Contents

Adult Enrichment 3-17
3  Arts, Crafts & Textiles
4  Computers & Technology
7  Cooking
8  Dance
9  Defensive Driving
9  Finance & Business
11  Fitness
13  Health & Wellness
14  History & Cultural Awareness
15  Hobbies & Special Interests

Community Theatre (18)

Encore (19)

Adult Resources (20)
  Adult Basic Education
  Adults with Disabilities
  Advertise with us!

Fridley Event Services/Rental (21-22)

Youth Enrichment 23-31
23  Arts & Crafts
24  Dance
25  Enrichment
27  Music
27  Family
28  Science & Engineering
28  Special Events & Activities
28  Sports & Fitness
31  Theatre Arts

Early Childhood Family Ed. (32-38)
32  Early Childhood Programs
38  Registration Form

Tiger Club Childcare (39-41)

Swimming (42-44)
42  Class Descriptions
43  Swim Schedules

Registration (45-46)
The abbreviations listed below denote the locations of the classes listed on the following pages of the brochure.

**FRIDLEY SCHOOLS**

(FCC) Fridley Community Center  
6085 Seventh Street NE

(FHS) Fridley High School  
6000 West Moore Lake Drive

(FMS) Fridley Middle School  
6100 West Moore Lake Drive

(HES) Hayes Elementary School  
615 Mississippi Street NE

(SES) Stevenson Elementary School  
6080 East River Road

**OTHER FACILITIES**

(CHHS) Columbia Heights High School  
1400 49th Ave., NE, Columbia Heights

(SACC) St. Anthony Community Center  
3301 Silver Lake Road NE, St. Anthony

(SAHS) St. Anthony High School  
3303 – 33rd Avenue NE, St. Anthony

(WPS) Wilshire Park School  
3700 Highcrest Road, St. Anthony

(BKS) Bearfoot Karate Studio  
351-83rd Ave NE, Spring Lake Park, MN 55432

(BPE) Boulder Pointe Equestrian and Event Center  
6612 189th Lane Northwest, Anoka, MN 55303

**District Policy**

It is our policy not to discriminate on the basis of gender, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.

**FRIDLEY COMMUNITY EDUCATION**

6085 Seventh Street NE  
Fridley, MN 55432  
Phone: 763-502-5100

**Office Hours**  
Monday – Friday, 8:00 am – 4:00 pm

The Community Education office will be closed  
April 3, May 25, and July 3.

---

**Toni Craft**  
Director  
763-502-5104

**Jonele Jensen**  
Administrative Assistant  
763-502-5102

**Joan Lenzmeier**  
Early Childhood Coordinator  
763-502-5124

**Stephen Keeler**  
Adult & Youth Enrichment, Facilities & Aquatics Coordinator  
763-502-5106

**Kristi Sabby**  
Tiger Club Coordinator  
763-502-5119

**Sally Hanson**  
Tiger Club Assistant Coordinator  
763-502-5135

**Dan Wold**  
Community Outreach & Engagement Coordinator  
763-502-5631

It is our policy not to discriminate on the basis of gender, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.
Arts, Crafts & Textiles

Painting with Acrylics
#6000

Whether you’re a beginner or an experienced painter, this class is for you! Harness your creative capacity and share your work in this great community atmosphere. We’ll explore basic concepts of painting: color, composition, and technique. Join us and create your masterpiece! Participants should request a supply list when registering.

DATES  Tue/Apr 7 - Jun 9
TIME 9:30-11:30 AM
Site  FCC-Room 107
INSTR. Dagney Walters
COST $60

Silk Painting
#6001

Silk has been used as a canvas in Asia for centuries, but if you’ve never experienced this medium prepare to leave an aficionado! It’s easy. It’s fun. And you get startlingly beautiful results. You will learn the ancient Serti technique to create a one of a kind stretched silk painting that can be hung from a window or displayed on an easel. Prepare to be delighted as you experience the process of applying the dyes on silk; watching the colors flow on the fabric is enchanting. There is a $5 materials fee payable to the instructor.

DATE  Thur/Apr 9
TIME 7-8 PM
Site  FCC-Room 122
INSTR. Palette Up!
COST $21

Collage
#6003

Something old, something new, something found, something YOU. Using a wide variety of materials, from fabric, old jewelry and odds n’ ends to electrical components and bolts, you can create a unique piece of artwork that is ready to display or give as a gift. Give yourself the treat of self-expression in this fun and relaxing class. There is a $5 materials fee payable to the instructor.

DATE  Thur/Apr 23
TIME 7-8:30 PM
Site  FCC-Room 107
INSTR. Palette Up!
COST $21

Wine Glass Painting
#6002

Have a date night with your creative side as you enjoy an evening creating something both beautiful and useful. After learning a few basic techniques and doing some brainstorming, you’ll be able to express yourself in color, shape and pattern as you design and paint a wine glass or set of two. There is a $5 materials fee for each wine glass payable to the instructor.

DATE  Thur/Apr 16
TIME 7-8 PM
Site  FCC-Room 107
INSTR. Palette Up!
COST $21

Mixed-media Projects
#6004

Get your creative on! In this series of classes you’ll work with Paper Mache and wire to create a 3D self-portrait in the style of Picasso. And a new twist on painting, you’ll combine acrylic painting and origami to create a 3D painting complete with free-moving wild life. There is a $35 materials fee payable to the instructor at the first class.

DATES  Tue/Apr 14 - Apr 28
TIME 7-8:30 PM
Site  FCC-Room 107
INSTR. Palette Up!
COST $49

Something missing?

Is there a course that you would like to see offered that you’re not seeing here?

Give us a call at 763-502-5106 or email us at fridleycommunityed@fridley.k12.mn.us.

We would love to hear from you!
Adult Enrichment

Computers & Technology

One-on-One Sessions with Stephen Keeler

Stephen is a Community Education Coordinator for Fridley Public Schools. He has a passion for helping people get the most out of their technology.

Each session is driven by your questions and individually catered to meet your needs. Space is limited so register today! Once registered Stephen will call to set-up an appointment time. Daytime and limited evening appointments are available.

**Computer - One-on-One**

*6050A*

Frustrated with your computer? Need help with basic computing skills? Schedule a one-on-one session through Community Education!

- **DATE**: By Appointment
- **TIME**: TBA
- **SITE**: FCC-Main Office or In Home
- **INSTR.**: Stephen Keeler
- **COST**: $30 per hour

**iPad/iPhone - One-on-One**

*6050B*

Do you own an iPhone or iPad? Do you feel as if you could be doing a whole lot more with it but don’t really know where to start? Schedule a one-on-one session with Community Education! Come with your device and your questions.

- **DATE**: By Appointment
- **TIME**: TBA
- **SITE**: FCC-Main Office or In Home
- **INSTR.**: Stephen Keeler
- **COST**: $30 per hour

Technology Classes with FroogalED

FroogalED offers educational courses covering a variety of subjects. We understand that most people buy new technology so they “stay-up-to-date”. While this is a great start, it’s only half the battle. Knowledge is the other half. FroogalED is here to provide you with the knowledge you need to be successful with your device.

**Android Operating System Series: Smartphones & Tablets**

Do you have a smartphone or Tablet? Do you wish you knew how to use it to its full potential? Do you wish you were using “The Cloud” or even knew what it was? Do you wish you knew how your Smartphone & Tablet worked with your computer?

Come to this 9 week series and let us help you harness the power in your hand! Sign up for all 9 sessions and receive a 20% discount of the total price and FREE lifetime membership to this series in the future! Participants may sign up for classes on an individual basis but taking the entire series is highly recommended.

*Bring Your Laptop & Mobile Device Charger / Data Cable to sessions 7, 8, & 9.

Do I have an Android smartphone?

Android is the name of the mobile operating system made by American company; Google. It most commonly comes installed on a variety of smartphones and tablets from a host of manufacturers offering users access to Google’s own services like Search, YouTube, Maps, Gmail and more. If your device resembles one these phones below you have an Android device. The most notable characteristics are outlined in red in the photo below. *Note - Apple, Windows, Blackberry, Kindle and Nook DO NOT make Android Smartphones or tablets.

Individual class session descriptions can be found on the next page.
Session 1 - Getting Started #6052A
Learn what each button and key does on your device as well as some insider tips and tricks on utilizing your touch screen. Learn what a widget is and how it can make your life easier. We will also cover range of topics from phone calls to contacts, to your favorites list.

**DATE** Wed/April 15  
**TIME** 6:30-8:30 PM  
**SITE** FCC-Room 109  
**INSTR.** FroogalEd  
**COST** $25.00 (1 session)

Session 2 - The Big Picture #6052B
We will show you how to make sure you can NEVER lose your contacts! We will learn about texting and adding attachments, the difference between and how to use “E-mail” and “G-mail”, the Calendar functions and how it ties to “The Cloud”, and using the camera and camcorder. Lastly, we will learn about Google Maps and Google Navigation!

**DATE** Wed/April 22  
**TIME** 6:30-8:30 PM  
**SITE** FCC-Room 109  
**INSTR.** FroogalEd  
**COST** $25.00 (1 session)

Session 3 - Connecting the Dots #6052C
We will cover the essential settings you NEED to know to make sure your device works for you and not against you. You will learn device management with some cool tips and tricks on how to make your device run faster and longer. Lastly, we will show you how to download and uninstall apps, how you can find your device on a map if you lose it, and how to handle advanced phone call situations such as three way calling, merging calls and conference calls.

**DATE** Wed/April 29  
**TIME** 6:30-8:30 PM  
**SITE** FCC-Room 109  
**INSTR.** FroogalEd  
**COST** $25.00 (1 session)

Session 4 – The…C L O U D…? #6052D
Learn what the ‘Cloud’ is and how Google Service’s will change your life forever. We will also cover the proper implementation of the cloud on your device. Understanding the cloud is the first big step towards understanding your device and the future of technology.

**DATE** Wed/May 6  
**TIME** 6:30-8:30 PM  
**SITE** FCC-Room 109  
**INSTR.** FroogalEd  
**COST** $25.00 (1 session)

Session 5 – Tell your Phone what to Do #6052E
We will learn about “Google Now”, which knows what you need before you need it and teach you to customize it so it becomes your personal assistant! Learn how to control your device with your voice, send texts, get directions, and check the weather like never before. We will also show you how to speak your text entries instead of typing them!

**DATE** Wed/May 13  
**TIME** 6:30-8:30 PM  
**SITE** FCC-Room 109  
**INSTR.** FroogalEd  
**COST** $25.00 (1 session)

Session 6 - World of Apps #6052F
In this session we will teach you about Froogal’s top 25 Android Apps and how to use them in your daily life. We will cover setup for a few select Apps, guaranteed to make your life easier!

**DATE** Wed/May 20  
**TIME** 6:30-8:30 PM  
**SITE** FCC-Room 109  
**INSTR.** FroogalEd  
**COST** $25.00 (1 session)
Session 7 – Android, meet your old Friend
#6052G
In this session we will bridge the gap between your Computer and your smartphone or Tablet. You will learn about using your device as a hard drive. We will teach you how to transfer content from one machine to another, how to use your computer to customize your mobile device, and we will cover using your mobile device to power your computers internet need!

*Bring Your Laptop & Mobile Device Charger / Data Cable

DATE Wed/June 10
TIME 6:30-8:30 PM
SITE FCC-Room 109
INSTR. FroogalEd
COST $25.00 (1 session)

Google Services Series:

Do you have a G-mail address? Did you know that E-mail is 1 of more than 20 FREE services Google gives you? Did you know your G-mail address is your smartphone’s “Cloud”? Did you know your G-mail address stores your contacts, calendar, tasks, documents, photos, videos, music, e-mails, and about 20 other categories of information for you?

Come to this 3 week series and learn how to make Google your personal assistant, your safe for all your digital information, and the gas tank that fuels your smartphones and tablets even if they are Apple! Sign up for all 3 sessions and get a 20% discount of the entire series. Participants may sign up for classes on an individual basis but taking the entire series is highly recommended. *Bring Your Laptop & Mobile Device Charger / Data Cable.

Session 8 – Let’s make them match
#6052H
In this session we will help you move your contacts, calendar, and tasks, from your mobile device to “The Cloud”. We will then show you how to make sure you put them there in the future. Lastly, we will finally lift the curtain and show you the “Wizard” that powers your device (Google) and teach you how to make changes from your computer! *Bring Your Laptop & Mobile Device Charger / Data Cable

DATE Wed/June 3
TIME 6:30-8:30 PM
SITE FCC-Room 106
INSTR. FroogalEd
COST $25.00 (1 session)

Session 9 – My things…. They’re Everywhere!
#6052I
In this session we will pick up where we left off and continue to show you how to sync your computer and your mobile device! This time we are going to focus on all of your documents, your photos and videos, and your music!

*Bring Your Laptop & Mobile Device Charger / Data Cable

DATE Wed/June 10
TIME 6:30-8:30 PM
SITE FCC-Room 109
INSTR. FroogalEd
COST $25.00 (1 session)

Google Services Series:

Google Services Series Course Descriptions:

Session 1 – G-mail, Google Calendar, and Google Tasks
#6053A
In this session we will teach you how to use G-mail, Google Calendar, and Google Tasks from your computer! You will learn how to use G-mail to its fullest potential….We are going to show you how to fire Microsoft Outlook from its job! You will learn how to share Calendars, Keep your to-do lists and appointments up-to-date with your mobile device. *Bring Your Laptop & Mobile Device Charger / Data Cable.

DATE Wed/June 17
TIME 6:30-8:30 PM
SITE FCC-Room 107
INSTR. FroogalEd
COST $25.00 (1 session)
**COOKING**

**NEW-Asian Street Food**

**#6101**

Southeast Asia is worldly renowned for its mouth watering street food. In this class you will learn how to make three popular yet easy to make Asian street foods. The first is the famous deep fried spring rolls, next spicy curry puffs and finally to satisfy your sweet tooth, you'll end the night with coconut crepes. Recipes will be handed out at the end of class so you can impress your loved ones at your next dinner party!

**DATE**

Wed/April 15

**TIME**

6-8 PM

**SITE**

FHS-Room 113

**INSTR.**

Santhi Muniandy-VonderHaar

**COST**

$31.00 (1 session)

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**Understanding Nutrition Labels**

**#6102**

Are you confused when trying to read a Nutrition Facts label? If so, you are not alone and this is definitely the class for you! We'll clear up the confusion as we focus on how to correctly read and interpret a food label. Label reading skills are the essential foundation to choosing nutritious foods and beverages. Other topics that will be discussed in class include: how to create healthy meals using the MyPlate diagram, along with tips for healthy eating on a budget.

**DATE**

Thur/April 16

**TIME**

6:30-8:30 PM

**SITE**

CHHS-Family Center

**INSTR.**

Kathryn Magnuson

**COST**

$7.00 (1 session)

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**Baking Secrets with Carol Schaub**

Carol Schaub is an avid bread maker, teaches in 15 districts, and is an engaging and skilled instructor.

**Jams, Jellies, Marmalades, and Butters**

**#6103**

NOW is the time to prepare for the bounteous fruits of summer. Be ready to ‘jam’ when the berries, peaches, rhubarb, herbs and more are at their peak of taste and availability. Learn the difference between the various preserves and have the opportunity to taste several different kinds. You will prepare a batch of jam/jelly from start to finish, learn basic ‘hot water bath’ techniques that are applicable to other canning projects and take home 1-2 jars to enjoy. Tasting of and handout for multiple recipes included. There is an $8 materials fee payable to the instructor on the day of the class.

**DATE**

Mon/May 4

**TIME**

6:30-8:15 PM

**SITE**

FHS-Room 113

**INSTR.**

Carol Schaub

**COST**

$31.00 (1 session)
Cooking Classes with Laurel Severson

Laurel is an extremely popular instructor throughout the Twin Cities. She holds degrees in Home Economics and Education from the University of Minnesota and has been teaching Community Education classes for over 12 years.

Chicken and More Chicken #6104

Some classic, some quick, some spectacular for company but ALL healthy and delicious! There will be whole chicken, chicken parts and those versatile skinless-boneless chicken breasts. We'll use skillets and the oven to prepare and enjoy chicken: Cordon Blue, Marsala with sage, Philippine style Adobo, Strips with Spicy Honey Dipping Sauce, with White Wine and Mushroom Sauce, Crab-Stuffed Breasts, Crispy Parmesan Strips, Italian Lemon, Lemon Kebabs, Pineapple-Raspberry Nibbles, Raspberry Lime and lastly, Roasted with Mushrooms and Apples. Three recipes are great as appetizers and the entrees will quickly become favorites for family and friends! Food fee included in cost of tuition. Limit 18.

DATE Thu/May 21
TIME 6-9 PM
SITE CHHS-Room 137
INSTR. Laurel Severson
COST $31.00 (1 session)

DANCE

Dance Classes with Monica Mohn!

Monica Mohn has over 18 years of ballroom dance experience. She coached with the finest instructors in the USA, Canada and England, earning 3 “USA Dance” National Ballroom Dance titles and numerous dance awards.

Dancing Like the Stars - Ballroom Dance #6151

Tired of just watching? This course is for you! In 3 sessions you’ll experience the thrill of 4 classic ballroom dances! By the last week you’ll find yourself whirling with Waltz, rotating to Rumba, floating through the Foxtrot and stepping lively to Swing! Couples only please.

DATES Tue/April 21 - May 5
TIME 8-9 PM
SITE FCC-Gym
INSTR. Monica Mohn
COST $40.00-Per couple (3 sessions)

Party Line Dance

Get ready for any event with this workshop on 3 popular lines dances: Electric Slide, Cha Cha Slide and the Cupid Shuffle. No Partner needed for an entire evening of fun!

DATE Mon/Jun 1
TIME 6-7 PM
SITE FCC-Gym
INSTR. Monica Mohn
COST $10.00 (1 session)

Crash Course! – Wedding Dance 101 #6153

You thought about it! You wanted to! But where did the time go? Not to worry; in just 2 hours learn the common wedding dances Waltz, Rumba, Foxtrot and Slow Dance. Monica Mohn, 3-time “USADance” Champion will teach you easy dancing skills and fun patterns so you’ll feel comfortable and look great on that special day! Couples only please. Bring your music!

DATE Mon/Jun 1
TIME 7-9 PM
SITE FCC-Gym
INSTR. Monica Mohn
COST $28.00 (1 session)
Defensive Driving

#6200
If you are 55 or older, 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. The course is two sessions of classroom instruction - no driving or test required. Please include your driver license number when registering. Senior discount already applied.

Class  #6200A  
Dates  Tue, Thur/May 19 & 21  
Time  6-10 PM  
Site  FCC-Room 109  
Instr.  Minnesota Safety Council  
Cost  $24.00 (2 sessions)

Class  #6200B  
Dates  Mon, Wed/July 20 & 22  
Time  6-10 PM  
Site  FCC-Room 109  
Instr.  Minnesota Safety Council  
Cost  $24.00 (2 sessions)

Defensive Driving Refresher

#6201
Now you can renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There’s no driving and no test. Please include your driver license number when registering. Senior discount already applied.

Class  #6201A  
Date  Thur/June 11  
Time  6-10 PM  
Site  FCC-Room 109  
Instr.  Minnesota Safety Council  
Cost  $22.00 (1 session)

Class  #6201B  
Date  Wed/Aug 12  
Time  6-10 PM  
Site  FCC-Room 109  
Instr.  Minnesota Safety Council  
Cost  $22.00 (1 session)

Finance & Business

The A-B-C and Part D of Medicare

#6300
Seniors pay a much larger share of their income in out-of-pocket health costs than non-seniors do... understanding the differences in the plans offered can reduce your cost. Learn the differences between Medicare Supplement plans and Medicare Advantage plans and how the addition of Part D (prescription) programs has contributed to the confusion many seniors experience. Regardless if you will soon become eligible for Medicare or you've been a participant for some time, this workshop will provide information about enrollment, eligibility, coverage, cost-efficiency and options. Come to this class and stay informed about Medicare in the 21st century. After the course Jim will be available to give a short presentation and answer questions on Social Security as well.

Class  #6300A  
Date  Thur/April 16  
Time  7-9 PM  
Site  FCC-Room 106  
Instr.  James Stringer  
Cost  $12.00 (1 session)

Class  #6300B  
Date  Tue/May 12  
Time  7-9 PM  
Site  FCC-Room 106  
Instr.  James Stringer  
Cost  $12.00 (1 session)

Class  #6300C  
Date  Tue/June 9  
Time  7-9 PM  
Site  FCC-Room 106  
Instr.  James Stringer  
Cost  $12.00 (1 session)

Estate Planning Classes with attorney Steve Helseth

Steve is a summa cum laude graduate of Hamline University School of Law. He graduated with a Juris Doctorate degree and is now a practicing attorney in the areas of estate planning, real estate, probate and business.

Understanding Estate Plans & Trusts

#6301
If you own a business, a cabin, condo or timeshare in another state; have minor children, want to avoid probate or protect assets for future generations, a trust may be a great estate planning tool for you. Several types of trusts – Revocable Living Trusts, Irrevocable Trusts and Support Trusts for children/grandchildren – will be discussed. Hear how trusts can protect assets from irresponsible family members, how to avoid probate, reduce estate taxes, or protect assets from creditors. Q&A time included. Instructor is an experienced estate planning, probate and business law attorney.

Class  #6301A  
Date  Mon/April 6  
Time  6:30-8:30 PM  
Site  FCC-Room 106  
Instr.  Steve Helseth  
Cost  $25.00 (1 session)
Jazzercise classes are Happening NOW!
Get all the pulse-pounding, body pumping intensity without the hop. Use your muscles- not your momentum-to get a killer core workout. Rock it out with the dance-based cardio and strength training for a total body transformation.

Where: Bearfoot Karate Studio
(351 83rd Ave. NE Spring Lake Park, MN)

When: Classes offered on Monday, Wednesday, Friday @ 10:00 am

Cost: $40 per month (Come as often as you like!)

Register: Call Luanna at 763-438-9365, email at luannakoehler@gmail.com or go to www.jazzercise.com.

Personal Touch ~ 30 minute personal training sessions that focus on movements done in class to make your workout more effective. (By appointment only).

Write Your Own Will
#6302
Students will prepare and sign a valid will, and learn about probate, estate planning, and wills. Students should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet will be sent prior to class. NOTE: This is a “simple will” class, not appropriate for those who have assets in excess of one million dollars or who need a Trust as well. Couples must register individually.

DATE  Tue/April 14
TIME  6:30-9:30 PM
SITE  FCC-Room 106
INSTR.  Steve Helseth
COST  $60.00 (1 session)

Heathcare Directive and Power of Attorney
#6303
If you become incapacitated, who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices. Learn about and draft a Health Care Directive and a Power of Attorney. Students will leave the course with a valid Health Care Directive and Power of Attorney. Participants should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet will be sent prior to class.

DATE  Tue/April 21
TIME  6:30-8:30 PM
SITE  FCC-Room 106
INSTR.  Steve Helseth
COST  $25.00 (1 session)

Retire With Confidence!
#6305
This workshop will address the common retirement income challenges, such as outliving one’s savings, inflation risk, market volatility and unexpected life events. We will use historical data to analyze the probability of a successful retirement.

DATE  Thur/May 7
TIME  7-8 PM
SITE  FCC-Room 109
INSTR.  Nene Matey-Keke
COST  $18.00 (per couple)
       $12.00 (per person)
FITNESS

Yoga
#6350

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. All classes include classic Hatha or stretching, breathing practices, and a guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work.

**Class #6350A**
**Date** Tue/April 7 - May 26
**Time** 7:30-9 PM
**Site** FCC-Room 114/116
**Instr.** Michael Ledman
**Cost** $64.00 (8 sessions)

**Class #6350B**
**Date** Tue/June 2 - July 21
**Time** 7:30-9 PM
**Site** FCC-Room 114/116
**Instr.** Michael Ledman
**Cost** $64.00 (8 sessions)

**Class #6350C**
**Date** Tue/July 28 - Sept. 1
**Time** 7:30-9 PM
**Site** FCC-Room 114/116
**Instr.** Michael Ledman
**Cost** $48.00 (6 sessions)

Yoga, Mindfulness
#6351

Explore a deeper mind-body connection with Mindfulness Yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress.

**Class #6351A**
**Date** Sat/April 4 - May 30
**Time** 10-11:30 AM
**Site** FCC-Room 114/116
**Instr.** Michael Ledman
**Cost** $72.00 (9 sessions)

**Class #6351B (No class June 27 or July 4)**
**Date** Sat/June 6 - July 25
**Time** 10-11:30 AM
**Site** FCC-Room 114/116
**Instr.** Michael Ledman
**Cost** $48.00 (6 sessions)

**Class #6351C (No class August 22)**
**Date** Sat/Aug 1 - Sept. 5
**Time** 10-11:30 AM
**Site** FCC-Room 114/116
**Instr.** Michael Ledman
**Cost** $40.00 (5 sessions)

Martial Arts by Master Robert Howard

Robert has been teaching various forms of martial arts for over 22 years and holds numerous advanced black belt degrees.

Jeet Kune Do Fusion
#6352

Jeet Kune Do Fusion takes the best tactics of Hapkido along with the core principles of Jeet Kune Do (the art developed by Bruce Lee himself) and fuses them together creating an exciting self defense program designed specifically for adults. Good for men and women of all shapes and sizes. No athletic abilities required. Here's a program where you can learn valuable self protection skills while having a good time and even work your way towards a Black Belt! There will be optional fees payable to the instructor for rank advancement and uniform.

**Class #6352A (No class May 25)**
**Date** Mon/May 4 - June 8
**Time** 6:30-8 PM
**Site** FCC-Room 116
**Instr.** Robert Howard
**Cost** $100.00 (5 sessions)

**Class #6352B**
**Date** Mon/June 15 - July 13
**Time** 6:30-8 PM
**Site** FCC-Room 116
**Instr.** Robert Howard
**Cost** $100.00 (5 sessions)

**Class #6352C**
**Date** Mon/July 20 - Aug 17
**Time** 6:30-8 PM
**Site** FCC-Room 116
**Instr.** Robert Howard
**Cost** $100.00 (5 sessions)
Krav Maga #6354
Try a simple, effective, reality based self-defense class that is built on natural movements and instincts. Krav Maga is the official hand-to-hand combat system of the Israeli defense forces. It's also the preferred system for U.S. military and law enforcement personnel because of its simplicity and logical approach to self-defense. Through creative physical games and situational encounters you will quickly learn sound, effective self-defense and awareness. Must be ages 14 and over. Dress in comfortable workout-style clothing. Any Questions please contact Joe Hoglund at: 763-221-4393. Learn more about Krav Maga at: www.BearfootKarate.com

Fitness Kickboxing #6355
Release stress and have fun while you hit that bag! This class will enhance all fitness levels and abilities – regardless of past kickboxing experience. Bearfoot Karate’s specifically designed training stations build a fun and engaging workout. We combine functional athletic drills with proven kickboxing techniques for a well-rounded workout. For 13 and older. Any Questions please contact Joe Hoglund at: 763-221-4393. Learn more about Fitness Kickboxing at: www.BearfootKarate.com

Class #6355A
DATE Sat/May 2 - June 20
TIME 12:30-1:30 PM
Site BKS (See page 2 for address)
Instr. Joe Hoglund
Cost $80.00 (8 sessions)

Class #6355B
DATE Tue/April 28 - June 16
TIME 5:50-6:50 PM
Site BKS (See page 2 for address)
Instr. Joe Hoglund
Cost $80.00 (8 sessions)

Class #6355C
DATE Thur/April 30 - June 18
TIME 5:50-6:50 PM
Site BKS (See page 2 for address)
Instr. Joe Hoglund
Cost $80.00 (8 sessions)

Class #6355D (No class July 4)
DATE Sat/June 27 - Aug 22
TIME 9-10 AM
Site BKS (See page 2 for address)
Instr. Joe Hoglund
Cost $80.00 (8 sessions)

Class #6355E
DATE Mon/June 29 - Aug 17
TIME 6:05-7:05 PM
Site BKS (See page 2 for address)
Instr. Joe Hoglund
Cost $80.00 (8 sessions)

Class #6355F
DATE Thur/June 25 - Aug 13
TIME 5:50-6:50 PM
Site BKS (See page 2 for address)
Instr. Joe Hoglund
Cost $80.00 (8 sessions)

T'ai Chi Chih #6353
Experience joy through movement: T’ai Chi is a moving meditation of gentle moves for all ages. T’ai Chi Chih promotes greater health, heightens energy flow, reduces stress, and reveals an inner serenity. A supplemental fee may be paid to instructor to receive 10 CEU’s approved by MN Board of Nursing. Questions, call the instructor at 763-572-1115.

Dates
Thur/Apr 9 - May 28
Time 6-7 PM
Site FCC-Room 116
Instr. Ron Barker
Cost $56.00 (8 sessions)

Fridley Public Schools is proud to once again participate in the USDA's Summer Food Service Program!

The program provides free lunch to children ages 18 years and under.

When: June 9 to July 9
Where: Fridley High School Cafeteria
More Info: 763-502-5022
Health & Wellness

Hypnosis - Weight Loss & Healthy Eating; Stop Smoking & Chewing Tobacco #6400
Stop smoking immediately without withdrawal, weight gain, or cravings. Lose weight: Stop cravings and obsessions with food as well as overeating and snacking. Get motivated to exercise. The class begins with an introduction during the first hour, followed by Weight Loss Hypnosis in the second hour and Stop Smoking in the third hour. Participants should bring a pillow, blanket, sleeping bag, or bean bag for added comfort. Fee for both weight loss and stop smoking sessions is $100. *All participants are required to attend the introduction. Not eligible for Inner Balance staff wellness discount.

Class #6400-Smoking
date Mon/April 6
time 6-8:45 PM
Site FCC-Room 116
instr. Dr. Mary Fischer
cost $55 (1 session)

Class #6400-Weight
date Mon/April 6
time 6-8:45 PM
Site FCC-Room 116
instr. Dr. Mary Fischer
cost $55 (1 session)

Class #6400-Smoking/Weight
date Mon/April 6
time 6-8:45 PM
Site FCC-Room 116
instr. Dr. Mary Fischer
cost $100 (1 session)

ESSENTIAL OILS

NEW- Essential Oils for Everyday Living #6401
Are you sick and tired of being sick and tired? Have you ever wanted to learn more about Essential Oils but don't know where to start? Here is an alternative for your health! Learn how to find relief for everything from the common cold to minor aches and pains. This is an opportunity to take control of your health and wellness. Learn how to use Essential Oils and become the better you! Join us for an evening of information & fun, while we learn about the Young Living Essential Oils basics.

Class #6401A
date Wed/April 15
time 6:30-7:30 PM
Site FCC-Room 106
instr. Lisa Newhouse
cost $10 (1 session)

Class #6401B
date Fri/May 1
time 6:30-7:30 PM
Site FCC-Room 106
instr. Lisa Newhouse
cost $10 (1 session)

NEW- Surviving the Summer Naturally #6402
Prepare for summer the natural way. We will be making five chemical free must haves including sunscreen, sunburn care, bug repellant, itch stick and a summer cooling mist.

date Tue/May 5
time 7-8 PM
Site FCC-Room 106
instr. Vicki Rockwell
cost $21 (1 session)

NEW- Working Towards a Chemical Free Home #6403
Interested in removing those nasty chemicals found in our household cleaners? Come and make some chemical free cleaning products that will save you money and make you feel better about using for your family.

date Tue/June 2
time 7-8 PM
Site FCC-Room 106
instr. Vicki Rockwell
cost $21 (1 session)

NEW- Healthy Babies & Children #6404
If you happen to have a child in your life, this class is for you! Implementing therapeutic grade essential oils into your daily regimen will restore your confidence to a healthier lifestyle. During this class, you will learn a few basics for improving your “toolbelt”, while offering your child superior care.

date Tue/July 7
time 7-8 PM
Site FCC-Room 106
instr. Vicki Rockwell
cost $21 (1 session)

CPR/AED with First Aid for Adults, Children & Infants #6405
Heart saver CPR/AED with First Aid gives those who are not Healthcare Providers the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses until advanced medical personnel arrive and take over. Students will be certified by the American Heart Association.

dates Sat/May 16

time 1-6:30PM

Site FCC-Room 106

instr. Twin City Safety

cost First Aid Only - $50
CPR/AED Only - $50
CPR/AED with First Aid-$65

Fridley Public Schools is proud to participate in the USDA’s Free Summer Food Service Program!

More Info: 763-502-5022
HISTORY & CULTURAL AWARENESS

STREAMS OF JUSTICE
Streams of Justice seeks to engage important social justice issues and community concerns through discussion.

“Injustice anywhere is a threat to justice everywhere.” - Martin Luther King Jr.

NEW-Dakota 38 - Film Screening & Discussion
#6451

Join us for our 2nd film screening and discussion series, “Streams of Justice” where we will be watching the documentary Dakota 38.

About the Film:
In the spring of 2005, Jim Miller, a Native spiritual leader and Vietnam veteran, found himself in a dream riding on horseback across the great plains of South Dakota. Just before he awoke, he arrived at a riverbank in Minnesota and saw 38 of his Dakota ancestors hanged. At the time, Jim knew nothing of the largest mass execution in United States history, ordered by Abraham Lincoln on December 26, 1862. “When you have dreams, you know when they come from the creator… As any recovered alcoholic, I made believe that I didn’t get it. I tried to put it out of my mind, yet it’s one of those dreams that bothers you night and day.”

Now, four years later, embracing the message of the dream, Jim and a group of riders retrace the 330-mile route of his dream on horseback from Lower Brule, South Dakota to Mankato, Minnesota to arrive at the hanging site on the anniversary of the execution. “We can’t blame the wasichus anymore. We’re doing it to ourselves. We’re selling drugs. We’re killing our own people. That’s what this ride is about, is healing.” This is the story of their journey- the blizzards they endure, the Native and Non-Native communities that house and feed them along the way, and the dark history they are beginning to wipe away.

About the Dakota 38 Massacre:

For more information about the Dakota 38 Massacre go to: http://usdakotawar.org/history/war-aftermath/trials-hanging

About the Night:

After the film join us for a facilitated discussion with Jim Bear Jacobs, Pastor Church of Nations, SPIN and Healing MN Stories. He is a member of the Stockbridge-Munsee Mohican Nation, an American Indian tribe located in central Wisconsin.

Discussion will be centered on thoughts and reflections from the film. Conversation will be moderated by Fridley Community Education staff.

DATES Thur/April 30
TIME 7:00-9:30 PM
SITE FCC-Room 109
COST Free (1 session)
HOBBIES & SPECIAL INTEREST

NEW-Discover Scuba Diving  
#6500

Have you ever wondered what it's like to breathe underwater? Now is the time to find out! Take the discover scuba class and learn the basics of scuba. Wear and use the gear in the pool and see how easy it is to move around underwater while wearing it. The fun part? It's all fun!

Class #6500A  
**DATE** Wed/May 6  
**TIME** 6:30-8:30 PM  
**SITE** FMS-Pool  
**INSTR.** Midwest School of Diving  
**COST** $17 (1 session)

Class #6500B  
**DATE** Mon/May 18  
**TIME** 6:30-8:30 PM  
**SITE** FMS-Pool  
**INSTR.** Midwest School of Diving  
**COST** $17 (1 session)

DSLRS Photography 1  
#6501A

This course will introduce students to some of the techniques involved in DSLR photography. We will cover how your camera works, and how knowing what your camera can and cannot do will make you a better photographer!

**DATES** Thu/April 9 - 30  
**TIME** 7-8:30 PM  
**SITE** FCC-Multiple Rooms  
**INSTR.** Brian Timm  
**COST** $31.00 (4 sessions)

DSLRS Photography 2  
#6501B

This course will apply the principles from DSLR Photography 1 and advance your knowledge of topics such as flash, high-speed photography, and low-light capture. Must take DSLR Photography 1 first.

**DATES** Thur/May 7 - 28  
**TIME** 7-8:30 PM  
**SITE** FCC-Multiple Rooms  
**INSTR.** Brian Timm  
**COST** $31.00 (4 sessions)

NEW-Introduction to Voiceovers  
#6502A

Fun, 90 minute, video chat covering some of the many details of the voiceover industry. Perform a real script and receive a professional voice evaluation after class. Taught by a professional voice actor from Voices For All. Online class. Once registered someone from Voices for All will call to setup an appointment time. Must have personal computer or tablet with Skype installed.

**DATES** TBD - By Appointment  
**INSTR.** Voices for All  
**COST** $39.00 (1 session)

NEW-Technique in Voiceovers  
#6502B

Prerequisite* required. Technique in Voiceover goes beyond the Introduction class and allows the student one-on-one access to a working voiceover coach for a deeper dive into script reading and basic voiceover techniques. *Introduction to Voiceovers is the prerequisite course and must be completed prior to taking Technique in Voiceover.

Online class. Once registered someone from Voices for All will call to setup an appointment time. Must have personal computer or tablet with Skype installed.

**DATES** TBD - By Appointment  
**INSTR.** Voices for All  
**COST** $39.00 (1 session)

How to Publish Your Book without Going Broke  
#6503

This class discusses the pros, cons, and pitfalls of royalty and subsidy publishing, along with practical advice on how to and how not to publish your book independently as well as instructions on how to publish electronically. There will also be suggestions for marketing and distributing your book. There will be a $10 fee for a guidebook payable to the instructor.

**DATE** Thur/April 16  
**TIME** 6:30-9 PM  
**SITE** FCC-Room 112  
**INSTR.** June Gossler Anderson  
**COST** $21 (1 session)
Straw Bale Gardening

Growing a Bountiful Garden In Less Time, Less Space, Without a Shovel, Without Weeding, Without Soil at All!

If you thought the only place to grow healthy crops was in black dirt, you must attend this new class. You will learn how to grow a bountiful garden without using herbicides, insecticides or fungicides, and without weeding. Learn how to plant a wide variety of vegetables, root crops, vine crops, fruit crops and even beautiful flower gardens, directly into your "conditioned" straw bales. You will never do the “heavy lifting” or bending over that is required with normal soil-based gardens again. Learn this revolutionary and easy gardening method to create a beautiful and productive garden, without lifting a shovel and without using dirt. There is a workbook available for optional purchase. The cost is $5.

DATES  Thur/Mar 26
TIME     6-9 PM
SITE     FCC-Room 107
INSTR.   Kate Clarity
COST     $35.00 (1 session)

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Women Who Bike

Do you wish you could ride more but feel like you need some basic knowledge about your bike and how to handle it? What are the best places to ride? This series of four 2 ½ hour sessions will help you update your biking skills and increase your confidence while exploring some fun trail rides and biking transportation routes in Fridley.

Class One: The Trail to Confident Cycling
Participants will discover how to choose or modify a bike—from wheels to women-specific issues related to fit and saddles. Proper helmets, new clothing & equipment now available can all make your ride more enjoyable. Rules of the road and pre-ride bike safety checks will be reviewed. Learn basic maintenance that can keep you and your bike rolling. No bike needed for class one.

Class Two: Traffic Skills & Street Smarts
This traffic skills course gives cyclists the confidence they need to ride safely and legally in traffic or on the trail. The course covers bicycle safety, fixing a flat, on-bike skills and crash avoidance techniques and includes a student manual and city route map. Bring your own bike to class because bike handling basics in a safe environment will be included.

Class Three: Confident Cycling & Fridley Active Transportation Routes
Take your new skills to the next level by learning the principles of on-road riding. Then, class members put the theory to test by practicing small group riding on a variety of street types and at intersections. Learn lane positioning and how to read bike signs and routes from the new Active Transportation map. Safety comes first and no one will be required to ride beyond their comfort level. Bring your bike and weather-appropriate clothing for this hands-on session.

Class Four: Fridley Loves Riding on the Mississippi River Bike Trail!
The last class will celebrate classroom milestones with a trail ride along the Mississippi River Trail’s Fridley segment. Bring your bike! You’ll experience the Fridley NorthStar station crossing route and enjoy Anoka County Riverfront Park’s Gazebo for a snack after the MRT trail ride. Enjoy the park and some beautiful views while utilizing your new skills!

DATES  Thur/Apr 30 - May 21
TIME     6-8:30 PM
SITE     FCC-Room 106
COST     $65.00 (4 sessions)

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Fridley Public Schools is proud to participate in the USDA’s Free Summer Food Service Program!

More Info: 763-502-5022

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Summer Food Service Program
USDA

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Adult Enrichment

TRIPS

Montana, Glacier National Park & the Canadian Rockies by Train - Leaves August 4, 2015
Experience the beauty of Glacier National Park and the Canadian Rockies!

California Rail Discovery - Leaves October 7, 2015
Don't miss this opportunity to visit San Francisco, one of America's greatest cities. From there spend time in beautiful Lake Tahoe!

San Antonio Holiday - Leaves December 2, 2015
Experience the majestic beauty of San Antonio, Texas. Enjoy the rich history and warm winter days!

Introduction to Rock Climbing
#6505
Learn the basics of indoor rock climbing and gain a new form of lifetime physical activity that provides the benefits of a full-body workout. Accomplish essential rock climbing skills such as knot tying, belaying, bouldering, climbing commands, gear management and risk management. After basics, learn additional techniques in balance, body position and footwork. Emphasis is placed on providing a safe and enjoyable experience in a comfortable and controlled setting. Fee includes expert staff, instruction and climbing gear. Wear gym attire and tennis shoes. All Climbers will need to sign a waiver.

DATES Wed/May 6-20
TIME 7-9 PM
SITE Vertical Endeavors-Minneapolis
INSTR. Vertical Endeavors
COST $65 (3 sessions)

Introduction to Bonsai
#6506
Explore the art of Bonsai. We will discuss the art, history and styles of Bonsai in this two day class. Day 1 will cover styles, art, science and branch placement. Day 2 will cover potting and additional requirements. Each participant will receive a pre-bonsai tree, a suitable pot with soil to style. There is a $30 supply fee payable to the instructor.

DATES Thur/May 7 & 14
TIME 7-9:30 PM
SITE FCC-Room 122
INSTR. Lionel Flood
COST $18 (2 sessions)

Extreme Couponing 101
#6507
Have you ever wondered how to save up to 100% on the products you buy every day? In this class, students will learn how to use coupons to maximize their savings and decrease their budgets. Students will learn to be savvy shoppers while saving time and money.

DATE Tue/May 19
TIME 6:30-8:30 PM
SITE FCC-Room 107
INSTR. Rachelle Gordon
COST $21 (1 session)

FAMILY

Family Movie Night!
Come and enjoy a nice evening with family & friends and watch a movie on the big screen at the Fridley High School Auditorium!

This event is FREE of charge! Concessions will be available for $1 each. No registration required. Doors open at 6:30 PM and the movie begins at 7:00 PM.

Spring Movie Dates:
• April 10
• May 15

Call 763-502-5100 or stop by the Fridley Community Center for a list of movies that will be showing.
Auditions
for Oklahoma
will occur in Mid-May.
Check
www.FridleyCommunityTheatre.org
or
Fridley Community Theatre
on Facebook
for Dates and Times.

Tickets Go on Sale

**July 1**
Adults $14
Seniors/Students $10

Fridley District Auditorium
6000 West Moore Lake Drive

For Reserved Seats
763-502-5100

Fridley Community Theatre presents

**Disney**

**MY SON PINOCCHIO**

Youth Summer Musical
July 10 - 7 pm    July 11 - 3 pm
Fridley District Auditorium - 6000 West Moore Lake Drive
Tickets $7 Children 12 & under $3
General Admission Tickets will be sold at the door for each performance
Encore

Life Enrichment for those of us 50+
Encore is a program designed with the recently retired or soon-to-retire adult in mind. This program offers special interest clubs, educational offerings, wellness and special events. This program is done in partnership with the City of Fridley Recreation Department.

NEW - Stay Active: Fitness Sampler #6251

It is important to stay active. Come try out some possibilities that Fridley Community Education and the City Recreation Department have to offer. We will sample Yoga, Zumba and Pickle-ball. Come dressed in work-out appropriate clothing.

DATE Thur/April 16
TIME 6:30-8:30 PM
SITE FCC-Zone
COST $10 (1 session)

NEW- Remembering the 1965 Twin Cities Tornadoes: 50th Anniversary #6252

On the evening of May 6, 1965, three waves of storms struck the Twin Cities Metropolitan area. Over 24 tornado touchdowns occurred with six major track tornadoes. 13 deaths, 683 injuries with 1.2 billion dollars damage (2014 value) making this one of the worst disasters in Minnesota history. Over one fourth of Fridley was completely destroyed by three separate tornadoes. Come to the Fridley Community Center as we commemorate that fateful day 50 years ago. Speakers to include: Mayor Scott Lund, Fridley Fire Chief (Retired) Robert Aldrich, Fridley Public Schools (Retired) Donald Meyer, Fridley Methodist (Retired) Rev. Robert Kendall, WCCO Radio (Retired) Robinson Brown. There will also be an open mike time where you can share your story. Light refreshments served after the event. Call the Fridley Historical Society for more details at 763-571-0120.

DATE Wed/May 6
TIME 6-9 PM
SITE FCC-Community Rooms
INSTR. Fridley Historical Society
COST Free (1 session)

Minnesota Twins Game! (Ages 50+)

Come and join us for a fun group outing to a Minnesota Twins game. Enjoy good company and a beautiful ballpark. Cost includes transportation. We will meet at the Fridley Northstar Train Station Lot A which is located at 6050 Main St. Train leaves promptly at 5:39 so please ensure you are there early. Slots fill quickly so call to sign up today! Call 763-502-5106 for further details.

DATE Wed/June 10
TIME 5:30-10:30 PM
SITE Fridley Northstar Station
COST $25.00 (1 session)

Something missing?
Is there a event or program that you would like to see offered that you’re not seeing here?

Give us a call at 763-502-5106 or email us at fridleycommunityed@fridley.k12.mn.us.

We would love to hear from you!
Metro North Adult Basic Education
Adult Education Center - Columbia Heights/Fridley
4111 Central Avenue, NE, Suite 100, South Building Columbia Heights, MN 55421

Free Classes! For more information, call 763-706-3833
Classes run year round.

English as a Second Language (ESL)
Monday, Tuesday, Wednesday, Thursday, and Friday ................................................................. 9:00 AM - 12:30 PM
Monday, Tuesday, Wednesday, Thursday .......................................................................................... 6:00 - 8:30 PM

English for Academic Purposes (E.A.P.)
DAYTIME: Monday, Tuesday, Wednesday, Thursday, and Friday ....................................................... 9:00 AM - 12:00 PM
EVENING: Monday, Tuesday, Wednesday, Thursday ..............................................................................6:00 - 8:30 PM

Adult Basic Education (ABE)
Reading - Writing - Math - G.E.D. Test Preparation
Tuesday, Wednesday and Thursday .......................................................................................................... 9:00 AM - 12:00 PM
Monday / Wednesday ............................................................................................................................... 5:30 - 8:30 PM
Tuesday / Thursday ................................................................................................................................. 5:30 - 8:30 PM

Conversation Class (Levels 2 - E.A.P.)
Tuesday ..................................................................................................................................................... 12:45 - 2:00 PM

ADULTS WITH DISABILITIES
Interested in activities especially designed for adults with developmental disabilities? For more information or to request a brochure listing classes and activities, call Community Bridge at 651-748-7437. Contact Person: Cheryl Gysbers.

ADVERTISE WITH US!
Advertise in the Fridley Public Schools Community Education Catalog! Now you can advertise your business, organization, program and/or service to 27,000 Fridley and Columbia Heights residents and businesses! For more details about guidelines and pricing call 763-502-5106, stop into the Fridley Community Center office, or visit our website at fridleycommed.com.
Looking for a place to host your next event? Rental opportunities are available through Fridley Event Services. Our facilities are an excellent option for any group large or small!

Whether you are planning to host a conference, banquet, meeting, training, private party, performance (theatre, dance, and concert) or athletic event we have the space that is right for you! Our facilities are conveniently located, easily-accessible and fully serviced.

We can accommodate groups looking for a location to meet once, weekly, monthly, or annually. Our service stands out because of the personal attention our customers receive in all phases of the planning process as well as during and after their event.

Our goal is to partner with you in each stage of the planning process to ensure your event is the absolute best it can be!

Locations:

FRIDLEY COMMUNITY CENTER
6085 Seventh Street NE Fridley, MN 55432
Conveniently located approximately one mile north of Highway 694 on 61st Ave NE

FRIDLEY HIGH SCHOOL
6000 West Moore Lake Dr. Fridley, MN 55432
Conveniently located approximately 1/2 mile north of Highway 694 West Moore Lake Dr.

FRIDLEY MIDDLE SCHOOL
6100 West Moore Lake Dr. Fridley, MN 55432
Conveniently located approximately 3/4 mile north of Highway 694 West Moore Lake Dr.

Facility Amentities:

Our facilities include the following amenities:
- LCD projection equipment and screen
- Sound system
- Wireless microphones
- High speed, wireless internet

District Auditorium / Theater

Auditorium/Theater:

Fridley District Auditorium at Fridley High School
- Seating for up to 750
- Proscenium stage with full fly loft
- Orchestra pit
- Lighting and sound system.
- Ideal for seminars, conferences, weddings, religious gatherings, musical and theatrical productions, plus much more.

FRIDLEY DISTRICT AUDITORIUM
Fridley High School
6000 West Moore Lake Drive
Fridley, MN 55432
CONFERENCES & MEETING ROOMS

Fridley Community Center
- Meeting facilities for 10-200 with 8-10 breakout rooms.
- Larger rooms equipped with LCD projector/screen.
- DVD players. Sound system equipped.

Training Facilities:

Computer Training Labs (PC & Mac)
- 15 or more computer stations in each lab

ATHLETIC FACILITIES

Gymnasiums at Fridley High School
- Main gym with seating for up to 500
- Concession Area
- Auxiliary gym in close proximity to main gym
- Locker room facilities available

Gymnasiums at Fridley Middle School
- Main gym with seating for up to 200
- Auxiliary gym in close proximity to main gym
- Locker room facilities available

The Pool at Fridley Middle School
- Available for private parties and events
- Lifeguards on duty

Tennis Courts at Fridley High School
- 6 courts available
- Reasonably priced

Athletic Fields:
- Football fields
- Soccer fields
- Baseball fields
- Softball fields
- Multi-use green space
- Reasonably priced

BANQUET SPACE/PARTY SPACE

The Community Rooms at Fridley Community Center
- Multi-purpose room, ideal for meetings, workshops, banquets/award events.
- Audio/Visual equipment for presentations.
- Seating for up to 150.
- Access to outdoor patio space.

The Banquet Hall at Fridley Community Center
- Multi-purpose room ideal for banquets/award events.
- Audio/Visual equipment for presentations.
- Seating for up to 175.

The Cafe at Fridley Middle School
- Multi-purpose room ideal for banquets/award events.
- Audio/Visual equipment for presentations.
- Seating for up to 200.

The Cafe at Fridley High School
- Multi-purpose room ideal for banquets/award events.
- Access to beautiful outdoor courtyard space.
- Audio/Visual equipment for presentations.
- Seating for up to 225.

Information, Tours, and Bookings:
For information, to schedule a tour, or to book a facility contact:

Stephen Keeler, Sales & Marketing
Phone: 763 502-5106

Dan Wold, Community Outreach & Engagement
Phone: 763 502-5631

Fridley Community Center
6085 Seventh Street NE
Fridley, MN 55432
Youth Enrichment

Arts & Crafts

NEW - Parent/Child Gardening Club #2005A (Ages 2-11)

Love to plant? Come to this great parent/child class to explore, learn and see the many different kinds of seeds. Plant your own seed garden in the classroom and take home to watch them grow. Help the bees and butterflies this summer by planting their favorite foods!

**DATES** Wed/April 8 - May 27
**TIME** 6-7 PM
**SITE** FCC-Room 122
**INSTR.** Emann Khalil
**COST** $25.00 (8 sessions)

NEW - Parent/Child Jewelry Art #2005B (Ages 5-11)

Do you love to wear your mom's jewelry? Why not make some of your own! Come to this class and you will learn to make fashion jewelry of your own! We will explore many different natural materials to make the most beautiful jewelry. In this class we will have a great time creating various types of jewelry for you and your parent to enjoy.

**DATES** Wed/April 8 to May 27
**TIME** 7-8 PM
**SITE** FCC-Room 122
**INSTR.** Emann Khalil
**COST** $25.00 (8 sessions)

Mixed Media Drawing #2010

Afterschool art...what could be easier? Or more fun? You will work with a wide variety of mediums including art markers, pastels, colored pencil and watercolor to create a new work of art each class. In addition to building drawing skills, you can build confidence as you learn to think outside the box and brainstorm, using your creative thinking skills to generate new ideas to try in our no-mistakes environment. There is a $35 materials payable to the instructor. Please meet in the cafeteria after school for check-in and snack.

**CLASS** #2010 - Hayes (Grade 1-4)
**DATES** Thur/April 9 - May 14
**TIME** 3:45-4:45 PM
**SITE** HES-Cafeteria
**INSTR.** KidzArt
**COST** $49.00 (6 sessions)

**CLASS** #2010 - Stevenson (Grade 1-4)
**DATES** Tue/Apr 7 - May 11
**TIME** 3:45-4:45 PM
**SITE** SES-Cafeteria
**INSTR.** KidzArt
**COST** $49.00 (6 sessions)

**CLASS** #2010 - FMS (Grade 5/6)
**DATES** Tue/Apr 7 - May 19
**TIME** 3:15-4:15 PM (No class April 21)
**SITE** FMS-Cafeteria
**INSTR.** KidzArt
**COST** $49.00 (6 sessions)

Summer Art Camps

NEW - CREATURES: Prehistoric, Mythical, Modern and Mysterious #2020 (Ages 6-11)

Join us to learn how to create wonderful creatures using a variety of fun art materials. We will work on different surfaces, and get creative (and a little messy) with clay, paper Mache, wire, paint and more. Discover how dragons got their fiery reputation, create your own creature mask, and learn some special art tricks that will help you draw anything you can imagine! Campers will also learn about the ancient Oviraptor, the famous artist Marc Chagal and create their very own mythical masterpiece to bring home!

**DATES** Mon-Fri/June 15-19
**TIME** 9 AM - 12 PM
**SITE** FCC
**INSTR.** KidzArt
**COST** $135.00 (5 sessions)

Fridley Public Schools

is proud to once again participate in the USDA's Summer Food Service Program!

The program provides free lunch to children ages 18 years and under.

**When:** June 9 to July 9
**Where:** Fridley High School Cafeteria
**More Info:** 763-502-5022
NEW - Tweenz n’ Teenz Mixed – Media Madness!
#2030 (Ages 11-14)

Join us as we experiment with fun new mediums both 2-D and 3-D. Learn a simple “Suminagashi” technique—floating inks on the surface of water to create beautiful patterns. Work with clay, wire, plaster and other fun materials, explore many different media and leave with art you are excited about! Sculpt, paint, draw, print, collage… No experience necessary—techniques are fun and easy, yet your finished product looks like a pro’s. So if you’re tired of the same old theme camps this is the one to try. The projects are selected to cover a broad spectrum of art concepts and techniques.

Art Concepts Covered: 3-D, pattern, texture, composition/balance, symmetry, kinetic, armature, stability, structure, surface design. Art Techniques Explored: Bas-relief, mixing color, printmaking, copper tooling, collage, wire, fabric and plaster sculpture, Suminagashi. Artists will need to bring 2 snacks, a lunch and water bottle each day.

DATES Mon-Fri/July 6-10
TIME 9 AM - 3 PM
SITE FCC
INSTR. KidzArt
COST $245.00 (5 sessions)

NEW - Globetrotting
#2030 (Ages 6-11)

Students spend five mind-expanding days traveling the world, and exploring other countries and cultures through their art. Each traveler is issued a blank “passport” which is stamped after their successful completion of each country’s artwork. At each destination, travelers will use fun techniques and materials to create a unique “souvenir” by which to remember the locations they visited. Discover Japanese Suminagashi, create a travel journal where trip highlights can be recorded, use wire, plaster and fabric to create sculptures and masks, learn the meaning of your name and how to write it in Egyptian hieroglyphics, and so much more. Campers will need to bring 2 snacks, a lunch and a water bottle each day.

DATES Mon-Fri/July 13-17
TIME 9 AM - 3 PM
SITE FCC
INSTR. KidzArt
COST $245.00 (5 sessions)

Dance

Fridley Area Just For Kix Dance Summer Sessions

Classes held in the Fridley Middle School cafeteria. Teachers are Emily Fausher, JFK Director and Fridley Dance Team coach, along with assistants. Includes a JFK T-shirt and a small show at the end of the summer!! Classes will include technique, stretching, and learning a routine. Older classes will be split if large enough. Grades shown are for the current 14-15 school year. All dancers are welcome to walk in the Fridley 49er’s Day Parade on Thursday June 25th and possibly the New Brighton Stockyard Days parade in August!!

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Class Fee</th>
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<tbody>
<tr>
<td>Hip Hop Gr 2 &amp; UP</td>
<td>Tue</td>
<td>5:15-6 PM</td>
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<tr>
<td>Tiny Kix Pre-K</td>
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<td>Middle/Sr Kix Gr 5-12</td>
<td>Tue</td>
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Class Dates: June 9 - July 14
Mini Show Date: Thursday July 16

How to register:
1. Register and pay online at www.justforkix.com/students
2. Email or call Emily Fausher to hold a spot, and bring form and money on first day of class.

For more info please contact:
Emily Fausher at 612-418-9138 or Fridley_mn@justforkix.com
Website: www.justforkix.com/danceclasses/fridley_mn
Be the director of your own film in 4-H Tech Wizards. This group will work with cameras, microphones and movie editing software to create movies about themselves and their community. You will be the actor, director, writer, and star of a movie that says something about your life. Work in a team with other youth to create a fantastic movie that will be shown in a real theatre. **Meets in the Zone every Monday at 4:00-6:00.** We provide the equipment. You provide the ideas and creative energy. *Program is free to all youth in grades 5-8. Students will meet in the Zone for snack at 3:30 PM. Class begins at 4 PM. Students must have their own ride home. No transportation provided.*

**Class #2200 - Spring (No class May 25)**
- **Dates:** Mon-April 6 - June 1
- **Time:** 3:30-6:00 PM
- **Site:** FCC-Zone
- **Instr.:** 4-H
- **Cost:** Free (8 sessions)

**Class #2200 - Summer Session**
- **Dates:** Mon-June 8 - Aug 31
- **Time:** 4-6:00 PM
- **Site:** FCC Room 107
- **Instr.:** 4-H
- **Cost:** Free (13 sessions)

Don’t wait to get your license! Safeway Driving School ensures student success with 30 hours of classroom instruction (10, three-hour classes) and 6 hours of behind the wheel instruction (3 two-hour lessons). Students must be 14 years of age to take the course; however, students may not receive their permit until they are 15 years old. Affordable payment plans are available.

**Class #2205A**
- **Dates:** Mon-Thur/April 13 - 28
- **Time:** 3:15-6:15 PM
- **Site:** FHS-Room 171
- **Instr.:** Safeway Driveway School
- **Cost:** $340.00 (10 sessions)

**Class #2205B**
- **Dates:** Mon-Thur/June 15 - 26
- **Time:** 1-4 PM
- **Site:** FHS-Room 171
- **Instr.:** Safeway Driveway School
- **Cost:** $340.00 (10 sessions)

Want to amaze your friends and impress your opponents? Want to increase your IQ while having fun playing Chess and compete for various prizes? Learn from Twin Cities Chess Club instructors who have years of teaching experience. Competitive chess tournaments are scheduled once a year and students can play for real chess trophies! All chess levels are welcome! *Please meet in Cafeteria after school for snack.*

**Class #2210A - Hayes (No class April 14)**
- **Dates:** Tue/April 7 - May 19
- **Time:** 3:45-4:45 PM
- **Site:** HES-Cafeteria
- **Instr.:** Twin Cities Chess
- **Cost:** $50.00 (6 sessions)

**Class #2210B - Stevenson**
- **Dates:** Wed/April 8 - May 13
- **Time:** 3:45-4:45 PM
- **Site:** SES-Cafeteria
- **Instr.:** Twin Cities Chess
- **Cost:** $50.00 (6 sessions)

Challenge yourself! Play Chess! Exercise your brain! This is an excellent opportunity to develop better Chess Skills in the summer! In addition to playing chess in a relaxed, friendly setting, campers will also get to play a variety of other enjoyable board games, puzzles and sport activities. Players will be divided by skill level. Receive $5 off for registering multiple children (must call or stop in to apply discount).

**Class #2210 - Summer**
- **Dates:** Mon-Thur/June 8 - 11
- **Time:** 8 AM - 12 PM
- **Site:** FCC Room 109
- **Instr.:** Twin Cities Chess
- **Cost:** $80.00 (4 sessions)
NEW-My Little Horse Camp - (Ages 2-5) #2220

This parent/child camp will feature horse safety, learning and fun! Spend the morning learning different horse breeds, colors, and sizes. Participants will help feed, care, and groom the horses of Boulder Pointe. Bring your camera to snap photos during pony rides to conclude the class.

**Class** #2220A
**Date** Sat/April 11
**Time** 9-11 AM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $45.00 (1 session)

**Class** #2220B
**Date** Fri/June 19
**Time** 9-11 AM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $45.00 (1 session)

**Class** #2220C
**Date** Fri/Jul 10
**Time** 9-11 AM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $45.00 (1 session)

**Class** #2220D
**Date** Fri/Aug 7
**Time** 9-11 AM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $45.00 (1 session)

NEW-Children's Horseback Riding - Single Day Camps (Ages 6-18) #2230

Enjoy horses? Learn how to work with & ride horses including balance & control in the saddle, leading, & in-hand work then participate in fun activities. Help to feed, water, & care for horses. Camps on rain or shine! Outdoor/indoor arena & miles of trails!

**Class** #2230A
**Date** Sat/April 25
**Time** 9 AM -3 PM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $95.00 (1 session)

**Class** #2230B
**Date** Wed/June 17
**Time** 9 AM -3 PM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $95.00 (1 session)

**Class** #2230C
**Date** Wed/July 8
**Time** 9 AM -3 PM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $95.00 (1 session)

**Class** #2230D
**Date** Wed/Aug 5
**Time** 9 AM -3 PM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $95.00 (1 session)

NEW-Children's Horseback Riding - WEEKLONG Day Camps (Ages 6-18) #2240

Enjoy horses? Learn how to work with & ride horses including balance & control in the saddle, leading, & in-hand work then participate in fun activities. Help to feed, water, & care for horses. Camps on rain or shine! Outdoor/indoor arena & miles of trails! Enjoy the bond of being able to spend everyday with a special horse. Parent/guardian to drop off 9am / pick up at 3pm, each day Monday through Friday.

**Class** #2240A
**Date** Mon-Fri/June 22 - 26
**Time** 9 AM -3 PM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $375.00 (Early Bird - By June 1)
$399.00 (Regular Price)

**Class** #2240B
**Date** Mon-Fri/July 20 - 24
**Time** 9 AM -3 PM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $375.00 (Early Bird - By June 1)
$399.00 (Regular Price)

**Class** #2240C
**Date** Mon-Fri/Aug 10 - 14
**Time** 9 AM -3 PM
**Site** Boulder Pointe Equestrian & Event Center (Address pg. 2)
**Cost** $375.00 (Early Bird - By June 1)
$399.00 (Regular Price)
Family Movie Night!
Come and enjoy a nice evening with family & friends and watch a movie on the big screen at the Fridley High School Auditorium!
This event is FREE of charge! Concessions will be available for $1 each. No registration required. Doors open at 6:30 PM and the movie begins at 7:00 PM.

Spring Movie Dates:
• April 10
• May 15

Call 763-502-5100 or stop by the Fridley Community Center for a list of movies that will be showing.

Beginning Band: Spring Bootcamp (Grades 4-7)
#2410
Are you interested in being in Band in Middle School? Now's your chance to try it out! Spring lesson sessions will take place at Hayes Elementary, Stevenson Elementary and Fridley Middle School beginning April 6th. Be sure to indicate what instrument you'd like to play in the notes. Beginning Lessons will cost $70 for 5, 70 Minute Lessons.

Class: #2410A (Flute/Clari/Sax)
Date: Mon-Fri/April 6 - 10
Time: 3:30-5 PM
Site: HES-Room 106
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2410B (Brass)
Date: Mon-Fri/April 13 - 17
Time: 3:30-5 PM
Site: HES-Room 106
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2410C (Flute/Clari/Sax)
Date: Mon-Fri/April 20 - 24
Time: 3:30-5 PM
Site: SES-Room 125
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2410D (Brass)
Date: Mon-Fri/May 1
Time: 3:30-5 PM
Site: SES-Room 125
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2410E (All Instruments)
Date: Mon-Fri/May 18 - 22
Time: 3:30-5 PM
Site: FMS-Room 160 (Band Room)
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Questions?
Call Mr. Berger at 763-502-5594 or email at blair.berger@fridley.k12.mn.us

Beginning Band: Summer Bootcamp (Grades 5-8)
#2420
Are you interested in being in Band in Middle School? Now's your chance to try it out! See Schedules below and be sure to sign up for the class that indicates the instrument you are playing. Lessons will cost $70 for 5, 60 Minute Lessons.

Class: #2420A (Percussion)
Date: Mon-Fri/Aug 17 - 21
Time: 2-3 PM
Site: FMS-Room 160 (Band Room)
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2420B (Brass)
Date: Mon-Fri/Aug 17 - 21
Time: 3-4 PM
Site: FMS-Room 160 (Band Room)
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2420C (Flute/Oboe)
Date: Mon-Fri/Aug 17 - 21
Time: 4-5 PM
Site: FMS-Room 160 (Band Room)
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2420D (Clari/Sax)
Date: Mon-Fri/Aug 17 - 21
Time: 5-6 PM
Site: FMS-Room 160 (Band Room)
Instr.: Blair Berger
Cost: $70.00 (5 sessions)

Class: #2420E (All Instruments)
Date: June 9 - Jul 21
Time: By Appointment
Cost: $90 (6 Sessions)

Music
Piano Lessons
Take advantage of this accomplished musician's 20+ years of teaching experience. Private half hour beginner to advanced piano lessons for ages 7 to 70! These half hour sessions, once a week, will include theory, technique, note-reading, sight reading, ear training, chording and even a recital (if enough of you sign up)! A $15 one time material fee is payable to instructor for books.

Dates: T&Th/By Appointment
Time: PM Time Slots
Site: FCC Room TBD
Instr.: Jayne Kretzmann
Cost: $160 (8 Sessions)
Sports & Fitness

Matstalkers (K-12) - Freestyle/Greco Wrestling
#2700

Join Coach Pat Smith for Spring freestyle and greco wrestling.
Coach Pat Smith:
- University of Minnesota Wrestler
- Greco Roman National Champion
- University World Silver Medalist
- University Freestyle National Champ
- 3X Sr. Open All-American
- Fila Jr. Greco Roman National Finalist
- Jr. Greco Roman National Finalist
- High School All-American
- 8X USA Wrestling All-American
dates
Tue & Thur/April 7 - May 14
time
6:30-8 PM
Site
FHS-Wrestling Area
Instr.
Pat Smith
cost
$35 (12 sessions)

Bearfoot Karate with Chief Instructor Joe Hoglund
Any Questions please contact Joe Hoglund at: 763-221-4393. Location address: 351-83rd Ave NE Spring Lake Park, MN 55432. Learn more at: BearfootKarate.com

Preschool Karate (Ages 4-5)
#2701
Join Chief Instructor Joe Hoglund at Bearfoot Karate in this fun introduction to Bearfoot Karate basics for cubs. Through games with skills and drills, this class teaches students the moves, curriculum, and protocol that they need at the start of their journey in martial arts. Classes by design help to increase values like self-control, focus, confidence, self-esteem, assertiveness, teamwork, manners, respect, and attitude. We request all NEW students come 10 minutes early to the first two classes to allow for uniform fitting and meet and greet. A $22 fee for Karate Uniform and Belt is payable to instructor.
Class #2701A
dates
Thur/May 7 - 28
time
3:45-5 PM
Site
SES-Cafeteria
Instr.
Fridley Youth Enrichment
cost
$25.00 (4 sessions)

Class #2701B
dates
Wed/May 6 - 27
time
3:45-5 PM
Site
HES-Cafeteria
Instr.
Fridley Youth Enrichment
cost
$25.00 (4 sessions)

Special Events & Activities

Coming Soon!

Watch for our Summer Activities flier for more information on field trips and other special outings through Fridley Youth Enrichment! For more details call 763-502-5106.

Upcoming Trips:
- MOA: Nickelodeon Universe
- Adventure Club
- Bunker Beach
- And more!

Fridley Public Schools is proud to once again participate in the USDA’s Summer Food Service Program!
The program provides free lunch to children ages 18 years and under.

When: June 9 to July 9
Where: Fridley High School Cafeteria
More Info: 763-502-5022
Intro to Tae Kwon Do (Ages 6+)
#2702
Join Chief Instructor Joe Hoglund at Bearfoot Karate Studio in this introductory Tae Kwon Do program where children can learn respect, courtesy and self-control while participating in a well-rounded martial arts program. After the 8 classes you will be eligible for a testing certification. This is a great class for parents and children to get fit and enjoy time together, so parents interested sign up too! We request all NEW students come 10 minutes early to the first two classes to allow for uniform fitting and meet and greet. A $25 fee for Karate Uniform and Belt is payable to instructor.

Class #2702A
dates Thu/Nov 2 - May 21
time 6:55-7:40 PM
Site Bearfoot Karate Studio
cost $56.00 (8 sessions)

Class #2702B
dates Sat/May 16 - July 11
time 10:40-11:25 AM
Site Bearfoot Karate Studio
cost $56.00 (8 sessions)

Class #2702C
dates Thur/May 28 - July 16
time 6:55-7:40 PM
Site Bearfoot Karate Studio
cost $56.00 (8 sessions)

Class #2702D
dates Sat/July 18 - Sept. 5
time 10:40-11:25 AM
Site Bearfoot Karate Studio
cost $56.00 (8 sessions)

Class #2702E
dates Thur/July 30 - Sept 10
time 6:55-7:40 PM
Site Bearfoot Karate Studio
cost $56.00 (8 sessions)

Preschool Yoga (Ages 3-6)
#2705
Join instructor Roxanne as she uses storytelling to introduce Yoga to your little one. During each session, yoga poses, movement and music coincide with a storybook to engage children's minds and bodies. A great beginning class for young children and for siblings. Parents are welcome to join in or just watch. Wear comfy clothes. Mats are provided.

Class #2705A (No Class July 4.)
dates Sat/Apr 11 - May 16
time 9-9:45 AM
Site FCC-Room 116
instr. Roxanne Slater-Olson
cost $42.00 (6 sessions)

Class #2705B
dates Sat/Jun 13 - Aug 1
Site FCC-Room 116
instr. Roxanne Slater-Olson
cost $42.00 (6 sessions)

Softball Summer Clinic (Gr. K-8)
#2704
Join Fridley Varsity Softball Coach Nora Antil, her staff and players for a summer Softball all-around skills camp. This is a great opportunity to work on the fundamentals of hitting, throwing, fielding, and other areas of the game before spring tryouts. Groups will be split up based on age and skill level so proper instruction can be provided. All skill levels are welcome. See you there! No class June 28, July 5, 12 and 19.

dates Sun/Jun 7 - Aug 2
time 12:30-2 PM
Site FHS-Varsity Softball (Field 4)
instr. Nora Antil
cost $25.00 (5 sessions)

Track and Field (Gr. 5-6)
#2607
Sponsored by Fridley PEP Grant, Coaches Eric Anderson and Christine Nalepka will introduce students to different track and field events. Fundamentals and technique will be emphasized. There will be an end of season track meet May 21 at FHS starting at 3:30 PM. No activity bus will be available after the track meet.

dates Tue & Thur/April 21 - May 21
time 3:20-4:20 PM
Site FMS-Track
cost Free (14 sessions)

Yoga For Kids (Ages 6-12)
#2706
Children will explore yoga poses, breathing and relaxation through art, games, music and more! We will build healthy bodies, hearts, and minds through imaginative and cooperative play. Children will have fun while developing balance, confidence, flexibility, and focus in this active class. Wear comfy clothes. Mats provided.

Class #2706A
dates Sat/Apr 7 - May 12
Site FCC-Room 116
instr. Roxanne Slater-Olson
cost $48.00 (6 sessions)

Class #2706B
dates Sat/Jun 30 - Aug 1
Site FCC-Room 116
instr. Roxanne Slater-Olson
cost $48.00 (6 sessions)

Youth Enrichment

Fridley Public Schools is proud to participate in the USDA’s Free Summer Food Service Program!

More Info: 763-502-5022
Youth Enrichment

Soccer Clinic, Co-Ed (Grades 4-12)  
#2750

Varsity Soccer Coach Zachery Bobick will run this camp focused on basic soccer fundamentals, lead-up games and drills. Each participant will receive individual feedback with an emphasis on development and improvement. There is no cost for this clinic, however registration is still required.

Class  
#2750A (Gr. 9-12)  
Dates  
Mon-Wed/June 8 - July 1  
Time  
12:30-2:30 PM  
Site  
FMS-West Soccer Field  
Cost  
Free (12 sessions)

Class  
#2750B (Gr. 4-8)  
Dates  
Wed/June 8 - July 1  
Time  
2:30-4 PM  
Site  
FMS-West Soccer Field  
Cost  
Free (4 sessions)

Tennis (Grades 2-12)  
#2715

Compared to club prices, this program is a bargain. Anthony Branitski is a club professional instructor as well as the Fridley Varsity Boys' Tennis Coach. He will instruct students in all aspects of tennis from stroke improvement, agility and fitness to tennis match strategy. This camp will benefit both the beginner and accomplished tennis player. Bring a racket if you have one, if not we can supply one for use. Each camp participant will also receive a punch pass good for (5) FREE Fridley Tiger sporting events. Rainouts will not be rescheduled. If ever in doubt due to weather please call the Tennis Hotline: (763) 502-5112 - 30 minutes before class. (Campers that qualify for free or reduced lunch are eligible for a 50% fee reduction) No class July 6-8.

Class  
#2715A (Gr. 2-4)  
Dates  
Fri/June 12  
Time  
9-10 AM  
Site  
FCC-South Field  
Cost  
$5.00 (1 session)

Class  
#2715B (Gr. 5-8)  
Dates  
Fri/June 12  
Time  
10-11 AM  
Site  
FCC-South Field  
Cost  
$5.00 (1 session)

Golf Clinic, Co-Ed (Grades 3-8)  
#2745

Fridley High School Golf Coach, Gary Lind, will lead students through the fundamentals of golf. Basic swing fundamentals as well as golf rules and etiquette will be emphasized. If you have your own clubs, bring them. If you do not, we will provide students with short irons. The intent is to expose students to the great game in a safe and fun atmosphere.

Class  
#2745A (Gr. 3-4)  
Date  
Fri/June 12  
Time  
9-10 AM  
Site  
FCC-South Field  
Cost  
$5.00 (1 session)

Class  
#2745B (Gr. 5-8)  
Date  
Fri/June 12  
Time  
10-11 AM  
Site  
FCC-South Field  
Cost  
$5.00 (1 session)

Football Skills Camp (Grades 1-6)  
#2735

Players will learn the basic fundamentals of football through special drills and direct instruction from Fridley football coaches and varsity players. We will incorporate the fundamentals of offense, defense, and special teams. There will be games and activities that create a great atmosphere for youngsters to learn the game of football and have FUN! All participants will receive a t-shirt! Each camp participant will also receive a punch pass good for (5) FREE Fridley Tiger sporting events.

Class  
#2715A (Gr. 2-4)  
Dates  
Mon-Wed/June 8 - July 15  
Time  
10:30-11:30 AM  
Site  
FHS-Tennis Courts  
Cost  
$75.00 (15 sessions)

Class  
#2715B (Gr. 5-8)  
Dates  
Mon-Wed/June 8 - July 15  
Time  
12-1:30 PM  
Site  
FHS-Tennis Courts  
Cost  
$110.00 (15 sessions)

Class  
#2715C (Gr. 9-12)  
Dates  
Mon-Wed/June 8 - July 15  
Time  
9-10:30 AM  
Site  
FHS-Tennis Courts  
Cost  
$110.00 (15 sessions)

Summer Golf League (Ages 9-18)

Summer Golf League will be held at Centerbrook Golf Course in Brooklyn Center on Wednesdays beginning June 18 running through August 20. It will cost $10.50 a week with an option to receive 3 weeks of 1 hour golf instruction, plus one round of 9-hole golf for $11 a week. Contact Pat Barrett, Fridley High School Girls' Varsity Girls' Coach, at (763)-502-5719 or pat.barrett@fridley.k12.mn.us for more details and registration information.
Youth Enrichment

Future Tigers Boys’ and Girls’ Basketball (Grades 1-4)  #2720
Each student will learn the basic fundamentals of the game: Running, pivoting, passing, ball handling, catching, jumping, and shooting. There will be a lot of shooting and dribbling games along with games of 1 on 1 up to 4 on 4. The High School Boys’ and Girls’ Varsity Coaches, Jim MacDonald, Erik Redepenning along with assistant coaches will run camp along with current varsity players. Each student will receive a camp shirt and basketball prizes. Participants will receive a Fridley (5) game punch pass to get into any high school game free!

Class  #2720A (Gr. K-2)
Dates  Mon-Thu/June 15 - 18
Time  9-10:15 AM
Site  HES-Gym
Cost  $25.00 (4 sessions)

Class  #2720B (Gr. 3-4)
Dates  Mon-Thu/June 15 - 18
Time  10:30 AM - 12 PM
Site  HES-Gym
Cost  $25.00 (4 sessions)

Swimming Club (Grades 5-12)  #2727
Led by the coaching staff of Fridley Girls’ and Boys’ Swimming team, this is a club where competitive swimming is the focus. All competitive strokes will be taught with an emphasis on individual improvement. Attendance is not required. The Swim Camp is included with registration. No class July 6-9.

Dates  Mon-Thu/June 15 - July 30
Time  4:30-6:30 PM
Site  FMS-Pool
Cost  $130.00 (26 sessions)

Tiger Boys’ and Girls’ Basketball (Grades 5-8)  #2722
This camp will stress fundamentals, individual basketball skills, shooting form, passing, screening, cutting, and ball handling. Team play will consist of games of 2 on 2 up to 5 on 5 transition games. We will have varsity coaches, former players and college coaches working the camp. All campers will receive a camp shirt and prizes.

Class  #2722A (Gr. 5-6)
Dates  Mon-Thu/June 15 - 25
Time  8-10 AM
Site  FHS-Gym
Cost  $45.00 (8 sessions)

Class  #2722B (Gr. 7-8)
Dates  Mon-Thu/June 15 - 25
Time  10 AM - 12 PM
Site  FHS-Gym
Cost  $45.00 (8 sessions)

NEW-Fridley Girls Summer Volleyball Camps (Grades 7-12)  #2730
This is a great introduction to begin and continue learning the game of volleyball. We will have varsity coaches, former players and guest coaches working the camp. All campers will receive a camp shirt and prizes. Players should dress accordingly; tennis shoes, shorts, and a t-shirt (NO TANK TOPS!). Players should also bring a water bottle. Participants will receive a Fridley (5) game punch pass to get into any high school game free!

Class  #2730A (Gr. 7-8)
Dates  Mon-Thu/June 15 - 18
Time  1:30-3 PM
Site  FHS-Gym
Cost  $25.00 (4 sessions)

Class  #2730B (Gr. 9-12)
Dates  Mon-Thu/June 22 - 25
Time  1-3 PM
Site  FHS-Gym
Cost  $35.00 (4 sessions)

Swimming Camp (Grades 5-12)  #2727
Led by the coaching staff of the Fridley Girls’ and Boy’ Swimming Team this camp will work to improve participants competitive swimming skills and techniques. We will cover all four of the competitive strokes (butterfly, backstroke, breaststroke, and freestyle) with drills and demonstrations. Participants will gain a working knowledge of good stroke technique and will hone existing skills.

Dates  Mon-Thu/July 20 -23
Time  3-6 PM
Site  FMS-Pool
Cost  $55.00 (4 sessions)

Theatre Arts

Fridley Community Theatre: Youth Production (Ages 9-15)  #2805
Fridley Community Theatre’s 2015 summer Youth Production is Disney’s My Son Pinocchio, Jr. Students will learn music, dialogue and choreography for a fully staged production with set, lights and costumes. Everyone who enrolls will perform on stage. Participants will audition for cast roles during the first week of rehearsal. Please bring a snack to each rehearsal. Performances will be on Friday July 10 at 7:00 pm and Saturday July 11 at 3:00 pm. An information packet will be emailed to all participants in mid-May. If you anticipate two or more absences during the rehearsal process or plan to miss either performance, please contact Rachel Cathy at rachel.cathy@fridley.k12.mn.us or Dan Wold at Dan.Wold@fridley.k12.mn.us before you apply to ensure that your plans do not conflict with the needs of the production.

Dates  M,T,W/F/June 15 - July 10
Time  12:30-4 PM, No Class 7/3, 7/6
Site  FHS-Aud., (Th class on 7/9)
Instr.  Rachel Cathy
Cost  $75.00 (15 sessions)
Early Childhood Programs

What is ECFE?

ECFE stands for Early Childhood Family Education. We know that children benefit when they attend a high-quality early childhood program. But what about parents? Raising young children is a challenging adventure for all parents, and it’s also one of the most rewarding things you’ll ever do. Early Childhood Family Education offers all Minnesota families with children from birth to kindergarten age resources to help with this important job of parenting.

ECFE offers you and your children:

- Fun, parent/child activities which encourage learning
- The chance to make new friends (for parents and children)
- Information and support for parents
- An educational play program led by professionals

Fridley’s Early Childhood Family Education offers:

- The Creative Play Center (CPC) drop in center
- Infant/Toddler/Preschool
- Parent/Child classes
- Home Visits
- Mixed age Parent/Child classes
- Preschool classes
- Clase en español para familias

Come for your child, stay for yourself!

ECFE Classes

Many ECFE classes began in January and run through May. Occasionally an opening will become available. Call 763-502-5124 for information and space availability.

FRIDLEY PUBLIC SCHOOLS

2015-2016 KINDERGARTEN REGISTRATION

Stevenson Elementary School:
April 13, 2015, 6:15-7:30 pm.

For more information please contact:
Stevenson Elementary,
6080 East River Road
763-502-5302

Hayes Elementary School:
April 14, 2015, 5-7 pm.

For more information please contact:
Hayes Elementary,
615 Mississippi Street
763-502-5202

Fridley Public Schools
is proud to once again participate in the USDA’s Summer Food Service Program!

The program provides free lunch to children ages 18 years and under.

When: June 9 to July 9
Where: Fridley High School Cafeteria
More Info: 763-502-5022

Contact Information:

ECFE, School Readiness & Screening Coordinator
Joan Lenzmeier
763-502-5124

Creative Play Center & Home Visits
Mary Eggert
763-502-5123

Parent Educator
Vikki Queenan
763-502-5122

Early Childhood Teacher
Jennifer Petersen
763-502-5138

Early Childhood Teacher
Jessica Row
763-502-5267

Early Childhood Teacher
Ayn Leitschuh
763-502-5377

CLASS CATALOG | SPRING/SUMMER 2015
Early Childhood Programs

Preschool Information

We are proud to offer 4 star rated preschool programs to prepare your child for school success.

Parent Aware Rated Program

Highest Possible Rating

Preschool Classes

2015-16 Preschool Registration Information:

The random drawing will be held April 6.

Random Drawing Process:

Our random drawing process gives everyone an equal chance to receive their first choice of class. After the random drawing you will be notified if you did not get your first choice of class. After April 6, registration is on a first-come, first-serve basis depending on space availability.

General Preschool Information:

Classes are held from September to May at Stevenson & Hayes elementary schools and at the Fridley Community Center. Morning & afternoon times are available. Sliding fee scale is available for classes located at the Fridley Community Education Center and eligible families can apply for scholarships for the PYP preschools at Hayes and Stevenson. Maximum class size in all classes is 20 children.

PYP Preschool

Fridley is now proud to be offering the International Baccalaureate Primary Years Program (PYP) for 3 and 4 year olds at both Hayes and Stevenson Elementary since the fall of 2013.

At the heart of the PYP philosophy is a commitment to structured inquiry as an ideal vehicle for learning, especially for young children! This engaging pre-school program will emphasize the following:

- Active, hands-on learning
- Conceptual learning that leads to deep understanding along with the acquisition of basic facts
- Meaningful, relevant learning experiences
- Co-operative learning and development of social skills
- Individualized instruction to meet each students’ needs, abilities, interests, and learning styles

This is a wonderful opportunity for students to develop a strong sense of self, to build confidence in mastering projects on their own, and to prepare themselves for ongoing IB education as independent learners. Registration priority will be given to 4 year old children who are entering kindergarten in fall of 2016.

Stevenson PYP preschool:

(Children must be 3 or 4 years of age by September 1, 2015)

Full school year:
5 days/week

Parents provide transportation.

Class Information:

Section #1: Mornings: 9:15-11:45 AM
Section #2: Afternoons: 1–3:15 PM
Location: Stevenson Elementary
Tuition: 9 tuition payments: $225/mo.
(Sliding fee scale is not available for this class. Eligible families may apply for scholarships. We are 4 star Parent Aware rated and accept State Pathway I scholarships.)

Hayes PYP preschool:

(Children must be 3 or 4 years of age by September 1, 2015)

Full school year:
5 days/week

Parents provide transportation.

Section #1: Mornings: 9:15-11:45 AM
Section #2: Afternoons: 1–3:15 PM
Location: Hayes Elementary
Tuition: 9 tuition payments: $225/mo.
(Sliding fee scale is not available for this class. Eligible families may apply for scholarships. We are 4 star Parent Aware rated and accept State Pathway I scholarships.)
Preschool classes

4 years olds only, for children entering kindergarten fall 2016

All classes held at:
Fridley Community Center
6085 Seventh St. NE

Two or Three days-a-week classes:
Morning or Afternoon sessions
(For 4 year olds only - Children must be 4 years old by September 1, 2015)

Our Pre-K classes are designed to engage children in active learning that is developmentally appropriate. Participating in activities that are selected specifically for young children helps preschoolers develop early reading, writing, science, art, and math skills. Our curriculum follows the guidelines set by the State Early Childhood Indicators of Progress. All classrooms provide inclusion for children with special needs.

No one will be denied participation due to inability to pay. Transportation can be provided for a fee, if needed for the morning session. The sliding fee scale is available for eligible families.

Pre-K Section A:

Days: Monday & Wednesday
• 2 days/week - mornings
• All year program
Time: 9:45 AM - 12 PM
Location: Fridley Community Center
Tuition: 9 tuition payments: $86/mo.

Transportation can be provided for a nominal fee, based on our sliding fee schedule, if needed for the morning session. The sliding fee scale is available for eligible families. To apply (after the random drawing) families fill out an application for reduced tuition.

Pre-K Section B:

Days: Monday, Wednesday & Friday
• 3 days/week - afternoons
• All year program
Time: 1:15-3:30 PM
Location: Fridley Community Center
Tuition: 9 tuition payments: $110/mo.

Parents provide transportation, no bussing is available.

Sliding fee scale is available for eligible families. Transportation can be provided for a fee, if needed for the morning session. The sliding fee scale is available for eligible families. To apply (after the random drawing) families fill out an application for reduced tuition.

No one will be denied participation due to inability to pay. Transportation can be provided for a fee, if needed for the morning session. The sliding fee scale is available for eligible families.
Early Childhood Programs

Creative Play Center

See the world through your child’s eyes. Be a kid again yourself! Play in the sand. Make a playdough pie. Paint a picture. Build a tower. Make new friends. Give your child the opportunity to learn social skills. Leave household chores behind – they can wait! Delight in the joys of parenting by giving your child the gift of your time.

**DAYS**  Monday - Thursday  
**TIME**  9:30-11:30 AM  
**SITE**  FCC-Room 131/132  
**Fees**  See page 37 for details

See the calendar for information on special activities. Play for the morning and then enjoy group time through music, stories or parachute play.

Wishing all of you a fun and safe summer! Thanks for being part of the Creative Play Center “family” this past year. I have loved getting to know you and your children. My hope is that you came as a visitor and left as a friend.

For more information or if you have questions, please call Mary Eggert at 763-502-5123.

Celebrate Your Birthday!

If you would like your Creative Play Center friends to sing Happy Birthday to you, please let Mary know and we will gather around 10:30am that morning to sing to the birthday child. You may also bring a store-bought treat to share. (No peanut products, please)

Morning Creative Play Center Calendar

**APRIL**

Apr 6-9  This week’s crafts involve different types of painting…wear clothes for messy fun!  
Apr 6 – Wheeling Around 9:45-10:30am  
Apr 8 – Parachute Play 11:15am  
Apr 13 – Wheeling Around 9:45-10:30am  
Apr 16 - Letter Bingo 11:15am  
Apr 20 – Wheeling Around 9:45-10:30am  
Apr 21 - Music & Movement 11:15am  
Apr 27 – Wheeling Around 9:45-10:30am  
Apr 30 – Story Time 11:15am

**MAY**

May 4 – Wheeling Around 9:45-10:30am  
May 6 - Parachute Play 11:15am  
May 11 – Wheeling Around 9:45-10:30am  
May 14 - Last Day of the Creative Play Center and Picnic and Ice Cream Social 11:15am (Bring your favorite picnic lunch and a blanket to sit on and we will provide the ice cream treat) ***No additional cost but please sign up in Room 131 by May 8***
Early Childhood Programs

Early Childhood Screening

What is Early Childhood screening? Screening is an early look at how your child is growing and developing. Between the ages of 3 ½ and 4, screening can detect possible health or learning concerns, so that children can get help before they start school. *Minnesota requires every child to participate in an Early Childhood Screening prior to entry into kindergarten in a public school.*

Appointments are necessary. To schedule an appointment please call 763-502-5124.

Screening dates:
March 24, 25, 26
May 27 & 28
August 26 & 27

Home Visits

Visits are scheduled for District 14 residents, at parent’s request, to provide information about Early Childhood Family Education programs, or to offer parent education and support to the family in their home. Families with new babies may contact the Early Childhood Family Education program to receive a free book and helpful information delivered by a staff member. Call 763-502-5123.

Help me GROW

While all young children grow and change at their own rate, some children experience delays in their development. Special health conditions may affect children’s development, too. MN children are eligible for services in their home, child care setting or school. These services are free to all families.

If you have questions about your child's development or if you think your child might need extra help, please contact your local health care provider or the Anoka Area Help Me Grow Central Intake at: 1-866-693-4769.

ECFE/School Readiness Advisory Council

Are you in an ECFE class? Do you come to the Creative Play Center? We want to invite you to be a part of our Advisory Council.

The Advisory Council:
- Offers ideas about classes, fees, and special events
- Provides ideas for our web pages
- Helps shape the direction of our programs
- Gives staff feedback
- Supports ongoing fundraisers, such as Food Perspectives food tasting and Labels for Education.

The Council meets once a month. Most meetings are the second Wednesday of the month from 6:30 – 8:00 pm. All parents are welcome! Please call Joan at 763-502-5124 to have your questions answered.

We're Looking for the “New Kids in Town!”

Fridley’s Early Childhood program wants to support all families with infants. If you have a new baby at your house, and live in the Fridley School District, we would like to add your child to our district census to make sure that you get all appropriate mailings as your child grows and nears school age. You could also pick up or we could deliver a free book for your new baby. Call us today at 763-502-5123 to let us know about the new member of your family.
REGISTER:

- Online or by Phone with a Visa/MasterCard/Discover.
- At the FCC office.
- By Mail (using the form on page 38).

Offerings are filled by a Random Drawing: In an effort to give all families an equal opportunity to register for classes, registrations will be accepted during specified dates and a random drawing will be held to fill classes. ECFE classes and events are open to anyone who wishes to participate, however, Fridley School District residents will be given first priority. You will be contacted only if the class is filled or cancelled. The random drawing for classes will be held on April 6. After the random drawing, registration is on a first-come, first-serve basis depending on space availability.

Fees and Scholarships: Registrations are not final until fees have been paid or other arrangements have been made. Resident fee applies to those families living within Fridley School District 14. Non-residents pay a slightly higher fee. A sliding fee scale, based on gross family income, is available. If fees are a problem, please let us know. Scholarships are available. No one will be turned away because of inability to pay the fee.

Checks and Credit Card Payment: Checks should be made payable to ISD 14. Online or phone reservations must be charged to VISA, MasterCard or Discover. If you use a credit card to register by mail, please give account number, expiration date, and verification number. Registrations held with a credit card will be billed unless the participant cancels prior to the first class session.

Immunizations: Immunization information must be on file for each child participating in ECFE classes or the Creative Play Center.

Sibling Care: Sibling care will be offered for $4/child/class, when numbers warrant. Please let us know, when registering, if you need sibling care.

School Closing: If K-12 classes are cancelled due to severe weather conditions, ECFE classes will also be cancelled. Listen to WCCO radio, KARE 11 TV, or check the school district website at www.fridley.k12.mn.us (School Closing) for up to date information.

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Payment Option for the Creative Play Center

In addition to our 3 month unlimited visits pass, or the daily fee, we have added a punch card. All options apply for use with the sliding fee schedule based on your combined yearly income.

<table>
<thead>
<tr>
<th>3 month pass (40+ visits)</th>
<th>Daily fee</th>
<th>Punch Card for 11 visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;$70,000 ...... $70/family</td>
<td>$5.00/family</td>
<td>$50.00</td>
</tr>
<tr>
<td>&gt;$60,000 ...... $65</td>
<td>$4.00</td>
<td>$40.00</td>
</tr>
<tr>
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<tr>
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<td>$20.00</td>
</tr>
<tr>
<td>&lt;$19,999 ...... $20</td>
<td>$1.00</td>
<td>$10.00</td>
</tr>
</tbody>
</table>
Parent(s) Attending __________________________________________________________________________________
Home phone _______________________________________   Work/Cell ______________________________________
Address____________________________________________  City ___________________________Zip_____________
Children Attending:
1. Name _________________________ Birthdate _______    2. Name __________________________ Birthdate_______
3. Name _________________________ Birthdate _______    4. Name __________________________ Birthdate_______
Do you or your child have health or other special needs? _________________________________________________
Do you need sibling care?☐Yes ☐No

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Class Title</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Due: $ ___

See sliding fee schedule on this page. No one will be denied participation due to inability to pay.
Are you a Fridley School District resident? ___________ (If not, non-resident fees apply).

Payment Information: ☐Check enclosed (payable to ISD 14) Charge My: ☐Visa ☐MasterCard ☐ Discover
Card Number: __________________________________________________ Expiration Date: ____________
Signature _________________________________________________________________________________

Sliding Fee Scale
(If you are not a resident of the Fridley School District, please add $10 to the listed fee.)

<table>
<thead>
<tr>
<th>Yearly Gross</th>
<th>Parent/Child classes / 1 day per week</th>
<th>Non-Separating Infant Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Income</td>
<td>12 wks</td>
<td>13 wks</td>
</tr>
<tr>
<td>$70,000 or over</td>
<td>$113.00</td>
<td>$116.00</td>
</tr>
<tr>
<td>$60-69,000</td>
<td>$103.00</td>
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<td>$50-59,000</td>
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</tr>
<tr>
<td>$19,999 or less</td>
<td>$10.00</td>
<td>$10.00</td>
</tr>
</tbody>
</table>

Chart A

<table>
<thead>
<tr>
<th>Yearly Gross</th>
<th>Precious Preschool / 2 days per week</th>
<th>School Readiness/Pre-K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Income</td>
<td>12 wks</td>
<td>13 wks</td>
</tr>
<tr>
<td>70,000 or over</td>
<td>$145.00</td>
<td>$155.00</td>
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<tr>
<td>$60-69,000</td>
<td>$135.00</td>
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<td>$18.00</td>
<td>$28.00</td>
</tr>
<tr>
<td>$19,999 or less</td>
<td>$10.00</td>
<td>$10.00</td>
</tr>
</tbody>
</table>

Chart C

Chart B

Chart C

Chart D
Tiger Club offers high quality care for children from infancy through grade six. Fun activities, learning opportunities, an emphasis on social and emotional growth and a focus on school and community values are core to the Tiger Club programs. The goal is to accommodate working families while providing a secure and caring environment staffed by professional care practitioners.

Three specific programs within the Tiger Club meet the needs of each age group:

**Programs**

**Itsy Bitsy Tigers (IB Tigers)**
The Infant and Toddler portion of Tiger Club, is located at the Fridley Community Center and is both licensed by the Minnesota Department of Human Services and accredited by the National Association for the Education of Young Children. For Infants and Toddlers 6 weeks up to 36 months of age, a staff to child ratio of one to four with infants and one to seven for toddlers is maintained to provide small group and individual attention. Learning centers, indoor and outdoor play, circle time, music, stories, and outings contribute to a well-rounded development while preparing them for preschool. The hours of operation are from 6:30 a.m. to 5:30 p.m. year round.

**Tiny Tigers**
The preschool portion of Tiger Club, is located at the Fridley Community Center and is licensed by the Minnesota Department of Human Services and accredited by the National Association for the Education of Young Children. For preschoolers 3 to 5 years of age, a staff to child ratio of one to ten is maintained to provide small group and individual attention. Learning centers, indoor and outdoor play, circle time, music, stories and outings prepare young ones for their elementary school experience. The hours of operation are from 6:30 am to 5:30 p.m. year round.

**Tiger Time**
Tiger Time is the School Age component, is for students grades Kindergarten - 6th. Tiger Time offers a before and after school program located at Hayes and Stevenson Elementary Schools for grades K-4 during the school year. On Non-School days and throughout summer, Tiger Time offers all day care for grades K-6th at the Fridley Community Center. Tiger Time staff are members of Minnesota School-Age Childcare Association (MnSACA) and are trained in “out of school time” curriculum planning. Our program is an ideal place where students can explore their interests in a variety of fun and challenging activities designed to build confidence and foster independence in a safe, nurturing environment. Whether attending the K-4 Before & After School program or the K-6 non-school day/summer program, Tiger Time is open 6 a.m. until 6 p.m.

*(Tiger Club does not offer before & after school care for grades 5 and 6)*

**Children will enjoy:**
- Daily gym and playground activities
- Math and Science activities
- Creative and dramatic play
- Art & literacy opportunities
- Supervised Screen time
- Field trips & Themed Activities on non school days
- Festivals and Special Events
- Community Service projects

*Part-time and full-time options are available.*
Tiger Club Rates

**Itsy Bitsy Tigers**

Ages 6 Weeks up to 20 Months  
Full Time Infant Childcare:  
Tuition: $320 per five day week

Ages 18-20 Months to 36 Months  
Full Time Toddler Childcare:  
Tuition: $263 per five day week

Part Time Childcare:  
Three to four days per week schedules may be available, depending on current enrollment.

**Registration Fee:** $35 per child, required at time of registration. This is a non-refundable fee.

**Deposit:** 2-Week Deposit Required for Infant Contracts.

**Tiny Tigers**

Ages 3-5 years  
Full Time Childcare:  
Tuition: $219 per five day week

**Registration Fee:** $25 per child, required at time of registration. This is a non-refundable fee.

**Part Time Childcare:**  
Three to four days per week schedules may be available, depending on current enrollment.

**Tiger Time**

‘14/’15 Before & After School Care:  
Grades K- 4  
$100/week - Full time (AM & PM)  
$75/week - Part time (AM or PM)

*(Daily rates also available; weekly set schedule required)*

‘14/’15 Non-School Day Care:  
Grades K- 6  
Daily rate - $37 per child.

**Registration fee:** $15 per child, required at time of Registration (non-refundable).

New registration required every school year regardless of summer attendance.

**Contact Information**

Tiger Club Coordinator  
Kristi Sabby  
763-502-5119

Tiger Club Assistant Coordinator  
Sally Hanson  
763-502-5135

**Itsy Bitsy (Infants)**  
Christine Haubach  
763-502-5142

**Itsy Bitsy (Toddlers)**  
Christine Haubach  
763-502-5120

**Tiny Tigers Preschool (3 yr)**  
Roxanne Slater-Olsen  
763-502-5130

**Tiny Tigers Preschool (4/5 yr)**  
Cyndee Weber  
763-502-5129

**Tiger Time (Stevenson)**  
Lindsey Crawford  
763-331-1123

**Tiger Time (Hayes)**  
Kim Imholte  
763-331-1124
Looking for a summer program that will keep your kids entertained, challenged and moving all summer long? A program in your neighborhood where they’ll be greeted by old friends and definitely make some new ones? Look no further! Tiger Club Summer Program is for Children entering grades K-6. Come join our Celebration of Summer and check out all we have to offer!

Registration for summer opens March 23rd!

Register online at: https://fridley.feepay.com

The Summer Program is held at: Fridley Community Center 6085 7th Street NE

Program Information:
Days Open: Monday through Friday Dates: June 8th – August 28th Time: 6 AM - 6 PM

Children will enjoy:
• Daily Gym and Playground time
• Daily Creative and Dramatic Play Time
• Daily Supervised Screen time
• Daily Meals: Breakfast, Lunch and Snack
• Weekly Art, Literacy, Math and Science activities
• Weekly Fieldtrip and/or themed activities (Wednesdays)
• Weekly Open Swim (K-2nd on Tuesdays / 3rd-6th on Thursdays)
• Weekly Club offerings created by our Tiger Club Staff
• Transportation to and from Summer School,
• Swimming lessons, and other local activities
• Plus many other additional outings, adventures and enrichment opportunities!

2015 Fieldtrips will include:
• MOA Nickelodeon Universe
• Bunker Beach
• Circus Juventas
• Hyland Park
• Valleyfair
• Cascade Bay
• And Many More!

Check it out!
We are pleased to now offer an all inclusive rate for summer!

K-6 Summer Rate Information:
Registration Fee: $20.00 (includes Summer T-shirt; Non-Refundable)
Daily Rate: $45.00
(Drop In / Late Register daily rate: $50.00)

All Inclusive Daily Rate Includes:
• Weekly Field trips
• Open Swim
• Clubs
• Mini-Trips
• Daily Breakfast, Lunch and Snack

Flexible “Pick Your Days” Schedule:
*Note: Schedules must be set two weeks in advance.
New Registration required every summer regardless of school year attendance.

Summer Registration deadline: May 15th!

Information or Questions contact:
Sally Hanson (Assistant Coordinator) at 763-502-5135 or email at: sally.hanson@fridley.k12.mn.us
Students must provide their own suits and towels. Goggles and pool shoes are optional. It is advisable to leave valuables at home. All classes must meet a minimum of 3 students in order to run. Classes that don't meet the minimum may be combined with the same level at another time or may be cancelled. Student to teacher ratio is 6:1 unless otherwise specified.

CLASS DESCRIPTIONS

Young Swimmer Lessons
(Ages 6 month to 6 years)
These lessons are specifically catered to younger ages. All of our young swimmer lessons are 25 minutes in length and have two instructors for more individualized attention. If you have any questions about these lessons please call 763-502-5106.

Parent & Child (Ages 6 months - 4 years)
Provides students an entry into aquatics and teaches parents basic skills for working with children in an aquatic environment. This course emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs. Students will learn safety entry and exits to and from the water as well as to submerge their mouth, nose and eyes in the water. Parents please note: plastic pants with tight elastic around the leg must be worn in addition to a swim diaper or suit. A parent MUST accompany their child in the water. Student/teacher ratio is 10:2.

Preschool (Ages 3-4)
In this introductory class, students will learn to enter safely into the pool, to blow bubbles through their mouth and nose, to submerge their eyes, nose, and mouth in the water, to float on front and back, to use arm and leg actions, and water safety. Student/teacher ratio is 6:2.

Level 1 - Introduction to Water Skills (5/6 yr olds only)
Swimmers learn to submerge mouth, nose, and eyes; float on front and back; swim on front and back using arm and leg action; tread water; and water safety. Students must be five years old to be in Level 1. Student/teacher ratio is 6:2.

Regular Lessons (Ages 5 and up)

Level 1 - Introduction to Water Skills
Swimmers learn to submerge mouth, nose, and eyes; float on front and back; swim on front and back using arm and leg action; tread water; and water safety. Students must be five years old to be in Level 1.

Level 2 - Fundamental Aquatic Skills
Swimmers learn to jump from side of pool, roll over from front to back, tread water, swim on side, and swim on front and back using combined strokes.

Level 3 - Stroke Development
Swimmers learn to jump into deep water, diving from kneeling and standing, survival float and back float, front and back crawl, and water safety.

Level 4 - Stroke Improvement
Students will learn to swim under water utilizing the front crawl and backstroke open turns, survival swimming, treading water, and water safety. They will also learn the basics of these strokes: breaststroke, sidestroke, and butterfly.

Level 5 - Stroke Refinement
These lessons teach further coordination and refinement of strokes. Swimmers learn the front flip turn, backstroke flip turn, breaststroke, butterfly, sidestroke, and water safety.

Level 6 - Skill Proficiency/Fitness Swimmer
These lessons refine the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances up to 100 yards. Students will swim to improve their fitness level as they refine their strokes.

Level 7 - Competitive Swimmer Development Course
This course will focus on getting you prepared to take the next step to competitive swimming or get you ready for the next swim season. All competitive strokes will be taught and individual improvement will be the focus. We will work on competitive swimming skills like stroke techniques, endurance, starts, and turns. Student/teacher ratio 15:1.

Female Only Lessons Level 1 or 2
These lessons are reserved for women who, due to religious considerations, require a female only environment for swimming. To determine if you should be in Female Only Level 1 or 2, please see descriptions for Swimming Lessons Level 1 & 2 as these are the basic skills taught in Female Only Level 1, see Levels 3 and above as these are the basic skills taught in Female Only Level 2.

Private Lessons
These lessons will be available for those interested in more focused swim lesson. Instructors will cater the class to meet specific student needs and abilities. Please call 763-502-5106 to schedule a private lesson. Cost is $15 per 40 minute session.
SPRING 2015 SWIM SCHEDULE

Fridley Middle School Pool, 6100 West Moore Lake Drive

Lessons

Tuesday & Thursday Evenings:
Tuesday & Thursday Evenings, May 5 – June 4 (8 sessions) NO CLASS May 7 & May 12

Regular Lessons (Ages 5 and up)
Class Time: 40 Minutes Cost: $59
6:30-7:10  7:15-7:55  8:15-8:55
Level 1 #3001A  Level 1 #3001B  Female Only Lessons #3091A
Level 2 #3002A  Level 2 #3002B  Female Only Lessons #3091B
Level 3 #3003A  Level 4 #3004A

Young Swimmer Lessons (Ages 6 month to 5 years)
Class Time: 25 Minutes Cost: $49
6:30-6:55  7:00-7:25  7:30-7:55
Parent Child #3000A  Preschool #3008A  Level 1 #3001C

Saturdays:
Saturdays, May 9 – June 27 (8 sessions)

Regular Lessons (Ages 5 and up)
Class Time: 40 Minutes Cost: $59
9:30-10:10  10:15-10:55  11:00-11:40  11:45-12:25
Level 1 #3001D  Level 1 #3001E  Level 1 #3001F  Level 2 #3002F
Level 2 #3002C  Level 2 #3002D  Level 2 #3002E  Level 3 #3003D
Level 3 #3003B  Level 3 #3003C  Level 5/6 #3056A  Level 4 #3004C
Level 4 #3004B

Young Swimmer Lessons (Ages 6 month to 5 years)
Class Time: 25 Minutes Cost: $49
10:15-10:40  10:45-11:10  11:15-11:40  11:45-12:10
Preschool #3008B  Parent/Child #3000B  Preschool #3008C  Level 1 (5/6yr olds only) #3001G

Open Swim:
Saturdays, May 9 – June 27 (8 sessions), 1-3 PM
$3/person, $9/family (family of 6, must include 1 adult)

SUMMER 2015 SWIM SCHEDULE

Daytime Lessons

Session 1: Monday – Thursday, June 15 – 25 (8 Sessions)

Regular Lessons (Ages 5 and up)
Class Time: 40 Minutes Cost: $59
9:30-10:10  10:15-10:55  11:00-11:40  11:45-12:25
Level 1 #3001H  Level 1 #3001I  Level 1 #3001J  Level 1 #3001K
Level 2 #3002G  Level 2 #3002H  Level 2 #3002I  Level 2 #3002J
Level 3 #3003E  Level 4 #3004D  Level 4 #3004E  Level 5 #3005A  Level 6 #3006A

Young Swimmer Lessons (Ages 6 month to 5 years)
Class Time: 25 Minutes Cost: $49
Preschool #3008D  Preschool #3008E  Preschool #3008F

Session 2: Monday – Thursday, July 6 - 16 (8 Sessions)

Regular Lessons (Ages 5 and up)
Class Time: 40 Minutes Cost: $59
9:30-10:10  10:15-10:55  11:00-11:40  11:45-12:25
Level 2 #3002K  Level 1 #3001L  Level 1 #3001M  Level 1 #3001N
Level 3 #3003G  Level 2 #3002L  Level 2 #3002M  Level 2 #3002N
Level 4 #3004F  Level 3 #3003H  Level 4 #3004G  Level 3 #3003I
Level 5 #3005B  Level 6 #3006B

Young Swimmer Lessons (Ages 6 month to 5 years)
Class Time: 25 Minutes Cost: $49
Preschool #3008G  Parent/Child #3000C  Level 1 (5&6yr olds only) #3001M
Session 3: Monday – Thursday, July 20 - 30 (8 Sessions)

**Regular Lessons (Ages 5 and up)**

*Class Time: 40 Minutes  Cost: $59*

| Time     | Level 1 #3001O | Level 1 #3001P | Level 2 #3002Q | Level 3 #3003L  
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**Young Swimmer Lessons (Ages 6 month to 5 years)**

*Class Time: 25 Minutes  Cost: $49*

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<th>Level 1 (5&amp;6yr olds only) #3001Q</th>
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**Evening Lessons**

**Session 1: Tuesday & Thursday Nights, June 16 - July 16 (8 Sessions)**  NO CLASS June 30 or July 2

**Regular Lessons (Ages 5 and up)**

*Class Time: 40 Minutes  Cost: $59*

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<th>Time</th>
<th>Level 1 #3001R</th>
<th>Level 1 #3001S</th>
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**Young Swimmer Lessons (Ages 6 month to 5 years)**

*Class Time: 25 Minutes  Cost: $49*

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<th>Time</th>
<th>Parent/Child #3000D</th>
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**Session 2: Tuesday & Thursday Nights, July 21 - August 13 (8 Sessions)**

**Regular Lessons (Ages 5 and up)**

*Class Time: 40 Minutes  Cost: $59*

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<th>Level 1 #3001T</th>
<th>Level 2 #3002U</th>
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**Young Swimmer Lessons (Ages 6 month to 5 years)**

*Class Time: 25 Minutes  Cost: $49*

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<th>Time</th>
<th>Preschool #3008I</th>
<th>Level 1 (5&amp;6yr olds only) #3001T</th>
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**Summer Open Swim:**

Monday, Tuesday, Wednesday (until July 15), Thursday, Friday - June 15 to August 14,  **No Open Swim June 29 - July 3**

**Time:** 1-3 PM

$3/person, $9/family (family of 6, must include 1 adult)

**Summer Female Only Open Swim:**

Wednesdays - July 22 to August 13, 1-3 PM

Fridays - July 24 to August 14, 10:30 AM - 12:30 PM

$3/person, $9/family (family of 6, must include 1 adult)

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**Competitive Swimmer Development Course:**

Must have completed Level 6 and/or meet Level 6 prerequisites

*Class Time: 90 Minutes  Cost: $70*

**Session 1: Monday – Thursday, June 15 – 25 (8 Sessions)**

7:00-8:30am
Level 7 #3007A

**Session 2: Monday – Thursday, July 6 - 16 (8 Sessions)**

7:00-8:30am
Level 7 #3007B

**Session 3: Monday – Thursday, July 20 - 30 (8 Sessions)**

7:00-8:30am
Level 7 #3007C
Online
To register online, visit our website http://fridley.feepay.com and select the Community Education tile that corresponds to the programs or classes you are interested in.

If you need assistance in setting up your account, please call 763-502-5100.

In Person or by Mail
Register in person or by mail at the location below:

Fridley Community Center
6085 Seventh St. NE
Fridley, MN 55432

Office Hours
Monday – Friday, 8:00 am – 4:00 pm

Phone
Phone in registrations are possible when paying with MasterCard, Discover, or Visa. 763-502-5100

Fax
Simply fax your registration to us with you MasterCard, Discover, or Visa information. 763-502-5140

Class Registration Policies

Fees
Fees must accompany your registration. You may pay with cash, check (Please make all checks out to ISD #14), or Visa/MasterCard/Discover credit cards.

Cancellations
Fridley Community Education reserves the right to cancel classes due to lack of enrollment or emergencies.

Refunds
• Refunds minus a $5 processing fee will only be issued if requested one (1) business day prior to the start of the first day of class. No refunds will be given after a class has started.
• For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates.
• Full refunds or credits are issued if Community Education cancels a class or tour, or the class or tour is already filled.

Satisfaction Guaranteed
Call us if you are not satisfied with any Community Education class.

Closings Due to Weather
In case of bad weather, tune in to local media – broadcast, print and online for information on school closures or check the district’s website at https://www.fridley.k12.mn.us/ for the most current updates. Classes are not held when schools are closed due to the weather.

Safety Disclaimer
There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Fridley Public Schools (ISD#14) assumes no responsibility for injuries received during activities. Any changes in participants’ current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

Special Services
Persons with disabilities are welcome in any class or activity and may bring a helper at no extra charge in most cases (please call first). If you need a reasonable accommodation, contact the Community Education Office at 763-502-5100.

Confirmation
If you have an email address on file with us you will receive confirmation. You may also call to confirm your registration. You will be called if class is canceled or filled.

Photo Agreement
Fridley Public Schools Community Education has my permission to use photographs of the person/s enrolled in the course in public releases and or information publications about the program. If you do not want pictures in public releases, you need to contact the Community Education office in writing at fridleycommunityed@fridley.k12.mn.us.

Fee Assistance
Residents of the Fridley School District who are unable to pay the full registration fee for classes may request fee assistance by calling 763-502-5100 or fridleycommunityed@fridley.k12.mn.us, by email. Some classes may not qualify for fee assistance or it may be limited. Students within the district on free or reduced lunch are eligible for reduced prices on most classes with proof of participation in the free or reduced lunch program.

UCare Discount
UCare members may take up to a $15 discount on most classes listed in our catalog. If a class is less than $15, the member may take the class free of charge. Members must be on UCare at the time of registration and through the duration of the class(es). Members will need to include their ID number when registering. Classes that are not eligible for the discount include homeopathy, high risk activities (rock climbing, etc.), hypnosis, and personal trainers. UCare for seniors allows one discount per year.

Senior Citizen Discount
Community members 62 years and older may attend classes at 10% off of the regular fee unless otherwise noted. This discount does NOT apply to classes offered outside of Fridley.

District Policy
It is our policy not to discriminate on the basis of sex, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.
Registration Form

Fridley Community Center | 6085 Seventh Street NE, Fridley, MN 55432 | 763-502-5100 | Fax. 763-502-5140

Name ________________________________________________________________________
Address __________________________ City ___________________________ Zip _________________
Home Phone ____________________________ Daytime Phone ____________________________
E-mail Address _______________________________________________________________________
Driver’s License # for Defensive Driving courses ______________________________________________

Registering:  ☐Self  ☐Child   ☐Family (Family’s last name ____________________________)

Please provide names and ages of child/children being registered:
Name __________________________________________________ DOB ______________ Grade______
Name __________________________________________________ DOB ______________ Grade______
Name __________________________________________________ DOB ______________ Grade______
Name __________________________________________________ DOB ______________ Grade______

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UCare Discount ($15/class) ID# ______________________

Total Due: $

Payment Information:  ☐Check enclosed (payable to ISD 14) Charge My: ☐Visa ☐Mastercard ☐Discover

Card Number: ____________________________ Expiration Date: ______________
Signature ________________________________________________________________

CONFIRMATION
Consider yourself registered for the classes that you have signed up for. Confirmation notice will only be sent to you via a valid email address on file. You will be contacted if the class is full or cancelled.
Fridley Farmer’s Market is coming to the Fridley Community Center! Opening day is Saturday May 9th. Market opens at 9 AM.

Follow Fridley Community Education at: http://twitter.com/FridleyCommEd
Find class updates, special events and more.

Like Fridley Community Education at: http://facebook.com/FridleyCommEd
Find class updates, special events and more.