Welcome

Now that some of the coldest temperatures and wind chills experienced in the modern era are behind us, it’s time to start thinking about warmer weather and more spring and summer-like experiences. From academic and enriching activities for youth and adults, to school age childcare, to athletic camps and leagues, to swimming lessons and aquatics opportunities for all, Forest Lake Area Schools Community Education (FLASCE) has something for everyone. The staff of FLASCE have been hard at work to provide innovative, cost-effective, engaging, educational, social and recreational opportunities that captivate all learners and positively enrich the lives of everyone. Furthermore, FLASCE wants our entire community to know how much we value the overall experience of all participants in every program we have to offer.

Whether you are registering for an activity that you have frequently participated in or trying something for the very first time, we have something for you! As you page through this catalog, it is our desire that you will find many offerings that meet your learning and enrichment needs for this summer and beyond.

Have a safe and amazing finish to the 2018-2019 school year and may your community education experiences positively connect you with great programs, exciting opportunities and amazing people as is emphasized by our FLASCE vision statement: “Engaging people; enriching lives!”

Go Rangers!

Corey McKinnon
Director of Community Education
Forest Lake Area Schools

Don’t be afraid to be a beginner.

Adult Lifelong Learning

Adult Lifelong Learning provides education, recreation and fitness classes for adults of all ages and abilities. Community Education staff and class instructors work hard to provide a wide variety of high-quality opportunities for you. We’re confident you’ll find something you love!

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Contact Information

Central Learning Center
(651) 982-8110
Mon-Fri • 7:30am-4pm

Visit www.flaschools.org/ce to sign up

Community Education Class Catalog, March 11, 2019 - Volume: 14, Issue No: 3. Published 3 times per year by Forest Lake Area Schools Community Education, 200 SW 4th Street, Forest Lake, MN 55025.
A message from our superintendent....

Forest Lake Area Schools is proud to announce
Smaller Class Sizes & Expanding Opportunities

Exciting things are happening in Forest Lake Area Schools. Across the district, plans are underway to bring new and improved opportunities for our students. Community approval of the 2018 levy referendum has provided the resources we need to hire additional teachers and reduce the number of students in each classroom, starting next year. Earlier this year, our district held public meetings to get community feedback on how to best use levy funding to support our students. We are now incorporating that feedback, along with the school board’s overall list of priorities, to develop some new and exciting opportunities for the children and teens who attend our schools.

A detailed budget is still in the works for next year, but one thing we know: class sizes will be reduced and programming and opportunities for students will be increased.

Thank you to the community for your support in helping us serve students.

We are excited to welcome new students!
Visit www.flaschools.org to:
• Request a tour
• Enroll in our schools
• Learn more about us

#WeAreRangers
Mosaic Bird Bath
Create a colorful bird bath to entice birds to your yard! Decorate a terra cotta saucer (the type which would normally be placed under a planter) with mosaic tiles to suit your taste. It can then be placed on a wrought iron stand which can be purchased locally and is beautiful when completed. Wear clothes that can get dirty. A $25 supply fee is payable to the instructor at class.

Peggy Decker
6074-SP19 May 9 Thu
1 session 6-9pm $25
CLC (door 11) E12

Photo Organization
Print & Digital
Having organized photos assures peace of mind. 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. Leave with a plan for a system that allows you to access every photo you own in literally seconds!

Kathy Povolny
6155-SP19 May 8 Wed
1 session 7-9pm $19
CLC (door 11) C8
6155-S19 Jun 4 Tue
1 session 6-8pm $19
FV (door 4) Media

Stained Glass Workshop - Beginner
Learn to make beautiful art glass creations from an accomplished artisan who has been working with glass since 1979. Break glass with purpose and create amazing works of art that light up your life. Assembly method being taught is called copper foil, where a thin copper foil is bent over the edges of the glass so it can be soldered to hold the piece together. You can choose your own project and will need about $120-$150 in tools and supplies. Supply list will be discussed at the first class.

Lisa Schwartz
6142-SP19 Apr 18-Jun 6 Thu
8 sessions 7-9pm $129
FLAMS (door 13) B15

Stained Glass Workshop
Open Studio
If you’ve attended any introductory glass cutting and assembly class, you can bring your skills to the next level. Bring your tools and design ideas to the first class. Work on any design with any method. Learn to use lead, zinc or copper foil. You may need to purchase tools depending on what you want to do. First hour of class will be dedicated to assisting you with your projects. You are welcome to stay and continue working independently on your projects during the beginner class that goes from 7-9pm in the same room.

Lisa Schwartz
6165-SP19 Apr 18-Jun 6 Thu
8 sessions 6-9pm $119
FLAMS (door 13) B15

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 and then applied to a finished work of art. The medium is versatile and forgiving and 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. 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. Please note: 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
6223-S19 Aug 7-Aug 21 Wed
3 sessions 6:30-8:30pm $75
Hallberg Center for the Arts
Adult - Arts & Home

Hallberg Center for the Arts is located at 5521 East Viking Blvd, Wyoming. Please note: 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.

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. A supply fee of $10 per pair is payable to the instructor at class.

Tree Croyle Johnson

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Session Date</th>
<th>Class Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
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<tr>
<td>6191-SP19A</td>
<td>Apr 26</td>
<td>Narwhals</td>
<td>Fri</td>
<td>6-8pm</td>
<td>$45 per pair</td>
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<tr>
<td>6191-SP19B</td>
<td>May 17</td>
<td>Ladybugs &amp; Daisies</td>
<td>Fri</td>
<td>6-8pm</td>
<td>$45 per pair</td>
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<tr>
<td>6191-S19A</td>
<td>Jun 28</td>
<td>Birch Trees</td>
<td>Fri</td>
<td>6-8pm</td>
<td>$45 per pair</td>
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<tr>
<td>6191-S19B</td>
<td>Jul 26</td>
<td>Owls</td>
<td>Fri</td>
<td>6-8pm</td>
<td>$45 per pair</td>
</tr>
<tr>
<td>6191-S19C</td>
<td>Aug 16</td>
<td>Flowers</td>
<td>Fri</td>
<td>6-8pm</td>
<td>$45 per pair</td>
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Social Paint Night

Anyone can be an artist - yes, 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! You are welcome to bring snacks and beverages. Please note: Each session will feature a different painting. A supply fee of $5 is payable to instructor at class.

Tree Croyle Johnson

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Session Date</th>
<th>Class Time</th>
<th>Fee</th>
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<tr>
<td>6154-SP19A</td>
<td>Apr 25</td>
<td>Tree</td>
<td>Thu</td>
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<td>6154-SP19B</td>
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<td>Gnome</td>
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<td>6154-S19A</td>
<td>Jun 27</td>
<td>Fox</td>
<td>Thu</td>
<td>6:30-8:30pm</td>
<td>$29</td>
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<td>6154-S19B</td>
<td>Jul 24</td>
<td>Flowers</td>
<td>Wed</td>
<td>6:30-8:30pm</td>
<td>$29</td>
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<tr>
<td>6154-S19C</td>
<td>Aug 15</td>
<td>Lighthouse</td>
<td>Thu</td>
<td>6:30-8:30pm</td>
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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-S19  Jun 11  Tue
1 session  6-7:30pm  Free
CLC (door 11) C8

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 class.

Jim Wellner
6047-SP19  Apr 23 & Apr 30  Tue
2 sessions  6:30-8:30pm  $45 per person
FV (door 4) Media

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
6048-SP19  May 21  Tue
1 session  6:30-8:30pm  $29
FV (door 4) Media

Social Security: Timing is Everything
Social security is a vital income source for many retirees, but it can be a confusing topic. Making the most of it can have a lot to do with timing it right. This workshop will help you get answers to your questions and learn what social security can mean for you.

Matthew Merrick
6248-S19  Jul 17  Wed
1 session  6-7:30pm  Free
CLC (door 11) C8

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 firm of FINRA/SIPC.

Charles Taylor
6261-SP19  May 23  Thu
1 session  6:30-8pm  Free
CLC (door 11) C8

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 firm of FINRA/SIPC.

Charles Taylor
6251-SP19  May 21  Tue
1 session  6:30-8pm  Free
CLC (door 11) C8

6251-S19  Jul 23  Tue
1 session  6:30-8pm  Free
CLC (door 11) C8
Adult - Health & Fitness

**Heartsaver CPR/AED**
American Heart Association Heartsaver CPR/AED is appropriate for those who have a desire to learn the techniques of CPR and the use of an AED as well as those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This video-based, instructor-led course teaches adult, child and infant CPR/AED as well as choking management.

*Emergency Outfitters*
6040-SP19A May 2 Thu
1 session 5:30-9pm $79
FLAHS (door 32) Media

**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*
6250-SP19 Apr 23-May 14 Tue
4 sessions 6:30-7:30pm $59
CLC (door 11) C8

**Loving Kindness Practice**
Come and learn this 2,500 year old practice that helps us overcome self-dislike and builds proper self-love and self-acceptance. It also helps us act more gently and lovingly toward others and live without fear or hatred of others.

*Mary Jo Meadow*
6019-SP19 May 14 & May 21 Tue
2 sessions 6-7:30pm $35
CLC (door 11) B6

**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 self-development practices you do. Please wear loose clothing for comfort. The teaching is cumulative, so attendance at all meetings is encouraged.

*Mary Jo Meadow*
6018-SP19 Apr 2-May 7 Tue
6 sessions 6-7:30pm $49
CLC (door 11) B6

**Community Conversation**
The Forest Lake Wellness 50+ Team would like to invite you to join us for a community conversation about wellness opportunities for adults aged 50+! What are the opportunities in your community that help you create and maintain your health and wellness? What other activities would you like to see available in the Forest Lake area? Want to find like minded neighbors to help create healthy activities in your community? Walking clubs, kayaking groups, healthy cooking, card groups and more. Bring a friend, neighbor or colleague. Light refreshments and door prizes will be available. The Wellness 50+ Team is part of the Vital Aging Network which is supported by Washington County Public Health, Allina, HealthPartners and HealthEast.

6265-SP19A Apr 24 Wed 10-11:30am Free
CLC (door 1) C8

6265-SP19B Apr 24 Wed 6-7:30pm Free
FLAHS (door 32) Media

**Lose Weight or Stop Smoking Through Group Hypnosis**
Session A: Lose weight and start making healthy choices. Stop cravings for sugar, pop and unhealthy foods. Stop snacking. Get motivated to exercise. Session B: Quit smoking or chewing immediately through hypnosis without withdrawal, cravings or gaining weight. Session C: Lose weight & quit smoking. 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 their 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-SP19A Apr 25 Thu 6-9pm Free
CLC (door 11) A4

6046-SP19B Apr 25 Thu 6-9pm Free
CLC (door 11) A4

6046-SP19C Apr 25 Thu 6-9pm $135
CLC (door 11) A4
Adult - Health & Fitness

Couch to 5K Club
Get off the couch and get ready to run! Learn the importance of stretching, training techniques and running strategies under the guidance of an experienced and accomplished runner. Beginning runners will be prepared to run a 5K; experienced runners will be helped to improve running times. Runners will be expected to journal runs throughout, so bring paper and a writing utensil. Most running will be done on the school track and the group will have access to the gym for indoor training in case of inclement weather.

Adam Lushanko
6072-SP19 Apr 17-May 22 Wed
6 sessions 6-7pm $25
FLAMS (door 1) Gym A/Track

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.

Rachel Schley
6028-SP19 Apr 22-May 20 Mon
5 sessions 5:30-7pm $65
Believers Boxing (door 15)

Stand Up Paddle Board Lesson
Learn the basics of stand up paddle boarding. Start with an introduction on dryland learning equipment, safety, launching, form, balance and turning. Next, move to the water starting on your knees and gaining confidence and skills to progress to standing on the board. SUP improves balance, core strength, endurance and is fun for all fitness levels. All participants must be 18+ years of age, sign a liability waiver and are required to wear a life jacket, whistle and leash. Please wear a swimsuit or workout wear you are comfortable getting wet and swimming in (no cotton, please). Bring sunscreen and a bottle of water. All equipment is provided. Small group size with certified instructors allows for individual attention.

Kelly Konopliv
6079-S19A Jun 12 Wed
1 session 5:30-6:45pm $35
Lakeside Memorial Park
6079-S19B Jun 26 Wed
1 session 5:30-6:45pm $35
Lakeside Memorial Park
6079-S19C Jul 10 Wed
1 session 5:30-6:45pm $35
Lakeside Memorial Park
6079-S19D Jul 24 Wed
1 session 5:30-6:45pm $35
Lakeside Memorial Park

Stand Up Paddle Board Fitness/Yoga
Take your workout to the water on a stand up paddle board. Build strength and improve your balance and focus. Starting with a short paddle, we’ll find the perfect spot to anchor. Your total body workout will include body weight and strength exercises, conditioning drills and cardio bursts. End each session with a short flowing sequence of yoga and relaxing on the water. All participants must be 18+ years of age, sign a liability waiver and are required to wear a life jacket, whistle and leash. Please wear a swimsuit or workout wear you are comfortable getting wet and swimming in (no cotton, please). Bring sunscreen and a bottle of water. All equipment is provided. Small group size with certified instructors allows for individual attention.

Kelly Konopliv
6235-S19A Jun 12 Wed
1 session 7-8:15pm $35
Lakeside Memorial Park
6235-S19B Jun 26 Wed
1 session 7-8:15pm $35
Lakeside Memorial Park
6235-S19C Jul 10 Wed
1 session 7-8:15pm $35
Lakeside Memorial Park
6235-S19D Jul 24 Wed
1 session 7-8:15pm $35
Lakeside Memorial Park
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 and bring a yoga mat and water. Kyoshin Ryu has a new location at 143 Lake Street N, Forest Lake. Please park in the municipal parking lot on the back of the building.

Julia Phillips
6003-SP19A Apr 1-May 13 Mon
7 sessions 9:30-11am $65
Kyoshin Ryu Karate Academy

6003-SP19B Apr 1-May 13 Mon
7 sessions 4:15-5:15pm $45
CLC (door 11) A4

6003-S19A Jun 10-Aug 19 Mon
11 sessions 9:30-11am $89
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 bring a yoga mat and a bottle of water to class. Wear comfortable clothing you can move freely in. Drop-in fee is $9.

Erin DiBetta
6234-SP19 Apr 9-May 28 Tue
8 sessions 4:05-5:05pm $55
Wyo (door 1) Media

Clogging
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to tap, Irish dancing and hip hop. Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for just $20. These taps can be put on any basic flat soled shoes. White shoes are preferred.

Clogging - Beginner
Ages 7-Adult
No previous dance experience needed. At the end of the session, dancers are invited to perform their routines at a local event.

Pam Heaton
6101-SP19 Apr 15-May 13 Mon
5 sessions 5:30-6pm
$29 per person
$45 per family
FV (door 4) Cafe

Class will meet at the CLC (door 11) Small Gym on April 22.

Clogging - Beginner Plus
Ages 7-Adult
Dancers that have taken the beginner level class or have some clogging experience can continue to improve their skills as we review some of the beginner level dances and continue to learn new clogging routines and steps! At the end of the session, dancers are invited to perform their routines at a local event.

Pam Heaton
6205-SP19 Apr 15-May 13 Mon
5 sessions 6-6:30pm
$29 per person
$45 per family
FV (door 4) Cafe

Class will meet at the CLC (door 11) Small Gym on April 22.

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 and bring a yoga mat and water.

Erin DiBetta
6180-SP19 Apr 8-May 20 Mon
7 sessions 7:15-8:15pm $45
CLC (door 11) A4

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 and bring a yoga mat and water. Drop-in fee is $9.

Erin DiBetta
6049-SP19 Apr 8-May 20 Mon
7 sessions 6-7pm $45
CLC (door 11) A4
**Backyard Chickens**

Learn how easy it can be to raise your own poultry for eggs, meat or just for fun. Class will discuss some of the different breeds of birds available. Learn how to get started raising chickens from ordering birds to building shelters and buying feeders. We will discuss how to care for your new chicks and the basics of daily care for birds. Learn from a local poultry enthusiast who has raised hundreds of birds.

*Lisa Schwartz*

6196-SP19  Apr 17  Wed  
1 session  7-9pm  $19  
CLC (door 11) C15

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**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-SP19  Apr 9 & Apr 11  Tue & Thu  
2 sessions  6-10pm  $29  
CLC (door 11) C15

6035-S19  Jul 9 & Jul 11  Tue & Thu  
2 sessions  6-10pm  $29  
FLAHS (door 32) Media

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**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-SP19  Apr 16  Tue  
1 session  6-10pm  $25  
FLAHS (door 32) Media

6036-S19  Jun 11  Tue  
1 session  6-10pm  $25  
FLAHS (door 32) Media

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**Dog First Aid & CPR**

Our canine companions depend on us to take care of them and that includes being prepared for those emergency situations that can arise at any time! Learn about common injuries in dogs, how to provide quick and easy first aid, and gain hands-on experience performing CPR and the Heimlich maneuver on dogs. This class is for humans only; stuffed animals will be used for demonstration and practice.

*Aimee Mabie*

6136-SP19  Apr 30  Tue  
1 session  6-8pm  $29  
CLC (door 11) C15

6136-S19  Jun 4  Tue  
1 session  6-8pm  $29  
CLC (door 11) C15

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**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 Basic Spanish” by Dorothy Richmond to the first day of class. New and used textbooks are available at [www.barnesandnoble.com](http://www.barnesandnoble.com) and [www.amazon.com](http://www.amazon.com).

*Iris Myers*

6004-SP19  Apr 11-May 9  Thu  
5 sessions  6:30-8:30pm  $79  
FLAMS (door 1) T19

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**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 “Learn Spanish The Fast and Fun Way” by Gene M. Hammitt and George Thatcher. Fourth Edition, included MP3 CD. New and used textbooks are available at [www.barnesandnoble.com](http://www.barnesandnoble.com) and [www.amazon.com](http://www.amazon.com).

*Iris Myers*

6005-SP19  May 23-Jun 20  Thu  
5 sessions  6:30-8:30pm  $79  
FLAHS (door 33) 551

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**REGISTER EARLY!**

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

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**Pickleball Lessons - Beginner**
Join the fastest growing sport in America by learning to play pickleball. The beginner class is designed as a drill and play format while you learn how to keep score, serve, return of serve, forehand, backhand, dinking, lobbing and court strategies. Everyone is welcome of all ages and skill level. This course is taught with passion and humor by USAPA Ambassador and multi-Gold Medalist, Michael Lammer. Wear comfortable clothes, athletic shoes and bring a bottle of water.

*Michael Lammer*

6213-SP19  May 30-Jun 10  Mon & Thu 4 sessions  6-7:30pm  $59
Fenway Park Pickleball Courts

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**Pickleball Lessons - Intermediate/Advanced**
Time to improve your pickleball game. Learn proper techniques for three different serves, cross court attack dinks, the all important third shot (drop), how to play against “bangers” and the secrets of winning doubles strategies. Open to all players who know how to keep score, hit a forehand and backhand and understand the basis of the dink shot. Participants will drill and play to achieve maximum improvement. USAPA Ambassador and Gold Medalist, Michael Lammer, will instruct this fun filled class. Wear comfortable clothes, athletic shoes and bring a bottle of water.

*Michael Lammer*

6214-SP19  May 30-Jun 10  Mon & Thu 4 sessions  7:30-9pm  $59
Fenway Park Pickleball Courts

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**Pickleball - Advanced Skills Clinic**
Hone your pickleball skills this summer at this clinic designed to teach 3.0-4.0+ pickleball players advanced skills. Clinic will focus on: why dinkers can beat bangers, how the drop shot improves your game, using a cut or top spin return, learning three spin serves, and the punch shot for winners; as well as knowing when to lob, place shots down the middle, and when to be patient or attack during the dink game. Clinic includes active participation through drills and live play breakdown followed by skill ratings in accordance with USA Pickleball Association standards. Michael and Patrick Lammer are USAPA Ambassadors and Gold Medalists. Wear comfortable clothes, athletic shoes and bring a bottle of water.

*Michael Lammer*

6237-S19  Jul 14  Sun  9:30am-12:30pm  $49
Fenway Park Pickleball Courts

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**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. Learn fencing strategies that require problem solving skills through strategic bouting. You’ll also build confidence and develop your analytical skills by learning and practicing how to referee bouts. Fencers are fully protected with a mask, jacket and gloves. All equipment is provided including safety jackets and masks. Please wear long athletic pants, a t-shirt, athletic shoes and bring a bottle of water.

*Minnesota Sword Play*

6206-S19  May 21-Jun 25  Tue 6 sessions  6-7pm  $85
FLAHS (door 33)  North Fieldhouse A

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**Pickleball - Beginner**
Join the fastest growing sport in America by learning to play pickleball. The beginner class is designed as a drill and play format while you learn how to keep score, serve, return of serve, forehand, backhand, dinking, lobbing and court strategies. Everyone is welcome of all ages and skill level. This course is taught with passion and humor by USAPA Ambassador and multi-Gold Medalist, Michael Lammer. Wear comfortable clothes, athletic shoes and bring a bottle of water.

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Fenway Park Pickleball Courts

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*Minnesota Sword Play*

6206-S19  May 21-Jun 25  Tue 6 sessions  6-7pm  $85
FLAHS (door 33)  North Fieldhouse A

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*Michael Lammer*

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Fenway Park Pickleball Courts

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Ages 6-Adult
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*Minnesota Sword Play*

6206-S19  May 21-Jun 25  Tue 6 sessions  6-7pm  $85
FLAHS (door 33)  North Fieldhouse A

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**Fence Park Pickleball**
Courts are located at 5530 206th St N, Forest Lake.
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.

6007-SP19 Apr 2-Jun 4 Tue
10 sessions 6:30-9pm
$45 per person
CLC (door 11) Small Gym

Tae Kwon Do
Ages 6-100
Traditional Tae Kwon Do, an ancient Korean martial art over a thousand years old, is rapidly becoming the world’s most popular martial art and form of self-defense. Tae Kwon Do is great exercise and also builds confidence, character and self-control. Parents report that their children become more focused in school and improve their social relations with others. For families, it is an excellent activity to participate in together no matter what your level of athletic ability. Sun Yi’s Academy is located at 255 MN-97 #5b, Forest Lake.

Sun Yi’s Academy
6207-SP19 Apr 27-May 18 Sat
4 sessions 10-11am $45

Basketball - Men’s
Love to play basketball, but don’t have a full team? This is the place for you! Come alone or with friends and use the time to work on your game. You can perfect your free throws and layups, and play recreational pick-up ball with other participants. Drop-in fee is $5.

6023-SP19 Apr 3-Jun 5 Wed
10 sessions 7-9pm $39
FLAHS (door 32) Main Gym

Golf Lessons - Parent/Child
Ages 6 & Up
See page 28 for details.

Golf Clinic for Beginners
New to the game of golf? Here is your opportunity to spend time learning the fundamentals from a PGA teaching professional. You will improve your game by focusing on correct form and club selection. Each session will cover a different aspect of the game including irons, woods, chipping and putting. We will also cover etiquette of the game and basic golf rules. For those without golf clubs, Tanners Brook has clubs available to use during this class. Tanners Brook Golf Club is located at 190th Street North, Forest Lake.

Tanners Brook Golf Club
6071-S19 Jun 5-Jun 26 Wed
4 sessions 6-7:15pm $55
Tanners Brook Golf Club

Golf Clinic for Women
This is a great opportunity to learn or improve your golf game in a class tailored just for women. You will increase your skill by learning correct form and club selection. Each session will cover a different aspect of the game including irons, woods, chipping and putting. We will also cover etiquette of the game and basic golf rules. For those without golf clubs, Tanners Brook has clubs available to use during this class. Tanners Brook Golf Club is located at 190th Street North, Forest Lake.

Tanners Brook Golf Club
6070-SP19A May 7-May 28 Tue
4 sessions 6-7:15pm $55
Tanners Brook Golf Club

6070-SP19B May 8-May 29 Wed
4 sessions 6-7:15pm $55
Tanners Brook Golf Club
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 their 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? Work with an instructor to learn about the United States naturalization process. Citizenship test preparation will teach the reading, writing, listening and speaking skills needed to pass the naturalization interview.

Mon & Wed 10-11:30am
Tue & Wed 5:30-7pm

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.

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

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. For other questions about GED® testing, please contact Laurie Drolson at (651) 982-8334 or Ldroolson@flaschools.org.

GED® Testing Schedule
Apr 3-May 29 Wed
5:30-8:45pm CLC (door 11) C12
No testing Mar 14

Jun 12-Aug 21 Wed
4:30-7:45pm CLC (door 11) C12
No testing Jun 19, Jul 3, Jul 17, Jul 31, Aug 14

Look for us at Arts in the Park!
Tue, Jun 4-Aug 13 5-7pm
Lakeside Memorial Park, Forest Lake

FLASCE plans to attend most evenings!

BIG NEWS! WE’RE MOVING

ABE and GED testing may be closed an additional week in late August because we are moving to Southwest Junior High. Specific dates depend on the construction schedule. Please look for updates on our website at www.flaschools.org/ce or call (651) 982-8302 for additional information.

Questions regarding ABE or GED preparation?
Visit www.flaschools.org/ce or call (651) 982-8302.

GED® Testing Schedule
Apr 1- May 30
Mon & Wed 9am-12pm
Tue & Thu 9am-12pm 12:30-3:30pm 4-7pm No class May 27
Jun 3-Aug 29
Mon & Thu 9am-12pm
Tue & Wed 9am-12pm 12:30-3:30pm 4-7pm No class Jul 1-4, Aug 14-16

ABE Location
Central Learning Center (door 11) E11
200 SW 4th Street
Forest Lake, MN 55025

Get Your GED!
Do you or someone you know need their GED? Participate in our Adult Basic Education Program!
Contact Maria Burnham
mburnham@flaschools.org
(651) 982-8302

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No testing Mar 14

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ABE Location
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200 SW 4th Street
Forest Lake, MN 55025

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4:30-7:45pm CLC (door 11) C12
No testing Jun 19, Jul 3, Jul 17, Jul 31, Aug 14

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Tue, Jun 4-Aug 13 5-7pm
Lakeside Memorial Park, Forest Lake
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LINK - Adults with Disabilities

Life Skills • Independence • Networking • Knowledge

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

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

Backyard Games
Picnic in the Park
Dinner at Keys Cafe
Mini Golf
Movie Theater

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

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 Michele Slattery at (651) 982-8328 or mslattery@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.

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.
Secondary Youth - Athletics & Recreation

Middle School Boys & Girls Track & Field
Grades 7-8
Come have some fun in Middle School Track and Field! Each athlete will get to explore all of the events in track and field while working with the Middle School and High School Track and Field Coaches. Track and field is open to all types of athletes and no prior experience is necessary. Practices are held after school four days a week at the Forest Lake Area Middle School (FLAMS). Meets will take place either at the FLAMS track or other local high schools and middle schools. Transportation to the away meets is provided and will return back to FLAMS typically around 5:45pm. An email will be sent to families closer to the start of the season with the meet schedule and practice information. Parents must provide transportation home from FLAMS after practices and meets. Rain day practices will be held in the FLAMS Gym D. Athletes must wear decent running or cross training shoes, layers for all types of weather and bring a water bottle every day. Meet uniforms will be provided. Running spikes are optional. The registration deadline is March 17. For availability after March 17, please call (651) 982-8392 or email amartens@flaschools.org. Picture day is Thursday, April 11 at 2:30pm at the FLAMS track.

1548-W19 Boys Apr 1-May 23 Mon-Thu 2:30-4:30pm $180 FLAMS Track
No class Apr 22

1549-W19 Girls Apr 1-May 23 Mon-Thu 2:30-4:30pm $180 FLAMS Track
No class Apr 22

Middle School Boys & Girls Soccer
Grades 7-8
This is a great opportunity to meet new people, learn time management and have some fun! How much the athlete participates in games depends on attendance, attitude, work ethic and number of players on each team. All interested in playing soccer are encouraged to sign up and play. Practices and games will be played at FLAMS (unless away at opponents 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 the game schedule. Parents must provide transportation home from FLAMS after practices and games. Rain day practices will be held in the FLAMS Gym D. Game uniforms will be provided. Players must wear soccer cleats (no metal), practice clothes, shin guards and bring a water bottle every day. The registration deadline is August 25. For team availability after August 25, please call (651) 982-8392 or email amartens@flaschools.org. Picture day is Thursday, September 12 at 2:30pm in the FLAMS cafeteria.

1541-F19A Boys Grade 7 Sep 3-Oct 16 Mon-Thu 2:30-4:30pm $185 FLAMS Athletic Fields
No class Sep 30

1541-F19B Boys Grade 8 Sep 3-Oct 16 Mon-Thu 2:30-4:30pm $185 FLAMS Athletic Fields
No class Sep 30

1542-F19A Girls Grade 7 Sep 3-Oct 16 Mon-Thu 2:30-4:30pm $185 FLAMS Athletic Fields
No class Sep 30

1542-F19B Girls Grade 8 Sep 3-Oct 16 Mon-Thu 2:30-4:30pm $185 FLAMS Athletic Fields
No class Sep 30
Secondary Youth - Athletics & Recreation

Tae Kwon Do
Ages 6-100
Traditional Tae Kwon Do, an ancient Korean martial art over a thousand years old, is rapidly becoming the world’s most popular martial art and form of self-defense. Tae Kwon Do is great exercise and also builds confidence, character and self-control. Parents report that their children become more focused in school and improve their social relations with others. For families, it is an excellent activity to participate in together no matter what your level of athletic ability. Sun Yi’s Academy is located at 255 MN-97 #5b, Forest Lake.

Sun Yi’s Academy
5055-SP19 Apr 27-May 18 Sat
4 sessions 10-11am $45
Sun Yi’s Academy

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. Students will learn fencing strategies that require problem solving skills through strategic bouting. Fencers also build confidence and develop their analytical skills by learning and practicing how to referee bouts. Fencers are fully protected with a mask, jacket and gloves. All equipment is provided including safety jackets and masks. Students should wear long athletic pants, a t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play
5058-S19 May 21-Jun 25 Tue
6 sessions 6-7pm $85
FLAHS (door 33)
North Fieldhouse A

Golf League - Competitive
Ages 9-16
Designed for the skilled, competitive golfer. This comprehensive program will focus on the skills and attitude needed for upper level play. Respect, rules and etiquette in a league setting will be emphasized. Individual scores will be logged through a creative scoring system that levels the playing field and ensures the opportunity for success for all players. The fee includes green fees and a first day clinic. Fixed tee times will be assigned after the first week. In case of rain, call Tanners Brook Golf Club at (651) 464-2300 for cancellation, make-up date or if activities are to be held indoors instead.

Tanners Brook Golf Club
5023-S19A Ages 9-12
9 sessions Jun 13-Aug 15 Thu
12:30-2:30pm $139
Tanners Brook Golf Club
No class Jul 4

5023-S19B Ages 13-16
9 sessions Jun 13-Aug 15 Thu
12:30-2:30pm $139
Tanners Brook Golf Club
No class Jul 4

Golf League - Recreational
Ages 9-16
Do you have some golf course playing experience? Then it’s time to try out this non-competitive league! The emphasis will be on fun, safety, skill development and etiquette. Get back in the swing of things on the first day with an instructional clinic, then each following week you will hit the links at Tanners Brook to enjoy the game of golf. Range rovers will be on the course to ensure the safety of participants. Bring your own clubs. In case of rain, call Tanners Brook Golf Club at (651) 464-2300 for cancellation, make-up date or if activities will be held indoors instead.

Tanners Brook Golf Club
5022-S19 Jun 10-Aug 12 Mon
12:30-2:30pm $139
Tanners Brook Golf Club
No class Jul 1

Golf Lessons - Parent/Child
Ages 6 & Up
Improve your golf swing while spending time with your son or daughter! This series of lessons will focus on the full swing as well as chipping and putting. Instruction and useful methods of practice are included in each lesson. On the last day, golfers will have a chance to play a game of golf on their own on the course. Range balls are provided and golf clubs are available, if needed. Please register with the name of the child who will be attending the lessons.

Tanners Brook Golf Club
5021-S19 Jul 9-Jul 30 Tue
4 sessions 6-7pm $119 per pair
Tanners Brook Golf Club

Tanners Brook Golf Club is located at 5810 190th Street North, Forest Lake.
Boys Basketball Advanced Skills & Summer League

Entering Grades 5-12

Fundamental skills are focused on 60-90 minutes per day. Each player will receive individual and group instruction in four advanced skill areas:

- Shooting and finishing fundamentals including form shooting, free throws, rim attacks and post work.
- Moving without the basketball including cutting, screening and fast break.
- Ball handling, passing and catching fundamentals including breakdown moves, post feeds, pick and roll skills, rip, skip and bounce passing skills.
- Defensive fundamentals including guarding the ball, defending screens, off-ball help, post defense, close outs and rebounding are practiced.

Players will be grouped for skill sessions by grade and/or ability and each session will be approximately 30 minutes for a total of 60-90 minutes. League play 60-90 minutes per day: coaches will place each player on a 5 on 5 league team and a 3 on 3 league team. Each player will be placed on age/ability appropriate teams. Team and individual stats will be kept and play will conclude with tournament champions. All players will receive a t-shirt, so please indicate size when registering.

Registration deadline is May 19. For availability after May 19, please call (651) 982-8392 or email amartens@flaschools.org. Players must wear appropriate basketball shoes, t-shirt, shorts and bring a water bottle each day.

1534-S19A Grades 5-8 12 sessions Jun 11-Jul 25 Tue & Thu 10am-12:30pm $150 by May 19 FLAHS (door 33) North Fieldhouse
No class Jul 2 & Jul 4

1534-S19B Grades 9-12 18 sessions Jun 10-Jul 26 Mon, Wed & Fri 12-1:30pm $135 by May 19 FLAHS (door 33) North Fieldhouse
No class Jul 1, Jul 3 & Jul 5

Girls Basketball Camp

Entering Grades 6-10

This camp will provide the opportunity to develop individual basketball fundamentals from the Forest Lake Area High School Girls Basketball coaches and players. Campers will also participate in team play and live game situations (based on age-level and ability) and have the opportunity to improve their basketball knowledge and court sense. The camp will teach fundamentals and enhance skill development through a series of instructional situations. All campers will receive a t-shirt, so please indicate size when registering. For camp availability after June 6, please call (651) 982-8392 or email amartens@flaschools.org. Campers must wear appropriate basketball shoes, t-shirt, shorts and bring a water bottle each day.

Jennifer Wagner

1525-S19B Entering Grades 6-10
4 sessions Jun 10-Jun 13 Mon-Thu 9am-12pm $100
FLAHS (door 33) South Fieldhouse

Girls Basketball Skills Camp

Entering Grades 5-8

Do you like to play basketball? Are you working to strengthen certain skills? Join the Forest Lake Area High School Girls Basketball coaches and players to work on the fundamentals. Campers will learn new drills that they can practice in the off season to enhance their skills for the regular season. All campers will receive a t-shirt, so please indicate size when registering. For availability after June 16, please call (651) 982-8392 or email amartens@flaschools.org. Campers must wear appropriate basketball shoes, t-shirt, shorts and bring a water bottle each day.

Anna Eckert

1526-S19 Jun 18-Jul 25 Tue & Thu 10 sessions 10am-12pm $115
FLAHS (door 33) Main Gym
No class Jul 2 & Jul 4
Secondary Youth - Special Interest

PrepStar Blast
Grades 10-12
The ACT® test is more important than ever before for college admissions and scholarship offers. An ACT expert will introduce students to the test format and review essential strategies for the main four sections. At the end of the class, students take a full practice test that will be scored online. A detailed score report of the results will be available immediately.

Academic All Star Tutoring
5028-S19  Aug 21 & 22  Wed & Thu
2 sessions  9am-3:30pm  $139
FLAHS (door 32) 304

Beginning Drama Camp
- Anne of Green Gables
Ages 6-15
Masquers is delighted to present a new adaptation of “Anne of Green Gables” for our drama production this summer. Students will become familiar with this beloved classic and perform a shortened workshop for friends and family that will be free to the public. There are roles for every experience level. In addition to staging the show, there will be time in class for improv and theatrical games with our dedicated staff. Please note: Students will need to spend some time out of class working with our script to ensure memorization.

Masquers Theatre Company
5067-S19  Jun 17-Jun 28  Mon-Fri
10 sessions  10am-12pm  $125
FLAHS (door 32) Auditorium

For registration and details, visit www.aplusdrivingschool.net.
Must be at least 14 years old to register.

Register Early!
Community Education staff often need to make decisions about canceling classes a week or more before the start of the class. To avoid disappointment for yourself and others, don’t wait until the last minute to register.
Secondary Youth - Special Interest

Clogging
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to tap, Irish dancing and hip hop. Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for just $20. These taps can be put on any basic flat soled shoes. White shoes are preferred.

Clogging - Beginner
Ages 7-Adult
No previous dance experience needed. At the end of the session, dancers are invited to perform their routines at a local event.

*Pam Heaton*
5059-SP19 Apr 15-May 13 Mon
5 sessions 5:30-6pm
$29 per person
$45 per family
FV (door 4) Cafe

Class will meet at the CLC (door 11) Small Gym on April 22.

Clogging - Beginner Plus
Ages 7-Adult
Dancers that have taken the beginner level class or have some clogging experience can continue to improve their skills as we review some of the beginner level dances and continue to learn new clogging routines and steps! At the end of the session, dancers are invited to perform their routines at a local event.

*Pam Heaton*
5060-SP19 Apr 15-May 13 Mon
5 sessions 6-6:30pm
$29 per person
$45 per family
FV (door 4) Cafe

Class will meet at the CLC (door 11) Small Gym on April 22.

Forest Lake Ranger Marching Band
Grades 7-12
The Forest Lake Ranger Marching Band is back and we need you! We will rehearse, march in area parades and have an end of season celebration. We are confirmed to perform the Star Spangled Banner at the Youth in Music Marching Band Championship that will be held at U.S. Bank Stadium. After our performance, we will stay and watch the competition. It’s important for you to attend all rehearsals in order to have successful performances! A band polo shirt is included in the registration fee with a reduced fee available for those who have their shirt from last year. Additional shirts can be purchased for band or family members for $31-$33 each. Shirts are available in men’s and women’s styles in sizes XS-XXXL. Registration deadline is May 12. Late registrants may not get their marching band polo in time for the first parade. Practice and parade schedule is to be determined. Parades may include White Bear Lake, Blaine, Coon Rapids, Forest Lake as well as others.

*Jake Matheson & Katie Hartman*
5052-S19A $89 Have Polo, $119 Need Polo
5052-S19B $31 Extra Shirt (XS-XL), $33 Extra Shirt (XXL-XXXL)

Summer Music Lessons
Visit our website, www.flaschools.org/ce, for information on summer music lessons - orchestra, violin and band.
Boys Basketball Advanced Skills & Summer League
Entering Grades 5-8
Fundamental skills are focused on 60-90 minutes per day. Each player will receive individual and group instruction in four advanced skill areas:

- Shooting and finishing fundamentals including form shooting, free throws, rim attacks and post work.
- Moving without the basketball including cutting, screening and fast break.
- Ball handling, passing and catching fundamentals including breakdown moves, post feeds, pick and roll skills, rip, skip and bounce passing skills.
- Defensive fundamentals including guarding the ball, defending screens, off-ball help, post defense, close outs and rebounding are practiced.

Players will be grouped for skill sessions by grade and/or ability and each session will be approximately 30 minutes for a total of 60-90 minutes. League play 60-90 minutes per day: coaches will place each player on a 5 on 5 league team and a 3 on 3 league team. Each player will be placed on age/ability appropriate teams. Team and individual stats will be kept and play will conclude with tournament champions. All players will receive a t-shirt, so please indicate size when registering. Registration deadline is May 19. For availability after May 16, please call (651) 982-8392 or email amartens@flaschools.org. Players must wear appropriate basketball shoes, t-shirt, shorts and bring a water bottle each day.

Girls Basketball Camp
Entering Grades 2-10
This camp will provide the opportunity to develop individual basketball fundamentals from the Forest Lake Area High School Girls Basketball coaches and players. Campers will also participate in team play and live game situations (based on age-level and ability) and have the opportunity to improve their basketball knowledge and court sense. The camp will teach fundamentals and enhance skill development through a series of instructional situations. All campers will receive a t-shirt, so please indicate size when registering. For camp availability after June 6, please call (651) 982-8392 or email amartens@flaschools.org. Campers must wear appropriate basketball shoes, t-shirt, shorts and bring a water bottle each day.

Jennifer Wagner
1525-S19A
4 sessions
Entering Grades 2-5
Jun 10-Jun 13
Mon-Thu
9am-12pm
$100
FLAHS (door 33)
South Fieldhouse

Girls Basketball Skills Camp
Entering Grades 5-8
Do you like to play basketball? Are you working to strengthen certain skills? Join the Forest Lake Area High School Girls Basketball coaches and players to work on the fundamentals. Campers will learn new drills that they can practice in the off season to enhance their skills for the regular season. All campers will receive a t-shirt, so please indicate size when registering. For availability after June 16, please call (651) 982-8392 or email amartens@flaschools.org. Campers must wear appropriate basketball shoes, t-shirt, shorts and bring a water bottle each day.

Anna Eckert
1526-S19
10 sessions
Jun 18-Jul 25
Tue & Thu
10am-12pm
$115
FLAHS (door 32) Main Gym
No class Jul 2 & Jul 4

Basketball Camp
Ages 5-12
Shoot and score! Sports Unlimited Camps provide fundamental skill development for boys and girls ages 5-12 with the emphasis on fun! Sports Unlimited coaches will teach the fundamental skills of basketball using small group activities, scrimmages and fun games. They will also focus on helping the kids learn the rules of basketball while working on team play and sportsmanship. Individual skills taught will be shooting, passing, dribbling, along with learning the strategies of offense and defense. Children will be divided by age and skill level. Each participant will receive a water bottle. Campers must be dressed to play with tennis shoes on and bring a nut free snack and water bottle each day.

Sports Unlimited
1509-S19
4 sessions
Aug 5-Aug 8
Mon-Thu
9am-12pm
$95
CLC (door 11) Main Gym
Elementary Youth - Athletics & Recreation

Basketball Pre-Season Clinic
Boys & Girls Entering Grades 3-8

Let’s get ready for the upcoming basketball season! Do you want to improve your skills for the Forest Lake Area Community Education Basketball League or are you getting ready to tryout for Forest Lake Hoops Traveling Basketball? We will prepare you for whatever the next step is in your basketball path. This clinic is led by the Forest Lake Hoops Basketball Club. Athletes will be broken up by age group and ability. Everyone will work on improving their basic skills, dribbling, passing and shooting all while learning through fun and exciting games and drills. Athletes must wear tennis shoes, comfortable clothing and bring a water bottle each day. Registration deadline is July 28. For availability after July 28, please call (651) 982-8392 or email amartens@flaschools.org.

FLAAA Hoops Club
1557-S19A Boys
4 sessions Aug 5-Aug 14 Mon & Wed 6:30-8:30pm $50
FLAHS (door 33) South Fieldhouse

1557-S19B Girls
4 sessions Aug 6-Aug 20 Tue & Thu 6:30-8:30pm $50
FLAHS (door 33) South Fieldhouse
No class Aug 13

Dodgeball/Kickball Camp
Ages 5-12

Kickball and dodgeball are all about the fun! Join us as we play kickball with the traditional rules and add a few extra quirky rules as well. Old-fashioned dodgeball will be played as well as some fun variations like trench ball, bombardment, mushrooms and aliens. Sports Unlimited Camps provide fundamental skill development for boys and girls ages 5 to 12 with the emphasis on fun! They will also focus on helping the kids learn the rules of the games while working on team play and sportsmanship. Children will be divided by age and skill level. Each participant will receive a water bottle. Campers must dress to play with tennis shoes on, sunscreen and bring a nut free snack and water bottle each day.

Sports Unlimited
1505-S19 Jun 17-Jun 20 Mon-Thu 9am-12pm $95
4 sessions CLC (door 11) Main Gym

Floor Hockey Camp
Ages 6-12

Sports Unlimited Camps provide fundamental skill development for boys and girls ages 6 to 12 with the emphasis on fun! Sports Unlimited Coaches will teach the fundamental skills of floor hockey using small group activities, scrimmages and fun games. Floor hockey combines the stick handling, passing and shooting skills of the game of ice hockey. They will also focus on helping the kids learn the rules of floor hockey while working on team play and sportsmanship. The speed of play and excitement of the sport assures the experience will be one a child will not soon forget. Children will be divided by age and skill level. Each participant will receive a water bottle and a sportsmanship award. Sports Unlimited will provide hockey sticks for everyone. Campers must dress to play with tennis shoes on and bring a nut free snack and water bottle each day.

Sports Unlimited
1508-S19 Jul 29-Aug 1 Mon-Thu 1-4pm $95
4 sessions CLC (door 11) Main Gym

New!
New!
**Elementary Youth - Athletics & Recreation**

**Lacrosse Camp**

**Ages 5-12**

Come learn how to play lacrosse or brush up on your skills with Sports Unlimited. Sports Unlimited programs are designed for both boys and girls ages 5 to 12 regardless of skill or ability. The camp is based on the philosophy of providing all children with the opportunity to develop sport skills in a fun, safe and non-competitive environment. Sports Unlimited Coaches will teach the fundamental skill of non-contact lacrosse, also known as soft lacrosse using small group activities, scrimmages and fun games. Individual skills that will be taught are catching, throwing, scooping and cradling. They will also focus on helping the kids learn the rules of lacrosse while working on team play and sportsmanship. Campers will be divided by age and skill level. Sports Unlimited provides all equipment. Campers must be dressed to play with tennis shoes on, sunscreen and bring a nut free snack and water bottle each day.

**Sports Unlimited**

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<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Sessions</th>
<th>Time</th>
<th>Cost</th>
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<td>1504-S19</td>
<td>Jun 17-Jun 20</td>
<td>Mon-Thu</td>
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<td>1-4pm</td>
<td>$95</td>
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**Introduction to Pole Vault Camp**

**Grades 4-8**

This is a progressive three-session clinic that will introduce athletes to pole vaulting. Equipment, safety, pole carry, run/approach, plant and swing up will be the main emphasis. Space is limited so we can have a 1 to 5 coach to vaulter ratio. The registration deadline is April 14. For availability after April 14, please call (651) 982-8392 or email amartens@flaschools.org. Bring water, a small notebook and weather-appropriate clothing. Learn more at GForcePV.org.

**G-Force Pole Vault Club**

<table>
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<th>Code</th>
<th>Dates</th>
<th>Type</th>
<th>Sessions</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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<td>1517-S19A</td>
<td>Jun 2-Aug 18</td>
<td>Sun</td>
<td>11</td>
<td>3-5:30pm</td>
<td>FLAHS Pole Vault Pit</td>
<td>$330 A only/$550 both A &amp; B</td>
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<tr>
<td>1517-S19B</td>
<td>Jun 6-Aug 22</td>
<td>Thu</td>
<td>11</td>
<td>5-7:30pm</td>
<td>FLAHS Pole Vault Pit</td>
<td>$330 A only /$550 both A &amp; B</td>
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<td>No class Jul 4</td>
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<tr>
<td>1517-S19C</td>
<td>Jun 11-Jul 25</td>
<td>Tue &amp; Thu</td>
<td>12</td>
<td>10:30am-12:30pm</td>
<td>FLAHS Pole Vault Pit</td>
<td>$360</td>
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<td>No class Jul 2 &amp; Jul 4</td>
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**Pole Vaulting**

**Ages 9-Adult**

Dream of flying? Well now is your chance to fly this summer with G-Force Pole Vault Club as we learn all 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. Athletes must wear weather-appropriate and comfortable clothing, bring a small notebook, pen/pencil and bring a water bottle each day. 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 and then email amartens@flaschools.org with the name of all family members registered and a refund will be processed. Register for 1517-S19A and 1517-S19B, $550 for both together.
Elementary Youth - Athletics & Recreation

Mini Sports Camp  
**Ages 4-6**  
Let’s play soccer, lacrosse, flag football and t-ball! Sports Unlimited designed this program for boys and girls ages 4 to 6 regardless of skill or ability with the emphasis on fun! The multi-sport atmosphere helps campers explore the different sports with no pressure, just lots of fun! Sports Unlimited staff are trained to meet the special needs of youth and we have a staff to camper ratio of 1 to 8. Campers must be dressed to play with tennis shoes on, sunscreen, shin guards (recommended, but not required), baseball mitt, a nut free snack and water bottle each day.

*Sports Unlimited*

1501-S19A  
Jul 8-Jul 11  
Mon-Thu  
4 sessions  
9am-12pm  
$95
  CLC Practice Field

1501-S19B  
Aug 12-Aug 15  
Mon-Thu  
4 sessions  
9am-12pm  
$95
  CLC Practice Field

Multi Sports Camp  
**Ages 5-12**  
Let’s play soccer, lacrosse, flag football and coach pitch ball or t-ball! Sports Unlimited designed this program for boys and girls ages 5 to 12 regardless of skill or ability with the emphasis on fun! The multi-sport atmosphere helps campers explore the different sports with no pressure, just lots of fun! Sports Unlimited staff are trained to meet the special needs of youth and have a staff to camper ratio of 1 to 10. Campers must be dressed to play with tennis shoes on, sunscreen, shin guards (recommended, but not required), baseball mitt, a nut free snack and water bottle each day.

*Sports Unlimited*

1502-S19A  
Jun 24-Jun 27  
Mon-Thu  
1-4pm  
$95
  CLC Practice Field

1502-S19B  
Jul 29-Aug 1  
Mon-Thu  
9am-12pm  
$95
  CLC Practice Field

Softball/Baseball Camp  
**Ages 5-10**  
Let’s play ball! Sports Unlimited Camps provide fundamental skill development for boys and girls ages 5 to 10 with the emphasis on fun! This camp helps players learn and practice the core skills and techniques through small group activities, games and scrimmages. Sports Unlimited staff will focus on helping the children learn the rules of softball/baseball while working on team play and sportsmanship. Individual skills that will be taught are throwing, catching, hitting, base running and fielding. Children will be divided by age and skill level. Staff to camper ratio is 1 to 10 and each participant will receive a water bottle. Campers must be dressed to play with tennis shoes on, sunscreen, baseball glove, a nut free snack and water bottle each day.

*Sports Unlimited*

1513-S19A  
Jul 22-Jul 25  
Mon-Thu  
4 sessions  
9am-12pm  
$95
  FV Fields

1513-S19B  
Aug 12-Aug 15  
Mon-Thu  
4 sessions  
9am-12pm  
$95
  Lino Field 1

T-Ball Camp  
**Ages 5-8**  
Let’s play t-ball! Sports Unlimited Camps provide fundamental skill development for boys and girls with the emphasis on fun! This camp helps players learn and practice the core skills and techniques through small group activities, games and scrimmages. Sports Unlimited staff will focus on helping the children learn the rules of baseball while working on team play and sportsmanship. Individual skills that will be taught are throwing, catching, hitting, base running and fielding. Children will be divided by age and skill level. Staff to camper ratio is 1 to 10 and each participant will receive a water bottle. Campers must be dressed to play with tennis shoes on, sunscreen, baseball glove, a nut free snack and water bottle each day.

*Sports Unlimited*

1506-S19  
Jul 8-Jul 11  
Mon-Thu  
4 sessions  
1-4pm  
$95
  FV Green Space

Ultimate Frisbee Camp  
**Ages 6-12**  
What is ultimate frisbee? It’s a combination of non-stop movement and the athletic endurance of soccer, with the aerial passing skills of football. A game of ultimate is played by two, seven player squads with a high-tech plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent’s end zone. Ultimate frisbee is the fastest growing sport on high school and college campuses. Sports Unlimited will teach boys and girls all they need to know about the game of ultimate frisbee! Children will be divided by age and skill level with a staff to camper ratio of 1 to 10. Campers must be dressed to play with tennis shoes on, sunscreen, bring a nut free snack and water bottle each day.

*Sports Unlimited*

1506-S19  
Jul 8-Jul 11  
Mon-Thu  
4 sessions  
1-4pm  
$95
  FV Green Space
Tennis Clinic Beginner

Ages 5-12

For players that have not previously taken lessons. Learn the basic strokes through age-appropriate games with an emphasis on fun. Sessions will focus on skills and drills. Tennis balls will be provided. All players will receive a t-shirt if registered by the deadline, so please indicate size when registering. The registration deadline is May 19. For availability after May 19, please call (651) 982-8392 or email amartens@flaschools.org. Participants must wear comfortable clothes, tennis shoes, bring an age appropriate tennis racket and a water bottle each day.

Jenny J Johnson

1641-S19A Ages 5-7 9 sessions Jun 11-Jun 27 Tue-Thu 9:30am-9:45am $45 FLAHS Tennis Courts

1641-S19B Ages 8-12 9 sessions Jun 11-Jun 27 Tue-Thu 10:30am-11:30am $90 FLAHS Tennis Courts

Tennis Clinic Intermediate/Advanced

Ages 5-12

For players that have previously taken lessons. Designed for students who are interested in tennis or have played recreational tennis. Sessions will focus on skills, drills and match play. All basic skills will be taught in an atmosphere that promotes learning and individual success. Tennis balls will be provided. All players will receive a t-shirt if registered by the deadline, so please indicate size when registering. The registration deadline is May 19. For availability after May 19, please call (651) 982-8392 or email amartens@flaschools.org. Participants must wear comfortable clothes, tennis shoes, bring an age appropriate tennis racket and a water bottle each day.

Jenny J Johnson

1646-S19A Ages 5-7 9 sessions Jun 11-Jun 27 Tue-Thu 9:45-10:30am $68 FLAHS Tennis Courts

1646-S19B Ages 8-12 9 sessions Jun 11-Jun 27 Tue-Thu 11:30am-12:30pm $90 FLAHS Tennis Courts

Little Kickers

Ages 5-8

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. Soccer activities will be provided by Lakes United Futball Club. Teams will be formed by elementary schools; schools may be combined to make teams. Teams will be formed on April 8 and players will be notified by their coach the week of April 22 with exact practice information. Little Kickers soccer will meet on Wednesdays, May 1 until June 19. This program is a partnership with Forest Lake Area Schools Community Education and Lakes United Futball Club (www.lakesunitedfc.org). Volunteer coaches are needed for this program and will be assisted by a dedicated coach from Lakes United Futball Club. If you are interested, please indicate in the notes section when registering. Please register for the elementary school that you wish to play with: Columbus (CO), Forest View (FV) LILA (LA), Lino Lakes (LL), Linwood (LN), St. Peters (SP), Scandia (SC) or Wyoming (WY). Register for the age group that your child will be on the first day of the program. The registration deadline is April 7. For team availability after April 7, please call (651) 982-8392 or email amartens@flaschools.org.

Uniforms: all players need to have the same uniform, shirt, shorts and socks. All players will receive a new uniform shirt that is included in the price if registered by the uniform deadline, so please indicate size when registering. If you will need to purchase shorts or socks, please indicate size when registering and select “shorts” and/or “socks” fee. Players must wear uniform, shin guards and tennis shoes or soccer cleats and bring a water bottle every day.

Friend Requests: we will grant (1) friend request per player. Both players must have each other listed for the friend request to be granted.

Important dates and times:

Coaches Meeting: Apr 17 Wed 6:30pm Col (door 1) Cafe
Picture Day: Apr 24 Wed 5:15pm Col Green Space

1588-S19 Ages 5-6
1589-S19 Ages 7-8

May 1-Jun 19 Wed 7-8pm Col Green Space
$70 shirt, $74 shirt & shorts, $73 shirt & socks, $77 shirt, shorts & socks

after Apr 7
$85 shirt, $89 shirt & shorts, $88 shirt & socks, $92 shirt, shorts & socks

Engaging people; enriching lives!
Ranger Soccer Camp
Grades 1-6
Ranger Varsity Soccer players and coaches are ready to have some fun this summer; are you? Come to camp and learn specialized skills and drills to improve your soccer skills. Players will rotate through stations that will be led by varsity players and coaches. We will end each time with a small scrimmage. The camper will be invited to be a ball boy or girl during a home Varsity Soccer game. All campers will receive a t-shirt if registered by the deadline, so please indicate size when registering. The registration deadline is July 14. For team availability after July 14, please email amartens@flaschools.org or call (651) 982-8392. Campers must wear soccer cleats (no metal), practice clothes, shin guards and bring a water bottle each day.
1685-S19 Aug 3 & Aug 4 Sun & Sat 2 sessions 8-9:30am $35 FL Elem Green Space

Boys & Girls Soccer League
Entering Kindergarten-Grade 6
This league begins after the baseball and softball season ends, so you can play ball and soccer! We will focus on improving our basic skills of dribbling, trapping, passing and receiving while learning game positions and offense/defense techniques. All players will receive a t-shirt if registered by the deadline, so please indicate size when registering. Teams will be formed by elementary schools; schools may be combined to make teams. Teams will be formed on May 20. Players will be notified by their coach the week of June 24 with the practice schedule. Games will be played two days a week starting the week of July 15 through August 22 in addition to one practice a week. Games will be played at either 6:15pm or 7:15pm on scheduled nights. Team schedules will have the exact game time. Games are played at Columbus Elementary Green Space. Players must wear tennis shoes, soccer shoes are optional (no metal cleats), shin guards and bring a water bottle every day. The registration deadline is May 19. For team availability after May 19, please call (651) 982-8392 or email amartens@flaschools.org. Register by grade entering in the fall and elementary school you wish to play with: Columbus (CO), Forest Lake (FL), Forest View (FV), LILA (LA), Lino Lakes (LL), Linwood (LN), St. Peters (SP), Scandia (SC), Wyoming (WY). Volunteer coaches are needed for this program. If you are interested, please indicate in the notes section when registering. Friend requests: we will grant (1) friend request per player. Both players must have each other listed for the friend request to be granted. See more league information on page 27.

Important dates and times:
Random Draw: May 29 Wed 4pm CLC (door 11) E13
Coaches Meeting: Jun 20 Thu 6pm CLC (door 11) Main Gym
Picture Day: Boys Jul 17 Wed 5:15pm Col Green Space
Girls Jul 18 Thu 5:15pm Col Green Space
Jul 15-Aug 22 Col Green Space Game times 6:15pm or 7:15pm $99 by May 19, $119 after May 19 No class Aug 13

Boys Mon & Wed Girls
1679-S19 Entering Kindergarten 1618-S19 Entering Kindergarten
1680-S19 Entering Grades 1-2 1620-S19 Entering Grades 1-2
1682-S19 Entering Grades 3-4 1622-S19 Entering Grades 3-4
1684-S19 Entering Grades 5-6 1624-S19 Entering Grades 5-6

Sports Unlimited
Ages 5-12
Sports Unlimited designed this camp to introduce the sport of soccer to boys and girls regardless of skill and ability. Campers will learn and practice the core skills and techniques used in soccer and then practice these skills in a number of games and scrimmages. Sports Unlimited camps are based on the philosophy of providing all children with the opportunity to develop sport skills in a fun, safe and non-competitive environment. Staff will focus on helping the campers learn the rules of soccer while working on team play and sportsmanship. Individual skills taught will be shooting, passing, dribbling along with learning the strategies of offense and defense. Campers will be divided by age and skill level. Each camper will receive a water bottle. Campers must be dressed to play with tennis shoes on, sunscreen and bring a nut free snack and a water bottle each day.

Sports Unlimited
1503-S19 Jun 24-Jun 27 Mon-Thu 4 sessions 9am-12pm $95 FV Green Space

www.flaschools.org/ce
Flag Football League
Entering Kindergarten-Grade 3

Join this flag football league for a fun and active way to hang out with your friends. NFL Flag Football rules and teamwork will be emphasized. All players will receive a t-shirt if registered by the deadline, so please indicate size when registering. The registration deadline is July 21. For team availability after July 21, please call (651) 982-8392 or email amartens@flaschools.org. Teams will be formed by elementary schools; schools may be combined to make teams. Teams will be formed on July 22. Players will be notified by their coach the week of August 19 with the practice schedule. Games will be played one day a week starting the week of September 9 until October 22, in addition to one to two practices a week. Games will be played at either 5:15pm or 6:15pm on scheduled nights. Team schedules will have the exact game time. Everyone will play their end of the season game at the Forest Lake Area High School in the stadium under the lights! Players must wear comfortable clothes, tennis shoes and bring a water bottle every day. Register by grade entering in the fall and elementary school that you wish to play with: Columbus (CO), Forest View (FV), LILA (LA), Lino Lakes (LL), Linwood (LN), St. Peters (SP), Scandia (SC) or Wyoming (WY). Volunteer coaches are needed for this program. If you are interested, please indicate in the notes section when registering. Friend Requests: we will grant (1) friend request per player. Both players must have each other listed for the friend request to be granted. See more league information on page 27.

Important times and dates:
Random Draw: Jul 25 Thu 4pm CLC (door 11) E13
Coaches Meeting: Aug 14 Wed 6pm CLC (door 11) Gym
Picture Day: Aug 26 Mon 5:15pm FL Sports Center Fenway Fields

Flag Football Camp
Boys & Girls Ages 5-12

Sports Unlimited Camps provide fundamental skill development for boys and girls ages 5-12 with the emphasis on fun! This camp is designed to introduce young athletes to the sport of flag football through skill development and small group games. Sports Unlimited staff will focus on helping the campers learn the rules of flag football while working on team play and sportsmanship. Individual skills taught: passing, catching, kicking along with learning the strategies of offense and defense. Children will be divided by age and skill level. Staff to camper ratio is 1 to 10. Each participant will receive a water bottle. Campers must be dressed to play with tennis shoes on, sunscreen and bring a nut free snack and water bottle each day.

Sports Unlimited
1507-S19A Jul 15-Jul 18 Mon-Thu 9am-12pm $95 FL Elem Green Space Field #1
4 sessions
1507-S19B Aug 5-Aug 8 Mon-Thu 9am-12pm $95 FL Elem Green Space Field #1
4 sessions
Elementary Youth - Athletics & Recreation

Volleyball League Girls

Entering Grade 3-6

Volleyball is a great way to improve confidence and build friendships. Girls will work together to improve their volleyball skills while having fun! All players will receive a t-shirt if registered by the deadline, so please indicate size when registering. Teams will be formed on August 5. Players will be notified by their coach the week of September 9 with the practice schedule. Games will be played on Mondays, starting the week of September 23 until November 25 in addition to one to two practices a week. Games will be played at either 6:15pm or 7:15pm on scheduled nights. Team schedules will have the exact game time. Games will be played at Forest Lake Area Middle School. Teams will be formed by elementary schools; schools may be combined to make teams.

Players must wear knee pads, tennis shoes and bring a water bottle every day. The registration deadline is August 4. For team availability after August 4, please call (651) 982-8392 or email amartens@flaschools.org. Register for the elementary school that you wish to play with: Columbus (CO), Forest Lake (FL), Lino Lakes (LL) Linwood (LN), St. Peters (SP), Scandia (SC) or Wyoming (WY).

Volunteer coaches are needed for this program. If you are interested, please indicate in the notes section when registering. Friend Requests: we will grant (1) friend request per player. Both players must have each other listed for the friend request to be granted.

Important Times and Dates:

Random Draw: Aug 15 Thu 4pm CLC (door 11) E13
Coaches Meeting: Sep 5 Thu 6pm CLC (door 11) Main Gym
Picture Day: Sep 25 Thu TBD FLAMS (door 1) Cafe

1634-F19 Entering Grades 3 & 4
1635-F19 Entering Grade 5
1636-F19 Entering Grade 6

Sep 23-Nov 25 Mon Games will be at 6:15pm, 7:15pm $95 by Aug 4, $115 after Aug 4 FLAMS (door 1) Gym

Flag Football, Soccer & Volleyball League Information

Register by current grade (no playing up a grade) and elementary school you wish to play with: Columbus (CO), Forest Lake (FL), Forest View (FV), LILA (LA), Forest Lake (FL), Lino Lakes (LL) Linwood (LN), St. Peters (SP), Scandia (SC) or Wyoming (WY). Example: 1571-S19CO is Columbus. Games will be played at various athletic fields, green space or gyms within the Forest Lake Area School District. Participants will be assigned to a team based on the grade and school they registered for. Players cannot transfer teams after teams have been assigned. After the registration deadline, late registrations are taken on a first come, first serve basis, as space is available. We will grant (1) friend request per player. Both players must have each other listed for the friend request to be granted.

In difficult situations regarding the formation of teams, random draw and combining of schools will be used, if needed. Parents and coaches are welcome to attend the random draw. No requests are taken at the random draw. Community Education reserves the right to cancel any team that does not have a coach. Full refunds will be issued if the team is canceled. Community Education reserves the right to make final decisions regarding the formation of teams to promote a positive experience for all involved.

We rely on volunteers to coach our teams. The volunteer coaches determine their practice time and location. Coaches refunds will be processed two weeks after games have begun.

Refunds for athletic programs prior to the registration deadline will be refunded in full. Refunds after registration deadline are subjected to a $10 processing fee per person, per program. If Community Education cancels an athletic program, you are not subject to a $10 processing fee and all fees will be refunded. If the practice time doesn’t work for a player, call the Community Education office at (651) 982-8110 before games start and a refund will be issued.

Volleyball Camp

Girls Entering Grades 5-8

Want to be a future Ranger? The fun starts now! Come learn from Forest Lake Area High School Volleyball players and coaches. Everyone will focus on basic skills and techniques to improve your game play. All campers will receive a t-shirt, so please indicate size when registering. Registration deadline is June 20. Campers must wear appropriate gym shoes, practice clothes, knee pads and bring a water bottle each day.

Sherri Alm

1543-S19A Entering Grades 5-6
4 sessions Jun 24-Jun 27 Mon-Thur 8:30am-10am $69 FLAHS (door 33) South Fieldhouse

1543-S19B Entering Grades 7-8
4 sessions Jun 24-Jun 27 Mon-Thur 10:15am-12pm $80 FLAHS (door 33) South Fieldhouse
### Golf League - Beginner

**Ages 8-12**

Specially designed for the beginner golfer with little or no course play knowledge. Gain the experience you need in a non-competitive, relaxed, no pressure setting that encourages skill development, safety and etiquette. Staff will teach you the basic skills you need for course play. Bring your own clubs. Range rovers will be on the course to ensure the safety of participants. In case of rain, call Tanners Brook Golf Club at (651) 464-2300 for cancellation, make-up date or if activities will be held indoors instead. Tanners Brook Golf Club is located at 5810 190th Street North, Forest Lake.

**Tanners Brook Golf Club**

<table>
<thead>
<tr>
<th>Session Code</th>
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<td>4640-S19</td>
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### Golf League - Competitive

**Ages 9-16**

Designed for the skilled, competitive golfer. This comprehensive program will focus on the skills and attitude needed for upper level play. Respect, rules and etiquette in a league setting will be emphasized. Individual scores will be logged through a creative scoring system that levels the playing field and ensures the opportunity for success for all players. The fee includes green fees and a first day clinic. Fixed tee times will be assigned after the first week. In case of rain, call Tanners Brook Golf Club at (651) 464-2300 for cancellation, make-up date or if activities are to be held indoors instead. Tanners Brook Golf Club is located at 190th Street North, Forest Lake.

**Tanners Brook Golf Club**

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<td>Thu</td>
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<td>4645-S19B</td>
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<td>Thu</td>
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### Golf Lessons - Parent/Child

**Ages 6 & Up**

Improve your golf swing while spending time with your son or daughter! This series of lessons will focus on the full swing as well as chipping and putting. Instruction and useful methods of practice are included in each lesson. On the last day, golfers will have a chance to play a game of golf on their own on the course. Range balls are provided and golf clubs are available if needed. Please register with the name of the child who will be attending the lessons. Tanners Brook Golf Club is located at 5810 190th Street North, Forest Lake.

**Tanners Brook Golf Club**

<table>
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<tr>
<th>Session Code</th>
<th>Dates</th>
<th>Days</th>
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<tr>
<td>4641-S19</td>
<td>Jul 9-Jul 30</td>
<td>Tue</td>
<td>6-7pm</td>
<td>$119 per pair</td>
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### SNAG PROS Golf

**Ages 5-10**

This Sports Unlimited golf program was created to meet the growing needs of the new generation of young golfers. Sports Unlimited uses SNAG (Starting New At Golf) equipment which involves golf clubs with oversized plastic heads and (tennis size) velcro golf balls to help kids develop the skills of hitting the ball. This special equipment is specifically designed for the entry level player. The camps are based on the philosophy of providing children ages 5-10 with the opportunity to develop sports skills in a fun, safe and non-competitive environment. We will instruct the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Children will be divided by age and skill level. No prior golf experience is necessary. All equipment is provided. Please bring sunscreen, a bottle of water, snack and wear appropriate clothing.

**Sports Unlimited**

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<tr>
<th>Session Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
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<td>4639-S19</td>
<td>Jun 17-Jun 20</td>
<td>Mon-Thu</td>
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<td>$99</td>
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<td>FL Elem (door 1) Field 4</td>
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### Golf League - Recreational

**Ages 9-16**

Do you have some golf course playing experience? Then it’s time to try out this non-competitive league! The emphasis will be on fun, safety, skill development and etiquette. Get back in the swing of things on the first day with an instructional clinic, then each following week you will hit the links at Tanners Brook to enjoy the game of golf. Range rovers will be on the course to ensure the safety of participants. Bring your own clubs. In case of rain, call Tanners Brook Golf Club at (651) 464-2300 for cancellation, make-up date or if activities will be held indoors instead.

**Tanners Brook Golf Club**

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<th>Time</th>
<th>Cost</th>
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<td>4642-S19</td>
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<td>No class Jul 1</td>
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Horsin' Around Program

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

Shadow Creek Stables
4686-S19A  Jun 10-Jun 13  Mon-Thu
4 sessions  9am-12pm  $235
Shadow Creek Stables

4686-S19B  Jul 15-Jul 18  Mon-Thu
4 sessions  9am-12pm  $235
Shadow Creek Stables

4686-S19C  Aug 5-Aug 8  Mon-Thu
4 sessions  9am-12pm  $235
Shadow Creek Stables

Equestrian Vaulting

Ages 9-16
Do you like gymnastics or dance? Do you like horses? Then you’ll love equestrian vaulting! Equestrian vaulting is the art of gymnastics and dance on the back of a moving horse. No previous gymnastics/dance/horse experience is needed to participate; all of those skills are learned in practice. Safe dismounts, mounts and rolls are taught and reviewed at every lesson. It is also great cross-training for most other sports because it builds endurance, strength and balance. Vaulting also teaches self-confidence, leadership, teamwork and there is always a sense of accomplishment at the end of the practice. Beginners welcome! Please wear soft-soled shoes, a t-shirt and stretchy pants. Long hair must be tied up. Shadow Creek Stables is located at 6150 N 202nd Street, Forest Lake.

Shadow Creek Stables
4699-S19A  Apr 28-May 19  Sun
4 sessions  5-6:30pm  $155
Shadow Creek Stables

4699-S19B  Jun 2-Jun 23  Sun
4 sessions  5-6:30pm  $155
Shadow Creek Stables

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. Students will learn fencing strategies that require problem solving skills through strategic boutings. 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-S19  May 21-Jun 25  Tue
6 sessions  6-7pm  $85
FLAHS (door 33)
North Fieldhouse A

Tae Kwon Do

Ages 6-100
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 relations with others. For families, it is an excellent activity to participate in together no matter what your level of athletic ability. Sun Yi’s Academy is located at 255 MN-97 #5b, Forest Lake.

Sun Yi’s Academy
4665-SP19  Apr 27-May 18  Sat
4 sessions  10-11am  $45
Sun Yi’s Academy
Track & Field
Grades 4-6
Students will have the opportunity to try out different track and field events and then choose the ones they enjoy the most to showcase their skills in a special track and field meet! The fee includes a Track & Field t-shirt, coaching and the track meet. The meet will be held on Monday, May 20 from 4pm to approximately 7pm at the Forest Lake Area High School Athletic Field near the south parking lot. Parents are responsible for transportation to and from the meet. No refunds will be given for weather related cancellations. No rain date. Section 4660-SP19G is for St. Peter’s and practices will be held at Forest Lake Elementary.

Track & Field Meet
May 20 Mon 4-7pm FLAHS Athletic Track
4660-SP19A Apr 29-May 20 Mon & Wed 7 sessions 3:45-5:15pm $85 Wyo Fields
4660-SP19B Apr 29-May 20 Mon & Wed 7 sessions 3:45-5:15pm $85 Col Fields
4660-SP19C Apr 29-May 20 Mon & Wed 7 sessions 3:45-5:15pm $85 FL Elem Field 3
4660-SP19D Apr 29-May 20 Mon & Wed 7 sessions 3:45-5:15pm $85 Lino Field 1
4660-SP19E Apr 29-May 20 Mon & Wed 7 sessions 3:45-5:15pm $85 Linw Field 1
4660-SP19F Apr 29-May 20 Mon & Wed 7 sessions 3:45-5:15pm $85 Scan Field 1
4660-SP19G St Peters Apr 29-May 20 Mon & Wed 7 sessions 3:45-5:15pm $85 FL Elem Field 3
4660-SP19H Apr 29-May 20 Mon & Wed 7 sessions 2:15-3:45pm $85 LILA Headwaters

{YEL!} Track & Field Decathlon
Grades 1-4
Javelin, discus, shot put, long jump, relay race, hurdles and much more. This high-octane decathlon class is designed for beginners and experienced track and field athletes. Safety is our first priority. We use foam padded javelins and hurdles as well as lightweight safety shot put and discus materials. Get pumped and primed to get your face on the next Wheaties® box.

{YEL!} Youth Enrichment League

REGISTER EARLY!
Community Education staff often need to make decisions about canceling classes a week or more before the start of the class. To avoid disappointment for yourself and others, don’t wait until the last minute to register.
Elementary Youth - Arts & Theater

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. 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

<table>
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<tr>
<th>Session Code</th>
<th>Date</th>
<th>Theme</th>
<th>Day</th>
<th>Session Type</th>
<th>Time</th>
<th>Price</th>
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<td>4190-SP19A</td>
<td>Apr 26</td>
<td>Narwhals</td>
<td>Fri</td>
<td>1 session</td>
<td>6-8pm</td>
<td>$45</td>
<td>Hallberg Center for the Arts</td>
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<tr>
<td>4190-SP19B</td>
<td>May 17</td>
<td>Ladybugs &amp; Daisies</td>
<td>Fri</td>
<td>1 session</td>
<td>6-8pm</td>
<td>$45</td>
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<td>4190-S19A</td>
<td>Jun 28</td>
<td>Birch Trees</td>
<td>Fri</td>
<td>1 session</td>
<td>6-8pm</td>
<td>$45</td>
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<td>4190-S19B</td>
<td>Jul 26</td>
<td>Owls</td>
<td>Fri</td>
<td>1 session</td>
<td>6-8pm</td>
<td>$45</td>
<td>Hallberg Center for the Arts</td>
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<tr>
<td>4190-S19C</td>
<td>Aug 16</td>
<td>Flowers</td>
<td>Fri</td>
<td>1 session</td>
<td>6-8pm</td>
<td>$45</td>
<td>Hallberg Center for the Arts</td>
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Elementary Youth - Arts & Theater

Art Blast Kids Camp  
**Ages 5-11**  
For kids that want to have a blast making super cool creations! Create a colorful paper maché pet, make a seahorse medallion out of clay, sculpt lizards, paint on canvas, learn to draw cartoon characters and even weave a pencil holder out of a plastic cup. Everything will be colorful. Bring a beverage and a nut free snack.

*Abrakadoodle*

4140-S19  Jun 24-Jun 27  Mon-Thu
4 sessions  10am-12pm  $119
FLAHS (door 1) 342

Marvelously Messy Art Camp  
**Ages 4-9**  
Do you love to get messy? Then this is the art camp for you! We’ll use clay, paper maché, paint and more simply sloppy supplies to make projects your parents would never let you do at home! We’ll become masters at making a mess, learn some pretty cool stuff – and have lots of fun while doing it. Making a mess is the best! Please pack a nut free snack and beverage for your child.

*Kidcreate Studio*

4189-S19  Jun 17-Jun 19  Mon-Wed
3 sessions  1-4pm  $109
FLAHS (door 1) 342

How to Draw Animals  
**Ages 5-12**  
Kids, have you ever wished you were better at drawing cartoons? During this class, we’ll guide you step-by-step through the creation of super silly (and cute) animals! From cute, cuddly puppy dogs to happy hedgehogs, you will be impressed with how great your drawings turn out! Each child will receive their own How to Draw Cartoon Animals booklet to take home.

*Kidcreate Studio*

4188-SP19A  Apr 23-May 14  Tue
LILA Main Campus
4 sessions  2:15-3:15pm  $75

4188-SP19B  Apr 24-May 15  Wed
Wyo (door 1) 105
4 sessions  3:45-4:45pm  $75

4188-SP19C  Apr 25-May 16  Thu
FV (door 4) 112
4 sessions  3:45-4:45pm  $75

4188-SP19D  Apr 26-May 17  Fri
Scan (door 2) 111
4 sessions  3:45-4:45pm  $75

Sparkle Spectacular!  
**Ages 4-9**  
Is your child silly for sparkles and giddy about glitter? Sparkles are spectacular and kids can’t get enough of them! Kids will go sparkle crazy while they create multiple projects all covered with sparkles and glitter aplenty. They’ll learn to draw, play with clay and more as they work with a variety of different types of clay, paint and other spectacularly, sparkly art supplies. Please pack a nut free snack and beverage for your child.

*Kidcreate Studio*

4191-S19  Jun 17-Jun 19  Mon-Wed
3 sessions  9am-12pm  $109
FLAHS (door 1) 342
Elementary Youth - Arts & Theater

Clogging - Beginner

Ages 7-Adult
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to tap, Irish dancing, and hip hop. No previous dance experience needed. Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for just $20. These taps can be put on any basic flat soled shoes. White shoes are preferred. At the end of the session, dancers are invited to perform their routines at a local event.

Pam Heaton
4630-SP19  Apr 15-May 13  Mon
5 sessions  5:30-6pm
$29 per person, $45 per family
FV (door 4) Cafe

Class will meet at the CLC (door 11) Small Gym on April 22.

Clogging - Beginner Plus

Ages 7-Adult
Clogging is a fun activity for the whole family and provides great exercise! Learn the basic steps of clogging along with at least three routines. Modern clogging shows similarities to tap, Irish dancing, and hip hop. Dancers that have taken the beginner level class or have some clogging experience can continue to improve their skills as we review some of the beginner level dances and continue to learn new clogging routines and steps! Wear comfortable clothes and shoes that slide easily or you can purchase a pair of glue-on clogging taps from the instructor for just $20. These taps can be put on any basic flat soled shoes. White shoes are preferred. At the end of the session, dancers are invited to perform their routines at a local event.

Pam Heaton
4631-SP19  Apr 15-May 13  Mon
5 sessions  6-6:30pm
$29 per person, $45 per family
FV (door 4) Cafe

Class will meet at the CLC (door 11) Small Gym on April 22.

Cheerleading & Dance

Ages 5-9
Cheer America is an exciting cheerleading and dance program that teaches 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
4700-S19  10 sessions  May 14-Jul 30  Tue  6-7pm  $75
FLAHS (door 33)  North Fieldhouse B
No class Jun 4 & Jul 2

Cheerleading: New!
Dance/Tumbling Camp
Ages 4-8
An introductory program designed for children ages 4-8. This camp helps children explore cheerleading, dance and tumbling in a fun and non-competitive setting. No pressure, just lots of fun while these young children participate in learning: motion/jump technique, sideline/performance cheers and dance routines. On the final day, participants will perform a cheerleading program in front of their friends and loved ones. Our cheerleading staff is trained to meet the special needs of young children.

Sports Unlimited
4638-S19  Jun 24-Jun 27  Mon-Thu
4 sessions  9am-12pm  $105
FL Elem (door 1) Gym
Beginning Ballet
Ages 5-6
Children will learn beginning ballet movements and creative expression. Emphasis is on basic locomotor development, rhythm and creative expression. Our preschool dancers learn dance in a playful, imaginative and non-competitive environment.

Dance Factory
4291-S19  Jul 9-Jul 30  Tue
4 sessions  5:5-5:45pm  $45

Mermaid Dance Camp
Ages 4-8
Dance like a mermaid in this fun camp! Bring your mermaid tail if you have one (we will have a few extras). We will make a craft, play games and make new friends.

Dance Factory
4288-S19  Jul 9  Tue
1 session  10am-1pm  $45

Mary Poppins Dance Camp
Ages 4-8
Sing and dance to your favorite songs from the new “Mary Poppins” movie! We will make a craft, play games and make new friends.

Dance Factory
4289-S19  Aug 6  Tue
1 session  10am-1pm  $45

Unicorn Dance Camp
Ages 4-8
We will dance like unicorns! We will make a craft, play games and make new friends.

Dance Factory
4287-S19  Jun 18  Tue
1 session  10am-1pm  $45

The Dance Factory is located at 1432 Lake St South, Forest Lake.

“Mary Poppins” Musical Theater Camp
Ages 4-8
What happens when your favorite nanny returns to London? Find out in this fantastic camp! We will learn music and choreography from the new “Mary Poppins” and put together our own musical. Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun and creative theater games. No experience necessary. All that is needed is comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily.

Mayer Arts
4410-S19  Jul 22-Jul 25  Mon-Thu
4 sessions  9am-12pm  $125

Mystery Under the Big Top
Grades 1-6
Clowns, acrobats, jugglers and more. This show is filled with all sorts of characters ready to put on an amazing circus performance! While the performers practice their acts, someone tries to sabotage the whole show. What will these circus performers do to solve the mystery and put on a spectacular show? Whether it is your first play or your fifth play, Drama Kids is the place for you. Everyone gets a part.

Drama Kids
4389-SP19  Apr 2-Jun 4  Tue
10 sessions  6:30-7:30pm  $175
FL Elem (door 1) Cafe

Musical Mashup Theater Camp
Entering Grades 1-5
What do you get when creative kids take music from “Lion King”, “Mary Poppins”, “Annie” and more and mash them up into their own show? A fun week of creating a script, characters and a show on Friday that is like no other. Whether you love being onstage or behind the scenes, this is a week of fun you’ll never forget. Show for family and friends on Friday. All materials included.

Drama Kids
4396-S19  Jul 15-Jul 19  Mon-Fri
5 sessions  1-4pm  $129
FLAHS (door 1) 340

The Greatest Showman Musical Theater Camp
Ages 6-11
It’s the Greatest Show! Let’s learn songs and dances from “The Greatest Showman” and write a story that we will present on the last day of class. Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun and creative theater games. No experience necessary. All that is needed is comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily.

Mayer Arts
4411-S19  Jul 22-Jul 25  Mon-Thu
4 sessions  1-4pm  $125

Performance Playhouse
Entering Grades 1-5
Love to be on stage or create behind the scenes? Get ready to create your own plan and perform in one week! You will feel right at home working with a fun team to produce a play by the last day. Build new skills, be proud of yourself and amaze your family and friends with your creativity. All materials included.

Drama Kids
4344-S19  Jul 15-Jul 19  Mon-Fri
5 sessions  9am-12pm  $129
FLAHS (door 1) 340
Elementary Youth - Arts & Theater

Ranger Singers
Grades 3-5
If you are a kid or have a kid who loves to sing, Ranger Singers is a fun, new opportunity! Join the choir as we sing a wide variety of songs. We’ll move and groove while making music together. After six rehearsals, we’ll participate in a culminating concert at Forest Lake Area High School on Thursday, May 30 at 7pm. We will also be performing at a Forest Lake Rangers Boys Baseball game - date to be determined. This will be a great chance for the Ranger Singers to get up on stage and sing in front of an audience of friends and family members!
Lisa Sauer
4002-SP19A
6 sessions
Fri 3:45-5pm $55
Lino (door 10) 116
No class Apr 23

{YEL!} Project Runway
Entering Grades 4-8
Make a swimsuit cover-up, mini messenger bag, earbud case and your personalized sewer’s handbook. The {YEL!} Project Runway Sewing Camp follows four basic principles:
• Teach It! Students are taught multiple hand and machine sewing techniques.
• Practice It! Students practice those techniques on basic projects.
• Sew It! Students increase their skill and sew more complicated projects.
• Own It! Students showcase their projects on the last day of class (family and friends are invited), then take everything home with them to walk the runway of everyday life!
{YEL} Youth Enrichment League
4948-S19
4 sessions
Jul 22-Jul 25 Mon-Thu
9am-12pm $125
FLAHS (door 1) 342

Musical Camp -
Sound of Music
Ages 6-15
Join us as we present “Sound of Music Kids”! Masquer’s summer musical theatre camp gives kids the opportunity to perform in a shortened youth edition of this Rodgers & Hammerstein classic musical. Students will learn audition skills, team building and grow their confidence all while making friends and improving their dancing, singing and acting skills. In addition to staging the various pieces of our performance students will have plenty of time to play educational and fun improv and theatrical games. There is a role for everyone in this show regardless of experience. Our performance will be free to the public.
Note: Students will need to work on memorization and practice their material outside of camp for our show.
Masquers Theatre Company
4409-S19
Jun 10-Jun 28 Mon-Fri
15 sessions 12:30-3pm $225
FLAHS (door 32) Auditorium

Beginning Drama Camp -
Anne of Green Gables
Ages 6-15
Masquer’s is delighted to present a new adaptation of “Anne of Green Gables” for our drama production this summer. Students will become familiar with this beloved classic and perform a shortened workshop for friends and family that will be free to the public. There are roles for every experience level. In addition to staging the show, there will be time in class for improv and theatrical games with our dedicated staff. Please note: Students will need to spend some time out of class working with our script to ensure memorization.
Masquers Theatre Company
4400-S19
Jun 17-Jun 28 Mon-Fri
10 sessions 10am-12pm $125
FLAHS (door 32) Auditorium
Elementary Youth - Math & Science

**Extreme Robotics**

**New!**

**Tournament**

**Entering Grades 3-6**

Take your engineering skills to a higher level. Use the EV3 Mindstorm Robotics Systems and special LEGO® Technic engineering components to build extreme competitive robots. Students will be working in small teams and will control their robots with EV3 programs. Students will then have the chance to modify the programs and builds. Students will be challenged to morph their projects in better, stronger and faster robots to compete in a tournament on the last day. Please bring a beverage and snack daily.

_Tech Academy_

4913-S19  Jul 29-Jul 31  Mon-Wed
3 sessions  1-4pm  $109
FLAHS (door 1)  340

**Robotic Builders: Battlebots**

**Entering Grades 1-5**

Let the battles begin! Designed by the experts at M.I.T., LEGO® WeDo Robotics’ unique system teaches students about simple machines, engineering, programming and so much more. In this camp, students may construct a catapult, ninja star, tank, battle axe, crossbow and more! Please bring a beverage and snack.

_Tech Academy_

4894-S19  Jun 24-Jun 26  Mon-Wed
3 sessions  9am-12pm  $109
FLAHS (door 1)  340

**Lego® EV3 Mindstorm Programming Class**

**Grades 3-7**

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

_Deep Jensen_

4895-SP19  Apr 4-Apr 25  Thu
4 sessions  3:45-5:45pm  $49
Wyo (door 1)  144

**Kids Drone Flight School**

**Entering Grades 4-6**

Come learn about the fun and fantastic world of drones! Kids and adults are welcome to come and get tons of hands-on experience with drones and learn a bit of the science behind them. Your flight training will include basic flight training, real world simulations and our obstacle course. Participants all earn prizes! Sean Stevens is an FAA licensed unmanned aerial vehicle pilot and enjoys teaching and coaching kids.

_Sky Eye Films_

4969-S19  Jun 25  Tue
1 session  9:30am-12pm  $39
FV (door 4) Gym

**{YEL!} Junior League Robotics**

**Entering 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!} summer 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-S19  Jul 8-Jul 11  Mon-Thu
4 sessions  9am-12pm  $109
FLAHS (door 1)  342

Follow us! Search @FLASCE
Roblox Game Development
Entering Grades 3-6
In this advanced Roblox Game Design Camp, students will learn how to create and develop multiplayer games using the Roblox Studios Software. Kids will use an asset library to create a Capture the Flag game. By the end of this class, students will have a game ready to share with friends and the skills and knowledge required to continue their exploration of game development at home. Please bring a peanut-free snack and beverage. Basic Windows and keyboarding skills required.

Tech Tac Toe
4917-S19 Jul 22-Jul 25 Mon-Thu
4 sessions 1-4pm $125
FLAHS (door 1) 360

Battle Royale Game Coding
Entering Grades 4-6
Tech Academy Battle Royale inspired by Fortnite! Join us for an exciting week of game coding! Create your own battle royale game for you and your friends to drop in to. Customize the map, set your characters and create upgrades to scatter across the world by learning coding and game design. Use your skills to achieve a Victory Royale. Please bring a beverage and snack daily. Bring a USB drive on the last day to save your games or they can be emailed to parents.

Java Minecraft Modding: Infinity Gauntlet
Entering Grades 3-6
Learn and use elements of Java coding to create Minecraft mods. Alter the world around you with the real stone, defeat the ender dragon with the power stone and halve the universe using all six infinity stones. Shape the world to your will and make the universe “perfectly balanced”. Use the Java programming language to create Thanos armor and a working infinity gauntlet. Students should be comfortable with keyboarding and of course, playing Minecraft! At the end of class, take home your mods to share with family and friends. Bring a USB drive, a snack and a beverage each day.

Tech Academy
4914-S19 Jul 29-Jul 31 Mon-Wed 3 sessions 9am-12pm $115
FLAHS (door 1) 340

{YEL!} Junior Coding & Video Games with Scratch
Entering Grades 2-5
STEM Video Game Enrichment for the 21st Century learner. Each {YEL!} Coding class follows four basic components:
• Teach It! Students learn different video game and storytelling design techniques (movement blocks, control blocks, basic animation, adding scores, etc.)
• Code It! Students use Scratch® to code their own story and video games.
• Explore It! Students can write their own story and video game code, experiment with it and test new options. Our collaborative learning environment encourages students to learn from each other.
• Keep It! Students keep their stories and video games online with Scratch® and can access it and expand upon it at anytime.

Scratch® is an MIT created and monitored, kid-safe web interface. It uses a drag and drop programming interface to teach students of all levels coding practices. Your child will receive a Scratch username and password so they can access their projects from any computer at anytime.

{YEL} Youth Enrichment League
4907-S19 Jul 15-Jul 18 Mon-Thu 4 sessions 9am-12pm $125
FLAHS (door 1) 342
**Environmental Engineers**

**New!**

**Entering Grades 4-6**

Do you care about the environment? Want to solve environmental problems? Hands-on activities will help students learn about the many ways environmental engineers get involved in efforts to improve recycling, waste disposal, public health and water and air pollution control. Using an engage, explore and explain model students will learn about soil properties, water cycle, food webs, sustainability, e-trash our future, saving the beach and oil spills.

*Science from Scientists*

4006-S19  
Jun 17-Jun 21  
Mon-Fri  
9am-12pm  
$159  
FLAHS (door 1) 340

**Forensic Detective & Crime Solver**

**Entering Grades 4-6**

Breaking News: A top-secret formula has been stolen and we need your help to collect clues, analyze the evidence and catch the suspect before it’s too late! Using a hands-on engage, explore and explain model, students will learn about and use chromatography analysis, blood composition, hair sample identification, fingerprinting, visual illusions and deception, viscosity, polymers and chemical identification to solve this crime.

*Science from Scientists*

4007-S19  
Jun 17-Jun 21  
Mon-Fri  
1-4pm  
$159  
FLAHS (door 1) 340

**T3 STEM Squad:**

**New!**

**Loco-motion**

**Entering Grades K-3**

Go loco-fun this summer as you tinker, brainstorm and solve cool engineering challenges that move! You and your team will be put to the test to create the fastest catamaran, land yachting, rocket car and many more fun, fast paced adventures! Please bring a peanut-free snack and beverage.

*Tech Tac Toe*

4916-S19  
Jul 8-Jul 11  
Mon-Thu  
4 sessions 1-4pm  
$125  
FLAHS (door 1) 340

**{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 Serafima Sokolovskaya, and work with coach guidance to solve them.
- **Play It!** Each class ends with students playing 20-30 minutes of chess. Coaches often feature in-class tournaments during the session.

Fee includes ChessKid.com membership ($49 annual value).

*{YEL!} Youth Enrichment League*

4926-SP19  
Apr 11-May 16  
Thu  
6 sessions 3:45-4:45pm  
$95  
Lino (door 10) Media

**REGISTER ONLINE**

visit www.flaschools.org/ce
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 pencil, infant sized baby doll or stuffed animal, a snack and a lunch. Participants must be at least 11 years old - age will be verified.

American Red Cross

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Day</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
<th>Notes</th>
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<tr>
<td>4388-S19A</td>
<td>Jun 11</td>
<td>Tue</td>
<td>1 session</td>
<td>8am-3pm</td>
<td>$89</td>
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<td>$89</td>
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<tr>
<td>4388-S19C</td>
<td>Jul 10</td>
<td>Wed</td>
<td>1 session</td>
<td>8am-3pm</td>
<td>$89</td>
<td>CLC (door 11) C8</td>
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</table>

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Day</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>4387-S19A</td>
<td>Jun 11</td>
<td>Tue</td>
<td>1 session</td>
<td>9am-3pm</td>
<td>$65</td>
<td>CLC (door 11) A3</td>
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<td>4387-S19B</td>
<td>Jun 18</td>
<td>Tue</td>
<td>1 session</td>
<td>9am-3pm</td>
<td>$65</td>
<td>CLC (door 11) A3</td>
<td></td>
</tr>
</tbody>
</table>
Ages 1-5

Early Actors Camp - All Around the World

Ages 4-6
Does your little one love the spotlight or could they use a little coaxing to come out of their shell? Join us to create an art project for our production and work together playing games and getting to know each other. We’ll piece together a themed showcase where every student will get the opportunity to introduce themselves and perform as a group in song and poems with coordinated movements and simple dancing. Note: All songs and poems will be provided in print so that your little actor can practice as much as they like at home. This will help build their confidence for the big showcase the last day of class! The showcase is open to the public and free.

Masquers Theatre Company
4407-S19  Jun 24-Jun 28  Mon-Fri 5 sessions  9-10am  $45
FLAHS (door 32) Auditorium

Lil Ninjas

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

Sun Yi’s Academy
4676-SP19  May 2-May 23  Thu 4 sessions  6:30-7pm  $45
FL Elem (door 1) Gym

Mini Sports Camp

New!

Ages 4-6
Let’s play soccer, lacrosse, flag football and t-ball! Sports Unlimited designed this program for boys and girls ages 4 to 6 regardless of skill or ability with the emphasis on fun! The multi-sport atmosphere helps campers explore the different sports with no pressure, just lots of fun! Sports Unlimited staff are trained to meet the specials needs of youth and we have a staff to camper ratio of 1 to 8. Campers must be dressed to play with tennis shoes, sunscreen on, shin guards (recommended, but not required), baseball mitt and a nut free snack and water bottle each day.

Sports Unlimited
1501-S19A  Jul 8-Jul 11  Mon-Thu  4 sessions  9am-12pm  $95  CLC Practice Field
1501-S19B  Aug 12-Aug 15  Mon-Thu  4 sessions  9am-12pm  $95  CLC Practice Field

Hosted by Forest Lake Area Schools

— 14th ANNUAL —
Festival of Cultures
A Celebration of Equity & Inclusion

FREE EVENT FOR ALL AGES
Friday, April 5, 2019 • 5:30 - 8:00 pm
Come learn about culture, diversity, equity and inclusion in the Forest Lake Area School District and the communities it serves!
Forest Lake Area High School • 6101 Scandia Trail North, Forest Lake
MORE INFORMATION: Carolyn Carr Latady • clatady@flaschools.org • (651) 982-8350

Engaging people; enriching lives!
**Ages 1-5**

**Little Kickers**

**Ages 3-6**

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. Soccer activities will be provided by Lakes United Futbol Club. Teams will be formed by elementary schools; schools may be combined to make teams. Teams will be formed on April 8 and players will be notified by their coach the week of April 22 with exact practice information. Little Kickers soccer will meet on Wednesdays, May 1 until June 19. This program is a partnership with Forest Lake Area Schools Community Education and Lakes United Futbol Club (www.lakesunitedfc.org). Volunteer coaches are needed for this program and will be assisted by a dedicated coach from Lakes United Futbol Club. If you are interested, please indicate in the notes section when registering. Please register for the elementary school that you wish to play with: Columbus (CO), Forest View (FV), LILA (LA), Lino Lakes (LL), Linwood (LN), St. Peters (SP), Scandia (SC) or Wyoming (WY). Register for the age group that your child will be on the first day of the program. The registration deadline is April 7. For team availability after April 7, please call (651) 982-8392 or email amartens@flaschools.org.

Uniforms: all players need to have the same uniform, shirt, shorts and socks. All players will receive a new uniform shirt that is included in the price if registered by the uniform deadline, so please indicate size when registering. If you will need to purchase shorts or socks, please indicate size when registering and select “shorts” and/or “socks” fee. Players must wear uniform, shin guards and tennis shoes or soccer cleats and bring a water bottle every day.

Friend Requests: we will grant (1) friend request per player. Both players must have each other listed for the friend request to be granted.

**Important dates and times:**

<table>
<thead>
<tr>
<th>Coaches Meeting:</th>
<th>Apr 17</th>
<th>Wed</th>
<th>6:30pm</th>
<th>Col (door 1) Cafe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Picture Day:</td>
<td>Apr 24</td>
<td>Wed</td>
<td>5:15pm</td>
<td>Col Green Space</td>
</tr>
<tr>
<td>1584-S19</td>
<td>Ages 3 &amp; 4</td>
<td>6-7pm</td>
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<td></td>
</tr>
<tr>
<td>1588-S19</td>
<td>Ages 5 &amp; 6</td>
<td>7-8pm</td>
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</tbody>
</table>

May 1-Jun 19 Wed Col Green Space

$70 shirt, $74 shirt & shorts, $73 shirt & socks, $77 shirt, shorts & socks after Apr 7

$85 shirt, $89 shirt & shorts, $88 shirt & socks, $92 shirt, shorts & socks

**Twist & Tumble Flyaways Gymnastics**

**Ages 1-4**

Play games, sing songs and learn gymnastics skills on special kid-sized equipment. Learn how to use the uneven bars, vault, balance beam, mats and more from trained and experienced coaches. Parents are required to sign a waiver on the first day of class. Flyaways Gold Gymnastics is located at 255 7th Avenue NW, Forest Lake.

**Flyaways Gold Gym**

4696-SP19A Ages 1-2 & You
4 sessions Apr 26-May 17 Fri 4:30-5:15pm $45
Flyaways Gold Gym

4696-SP19B Age 3
4 sessions Apr 26-May 17 Fri 5:30-6:15pm $45
Flyaways Gold Gym

4696-SP19C Age 4
4 sessions Apr 26-May 17 Fri 6:30-7:15pm $45
Flyaways Gold Gym

4696-S19A Ages 1-2 & You
4 sessions Jun 13-Jul 11 Thu 4:30-5:15pm $45
Flyaways Gold Gym
No class Jul 4

4696-S19B Age 3
4 sessions Jun 13-Jul 11 Thu 5:30-6:15pm $45
Flyaways Gold Gym
No class Jul 4

4696-S19C Age 4
4 sessions Jun 13-Jul 11 Thu 6:30-7:15pm $45
Flyaways Gold Gym
No class Jul 4

**Uniforms:** all players need to have the same uniform, shirt, shorts and socks. All players will receive a new uniform shirt that is included in the price if registered by the uniform deadline, so please indicate size when registering. If you will need to purchase shorts or socks, please indicate size when registering and select “shorts” and/or “socks” fee. Players must wear uniform, shin guards and tennis shoes or soccer cleats and bring a water bottle every day.

**Friend Requests:** we will grant (1) friend request per player. Both players must have each other listed for the friend request to be granted.

**Important dates and times:**

May 1-Jun 19 Wed Col Green Space

$70 shirt, $74 shirt & shorts, $73 shirt & socks, $77 shirt, shorts & socks after Apr 7

$85 shirt, $89 shirt & shorts, $88 shirt & socks, $92 shirt, shorts & socks
Aquatics

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 these skills. 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! Let us help your child become a “swimmer”.
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.

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>
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<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<td>1000-SP19</td>
<td>Apr 17-May 15</td>
<td>Wed</td>
<td>6-6:30pm</td>
<td>$43</td>
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<tr>
<td>1000-S19A</td>
<td>Jun 19-Jul 17</td>
<td>Wed</td>
<td>6-6:30pm</td>
<td>$45</td>
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<tr>
<td>1000-S19B</td>
<td>Jul 24-Aug 21</td>
<td>Wed</td>
<td>6-6:30pm</td>
<td>$45</td>
</tr>
</tbody>
</table>

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>Session</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
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<td>Apr 17-May 15</td>
<td>Wed</td>
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<tr>
<td>1001-S19A</td>
<td>Jun 19-Jul 17</td>
<td>Wed</td>
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<td>$45</td>
</tr>
<tr>
<td>1001-S19B</td>
<td>Jul 24-Aug 21</td>
<td>Wed</td>
<td>6:30-7pm</td>
<td>$45</td>
</tr>
</tbody>
</table>

Preschool Swim Lessons
Ages 3-5
Parents work with their child to become comfortable in the water. With the guidance of an instructor, 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>Session</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>1002-SP19</td>
<td>Apr 17-May 15</td>
<td>Wed</td>
<td>7-7:30pm</td>
<td>$43</td>
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<tr>
<td>1002-S19A</td>
<td>Jun 19-Jul 17</td>
<td>Wed</td>
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<tr>
<td>1002-S19B</td>
<td>Jul 24-Aug 21</td>
<td>Wed</td>
<td>7-7:30pm</td>
<td>$45</td>
</tr>
</tbody>
</table>

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

Forest Lake Area Schools Pool location
Southwest Junior High (door 6) 943 SW 9th Ave, Forest Lake.
Preschool Swim Lessons

Turtle Swim Lessons
Ages 4-5
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.

1003-W19I Apr 6-May 18 Sat 10-10:30am $51
6 sessions
No class Apr 20

1003-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1003-SP19B Apr 17-May 15 Wed 7-7:30pm $43
5 sessions

1003-S19A Jun 19-Jul 17 Wed 6-6:30pm $45
5 sessions

1003-S19B Jun 20-Aug 15 Thu 6-6:30pm $70
8 sessions
No class Jul 4

1003-S19C Jun 17-Jun 28 Mon-Fri 10-10:30am $87
10 sessions

1003-S19D Jun 17-Aug 5 Mon 6-6:30pm $70
8 sessions

1003-S19E Jun 17-Aug 5 Mon 7-7:30pm $70
8 sessions

1003-S19F Jun 18-Aug 6 Tue 6-6:30pm $70
8 sessions

1003-S19G Jul 8-Jul 19 Mon-Fri 10-10:30am $87
10 sessions

1003-S19H Jul 8-Jul 19 Mon-Fri 11-11:30am $87
10 sessions

1003-S19I Jul 22-Aug 2 Mon-Fri 9-9:30am $87
10 sessions

1003-S19J Jul 22-Aug 2 Mon-Fri 12-12:30pm $87
10 sessions

1003-S19K Jul 31-Aug 28 Wed 6:30-7pm $45
5 sessions

1003-S19L Aug 5-Aug 16 Mon-Fri 9-9:30am $87
10 sessions

1003-S19M Aug 5-Aug 16 Mon-Fri 11:30am-12pm $87
10 sessions

Bobber Swim Lessons
Ages 4-5
This class is for children who are familiar with the pool setting. Children should be comfortable jumping in the water to instructor and are able to hold their breath for 6 seconds. Unsupported floats and kicks are the emphasis in this class. Parents are not in the water.

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

1004-SP19A Apr 17-May 15 Wed 6-6:30pm $43
5 sessions

1004-SP19B Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1004-W19I Apr 6-May 18 Sat 10:30-11am $51
6 sessions
No class Apr 20

Little Swimmers Swim Lessons
Ages 4-5
Class 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 their front and back. Beginner arm strokes on front and back are introduced. Parents are not in water.

1005-W19G Apr 6-May 18 Sat 11-11:30am $51
6 sessions
No class Apr 20

1005-SP19A Apr 17-May 15 Wed 6:30-7pm $43
5 sessions

1005-SP19B Apr 17-May 15 Wed 7-7:30pm $43
5 sessions

1005-S19A Jun 20-Aug 15 Thu 6-6:30pm $70
8 sessions
No class Jul 4

1005-S19B Jun 17-Jun 28 Mon-Fri 11:30am-12pm $87
10 sessions

1005-S19C Jun 17-Aug 5 Mon 6-6:30pm $70
8 sessions

1005-S19D Jun 17-Aug 5 Mon 7-7:30pm $70
8 sessions

1005-S19E Jun 18-Aug 6 Tue 6-6:30pm $70
8 sessions

1005-S19F Jun 19-Jul 17 Wed 6:30-7pm $45
5 sessions

1005-S19G Jul 8-Jul 19 Mon-Fri 10:30-11am $87
10 sessions

1005-S19H Jul 22-Aug 2 Mon-Fri 9:30-10am $87
10 sessions

1005-S19I Jul 22-Aug 2 Mon-Fri 12:30-1pm $87
10 sessions

1005-S19J Jul 24-Aug 21 Wed 6-6:30pm $45
5 sessions

1005-S19K Jul 8-Aug 19 Mon-Fri 9-9:30am $87
10 sessions

Classes are based on skill progression
Refer to class descriptions and eligibility requirements when selecting the class that best fits your child.
## Children’s Swim Lessons

### SPRING SWIM LESSONS

There is space available in our April swim lessons. Call (651) 982-8110 or go to www.flaschools.org/ce to check availability.

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### 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 5 years old must have a recommendation from teacher.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
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<td>Mon-Fri</td>
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### Level 2 Swim Lessons

**Ages 6 & up**

Prerequisite: Level 1 or be able to jump into deep end, swim beginner stroke 10 feet, turn over swim on back 10 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.

<table>
<thead>
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<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
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<td>1007-S19C</td>
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<td>Aug 5</td>
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<td>6-6:50pm</td>
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### 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 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.

<table>
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<th>End Date</th>
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<td>Mon-Fri</td>
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<td>Jun 18</td>
<td>Aug 6</td>
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### SPRING SWIM LESSONS

There is space available in our April swim lessons. Call (651) 982-8110 or go to www.flaschools.org/ce to check availability.
Children’s Swim Lessons

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Start Date</th>
<th>Duration</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>1009-S19A</td>
<td>Jun 17-Jun 28</td>
<td>Mon-Fri</td>
<td>10 sessions</td>
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<td>1009-S19B</td>
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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.

<table>
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<td>Jun 20-Aug 15</td>
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<tr>
<td>1011-S19C</td>
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<td>Mon-Fri</td>
<td>10 sessions</td>
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<tr>
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<td>10 sessions</td>
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</table>

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.

<table>
<thead>
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<th>Course</th>
<th>Start Date</th>
<th>Duration</th>
<th>Days</th>
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<td>10 sessions</td>
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Level 7 Swim Lessons
Ages 6 & up
Prerequisite: Level 6. The objectives of Level 7 are to refine strokes so participants swim the competitive strokes with efficiency and power over greater distances. This is a great introduction to competitive swimming. This will be achieved though workouts, competitive turns, use of pace clocks, pull buoys and fins.

<table>
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<th>Course</th>
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<th>Duration</th>
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<td>1013-S19C</td>
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<td>10 sessions</td>
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<td>Mon-Fri</td>
<td>10 sessions</td>
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</table>

Forest Lake Area Schools
Pool location
Southwest Junior High (door 6)
943 SW 9th Ave, Forest Lake.
Aquatics

**Rangers Aquatics**

**Ages 8-18**

The purpose of this swimming program is to train a swimmer to swim fast and efficiently. In addition, the coaching staff will encourage physical fitness, motivation, foster self-discipline, reinforce self-esteem, build self-confidence, and provide an environment where the athletes can achieve their highest potential through a challenging and fun atmosphere. The workouts will be adjusted to benefit all swimming abilities. Participants must be able to swim 50 straight yards of freestyle and backstroke, 25 yards of butterfly and breaststroke. This class is ideal if you are thinking about joining the boys and girls swim teams.

The summer section 1015-S19 is run Monday-Friday. You have the option of picking three, four or five days a week to swim. All swimmers will receive an aquatics t-shirt.

1015-W19B

17 sessions

- Apr 6-May 18
- Tue, Thu 7:30-9pm
- Sat 12-1:30pm
- $75/2 days a week
- $127/3 days a week
- No class Apr 20 & May 7

1015-S19

38 sessions

- Jun 17-Aug 9 Mon-Fri 7-9am
- $192/3 days per week
- $240/4 days per week
- $299/5 days per week
- No class Jul 4 & Jul 5

**Lifeguard Training**

**Ages 15-Adult**

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites:
- Must be 15 years old on or before the final session of this course,
- swim 300 yards continuously while demonstrating breath control and rhythmic breathing.
- Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed - goggles may be used in the pretest only.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds:
  - starting in the water, swim 20 yards (the face may be in or out of the water - goggles are not allowed),
  - surface dive (feet-first or head-first) to a depth of 7 feet to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point using a kick only while both hands are holding the object and keeping the face at or near the surface and exit the water without using a ladder or steps.
- Please bring a packed lunch each day to class.

1023-S19

3 sessions

- Jul 1-Jul 3
- 8am-3pm
- $235

**REGISTER ONLINE**

visit www.flaschools.org/ce

**Synchronized Swim Camp**

**Grades 4-12**

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

1016-S19

- Jun 17-Jun 21
- Mon-Fri
- 5 sessions
- 9-10am
- $45

**Synchronized Swim Clinic**

**Grades 4-12**

This synchronized swim clinic is for swimmers interested in learning the basic moves of synchronized swimming and for the experienced synchronized swimmer. The novice synchronized swimmers must be able to swim front crawl, sidestroke, breaststroke and back crawl for at least two lengths of the pool. The experienced synchronized swimmer will focus on both technical and artistic components that make up a routine. Both the novice and experienced swimmer will work on strength and control in figures and hybrids. New ideas for complicated hybrids and lifts that make a routine more challenging will be practiced in the experienced section. Each swimmer must provide their own swim suit, swim cap, nose clip and goggles.

1019-S19

Novice swimmers

17 sessions

- Jun 17-Jul 31
- Mon-Fri
- 2:30-5pm
- $135
- No class Jul 1, Jul 3 & Jul 5

1019-S19B

Experienced swimmers

17 sessions

- Jun 17-Jul 31
- Mon-Fri
- 2:30-6pm
- $185
- No class Jul 1, Jul 3 & Jul 5

**Engaging people; enriching lives!**
Aquatics

Aqua Zumba

Adult

Stretch, strengthen, tone and get your heart rate up with Aqua Zumba water exercise! Get a great workout without hurting your joints. If you have trouble doing exercise on land, this is a great low impact alternative. Classes are ongoing. Registration is not required. Punch card payable online or at the pool.

1026-SP19 Apr 3-May 15 Wed 7:30-8:30pm $4 drop-in, $35 punch card
1026-S19 Jun 19-Aug 28 Wed 7:30-8:30pm $4 drop-in, $35 punch card
10 sessions

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 and it is never too late!

1040-S19 Jun 17-Aug 5 Mon-Fri 8-9pm $70
8 sessions

Lap Swim

Swim laps regularly at the pool to keep fit and healthy. Everyone is welcome! Registration is not required. A drop-in fee or a punch card can be purchased at the pool. Be a lap swim card member; buy a card good for four months and save money. The card is good for any District Pool scheduled lap swim. Punch cards and lap swim cards can be purchased online or at the pool. The drop-in fee is payable at the pool only.

1029-SP19C Apr 7-May 19 Sun 10:30am-12pm No class Apr 21
1029-S19A Jun 17-Aug 30 Mon-Fri 5:30-7am No class Jul 4 & Jul 5
1029-S19B Jun 17-Aug 5 Mon 8-9pm
1029-S19C Jun 18-Aug 6 Tue 7:30-9pm
1029-S19D Jun 20-Aug 15 Thu 7:30-9pm No class Jul 4

Recreational Swim

All Ages

Enjoy the pool for recreational swimming. Anybody 50 inches or taller may swim for fun. If participants are under 50 inches, they must be accompanied in the water by a guardian and may bring a lifejacket. Family rate applies when parents are in the water with their children. Purchase a punch card online or pay the drop-in rates at the pool.

1030-SP19 Apr 7-May 19 Sun 12-1pm No class Apr 21
1030-S19 Jun 17-Aug 9 Mon & Fri 1:30-2:30pm No class Jul 5

$3 drop-in
$7 family rate
$36 punch card

DONATE A LIFE JACKET!

If you have any gently used life jackets that your children have outgrown or you just don’t use any more, bring them to the pool! We are in need of life jackets; all sizes, infant to adult. They are used during swimming lessons and recreational swims. Donations can be brought to the pool office. Call (651) 982-8110 with questions.

$4 drop-in
$38 punch card
$75 membership card
Private Swim Lessons
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.

Senior Exercise Swim
Adult
Have fun while exercising in the pool! The class includes stretching, toning, aerobics and free time. Please check with your physician before beginning or continuing this program. Registration is not required - come enjoy the pool! Drop-in fee payable at the pool or purchase a punch card online or at the pool.

1027-SP19  Apr 2-May 16  Tue & Thu 1:30-2:15pm
$3 drop-in, $25 punch card

1027-S19  Jun 18-Aug 29  Tue & Thu 1:30-2:15pm
$4 drop-in, $28 punch card
No class Jul 4

Pool Rules & Information
The Forest Lake Area Schools Community Pool is 31/2 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. Rules are posted in locker rooms and in the pool area. If school is closed due to inclement weather, all pool activities are canceled.

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

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

Forest Lake Area Schools Pool location
Southwest Junior High (door 6), 943 SW 9th Ave, Forest Lake

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.
JOIN OUR TEAM!

We’re always searching for wonderful people to join our dynamic team. With a variety of opportunities, you may discover a perfect fit for you. Share your talents with the community!

• Childcare Positions
• Swim Instructors
• Class Instructors
• Lifeguards
• Coaches
• Volunteers
• Referees & Umpires
• Office & Support Staff
• and many more!

Be sure to check our openings often as Community Education’s needs are always changing and growing.

Follow us! Search @FLASCE

View openings at www.flaschools.org or call (651) 982-8110
Steps Ahead
Care for children at least 3 years of age and not yet in kindergarten
This all day childcare program is designed to help children build new friendships and strengthen social skills through planned group activities and guided play. Learning opportunities are provided to help children build skills needed for kindergarten. There is a focus on creative learning opportunities in the areas of literacy, STEM (science, technology, engineering and math), music and small and large muscle play.

- Experienced, friendly, nurturing staff
- All day, year-round childcare with schedule options
- Kindergarten readiness using High Scope curriculum
- Children must be toilet trained.
- Meets the specific needs of children and their families
- Builds independence, confidence and social skills

2019-2020 School Year Steps Ahead
- Located at the Central Learning Center & Lino Lakes Elementary
- Ages 3-5
- September 3-June 5
- 6am-6pm
- Minimum of 2 days per week
- Registration is open February 1 through July 1.
- Open when school is closed due to inclement weather
- Non-school day (NSD) care is available at select sites (on K-6 NSD) with the exception of major holidays. NSD registration must be submitted online by the listed registration deadlines.
- Minimum numbers are required for the program to run.

Childcare for Little Rangers Preschool Students
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 School Age Care, call (651) 982-8365.

Summer 2019
- June 10-August 23
- Minimum of 2 days per week
- Summer registration is open February 1 through April 1
- Register early to reserve your spot.
- Minimum numbers are required for the program to run.

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.

Steps Ahead accepts registrations continuously upon space availability.

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

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, care for grades 4-6
Sonic is a before and after school care program for 4-6 grade children, serving all elementary schools. The Sonic program allows more independence to 4-6 graders during the school year and to 4-7 graders in the summer. Breakout time depends on the number of older students enrolled at each location. Students have an opportunity to help plan program activities and clubs, make choices, take active leadership roles and participate in service learning projects.

2019-2020 School Year SAC & Sonic
- September 3-June 5
- 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 listed registration deadlines.
- 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
- Registration is open from February 1 through August 1 or until site is full.
- Minimum of 1 session, same day, same session each week.

Summer 2019
- June 10-August 23
- 6am-6pm
- Summer registration is open February 1 through May 1, 2019.
- Summer spaces fill quickly.
- Field trips, swimming & more
- Register early to reserve your spot.
- Minimum of 2 days per week
- Locations: Central Learning Center, Forest Lake and Lino Lakes Elementaries.

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/ce

www.flaschools.org/ce
The Early Childhood Program provides 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 Program is 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.

Home Visitor Program

If you can’t come to an early childhood class, an ECFE staff person can come to you, offering unique opportunities for families with children ages 0-5.

- Enjoy fun, age-appropriate learning activities with your child.
- Receive support and information on parenting and child development topics.
- Access school, county and community resources.
- Obtain help in crisis situations.
- Develop proactive strategies to manage a child’s challenging behavior.

For more information, 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.

Staff

All early childhood classes are taught by professional and dedicated staff who have experience working with children from birth to five years of age.

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. The Help Me Grow website provides excellent information on typical child development and developmental milestones.

Visit www.helpmegrowmn.org or call Help Me Grow at 1-866-693-4769.
Early Childhood Family Education (ECFE)

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

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

2. **Parent Time:** Parents 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 parents 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 socially, emotionally, cognitively, physically and in their communication skills.

**IT’S SPRING, EXPLORE ECFE!**

Spring classes have started and continue into May. If you are interested in enrolling in a spring class, call (651) 982-8349 or check out our offerings at www.flaschools.org/ecfe.

Openings available in the following classes:

- **Busy Babies • 0-12 Months Non-separating**
  2010-W19  Mon  11:15am-12:15pm

- **Marvelous Mixed • Ages 0-3 Non-separating**
  2030-W19B  Thu  11:30am-1pm

- **Night Owls • Ages 1-5 Gradual Separation**
  2580-W19B  Mon  5:45-7:15pm
Early Childhood Family Education (ECFE)

Drop-In Gym & Play

**Ages 0-5**

Join other parents for a drop-in play group designed just for 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.

**Ages 0-3**

2807-W19  Apr 5-May 10  Fri 9:30-10:30am  
CLC (door 15) B20  
No class Mar 22, Mar 29 & Apr 19  
$5 per family per visit  
$20 per 5 visit punch card

**Ages 0-5**

2808-W19A  Apr 5-May 10  Fri 11am-12pm  
CLC (door 15) B20  
No class Mar 22, Mar 29 & Apr 19  
$5 per family per visit  
$20 per 5 visit punch card

2808-W19B  Apr 3-May 1  Wed 6-7:30pm  
Faith Lutheran Church  
No class Mar 27  
$5 per family per visit  
$20 per 5 visit punch card

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

**Generation Station at Cherrywood Pointe**

**Ages 0-5**

Your family is invited to join Forest Lake ECFE at Cherrywood Pointe Senior Living for activities engaging children and residents alike. This is a wonderful opportunity for you and your young one to sing songs, play games and create art with the residents all while learning to appreciate people of all ages. The residents love interacting with children and it helps brighten their day.

Cherrywood Pointe is located at 231 W Broadway Ave, Forest Lake.

**2740-S19A**  Apr 12, Apr 26  Fri 10-11am  
$6 per family  
Cherrywood Pointe

**ECFE 14th Annual Children’s Garage Sale**

**Sellers:**

Start clearing out those closets and toy shelves for the 14th Annual ECFE Children’s Garage Sale. Reserve your space today. Spaces are 8 x 8 feet and are available to rent for $20 each. A $25 clean up deposit is included in the fee below. Space is limited. This deposit is refunded after the event via your credit card. Call (651) 982-8300 if you need more information. Tables will not be available for use, please provide your own tables.

**Buyers:**

The sale will include child and infant clothing, toys, books, baby equipment and maternity clothes. Admission is $1.

2590-S19  Apr 13  Sat 9am-12pm  
$45, 1 space w/deposit  
$55, 2 spaces w/deposit  
CLC (door 11) Gym

**Fabulous Jumping Frogs at Como Zoo**

**Ages 2-5**

Take the bus to Como Zoo! We will “grow” into frogs, read a frog story, try our hand at jumping, eating and moving like frogs. We will meet a few unique frogs at the zoo! Time is allowed to explore the rest of the zoo. Check-in starts at the Central Learning Center, door 15 at 9am. Bus leaves at 9:15am and returns approximately 12:30pm. Bring a snack. This is a parent-child field trip. Fee is $10 per child. Limited enrollment.

2736-S19  Apr 4  Thu 9am-12:30pm  
$10 per child  
CLC (door 15) Lobby

**Big Rig Day**

The Forest Lake Area Schools ECFE Program and Hardwood Creek Library invite you to check out some of your child’s favorite vehicles in the Forest Lake Metro Transit Parking lot behind the library! Bring your camera for this climb-on display. Go inside the library and enjoy reading, coloring and a block play area. Restrooms on site. Hardwood Creek Library is located at 19955 Forest Rd N, Forest Lake.

2595-S19  May 4  Sat 9:30-11:30am  Free  
Hardwood Creek Library

Parent Advisory Council (PAC)

Find us on Facebook!  
@ForestLakeECFE
Early Childhood Program

Early Childhood Screening

- Screen at 3! Screening at three years old is preferred, but a child may be screened between the ages of 3 and the start of kindergarten.

- Please read through the detailed information below.

- Register online at www.flaschools.org/ec or call (651) 982-8301.

- If you have additional questions, call (651) 982-8301.

Questions regarding Early Childhood Screening

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.

How do I find out when my child should be screened?
Screening at three years old is preferred, but a child may be screened 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) 982-8301.

Where should I have my child screened?
Screening is held at the Central Learning Center. It is a child-friendly setting and the screening process is age appropriate and fun for children.

Screening Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>May</td>
<td>28</td>
<td>Tue 4-7pm</td>
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<td>May</td>
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<td>May</td>
<td>30</td>
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<td>31</td>
<td>Fri 8:30am-12pm</td>
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<tr>
<td>Aug</td>
<td>20</td>
<td>Tue 2-7pm</td>
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<td>Aug</td>
<td>21</td>
<td>Wed 2-7pm</td>
</tr>
<tr>
<td>Aug</td>
<td>22</td>
<td>Thu 8:30am-12pm</td>
</tr>
</tbody>
</table>
The Early Childhood Program is an integral part of Forest Lake Area Schools (FLAS). 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 a play-based curriculum called Big Day for PreK, allowing children to learn through exploration and discovery. Children develop independence and the necessary skills for future success. 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 experience working with children birth to age five.

Register your child according to their age as of September 1, 2019.

Preschool Facts

Registration began January 14, 2019

- All classes begin the week of September 16, 2019 and end the week of May 18, 2020.
- Orientation sessions will be held the week of September 9, 2019 during one of your child’s designated class times.
- Children must be appropriate age by September 1, 2019.
- Many classes are integrated with Early Childhood Special Education.
- Limited transportation options for 4-5 year olds within your elementary school boundaries. See page 57.
- Immunization forms are due upon registration for all students, including those participating in Sibling Care. You may fax your child’s records directly 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.

Preschool Fees

- 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 $33 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.

To register go to www.flaschools.org/preschool click “Register Online” or call (651) 982-8349.
Fee Assistance

The Early Childhood Program has a variety of fee assistance options available based on the program your child is enrolled in and your family circumstances. No district family will be excluded from Little Rangers Half Day classes due to the inability to pay. For more information, call Paige Brier at (651) 982-8349.

Pathway I Scholarship

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

Pathway II Scholarship

Forest Lake Early Childhood receives limited funding from the Minnesota Department of Education to help families cover the cost of preschool for students who are 3 or 4 years old.

School Readiness Scholarship

Through the School Readiness Scholarship we can offer a limited amount of financial assistance to families. There is an application process to complete; children must meet specific criteria based on the sliding fee adapted by the Early Childhood Program 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.

Childcare Assistance Program

All Little Rangers Preschool participants may use county awarded childcare assistance to help cover tuition costs.

Sliding Fee

A sliding fee schedule may be used to determine a class rate, which is based on your family’s gross income. All participants requesting a sliding fee must select this option during registration. All payments are confidential.

Ride the bus! 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 in the morning to school and/or ride the bus home at the end of the day. Parents or care givers will have to transport in the middle of the day. Children who enroll in the 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. Our hope is that by providing this convenience 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 Preschool Students

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 School Age Care, call (651) 982-8365.

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.

<table>
<thead>
<tr>
<th>School</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Learning Center</td>
<td>(651) 982-8318</td>
</tr>
<tr>
<td>Southwest Junior High (Fall 2019)</td>
<td>(651) 982-8318</td>
</tr>
<tr>
<td>Columbus Elementary</td>
<td>(651) 982-8900</td>
</tr>
<tr>
<td>Forest View Elementary</td>
<td>(651) 982-8200</td>
</tr>
<tr>
<td>Lino Lakes Elementary</td>
<td>(651) 982-8850</td>
</tr>
<tr>
<td>Linwood Elementary</td>
<td>(651) 982-1907</td>
</tr>
<tr>
<td>Scandia Elementary</td>
<td>(651) 982-3300</td>
</tr>
<tr>
<td>Wyoming Elementary</td>
<td>(651) 982-8000</td>
</tr>
</tbody>
</table>
Little Rangers Preschool Full Day 2019-2020

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

Financial assistance options for Full Day Preschool are income based through:

- Pathway I Scholarship
- Pathway II Scholarship
- Child Care Assistance Program

<table>
<thead>
<tr>
<th>Location</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbus Elementary</td>
<td>Ages 4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Forest View Elementary</td>
<td>Ages 4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Forest View Elementary</td>
<td>Ages 4-5</td>
<td>T/Th</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Forest View Elementary</td>
<td>Ages 4-5</td>
<td>M</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Lino Lakes STEM School</td>
<td>Ages 4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Lino Lakes STEM School</td>
<td>Ages 4-5</td>
<td>T/Th</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Lino Lakes STEM School</td>
<td>Ages 4-5</td>
<td>M</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Linwood Elementary</td>
<td>Ages 4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Scandia Elementary</td>
<td>Ages 4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Scandia Elementary</td>
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<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Scandia Elementary</td>
<td>Ages 4-5</td>
<td>M</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Southwest Jr High</td>
<td>Ages 4-5</td>
<td>M/W/F</td>
<td>9:15am-3:30pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Southwest Jr High</td>
<td>Ages 4-5</td>
<td>T/Th</td>
<td>9:15am-3:30pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Southwest Jr High</td>
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<td>9:15am-3:30pm</td>
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<tr>
<td>Southwest Jr High Spanish Immersion</td>
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<td>9:15am-3:30pm</td>
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</tr>
<tr>
<td>Wyoming Elementary</td>
<td>Ages 4-5</td>
<td>M/W/F</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Wyoming Elementary</td>
<td>Ages 4-5</td>
<td>T/Th</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
<tr>
<td>Wyoming Elementary</td>
<td>Ages 4-5</td>
<td>M</td>
<td>9:15am-3:40pm</td>
<td>$33/day</td>
</tr>
</tbody>
</table>

Spanish Immersion Preschool

Ages 4-5

Forest Lake Area Schools Early Childhood Program is offering a Spanish Immersion preschool class that is available to families who want their child to have the opportunity to learn a world language in the most effective way possible.

Why immersion?

Early language immersion is one of the best ways for children to become bilingual. Spanish immersion is a great option for families who want to give their child the gift of language. Students who learn one world language early in life find it much easier to learn another language in the future. We aim to instill children with the love of learning of a different language in a space where they can learn and have fun at the same time.

What does the class day look like in an immersion program?

In an early childhood immersion class, literacy skills are taught in English while several other subjects are taught in Spanish. Students “immersed” in Spanish begin to adjust very quickly to the class format and their language skills tend to develop very rapidly.

Mon, Wed, Fri 9:15am-3:30pm  Southwest Junior High  $33/day

Register your child according to their age as of September 1, 2019.
Half Day Preschool is offered 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. Since there are multiple funding sources, 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 Program.

Financial options for Half Day Preschool:

- Pathway I Scholarship
- Pathway II Scholarship
- Child Care Assistance Program
- School Readiness Scholarship

<table>
<thead>
<tr>
<th>Location</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbus Elementary New</td>
<td>Age 3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$125/month</td>
</tr>
<tr>
<td>Linwood Elementary New</td>
<td>Age 3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$125/month</td>
</tr>
<tr>
<td>Southwest Junior High</td>
<td>Age 3</td>
<td>M/W</td>
<td>9:15-11:15am</td>
<td>$110/month</td>
</tr>
<tr>
<td>Southwest Junior High</td>
<td>Age 3</td>
<td>T/Th</td>
<td>9:15-11:15am</td>
<td>$125/month</td>
</tr>
<tr>
<td>Southwest Junior High</td>
<td>Ages 3-5</td>
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<td>6-7:30pm</td>
<td>$45/month</td>
</tr>
<tr>
<td>Southwest Junior High FLP</td>
<td>Ages 3-5</td>
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<td>11:30am-3:30pm</td>
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</tr>
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<td>Southwest Junior High Ages 4-5</td>
<td>M/W/F</td>
<td>1-3:30pm</td>
<td>$190/month</td>
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<tr>
<td>Southwest Junior High Ages 4-5</td>
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<td>$190/month</td>
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<td>Southwest Junior High Ages 4-5</td>
<td>T/Th</td>
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<td>$140/month</td>
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</tr>
<tr>
<td>Southwest Junior High Ages 4-5 T/Th</td>
<td>1-3:30pm</td>
<td>$140/month</td>
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<td></td>
</tr>
</tbody>
</table>

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. 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 Adult Basic Education (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 (Sibling Care).
- Transportation is available upon request. See page 57.
- Interpreters available upon request.

<table>
<thead>
<tr>
<th>Location</th>
<th>Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Thu</td>
<td>11:30am-3:30pm</td>
</tr>
<tr>
<td>Southwest Junior High</td>
<td>$100/month Preschool</td>
</tr>
<tr>
<td></td>
<td>$40/month Sibling Care</td>
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</table>

Parent Aware

Our program has been awarded a 4 STAR rating from Parent Aware

Parent Aware helps you find child care 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.

BIG NEWS

WE’RE MOVING!
NEW ADDRESS: 943 SW 9th Ave, Forest Lake

Forest Lake Area Schools Community Education programs are moving from the Central Learning Center to Southwest Junior High in the fall of 2019. The specific date depends on the construction schedule. We can’t wait to show you our new and improved space.

Look for updates in our email newsletters, social media and our website at www.flaschools.org/ce
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)
Maria Burnham, Coordinator          mburnham@flaschools.org  (651) 982-8302

Adult Lifelong Learning
Laurie Drolson, Coordinator          ldrolson@flaschools.org  (651) 982-8334
Michele Slattery, Adult/Special Needs Planner  mslattery@flaschools.org  (651) 982-8328

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

Athletics & Facilities
Ali Lukin, Coordinator          alukin@flaschools.org  (651) 982-8320

Early Childhood Program
Bethany Hardy, Coordinator          bhardy@flaschools.org  (651) 982-8315
Wendy Cook, Program Support Manager  wcok@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 Program (SAC, Sonic, Steps Ahead)
Nancy Blocher, Coordinator          nblocher@flaschools.org  (651) 982-8364
Nancy Siefert, Coordinator          nsiefert@flaschools.org  (651) 982-8316
Kelly Weyer, Program Support Specialist  kweyer@flaschools.org  (651) 982-8344
Shelli Reeder, Office Assistant          sreeder@flaschools.org  (651) 982-8365
Suzanne Hines, Office Assistant          shines@flaschools.org  (651) 982-8307

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

Technology
Amy Florin, Coordinator          aflorin@flaschools.org  (651) 982-8372

Youth Development & Enrichment
Laurie Drolson, Coordinator          ldrolson@flaschools.org  (651) 982-8334
Jennifer Connolly, Elementary Youth Planner  jconnolly@flaschools.org  (651) 982-8339
Michele Slattery, Secondary Youth Planner  mslattery@flaschools.org  (651) 982-8328

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Girl Throwing Basketball  pg 20
Smiling Girl          pg 35
Boy with Laptop          pg 37
Girl Celebrating          pg 39
Cap and Boxes          pg 59

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Robot Playing Soccer  pg 36

Designed by Pressfoto/Freepik
Science Children  pg 38

Designed by senivpetro/Freepik
Girl in Stable  pg 29
District Map & Entrance Guide

### Building

1. **Central Learning Center**
   - **Address:** 200 SW 4th St, Forest Lake
   - **Evening Entrance:** West side of building, Door 11

2. **Columbus Elementary**
   - **Address:** 17345 Notre Dame, Forest Lake
   - **Evening Entrance:** West side of building, Door 1

3. **District Office**
   - **Address:** 6100 N 210th St, Forest Lake
   - **Evening Entrance:** South side of building, Door 1

4. **Forest Lake Area High School**
   - **Address:** 6101 N Scandia Tr, Forest Lake
   - **Evening Entrance:** South side of building, Door 1

5. **Forest Lake Area Middle School**
   - **Address:** 21395 Goodview, Forest Lake
   - **Evening Entrance:** West side of building, Door 1

6. **Forest Lake Elementary**
   - **Address:** 408 SW 4th St, Forest Lake
   - **Evening Entrance:** East side of building, Door 1

7. **Forest View Elementary**
   - **Address:** 620 SW 4th St, Forest Lake
   - **Evening Entrance:** South side of building, Door 4

8. **Lino Lakes Elementary**
   - **Address:** 725 Main St, Lino Lakes
   - **Evening Entrance:** East side of building, Door 13

9. **Linwood Elementary**
   - **Address:** 21900 Typo Creek Dr, Wyoming
   - **Evening Entrance:** South side of building, Door 2

10. **Scandia Elementary**
    - **Address:** 14351 Scandia Tr, Scandia
    - **Evening Entrance:** East side of building, Door 2

11. **Southwest Junior High Community Pool**
    - **Address:** 943 SW 9th Ave, Forest Lake
    - **Evening Entrance:** East side of building, Door 6

12. **Wyoming Elementary**
    - **Address:** 25701 Forest Blvd, Wyoming
    - **Evening Entrance:** West side of building, Door 1

13. **Forest Lake Sports Center**
    - **Address:** 5530 206th St, N Forest Lake
**Registration Options**

![Registration Options](image)

**Phone** (651) 982-8110

**Fax** registrations to (651) 982-8386 using a Discover/Visa/MasterCard credit card

**Mail, in person or drop box**

- Community Education
  Central Learning Center
  200 SW 4th Street, Forest Lake, MN 55025
  *Drop box located inside of the main entrance*

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

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.

**UCare**

UCare members may qualify for a $15 discount depending on their policy. If a class is less than $15, the member may take the class for free. Members must be on UCare at the time of registration and through the duration of the class. Members will need to include their UCare ID number when registering. Online registration is not available when using your UCare discount.

**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.

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**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.

**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.
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________________

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 $____________________

Payment Information

Total Registration Amount $ ___________ ☑ Cash ☐ Check - Payable to Forest Lake Area Schools

☐ 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, Central Learning Center
200 SW 4th Street, Forest Lake, MN 55025

www.flaschools.org/ce
SPRING / SUMMER YOUTH PROGRAMS

- Basketball Camps
- Golf Lessons & Leagues
- Swim Lessons
- Volleyball Camp
- Lacrosse Camp
- Floor Hockey
- Football League
- Music Opportunities
- Horseback Riding
- Track & Field Camp
- Tennis Lessons
- Soccer Camps & Leagues
- Dodgeball
- Tae Kwon Do
- Acting Classes
- Art Camps
- Gymnastics
- Dance
- Science Classes
- Fencing
- Childcare
- AND MORE!

For more information, visit www.flaschools.org/ce or call (651) 982-8110.