A MESSAGE FROM OUR DIRECTOR

“Engaging people; enriching lives” is the vision statement of Forest Lake Area Schools Community Education (FLASCE). These four words, even amidst a pandemic, continue to serve as the “true north” that our programming compass points toward as we remain committed to offering safe, innovative, cost effective and engaging lifelong educational, social and recreational opportunities for every member of our community. As a result, our team has been working tirelessly to ensure that we serve the Forest Lake area in the safest and most intentional ways possible while striving to take our current reality and invoke an even better and brighter future for the Forest Lake area.

Whether you are a participant in our programs or serving as an employee within our department, FLASCE aims to set the standard for positively impacting our community in the most meaningful ways. From early childhood programs, childcare, youth development and recreational opportunities, adult education and enrichment programs, to aquatics offerings in our pool at the Education Center - FLASCE has something for everyone!

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

Have a safe and wonderful fall and may your Community Education experiences engage you and enrich your life and the lives of those around you!

Corey McKinnon
Director of Community Education
Forest Lake Area Schools

WHAT’S INSIDE

Ages 1-5 Preview 5
Adult Classes & Activities 6
Adults with Disabilities - LINK 20
Adult Basic Education & GED 21
Secondary Youth 22
Elementary Youth 26
Childcare 35
Aquatics 36
Early Childhood Programs 42
Little Rangers Preschool 48
Staff Contacts 52
District Map 53
Registration 54

Engaging people; enriching lives!
A MESSAGE FROM OUR SUPERINTENDENT

This past spring demonstrated more than ever that we live in a great community. During a time of unprecedented challenges, our Forest Lake area communities, and especially our families stepped up to provide support for our students in ways we never could have imagined. Thank you for your help and support!

Many families and community members are anxious to learn of the plan for the start of this fall’s school year. It’s too soon to know exactly how things will look this fall, but we are actively making plans over the summer.

While there are no easy answers, I want to assure you that our district is working toward solutions that meet the needs of both students and families. Our staff have many years of experience and expertise in understanding student needs and helping each student learn.

Given the uncertainty of the pandemic, the state has asked us to prepare for three possible scenarios: in-person learning; full distance learning; and a hybrid plan that includes some of both. We will be fully prepared for the start of the school year. For each of these scenarios, we will be planning for the following important elements:

• Student and Family Support
• Academics
• Operations
• Educator Support and Professional Learning

During these unprecedented times, I am confident that we will serve the learning needs of our students with the high quality instruction and programming that you have come to expect from us. While learning may look different, the same exceptional educators will be engaging your student in learning and making real and lasting connections.

Thank you for the trust you place in Forest Lake Area Schools. We are committed to our vision: Excellence for Every Student Every Day!

Steve Massey, Ed.D.
Superintendent, Forest Lake Area Schools
**Covid-19 Guidelines**

Forest Lake Area Schools Community Education 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. You can view our general guidelines at www.flaschools.org/ce. Our programs are unique and will implement more detailed safety practices as needed. FLASCE COVID-19 guidelines will continue to be updated as needed.

---

**Fun & Enrichment for Ages 1-5**

Opportunities for children ages 1-5 years old are found in a variety of different programs throughout the catalog. Classes, events and activities for your adventurous little ones are listed below:

<table>
<thead>
<tr>
<th>Recreation &amp; Enrichment</th>
<th>ECFE Classes</th>
<th>Early Childhood Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Kickers Soccer</td>
<td>Drop-In Gym &amp; Play</td>
<td>Lendt’s Pumpkin Patch</td>
</tr>
<tr>
<td>Ages 3-8</td>
<td>Ages Birth-5</td>
<td>Ages 3 months-5</td>
</tr>
<tr>
<td>Intro to Hockey</td>
<td>ECFE Friends</td>
<td>UnScary Halloween Party</td>
</tr>
<tr>
<td>Ages 4-7</td>
<td>Ages 2½ - 5</td>
<td>Ages Birth-5</td>
</tr>
<tr>
<td>Swimming Lessons</td>
<td>Saddle Up for Social Skills</td>
<td>Mad Science: Rockets</td>
</tr>
<tr>
<td>Ages 6 months and up</td>
<td>Ages 2-5</td>
<td>Ages 2-5</td>
</tr>
<tr>
<td>Skating Lessons</td>
<td>I’m Awake! Let’s Play</td>
<td>Grateful for Grandparents</td>
</tr>
<tr>
<td>Tots Levels 1-3</td>
<td>Ages Birth-5</td>
<td>Ages Birth-5</td>
</tr>
<tr>
<td>Intro to Wrestling</td>
<td>Marvelous Mixed</td>
<td>Glazing Memories</td>
</tr>
<tr>
<td>Ages 4-Grade 6</td>
<td>Ages Birth-5</td>
<td>Ages 2-5</td>
</tr>
<tr>
<td>Cheerleading &amp; Dance</td>
<td>Stepping Stones</td>
<td>Buckets of Paint</td>
</tr>
<tr>
<td>Ages 4-14</td>
<td>Ages Birth-5</td>
<td>Ages Birth-5</td>
</tr>
<tr>
<td>Beyond Clay Pinch Pots</td>
<td>Walkers &amp; Talkers</td>
<td>Gingerbread Houses</td>
</tr>
<tr>
<td>Ages 5-12</td>
<td>Ages 1-2</td>
<td>Ages 2-5</td>
</tr>
<tr>
<td>Beginning Ballet</td>
<td>Terrific Twos</td>
<td></td>
</tr>
<tr>
<td>Ages 5-7</td>
<td>Age 2</td>
<td></td>
</tr>
<tr>
<td>Let’s Draw, Paint &amp; Sculpt</td>
<td>Thrilling Threes</td>
<td></td>
</tr>
<tr>
<td>Ages 5-12</td>
<td>Age 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Little Ranger Roadster</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ages 1-5</td>
<td></td>
</tr>
</tbody>
</table>

Register for classes online at www.flaschools.org/ce
FREE Find Your Fun!
According to the Mayo Clinic, laughter may improve your immune system, relieve pain, increase personal satisfaction and improve your mood. This once monthly event is a great opportunity to laugh and have some fun. A different activity will be planned each month and enthusiastic event hosts will organize the groups into teams with the focus being on fun. All levels of competition, knowledge and skill are welcome! September: game night which could include board games as well as “Minute to win it” type games and competitions. October: 50s and 60s trivia. November: indoor yard games such as corn hole, bocce, ladder golf and others. December: potluck and a “Name That Tune” style competition.

FREE For A Happy Old Age
Many people go into old age without any preparation for how to be happy. Psychologists have studied the lifestyles of both happy and unhappy people. Learn what they have to say about happy senior citizens and what habits we can set up to prepare for a happy old age. Our attitudes can be very helpful in changing despair to satisfaction so our golden years can truly be golden.

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

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

Yoga - Specifics for Adults Over 50
This beginning yoga practice will combine gentle physical poses with mindfulness and breathing. Our focus will be on functional mobility, balance and working to release stress and stiffness. Studies show that yoga practice positively correlates with both physical and mental wellness as well as managing pain and inflammation, improving sleep quality and much more. Please wear comfortable clothing, bring a yoga mat and a bottle of water. This class is available in-person or via Zoom. *See box for more class information.

Yoga - Gentle Yoga for Back Pain
Learn gentle movements that you can do at home to help you heal yourself of aches and pains in your back. This class is accessible to all. Please wear comfortable clothing, bring a yoga mat and a bottle of water. This class is available in-person or via Zoom. *See box for more class information.

Yoga - Gentle Yoga for Healthy Spine & Hips
Gain mobility in your spine and hips to release tightness and ease pain with gentle movements and breathing techniques. You will also develop important flexibility and balance. Beginning to intermediate participants are welcome. Please wear comfortable clothing, bring a yoga mat and a bottle of water. This class is available in-person or via Zoom. *See box for more class information.

Yoga - Gentle Yoga for Apprecting Others' Good Fortune
This 2,500 year old practice helps us overcome self-dislike and builds proper self-love and self-acceptance. It also helps us act more gently and lovingly toward others and live without fear or hatred of others. This practice improves good relationships and helps heal problem ones. It also teaches compassion, balance in relationships and appreciating others’ good fortune.

Register for this class, attend the majority of the sessions and on the last day of class you’ll receive a gift certificate good towards your next Community Education class.
Adult Arts & Home

**Growing Blueberries In Your Backyard**

Blueberries are such a carefree shrub that it’s a wonder more people don’t grow them. They are long-lived and generally free of disease and insect problems. Learn how to easily provide the acidic soil that blueberries love. You will also learn about site requirements, soil preparation, cultivars for our climate, buying plants, pruning and seasonal protection from birds, rabbits and winter temperatures. Fall is the best time to prepare the bed for planting blueberry bushes next spring! This class is available in-person or via Zoom.

*Paul Richtman*

| 6308-F20 | Oct 22 Thu 6:30-8pm | $19 | 1 session | Ed Center (door 4) 119 |

**Got Buckthorn?**

The Minnesota Department of Natural Resources calls buckthorn a real threat to our forests. Buckthorn is an invasive tree and shrub that is harming our habitats by crowding out native plants and trees, especially in the mid-layer where many birds build their nests. Learn how to positively identify both types of buckthorn and techniques to effectively remove them. Fall is the best time for buckthorn control! This class is available in-person or via Zoom.

*Paul Richtman*

| 6307-F20 | Oct 26 Mon 6:30-7:30pm | $19 | 1 session | Ed Center (door 4) 119 |

---

**Burning Desire - Wood Burning Art**

Age 10-Adult

Satisfy your senses of sight, smell and touch and stimulate your creative nature. Have you ever opened a cedar chest and just wanted to crawl in and close the lid because it smelled so good? How many times have you stared up into the clouds and seen forms or figures of familiar things? These are a few of the sensations you’ll experience while doing pyrography (wood burning). Design, burn and bring home artwork to share, display or give away! You’ll get to select the piece of cedar which best fits a particular image. A supply fee of $15 per piece is payable to the instructor at class and includes all necessary tools and materials. 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.

*David Freemore*

| 6283-F20 | Sep 17 & Sep 24 Thu 6-8:30pm | $49 per adult, $95 adult/child pair | 2 sessions | Hallberg Center for the Arts |

**Handmade Stoneware**

Join us for a unique and relaxing experience hand-building a one of a kind set of coffee mugs or tumblers. You’ll be guided through the process of turning flat slabs of clay into a set of two mugs or tumblers that are perfect for your hot/cold beverages or for gift giving. Mugs and tumblers are approximately 4” in diameter and 5” deep. Once you’ve decorated your clay slabs with stamps and textures you will form and build the clay. You can add handles for mugs or leave without handles to make tumblers. Items will then be ready for drying and firing at The LOVE of CLAY studio. All materials including clay, tools, forms and decorating options will be provided for a supply fee of $20 payable to the instructor at class. Community Education will contact you within 2-3 weeks after class to pick up your piece after it is fired and glazed.

*LeeAnn Murdock*

| 6274-F20A | Sep 24 Thu 6-8pm | $39 | 1 session | Ed Center (door 4) 113 |
| 6274-F20B | Oct 23 Fri 6-8pm | $39 | 1 session | Ed Center (door 4) 113 |
| 6274-F20C | Nov 24 Tue 6-8pm | $39 | 1 session | Ed Center (door 4) 113 |
Adult Arts & Home

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 a 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. Photo must be emailed to Janet at Jnutter@flaschools.org at least one week prior to class. You are welcome to bring snacks and beverages. A supply fee of $10 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.

Tree Croyle Johnson
6284-F20 Oct 8 Thu 6-9pm $39
1 session Hallberg Center for the Arts

Painting Buddies
Ages 6-Adult
Parent and child pairs will work together to create an acrylic painting on two canvases (grandparents/grandchildren are welcome too). 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.

Tree Croyle Johnson
6191-F20A Sep 25 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts
6191-F20B Oct 30 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts
6191-F20C Nov 13 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts
6191-F20D Dec 4 Fri 6-8pm $45 per pair
1 session Hallberg Center for the Arts

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

Kathy Povolny
6155-F20 Oct 5 Mon 6:30-8:30pm $19
1 session FV Media Center
**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. You are welcome to bring snacks and beverages. Each session will feature a different painting. A supply fee of $5 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.

*Tee Croyle Johnson*

**6154-F20A**  
Sep 23  Wed  6-8pm  $29  1 session  Hallberg Center for the Arts

**6154-F20B**  
Oct 29  Thu  6-8pm  $29  1 session  Hallberg Center for the Arts

**6154-F20C**  
Nov 12  Thu  6-8pm  $29  1 session  Hallberg Center for the Arts

**6154-F20D**  
Dec 3  Thu  6-8pm  $29  1 session  Hallberg Center for the Arts

**Painting with Acrylics**

Painting should be fun, relaxed 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. 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.

*Tee Croyle Johnson*

**6223-F20**  
Nov 10-Nov 24  Tue  6-8pm  $75  3 sessions  Hallberg Center for the Arts
SEWING CLASS INFORMATION
Sewing 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 basic supply list is available on the Community Education website or call (651) 982-8110 for information.

Sewing - Cozy Fleece Mittens
Ages 16 - Adult
This fun and fast sewing project consists of six pieces of fleece. You’ll construct six seams by sewing both straight and curved seams using ¼” seam allowances to create a pair of cozy fleece mittens for fall or winter activities. These are a nice treat for yourself or to give as a gift.
Sewing and Fitting Mentor - Renee Bontjes
6313-F20 Dec 8 Tue 6-8pm $29
1 session Sewing and Fitting Mentor
6313-W21 Jan 19 Tue 6-8pm $29
1 session Sewing and Fitting Mentor

Sewing - One Yard Magic Apron
Ages 16 - Adult
This apron is a quick, easy project that is created with basic sewing skills and makes for a unique and thoughtful hostess gift. You’ll assemble six pieces, use a straight ¼” rolled hem and an appliqued pocket 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
6309-F20 Sep 29 Tue 6-8pm $29
1 session Sewing and Fitting Mentor

Sewing - Funky Lined Drawstring Bag
Ages 16 - Adult
Make this fun bag utilizing basic sewing skills such as straight seams of ¼” seam allowances and six pattern pieces. You’ll use three coordinating fabrics that will create an easy to close, fully lined bag with boxed corners which allows the bag to sit flat. This is a perfect bag to use to wrap small gifts and treats for the holidays.
Sewing and Fitting Mentor - Renee Bontjes
6310-F20 Oct 20 Tue 6-8pm $29
1 session Sewing and Fitting Mentor

Sewing - Sweet Dreams Pillowcase
Ages 16 - Adult
No one would ever guess that this cute pillowcase could be created so quickly! You’ll combine two coordinating fabrics using ¼” seam allowance, straight stitched, fully enclosed seams (no raw edges). Great for gift giving or to add a fun punch of color to your bedroom.
Sewing and Fitting Mentor - Renee Bontjes
6311-F20 Oct 6 Tue 6-8pm $29
1 session Sewing and Fitting Mentor
Adult Arts & Home

Sewing - Soft-Snug Fleece Headband
Ages 16 - Adult
Create this warm, super-soft headband for yourself or to give as a gift. It’s perfect for fall and wintertime activities. This easy sewing project consists of two pieces of fleece and is constructed by sewing both straight and curved seams using ¼” seam allowances.

*Sewing and Fitting Mentor - Renee Bontjes*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6312-W21</td>
<td>Jan 5</td>
<td>6-8pm</td>
<td>$29</td>
</tr>
<tr>
<td>1 session</td>
<td>Sewing and Fitting Mentor</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sewing - Toasty Fleece Socks
Ages 16 - Adult
This is a quick and easy sewing project to create a pair of warm, toasty socks for yourself or to give as a gift. Using six pieces of fleece you’ll construct six seams by sewing both straight and curved seams using ¼” seam allowances.

*Sewing and Fitting Mentor - Renee Bontjes*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6314-F20</td>
<td>Dec 22</td>
<td>6-8pm</td>
<td>$29</td>
</tr>
<tr>
<td>1 session</td>
<td>Sewing and Fitting Mentor</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sewing Machine Quick-Start
Ages 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*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6315-F20</td>
<td>Nov 3 &amp; Nov 10</td>
<td>6-8pm</td>
<td>$49</td>
</tr>
<tr>
<td>2 sessions</td>
<td>Sewing and Fitting Mentor</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Make & Take Holiday Cookies
Get all your holiday treats made in one day! We will be working in teams of two and using premade dough to bake such cookies as peanut blossoms, snickerdoodles and ginger cookies. Whip up great, no-bake treats like haystacks and peppermint bark. For a total of $50 per person ($25 registration fee and $25 supply fee), you will bring home 10 dozen treats each. Allergy note: All treats may be in contact with nuts, dairy and wheat products. A $25 supply fee is payable to the instructor at class. Bring containers to bring home your treats. Registration deadline is Thu, Dec 10. We are unable to provide refunds after the registration deadline.

*Peggy Decker*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6044-F20</td>
<td>Dec 15</td>
<td>6-9pm</td>
<td>$25</td>
</tr>
<tr>
<td>FLAHS (door 32) 621</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 session</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

*Peggy Decker*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6140-F20</td>
<td>Oct 13</td>
<td>6-9pm</td>
<td>$25</td>
</tr>
<tr>
<td>Ed Center (door 4) 119</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 session</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FREE 5 Keys to Retiring Fearlessly

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

Matthew Merrick

6249-F20A Sep 8 Tue
1 session 6-7:30pm Free
Ed Center (door 4) 208

6249-F20B Nov 11 Wed
1 session 6-7:30pm Free
Ed Center (door 4) 208

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, Jim 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.

Jim Wellner

6047-F20A Sep 28 & Oct 5 Mon
2 sessions $45 per person
6:30-8:30pm
Ed Center (door 4) 119

6047-F20B Dec 1 & Dec 8 Tue
2 sessions $45 per person
6:30-8:30pm
Ed Center (door 4) 119

FREE Estate Planning & Elder Law

Do I Need a Will? What’s a Trust? Attorneys Rob Collins and Julia Estrem will walk through these questions and other common elder law and estate planning topics such as powers of attorney, probate and health care directives in an informal discussion setting. Questions welcome.

Rob Collins and Julia Estrem

6253-F20 Sep 22 Tue
1 session 6-8pm Free
Ed Center (door 4) 119

LINKEDIN WEBINAR CLASSES

LinkedIn - For Job Search Advanced Techniques

Using LinkedIn for your job search has become more important than ever to attract employers and maximize your network, especially now during this time of social distancing, as well as in the future. In this webinar we will learn to maximize the use of your LinkedIn account by showing you how to make your profile stand out, grow your network, research companies, get informational interviews and use LinkedIn to conduct an effective job search. This is a class for those who have an account but want to maximize their use of LinkedIn. This class will be taught as an interactive, online webinar through Zoom. Zoom is a free app that is accessible on most computers, phones and tablets.

Laura Lewandowski

6317-F20A Sep 29 Tue
1 session 6-8pm $29
Webinar

6317-F20B Oct 1 Thu
1 session 1-3pm $29
Webinar

Additional daytime and evening options are available on our website.

LinkedIn - For Job Search Basics

Have you put off creating a LinkedIn account? Over 90% of employers and recruiters use LinkedIn to find and review job candidates. In this webinar, we will discuss what LinkedIn is and why it is important. You will walk through how to create an account, build your profile, build your network, search for jobs and apply for jobs. This is a class for beginners who have a LinkedIn account or need to create one. This class will be taught as an interactive, online webinar through Zoom. Zoom is a free app that is accessible on most computers, phones and tablets.

Laura Lewandowski

6316-F20A Sep 22 Tue
1 session 6-8pm $29
Webinar

6316-F20B Sep 24 Thu
1 session 1-3pm $29
Webinar

Additional daytime and evening options are available on our website.

JOIN US ONLINE!

Classes with a camera icon next to the title are held entirely over Zoom or include the option to access class in person or Zoom from home.
**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*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6261-F20A</td>
<td>Sep 17</td>
<td>Thu</td>
<td>Free</td>
<td>Ed Center (door 4) 119</td>
</tr>
<tr>
<td>6261-F20B</td>
<td>Oct 6</td>
<td>Tue</td>
<td>Free</td>
<td>Ed Center (door 4) 119</td>
</tr>
<tr>
<td>6261-F20C</td>
<td>Nov 10</td>
<td>Tue</td>
<td>Free</td>
<td>Ed Center (door 4) 119</td>
</tr>
<tr>
<td>6261-F20D</td>
<td>Dec 8</td>
<td>Tue</td>
<td>Free</td>
<td>FV (door 4) Media Center</td>
</tr>
</tbody>
</table>

**Health Care Directive & Financial 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. Jim will discuss the agent’s responsibilities and factors in selecting your agents. You will leave the class with necessary forms and information to aid you in preparing them.

*Jim Wellner*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6048-F20</td>
<td>Oct 27</td>
<td>Tue</td>
<td>$29</td>
<td>Ed Center (door 4) 119</td>
</tr>
</tbody>
</table>

**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’ll discuss the important role Social Security plays in our 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*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6251-F20</td>
<td>Sep 15</td>
<td>Tue</td>
<td>Free</td>
<td>Ed Center (door 4) 119</td>
</tr>
</tbody>
</table>

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

*Matthew Merrick*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6248-F20A</td>
<td>Oct 8</td>
<td>Thu</td>
<td>Free</td>
<td>Ed Center (door 4) 208</td>
</tr>
<tr>
<td>6248-F20B</td>
<td>Dec 8</td>
<td>Tue</td>
<td>Free</td>
<td>Ed Center (door 4) 126</td>
</tr>
</tbody>
</table>

**FREE Retirement Planning Today**
This educational course for adults ages 50 to 70 is designed to teach you how to build wealth and align your money with your values to accomplish your goals in life. We will teach you the many ways to save for retirement as well as the advantages and disadvantages of each. You’ll discover how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses. Above all, this course shows you how to assess your financial situation and develop a personalized plan to achieve your retirement goals.

*Mark Josephs and Patrick Murphy*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6194-F20A</td>
<td>Oct 13 &amp; Oct 20</td>
<td>Tue</td>
<td>$49 per pair</td>
<td>Ed Center (door 4) 208</td>
</tr>
<tr>
<td>6194-F20B</td>
<td>Oct 22 &amp; Oct 29</td>
<td>Thu</td>
<td>$49 per pair</td>
<td>Ed Center (door 4) 208</td>
</tr>
</tbody>
</table>
Adult Health & Fitness

3 Steps to a Happier You - A Meditation Class
Ever look at someone else and wonder why they’re so happy and what do they have that you don’t? Do you feel that a little spark is missing in your life? Are you waking up pumped to start your day and wondering what great thing will happen next? Happiness is your birthright and there’s more than enough to go around in the world. Through meditation you’ll discover how to tap into the well of happiness within you. Each session focuses on a different theme: being present, authenticity and letting go. You’ll gain insight and discover techniques that will ignite that spark within you.

Kirstin Barsness
6270-F20 Oct 13-Oct 27 Tue
3 sessions 6:30-7:30pm $45
Ed Center (door 4) 117

Don’t Hesitate - Meditate: Intro
Ever get to the end of the day and wonder what you did? When something doesn’t go right, are you thrown off your game for hours or even days? Have trouble recalling details or even conversations you had with people? Up all night with your to-do list playing on an endless loop in your brain? If you’re plagued by any of these, there is help - meditation. You’ll become more present in your life, discover a new way to approach problems and feel more energized throughout your day. Each session focuses on a different theme: gratitude, relaxation, affirmation and stress reduction. You’ll gain tools and techniques that will transform your body, mind and spirit.

Kirstin Barsness
6270-F20 Oct 13-Oct 27 Tue
3 sessions 6:30-7:30pm $45
Ed Center (door 4) 117

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. 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 is located in the Maranatha Church Building at 24799 Forest Blvd, Forest Lake. Door 15.

Kirstin Barsness
6270-F20 Oct 13-Oct 27 Tue
3 sessions 6:30-7:30pm $45
Ed Center (door 4) 117

Believers Boxing
6028-F20 Sep 14-Oct 12 Mon
5 sessions 5:30-7pm $65

Heartseaver CPR/AED
This course is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements, or for those who have a desire to learn the techniques of CPR and the use of an AED. This classroom, video-based, instructor-led course teaches adult, child and infant CPR/AED as well as choking management. Participants will receive their certification in CPR/AED that is good for two years.

Emergency Outfitters
6040-F20 Oct 5 Mon
1 session 5:30-9pm $79
Ed Center (door 4) 117

Heartsaver CPR/AED
This course is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements, or for those who have a desire to learn the techniques of CPR and the use of an AED. This classroom, video-based, instructor-led course teaches adult, child and infant CPR/AED as well as choking management. Participants will receive their certification in CPR/AED that is good for two years.

Emergency Outfitters
6040-F20 Oct 5 Mon
1 session 5:30-9pm $79
Ed Center (door 4) 117

Believers Boxing
6028-F20 Sep 14-Oct 12 Mon
5 sessions 5:30-7pm $65
Believers Boxing

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

Kirstin Barsness
6281-F20A Oct 19 Mon
1 session 6:30-8pm $25
Ed Center (door 4) 117

6281-F20B Dec 8 Tue
1 session 6:30-8pm $25
Ed Center (door 4) 117

Don’t Hesitate - Meditate: Intro
Ever get to the end of the day and wonder what you did? When something doesn’t go right, are you thrown off your game for hours or even days? Have trouble recalling details or even conversations you had with people? Up all night with your to-do list playing on an endless loop in your brain? If you’re plagued by any of these, there is help - meditation. You’ll become more present in your life, discover a new way to approach problems and feel more energized throughout your day. Each session focuses on a different theme: gratitude, relaxation, affirmation and stress reduction. You’ll gain tools and techniques that will transform your body, mind and spirit.

Kirstin Barsness
6281-F20A Oct 19 Mon
1 session 6:30-8pm $25
Ed Center (door 4) 117

Believers Boxing
6028-F20 Sep 14-Oct 12 Mon
5 sessions 5:30-7pm $65
Believers Boxing

Heartsaver CPR/AED
This course is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements, or for those who have a desire to learn the techniques of CPR and the use of an AED. This classroom, video-based, instructor-led course teaches adult, child and infant CPR/AED as well as choking management. Participants will receive their certification in CPR/AED that is good for two years.

Emergency Outfitters
6040-F20 Oct 5 Mon
1 session 5:30-9pm $79
Ed Center (door 4) 117

Believers Boxing
6028-F20 Sep 14-Oct 12 Mon
5 sessions 5:30-7pm $65
Believers Boxing

Believers Boxing
6028-F20 Sep 14-Oct 12 Mon
5 sessions 5:30-7pm $65
Believers Boxing

Heartsaver CPR/AED
This course is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements, or for those who have a desire to learn the techniques of CPR and the use of an AED. This classroom, video-based, instructor-led course teaches adult, child and infant CPR/AED as well as choking management. Participants will receive their certification in CPR/AED that is good for two years.

Emergency Outfitters
6040-F20 Oct 5 Mon
1 session 5:30-9pm $79
Ed Center (door 4) 117

Believers Boxing
6028-F20 Sep 14-Oct 12 Mon
5 sessions 5:30-7pm $65
Believers Boxing

Fabulous 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. Whether you’re a wild old woman or a cranky old dude, come join us and have a blast! Believers Boxing Gym is fully ADA accessible. Believers Boxing is located in the Maranatha Church Building at 24799 Forest Blvd, Forest Lake. Door 15.

Rachel Schley
6028-F20 Sep 14-Oct 12 Mon
5 sessions 5:30-7pm $65
Believers Boxing

Adult Aquatics
pages 40 & 41
Adult Health & Fitness

Zumba®

Zumba takes the “work” out of workout by mixing great music with low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party! Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Effective and fun - Zumba is great for everybody and every body! It combines all elements of fitness; cardio, muscle conditioning, balance and flexibility while boosting your energy and leaving you feeling awesome! Wear comfortable workout clothing and athletic shoes. Please bring a small towel and a bottle of water. Drop in fee is $8. This class is available in-person or via Zoom.

* Mollie Laro

6008-F20A | Sep 15-Oct 27 | Tue | 6:30-7:30pm | $45 | FLAMS Gym D
7 sessions

6008-F20B | Nov 10-Dec 15 | Tue | 6:30-7:30pm | $39 | FLAMS Gym D
5 sessions

Tai Chi - Beginning

Originating in ancient China, Tai Chi is an effective yet gentle exercise that relieves pain and stress as well as improves concentration and posture. Tai Chi will increase your flexibility and help to prevent falls by improving your balance. Ease stiffness in your joints and enhance the flow of your life energy through a warm up and set of 12 movements in Sun (soon) style Tai Chi which is appropriate for every fitness level. Movements can be modified to be done seated in a chair. Wear comfortable clothes, flat shoes and bring a bottle of water.

* Debra Houle

6024-F20 | Sep 17-Oct 29 | Thu | 4-5pm | $49 | Ed Center (door 4) 117
6 sessions

Tai Chi 2

Originating in ancient China, Tai Chi is an effective yet gentle exercise that relieves pain and stress as well as improves concentration and posture. Tai Chi will increase your flexibility, ease stiffness in your joints and enhance the flow of energy. A review of the 12 movements and nine new movements will be covered during the eight week session. Beginning Tai Chi is a prerequisite to Tai Chi II. Wear comfortable clothing, flat shoes and bring a bottle of water.

* Debra Houle

6025-F20 | Nov 5-Dec 17 | Thu | 4-5pm | $49 | Ed Center (door 4) 117
6 sessions

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-F20A | Oct 6 | Tue | 6-9pm | $69 | 1 session | Ed Center (door 4) 208

6046-F20B | Oct 6 | Tue | 6-9pm | $69 | 1 session | Ed Center (door 4) 208

6046-F20C | Oct 6 | Tue | 6-9pm | $135 | 1 session | Ed Center (door 4) 208

WALKERS WELCOME

Avoid the snow, ice, rain and traffic! Come walk in a safe and controlled climate. Walk one, two or more times each week. Walkers will be sent an identification badge and complete schedule upon registration. Badge must be worn while walking. We are unable to offer accommodations for personal belongings. Registration fee allows you to walk morning and evenings at any of the three schools (High School, Education Center, Wyoming Elementary) until April 2021.

Sep 21-Apr 30
Mon, Tue, Wed, Thu & Fri
Forest Lake Area High School,
Education Center and
Wyoming Elementary

Full schedule of dates and times: www.flaschools.org/ce
Adult Health & Fitness

Yoga - Balance & Strength 🌟
Energize your body while gaining flexibility and strength through the practice of yoga. Using yoga poses, you will stretch and tone muscles while strengthening joints and improving your balance. This class is designed for people of all abilities. Please wear comfortable clothing, bring a yoga mat and a bottle of water. Kyoshin Ryu is located at 143 Lake Street N, Forest Lake. Please park in the municipal parking lot at the back of the building.

Julia Phillips
6003-F20A Sep 14-Oct 26 Mon
7 sessions 9:30-11am $75
Kyoshin Ryu Karate Academy

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! Please wear comfortable clothing, bring a yoga mat and a bottle of water.

Erin DiBetta
6234-F20A Sep 22-Oct 27 Tue
5 sessions 4:05-5:05pm $39
Wyo Media Center
No class Oct 6

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

Erin DiBetta
6180-F20 Sep 21-Oct 26 Mon
6 sessions 7:15-8:15pm $49
Ed Center (door 4) 208

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. Please wear comfortable clothing, bring a yoga mat and a bottle of water. Drop-in fee is $10.

Erin DiBetta
6049-F20B Nov 2-Dec 14 Mon
6 sessions 9:30-11am $75
Kyoshin Ryu Karate Academy

Yoga - Core Strength Workout 🌟
Build strength with this intense yoga practice. We’ll combine a series of flowing postures with rhythmic breathing to develop core strength and balance. Emphasis is on breathing through each posture to attain mind-body connectedness. Yoga detoxifies the body and mind with emphasis on movement, balance and intention. Please wear comfortable clothing, bring a yoga mat and a bottle of water. Beginning to intermediate participants are welcome. Drop-in fee is $9.

Chris Coleman
6030-F20 Nov 10-Dec 22 Tue
7 sessions 6-7pm $55
Ed Center (door 4) 208

This class is available in-person or via Zoom.
Adult Special Interest

Forest Lake Area Community Band
The Forest Lake Area Community Band is open to all levels of adult musicians who play woodwind, brass or percussion and enjoy practicing and performing in a band! The band’s purpose is to contribute positively to the musical environment of the Forest Lake area community. We will enjoy reading and playing a repertoire of varied styles ranging from traditional compositions for band to inspiring contemporary pieces. Under the direction of Jake Matheson, the band will perform in various venues (to be announced) in the community. No audition required. Join us on Thursday, September 17 and receive a complete practice schedule. Community Band meets most Thursdays throughout the school year.

Jake Matheson
6184-F20  Sep 17-May 13  Thu  7-8pm  $69  Ed Center (door 4) 127
28 sessions  No class Oct 15, Nov 19, Nov 26, Dec 24, Dec 31, Jan 28 & Mar 11

Ballroom Dance - Private Instruction
Heidi Smith-Miranda will be offering 30 minute private instruction in ballroom dance. This is a great opportunity to work out the kinks in your steps and move your dance skills to the next level. A 30 minute lesson is $39 per couple.

Heidi Smith-Miranda
6112-F20A  Oct 29  Thu  8-8:30pm  $39 per couple  1 session  Ed Center (door 4) Gym
6112-F20B  Oct 29  Thu  8:30-9pm  $39 per couple  1 session  Ed Center (door 4) Gym

Additional options are available on our website.

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

Heidi Smith-Miranda
6033-F20  Sep 17  Thu  7-9pm  $29 per person or $39 per couple  Ed Center (door 4) Gym
1 session

6034-F20  Oct 29-Dec 10  Thu  7-8pm  $59 per person or $89 per couple  Ed Center (door 4) Gym
6 sessions  No class Nov 26

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

Heidi Smith-Miranda
6034-F20  Oct 29-Dec 10  Thu  7-8pm  $59 per person or $89 per couple  Ed Center (door 4) Gym
6 sessions  No class Nov 26

Climate Crisis - An Overview in Slides
Experience this class from the comfort of your own home. This class will be taught as an interactive, online webinar through Zoom. Zoom is a free app that is accessible on most computers, phones and tablets. With only the most up-to-date, peer-reviewed, scientific information, Ann has invested in becoming informed on our climate crisis and what can be done. Pre-registration is required. Participants will be sent a link to join the Zoom meeting by email on the day of class. Please join us for Ann Mozeys’s interactive slide presentation on Our Climate Crisis. The program is appropriate for teens and adults.

Ann Mozeys
6301-F20A  Sep 24  Thu  1 session  6:30-8pm  Webinar
6301-F20B  Oct 20  Tue  1 session  6:30-8pm  Webinar
6301-F20C  Nov 16  Mon  1 session  6:30-8pm  Webinar
6301-F20D  Dec 7  Mon  1 session  6:30-8pm  Webinar

Follow us! Search @FLASCE
Adult Special Interest

Food, Wine & Travel
We have all been dreaming about travel so we can get out and explore this world together! Join world traveler and Travel Leaders travel advisor Ted Blank to discover the world's top culinary and wine destinations. A picnic, which you'll enjoy during class, is included in the class fee (provided the class is held in person and MDH guidelines allow). Let's dream together about places to visit where we can partake in the best of food and wine!

Ted W Blank
6305-F20 Nov 4 Wed 1 session 6-8pm $15
Ed Center (door 4) 117

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

Scott Hanson
6204-F20 Sep 22-Oct 6 Tue 3 sessions 6:30-8:30pm $49
Ed Center (door 4) 113

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

Iris Myers
6004-F20 Sep 22-Oct 20 Tue 5 sessions 6:30-8:30pm $79
FLAHS (door 32) 204

Spanish 2
Here's your chance to further improve your Spanish language skills. Learn more about the language and culture, advance your skills in pronunciation, vocabulary, reading comprehension and grammar. This course can also serve as a review for those who took Spanish lessons in the past or are interested in practicing the language. Please bring the textbook “Practice Makes Perfect Spanish” Premium Second Edition, by Dorothy Richmond to the first day of class. New and used textbooks are available at barnesandnoble.com or amazon.com.

Iris Myers
6005-F20 Nov 10-Dec 8 Tue 5 sessions 6:30-8:30pm $79
FLAHS (door 32) 204

Rivers & Rails
The world is crisscrossed with rails and rivers. From Alaska to Peru, the Rhine to the Mekong, traveling by scenic rail line or river offers you the opportunity to discover the world in unique ways. Join world traveler and Travel Leaders travel advisor Ted Blank for a virtual tour of the best destinations and the best ways to travel the world’s rivers and rails.

Ted W Blank
6304-F20 Sep 23 Wed 1 session 6-8pm $15
Ed Center (door 4) 117

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

MN Safety Council
6035-F20 Sep 29 & Oct 1 2 sessions Tue & Thu 5-9pm $29
Ed Center (door 4) 208

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

MN Safety Council
6036-F20A Oct 6 Tue 1 session 9:30am-1:30pm $25
Ed Center (door 18) 119
6036-F20B Oct 8 Thu 1 session 5-9pm $25
Ed Center (door 4) 119

Follow us! Search @FLASCE
Archery - Intro
Grades 3-Adult
Bullsseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, techniques of shooting and enhance your skills as a shooter. See full description on page 22.

Horseshoes - Big & Little League
Ages 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 and one big - 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 Horshoe Pitchers Association rules. See full description on page 22.

Tae Kwon Do
Ages 6-Adult
Tae Kwon Do is great exercise and also builds confidence, character and self-control. For families, it is an excellent activity to participate in together no matter what your level of athletic ability. See full description on page 22.

Basketball - Adult Co-ed
Looking for a place to play recreational basketball? This is the place for you! Players organize full court or cross court pick-up games and often play shirts and skins. A yellow or gold t-shirt can be worn as an alternative to skins. Drop-in fee is $5.

Table Tennis - Recreational
Experienced or not-so-experienced table tennis players, this opportunity is for you! Whether you want to improve your skills or have fun, this casually supervised activity will be great for players of all levels. This activity will provide a high energy, fun environment and encourage friendly competition! Drop-in fee is $5.

Fencing
Ages 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. You’ll also build confidence and develop your analytical skills by learning and practicing how to referee bouts. See full description on page 22.

Volleyball - Adult Co-ed
Enjoy an evening out with friends and neighbors! Good volleyball, great times and the exercise is just a bonus. Wear comfortable clothes and athletic shoes. Drop-in fee is $5.

Pickleball Club
Pickleball players of all experience levels are invited to join the club! Individual players are welcome to pre-register or drop-in to participate in pick-up pickleball games. Players will rotate in and out of games to ensure everyone has the opportunity to play. Bring your own paddle or borrow one of ours! Players should wear comfortable clothes, athletic shoes and bring a bottle of water. Drop-in fee is $5.

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

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

- WILDLIFE SCIENCE CENTER
- OPEN GYM
- COSTUME PARTY
- MINI GOLF
- HOLIDAY LIGHT TOUR

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 for trips after the registration deadline due to bus and ticket reservations.

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 business days before your class is scheduled to begin. We will do our best to make needed accommodations.
Adult Basic Education (ABE)

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.

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

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

GED® Preparation
Work with the guidance of a licensed teacher to prepare to take your GED tests. 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.

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 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.

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

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

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

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

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

### Tae Kwon Do
**Ages 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 for children is not only great exercise, but 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**
- **Girls Grade 7**
  - 1544-F20A
  - Oct 19-Dec 17
  - Mon-Thu
  - 2:30-4:30pm
- **Girls Grade 8**
  - 1544-F20B
  - Oct 19-Dec 17
  - Mon-Thu
  - 2:30-4:30pm

**Important Dates**
- **Registration Deadline:** Tue, Oct 20
- **Picture Day:** Wed, Oct 28
- **FLAMS (door 1) Gym**

### Horseshoes - Big & Little League
**Ages 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 and one big - 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. The VFW is located at 556 12th St SW, Forest Lake.

**Helen Hawkinson-Mike and April Lynch**
- **Horseshoes - Big & Little League**
  - 5076-F20
  - Sep 15-Oct 20
  - Tue
  - 6:30-8:30pm
  - $39 per pair

**FLAMS (door 1) Gym**

### Archery - Intro
**Grades 3-Adult**
Bullseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, techniques of shooting and enhance your skills as a shooter. Don’t miss out on this great opportunity. Shoot straight, have fun and remember - safety first! Registration fee will be refunded after the 2nd session if children are not strong enough to achieve full draw of the bow.

**Helen Hawkinson-Mike and April Lynch**
- **Archery - Intro**
  - 5011-F20A
  - Sep 21-Oct 26
  - Mon
  - 5:30-6:30pm
  - $55
  - Ed Center (door 4) Gym
  - No class Nov 9
  - FLAMS (door 1) Gym

### Fencing
**Ages 6-Adult**
Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic bouting, students will learn fencing strategies that require problem solving skills. Fencers also build confidence and develop their analytical skills by learning and practicing how to referee bouts. Students should wear long athletic pants, a t-shirt, athletic shoes and bring a bottle of water.

**Minnesota Sword Play**
- **Fencing**
  - 5058-F20
  - Oct 27-Dec 15
  - Tue
  - 6-7pm
  - $85
  - FLAMS (door 1) Gym
  - No class Nov 3 & Dec 8

**Middle School Girls Basketball**
**Grades 7-8**
This is a great opportunity to meet new people, learn time management and have some fun. Students interested in playing basketball are encouraged to sign up and play. How much the athlete participates in games depends on attendance, attitude, work ethic and number of players on each team. Practices and games will be played at Forest Lake Area Middle School (FLAMS) unless away at the opponent's location (TBD). Transportation to the away games is provided and will return back to FLAMS. An email will be sent to families closer to the start date with a game schedule. Parents must provide transportation home from FLAMS after practices and games. Players must wear basketball shoes, practice clothes and bring a water bottle every day. Game uniforms will be provided. The registration deadline is October 20. For team availability after October 20, please call (651) 982-8392 or email amartens@flaschools.org.

**Girls Grade 7**
- 1544-F20A
  - Oct 19-Dec 17
  - Mon-Thu
  - 2:30-4:30pm

**Girls Grade 8**
- 1544-F20B
  - Oct 19-Dec 17
  - Mon-Thu
  - 2:30-4:30pm

**Important Dates**
- **Registration Deadline:** Tue, Oct 20
- **Picture Day:** Wed, Oct 28
- **FLAMS (door 1) Gym**

### Middle School Boys & Girls Soccer (Grades 7-8) registration deadline is September 14! Details online at www.flaschools.org/ce
Secondary Youth Special Interest

**Music Lessons - Band**
Grades 7-12
This is a great time to improve your ability to play your band instrument! Registration is open for woodwind, brass and percussion musicians with Mr. Jake Matheson. Whether you are starting your first year of band or nearing high school graduation these lessons are for you! Mr. Matheson will be provided with your contact information and will contact you to schedule your lessons. If you need to cancel and reschedule a lesson, please contact the instructor by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled.

Jake Matheson
5044-F20
$135 (6 lessons) or $235 (12 lessons)

**FIRST® LEGO® League Robotics Competition**
Grades 4-8
In FIRST® LEGO® League, you will be immersed in a real-world science and technology challenge. Your team will strategize, design, program and test an autonomous robot to perform a series of missions based on an annual theme. You’ll research a real-world problem, come up with a solution and then participate in a regional tournament. Adult volunteer assistant coaches needed. No experience necessary.

Dean Jensen
5088-F20
$225

**Youth Service Club**
This is an awesome opportunity for Forest Lake Area High School students who want to make a difference in our community. Participate in leadership development and learn about opportunities for students to get connected with volunteer projects. Students will have the opportunity to achieve a varsity letter in volunteerism and community service. Visit www.flaschools.org/ce for more information.

**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. **Please review the class schedule carefully as it meets at various times on various days.**

**Academic All Star Tutoring**
5004-F20  Sep 14-Oct 10  Mon & Sat  FLAHS (door 32) 302
7 sessions  Monday, 5:30-8:30pm & Saturday, 9am-1pm $349
No class Sep 26

**Community Ed Gift Certificates**
Give someone special an experience! Give the gift of swim lessons, yoga, a painting class, a baseball league, a drama workshop... The classes and opportunities you can use a gift certificate for are nearly endless.

Purchase in the amount of $25, $50, $75 or $100 online at www.forestlake.ce.eleyo.com or by phone at (651) 982-8110. Your gift certificate will be mailed the next business day or you can request to pick it up in person at the Education Center located at 943 9th Ave SW, Forest Lake.
Secondary Youth Special Interest

SEWING CLASS INFORMATION
Sewing classes are taught by Renee Bontjes, owner of Sewing and Fitting Mentor. 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. See class projects on page 10 and 11.

Sewing Machine Quick-Start
Ages 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. See picture on page 11.

5087-F20  Nov 3 & Nov 10  Tue  6-8pm  $49
2 sessions  Sewing and Fitting Mentor

Sewing - Cozy Fleece Mittens
Ages 16 - Adult
This fun and fast sewing project consists of six pieces of fleece. You’ll construct six seams by sewing both straight and curved seams using ¼” seam allowances to create a pair of cozy fleece mittens for fall or winter activities. These are a nice treat for yourself or to give as a gift. See picture on page 10.

5085-F20  Dec 8  Tue  6-8pm  $29
1 session  Sewing and Fitting Mentor

5085-W21  Jan 19  Tue  6-8pm  $29
1 session  Sewing and Fitting Mentor

Sewing - One Yard Magic Apron
Ages 16 - Adult
This apron is a quick, easy project that is created with basic sewing skills and makes for a unique and thoughtful hostess gift. You’ll assemble six pieces, use a straight ¼” rolled hem and an appliqued pocket from a single yard of fabric. Your apron can also be customized with contrasting fabric for ties and pocket. See picture of the class project on page 10.

5081-F20  Sep 29  Tue  6-8pm  $29
1 session  Sewing and Fitting Mentor

Sewing - Funky Lined Drawstring Bag
Ages 16 - Adult
Make this fun bag utilizing basic sewing skills such as straight seams of ¼” seam allowances and six pattern pieces. You’ll use three coordinating fabrics that will create an easy to close, fully lined bag with boxed corners which allows the bag to sit flat. This is a perfect bag to use to wrap small gifts and treats for the holidays. See picture on page 10.

5082-F20  Oct 20  Tue  6-8pm  $29
1 session  Sewing and Fitting Mentor

Sewing - Soft-Snug Fleece Headband
Ages 16 - Adult
Create this warm, super-soft headband for yourself or to give as a gift. It’s perfect for fall and wintertime activities. This easy sewing project consists of two pieces of fleece and is constructed by sewing both straight and curved seams using ¼” seam allowances. See picture on page 11.

5084-W21  Jan 5  Tue  6-8pm  $29
1 session  Sewing and Fitting Mentor

Sewing - Sweet Dreams Pillowcase
Ages 16 - Adult
No one would ever guess that this cute pillowcase could be created so quickly! You’ll combine two coordinating fabrics using ¼” seam allowance, straight stitched, fully enclosed seams (no raw edges). Great for gift giving or to add a fun punch of color to your bedroom. See picture on page 10.

5083-F20  Oct 6  Tue  6-8pm  $29
1 session  Sewing and Fitting Mentor

Sewing - Toasty Fleece Socks
Ages 16 - Adult
This is a quick and easy sewing project to create a pair of warm, toasty socks for yourself or to give as a gift. Using six pieces of fleece you’ll construct six seams by sewing both straight and curved seams using ¼” seam allowances. See picture on page 11.

5086-F20  Dec 22  Tue  6-8pm  $29
1 session  Sewing and Fitting Mentor

Follow us! Search @FLASCE
Please visit www.aplusdrivingschool.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.
Elementary Youth Athletics & Recreation

**Basketball League - Girls & Boys**
Entering Grades 2-6
Basketball League will focus on skills such as dribbling, shooting, passing and learning game positions. Register by what grade your student is entering in the fall and the elementary school your student attends. After our November 17 coaches meeting, coaches will notify you with schedule details the following week. Second and Third grade will play games on Tuesdays starting December 8. Fourth grade will play games on Mondays starting December 7. Fifth and Sixth grade will play games on Thursdays starting December 17. Games will start at 6:15pm or 7:15pm. In addition to the one game night, your student will have one to two practices a week.

Volunteer coaches are needed for each team. If you are interested in being a volunteer coach, please indicate this when registering. All participants will receive a jersey if registered by the deadline, so please indicate size when registering. What to bring for games and practices: tennis shoes, shorts, jersey and a bottle of water every day.

Dec 7-Mar 4  Forest View Elementary, Forest Lake Elementary, Wyoming Elementary and Forest Lake Area Middle School (FLAMS)

$99 by Oct 13, $119 after Oct 13 deadline

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>1563-F20: Entering grades 2-3</td>
<td>1553-F20: Entering grades 2-3</td>
</tr>
<tr>
<td>1564-F20: Entering grade 4</td>
<td>1554-F20: Entering grade 4</td>
</tr>
<tr>
<td>1565-F20: Entering grades 5-6</td>
<td>1555-F20: Entering grades 5-6</td>
</tr>
</tbody>
</table>

**Important Dates**
- Registration Deadline: Tue, Oct 13
- Random Draw: Thu, Oct 29 4pm Ed Center (door 4) 124
- Coaches Meeting: Tue, Nov 17 6pm Ed Center (door 4) Cafeteria
- Picture Day: Sat, Dec 12 8am FLAMS (door 1) Cafeteria

**Volleyball League**
Entering Grades 3-6
Volleyball League will focus on basic skills of passing, setting, serving and other offensive/defensive techniques. Register by what grade your student is entering in the fall and the elementary school your student attends. After our September 3 coaches meeting, the coaches will notify you with schedule details the following week. Games will be played at Forest Lake Area Middle School (FLAMS) on Mondays. Game times are at 6:15pm or 7:15pm. In addition to the game night, your student will have one to two practices a week.

Volunteer coaches are needed for each team. 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, so please indicate size when registering. What to bring for games and practices: knee pads, tennis shoes, t-shirt and a bottle of water every day.

Sep 21-Nov 23 FLAMS (door 1) Gyms

$99 by Aug 11, $119 after Aug 11 deadline

<table>
<thead>
<tr>
<th>Course Numbers</th>
<th>Important Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1634-F20: Entering grades 3 &amp; 4</td>
<td>Registration Deadline: Tue, Aug 11</td>
</tr>
<tr>
<td>1635-F20: Entering grade 5</td>
<td>Random Draw: Thu, Aug 13 4pm Ed Center (door 4) Room 124</td>
</tr>
<tr>
<td>1636-F20: Entering grade 6</td>
<td>Coaches Meeting: Thu, Sep 3 6pm Ed Center (door 4) Cafeteria</td>
</tr>
<tr>
<td>Picture Day: Sat, Sep 26 8am-12pm FLAMS (door 1) Cafeteria</td>
<td></td>
</tr>
</tbody>
</table>
Elementary Youth Athletics & Recreation

{YEL!} Junior Basketball
Grades K-3
Fundamentals and fun are in store! Emphasis is placed on developing the basic skills of dribbling, shooting, passing, sportsmanship and teamwork. We use engaging and dynamic games to support students' growth including our unique three-on-three style game. This is a high-octane class with an inclusive atmosphere. Hurry, the shot-clock is running down!

{YEL!} Youth Enrichment League

4644-F20A Nov 2-Dec 21 Mon
6 sessions 3:45-4:45pm $85
Scan Gym
No class Nov 9 & 30

4644-F20B Nov 3-Dec 15 Tue
6 sessions 3:45-4:45pm $85
Lino Gym
No class Dec 1

4644-F20C Nov 4-Dec 9 Wed
6 sessions 3:45-4:45pm $85
Wyo Main Gym

4644-F20D Nov 5-Dec 17 Thu
6 sessions 2:15-3:15pm $85
LILA - Main Campus
No class Nov 26

4644-F20E Nov 5-Dec 17 Thu
6 sessions 2:15-3:15pm $85
NLA
No class Nov 26

4644-F20F Nov 5-Dec 17 Thu
6 sessions 3:45-4:45pm $85
Col Gym
No class Nov 26

4644-F20G Nov 5-Dec 17 Thu
6 sessions 3:45-4:45pm $85
FV Gym
No class Nov 26

4644-F20H Nov 6-Dec 18 Fri
6 sessions 3:45-4:45pm $85
Linw Gym
No class Nov 27

Intro to Wrestling
Ages 4-Grade 6
Would you like to learn about wrestling? Here's your chance! This introductory wrestling league is centered around the inexperienced wrestler. Students will spend part of the time in group drills then split into age/weight appropriate groups for matches. Learn technique, meet new friends and have fun! Coached by FL Youth Club Coaches and FLAHS wrestlers.

1560-F20 Oct 19-Oct 29 Mon, Tue & Thu 6-7pm $69
6 sessions FLAHS (door 33) Wrestling Room

Pole Vaulting
Ages 9 & Up
Join up with GForcePV as we learn about pole vaulting. First time or experienced athletes ages 9 to adults 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. Learn more at GForcePV.org.

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 amartens@flaschools.org with the name of all family members registered and a refund will be processed for the discount. Participants must wear weather appropriate and comfortable clothing, bring a small notebook, pen/pencil, two nut/peanut free snacks and a bottle of water every day.

GForcePV

Follow us! Search @FLASCE

www.flaschools.org/ce
Little Kickers Soccer
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. This program is a partnership with Forest Lake Area Schools Community Education and Lakes United Soccer Club (www.lakesunitedfc.org). Register by the grade your student is entering in the fall and elementary school your student attends. After our Aug 27 coaches meeting, the coaches will notify you with schedule details the following week.

Volunteer coaches are needed for this program and will be guided by a coach from the Lakes United Soccer Club. 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, so please indicate size when registering. What to bring: soccer cleats (rubber only) or tennis shoes, shin guards and a bottle of water every day.

Sep 5 - Oct 10   Sat 9-10am   Col Green Space
$55 by Aug 11, $65 after Aug 11 deadline

1584-F20: Ages 3 & 4   9-10am
1588-F20: Ages 5 & 6   9-10am
1589-F20: Ages 7 & 8   9-10am

Important Dates
Registration Deadline:   Tue, Aug 11
Random Draw:   Thu, Aug 13   4pm   Education Center (door 4) 124
Coaches Meeting:   Thu, Aug 27   6pm   Columbus Elementary (door 1)
Picture Day:   Sat, Sep 5   8-11am   Columbus Green Space
**Elementary Youth Athletics & Recreation**

**Tae Kwon Do**
Ages 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 for children is not only great exercise, but 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-F20  Nov 7-Dec 5  Sat
4 sessions 9-9:45am  $45
Sun Yi’s Academy
No class Nov 28

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

*Minnesota Sword Play*
4626-F20  Oct 27-Dec 15  Tue
6 sessions 6-7pm  $85
FLAMS (door 1) Gym C
No class Nov 3 & Dec 8

**Archery - Intro**
Grades 3-Adult
Bullseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, techniques of shooting and enhance your skills as a shooter. Don’t miss out on this great opportunity. Shoot straight, have fun and remember - safety first! Registration fee will be refunded after the 2nd session if children are not strong enough to achieve full draw of the bow.

4018-F20A  Sep 21-Oct 26  Mon
6 sessions 5:30-6:30pm  $55
Ed Center (door 4) Gym

4018-F20B  Sep 21-Oct 26  Mon
6 sessions 6:45-7:45pm  $55
Ed Center (door 4) Gym

4018-F20C  Nov 9-Dec 14  Mon
6 sessions 5:30-6:30pm  $55
Ed Center (door 4) Gym

4018-F20D  Nov 9-Dec 14  Mon
6 sessions 6:45-7:45pm  $55
Ed Center (door 4) Gym

**Horseshoes - Big & Little League**
Ages 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 and one big - 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. The VFW is located at 556 12th St SW, Forest Lake.

*Helen Hawkinson-Mike and April Lynch*
4019-F20  Sep 15-Oct 20  Tue
6 sessions 6:30-8:30pm  $39 per pair
VFW of Forest Lake

**Youth Aquatics**
pages 36-41
LET’S LEARN TO ICE SKATE!

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

Rental skates are available at Forest Lake Cycle and Skate located at the Forest Lake Sports Center for an additional cost.

Skills: Proper way to fall down and get up, marching in a standing position and marching while moving, two-foot spin, inside pivot, forward spiral, backward edges I & O, half flip, waltz jump as well as many more skills that are hockey and skating based.

Fall Session 1: Sep 5 – Oct 10   Sat   Times vary depending on your skating level
*Fieldhouse Rink Dates: Nov 2 and Nov 16 (dress warmer than normal as lessons are held in fieldhouse)

<table>
<thead>
<tr>
<th>Tots 1 (Level 1)</th>
<th>Tots 2 (Level 2)</th>
<th>Tots 3 (Level 3)</th>
<th>Pre Alpha (Level 4)</th>
<th>Alpha (Level 5)</th>
<th>Gamma (Level 7)</th>
<th>Delta (Level 8)</th>
<th>Freestyle (Level 9/10)</th>
<th>Intro to Hockey</th>
</tr>
</thead>
<tbody>
<tr>
<td>1601-F20A</td>
<td>1602-F20A</td>
<td>1623-F20A</td>
<td>1603-F20A</td>
<td>1604-F20A</td>
<td>1606-F20A</td>
<td>1607-F20A</td>
<td>1608-F20A</td>
<td>Ages 4-7</td>
</tr>
<tr>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
<td>Let's learn to play hockey! We have partnered with the Forest Lake Hockey Association (FLHA) to offer this great introduction to our hockey program. Each week we will expand on basic skating skills in a hockey environment. Fundamental skills will be taught though stations, age appropriate drills and games with the emphasis on fun. Skaters will be split into skill levels. Everyone will work on expanding their basic skating skills while the higher level skaters will begin to incorporate hockey plays and stickhandling. Volunteer coaches are needed for this program. If you are interested, please indicate when registering. Coaches must provide their own skates and helmet. Full hockey equipment is required and should include: skates, helmet with face guard, shoulder pads, elbow pads, hockey breezers, gloves, shin pads and stick. A mouth guard and protective cup are recommended. A hockey jersey and hockey socks will be provided. Please note the prerequisite: Participants must be able to stand up on the ice without assistance.</td>
</tr>
<tr>
<td>9-9:30am</td>
<td>9-9:30am</td>
<td>9-9:30am</td>
<td>9-9:30am</td>
<td>8-8:45am</td>
<td>8-8:45am</td>
<td>8-8:45am</td>
<td>7:15-8am</td>
<td></td>
</tr>
<tr>
<td>$69</td>
<td>$69</td>
<td>$69</td>
<td>$69</td>
<td>$105</td>
<td>$105</td>
<td>$105</td>
<td>$105</td>
<td></td>
</tr>
</tbody>
</table>

Important Dates
Registration Deadline:   Tue, Sept 15
Fieldhouse Rink Dates:   Tue, Nov 17
1667-F20           Oct 24-Mar 20   Sat
17 sessions         10:15-11am     $150
FL Sports Center Lichtscheidl Arena
No class Nov 28, Dec 26, Jan 2, Jan 16 & Jan 30
## Beyond Clay Pinch Pots
### Ages 5-12
Every kid loves making clay pinch pots! But let’s go beyond that and learn super cool techniques that transform pinch pots into puppy pals, silly rabbits, playful penguins and much more. Not only will the kids learn the basics of working with clay but they will create amazing clay creations that are way cooler than a plain, old, ordinary pinch pot!

*Kidcreate Studio*

<table>
<thead>
<tr>
<th>Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4043-F20A</td>
<td>Nov 16-Dec 21</td>
<td>Mon</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>FV 122</td>
<td>No class Nov 23 &amp; 30</td>
</tr>
<tr>
<td>4043-F20B</td>
<td>Nov 19-Dec 17</td>
<td>Thu</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>Scan 148</td>
<td>No class Nov 26</td>
</tr>
<tr>
<td>4043-F20C</td>
<td>Nov 18-Dec 16</td>
<td>Wed</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>Wyo 105</td>
<td>No class Nov 25</td>
</tr>
<tr>
<td>4043-F20D</td>
<td>Nov 20-Dec 18</td>
<td>Fri</td>
<td>4 sessions</td>
<td>2:15-3:15pm</td>
<td>$75</td>
<td>LILA - Main Campus</td>
<td>No class Nov 27</td>
</tr>
<tr>
<td>4043-F20E</td>
<td>Nov 17-Dec 8</td>
<td>Tue</td>
<td>4 sessions</td>
<td>2:15-3:15pm</td>
<td>$75</td>
<td>NLA</td>
<td></td>
</tr>
</tbody>
</table>

## Cheerleading & Dance
### Ages 4-14
Cheer America is an exciting cheerleading and dance program. We teach children popular cheers and chants, choreographed dance and pom-pom routines, parade marching techniques, simple stunting and tumbling and many other skills related to cheerleading performance. We will promote physical fitness, teamwork, respect for authority and personal esteem. A group recital is performed on the last night of class and all students receive medals and diplomas for their participation in the program.

*Cheer America*

<table>
<thead>
<tr>
<th>Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4042-F20A</td>
<td>Oct 12-Nov 2</td>
<td>Mon</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>FV 122</td>
<td></td>
</tr>
<tr>
<td>4042-F20B</td>
<td>Oct 1-Nov 5</td>
<td>Thu</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>Scan 148</td>
<td>No class Oct 8 &amp; 15</td>
</tr>
<tr>
<td>4042-F20C</td>
<td>Oct 7-Oct 28</td>
<td>Wed</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>Wyo 105</td>
<td></td>
</tr>
<tr>
<td>4042-F20D</td>
<td>Oct 2-Nov 6</td>
<td>Fri</td>
<td>4 sessions</td>
<td>2:15-3:15pm</td>
<td>$75</td>
<td>LILA - Main Campus</td>
<td>No class Oct 9 &amp; 16</td>
</tr>
<tr>
<td>4042-F20E</td>
<td>Oct 6-Oct 27</td>
<td>Tue</td>
<td>4 sessions</td>
<td>2:15-3:15pm</td>
<td>$75</td>
<td>NLA</td>
<td></td>
</tr>
</tbody>
</table>

## Beginning Ballet
### Ages 5-7
Children will learn beginning ballet movements and creative expression. Emphasis is on basic loco-motor development, rhythm and creative expression. Our 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*

<table>
<thead>
<tr>
<th>Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4291-F20</td>
<td>Sep 19-Oct 10</td>
<td>Sat</td>
<td>4 sessions</td>
<td>11:30am-12pm</td>
<td>$45</td>
<td>Dance Factory</td>
<td></td>
</tr>
</tbody>
</table>

## Let’s Draw, Paint & Sculpt
### Ages 5-12
You asked for it, so here it is - a camp with all that art has to offer and more! Your child will love experimenting with many different materials while learning several new techniques. We’ll learn to draw a wacky llama and we’ll sculpt and paint a box full of delicious-looking donuts. We’ll even create one of our most popular projects - a snow globe! Parents, you’ll need to make space on the fridge and the mantle for these amazing works of art!

*Kidcreate Studio*

<table>
<thead>
<tr>
<th>Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4042-F20A</td>
<td>Oct 12-Nov 2</td>
<td>Mon</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>FV 122</td>
<td></td>
</tr>
<tr>
<td>4042-F20B</td>
<td>Oct 1-Nov 5</td>
<td>Thu</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>Scan 148</td>
<td>No class Oct 8 &amp; 15</td>
</tr>
<tr>
<td>4042-F20C</td>
<td>Oct 7-Oct 28</td>
<td>Wed</td>
<td>4 sessions</td>
<td>3:45-4:45pm</td>
<td>$75</td>
<td>Wyo 105</td>
<td></td>
</tr>
<tr>
<td>4042-F20D</td>
<td>Oct 2-Nov 6</td>
<td>Fri</td>
<td>4 sessions</td>
<td>2:15-3:15pm</td>
<td>$75</td>
<td>LILA - Main Campus</td>
<td>No class Oct 9 &amp; 16</td>
</tr>
<tr>
<td>4042-F20E</td>
<td>Oct 6-Oct 27</td>
<td>Tue</td>
<td>4 sessions</td>
<td>2:15-3:15pm</td>
<td>$75</td>
<td>NLA</td>
<td></td>
</tr>
</tbody>
</table>

Register online at www.flaschools.org/ce
Elementary Youth Arts & Theater

**Line Dancing**
*Grades 4-6*

Line dancing can be done to many different types of music, including country, hip hop and disco. We will focus on several popular line dances across musical genres. This will be a fun atmosphere to learn, exercise, get creative and celebrate dance! We may even invent our own new line dance that you can show your friends!

*Heidi Smith-Miranda*

4041-F20  Oct 22-Nov 12  Thu  
4 sessions  3:45-4:30pm  $35  
FL Elem Gym

**Music Lessons - Guitar, Ukulele & Piano**
*Grades 3-12*

This is a great time to improve your ability to play your band instrument! Registration is open for guitar, ukulele and piano lessons with Mr. Francois Harewood. Whether you have never had any music lessons or want to pursue music professionally, these lessons are for you! Students must bring their own guitar or ukulele to their lesson. Piano lessons will be one on one. Guitar and ukulele lessons can be in small groups of similar skill levels. Mr. Harewood will be provided with your contact information and will contact you to schedule your lessons. If you need to cancel and reschedule a lesson, please contact the instructor by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled.

*François Harewood*

4038-F20  6 Lessons ($135) or 12 lessons ($235)

**Painting Buddies**
*Ages 6-Adult*

Parent and child pairs will work together to create an acrylic painting on two canvases (grandparents/grandchildren are welcome too). 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. Halberg 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.

*Tree Croyle Johnson*

4190-F20A  Sep 25  Fri  6-8pm  $45 per pair  
1 session  Hallberg Center for the Arts

4190-F20B  Oct 30  Fri  6-8pm  $45 per pair  
1 session  Hallberg Center for the Arts

4190-F20C  Nov 13  Fri  6-8pm  $45 per pair  
1 session  Hallberg Center for the Arts

4190-F20D  Dec 4  Fri  6-8pm  $45 per pair  
1 session  Hallberg Center for the Arts

**Ranger Singers**
*Grades 3-6*

If you love to sing and be with friends who love to sing, Ranger Singers is for you! In this choir you will sing new, fun and familiar songs while you stretch your vocal skills and move your body to the beat. The sessions are fast paced and lots of fun! If you haven’t tried Ranger Singers, now is the time! We will sing at a community concert at Wyoming Elementary on December 21, 2020 at 7pm. It would be great to have you join Ranger Singers!

*Francois Harewood*

4002-F20A  Oct 26-Dec 21  Mon  
7 sessions  No class Nov 9 & Nov 30  
3:45-4:45pm  $55  Wyo 143  
Francois Harewood

4002-F20B  Oct 27-Dec 21  Tue  
7 sessions  No class Nov 10 & Nov 24  
3:45-4:45pm  $55  Lino 116  
Lisa Sauer

4002-F20C  Oct 29-Dec 21  Thu  
7 sessions  No class Nov 12 & Nov 26  
3:45-4:45pm  $55  FL Elem 114  
Lisa Sauer
Elementary Youth Math & Science

Junior STEM Club
Grades K-3
The Engineering For Kids Jr STEM Club introduces students to a new, hands-on lesson every week from various engineering disciplines. For each lesson, students focus on developing 21st century skills such as problem solving, critical thinking and peer collaboration. These life skills provide students with the confidence to approach challenges in their lives and realize that they can succeed in almost anything! Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons.

Engineering for Kids
4017-F20 Oct 6-Oct 27 Tue 3:45-4:45pm $105 Col 128
4 sessions

CODING Club - Creative Game Design
Grades 3-6
The Engineering For Kids CODING Club helps to develop your child’s creativity, problem solving skills, teamwork and technology knowledge in an engaging, collaborative way though fun and practical challenges. Students are introduced to a different coding activity each session to develop 21st century skills and bring authentic learning as they get to build something that they can share with family and friends.

Engineering for Kids
4044-F20 Nov 10-Dec 1 Tue 3:45-5:15pm $125 Col 128
4 sessions

FIRST® LEGO® League Robotics Competition
Grades 4-8
In FIRST® LEGO® League, you will be immersed in a real-world science and technology challenge. Your team will strategize, design, program and test an autonomous robot to perform a series of missions based on an annual theme. You’ll research a real-world problem, come up with a solution and then participate in a regional tournament. Adult volunteer assistant coaches needed. No experience necessary.

Dean Jensen
4001-F20 Sep 15-Dec 16 Tue & Wed 4:30-6pm $225
Ed Center (door 4) 111
4908-F20A 4 sessions Nov 2-Dec 7 Mon 3:45-4:45pm $65
Wyo 105 No class Nov 9 & 30
4908-F20B 4 sessions Nov 3-Nov 24 Tue 2:15-3:15pm $65
LILA - Main Campus
4908-F20C 4 sessions Nov 3-Nov 24 Tue 3:45-4:45pm $65
Col 106
4908-F20D 4 sessions Nov 4-Nov 25 Wed 3:45-4:45pm $65
Lino 121
4908-F20E 4 sessions Nov 5-Dec 3 Thu 3:45-4:45pm $65
Linw 159 No class Nov 26
4908-F20F 4 sessions Nov 6-Dec 4 Fri 3:45-4:45pm $65
FV 122 No class Nov 27
4908-F20G 4 sessions Nov 9-Dec 7 Thu 2:15-3:15pm $89
LILA - Main Campus No class Nov 26

{YEL!} Junior Robotics
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, boat and more, then program them to complete various tasks. In this {YEL!} camp, students are challenged to build, test, program and modify multiple projects then use those projects to investigate basic robotics concepts as well as introductory computer coding. Visit YouthEnrichmentLeague.com for sample pictures and more information.

{YEL!} Youth Enrichment League
4908-F20A 4 sessions Oct 5-Oct 26 Mon 3:45-4:45pm $65 Wyo 105
4908-F20B 4 sessions Oct 21-Nov 11 Tue 3:45-4:45pm $65 FV 122
4908-F20C 4 sessions Oct 22-Nov 12 Wed 3:45-4:45pm $65 Lino 121
4908-F20D 4 sessions Nov 10-Dec 8 Thu 3:45-4:45pm $65 Wyo 105 No class Nov 24
4908-F20E 4 sessions Nov 16-Dec 14 Mon 3:45-4:45pm $65 Linw 159 No class Nov 30
4908-F20F 4 sessions Nov 18-Dec 16 Wed 3:45-4:45pm $65 Scan 148 No class Nov 25
4908-F20G 4 sessions Nov 19-Dec 17 Thu 3:45-4:45pm $65 LILA - Main Campus No class Nov 26

NASA Academy of Future Space Explorers
Grades 1-5
Explore the Earth, Moon, Mars...and beyond. Mad Science teams up with NASA to bring you the excitement and wonder of space in this program featuring activities from the NASA Academy of Future Space Explorers Program. This voyage of discovery features unique hands-on activities, amazing demonstrations and fun educational take-homes in an experience that is truly out of this world!

Mad Science of MN
4805-F20A Oct 5-Oct 26 Mon 3:45-4:45pm $89 Col 106
4805-F20B Oct 21-Nov 11 Tue 3:45-4:45pm $89 FV 122
4805-F20C Oct 22-Nov 12 Wed 3:45-4:45pm $89 Lino 121
4805-F20D Oct 10-Dec 8 Thu 3:45-4:45pm $89 Wyo 105 No class Nov 24
4805-F20E Nov 16-Dec 14 Mon 3:45-4:45pm $89 Linw 159 No class Nov 30
4805-F20F Nov 18-Dec 16 Wed 3:45-4:45pm $89 Scan 148 No class Nov 25
4805-F20G Nov 19-Dec 17 Thu 3:45-4:45pm $89 LILA - Main Campus No class Nov 26

www.flaschools.org/ce
Elementary Youth Special Interest

{YEL!} Grandmasters of Chess
Grades K-5

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

{YEL!} Youth Enrichment League
4926-F20 Nov 5-Dec 17 Thu
6 sessions 3:45-4:45pm $95
Lino Media Center
No class Nov 26

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

Emergency Outfitters
4387-F20 Oct 15 Thu 9am-3pm $69
1 session Ed Center (door 18) 119

Elementary Youth Night
Grades 4-6
Kids will join their friends from school for a night of fun and games! Whether they’re on the basketball court, at the volleyball nets or dancing along to music provided by a DJ, they’ll be having an amazing time. Youth Enrichment League will be running a mini basketball and mini LEGO® clinic during the event. We will also have the pool open for swimming, so bring a swimsuit and towel. Pizza, water and snacks will be available for purchase ($2 each). Registration fee covers all activities.

District Staff
4500-F20A Oct 23 Fri 6:30-8:30pm $10 before 10/15 or $15 after
1 session Ed Center (door 4) Cafeteria

4500-F20B Dec 4 Fri 6:30-8:30pm $10 before 11/25 or $15 after
1 session Ed Center (door 4) Cafeteria

American Red Cross Certified Babysitters Training
Ages 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 snack and lunch. Participants must be at least 11 years old - age will be verified.

American Red Cross
4388-F20A Oct 15 Thu 8am-3pm $89
1 session Ed Center (door 18) 117

4388-F20B Nov 30 Mon 8am-3pm $89
1 session Ed Center (door 18) 119
SAC
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
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.

2020-2021 School Year SAC & Sonic
• September 8 - June 10
• Located at every elementary school in the Forest Lake Area School district
• Non-school day (NSD) care is available at select sites with the exception of major holidays. NSD registration must be submitted online by the registration deadlines listed on the website.
• Open at select sites when school is closed due to inclement weather
• Full and part-time options
• Open 6am until morning bell and from afternoon dismissal until 6pm
• School year registration deadline is August 1.
• Minimum of one session, same day, same session each week required

FALL REGISTRATION DEADLINE: AUGUST 1
All registrations received after the August 1, 2020 deadline will have a start date of at least one week after the first day of school.
Registrations are continuously accepted upon space availability.

REGISTER ONLINE
www.flaschools.org/childcare
I registered online, now what?
Students are unable to participate in any Childcare Program until all required forms are returned to the childcare business office and your contract is accepted.
• Check your inbox for an email regarding your pending childcare contract.
• Submit all required forms to the childcare business office.
• Check your inbox for an email confirmation with your start date once all paperwork is completed.
SAC & Sonic accepts registrations continuously upon space availability.
For rates, registration information and the Family Handbook, contact:
Childcare Programs
(651) 982-8365
www.flaschools.org/childcare

See page 49 for information on childcare for Little Rangers Preschool students.
Aquatics

Did you know?

A “swimmer” should successfully be able to:
• Swim a 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!
Sign up for two lessons and receive half off the third.
If you sign up for 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.

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

Forest Lake Area Schools Pool Location
Education Center (door 8) 943 9th Ave SW, Forest Lake

PARENT–CHILD LESSONS

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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000-F20A</td>
<td>Sep 9-Oct 14</td>
<td>Wed</td>
<td>6-6:30pm</td>
<td>$57</td>
</tr>
<tr>
<td>1000-F20B</td>
<td>Oct 28-Dec 9</td>
<td>Wed</td>
<td>6-6:30pm</td>
<td>$57</td>
</tr>
</tbody>
</table>

No class Nov 25

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 skills of swimming.

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1001-F20A</td>
<td>Sep 9-Oct 14</td>
<td>Wed</td>
<td>6:30-7pm</td>
<td>$57</td>
</tr>
<tr>
<td>1001-F20B</td>
<td>Oct 28-Dec 9</td>
<td>Wed</td>
<td>6:30-7pm</td>
<td>$57</td>
</tr>
</tbody>
</table>

No class Nov 25

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1002-F20A</td>
<td>Sep 9-Oct 14</td>
<td>Wed</td>
<td>7-7:30pm</td>
<td>$57</td>
</tr>
<tr>
<td>1002-F20B</td>
<td>Sep 15-Nov 17</td>
<td>Tue</td>
<td>6-6:30pm</td>
<td>$72</td>
</tr>
<tr>
<td>1002-F20C</td>
<td>Oct 28-Dec 9</td>
<td>Wed</td>
<td>7-7:30pm</td>
<td>$57</td>
</tr>
</tbody>
</table>

No class Nov 3 & Nov 25

Register for lessons at www.flaschools.org/ce or call (651) 982-8110.
Preschool Swim Lessons (Child Only)

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

Registration information
Register online at www.flaschools.org/ce, call (651) 982-8110 or refer to page 54 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.

<table>
<thead>
<tr>
<th>Turtle Swim Lessons</th>
<th>Bobber Swim Lessons</th>
<th>Little Swimmers Swim Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ages 4-5</strong></td>
<td><strong>Ages 4-5</strong></td>
<td><strong>Ages 4-5</strong></td>
</tr>
<tr>
<td>The first swim experience for children without a parent in the water. All basic skills will be covered; water adjustment, breath holding, floating and kicking.</td>
<td>This class is for children who are familiar with the pool setting. Children should be comfortable jumping to the instructor and able to hold breath 6 seconds. Unsupported floats and kicks are the emphasis in this class. Parents are not in the water.</td>
<td>Class is designed for children who have passed the Bobber class. Students must be able to float and kick with their faces in the water by themselves for 10 feet. They will do lots of kicking on the front and back. Beginner arm strokes on front and back are introduced. Parents are not in the water.</td>
</tr>
<tr>
<td><strong>1003-F20A</strong></td>
<td><strong>1004-F20A</strong></td>
<td><strong>1005-F20A</strong></td>
</tr>
<tr>
<td>10 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
</tr>
<tr>
<td>Sep 9-Oct 14</td>
<td>Sep 9-Oct 14</td>
<td>Sep 9-Oct 14</td>
</tr>
<tr>
<td>6-6:30pm</td>
<td>6-6:30pm</td>
<td>6-6:30pm</td>
</tr>
<tr>
<td>$57</td>
<td>$57</td>
<td>$57</td>
</tr>
<tr>
<td><strong>1003-F20B</strong></td>
<td><strong>1004-F20B</strong></td>
<td><strong>1005-F20B</strong></td>
</tr>
<tr>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
</tr>
<tr>
<td>Sep 9-Oct 14</td>
<td>Sep 9-Oct 14</td>
<td>Sep 9-Oct 14</td>
</tr>
<tr>
<td>6:30-7pm</td>
<td>7-7:30pm</td>
<td>7-7:30pm</td>
</tr>
<tr>
<td>$57</td>
<td>$57</td>
<td>$57</td>
</tr>
<tr>
<td><strong>1003-F20C</strong></td>
<td><strong>1004-F20C</strong></td>
<td><strong>1005-F20C</strong></td>
</tr>
<tr>
<td>8 sessions</td>
<td>8 sessions</td>
<td>8 sessions</td>
</tr>
<tr>
<td>Sep 14-Nov 2</td>
<td>Sep 14-Nov 2</td>
<td>Sep 15-Nov 17</td>
</tr>
<tr>
<td>6-6:30pm</td>
<td>6:30-7pm</td>
<td>6-6:30pm</td>
</tr>
<tr>
<td>$72</td>
<td>$72</td>
<td>$72</td>
</tr>
<tr>
<td><strong>1003-F20D</strong></td>
<td><strong>1004-F20D</strong></td>
<td><strong>1005-F20D</strong></td>
</tr>
<tr>
<td>8 sessions</td>
<td>8 sessions</td>
<td>8 sessions</td>
</tr>
<tr>
<td>Sep 15-Nov 17</td>
<td>Sep 19-Nov 14</td>
<td>Sep 19-Nov 14</td>
</tr>
<tr>
<td>6-6:30pm</td>
<td>10:30-11am</td>
<td>9:30-10am</td>
</tr>
<tr>
<td>$72</td>
<td>$72</td>
<td>$72</td>
</tr>
<tr>
<td>No class Oct 13 &amp; 3</td>
<td>No class Oct 17</td>
<td>No class Oct 17</td>
</tr>
<tr>
<td><strong>1003-F20E</strong></td>
<td><strong>1004-F20E</strong></td>
<td><strong>1005-F20E</strong></td>
</tr>
<tr>
<td>8 sessions</td>
<td>8 sessions</td>
<td>8 sessions</td>
</tr>
<tr>
<td>Sep 19-Nov 14</td>
<td>Sep 19-Nov 14</td>
<td>Sep 19-Nov 14</td>
</tr>
<tr>
<td>9:30-10am</td>
<td>11-11:30am</td>
<td>11-11:30am</td>
</tr>
<tr>
<td>$72</td>
<td>$72</td>
<td>$72</td>
</tr>
<tr>
<td>No class Oct 17</td>
<td>No class Oct 17</td>
<td>No class Oct 17</td>
</tr>
<tr>
<td><strong>1003-F20F</strong></td>
<td><strong>1004-F20F</strong></td>
<td><strong>1005-F20F</strong></td>
</tr>
<tr>
<td>8 sessions</td>
<td>8 sessions</td>
<td>8 sessions</td>
</tr>
<tr>
<td>Sep 19-Nov 14</td>
<td>Oct 28-Dec 9</td>
<td>Oct 28-Dec 9</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>6-6:30pm</td>
<td>6-6:30pm</td>
</tr>
<tr>
<td>$72</td>
<td>$57</td>
<td>$57</td>
</tr>
<tr>
<td>No class Oct 17</td>
<td>No class Nov 25</td>
<td>No class Nov 25</td>
</tr>
<tr>
<td><strong>1003-F20G</strong></td>
<td><strong>1004-F20G</strong></td>
<td><strong>1005-F20G</strong></td>
</tr>
<tr>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
</tr>
<tr>
<td>Oct 28-Dec 9</td>
<td>Oct 28-Dec 9</td>
<td>Oct 28-Dec 9</td>
</tr>
<tr>
<td>6-6:30pm</td>
<td>6-6:30pm</td>
<td>6-6:30pm</td>
</tr>
<tr>
<td>$57</td>
<td>$57</td>
<td>$57</td>
</tr>
<tr>
<td>No class Nov 25</td>
<td>No class Nov 25</td>
<td>No class Nov 25</td>
</tr>
<tr>
<td><strong>1003-F20H</strong></td>
<td><strong>1004-F20H</strong></td>
<td><strong>1005-F20H</strong></td>
</tr>
<tr>
<td>6 sessions</td>
<td>6 sessions</td>
<td>6 sessions</td>
</tr>
<tr>
<td>Oct 28-Dec 9</td>
<td>Oct 28-Dec 9</td>
<td>Oct 28-Dec 9</td>
</tr>
<tr>
<td>7-7:30pm</td>
<td>7-7:30pm</td>
<td>7-7:30pm</td>
</tr>
<tr>
<td>$57</td>
<td>$57</td>
<td>$57</td>
</tr>
<tr>
<td>No class Nov 25</td>
<td>No class Nov 25</td>
<td>No class Nov 25</td>
</tr>
</tbody>
</table>

All lessons are located at the Forest Lake Area Schools Pool at the Education Center (door 8) 943 9th Ave SW, Forest Lake.
Children’s Swim Lessons

Level 1 Swim Lessons
Ages 6 & up
The objectives of Level 1 are to learn basic personal water safety skills and to help participants feel comfortable in the water by learning breath holding, floating and kicking without support. Children under 6 years old must have a recommendation from teacher.

1006-F20A Sep 14-Nov 2 Mon 8 sessions 6-6:50pm $72
1006-F20B Sep 15-Nov 17 Tue 8 sessions 6:30-7:20pm $72
1006-F20C Sep 19-Nov 14 Sat 8 sessions 9-9:50am $72
1006-F20D Sep 19-Nov 14 Sat 8 sessions 10-10:50am $72

Level 2 Swim Lessons
Ages 6 & up
Prerequisite: Level 1 or float on front and back alone for 10 seconds and front kick 5 feet. This level marks the beginning of true locomotion skills. Participants further develop arm and leg actions on the front and back and begin deep water swimming.

1007-F20A Sep 14-Nov 2 Mon 8 sessions 7-7:50pm $72
1007-F20B Sep 15-Nov 17 Tue 8 sessions 6:30-7:20pm $72
1007-F20C Sep 19-Nov 14 Sat 8 sessions 9:9:50am $72
1007-F20D Sep 19-Nov 14 Sat 8 sessions 10-10:50am $72

Level 3 Swim Lessons
Ages 6 & up
Prerequisite: Level 2 or be able to jump into deep end, swim beginner stroke 10 feet, turn over and swim on back 10 feet. Level 3 builds on previously learned skills by introducing the front and back crawl, elementary backstroke and dolphin kick. Treading water, diving and survival floating are also covered.

1008-F20A Sep 14-Nov 2 Mon 8 sessions 7-7:50pm $72
1008-F20B Sep 15-Nov 17 Tue 8 sessions 6:30-7:20pm $72
1008-F20C Sep 19-Nov 14 Sat 8 sessions 9-9:50am $72
1008-F20D Sep 19-Nov 14 Sat 8 sessions 11-11:50am $72

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

1009-F20A Sep 14-Nov 2 Mon 8 sessions 6-6:50pm $72
1009-F20B Sep 19-Nov 14 Sat 8 sessions 10-11:50am $72

Level 5 Swim Lessons
Ages 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-F20A Sep 14-Nov 2 Mon 8 sessions 6-6:50pm $72
1010-F20B Sep 19-Nov 14 Sat 8 sessions 9-9:50am $72
1010-F20C Sep 19-Nov 14 Sat 8 sessions 10-10:50am $72
1010-F20D Sep 19-Nov 14 Sat 8 sessions 11-11:50am $72

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

1011-F20A Sep 14-Nov 2 Mon 8 sessions 7-7:50pm $72
1011-F20B Sep 19-Nov 14 Sat 8 sessions 11-11:50am $72
1011-F20C Sep 19-Nov 14 Sat 8 sessions 10-10:50am $72
1011-F20D Sep 19-Nov 14 Sat 8 sessions 11-11:50am $72

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

1012-F20A Sep 14-Nov 2 Mon 8 sessions 7-7:50pm $72
1012-F20B Sep 19-Nov 14 Sat 8 sessions 11-11:50am $72
1012-F20C Sep 19-Nov 14 Sat 8 sessions 10-10:50am $72
1012-F20D Sep 19-Nov 14 Sat 8 sessions 11-11:50am $72

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

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1050-F20A</td>
<td>Sep 13-Oct 18</td>
<td>Sun, 4-6:30pm &amp; Fri, 6-8pm</td>
<td>$111</td>
</tr>
<tr>
<td>10 sessions</td>
<td>No class Oct 16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1050-F20B</td>
<td>Oct 25-Dec 27</td>
<td>Sun, 4-6:30pm &amp; Fri, 6-8pm</td>
<td>$155</td>
</tr>
<tr>
<td>14 sessions</td>
<td>No class Nov 20, Nov 27, Nov 29, Dec 4 &amp; Dec 25</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1052-F20A</td>
<td>Sep 14-Oct 18</td>
<td>Sun, 1-5pm, Mon, 6:30-9pm &amp; Thu, 7:30-9pm</td>
<td>$132</td>
</tr>
<tr>
<td>12 sessions</td>
<td>No class Sep 24, Oct 8 &amp; Oct 15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1052-F20B</td>
<td>Oct 25-Dec 27</td>
<td>Sun, 1-5pm, Mon, 6:30-9pm &amp; Thu, 7:30-9pm</td>
<td>$242</td>
</tr>
<tr>
<td>22 sessions</td>
<td>No class Nov 19, Nov 26, Nov 29, Dec 3, Dec 17 &amp; Dec 24</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Aquatics

**Rangers Aquatics**
**Ages 8 & up**
A clinic intended for youth interested in learning how to become a stronger swimmer with speed, endurance, efficiency and correct form. You will learn proper stroke technique, kicking, turns, starts, body balance and alignment. Participants must be able to swim 25 continuous yards of freestyle and backstroke or passed Level 4.

1015-F20A  Sep 15-Oct 14  Tue & Thu, 7:30-9pm, Sat, 12-1:30pm  $125
13 sessions  No class Oct 13

1015-F20B  Oct 20-Nov 18  Tue & Thu, 7:30-9pm, Sat, 12-1:30pm  $125
13 sessions  No class Nov 3

**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. Punch cards can be purchased online or at the pool. The drop-in fee is payable at the pool only.

$4 drop-in
$7 family rate
$38 punch card

1030-F20  Sep 13-Dec 20  Sun 12-1pm
14 sessions  No class Nov 29

**Adult/Teen Swim Lessons**
This is a class for teens and adults interested in improving their stroke technique and efficiency. Come learn to swim correctly. We will get you comfortable in the water and teach you the basics so you can succeed. Everybody should learn to swim as it is never too late!

1040-F20  Sep 14-Oct 19  Mon 8-9pm  $57
6 sessions

**Lap Swim**
Swim laps regularly at the pool to keep fit and healthy. Everyone is welcome! Registration is not required. Purchase a membership card good for four months and save money. This card is good for any FLAS Pool scheduled lap swims. Punch cards and membership cards can be purchased online or at the pool. The drop-in fee is payable at the pool only.

$4 drop-in
$38 punch card
$65 membership card

1029-F20A  Sep 2-Dec 30  Mon, Wed & Fri 5:30-7:30am
47 sessions  No class Sep 7, Oct 16, Nov 20, Nov 27 & Dec 25

1029-F20B  Sep 13-Dec 20  Sun 10:30am-12pm
14 sessions  No class Nov 29

1029-F20C  Sep 14-Nov 2  Mon 8-9pm
8 sessions

All Aquatics classes are held at the Forest Lake Area Schools Pool at the Education Center (door 8) 943 9th Ave SW, Forest Lake.
Aquatics

Private Swim Lessons
Course number: 1013-F20

Ages 4-Adult
Private/Semi-Private swim lessons are offered at various times and dates. Please call (651) 982-8110 if you have registration questions.

Private Swim Lessons
Learn to swim in a class customized just for you. When registering, please select the Private Swim Lesson Fee.

Semi-Private Swim Lessons
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.

Go to www.flaschools.org/ce or call (651) 982-8110 for availability.

Silver & Fit Program
We are a “Silver & Fit” facility. If your insurance company is a “Silver & Fit” participant, you may be eligible for a free or low cost pass ($25) for unlimited participation in Lap Swim or Senior Exercise. Some insurance companies affiliated with this program are Medica, HealthPartners and Blue Cross Blue Shield. Check with your insurance provider to see if you are eligible! Eligible participants need to show proof of insurance at the pool.

Senior Exercise Swim
Ages 62 & up
Have fun while exercising in the pool! This class includes stretching, toning and aerobics. Please check with your physician before starting this program. Registration is not required. Punch cards can be purchased online or at the pool. The drop-in fee is payable at the pool only.

1027-F20 Sep 8-Dec 29
28 sessions
Tue & Thu
1:30-2:15pm
$4 drop-in
$28 punch card
No class Oct 15, Nov 3, Nov 19, Nov 26 & Dec 24

Pool Rules & Information
The Forest Lake Area Schools Pool is 3½ feet deep at the shallow end. Children under 50 inches must have a parent in the water with them during recreational swims. Children six years and older must use the appropriate locker rooms. Parents and friends may observe lessons, but must remain in the bleacher area. There is a pool capacity of 75. Staff decisions concerning behavior and activities are for everyone’s safety. Copies of rules are posted in locker rooms and in the pool area. If school is closed due to inclement weather, all pool activities are canceled.

Forest Lake Area Schools Pool Location
Education Center (door 8) 943 9th Ave SW, Forest Lake

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

Registration information
Register online at www.flaschools.org/ce, call (651) 982-8110 or refer to page 54 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.
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.

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. Bring in your completed census form and we will have a gift for you.

Family Consultation
Forest Lake Area Schools Early Childhood Programs provides 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.

Childcare Provider Visits
If you care for three or more children, an early childhood teacher is available to come to your home several times a school year with fun filled, educational learning activities. For more information about Provider Visits, call (651) 982-8300. Limited availability.

Help Me Grow
If you have concerns about the development of your child (birth to five years), 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.

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 9/18, 10/2, 11/6 and 12/4 this fall. 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 four local charitable organizations.
- Big Rig Day - Bring your camera as little ones can climb on their favorite vehicles or honk a horn.
- UnScary Halloween Party - Non-spooky fun, games, music and activities designed to delight your little ones.
Early Childhood Family Education (ECFE)

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

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

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

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

FREE Busy Babies
Ages Birth-12 Months (Non-Separating)
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. This class takes drop-ins. Stop by the front desk and we will direct you to your class.

2010-F20  Sep 21-Dec 7  Mon 11:15am-12:15pm  Free  Ed Center (door 17) 166
8 sessions  No class Oct 12, Nov 9, Nov 23 & Nov 30

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. Faith Lutheran Church is located at 886 N Shore Drive, Forest Lake.

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

Ages Birth-3 (Non-Separating)
2807-F20  Sep 25-Dec 11  Fri 9:30-10:30am  Ed Center (door 17) 166
9 sessions  No class Oct 9, Oct 16 & Nov 27

Ages Birth-5
2808-F20A  Sep 25-Dec 11  Fri 11am-12pm  Ed Center (door 17) 166
9 sessions  No class Oct 9, Oct 16 & Nov 27

2808-F20B  Sep 23-Dec 9  Wed 6:30-7:30pm  Faith Lutheran Church
8 sessions  No class Oct 14, Oct 28, Nov 25 & Dec 2

Sibling Care
On parent days, we have Sibling Care available for children who are not enrolled in a class. We offer Sibling Care for our daytime classes only. The fee for Sibling Care is $6.50 per hour when you pre-register and the drop-in fee is $8.50 per hour.

Please call (651) 982-8349 for drop-in availability.

Sliding Fee Scale for ECFE & Sibling Care
Each qualifying class lists the full fee. You may use the sliding fee schedule 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>Rate of fee listed</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>

Register your child according to their age as of September 1, 2020.
Early Childhood Family Education (ECFE)

ECFE Friends
Ages 2½ - 5 (Separating)
Children must be three years old by Jan 1, 2021. Is your child ready for a preschool experience but won’t be quite three by September 1? This class starts in the fall with a parent-child class and will be adding a preschool day with independent learning opportunities in January. Sibling Care is available on Tuesdays only.

2235-F20 Sep 22-Dec 8 Tue
10 sessions 9:15-10:45am $160
*Sibling Care $98
Ed Center (door 17) 166
No class Oct 13 & Nov 24

NEW Saddle Up for Social Skills
Ages 2-5 (Separating)
The Forest Lake Area Schools Early Childhood Programs has been using the Pyramid Model to teach children the lifelong skills of making friends, taking turns, solving problems and following expectations since 2013. We want to share these strategies with you! Each class will start with family-friendly activities designed to promote social-emotional learning and encourage working together. Then, as children play and learn with our early childhood staff, parents/caregivers will separate with a parent educator to share strategies for raising children with the skills it takes to Be Safe, Be Kind and Be Responsible.

2234-F20 Sep 22-Dec 8 Tue
10 sessions 11am-12:30pm $160
*Sibling Care $98
Ed Center (door 17) 166
No class Oct 13 & Nov 24

NEW I’m Awake! Let’s Play
Ages Birth-5 (Non-Separating)
If nap times are a thing of the past for your child, we welcome you and your child to learn through play with us. Make Thursday afternoons your time to connect with other adults as your little ones play and learn with our early childhood staff in a safe, kid-friendly classroom. This is a chance for you to sit down, talk to other grown-ups and refuel before heading home.

2233-F20 Sep 24-Dec 10 Thu 1-2:30pm $144
9 sessions Ed Center (door 17) 166
No class Oct 8, Oct 15 & Nov 26

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.

2030-F20 Sep 24-Dec 10 Thu 9:15-10:45am $144
9 sessions Ed Center (door 17) 166
No class Oct 8, Oct 15 & Nov 26

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. Our hope is to 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: 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.
NEW Stepping Stones  
Ages Birth-5 (Flexible Separating)  
Stepping Stones is designed for families and children with Individualized Education Plans (IEPs) and/or Individualized Family Service Plans (IFSPs). Join us to share your story and expand your community of friends who “just get it.” While grown ups meet with a parent educator, children will be cared for by experienced staff in a safe and developmentally appropriate classroom. We want families to have a safe, confidential place to feel supported in their parenting journey.

2501-F20  
9 sessions  
Sep 22-Dec 8 Tue  
5:30-7pm  
$144  
Ed Center (door 17) 166  
No class Oct 13, Nov 3 & Nov 24

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

2120-F20  
8 sessions  
Sep 21-Dec 7 Mon  
9:15-10:45am  
$128  
*Sibling Care  $78  
Ed Center (door 17) 166  
No class Oct 12, Nov 9, Nov 23 & Nov 30

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

2232-F20  
10 sessions  
Sep 23-Dec 9 Wed  
9:15-10:45am  
$160  
*Sibling Care  $98  
Ed Center (door 17) 166  
No class Oct 14 & Nov 25

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

2231-F20  
10 sessions  
Sep 23-Dec 9 Wed  
11am-12:30pm  
$160  
*Sibling Care  $98  
Ed Center (door 17) 166  
No class Oct 14 & Nov 25

FREE Little Ranger Roadster:  
Stop & Play  
Ages 1-5 (Flexible 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. Children will begin class engaging in activities with their families. Then, families will separate from their children to join a parent educator to discuss parenting topics to support their children’s learning while the students participate in educational activities with a teacher and assistant. Join us at:  
Hardwood Creek Library (19955 Forest Rd N, Forest Lake), Woodlund Mobile Home Park (1719 Lake St S, Forest Lake) and Linwood Community Center (22817 Typo Creek Dr NE, Stacy). For answers to frequently asked questions visit www.flaschools.org/roadster

2524-F20A  
3 sessions  
Oct 2, Nov 6 & Dec 4  
10-11am  
Free  
Hardwood Creek Library

2524-F20B  
3 sessions  
Oct 23, Nov 13 & Dec 11  
10-11am  
Free  
Woodlund Mobile Home Park

2524-F20C  
2 sessions  
Oct 30 & Nov 20  
10-11am  
Free  
Linwood Community Center

Free Parent Education  
How much is too much?  

2704-F20  
1 session  
Nov 12 Thu  
6-7pm  
Free  
Ed Center (door 17) 159

Pinterest Parenting  
Create a magnetic message board out of a cookie sheet for smoother routines with your family. Learn how to post children’s schedules, use a chore chart, assist in toilet training and how to get out the door in a hurry. Supplies are included. Free childcare. Please register by 10/23.

2728-F20  
1 session  
Oct 27 Tue  
6-7pm  
Free  
Ed Center (door 17) 159

*Sibling Care information is on page 43.

Register your child according to their age as of September 1, 2020.
Lendt’s Pumpkin Patch
Ages 3 months-5
Join us as we ride the bus to Lendt’s Pumpkin Patch in Wyoming. Take an old fashioned hay ride past the beehives, then harvest a cob of corn and pick a pumpkin from the patch. Hop back in the wagon, take photos in the play area and be home in time for lunch and a nap. Check-in starts at 9:15am and the bus will leave the Education Center at 9:30am. Please register by 10/13.

2565-F20  Oct 20  Tue
1 session
9:30am-12pm
$10 per person
Ed Center (door 17)
Lobby

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

2513-F20  Oct 22  Thu
1 session
6-7:30pm
$10 per family
Ed Center (door 4)
Gym & Cafeteria

Mad Science: Rockets
Ages 2-5
Have fun with Stomp Rockets. See our model rockets while learning the parts of a rocket. Be part of the countdown team when we launch a Mad Science model rocket and watch it return to earth by parachute. Take home your own squeeze rocket.

2536-F20  TBD
1 session
TBD
$15 per child
Ed Center (door 4)
Cafeteria

Grateful for Grandparents
Ages Birth-5
Show your gratitude for your grandparents or special older friend with a delightful time of holiday sharing. Bring your special person, we’ll make a Thanksgiving decoration to take home and other activities to celebrate the remarkable older people in your life. Register by 11/4.

2514-F20  Nov 10  Tue
1 session
6-7pm
$6 per family
Ed Center (door 4)
Cafeteria

Glazing Memories
Ages 2-5
Join us for a night a of fun at Glazing Memories Art Studio in Forest Lake! Children choose from a wide variety of small figurines, animals or smaller plaques to paint with an assortment of colored glazes. Leave your child’s pottery piece behind to be fired in the kiln and return for their masterpiece in a couple of weeks. Glazing Memories is located at 131 Lake Street N, Forest Lake. Registration is required by 11/9.

2581-F20  Nov 16  Mon
1 session
6-7:30pm
$15 per child
Glazing Memories

Buckets of Paint
Ages Birth-5
You and your child are invited to enjoy creating works of art as you experiment with unusual paints, brushes and techniques on a variety of surfaces. Have fun with color mixing activities and bring home masterpieces any refrigerator would be proud to wear! Remember to wear messy clothes. Register by 12/1.

2550-F20  Dec 3  Thu
1 session
6-7pm
$5 per child
Ed Center (door 4)
Cafeteria

Gingerbread Houses
Ages 2-5
Celebrate the season with family bonding and gingerbread. From frosted candy roofs to pretzel picket fences, there are endless decorating options for you and your creative chef. At the end of the evening, bring home your very own gingerbread creation! Registration is required by 11/30.

2515-F20  Dec 8  Tue
1 session
6-7pm
$8 per child
Ed Center (door 4)
Cafeteria

Find us on Facebook! @ForestLakeECFE
Early Childhood Screening

**Screen at 3!**
Screening at three years old is preferred, but a child may be screened anytime between the ages 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>Start Date</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 24</td>
<td>Mon</td>
<td>2-7pm</td>
<td>Aug 28</td>
<td>Fri</td>
<td>8:30am-2:30pm</td>
<td>Nov 23</td>
<td>Mon</td>
<td>2-7pm</td>
</tr>
<tr>
<td>Aug 25</td>
<td>Tue</td>
<td>8:30am-2:30pm</td>
<td>Oct 12</td>
<td>Mon</td>
<td>2-7pm</td>
<td>Nov 24</td>
<td>Tue</td>
<td>2-7pm</td>
</tr>
<tr>
<td>Aug 26</td>
<td>Wed</td>
<td>2-7pm</td>
<td>Oct 13</td>
<td>Tue</td>
<td>2-7pm</td>
<td>Dec 14</td>
<td>Mon</td>
<td>2-7pm</td>
</tr>
<tr>
<td>Aug 27</td>
<td>Thu</td>
<td>2-7 pm</td>
<td>Oct 14</td>
<td>Wed</td>
<td>8:30am-12pm</td>
<td>Dec 15</td>
<td>Tue</td>
<td>8:30am-12pm</td>
</tr>
</tbody>
</table>

*kindergarten enrolled students only

More dates will become available throughout the year. Register online at [www.flaschools.org/screening](http://www.flaschools.org/screening) or call (651) 982-8300. If you have additional questions, call (651) 982-8300.
Exceptional education in a loving, nurturing environment
The Early Childhood Programs are an integral part of Forest Lake Area Schools. We work together to assure 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 age five.

Facts to get you started on your preschool journey
Registration
- All classes begin the week of September 14, 2020 and end the week of May 18, 2021.
- 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, 2020.
- Many classes are integrated with Early Childhood Special Education.
- There are limited transportation options for four and five year olds within your elementary school boundaries.
- Immunization forms are due upon registration for all students, including those participating in Sibling Care. You may fax your child’s records to us at (651) 982-8375.
- Upon registration, your child’s birth certificate or other forms of identification must be submitted to verify the child’s birth name and birth date.

Fees
- A non-refundable registration fee of $40 is due with registration.
- Invoices will be emailed at the beginning of the month and are due by the 10th of the month to avoid a $10 late fee.
- The Full Day Preschool fee is $34 per contract day. You will be invoiced the actual number of contracted days per month. Half Day Preschool and Family Learning fees are listed monthly.
- All programs will be invoiced September - May.
- No refunds will be given for an absence or school closing (inclement weather days).
- Class fees and times listed on the following pages are subject to modification.

Our program has been awarded a 4 STAR rating from Parent Aware
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 ratings 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, 2020.
Little Rangers Preschool 2020-2021

Transportation is available for preschool
A caregiver, 18 years or older, must be at the bus stop for pick up and drop off. 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 where their home address is assigned and at the Education Center for those in the Forest Lake Elementary and Forest View Elementary busing area. 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 further information.

Childcare for Little Rangers participants
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.

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 from outside public agencies 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 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 and 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. Aid 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 Paige Brier at (651) 982-8349.

Little Rangers 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

Find us on Facebook! @ForestLakeECFE
Full Day Preschool

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

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

Financial assistance options for Little Rangers Preschool are:
• Pathway I Scholarship
• Pathway II Scholarship
• School Readiness Scholarship

<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>Columbus Elementary</td>
<td>4-5</td>
<td>M-F</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
<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>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-F</td>
<td>9:15am-3:40pm</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-F</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>T/Th</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-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>T/Th</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>
<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>T/Th</td>
<td>9:15am-3:40pm</td>
<td>$34</td>
</tr>
</tbody>
</table>

To register, go to www.flaschools.org/preschool and click “Register Online” or call (651) 982-8349.
Little Rangers Preschool 2020-2021

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 adopted by the Early Childhood Programs.

Financial options for Little Rangers Preschool are:

• Pathway I Scholarship
• Pathway II Scholarship
• School Readiness Scholarship

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>AGE</th>
<th>DAY(S)</th>
<th>TIME</th>
<th>MONTHLY RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education Center</td>
<td>3</td>
<td>M/W</td>
<td>9:15-11:15am</td>
<td>$115</td>
</tr>
<tr>
<td>Education Center</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$125</td>
</tr>
<tr>
<td>Columbus Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$125</td>
</tr>
<tr>
<td>Linwood Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$125</td>
</tr>
<tr>
<td>Wyoming Elementary</td>
<td>3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$125</td>
</tr>
<tr>
<td>Education Center</td>
<td>3-5</td>
<td>T/Th</td>
<td>11:30am-3:30pm</td>
<td>$100</td>
</tr>
<tr>
<td>Education Center</td>
<td>3-5</td>
<td>Th</td>
<td>6-7:30pm</td>
<td>$50</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>M/W/F</td>
<td>9:15-11:45am</td>
<td>$195</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>M/W/F</td>
<td>1:00-3:30pm</td>
<td>$195</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>T/Th</td>
<td>9:15-11:45am</td>
<td>$140</td>
</tr>
<tr>
<td>Education Center</td>
<td>4-5</td>
<td>T/Th</td>
<td>1:00-3:30pm</td>
<td>$140</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 who 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.

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) 982-8300 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 are available upon request.

Tuesday, Thursday
11:30am-3:30pm
Education Center (door 17)
$100/month Preschool
$40/month Sibling Care

Little Ranger Roadster

Half Day Preschool for 3-year-olds is offered aboard the Little Ranger Roadster at select sites. These classes run like a regular preschool class but in our mobile classroom. The class will enter the elementary building for use of the bathroom and the cafeteria for a snack. The Little Ranger Roadster is a School Readiness program that is funded by various sources: parent fees, state aid and levy funding. For more information on the Roadster, please visit www.flaschools.org/roadster.

Tuesday, Thursday
10am-12pm
Scandia Elementary
$30/month

Monday, Wednesday
10am-12pm
Lino Lakes Elementary
$30/month

Register your child according to their age as of September 1, 2020.
# 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
- Aimee Martens, Office Assistant  
  amartens@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
- Paige Brier, Office Assistant  
  pbrier@flaschools.org  
  (651) 982-8349
- Kari Damon, Office Assistant  
  kdamon@flaschools.org  
  (651) 982-8301

## 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
- Kelly Weyer, Program Support Specialist  
  kweyer@flaschools.org  
  (651) 982-8344
- Michelle Marcotte, Office Assistant  
  mmarcotte@flaschools.org  
  (651) 982-8307

## 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

---

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

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

ก่อนต่อไปนี้ ขอให้ผู้ใช้สมัครผู้ประสานงาน ผู้ประสานงาน (651) 982-8350.

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

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

Hubadders. Yoo akka odeeflanoon kun sii hiikamu gargaarsa tolaa feeta ta’e, lakkoois biibiltu (651) 982-8350.

Wimis: esii vam nhau biepnaa bomy. v neevdu eit nhimu in, payiini (651) 982-8350.

Ogwo. Haddii aad dooneyo in lagaa kaalmeeyo tarjamadda macumaadkanoo o laac la’am ah, wac (651) 982-8350.

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

Chữ Y. Nếu quý vị cần dịch thông-tín này miễn phi, xin gọi (651) 982-8350.

---

52  Engaging people; enriching lives!
### 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, Forest Lake</td>
<td>West side Door 1</td>
</tr>
<tr>
<td>2. District Office</td>
<td>6100 N 210th St, Forest Lake</td>
<td>South side Door 1</td>
</tr>
<tr>
<td>3. Education Center</td>
<td>Ed Center 943 9th Ave SW, Forest Lake</td>
<td>East side Door 4</td>
</tr>
<tr>
<td>4. Community Pool</td>
<td>Ed Center 943 9th Ave SW, Forest Lake</td>
<td>East side Door 8</td>
</tr>
<tr>
<td>5. Forest Lake Area High School</td>
<td>FLAHS 6101 N Scandia Tr, Forest Lake</td>
<td>South side Door 32, 33</td>
</tr>
<tr>
<td>6. Forest Lake Area Middle School</td>
<td>FLAMS 21395 Goodview, Forest Lake</td>
<td>West side Door 1</td>
</tr>
<tr>
<td>7. Forest Lake Elementary</td>
<td>FL Elem 408 SW 4th St, Forest Lake</td>
<td>East side Door 1</td>
</tr>
<tr>
<td>8. Forest View Elementary</td>
<td>FV 620 SW 4th St, Forest Lake</td>
<td>South side Door 4</td>
</tr>
<tr>
<td>9. Lino Lakes Elementary</td>
<td>Lino 725 Main St, Lino Lakes</td>
<td>East side Door 13</td>
</tr>
<tr>
<td>10. Linwood Elementary</td>
<td>Linw 21900 Typo Creek Dr, Wyoming</td>
<td>South side Door 2</td>
</tr>
<tr>
<td>11. Scandia Elementary</td>
<td>Scan 14351 Scandia Tr, Scandia</td>
<td>East side Door 2</td>
</tr>
<tr>
<td>12. Wyoming Elementary</td>
<td>Wyo 25701 Forest Blvd, Wyoming</td>
<td>West side Door 1</td>
</tr>
<tr>
<td>13. Forest Lake Sports Center</td>
<td>5530 206th St, N Forest Lake</td>
<td></td>
</tr>
</tbody>
</table>

(MAP NOT TO SCALE)

---

www.flaschools.org/ce
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.

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. 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
How to keep learning and growing as an adult:

Take a Community Ed class!

Personal growth is important to living a fulfilling life. Our adult programs offer a wide variety of classes and opportunities to continue learning and experiencing new things. See what programs we have to offer you below!

- 50+ Lifelong Learning  page 6
- Arts & Home  page 7
- Business & Finance  page 12
- Health & Fitness  page 14
- Special Interest  page 17
- Sports & Recreation  page 19
- Adults with Disabilities - LINK  page 20
- Adult Basic Education & GED  page 21
- Adult Aquatics  page 40
- Parent Education  page 45

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