 1 to 5 coach to vaulter ratio. Family discount: each additional family member registered for a 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 name of all family members registered and a refund will be processed for the discount.

What to bring: tennis shoes, a small notebook, pen/pencil, two nut/peanut free snacks and a bottle of water every day.

Registration deadline: June 3
Location: FLAMS Track Field
1517-S21A Jun 15-Jul 29 Tue & Thu
12 sessions 10:30am-12:30pm $390
No class Jul 6 & Jul 8

1517-S21B Jun 15-Jul 29 Tue & Thu
12 sessions 5-7pm $390
No class Jul 6 & Jul 8

1517-S21C Jun 15-Jul 29 Tue & Thu
24 sessions 10:30am-12:30pm & 5-7pm $550
No class Jul 6 & Jul 8

Follow us! Search @FLASCE

VIEW BASKETBALL AND VOLLEYBALL CAMPS ON PAGE 18 & 19.
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 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-SP21 Apr 6-May 11 Tue
6 sessions 6-7pm $85
Ed Center (door 4) Cafeteria

{YEL!} Fencing
Summer Camp
Grades 2-8
Olympic Coach Ro Sobalvarro heads up {YEL!}'s fencing curriculum, instructor training and tournament consultation. Coach Sobalvarro brings with him an immense knowledge of youth, national and international fencing. We keep it fun, too. Your favorite instructors return with more knowledge, refined coaching skills and, of course, your favorite fencing games and arm bands. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets.

{YEL!} Youth Enrichment League
4057-S21 Jun 14-Jun 17 Mon-Thu 9am-12pm $125
Ed Center (door 18) Cafeteria

Horsin’ Around Program Age 9 & Up
Shadow Creek Stables, Inc. is offering a comprehensive riding program designed specifically for beginning riders. The class will include ground work/theory and riding. Participants must wear long pants and hard-soled boots. Enrollment is very limited, so register early! Shadow Creek Stables is located at 6150 N 202nd Street, 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 is located at 255 SE Hwy 97, Forest Lake.

Horseshoes - Big & Little League Age 8-Adult
Pitching horseshoes is a fun activity for all ages that promotes hand-eye coordination and friendly competition. In teams of two - one little (child) and one big (adult) - you will learn how to pitch horseshoes and kids will enjoy playing with their parent, sibling or adult friend. We will focus on the fundamentals of pitching horseshoes and how to score using the MN Gopher State Horseshoe Pitchers Association rules. We will then have time to pitch horseshoes in a friendly competition. Bring your own set of horseshoes or we will provide them for you. Please register with the name of the child who will be attending. We will meet at the outdoor horseshoe courts behind the Forest Lake VFW - 556 12th St SW, Forest Lake.

Helen Hawkinson-Mike
4019-S21 Jun 1-Jul 6 Tue 6:30-8:30pm $39 per pair
Skyhawks & Minihawks Sport Camps

Skyhawks and Minihawks camps are designed to introduce participants to a variety of different sports. Participants will learn rules and essential skills of each sport along with vital life lessons such as respect and teamwork in one fun-filled week.

What to bring: sport appropriate clothing and tennis shoes, two nut/peanut free snacks, sunscreen and a bottle of water every day.

Skyhawks Multi-Sport Camp
Boys & Girls Ages 6-12

*shin guards are recommended

Skyhawks Basketball Camp
Boys & Girls Ages 6-12
1610-S21A Jun 28-Jul 1 Mon-Thu
4 sessions 9am-12pm $109
FL Elem (door 1) Gym

1610-S21B Aug 16-Aug 19 Mon-Thu
4 sessions 9am-12pm $109
Ed Center (door 18) Gym

Skyhawks Track & Field Camp
Boys & Girls Ages 6-12

1617-S21A Jun 28-Jul 1 Mon-Thu
4 sessions 1-4pm $109
FL Green Space Field 1

1617-S21B Aug 9-Aug 12 Mon-Thu
4 sessions 9am-12pm $109
Ed Center Green Space

Skyhawks Flag Football Camp
Boys & Girls Ages 6-12

1699-S21A Jun 14-Jun 17 Mon-Thu
4 sessions 9am-12pm $109
Col Green Space

1699-S21B Jul 5-Jul 8 Mon-Thu
4 sessions 1-4pm $109
FL Green Space Field 1

1699-S21C Aug 2-Aug 5 Mon-Thu
4 sessions 1-4pm $109
Ed Center Green Space

Skyhawks Soccer Camp
Boys & Girls Ages 6-12

*shin guards are recommended

Skyhawks Minihawks Soccer Camp
Boys & Girls Ages 6-12

*shin guards are recommended

Skyhawks Minihawks Basketball Camp
Boys & Girls Ages 4-7

Skyhawks Minihawks Baseball Camp
Boys & Girls Ages 4-7

*baseball glove required

Skyhawks Minihawks Flag Football Camp
Boys & Girls Ages 6-12

Skyhawks Minihawks Track & Field Camp
Boys & Girls Ages 6-12

Skyhawks Minihawks Volleyball Camp
Boys & Girls Ages 6-12

View more information and register online at www.flaschools.org/ce.

More camps and sessions may become available. Please visit our website for the most up to date information.
Cinderella - Masquers Drama Camp
Ages 6-16
Join us for a fairy-tale summer as we create a new adaptation of Cinderella. This classic story has roles for every age and experience level. In addition to learning how to audition, we will focus on improvisation, character development and some dancing. The culmination of the student’s hard work will be on our final Friday and each student will have six tickets to share with friends and family. Students will need to spend some time out of class working with the script to ensure memorization and to practice their choreography. There will be a socially distanced outdoor snack time daily. Students should bring their own snack and water bottle.

Masquers Theatre Company
4400-S21 Jun 14-Jun 25 Mon-Fri
10 sessions 10am-12pm $125
FLAHS (door 32) Auditorium

Ranger Singers with a Twist Grades 3-6
Calling anyone in 3rd - 6th grade who loves to make music. Ranger Singers with a Twist is for you. Join us while we create a recorded singing project using your voice and technology. Whether classes are in person, hybrid or distance learning you can still make music! Get ready to make music and learn something new!

Lisa Sauer and Francois Harewood
4002-SP21A Apr 13-May 18 Tue
3:45-5pm $55
Lino (door 1) 116
Lisa Sauer

4002-SP21B Apr 15-May 20 Thu
3:45-5pm $55
FL Elem (door 1) 114
Lisa Sauer

4002-SP21C Apr 15-May 20 Thu
3:45-5pm $55
Wyo (door 1) 143
Francois Harewood

Follow us! Search @FLASCE

Into The Woods Jr - Masquers Musical Camp
Ages 6-17
This camp will focus on auditioning and putting together this incredible shortened Sondheim classic featuring many of your favorite fairy-tale characters including Little Red Riding Hood, Jack (of beanstalk fame), Cinderella, Rapunzel, Prince Charming (and his brother) and many more! We will have time for improvisation, character development, theatre games and creating sets and props for the production in addition to learning the music, choreography and staging. The performance is on our final Thursday and each student will have six tickets to share with friends and family. Students will need to spend time out of class working with the script, music and choreography to ensure memorization. There will be a socially distanced outdoor snack time daily. Students should bring their own snack and water bottle.

Masquers Theatre Company
4409-S21 Jun 14-Jul 1 Mon-Fri
14 sessions 12:30-3:30pm $225
FLAHS (door 32) Auditorium

Anastasia Musical Theater Camp
Ages 4-8
What if you were royalty and didn’t know it? Let’s take a journey into the past and find out! We will learn music and choreography from Anastasia and create our own musical. Everyone will learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games. No experience is necessary. All you need is comfortable clothing and lightweight athletic shoes or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Mayer Arts
4049-S21 Jul 26-Jul 29 Mon-Thu
4 sessions 9am-12pm $125
FLAHS (door 4) 340

Hamilton Musical Theater Camp
Ages 7-12
Let’s create our own version of one of the most popular musicals today. Everyone will learn songs and choreography from Hamilton and put on a show! Learn how to properly speak your lines, block a scene, develop your character and much more. We will also play fun creative games. No experience is necessary. All you need is comfortable clothing and lightweight athletic shoes or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Mayer Arts
4049-S21 Jul 26-Jul 29 Mon-Thu
4 sessions 9am-12pm $125
FLAHS (door 4) 340

Beginning Ballet & Tap
Ages 5-6
Children will learn beginning tap and ballet movements and creative expression. Emphasis is on basic locomotor development, rhythm and creative expression. Our young dancers learn dance in a playful, imaginative and non-competitive environment. The Dance Factory is located at 1432 Lake Street South, Forest Lake.

Dance Factory
4291-S21 Jul 6-Jul 27 Tue
4 sessions 5:45pm $45
Dance Factory
ELEMENTARY YOUTH ARTS & THEATER

**Drawing Dynamos Ages 6-11**
Learn to be a creative and confident drawer. We'll make drawing easier by using shapes and other drawing techniques that bring your art to life. We'll draw cartoons, 3D shapes, animals and more. Bring a nut-free snack and beverage.

* Abrakadoodle

4053-S21  Jun 21 & Jun 22  Mon & Tue  12:30-3pm  $79  FLAHS (door 4) 360
2 sessions

**Art from the Heart Camp Ages 5-11**
Kids that love art will create super cool and colorful creations from paper mâché pigs to a painted seahorse on canvas. We'll sculpt an elephant pot, paint on canvas, make a cute cutout llama with a woven blanket, play with paper mâché and more. This camp is filled with fabulous creations. Bring a beverage and a nut free snack.

* Abrakadoodle

4052-S21  Jun 21-Jun 24  Mon-Thu  10am-12pm  $125  FLAHS (door 4) 360
4 sessions

**The Messiest Art Camp Ever! Part II with Kidcreate Studio**

**Ages 5-12**
Back by popular demand with all new projects that take mess-making to a whole new level! We'll paint with plaster, sculpt with gooey gunk, make paper mâché birds and fling paint like Jackson Pollock. We will even learn some art terms along the way. These are not projects to tackle at home - leave the mess with us. After all, being a kid is a messy business! There is no need for your child to have completed The Messiest Art Class Ever! Part I to attend this class. Please pack a nut free snack and beverage for your child.

* Kidcreate Studio

4170-S21  Jul 12-Jul 14  Mon-Wed  1-4pm  $109  FLAHS (door 4) 360
3 sessions

**Marvelous Masters on Canvas**

**Ages 5-12**
We will be inspired by art created by Vincent Van Gogh, Claude Monet, Rembrandt and Pablo Picasso. We will recreate famous works of art like Van Gogh’s Starry Night, Monet’s Water Lilies, Rembrandt’s The Mill and many others, all on real canvas boards. Make room on your walls! Your child is going to be very proud of these masterpieces! Please pack a nut free snack and beverage for your child.

* Kidcreate Studio

4024-S21  Jul 12-Jul 14  Mon-Wed  9am-12pm  $109  FLAHS (door 4) 360
3 sessions

**Art Explorers**

**Ages 5-11**
Want to explore all kinds of different ways to create art? If the answer is yes then you will love this camp. Paint with fish, make slime, create a colorful canvas using paint squishing, use slimy paper mâché to make colorful ice cream cones and more messy and colorful projects. Create amazing pieces of art while having big, messy fun. Please bring a beverage and nut-free snack.

* Abrakadoodle

4051-S21  Jul 26-Jul 29  Mon-Thu  10am-12pm  $125  FLAHS (door 4) 360
4 sessions
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. 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 FLAS art room. Due to materials being prepared, no refunds after noon the day of class.

Tree Croyle Johnson

All classes are held at Hallberg Center for the Arts.

Mushrooms
6191-SP21A Apr 23 Fri
1 session 6-8pm $45 per pair

I Love You Birds
4190-SP21B May 14 Fri
1 session 6-8pm $45 per pair

Unicorns
4190-S21A Jun 25 Fri
1 session 6-8pm $45 per pair

Butterfly
4190-S21B Jul 30 Fri
1 session 6-8pm $45 per pair

Flowers
4190-S21C Aug 27 Fri
1 session 6-8pm $45 per pair

Sewing - Kid’s Camp

Ages 9-16

Learn how to use a sewing machine, sew seams and use patterns to create sewing projects. We’ll begin with some easy starter projects (pillowcase and a drawstring bag) designed to teach sewing machine operation and safety. As you gain experience and confidence, you will be free to select more complex projects that are age and skill level appropriate. Students are encouraged to create a basic sewing supply kit, but all supplies will be available for use during class.

Sewing and Fitting Mentor - Renee Bontjes

5079-S21 Jun 21-Jun 24 Mon-Thur
4 sessions 5:30-7:30pm $119

{YEL!} Project Runway

Grades 4-8

New summer projects! A swimsuit coverup, mini messenger bag, earbud case and your personalized sewer’s handbook. The {YEL!} Project Runway Sewing Camp follows four basic principles: Teach It! Students are taught multiple hand and machine sewing techniques. Practice It! Students practice those techniques on basic projects. Sew It! Students increase their skill and sew more complicated projects. Own It! Students showcase their projects on the last day of class (family and friends are invited) and then take everything home with them to walk the runway of everyday life!

{YEL!} Youth Enrichment League

4948-S21 Jul 19-Jul 22 Mon-Thu 9am-12pm $125
4 sessions FLAHS (door 4) 350

SAFELY OPEN for OUR COMMUNITY

FLASCE is closely following guidelines from MDH (Minnesota Department of Health) and CDC (Centers for Disease Control and Prevention) to mitigate the risk of COVID-19 exposure.

Visit www.flaschools.org/ce to view COVID-19 guidelines.
ELEmeNtARY YOUTH MATH & SCIENCE

LEGO® Robotics Camp
Grades 3-8
Students will work together to build a LEGO® Mindstorm EV3 Robot. Then they will learn the EV3 programming interface to make the robot move and complete certain tasks. By combining the blocks, we will explore the magic of bringing the robot to life! We will focus on basic movement and using sensors. Students will be presented with a number of challenges for the robot to accomplish.

Dean Jensen
4032-S21 Jun 14-Jun 17 Mon-Thu
4 sessions 9am-12pm $109
FLAHS (door 4) 342

Battle Drones
Grades 3-8
Students will learn from an experienced drone pilot to complete challenges and earn their Drone Pilot’s License. Once certified, students will take to the skies with their new flying skills and compete with each other in exciting, aerial laser tag battles. Students will work with their teams and use their critical thinking skills to develop strategies for each aerial competition thrown their way.

COR Robotics
4054-S21 Jun 21-Jun 24 Mon-Thu
4 sessions 9am-12pm $99
FLAHS (door 4) 340

Drone Programming
Grades 4-9
Students will learn to program and fly at the same time! The drone can be programmed using entry level block based coding or more advanced text based coding to perform various challenges throughout the camp. The fun and excitement of flying drones makes it easy to forget students will be learning valuable 21st century programming skills in the process. A snack will be provided each day and parents are welcome to stop in at the end of each day to see what their child has learned.

COR Robotics
4055-S21 Jun 21-Jun 24 Mon-Thu
4 sessions 1-4pm $99
FLAHS (door 4) 340

{YEL!} Robotics Junior
Grades 1-5
Build it, program it, play with it and learn from it using LEGO® Mindstorms WeDo software and LEGO® bricks! Students will build race cars, a forklift, a boat and more and then program them to complete various tasks. Students are challenged to build, test, program and modify multiple projects and then use those projects to investigate basic robotics concepts as well as introductory computer coding. 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
4056-S21 Jul 6-Jul 9 Tue-Fri 9am-12pm $109
4 sessions FLAHS (door 4) 350

Jr. Inventors Workshop
Grades K-3
Engineers invent things in order to solve problems. This workshop will be a week of fun, creativity and of course-engineering! Students will invent new machines and explore creative design solutions using the Engineering Design Process. Discover how a wind-up toy works and design your own drawing robot inside the Engineering For Kids Junior Inventor's Workshop.

Engineering for Kids
4061-S21 Jul 19-Jul 22 Mon-Thu 9am-12pm $145
4 sessions FLAHS (door 4) 340
Junior Engineering and Building  
Grades K-3  
If you have a learner who likes building things and figuring out how things work, he/she will love this class. Join us as we explore, investigate and solve problems while learning about simple machines' engineering building blocks. Students will enjoy hands-on activities using LEGO® Gears and special LEGO® Technic® engineering components that incorporate math, science and creativity. Students will work through building models that demonstrate mechanical and physical engineering. They will then use what they learned to solve challenges. Learning projects may include mini mechanical concept models, a moving dragon, scale, clown, crane, car, fan, merry-go-round and more. Please bring a beverage and snack daily.

Tech Academy  
4062-S21 Jul 26-Jul 28 Mon-Wed 1-4pm $115  
3 sessions FLAHS (door 4) 350

{YEL!} Destination Mars: Rocketry Course  
Grades 2-5  
Launch and watch your very own rocket speed 300 feet into the air - then it is yours to take home! Students will make and take home multiple rockets of varying difficulty throughout this session. We will use these rockets and airplanes to investigate basic aeronautical concepts including propulsion, thrust, lift, drag and more. We will also hypothesize about travel in outer space, how to get a United States astronaut to Mars and life on Mars. Parents will be asked to contribute two empty 2 liter soda bottles for two different experiments. All other materials are included.

{YEL!} Youth Enrichment League  
4909-S21 Jul 12-Jul 15 Mon-Thu 9am-12pm $125  
4 sessions FLAHS (door 4) 350

Jr. MinecraftEdu: Building Cities  
Grades K-3  
In MinecraftEdu worlds designed exclusively for Engineering For Kids, students will work together as teams and scout out an area to build their own shelters. Working together, they will gather the necessary resources to engineer new structures that will withstand an imminent catastrophe on earth. Students will learn how to use teamwork and manage resources like an engineer in the real world. Building in Minecraft allows students to experiment with designs and materials, all without the risks associated with building structures in reality. This class is perfect for students who have never used Minecraft before or are beginners.

Engineering for Kids  
4059-S21 Jul 19-Jul 22 Mon-Thu 1-4pm $145  
4 sessions FLAHS (door 4) 340

Extreme Game Coding: Super Mario  
Grades 3-6  
This course will give you hands-on experience developing your own game using Scratch 3, a visual coding platform. Students will learn how to think like programmers and learn coding concepts while creating a 2-dimensional, arcade-style Super Mario Bros. themed game. The first part of the class will be instructor-led, with the time remaining, students will have the opportunity to customize their games. Games created in class will be available online or students can bring a USB drive for immediate access.

Tech Academy  
4063-S21 Jul 26-Jul 28 Mon-Wed 9am-12pm $115  
3 sessions FLAHS (door 4) 350
American Red Cross Certified Babysitters Training

Age 11 and 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 will include 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

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4388-S21A</td>
<td>Jun 16</td>
<td>Wed</td>
<td>9am-3pm</td>
<td>$89</td>
<td>1 session</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ed Center (door 18) 208</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4388-S21B</td>
<td>Jun 17</td>
<td>Thu</td>
<td>9am-3pm</td>
<td>$89</td>
<td>1 session</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ed Center (door 18) 208</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4388-S21C</td>
<td>Jul 14</td>
<td>Wed</td>
<td>9am-3pm</td>
<td>$89</td>
<td>1 session</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ed Center (door 18) 208</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4388-S21D</td>
<td>Jul 15</td>
<td>Thu</td>
<td>9am-3pm</td>
<td>$89</td>
<td>1 session</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ed Center (door 18) 208</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

F.A.S.T. KIDS - Staying Safe While Home Alone
Ages 8-10
The First Aid and Safety Trained Kids course helps prepare children for staying safe while at and away from home. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, stranger and internet safety. Students will receive a book, handouts and a home first aid kit as part of the class.

Emergency Outfitters

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4387-S21A</td>
<td>Jun 22</td>
<td>Tue</td>
<td>8:30am-12:30pm</td>
<td>$65</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>FLAHS (door 4) 362</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4387-S21B</td>
<td>Jul 13</td>
<td>Tue</td>
<td>8:30am-12:30pm</td>
<td>$65</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>FLAHS (door 4) 362</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

{YEL!} Chess Summer Camp
Grades 1-5
All levels welcome. The {YEL!} Teach It! Practice It! Play It! method keeps chess students progressing with 60+ chess lessons and thousands of puzzles as well as guided games and an end-of-week in-class tournament. Class fee includes ChessKid.com membership for the session ($49 annual value). Battle summer brain drain and sign up today to THINK, LEARN and PLAY WELL with {YEL!}.

{YEL!} Youth Enrichment League

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4058-S21</td>
<td>Jun 21-$</td>
<td>Mon-Thu</td>
<td>4 sessions</td>
<td>9am-12pm</td>
</tr>
<tr>
<td></td>
<td>Jun 24</td>
<td></td>
<td>FLAHS (door 4) 350</td>
<td></td>
</tr>
</tbody>
</table>
SAC Grades K-3
Affordable, convenient care for grades K-3.
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
Children enrolled in Little Rangers Full Day Preschool now 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. For more information or to register for School Age Care, call (651) 982-8365. See page 55 for information on Little Rangers Preschool.
Summer Childcare
June 14 - August 27
• 6am-6pm
• Summer registration is open February 1 - May 1, 2021
• Field trips, swimming and more
• Minimum of two days per week
• Locations: Forest View, Lino Lakes and Wyoming Elementaries
• Spaces fill quickly; register early to reserve your spot

Registration Deadline: May 1
Registrations are continuously accepted upon space availability.

For rates, registration information and the Family Handbook, contact:
Childcare Programs
(651) 982-8365
www.flaschools.org/childcare

“Safe, fun, affordable and convenient.”

Register Online at
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 inbox for an email regarding your pending childcare contract.
2. Submit all required forms to the childcare business office.
3. Once all paperwork is completed, you will receive an email confirmation with your start date.

Registration is accepted continuously upon space availability.
A “swimmer” should successfully be able to:

• Swim 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!

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.

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

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

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.

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

Forest Lake Area Schools Community Pool Location
Swim lessons are held in the Community Pool at the FLAS Education Center, Door #8 • 943 9th Ave SW, Forest Lake
Infant Swim Lessons Ages 6 months-2 years
Parents work with their child to become comfortable in the water; laying the foundation to learn to swim through play and games.

- **1000-SP21** 6 sessions Apr 14-May 19 Wed 6:30-7pm $59
- **1000-S21A** 8 sessions Jun 15-Aug 3 Tue 6:30-7pm $74
- **1000-S21B** 6 sessions Jun 23-Jul 28 Wed 6:30-7pm $59

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 basic swimming skills.

- **1001-SP21** 6 sessions Apr 14-May 19 Wed 6:30-7pm $59
- **1001-S21A** 8 sessions Jun 15-Aug 3 Tue 6:30-7pm $74
- **1001-S21B** 6 sessions Jun 23-Jul 28 Wed 6:30-7pm $59

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-SP21A** 6 sessions Apr 12-May 17 Mon 7-7:30pm $59
- **1002-SP21B** 6 sessions Apr 14-May 19 Wed 7-7:30pm $59
- **1002-S21A** 8 sessions Jun 15-Aug 3 Tue 7-7:30pm $74
- **1002-S21B** 6 sessions Jun 23-Jul 28 Wed 7-7:30pm $59

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-SP21A** 6 sessions Apr 10-May 15 Sat 9-9:30am $59
- **1003-SP21B** 6 sessions Apr 12-May 17 Mon $59
- **1003-SP21C** 6 sessions Apr 14-May 19 Wed $59
- **1003-SP21D** 6 sessions Apr 14-May 19 Wed $59
- **1003-S21A** 8 sessions Jun 14-Aug 9 Mon 6-6:30pm No class Jul 5 $74
- **1003-S21B** 8 sessions Jun 14-Aug 9 Mon 7-7:30pm No class Jul 5 $74
- **1003-S21C** 8 sessions Jun 15-Aug 3 Tue $74
- **1003-S21D** 8 sessions Jun 17-Aug 5 Thu $74
- **1003-S21E** 9 sessions Jun 21-Jul 1 Mon-Fri $82
- **1003-S21F** 6 sessions Jun 23-Jul 28 Wed $59
- **1003-S21G** 6 sessions Jun 23-Jul 28 Wed $59
- **1003-S21H** 9 sessions Jul 6-Jul 16 Mon-Fri $82
- **1003-S21I** 9 sessions Jul 6-Jul 16 Mon-Fri $82
- **1003-S21J** 10 sessions Jul 19-Jul 30 Mon-Fri $91
- **1003-S21K** 10 sessions Jul 19-Jul 30 Mon-Fri $91
- **1003-S21L** 10 sessions Aug 2-Aug 13 Mon-Fri $91
- **1003-S21M** 10 sessions Aug 2-Aug 13 Mon-Fri $91
Aquatics

**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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date/Time</th>
<th>Days</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1004-SP21A</td>
<td>Apr 10-May 15</td>
<td>Sat</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>9:30-10am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-SP21B</td>
<td>Apr 12-May 17</td>
<td>Mon</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>6:30-7pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-SP21C</td>
<td>Apr 14-May 19</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>6-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-SP21D</td>
<td>Apr 14-May 19</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>6:30-7pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21A</td>
<td>Jun 14-Aug 9</td>
<td>Mon</td>
<td>$74</td>
</tr>
<tr>
<td>8 sessions</td>
<td>6:30-7pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21B</td>
<td>Jun 14-Aug 9</td>
<td>Mon</td>
<td>$74</td>
</tr>
<tr>
<td>8 sessions</td>
<td>7:30-8pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21C</td>
<td>Jun 15-Aug 3</td>
<td>Tue</td>
<td>$74</td>
</tr>
<tr>
<td>8 sessions</td>
<td>6-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21D</td>
<td>Jun 17-Aug 5</td>
<td>Thu</td>
<td>$74</td>
</tr>
<tr>
<td>8 sessions</td>
<td>6-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21E</td>
<td>Jun 21-Jul 1</td>
<td>Mon-Fri</td>
<td>$82</td>
</tr>
<tr>
<td>9 sessions</td>
<td>10:30-11am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21F</td>
<td>Jun 21-Jul 1</td>
<td>Mon-Fri</td>
<td>$82</td>
</tr>
<tr>
<td>9 sessions</td>
<td>11-11:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21G</td>
<td>Jun 23-Jul 28</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>6:30-7pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21H</td>
<td>Jun 23-Jul 28</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>7-7:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21I</td>
<td>Jul 6-Jul 16</td>
<td>Mon-Fri</td>
<td>$82</td>
</tr>
<tr>
<td>9 sessions</td>
<td>10:30-11am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21J</td>
<td>Jul 19-Jul 30</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>12:30-1pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21K</td>
<td>Jul 19-Jul 30</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>1-1:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21L</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>9:30-10am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1004-S21M</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>10:30-11am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date/Time</th>
<th>Days</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1005-SP21A</td>
<td>Apr 10-May 15</td>
<td>Sat</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>11-11:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-SP21B</td>
<td>Apr 12-May 17</td>
<td>Mon</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>7:30-8pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-SP21C</td>
<td>Apr 14-May 19</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>6-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-SP21D</td>
<td>Apr 14-May 19</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>7-7:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21A</td>
<td>Jun 15-Aug 3</td>
<td>Tue</td>
<td>$74</td>
</tr>
<tr>
<td>8 sessions</td>
<td>6-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21B</td>
<td>Jun 17-Aug 5</td>
<td>Thu</td>
<td>$74</td>
</tr>
<tr>
<td>8 sessions</td>
<td>6-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21C</td>
<td>Jun 21-Jul 1</td>
<td>Mon-Fri</td>
<td>$82</td>
</tr>
<tr>
<td>9 sessions</td>
<td>10:30-11am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21D</td>
<td>Jun 23-Jul 28</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>6-6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21E</td>
<td>Jun 23-Jul 28</td>
<td>Wed</td>
<td>$59</td>
</tr>
<tr>
<td>6 sessions</td>
<td>7-7:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21F</td>
<td>Jul 6-Jul 16</td>
<td>Mon-Fri</td>
<td>$82</td>
</tr>
<tr>
<td>9 sessions</td>
<td>10-10:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21G</td>
<td>Jul 19-Jul 30</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>10-10:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21H</td>
<td>Jul 19-Jul 30</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>10-10:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21I</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>10-10:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21J</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>10-10:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-S21K</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>$91</td>
</tr>
<tr>
<td>10 sessions</td>
<td>10-10:30am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Engaging people; enriching lives!
Aquatics

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 swim instructor.

1006-SP21A  Apr 10-May 15  Sat
6 sessions  10-10:50am  $59
1006-SP21B  Apr 10-May 15  Sat
6 sessions  11-11:50am  $59
1006-SP21C  Apr 12-May 17  Mon
6 sessions  7-7:50pm  $59
1006-S21A  Jun 14-Aug 9  Mon
8 sessions  6-6:50pm  No class Jul 5 $74
1006-S21B  Jun 14-Aug 9  Mon
8 sessions  7-7:50pm  No class Jul 5 $74
1006-S21C  Jun 17-Aug 5  Thu
8 sessions  6:30-7:20pm  $74
1006-S21D  Jun 21-Jul 1  Mon-Fri
9 sessions  10-10:50am  $82
1006-S21E  Jun 21-Jul 1  Mon-Fri
9 sessions  12-12:50pm  $82
1006-S21F  Jul 6-Jul 16  Mon-Fri
9 sessions  9-9:50am  $82
1006-S21G  Jul 6-Jul 16  Mon-Fri
9 sessions  12-12:50pm  $82
1006-S21H  Jul 19-Jul 30  Mon-Fri
10 sessions  10-10:50am  $91
1006-S21I  Jul 19-Jul 30  Mon-Fri
10 sessions  11-11:50am  $91
1006-S21J  Aug 2-Aug 13  Mon-Fri
10 sessions  9-9:50am  $91
1006-S21K  Aug 2-Aug 13  Mon-Fri
10 sessions  10-10:50am  $91
1006-S21L  Aug 2-Aug 13  Mon-Fri
10 sessions  12-12:50pm  $91
1006-S21M  Aug 2-Aug 13  Mon-Fri
10 sessions  11-11:50am  $91

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-SP21A  Apr 10-May 15  Sat
6 sessions  9-9:50am  $59
1007-SP21B  Apr 10-May 15  Sat
6 sessions  11-11:50am  $59
1007-SP21C  Apr 12-May 17  Mon
6 sessions  7-7:50pm  $59
1007-S21A  Jun 14-Aug 9  Mon
8 sessions  6-6:50pm  No class Jul 5 $74
1007-S21B  Jun 14-Aug 9  Mon
8 sessions  7-7:50pm  No class Jul 5 $74
1007-S21C  Jun 17-Aug 5  Thu
8 sessions  6:30-7:20pm  $74
1007-S21D  Jun 21-Jul 1  Mon-Fri
9 sessions  10-10:50am  $82
1007-S21E  Jun 21-Jul 1  Mon-Fri
9 sessions  12-12:50pm  $82
1007-S21F  Jul 6-Jul 16  Mon-Fri
9 sessions  10-10:50am  $82
1007-S21G  Jul 6-Jul 16  Mon-Fri
9 sessions  12-12:50pm  $82
1007-S21H  Jul 19-Jul 30  Mon-Fri
10 sessions  10-10:50am  $91
1007-S21I  Jul 19-Jul 30  Mon-Fri
10 sessions  11-11:50am  $91
1007-S21J  Aug 2-Aug 13  Mon-Fri
10 sessions  9-9:50am  $91
1007-S21K  Aug 2-Aug 13  Mon-Fri
10 sessions  10-10:50am  $91
1007-S21L  Aug 2-Aug 13  Mon-Fri
10 sessions  12-12:50pm  $91
1007-S21M  Aug 2-Aug 13  Mon-Fri
10 sessions  11-11:50am  $91

Private Swim Lessons
Course number: 1013
Private/Semi-Private swim lessons are offered at various times and dates. Please call (651) 982-8110 if you have questions.

Private Swim Lessons
(Age 4-Adult)
Learn to swim in a class customized just for you. When registering, please select the Private Swim Lesson Fee.

Semi-Private Swim Lessons
(Age 4-Adult)
Learn to swim with a friend or sibling. Both students should be at the same skill level. When registering for Semi-Private Lessons, you must register both students at the same time. Please select the Semi-Private Lesson fee for each student.

Visit www.flaschools.org/ce or call (651) 982-8110 for availability.
## Aquatics

### Level 3 Swim Lessons
**Age 6 & up**
Prerequisite: Level 2 or be able to jump in 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Session Dates</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1008-SP21A</td>
<td>Apr 10-May 15</td>
<td>Sat</td>
<td>10-10:50am</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6 sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1008-SP21B</td>
<td>Apr 10-May 15</td>
<td>Sat</td>
<td>11-11:50am</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6 sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1008-SP21C</td>
<td>Apr 12-May 17</td>
<td>Mon</td>
<td>6-6:50pm</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6 sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1008-SP21D</td>
<td>Apr 12-May 17</td>
<td>Mon</td>
<td>7-7:50pm</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6 sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1008-S21A</td>
<td>Jun 14-Aug 9</td>
<td>Mon</td>
<td>6-6:50pm</td>
<td>$74</td>
</tr>
<tr>
<td></td>
<td>No class Jul 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1008-S21B</td>
<td>Jun 14-Aug 9</td>
<td>Mon</td>
<td>7-7:50pm</td>
<td>$74</td>
</tr>
<tr>
<td></td>
<td>No class Jul 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1008-S21C</td>
<td>Jun 15-Aug 3</td>
<td>Tue</td>
<td>6:30-7:20pm</td>
<td>$74</td>
</tr>
<tr>
<td>1008-S21D</td>
<td>Jun 17-Aug 5</td>
<td>Thu</td>
<td>6:30-7:20pm</td>
<td>$74</td>
</tr>
<tr>
<td>1008-S21E</td>
<td>Jun 21-Jul 1</td>
<td>Mon-Fri</td>
<td>10-10:50am</td>
<td>$82</td>
</tr>
<tr>
<td>1008-S21F</td>
<td>Jun 21-Jul 1</td>
<td>Mon-Fri</td>
<td>11-11:50am</td>
<td>$82</td>
</tr>
<tr>
<td>1008-S21G</td>
<td>Jun 23-Jul 28</td>
<td>Wed</td>
<td>6-6:50pm</td>
<td>$59</td>
</tr>
<tr>
<td>1008-S21H</td>
<td>Jul 6-Jul 16</td>
<td>Mon-Fri</td>
<td>9-9:50am</td>
<td>$82</td>
</tr>
<tr>
<td>1008-S21I</td>
<td>Jul 6-Jul 16</td>
<td>Mon-Fri</td>
<td>10-10:50am</td>
<td>$82</td>
</tr>
<tr>
<td>1008-S21J</td>
<td>Jul 6-Jul 16</td>
<td>Mon-Fri</td>
<td>12-12:50pm</td>
<td>$82</td>
</tr>
<tr>
<td>1008-S21K</td>
<td>Jul 19-Jul 30</td>
<td>Mon-Fri</td>
<td>10-10:50am</td>
<td>$91</td>
</tr>
<tr>
<td>1008-S21L</td>
<td>Jul 19-Jul 30</td>
<td>Mon-Fri</td>
<td>11-11:50am</td>
<td>$91</td>
</tr>
<tr>
<td>1008-S21M</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>9-9:50am</td>
<td>$91</td>
</tr>
<tr>
<td>1008-S21N</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>11-11:50am</td>
<td>$91</td>
</tr>
</tbody>
</table>

### Level 4 Swim Lessons
**Age 6 & up**
Prerequisite: Level 3 or be able to swim front crawl in good form with rotary breathing for 15 yards. In Level 4, participants improve 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>Code</th>
<th>Session Dates</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1009-SP21A</td>
<td>Apr 10-May 15</td>
<td>Sat</td>
<td>9-9:50am</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6 sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1009-SP21B</td>
<td>Apr 10-May 15</td>
<td>Sat</td>
<td>10-10:50am</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6 sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1009-SP21C</td>
<td>Apr 12-May 17</td>
<td>Mon</td>
<td>7-7:50pm</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6 sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1009-S21A</td>
<td>Jun 14-Aug 9</td>
<td>Mon</td>
<td>6-6:50pm</td>
<td>$74</td>
</tr>
<tr>
<td></td>
<td>No class Jul 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1009-S21B</td>
<td>Jun 21-Jul 1</td>
<td>Mon-Fri</td>
<td>11-11:50am</td>
<td>$82</td>
</tr>
<tr>
<td>1009-S21C</td>
<td>Jun 23-Jul 28</td>
<td>Wed</td>
<td>6-6:50pm</td>
<td>$59</td>
</tr>
<tr>
<td>1009-S21D</td>
<td>Jul 6-Jul 16</td>
<td>Mon-Fri</td>
<td>11-11:50am</td>
<td>$82</td>
</tr>
<tr>
<td>1009-S21E</td>
<td>Jul 6-Jul 16</td>
<td>Mon-Fri</td>
<td>12-12:50pm</td>
<td>$82</td>
</tr>
<tr>
<td>1009-S21F</td>
<td>Jul 19-Jul 30</td>
<td>Mon-Fri</td>
<td>12-12:50pm</td>
<td>$91</td>
</tr>
<tr>
<td>1009-S21G</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>10-10:50am</td>
<td>$91</td>
</tr>
<tr>
<td>1009-S21H</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>11-11:50am</td>
<td>$91</td>
</tr>
<tr>
<td>1009-S21I</td>
<td>Aug 2-Aug 13</td>
<td>Mon-Fri</td>
<td>12-12:50pm</td>
<td>$91</td>
</tr>
</tbody>
</table>

Follow us! Search @FLASCE
Aquatics

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, under water swimming and turns.

1010-SP21A Apr 10-May 15 Sat 6 sessions 10-10:50am $59
1010-SP21B Apr 12-May 17 Mon 6 sessions 6:6-6:50pm $59
1010-S21A Jun 15-Aug 3 Tue 8 sessions 6:30-7:20pm $74
1010-S21B Jun 17-Aug 5 Thu 8 sessions 6:30-7:20pm $74
1010-S21C Jun 21-Jul 1 Mon-Fri 9 sessions 10-10:50am $82
1010-S21D Jun 21-Jul 1 Mon-Fri 9 sessions 12-12:50pm $82
1010-S21E Jul 6-Jul 16 Mon-Fri 9 sessions 11-11:50am $82
1010-S21F Jul 19-Jul 30 Mon-Fri 9 sessions 12-12:50pm $91
1010-S21G Aug 2-Aug 13 Mon-Fri 9 sessions 12-12:50pm $91

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 taught in this course.

1011-SP21 Apr 10-May 15 Sat 6 sessions 9-9:50am $59
1011-S21A Jun 15-Aug 3 Tue 8 sessions 6:30-7:20pm $74
1011-S21B Jun 17-Aug 5 Thu 8 sessions 6:30-7:20pm $74
1011-S21C Jun 21-Jul 1 Mon-Fri 9 sessions 11-11:50am $82
1011-S21D Jul 6-Jul 16 Mon-Fri 9 sessions 10-10:50am $82
1011-S21E Jul 19-Jul 30 Mon-Fri 10 sessions 11-11:50am $91
1011-S21F Aug 2-Aug 13 Mon-Fri 10 sessions 12-12:50pm $91

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.

1012-SP21 Apr 10-May 15 Sat 6 sessions 9-9:50am $59
1012-S21A Jun 15-Aug 3 Tue 8 sessions 6:30-7:20pm $74
1012-S21B Jun 17-Aug 5 Thu 8 sessions 6:30-7:20pm $74
1012-S21C Jun 21-Jul 1 Mon-Fri 9 sessions 11-11:50am $82
1012-S21D Jul 6-Jul 16 Mon-Fri 9 sessions 10-10:50am $82
1012-S21E Jul 19-Jul 30 Mon-Fri 10 sessions 11-11:50am $91
1012-S21F Aug 2-Aug 13 Mon-Fri 10 sessions 12-12:50pm $91

Recreational Swim All Ages
Enjoy the pool for recreational swimming. Participants that are 50 inches or taller may swim without a parent/guardian. If a participant is under 50 inches, they must be accompanied in the water by a parent/guardian and may bring a lifejacket. Family rate applies when parents are in the water with their children.

You must register for this class either online or by calling (651) 982-8110. Due to COVID-19, drop-ins are not allowed.

Pre-registration is required

Single: $4  Family: $10
1030-S21 Jun 14-Aug 9  8 sessions 1:30-2:30pm  No class Jul 5

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

### Water Safety Aide Age 11 & up

The best Water Safety Instructors start out as aides. This course is designed for teens who have passed Level 6 and may be interested in working at an aquatic facility as an aide and eventually add the certification to become a Water Safety Instructor. Students 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>Sessions</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1022-SP21</td>
<td>1 session</td>
<td>Apr 5</td>
<td>Mon</td>
<td>5:30-9:30pm</td>
<td>$75</td>
</tr>
<tr>
<td>1022-S21A</td>
<td>1 session</td>
<td>Jun 14</td>
<td>Mon</td>
<td>5:30-9:30pm</td>
<td>$75</td>
</tr>
<tr>
<td>1022-S21B</td>
<td>2 sessions</td>
<td>Jun 15 &amp; Jun 17</td>
<td>Tue &amp; Thu</td>
<td>9-11am</td>
<td>$75</td>
</tr>
<tr>
<td>1022-S21C</td>
<td>2 sessions</td>
<td>Jun 28 &amp; Jun 29</td>
<td>Mon &amp; Tue</td>
<td>9-11am</td>
<td>$75</td>
</tr>
<tr>
<td>1022-S21D</td>
<td>2 sessions</td>
<td>Aug 17 &amp; Aug 19</td>
<td>Tue &amp; Thu</td>
<td>6-8pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

### Lifeguard Training Age 15-Adult

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Prerequisites: *Must be 15 years old on or before the final session of this course. *Swim 300 yards continuously while demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed - goggles may be used in the swim pretest only. *Tread water for 2 minutes using only the legs. *Complete a timed event within 1 minute, 40 seconds: starting in the water, swim 20 yards (the face may be in or out of the water - goggles are not allowed), surface dive (feet-first or head-first) to a depth of 7 feet to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point using a kick only while both hands are holding the object and keeping the face at or near the surface of the water and exit the water without using a ladder or steps. Please bring a packed lunch each day to class.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1023-S21</td>
<td>Jun 14-Jun 16</td>
<td>Mon, Tue &amp; Wed</td>
<td>10:30am-5:30pm</td>
<td>$240</td>
</tr>
</tbody>
</table>

### Diving Clinic Age 11 & up

This is an opportunity for novice to advanced divers to improve their skills and work on training techniques. If you like to dive and want to learn more or if you are currently on a dive team, come and spend some dedicated time at the pool diving.

#### Novice

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Sessions</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1021-S21A</td>
<td>8 sessions</td>
<td>Jun 15-Aug 3</td>
<td>Tue</td>
<td>6-7pm</td>
<td>$73</td>
</tr>
</tbody>
</table>

#### Advanced

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Sessions</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1021-S21B</td>
<td>8 sessions</td>
<td>Jun 15-Aug 3</td>
<td>Tue</td>
<td>6:30-9pm</td>
<td>$110</td>
</tr>
</tbody>
</table>

### Lap Swim

Swim laps regularly at the pool to keep fit and healthy. Everyone is welcome! You must register for this class either online or by calling (651) 982-8110. Due to COVID-19, drop-ins are not allowed.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Sessions</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1029-SP21A</td>
<td>22 sessions</td>
<td>Mar 29-May 19</td>
<td>Mon, Wed &amp; Fri</td>
<td>5:30-6:45am</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No class Apr 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1029-SP21B</td>
<td>22 sessions</td>
<td>Mar 29-May 19</td>
<td>Mon, Wed &amp; Fri</td>
<td>6:45-8am</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No class Apr 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1029-S21</td>
<td>31 sessions</td>
<td>Jun 14-Aug 27</td>
<td>Mon, Wed &amp; Fri</td>
<td>5:30-7am</td>
<td>$56</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No class Jul 2 &amp; Jul 5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Aquatics

**Rangers Aquatics Ages 8-18**
The purpose of this swimming program is to train the athlete (both novice & advanced) to swim fast and efficient. 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 athlete 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 freestyle and backstroke or passed Level 4.

- **1015-SP21**
  - Apr 6-May 19
  - Tue & Wed: 7:30-9pm
  - Sat: 12-1:30pm
  - $170
  - 20 sessions

- **1015-S21**
  - Jun 15-Aug 5
  - Tue & Thu: 7:30-9pm
  - $136
  - 16 sessions

**Rangers Aquatics Novice Ages 8-18**
The purpose of the NOVICE summer swimming program is to train the athlete to swim fast and efficient. 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 athlete 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 freestyle and backstroke. This class is ideal if you are thinking about joining the boys and girls swim teams.

- **1060-S21**
  - Jun 14-Jul 30
  - Mon-Fri: 9-10am
  - $252
  - 33 sessions

- **No class Jul 2 & Jul 5**

**Rangers Aquatics Advanced Ages 12-18**
The purpose of the ADVANCED summer swimming program is to train the athlete to swim fast and efficient. 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 athlete 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 50 continuous yards of freestyle and backstroke, 25 yards of butterfly and breaststroke. This class is for athletes that have middle school or high school swim team experience.

- **1059-S21**
  - Jun 14-Aug 13
  - Mon-Fri: 7-9am
  - $365
  - 43 sessions

  - No class Jul 2 & Jul 5

---

**Synchronized Swim Camp**
**Grades 4-12**
Synchronized Swimming is a combination of swimming, gymnastics and dance. This sport has an artistic element that relates to the three sports. Come and explore the basics of synchronized swimming in a short camp climate. Each participant must provide their own swim suit, swim cap, nose clip and goggles.

- **1016-S21**
  - Jun 14-Jun 18
  - Mon-Fri: 12-1:15pm
  - $49
  - 5 sessions

---

**Synchronized Swim Clinic**
**Grades 4-12**
This synchronized swim clinic is for swimmers interested in learning the basic moves of synchronized swimming and for the advanced synchronized swimmer. The novice synchronized swimmer must be able to swim 25 yards of the following strokes: front crawl, sidestroke, breaststroke and back crawl. The advanced synchronized swimmer will focus on both technical and artistic components that make up a routine. Both the novice and advanced swimmer will work on strength and control in figures and hybrids. New ideas for complicated hybrids and lifts that make a routine more challenging will be practiced in the advanced section. Each swimmer must provide their own swim suit, swim cap, nose clip and goggles.

**Novice**

- **1019-S21A**
  - Jun 14-Aug 6
  - 22 sessions
  - Mon: 2:30-5pm
  - Wed: 4:30-6pm
  - Fri: 1:30-3pm
  - $198
  - No class Jul 2 & Jul 5

**Advanced**

- **1019-S21B**
  - Jun 14-Aug 6
  - 22 sessions
  - Mon: 2:30-6pm
  - Wed: 4:30-6pm
  - Fri: 1:30-4pm
  - $220
  - No class Jul 2 & Jul 5
a great place to
GROW

Discover what Community Ed has to offer your little one!

Swim Lessons pages 40-42
Ages 0-5 Enrichment page 49
Early Childhood Family Education (ECFE) pages 50-53
Early Childhood Screening page 54
Little Rangers Preschool pages 55-59
AGES 0-5 ENRICHMENT

Creative Movement
Ages 3-4
Children will learn beginning ballet movements and tap sounds. Emphasis is on basic locomotor development, rhythm and creative expression. Children will learn dance in a playful, imaginative and non-competitive environment. The Dance Factory is located at 1432 Lake Street South, Forest Lake.

Dance Factory
4297-S21  Jul 6-Jul 27  Tue
4 sessions  5:45-6:20pm  $45

Early Actors Camp
Ages 4-6
Kids will enjoy the spotlight as we create an art project to be used for our production, work together playing games and getting to know each other and eventually piecing together a sparkling fairytale magic showcase. Everyone will introduce themselves in addition to performing as a group in songs and poems with coordinated movement and simple dancing. All songs and poems will be provided in a print out for parents the last day of camp and available on the Masquers website so that your little actor can have the opportunity to practice as much as they like at home to help build their confidence for the big showcase the last day of class! The showcase will be Friday and each student will have six tickets available for the performance.

Masquers Theatre Company
4407-S21  Jun 14-Jun 18  Mon-Fri
5 sessions  9-10am  $45
FLAHS (door 32) Auditorium

Little Kickers Soccer
Ages 3 & 4
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. Volunteer coaches are needed for this program. If you are interested in being a volunteer coach, please indicate this when registering.
All participants will receive a t-shirt if registered by the deadline.

Minihawks Soccer
Ages 4-7
Minihawks Soccer is a great introduction to soccer. This fun training program for boys and girls will work on individual skills and small team play. Volunteer coaches are needed for this program. If you are interested in being a volunteer coach, please indicate this when registering.
All participants will receive a t-shirt if registered by the deadline.

Dance Factory
4102-S21  Jul 6-Jul 27  Tue
4 sessions  6:25-6:55pm  $45

Anastasia Musical Theater Camp
Ages 4-8
What if you were royalty and didn’t know it? Let's take a journey into the past and find out! We will learn music and choreography from Anastasia and create our own musical. Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games. No experience is necessary. All you need is comfortable clothing and lightweight athletic shoes or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Mayer Arts
4049-S21  Jul 26-Jul 29  Mon-Thu
4 sessions  9am-12pm  $125
FLAHS (door 4) 340

Lil Ninjas
Ages 4-6
Some of the most important time in a child's development occurs during their early 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. Theresa developed the Lil Ninjas program after many years of working with young children. Sun Yi's is located at 255 SE Hwy 97, Forest Lake.

Sun Yi's Academy
4676-SP21A  Apr 10-May 30  Fri
4 sessions  10-10:30am  $45

Flyaways Gymnastics
AGES 0-5

Mommy & Me Dance
Ages 2-3
Children will learn fun dance-related activities, basic dance steps, stretches and classroom etiquette in a fun, safe environment with Mom. Focus is on music, movement and imagination! The Dance Factory is located at 1432 Lake Street South, Forest Lake.

Dance Factory
4102-S21  Jul 6-Jul 27  Tue
4 sessions  6:25-6:55pm  $45

Twist & Tumble
FLYAWAYS GYMNASTICS

AGES 1-2 & YOU

SKYHAWKS SPORT CAMPS
View Page 31 for more information.

Minihawk Multi-Sport Camp
Boys & Girls Ages 4-7
1615-S21A  Jun 21-Jun 24  Mon-Thu
4 sessions  9am-12pm  $109

Minihawks Soccer
Boys & Girls Ages 4-7
1513-S21A  Jul 19-Jul 22  Mon-Thu
4 sessions  9am-12pm  $109
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. The purpose of the Early Childhood Programs are to:

• 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.

Sliding Fee Scale for Early Childhood Family Education
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.

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Fee Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over $75,000</td>
<td>100% of fee listed</td>
</tr>
<tr>
<td>$45,000-$75,000</td>
<td>75% of fee listed</td>
</tr>
<tr>
<td>$20,000-$45,000</td>
<td>50% of fee listed</td>
</tr>
<tr>
<td>Under $20,000</td>
<td>25% of fee listed</td>
</tr>
</tbody>
</table>
EARLY CHILDHOOD PROGRAMS

A Gift for You
Has there been a birth in your family recently? Please call (651) 982-8300 and we will send you a census form to get you connected to district information. Bring in your completed census form and we will have a gift for you.

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.

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 the success of our program. We would love for you to join. Meetings are held the first Friday of the month from 9:30-11am. The PAC will be meeting on 3/19, 4/9 and 5/7. Free childcare is provided. 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 can 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. See page 53

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
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.* Bundle up your baby and join us! 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. The children stay with parents at all times, so bring your diaper bag, relax and take a break from your everyday routine. Stop by the front desk and we will direct you to your class.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010-W21</td>
<td>Mar 15-May 10</td>
<td>Mon</td>
<td>11:15am-12:15pm</td>
<td>Free Ed Center</td>
<td>door 17 166</td>
</tr>
<tr>
<td>13 sessions</td>
<td>No class Apr 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

*Note: To provide adequate social distancing, classes are limited to nine students with one adult per child; one adult may bring two children. This is a drop-in class, so the first to arrive will be the first allowed in. To help notify families, a display board will be put outside of the building letting you know when the class is full. Make sure to stop into the office to sign in for contact tracing and payment.*

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

**Ages Birth-3 (Non-Separating)**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2807-W21</td>
<td>Mar 19-May 14</td>
<td>Fri</td>
<td>9:30-10:30am</td>
<td>Ed Center</td>
</tr>
<tr>
<td>8 sessions</td>
<td>No class Mar 12, Apr 2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ages Birth-5 (Non-Separating)**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2808-W21</td>
<td>Mar 19-May 14</td>
<td>Fri</td>
<td>11am-12pm</td>
<td>Ed Center</td>
</tr>
<tr>
<td>8 sessions</td>
<td>No class Mar 12, Apr 2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Marvelous Mixed**
Ages Birth-5 (Non-Separating)

Come play, learn and share quality time with your child while you make friends with other parents. Enjoy introducing your child to a classroom. Help them explore art, singing, group circle time and free choice play. Parent discussion with a parent educator will move to a section of the room while children play and learn with early childhood staff.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2030-W21</td>
<td>Mar 18-May 13</td>
<td>Thu</td>
<td>9:15-10:45am</td>
<td>$144</td>
<td>Ed Center</td>
</tr>
<tr>
<td>9 sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

🌟 REGISTER YOUR CHILD ACCORDING TO THEIR AGE AS OF SEPTEMBER 1, 2020.🌟
FREE Big Rig Day
The Forest Lake Area Early Childhood Programs invite you to check out some of your child's favorite vehicles. We will have local representatives and their vehicles from emergency, construction, landscaping, military, transportation and delivery all in one place! You can ask the drivers and professionals all about their vehicles and what they do. Bring your camera for this amazing display. Restrooms on site. Check online for more details.

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.

Swim Lessons
Age 6 Months & Up
PARENT-CHILD, CHILD-ONLY
AND PRIVATE LESSONS
ARE AVAILABLE FOR OUR LITTLEST SWIMMERS!

Aquatics information begins on page 40.

Find us on Facebook!
@ForestLakeECFE

For answers to frequently asked questions, visit www.flaschools.org/roadster.
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. It is a child-friendly setting and the screening process is age appropriate and fun for children.

Screening Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 24</td>
<td>Mon</td>
<td>2-7pm</td>
</tr>
<tr>
<td>May 25</td>
<td>Tue</td>
<td>2-7pm</td>
</tr>
<tr>
<td>May 26</td>
<td>Wed</td>
<td>2-7pm</td>
</tr>
<tr>
<td>May 27</td>
<td>Thu</td>
<td>8:30am-12pm</td>
</tr>
</tbody>
</table>

Register online at www.flaschools.org/screening or call (651) 982-8300.
**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.

**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

**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.

REGISTER YOUR CHILD ACCORDING TO THEIR AGE AS OF SEPTEMBER 1, 2021.
Preschool Resources

REGISTRATION
- Registration began February 1, 2021.
- 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 with registration.
- Invoices will be emailed at the beginning of the month and due by the 15th of the month to avoid a $10 late fee.
- Preschool class fees are based on a daily rate per contract day. You will be invoiced the actual number of contracted days per month.
- Class fees and times listed 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
Forest Lake Area Schools Early Childhood Programs have a variety of fee assistance options available based on the program your child is enrolled in and your family circumstance.

Pathway I Scholarship
Pathway I Scholarships are awarded directly to families who meet eligibility requirements. Visit https://goo.gl/gQsdy3 for details on how to apply for this scholarship.

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

School Readiness 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 now 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.

For more information or to register for SAC, call (651) 982-8365.

🌟 REGISTER YOUR CHILD ACCORDING TO THEIR AGE AS OF SEPTEMBER 1, 2021.🌟
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 Early Childhood Programs curriculum Big Day for Pre-K 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 Rangers 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
**Full Day Preschool**

Full Day Preschool is offered at seven locations throughout the district for four and five year old children. It is solely funded through parent fees. Since the Full Day program does not receive any state funding, the program relies 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.*
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 17 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.
• 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  
wcook@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
Michelle Marcotte, Office Assistant  
mmarcotte@flaschools.org  (651) 982-8307
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

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

Translation Available

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

Translation Available

If you want free help translating this information, call (651) 982-8350.
## DISTRICT MAP & ENTRANCE GUIDE

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

(MAP NOT TO SCALE)

- Columbus
- Linwood
- Wyoming
- Scandia
- Lino Lakes
- Forest Lake

- Goodview Ave N
- Hwy 97
- Hwy 41
- Hwy 61
- 4th St SW
- 3rd Ave SW
- Broadway

- 11th Ave
- 12th St SW
- 3rd Ave SW
- 4th St SW
- Hwy 61
- Hwy 41
- Hwy 97
- 3rd Ave SW
- 4th St SW

- (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, 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
The Forest Lake Area Schools Community Education (FLASCE) team continues to work hard to create safe, enriching programs for people of all ages and abilities. FLASCE offers in-person and virtual classes while closely following guidelines from MDH (Minnesota Department of Health) and CDC (Centers for Disease Control and Prevention) to mitigate the risk of COVID-19 exposure.

Due to changing safety guidelines, class and program information is subject to change. FLASCE takes pride in efficiently communicating these changes to customers and offering refunds due to these changes. View COVID-19 program guidelines at www.flaschools.org/ce.

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