

Registration begins August 28th!



ST. MICHAEL-ALBERTVILLE COMMUNITY EDUCATION

FALL 2017



Programs and classes for all ages to
promote lifelong learning

stma.ce.eleyo.com

60 CENTRAL AVE W ST. MICHAEL, MN 55376 763-497-6550



COMMUNITY EDUCATION

General Information	2		
Adult Basic Education	3	Youth Sports	23-25
Adult Classes	4-11	Youth Classes	26-32
Trips and Tours	12	Fine Arts	33-34
Activity Center	13-15	Middle and High School	35-37
Heath and Fitness	16-20	Early Childhood	38-53
Gymnastics	21-22	Registration	54-55

Community Education Office Staff

Community Education Director:

Maryellen Barthel (763) 497-6511
maryellenb@stma.k12.mn.us

Administrative Assistant:

Mary Chabot (763) 497-6550, ext. 1
maryc@stma.k12.mn.us

ECFE/Bright Beginnings Preschool Coordinator:

Jane Helgestad (763) 497-6512
janeh@stma.k12.mn.us

Kids Play Coordinator:

Lisa Becker (763) 497-6513
lisab@stma.k12.mn.us

Aquatics/Facilities/Activity Center Coordinator:

Marie Moore (763) 497-6554
mariem@stma.k12.mn.us

Youth & Adult Enrichment Coordinator:

Heidi Dehmer (763) 497-6550, ext. 7
heidid@stma.k12.mn.us

Community Education Advisory Council

The Community Education Advisory Council represents a cross-section of District 885. The Advisory Council meets quarterly to help identify, coordinate, and evaluate the educational, recreational, social, and cultural opportunities for district residents of all ages. Members of the Advisory Council welcome your ideas, concerns, suggestions and questions. Listed below is your council:

Maryellen Barthel, Lisa Becker, Sue Brunette, Kathy Lester, Mary Chabot, Jeannie Childs, Gail Foss, Heather Hamilton, Marie Moore, Colin Schmidt, Jane Helgestad, Gayle Weber, Amy Woitalla, and Dr. Ann-Marie Foucault (ex-officio).

If you would like to become an Advisory Council member, contact Maryellen Barthel, Director of Community Education at 497-6511. New members are always welcome!



SCHOOL ABBREVIATIONS

AP = Albertville Primary

SE = St. Michael Elementary

BW = Big Woods Elementary

FE = Fieldstone Elementary

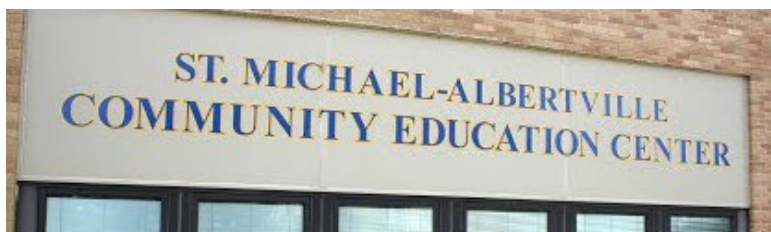
MW = Middle School West

ME = Middle School East

HS = High School

CE = Community Education Center

AC = Activity Center @ High School





ADULT BASIC EDUCATION

WEST Adult Basic Education (ABE) is a free Community Education program to help adults age 17 or older develop their basic skills; such as reading, writing, math, work skills, English and technology.

(Students must not be enrolled in secondary school)

GED & Basic Skills Information

What is Adult Basic Education? ABE is for any adult whose basic skills (math, reading, writing) are below a 12th grade level on a pretest—even if the person has a high school diploma. This includes language learners to improve their English. Improve your math, reading, and writing for yourself, a job, a GED, or college entrance.

Thursday evenings beginning September 7

6:30-9:00PM

CE Room 305

Enter Door "A" or "D"

Instructor: Cindy Wood

FREE

Become a Tutor in 3 Easy Steps

Help an adult in our community learn English or assist in improving reading, writing or math skills. The 12 hour training is required in MN to prepare you for placement with learners. For more information or to register call Terrisa at 763-682-8688.

Step One Orientation Meeting

Wednesday, October 11

6:00-8:00PM

214 1st Ave. NE Buffalo

Step Two and Three English & Literacy Training:

Saturday, October 14 9:00AM-4:00PM

and

Thursday, October 19 6:00-9:00PM

214 1st Ave. NE Buffalo

English As A Second Language

For individuals whose first language is not English. Emphasis is on pronunciation, vocabulary, speaking, reading, and writing.

Friendly classroom setting.

Pre-Literacy/Beginning to Advanced Level Groups. Students use books, iPads, and computers to learn in a teacher led class.

Morning Classes:

Mondays and Wednesdays, 9:00-11:30AM

beginning Wednesday, September 6

STMA Community Education Center,

60 Central Ave. W., Room 307, St. Michael.

Free childcare is available by calling

763-497-6550 at least two days prior to class.

Evening Classes:

Tuesdays and Thursdays, 6:00-8:30PM

beginning Tuesday, September 12

STMA Community Education Center,

60 Central Ave. W., Room 102, St. Michael.

Sorry, no childcare available

during the evening class

ESL/ABE Transitions Class

This class is open to ESL students who have exited ESL or are at a high advanced level. Students can study for their GED, college prep, or basic skills. Instruction will be focused on the individual's needs, plus increased understanding, pronunciation and usage of the English language.

Mondays & Wednesdays, 9:00-11:30AM

beginning Wednesday, September 6

CE Room 307 Enter Door "A" or "D"

FREE

GED Testing

Register to take the official test at ged.com, or call 763-272-2040 for more information.

There are 4 parts to the test. Science (90 min), Social Studies (75 min), Reasoning/Language Arts (155 min), Mathematical Reasoning (120min)

Computer test only.



ADULT CLASSES

Cupcake Decorating – New!!

Have you always wanted to learn basic cupcake decorating techniques? Come and join us for this relaxing autumn class! Have fun creating your own designs or use the instructor's samples as guides. You will learn how to use a variety of metal decorating tips and colorful bags of icing to create your festive works of art. Kris Holtmeyer, owner of Artistic Moments, will guide you with enthusiasm and a sense of humor. No previous experience necessary. All artistic abilities are welcome! Supplies are included in this class.

Please Note: All cakes and icing are purchased through Cub Foods. If you have any food allergies, please contact the Cub Foods Bakery to inquire about all ingredients used in these products.

461F1

Tuesday, September 26
6:00-8:00PM
CE: Room 307
Instructor: Kris Holtmeyer
Fee: \$28



Holiday Cookie Decorating

Are you looking for a creative holiday project? Come and join us as we explore beginning cookie decorating! Create your own festive designs or use the instructor's photos as guides. Have fun learning basic preparation and easy decorating techniques. You will use colorful bags of icing and a variety of metal tips to create your vibrant works of art! Cookies make great gifts to share with family and friends! All artistic abilities welcome! Supplies are included in this class. Kris Holtmeyer, owner of Artistic Moments, will guide you with enthusiasm and a sense of humor. No previous experience necessary. All artistic abilities are welcome! Supplies are included in this class.

Please Note: Cookies are purchased through Cub Foods. If you have any food allergies, please contact the Maple Grove Cub Foods Bakery to inquire about all ingredients used in these products.

461F2

Monday, November 27
6:00-8:00PM
CE: Room 307
Instructor: Kris Holtmeyer
Fee: \$28



Meal Planning Solutions

Meal planning doesn't have to be complicated! Learn all about how to meal plan effectively for your lifestyle. We'll provide you with easy to use resources and some meal ideas to get started! Whether you're cooking for a small or large group, meal planning makes it easy to know that you can provide a well-balanced meal for you and your family.

465F1

Thursday, October 5
6:00-7:30PM
MW: FACS Room, H106
Instructor: Amy Peick, RD, LD
Coborn's Registered Dietitian
Fee: FREE (Must Pre-Register)



Cooking for 1 to 2

Cooking for a small group doesn't need to be a challenge! There are easy tips to scale down larger recipes to make delicious and healthful foods for 1-2 people. We'll show you how to make an easy recipe and let you taste how simple and delicious it really is!

465F2

Thursday, November 2
6:00-7:30PM
MW: FACS Room, H106
Instructor: Amy Peick, RD, LD
Coborn's Registered Dietitian
Fee: FREE (Must Pre-Register)

Registration Opens
August 28th

www.stma.ce.eleyocom



ADULT CLASSES

Yogurt & Mozzarella Cheese Making for Beginners

Learn to make cheese and yogurt at home. Easy, inexpensive nutritious and gluten free, plus they taste better and are healthier for you when made at home without unnecessary additives of commercial products! You will make mozzarella in class and discuss how to make multiple types of cheese. Learn how to make Greek yogurt and watch a detailed demonstration in yogurt making. Handout includes recipes for several different types of cheese, recipes that utilize cheese and/or yogurt, and resource information for supplies.

625F1

Saturday, September 23
10:00-11:45AM
HS: Room 1412 (FACS), Enter Door C
Instructor: Carol Schaub
Fee: \$35 (Supplies Included)

Pizza, Flatbreads & Focaccia It All Starts With the Dough!

Become the master of a full-flavored dough that will make wonderful pizzas, flatbreads and focaccia with a no-knead dough that you mix and can store up to a week in the refrigerator. Bake when you need it for extra fast, homemade meals or pre-bake pizza crusts and store for super-fast, easy pizza your family will love. In this hands-on class, you will develop dough stretching and rolling techniques, make a batch of dough to take home, and sample warm focaccia made in class. Hints for adapting to grilled pizzas. Handout includes topping ideas and a whole-wheat dough option.

**Bring a rolling pin, 4 quart mixing bowl with cover, measuring cups and spoons, and large wooden spoon.*

625F2

Saturday, October 7
10:00-11:45AM
HS: Room 1412 (FACS), Enter Door C
Instructor: Carol Schaub
Fee: \$35 (Supplies Included)



Fabulous Fall Mini Pies

Come learn how to make fabulous fall mini pies from scratch. We will make one apple and one pumpkin. Class size is limited, don't miss out on this delicious class.

626F

Thursday, October 26
6:45-8:15PM
ME: FACS, Room C321
Instructor: Jean Staver
Fee: \$15



Can You Can?

Have you ever wanted to can salsa but weren't sure you could pull it off? Well, you can put your mind at ease after taking this introduction to canning class. You'll learn the steps and procedures to successfully can salsa from a self-proclaimed expert canner! Make and take a jar home with you today!

642F

Wednesday, September 20
6:00-9:00PM
HS: Room 1412 (FACS), Enter Door C
Instructor: Curt Hahn
Fee: \$30 (Supplies Included)





ADULT CLASSES

Learn to Crochet

Want to learn to crochet? Come learn the basics with crochet teacher and designer Abbey Swanson of Firefly Hook. We will make a beanie and cowl with super bulky yarn and a big hook, you'll be surprised how quickly these projects work up. No experience necessary. Supplies included!

420F

Saturday, October 14
1:00-4:00PM
HS: Room 1684, Enter Door C
Instructor: Abbey Swanson
Fee: \$42



Build Your Own Ice Rod

School of Fish's fishing rod building classes will get you started in the right direction on a life time of building your own fishing rods. We teach you the basics including: finding the spine, reaming cork handles, applying bushings for a reel seat, guide placement, guide straightening, tip application, epoxy application and thread art. This beginner class is designed to give you all the tools necessary to complete an ice fishing rod.

124F

November 17 & 18
Friday 6:00-9:00PM and
Saturday 8:00AM till done
ME: Cafeteria
Instructor: Jeremy Schneider,
School of Fish
Fee: \$70



Snowman Pallet

Deck your halls with this adorable winter snowman pallet. You can customize your pallet with your own name or maybe even add some extra details and love to his/her face or hat.

409F2

Tuesday, November 28
6:00-9:00PM
CE: Room 106
Instructor: Ericka Bachmeier
Fee: \$45



Rustic Fall Pallet

Come and create your own custom Rustic fall pallet signs with Bee Artsy...Bee Crafty. You choose the colors of stains and paints. All the supplies are included to create your own piece of custom fall decor. No experience necessary! We will teach you everything that you need to know.

*Two Options to choose from:
Gather or Thankful & Blessed*



409F1

Tuesday, October 24
6:00-9:00PM
CE: Room 106
Instructor: Ericka Bachmeier
Fee: \$45

Line Dance Series

Let the inner dance come out in this 3-week session and get some fun exercise!! We will cover the "classics" of Electric Slide, Cha Cha Slide, and Cupid Shuffle plus fun line dances to Thriller and Uptown Funk. No partner needed for a few nights of fun!

153F1

Mondays, November 13, 20, 27
7:00-8:00PM
ME: Cafeteria
Instructor: Monica Mohn
Fee: \$24

Dancing Like the Stars – Ballroom Dance

Whether you've never danced before or have a bit of experience; you can amaze your family, impress your friends and surprise yourself with how easy it is to dance! Taught by ballroom dance champion, Monica Mohn, learn fun moves for Swing, Foxtrot, Waltz, plus Rumba and you'll be out on the dance floor with style and confidence.

Couples only please.

153F2

Mondays, November 13, 20, 27
8:00-9:00PM
ME: Cafeteria
Instructor: Monica Mohn
Fee: \$39 Per Couple



ADULT CLASSES

School of Fish's FALL WALLEYE SCHOOL

School of Fish's FALL WALLEYE SCHOOL is a 2 1/2-hour class devoted to helping students become better walleye anglers during the fall season! Taught in a small group setting (class maximum is 30 participants) by *Fishing the Midwest's* television show host Mike Frisch, students will learn the basics of finding walleyes during fall. Included in that discussion will be instruction in the use of sonar and GPS technologies to help find walleyes. After fall walleye location is discussed, jigging, crankbait casting, and bottom bouncer presentations are taught. Jigs shine in deep and shallow water during fall, while bottom bounce presentations and crankbait casting techniques also put fall fish in the boat. Equipment choices for those presentations will be discussed and, class participants will be given detailed instruction on how to fish these presentations. The class will conclude with a question and answer session and, Mike will stick around until the last question is answered! Also, students get a presentation packet with class notes to keep and use for further reference. If you have ever wanted a hands-on walleye fishing class that cuts through the chase and will help you find and catch walleyes in the waters you fish during fall, School of Fish's FALL WALLEYE SCHOOL is for you!

275F1

Thursday, September 21
6:00-8:30PM
Instructor: Mike Frisch
MW: Lecture Hall
Fee: \$45



Mike Lynch Minnesota Starwatch Party

You're invited to bring lawn chairs to make yourself comfy! Make the stars your old friends as we watch the great celestial show in the skies over St. Michael. We start out with a short indoor orientation followed by quality time outside under the heavens. Get to know the constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and some of their great stories behind them. We'll also use large Newtonian telescopes, including two of the biggest mobile telescopes in Minnesota for close up views of the gigantic star clusters, nebulae, galaxies and other wonders in our late autumn skies. Along with that I bring a telescope astronomical camera system to really see celestial destinations on a video screen. You'll get a great handout package with user-friendly star maps and constellation charts, websites, a telescope-buying guide, and more! Mike Lynch is a meteorologist at WCCO Radio and has been hosting star watch parties and teaching astronomy classes for over 45 years. He also writes a weekly stargazing column for the St. Paul Pioneer Press and is the author of the book; "Stars, a Month by Month Tour of the Constellations" that'll be available for purchase. Your universe is waiting!

135F

Tuesday, October 17
7:00-9:00PM
MW: Lecture Hall & Outdoors
Instructor: Mike Lynch
Fee: \$15 Per Person
\$25 Per Immediate Family
\$35 Per Group



"FOLLOW THE BONE" Deer Cutting

This class will teach you the basic skills to cut your own deer and cook your deer. We will show you the proper care of the deer –do the actual field dressing, skinning, and cleaning of the carcass. Next we will show you how to cut your deer, from pulling back straps for chops, to the hind for roasts and jerky and trim for ground venison to sausage. We have added cooking to our classes –This 2-hour class has about 45 minutes dedicated to cooking. We show each primal and talk about how to cut it and cook it-what the best practice for each piece to cook it for the best end results. Identifying what's better on the grill and tips on how to not overcook venison on the grill to avoid the dry steak. We will have a road kill deer for hands- on experience. Included in this class is our DVD also to take with you-60 minutes cut into 10+ chapters AND a Deer cutting mat- this is worth \$29.99 retail! We will have some deer cutting supplies available to buy; everything you will need to cut your own deer.

504F

Monday, October 30
7:00-9:00PM
MW: C160, Enter Door B or park in the back and enter Door O
Instructor: Deer Dummy Inc.
Fee: \$40



ADULT CLASSES

Puppy Kindergarten

This class is for puppies 9 weeks to 5 months old. Puppies learn needed social skills while meeting and playing with other puppies. They meet new people and learn about sitting for petting instead of jumping, as well as how to play without biting people. Basic dog obedience commands are taught including come, sit and down.

123F1

Thursdays, Oct 5, 12, 19, 26, Nov 2
6:00-7:00 PM
Fee: \$90

123F4

Tuesdays, Dec 12, 19, 26, Jan 2, 9
6:00-7:00 PM
Fee: \$90

Basic Dog Obedience

For dogs 6 months and older. Work on basic obedience commands such as heel, sit, stay, come, stand and down. All training is done on leash and collar. Recommendations are made by the instructor based on each dog's temperament.

123F2

Thursdays, Oct 5, 12, 19, 26, Nov 2
7:00-8:00 PM
Fee: \$90

123F5

Tuesdays, Dec 12, 19, 26, Jan 2, 9
7:00-8:00 PM
Fee: \$90

Intermediate Dog Obedience

This class will help you prove everything your best friend has learned in the basic classes. We will include retrieving, jumping, and drop on recall. You will be working toward better on-leash as well as advancing to off-leash work.

123F3

Thursdays, Oct 5, 12, 19, 26, Nov 2
8:00-9:00 PM
Fee: \$90

123F6

Tuesdays, Dec 12, 19, 26, Jan 2, 9
8:00-9:00 PM
Fee: \$90

Second Tuesday Book Club

Fiction Discussion Group. This book club meets the 2nd Tuesday of each month at 6:30pm in the Crow River Senior Center. It is free to attend and no pre-registration is required. A different book is discussed each month.

**For complete information contact
Rita Stahlman at 763-497-3310**

September 12—Death Comes to Pemberley
By: P.D. James

October 10—A Long Way Home
By: Saroo Brierley

November 14 - June
By: Miranda Beverly-Whittemore

December 12—Cimarron
By: Edna Ferber

January 9—1984
By: George Orwell



**All dog training classes taught by Cathy Mahr
Monticello Pet Hospital – Training Center
4134 School Blvd
Monticello MN 55362**

**For additional class offerings please check
www.retrieversetc.com**

**All dogs must bring proof of vaccinations
(per veterinarian's recommendation), collar and leash,
along with dog treats.**



ADULT CLASSES

Minnesota History with a French Accent

Why is the State motto "L'Etoile du Nord." in French? Did you learn in school that much of Minnesota was explored and settled by French and French Canadians? Most of us may not pronounce Hennepin, Radisson, LaSalle or Lafayette, or Saint Paul the way the Francophones do; but we are reminded that the French left an indelible mark on our society and culture. This series, developed by members of the French-American Heritage Foundation, focuses on rich French history and heritage in our State. 4 part presentation of the French influence in Minnesota.

September - Early French presence in Minnesota, explorers, the fur trade, Metis.

October - Early settlement of French speaking settlers in Minnesota

November - French-Canadian resistance to Americanization, especially in this "New England of the West", assimilation into society, resurgence of French language and culture today.

December - The French and other ethnic groups brought a rich heritage to Minnesota handed down through many generations.

482F1

Tuesday, Sept 5, Oct 17, Nov 7, Dec 5

10:00AM-12:00PM

St. Michael Senior Center

Instructor: French-American Heritage Foundation of MN

Fee: FREE (Please Pre-Register)

Write Your Will

If you were to pass away unexpectedly, would your wishes be carried out? Who would coordinate the probate for you estate? Who would be the guardian of your children? To whom would your assets be distributed? We'll answer these questions through drafting a basic will with guidance from a licensed attorney. This class is appropriate for you if your individual assets total less than one million dollars (including real estate, life insurance, and retirement assets). You'll leave class with a legal and effective will.

Prior to class, you will receive and must complete a questionnaire. Basic computer skills are helpful, as you will type your will on a computer. If registering as a couple, both must register separately and both must attend class to draft and sign their will. **Please provide an email address when registering.**

975F

Wednesday, October 25

6:00-8:00PM

CE: Room 305, Enter Door A

Instructor: Kristi Weikel

Fee: \$40

55 ALIVE Mature Driving—8 Hour Class

55 Alive Mature Driving is an innovative classroom driver retraining program for persons age 55 and over that is designed to help improve their driving skills. This 8-hour course is geared to the specific needs of older motorists. Minnesota state law requires all insurance companies to give a premium deduction to all persons who complete this accident prevention course. You must attend both classes. AARP members, please bring your card to class.

112F

Monday & Tuesday, September 25 & 26

5:30-9:30PM

MW: Lecture Hall, Enter Door "B" or Door "O"

Instructor: Dick VanAllen

Fee: \$20 for AARP members

\$25 for non-AARP members

55 ALIVE Mature Driving—4 Hour Refresher

The 4-hour refresher class is for those individuals who have completed the 8-hour defensive driving program and need to renew their certification. AARP members, please bring your card to class.

118F

Monday, October 30

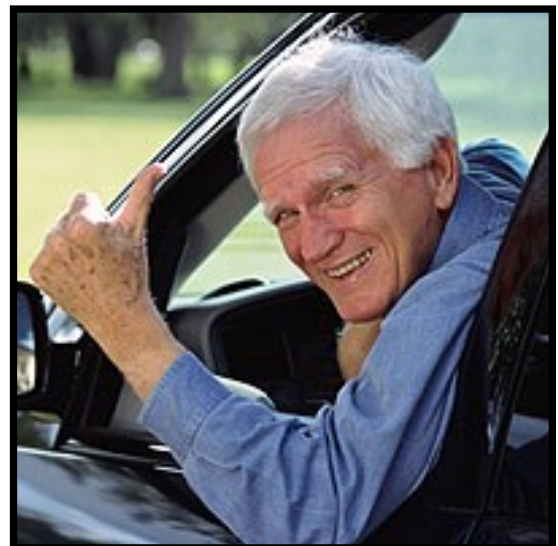
5:30-9:30PM

MW: Lecture Hall, Enter Door "B" or Door "O"

Instructor: Dick VanAllen

Fee: \$20 for AARP members

\$25 for non-AARP members





ADULT CLASSES

Maximize Your College Savings Plan Using a 529

Have you started to save for your children's post high school education? How about your grandchildren? Parents or grandparents of children Pre-K through high school age can take advantage of using the 529 Minnesota's College Savings Plan to budget for the daunting task of funding your children's college education. Whether you haven't started saving or are in the beginning stages of saving, this class will benefit you. Regardless of where your family falls with financial aid, you can use a 529 plan to save in a tax advantaged way for your children's college tuition. You will have a chance to hear from an expert of the topic, develop a strategy and savings plan, and hear about tax advantages in using the plan. Participants will spend 15-20 minutes navigating the website after the tutorial. This class will enable you to begin making the greatest investment you can, a child's education!

581F1

Wednesday, September 20

6:30-7:30PM

CE: Room 305

Instructor: Andy Gagnon,

Ameriprise Financial, Monticello MN

Fee: \$5

Investing Like a Millionaire

Are you on track to make your lifelong dreams come true? Do you aspire to take the vacation of a lifetime? Fund your children's college education? Retire in your 50's or early 60's? Have you sat down with your spouse/family to make financial goals and prioritize them? This class is designed to gain a clearer picture as to what you want to achieve and most importantly how to get there. Participants in the class will set goals and learn about ways to make their dreams come true through investing in securities such as stocks, bonds, mutual funds, real estate and alternatives. Diversification of assets and allocating investments based on your risk tolerance will be a major topic as well. Participants will leave encouraged and be ready to invest like a millionaire.

581F2

Wednesday, September 27

6:30-7:30PM

CE: Room 305

Instructor: Andy Gagnon,

Ameriprise Financial, Monticello MN

Fee: \$5



Insider Tips for College

Parents of High School students will not want to miss hearing a local expert provide strategies to help families navigate the complicated college process and save tens of thousands of dollars. College is now the second largest purchase most families make in their lives, yet most know more about buying a television. Class will cover common mistakes families make in selecting a college, myths about financial aid, and how to significantly reduce your cost. Planning ahead and developing a strategy for the college process is crucial to finding the right fit and avoiding unmanageable debt. A must for parents of college bound students.



412F

Thursday, September 28

7:00-8:30PM

MW: Lecture Hall

Instructor: College Inside Track

Fee: \$5

Life's Journey in the Second Act:

Reflect, Connect and Launch

This three week workshop is designed for those 50 and over. We will explore issues related to the second half of life including resources to help us reflect on this stage of life, how and where to make connections with those who are exploring this issue as well as those with our same interests, and how to successfully launch into this leg of the journey. We will use Paul H. Irving's book, *The Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy, and Purpose* to jumpstart our exploration of the issues related to this, the second act!

621F

Tuesday, Sept 19, 26, Oct 3

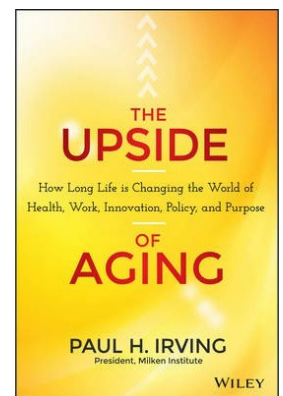
6:30-8:30PM

MW: Media Center

Instructor: Terri Evans

Fee: \$30

\$55 (With a copy of the book)





ADULT AND CHILD CLASSES

School of Fish ON ICE

(Grades 3 and up)
School of Fish ON ICE is a kids fishing class open to kids (and adults!) from grades 3 and up taught by pro angler and television show host Mike Frisch. Students learn about lakes, finding fish in those lakes in winter, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. Each child receives:

- *Ice rod & reel
- *Tackle box with tackle
- *School of Fish 32-page full color workbook
- *KLN Snack pack
- *AND MORE!

275F2

Thursday, November 30
6:00-8:30PM
MW: Lecture Hall
Instructor: Mike Frisch
Fee: \$45

Design a Plate

(Parent & Child Together, Ages 4-9)
This class gives parents the chance to create a keepsake with their child. Each parent/child team will design a plate. You may do more than one plate. Limit 2 per team. The artwork will be fired and glazed and returned back to Community Ed within four to six weeks. Plates will be back just in time for a great holiday gift!

242F5

Monday, September 18
6:00-7:00PM
CE: Room 106
Instructor: Angie Hawkins
Fee: \$15



Cupcakes & Canvas: Holly Jolly Santa

Grab the whole family and join KidzArt for a fun family painting event. Every family will create their own painting of Santa Claus 11 x 14" stretched canvas. Enjoy holiday cupcakes as your canvas dries.

202F7

Thursday, Dec 7
6:00-7:30PM
CE: Room 106
Instructor: KidzArt
Fee: \$22 per canvas



Cooking with Mom and Dad Chinese "Take In"

(Grades 1 – 6 with a Parent)
Get "woking" and rolling with your kids in the kitchen! For this cooking with kid's class, learn how to make your own wontons, fried rice, and Chinese (chicken) meal!
"Take-in" never tasted so good!
(No more than 2 children per adult)

448F1

Monday, October 9
5:30-7:00PM
MW: FACS Room, H106
Enter Door B
Instructor: Val Jeffery
Fee: \$40 per family

Cooking with Mom and Dad Kids Favorites with a Twist

(Grades 1 – 6 with a Parent)
For this cooking with kid's class we will learn how to make pretzel crusted chicken tenders, roasted carrots and delicious baked peaches. Eating in never tasted so good!
(No more than 2 children per adult)

448F2

Monday, December 11
5:30-7:00PM
MW: FACS Room, H106
Enter Door B
Instructor: Val Jeffery
Fee: \$40 per family



TRIPS AND TOURS

DAY TRIPPERS THEATRE

Presents: Monky Business

The fun loving monks of St. Bernard's Monastery are in a jam. They just learned they have only a few hours to raise \$250,000 to save their home from a real estate developer who wants to turn it into a casino. They brainstorm and come up with the idea of a radiothon. The musical comedy has everything: singing, dancing, and vaudeville routines. There is a lunch which includes coffee, tea, and desert.

580F • Bloomington, MN

Thursday, November 2

11:00AM Depart St. Michael Elem. front parking lot

4:45PM Approximate return

Fee: \$62 includes lunch, performance, & motor coach bus transportation.

Registration & Payment deadline is October 18.

Min: 30 Max: 46



ARBORETUM IN THE FALL

Join us as we venture to the MN Landscape Arboretum. On the way we will stop at Lord Fletchers Old Lake Lodge on Lake Minnetonka for lunch, which will consist of grilled chicken breast with Au Gratin potatoes, seasonal vegetables, salad, bread, and coffee or tea. After lunch you'll drive the lake on your way to the Arboretum, where you will board the Trumpet Creeper Tram for a narrated riding tour of the gardens and woodlands. Afterwards, take time to tour the grounds on your own and visit the gift shop. Wear comfortable shoes please.

638F • Chaska, MN

Wednesday, October 11

10:15AM Depart St. Michael Elem. Front Parking Lot

5:00PM Approximate Return

Fee: \$75 includes lunch, tram ride, & motor coach bus transportation.

Registration & Payment deadline is September 11.

Max: 40 participants for this trip, register early!

COOL MYSTERY TRIP

Join us for a Cool Mystery Trip during the celebration of Winter. You will be venturing to the Twin Cities for a surprise guided tour with a stop in St. Paul for lunch. Lunch will be a small sirloin steak, with tossed salad, baked potato, rolls, beverage, and dessert. You can opt for a chicken entree, but this selection must be made at the time of registration.

660F • Twin Cities, MN

Thursday, January 25

9:15AM Depart St. Michael Elem.

Front Parking Lot

3:30PM Approximate Return

Fee: \$75 includes lunch, & motor coach bus transportation.

Registration & Payment deadline is January 9.



LIVERPOOL LEGENDS

Please join us for the "Liverpool Legends" experience! We will head down to Red Wing and have lunch at the St. James Hotel. Lunch will consist of Tuscan chicken, chef's choice of starch and vegetable, fresh roll, cookie and coffee. If time permits after lunch, you will have sometime to shop downtown Red Wing. After lunch you will head to the Sheldon Theatre for "Liverpool Legends" the complete Beatles experience.

657F • Red Wing, MN

Friday, April 6

9:15AM Depart St. Michael Elem. Front Parking Lot

5:00PM Approximate Return

Fee: \$75 includes lunch, tram ride, & motor coach bus transportation.

Registration & Payment deadline is February 19.



CIRQUE DU SOLEIL CRYSTAL

A Breakthrough Ice Experience! Cirque Du Soleil is thrilled to venture into uncharted territory with its brand new creation The state-of-the-art production will create a fresh innovative experience, pushing the boundaries once again by combining skating and sliding, remarkable aesthetics, and acrobatic feats that defy the imagination.

603F • Target Center

Friday, November 10

2:00PM Depart St. Michael Elem. Front Parking Lot

6:15PM Approximate Return

Fee: \$50 includes ticket & school bus transportation
Registration & Payment deadline is September 29.



ACTIVITY CENTER

Knights Activity Center Memberships

Individual, Family, and Student Memberships available at the HS Activity Center. The AC has 6 basketball courts, baseball and softball cages, a 5,000 sq. ft. fitness center, and an indoor running/walking track for the public to use.

Activity Center Hours

Monday – Friday
5:00AM – 8:30AM and
3:30PM – 10:00PM (Adults)
3:30PM – 9:00 PM (Under 18)
Saturday & Sunday
8:00AM – 5:00PM

Fall Activity Center Open Gym Hours (As of September 5)

Monday - Friday
6:00-9:00PM (Under 18)
6:00-10:00PM (Adults)
Saturday 8:00AM-5:00PM
Sunday 8:00AM-5:00PM
Enter Door "C"
Fee: AC Member Free
Non Member \$5 at door

Open Tennis

Call the AC office @ 763-497-6541 to reserve your court on Friday and Sunday afternoons. Courts may be reserved by the half hour depending on availability.
Fridays 7:00-9:00PM
Sundays 3:00-5:00PM
Fee: AC Members Free
Non Member \$5 at door

**Activity Center (AC)
5800 Jamison Ave NE
St. Michael MN 55376
Enter Door C**

**Activity Center Memberships Available!
Call 763-497-6541 for more info**

Note: The Activity Center Policy states that children under the age of 12 must be supervised by an adult.

Senior Workouts

Do you want to walk and/or run at the Activity Center but not during our busy hours? Senior Citizens (62+ Years Old) around the community are invited to use the Upper Walking/Running Track for free. Come in and get some exercise!

Mondays, Tuesdays, Thursdays and Fridays
Beginning September 5
5:00-9:30AM
AC: Enter Door "C"
Fee: FREE for District 885 Residents





ACTIVITY CENTER

Adult Co-Ed Volleyball League

Our very popular volleyball league is back! Pre-registration is available starting September 18, to all teams who played in one of our 3 leagues last season. Registration will be open to all other interested teams starting on October 3. Team captains are required to attend the informational meeting on Wednesday, November 8 at 7:00PM at the STMA High School in health room 1684, and should have their league fee and team roster submitted by that time. Games will be played on Wednesday evenings starting November 29. The season is 11 weeks long, and will be followed by a single elimination playoff tournament! This very popular league has maxed out the past few years so register early! Call 763-497-6541 to register your team. Registration deadline is Wednesday, November 8.

Captains Meeting

Wednesday, November 8
7:00PM
AC Health Room 1684, Enter Door "C"
Fee: \$150 per team

Men's League Basketball

Looking for something to do this Fall? Get your buddies together and form a basketball team. The league will run 8 weeks at the AC on Wednesday nights beginning September 6. Playoffs will follow the regular season. Call 763-497-6541 to register your team by August 30, this guarantees your team a spot. There will be an informational captains meeting going over all of the rules and expectations on Wednesday, August 30 at 7:00PM at the STMA high school in health room 1684. All Captains are highly encouraged to attend this meeting.

Wednesday Nights
Sept 6, 13, 20, 27, Oct 4, 11, 18, 25
Playoffs Nov 1, 8, 15
Enter Door "C"
Fee: \$100 per team

Pickleball

(Ages 50+)
Are you 50 years of age or older? Would you like to get some exercise and meet new people? Then you should come to the Activity Center on **Tuesdays evenings from 6:30-8:30pm** for open pickleball! Pickleball is a cross between tennis, racquetball and badminton and is one of the fastest growing sports in the U.S. among seniors! We have all the equipment and the cost is only \$2 per person! Bring a friend! Come early because the courts fill up fast!

Tuesday's Ongoing
Starting September 5
6:30-8:30PM
Activity Center Court 2
Fee: \$2 per night

Pickleball Tournament

(Ages 18 and up)
Find a partner and come to the AC for this fun and entertaining one day Pickleball doubles tournament. Participants will compete against other teams in a bracketed tournament. There will be an "A" bracket for more experienced teams and a "B" bracket for novice players, provided that enough teams sign up for both. Teams must register prior to the event.

639F

Saturday, October 14
12:00-3:00 PM
AC: Courts 4 & 5, Enter Door C
Fee: \$5 Per Team

Activity Center Birthday Party Rentals

Package A - \$50

Use of 1 Activity Center Court for 1-10 children for 1 ½ hours
Ability to set-up courts for basketball, volleyball, or tennis
Use of Cafeteria for 1 hour



Package B - \$75

Use of 2 Activity Center Courts for 1-10 children for 1½ hours
Ability to set-up courts for basketball, volleyball, tennis, kickball, or soccer
Access to batting cages
Use of Cafeteria for 1 hour

Package C - \$100

Use of 2 Activity Center Courts for 1-20 children for 1½ hours
Ability to set-up courts for basketball, volleyball, tennis, kickball, or soccer
Access to batting cages
Use of Cafeteria for 1 hour

Contact STMA Community Ed. at
763-497-6541 or stma.ce.eleyo.com
for more details



ACTIVITY CENTER

High School Intramurals

(Grades 9-12)

Have you wanted to play a fun yet competitive sport? STMA Community Education will give you that opportunity starting with Intramural 3-on-3 basketball for the 1st trimester! There will be team sign-up sheets at the AC office located by Door C. If you don't have a team, don't worry, we will have "free agent" sign-up sheets where you will be placed on a registered team. Team forms and payment are due at captains meeting. Games will be on Monday's after school at the AC in September and October.

Captains Meeting

Thursday, September 14
3:30PM
HS: Cafeteria
Fee: \$10 per team

3 Point Shootout

(Grades 7-12)

Have you ever watched the NBA and WNBA 3 Point contests on All-Star Weekend and wondered how many 3 point shots you could make in 60 seconds? If you like competitive 3 point shooting this event is for you! Register to see where you rank amongst your peers in 3 point shooting!

680F

Tuesday, October 17
7:00 PM
AC: Court 4
Fee: \$5

Youth Tennis

(Ages 6 – 8)

This instructional class is offered by Nathan Erickson. Nathan has been giving tennis lessons for over 10 years, and is passionate about the sport. In this course, he will improve your child's hand/eye coordination, and introduce them to the basics of tennis including the forehand, backhand, and volley in this 4 session class. Don't forget to bring your own racquet! Space is limited so sign up early!

192W

Friday, Nov 10, 17, Dec 1, 8
6:30-7:30PM
AC: Court 2, Enter Door "C"
Fee: \$25 AC Members
\$35 Non-Members

MEA Break Sports Sampler

(Ages 10 - 12)

Looking for some fun activities to do over MEA break this Fall? Look no further than the Activity Center. The sports sampler will include kickball, flag football, and dodgeball! This event is sure to be entertaining, so make sure to sign up and get in on all the fun!

236F1

Wednesday, October 18
2:00-3:30 PM
AC: Enter Door "C"
Fee: \$5

Youth Flag Football

(Boys and Girls ages 6 & 7, 8 & 9)

Are you ready for some flag football? Children interested in learning about the game of football should sign up for this program. The program will consist of teaching the basics of the game of football through skill stations, drills, and games. There are a Limited number of spots so make sure to register early. **VOLUNTEER COACHES NEEDED!!!!**

415F1 (Ages 6 & 7)

Tuesday, Sep 19, 26, Oct 3, 10
6:00-7:00PM
HS: Football Practice Fields
Fee: \$20 (No Jersey)
\$30 (Includes Jersey)

415F2 (Ages 8 & 9)

Thursday, Sep 21, 28 Oct 5, 12
6:00-7:00PM
HS: Football Practice Fields
Fee: \$20 (No Jersey)
\$30 (Includes Jersey)

Munchkin Sports

(Boys and Girls ages 3 & 4)

Munchkin Sports is a great way to introduce your child to the many benefits of sports including concentration, teamwork, skill development, and most importantly fun! This program will run for 3 weeks on Monday nights and will include the sports of T-Ball, Soccer, and Kickball. Register your child right away because there are limited spots available!

214F1

Monday, Sept 18, 25, Oct 2
5:30-6:15PM
AC: Athletic Fields & AC
Fee: \$25

214F2

Monday, Sept 18, 25, Oct 2
6:30-7:15PM
AC: Athletic Fields & AC
Fee: \$25





HEALTH AND FITNESS

AQUATICS

The pool is located at
STMA Middle School East
4862 Naber Ave NE
St. Michael MN 55376



Swim Admission

Children 4 and under – FREE
Students and Adults - \$3
Family - \$6
Children 7 and under must be accompanied by an adult in the water.

Pool Passes available at the pool.
Good Sept 1, 2017 - Aug 31, 2018
Individual Pass - \$50
Family Pass - \$70



Open Swim

Monday, Dec 4, 11, 18, Jan 8, 22, 29
7:00-8:30PM
*If you plan on a large group of 25 or more during open swim, please call Marie at 763-497-6554 for extra lifeguards to be staffed.

Evening Lap Swim

Monday, Dec 4, 11, 18, Jan 8, 22, 29
8:30-9:15PM

Aqua Aerobics

A terrific way to have fun and stay in shape. A great way to tone muscles and improve cardiovascular endurance. Perfect workout for all who love water. If you would like to try the class out the cost is \$4 per visit.

Fall Session

Monday, Wednesday & Friday
Begins Wednesday, Sept 6 and ends Friday, Dec 22
(No Class Sept 8, Oct 20, Nov 24)
**Winter classes will resume January 3*
7:30-8:20AM
Instructor: Lori Schoenborn
\$36 or \$72 punch cards available.
Punch cards may be purchased at class.

Activity Center Members swim for FREE during Open Swim and Lap Swim! Check out Activity Center Memberships for more info.

Due to STMA High School girls and boys swimming and diving, swimming lessons are not offered until summer. Sorry for the inconvenience.



HEALTH AND FITNESS

EARLY BIRD BOOT CAMP (TABATA STYLE)

Tabata is High Intensity Interval Training (H.I.T.) and is the ultimate workout for cardio and fat burning. Tabata is an interval training circuit, which gets the body's major muscle groups involved. With High Intensity exercise your body continues to burn fat long after your workout is complete. Each session consists of 20 seconds high intensity work, followed by 10 seconds rest. This pattern repeats for 4 minutes. There are 8 sessions per workout. Please bring an exercise mat and medium weight dumbbells.

418F1

Tuesdays & Thursdays
 Sept 5, 7, 12, 14, 19, 21, 26, 28
 5:30-6:15AM
 AC: Court 3
 Instructor: Kristy Hegrenes
 Fee: \$40 AC Members
 \$50 Non-Members

418F2

Tuesdays & Thursdays
 Oct. 3, 5, 10, 12, 24, 26, 31, Nov 2
 (No Class Oct 17 & 19)
 5:30-6:15AM
 AC: Court 3
 Instructor: Kristy Hegrenes
 Fee: \$40 AC Members
 \$50 Non-Members

418F3

Tuesdays & Thursdays
 Nov. 7, 9, 14, 16, 28, 30, Dec 5, 7
 (No class Nov 21 & 23)
 5:30-6:15AM
 AC: Court 3
 Instructor: Kristy Hegrenes
 Fee: \$40 AC Members
 \$50 Non-Members



Over 40 Basketball

(Ages 40 and older)

The Middle School West gym is open for over 40 basketball on Wednesday evenings. There is a \$1 fee payable at the door. This activity is for STMA district residents only. The gym is closed during the holidays. Pre-registration is not required.

Wednesdays
 Beginning September 20
 6:15-8:30PM
 MW: Gym
 Fee: \$1 per night

Fitness Yoga

Fitness Yoga is designed to improve the health, performance, and mental acuity. Based on the ancient fitness science of hatha yoga, it blends balance, strength, and flexibility in a fitness format. Yoga can reduce the risk of injury and augments recovery for ailments including stress, lower back pain and tension.

Please bring a mat to class!

588U1

Friday, Sept 8, 15, 22, 29
 5:30-6:15 AM
 AC: Court 3
 Instructor: Kristy Hegrenes
 Fee: \$25 AC Members
 \$30 Non-Members

588U2

Friday, Oct 6, 13, 27, Nov 3
 (No class Oct. 20)
 5:30-6:15 AM
 AC: Court 3
 Instructor: Kristy Hegrenes
 Fee: \$25 AC Members
 \$30 Non-Members

588U3

Friday, Nov 10, 17, Dec 1, 8
 (No class Nov.24)
 5:30-6:15 AM
 AC: Court 3
 Instructor: Kristy Hegrenes
 Fee: \$25 AC Members
 \$30 Non-Members

Y
 O
 G
 A



HEALTH AND FITNESS

Yoga Basics

Are you interested in learning the basic poses, proper alignment and breathing techniques of yoga? Join Nicole Roddy on your mat for this exciting 6 week course, cultivating a foundation for your practice. Guiding a Vinyasa style yoga flow, students will learn to mindfully link breath to movement. Strengthening your mind, body and spirit. No experience is necessary for this class, all fitness levels are welcome! Whether you prefer a good sweat, deep stretch, or a mental break, this course will offer something to everyone.

*Please bring your own yoga mat and water to class.

517F1

Monday, Sept 18, 25, Oct 2, 9, 16, 23
6:00-7:00PM
CE: Room 105 (Enter Door D)
Instructor: Nicole Roddy
Fee: \$50

517F2

Monday, Nov 13, 20, 27, Dec 4, 11, 18
6:00-7:00PM
CE: Room 105 (Enter Door D)
Instructor: Nicole Roddy
Fee: \$50



Restorative Exercise with Tai Chi

Drawing from Tai Chi principles to restore health, balance and strength through gentle movement. Modifications can be made available (i.e. using a chair).

Patti McClintock is a certified instructor in Tai Chi for Arthritis and Balance.

609F2

Thursday, November 9
4:00-5:00PM
SE: Cafeteria
Instructor: Patti McClintock
Fee: \$10

Candlelight Yoga

Join Nicole Roddy on your mat for this fun 6 week Candlelight Yoga course. This class focuses on poses that promote relaxation, restoration and rejuvenation. Restorative poses help relieve the effects of chronic stress, including weakness and fatigue brought on by our daily fast paced lifestyles. Cultivate awareness by bringing our attention to the areas we hold tension in, and by consciously releasing and letting it go.

517F3

Monday, Sept 18, 25, Oct 2, 9, 16, 23
7:30-8:30PM
CE: Room 105 (Enter Door D)
Instructor: Nicole Roddy
Fee: \$50

517F4

Tuesday, Sept 19, 26, Oct 3, 10, 17, 24
7:00-8:00PM
CE: Room 105 (Enter Door D)
Instructor: Nicole Roddy
Fee: \$50

517F5

Monday, Nov 13, 20, 27, Dec 4, 11, 18
7:30-8:30PM
CE: Room 105 (Enter Door D)
Instructor: Nicole Roddy
Fee: \$50

517F4

Tuesday, Nov 14, 21, 28, Dec 5, 12, 19
7:00-8:00PM
CE: Room 105 (Enter Door D)
Instructor: Nicole Roddy
Fee: \$50

Low Impact Aerobics

Have a great time getting into shape with low impact aerobics. All levels of fitness welcome. Emphasis on cardiovascular fitness and muscle toning. Try this total body workout, you'll be glad you did! Please bring your own mat and light weights to class. You may purchase a punch card from the instructor at class.

Tuesdays & Thursdays
Beginning September 12
6:30-7:30PM
AP: Cafeteria or Gym
Instructor: Lori Schoenborn
Fee: \$24 (punch card/12 classes)



HEALTH AND FITNESS

Foot Reflexology

Do you have stress and tension in your life? If you answered yes, then this class is for you! Learn how to locate and press your own foot reflexes. "Walk" away with protocols and help "Heel" your body.

480F1

Thursday, September 21

6:00-8:00PM

MW: Media Center

Instructor: Celina McKenzie, Body Rhythms Massage & Reflexology

Fee: \$28



Combat That Cold with Essential Oils

This class is just in time for the winter cold and flu... Learn some of the basics of Aromatherapy and go away with your own Cold Buster Blend (a natural flu shot in a bottle).

480F2

Thursday, October 26

6:00-8:30PM

MW: Media Center

Instructor: Celina McKenzie, Body Rhythms Massage & Reflexology

Fee: \$35

American Heart Association Heartsaver CPR/AED/First Aid (Pediatric)

This course is designed especially for those involved in childcare and new parents. This course also meets Minnesota state requirements for daycare providers. Topics include First Aid Basics for Medical Emergencies, Injuries, Environmental Emergencies, CPR for Children and Infants as well as use of an Automated External Defibrillator (AED).

299F

Monday & Tuesday

December 4 & 5

6:30-9:30PM

HS: Room 1684, Enter Door C

Instructor: Emergency Outfitters

Fee: \$80 (includes: textbook and card)

Facial Reflexology

Learn how to locate and press on your facial reflexes for stress relief, sinus issues, etc. Let's face it, we all want to get a face lift...now you can help yourself naturally.

480F3

Thursday, November 16

6:00-8:00PM

HS: Room 1684, Enter Door C

Instructor: Celina McKenzie, Body Rhythms Massage & Reflexology

Fee: \$28

Couples Massage

Tired of calling around for a couples massage?? Stay in and work on your loved one at home. This class will teach you the basics of a Swedish massage. Come alone and teach your loved one with your touch or bring them along and go home with a complete understanding of how to work on each other.

480F4

Thursday, December 14

6:00-8:30PM

MW: Media Center

Instructor: Celina McKenzie, Body Rhythms Massage & Reflexology

Fee: \$28 per Single

\$40 per Couple

Medicare 101

What exactly is Medicare? What's part A? This class will take the mystery out of Medicare. Part A, B, C and D: what do they cover and when can I enroll? What is new with Medicare? You will get the answers to all of your questions about Medicare in this class. A must for those close to or thinking about retiring.

619F1

Wednesday, September 27

6:00-7:30PM

MW: Lecture Hall

Instructor: Stefany Jessen

Fee: \$8

619F2

Wednesday, November 29

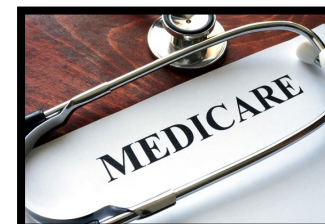
6:00-7:30PM

MW: Lecture Hall

Instructor: Stefany Jessen

Fee: \$8

Registration Opens
August 28th
www.stma.ce.eleyo.com





HEALTH AND FITNESS

Group Hypnosis

Weight Loss Hypnosis - Seminar 1

Still fighting “the battle of the bulge”? Tried everything? Try hypnosis with a certified professional. Hypnosis works with the subconscious mind, breaking old habits and creating positive ones. Increase your willpower, motivation and self-confidence and create positive exercise habits. This seminar can pay for itself in less than 2 weeks!

Stop Smoking/Chewing Tobacco - Seminar 2

If you want to stop smoking, hypnosis may be the tool you have been searching for. Hypnosis works with the subconscious mind to help stop this negative habit without cravings, withdrawals, mood swings and weight gain. If you smoke a pack a day or chew a tin a day, this seminar will pay for itself in 1 week!

You will be conscious at all times. Wear comfortable clothing and bring a pillow and sleeping bag/blanket for added comfort as you will have the option to relax in a chair or on the floor during the hypnosis portion. Please specify smoking or weight loss hypnosis. All sessions include a free reinforcement CD and a lifetime card which allows participants to attend future seminars FREE, if further reinforcement is desired. Lifetime members must present their card.

424F

Thursday, September 28
CE: Room 105 – Enter Door D
6:00-6:30PM Check-In, Get Materials
6:30-7:30PM Introduction
(All participants must attend)
7:30-8:30PM Weight Loss Hypnosis
(Smokers/Chewers take a break)
8:30-9:30PM Stop Smoking/Chewing Hypnosis
Instructor: Janel Lamp-Wiese, D.C.H-c,C.HT
Fee: \$55 per person/seminar

Introduction to Essential Oils

Learn more about the amazing power of Mother Nature, and how Essential Oils can help support and bring balance to your body. All are welcome! In this class you will make and take home a Foaming Hand Soap.

559F1

Tuesday, October 10
7:00-9:00PM
CE: Room 307
Instructor: Linda Fiecke
Fee: \$20



Parkinson’s Disease Care

Parkinson's disease is a chronic, degenerative neurological disorder that affects one in 100 people over age 60. This course, brought to you by Senior Helpers of Central MN, offers valuable information and teaches how to provide care for those who have Parkinson’s disease. By completing this Senior Helpers course, you will gain insight into what Parkinson’s disease is, the motor and non-motor symptoms of the disease, how to prevent falls using certain techniques and strategies, and the importance of medication.

393F

Wednesday, October 11
1:00-3:00PM
St. Michael Senior Center
Instructor: Senior Helpers
Fee: \$5



Write Your Own Health Care Directive

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 Power of Attorney. Participant will leave class 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; a packet will be sent one week prior to class. Please provide an email address when registering.

975F

Wednesday, November 8
6:00-8:00PM
CE: Room 305, Enter Door A
Instructor: Kristi Weikel
Fee: \$40

DIY Holiday Gift Ideas with Essential Oils

Come learn how to give the gift of wellness by sharing homemade Essential Oil items. Crafted by you, with love! Great for people with long gift lists and those folks who seem to already have everything. Make and take home with you a Sugar Scrub and Face Serum.

559F2

Thursday, December 14
7:00-9:00PM
CE: Room 307
Instructor: Linda Fiecke
Fee: \$20



GOLDEN KNIGHT GYMNASTICS

Fall Session

Mondays Sept. 11, 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13		10 classes
Tuesdays Sept. 12, 19, 26, Oct. 3, 10, 17, 24, Nov. 7, 14	(No class Oct. 31)	9 classes
Wednesdays Sept.13, 20, 27, Oct. 4, 11, 25, Nov. 1, 8, 15	(No class Oct. 18)	9 classes
Thursdays Sept.14, 21, 28, Oct. 5, 12, 26, Nov. 2, 9	(No class Oct. 19, Nov. 16)	8 classes
Fridays Sept. 15, 22, 29, Oct. 6, 27, Nov. 3, 10	(No class Oct. 13, 20, Nov 17)	7 classes

Class Location: Middle School EAST Gymnastics Room

Gymnastics Coordinators: Bre Fowler & Christy Dahmen Email: stma.gkg.coaches@gmail.com

My Baby Gymnasts

(Girls & Boys 10 months - 23 months with an adult)

Young gymnasts, accompanied by an adult, will focus on physical, mental and social skills through various activities.

Dress Child: Form fitted clothing with bare feet. No dresses or skirts.

Dress Parents: Clothing that allows free movement and stocking feet.

472F1 Wednesdays, 6:00-6:30PM \$54

Mommy/Daddy and Me

(Girls & Boys ages 2 to 3 with an adult)

Young gymnasts (2-3 years old accompanied by an adult), will familiarize themselves with the gymnastics environment. Gymnasts will also begin to learn fundamental skills.

Dress Child: Form fitted clothing with bare feet. No dresses or skirts.

Dress Parent: Clothing that allows free movement and stocking feet.

472F2 Tuesdays, 4:30-5:00PM \$54

472F3 Wednesdays, 5:30-6:00PM \$54

472F4 Wednesdays, 6:30-7:00PM \$54

Tumbling Tots

(Girls & Boys ages 4 & 5)

Gymnasts will become familiar with the gymnastics environment, equipment, and coaches. We will also begin to learn fundamental gymnastics skills.

A leotard or fitted clothing with NO stocking feet is required. Students need to be completely toilet trained by 1st class.

472F5 Tuesdays, 5:00-5:30PM \$54

472F6 Wednesdays, 7:00-7:30PM \$54

Beginner

(Girls ages 6 +, or coach referral)

In this class, the gymnast will begin to learn fundamental skills of gymnastics.

Required: A leotard or form fitted clothing with NO stocking feet and hair pulled away from the face with a snug hairpiece.

472F7 Tuesdays, 5:30-6:30PM \$81

472F8 Wednesdays, 4:30-5:30PM \$81

Intermediate

(Girls age 6 + & passed Beginner)

In this class, the gymnast will learn more advanced skills. To attend this class the gymnasts must be able to perform a cartwheel on floor, demonstrate jumps in a tuck, pike and straight position, show confidence and strength on uneven bars and beam.

Required: A leotard or form fitted clothing with NO stocking feet and hair pulled away from the face with a snug hairpiece.

472F9 Tuesdays, 5:30-6:30PM \$81

472F10 Thursdays, 4:00-5:00PM \$72



NOTE: Non-district #885 residents pay \$10 more per class for gymnastics.



GOLDEN KNIGHT GYMNASTICS

Fall Session

Mondays Sept. 11, 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13		10 classes
Tuesdays Sept. 12, 19, 26, Oct. 3, 10, 17, 24, Nov. 7, 14	(No class Oct. 31)	9 classes
Wednesdays Sept. 13, 20, 27, Oct. 4, 11, 25, Nov. 1, 8, 15	(No class Oct. 18)	9 classes
Thursdays Sept. 14, 21, 28, Oct. 5, 12, 26, Nov. 2, 9	(No class Oct. 19, Nov. 16)	8 classes
Fridays Sept. 15, 22, 29, Oct. 6, 27, Nov. 3, 10	(No class Oct. 13, 20, Nov 17)	7 classes

Class Location: Middle School EAST Gymnastics Room

Gymnastics Coordinators: Bre Fowler & Christy Dahmen Email: stma.gkg.coaches@gmail.com



Boys Strength & Flex

(Boys ages 6 and up)

In this class, we will focus on body coordination, flexibility, and strength as well as basic gymnastic skills. **Fitted clothing is required with no stocking feet.**

472F13 Mondays, 7:00-8:30PM \$120

Golden Knight Competitive Teams

(Coach referral only for all team members 3 days a week required)

A leotard with NO stocking feet and hair pulled away from the face. **Shorts are not allowed.**

Mondays, 4:00-7:00PM and
Tuesdays, 6:00-8:30PM and
Thursdays, 5:30- 8:30PM

Class Fee: \$405

Competition Fee: Golden & Royal Teams \$135

Competition Fee: Noble & Mighty Teams \$115

472F14 Golden & Royal Total Fall Tuition \$540

472F15 Noble & Mighty Total Fall Tuition \$520

Fall Open Gym Program

Open gym is for gymnasts ages 7 years & older. Gymnasts must have an adult or guardian in the gym with them. **Gymnasts cannot be dropped off.** A wavier must be signed by legal guardian prior to participation, available at the door.

Online registration not available for Open Gym Program.

\$5 per time payable at the door.

Fridays, 5:00-7:00PM

Advance

(Girls with coach referral & passed Intermediate)

In this class, we begin to learn and improve on our back handsprings, front walkovers, long hang pull overs, and handsprings on the vault.

Required: A leotard or form fitted clothing with NO stocking feet and hair pulled away from the face with a snug hairpiece. Please no shorts.

472F11 Mondays, 7:00-8:30PM \$120

472F12 Thursdays, 4:00-5:30PM \$96

Competitive Preparation Class

(Coach invite Only or email

stma.gkg.coaches@gmail.com to schedule an evaluation) Two days a week only

This class series is designed and focused on preparation for competitive gymnastics. Gymnasts will be reevaluated at each session by their coach to uphold their position in the class.

472F16 \$225

Mondays, 6:30-8:30PM and Thursdays, 4:00-6:00PM



NOTE: Non-district #885 residents pay \$10 more per class for gymnastics.



Boys Football

(Grade 3)

Boys will be instructed in the fundamentals of football, sportsmanship and team play. Helmets and pads will not be used. Students will meet in their gym before each session. Catholic school students should register for #158F1. White mesh jerseys are the same as the last three years.

158F1

Monday, Sept 18, 25, Oct 2, 9

2:20-3:45PM

SE: Gym

Instructors: Mr. Solum, Mr. Allerson, & Mr. Hanson

Fee: \$20 (no jersey)

\$32 (includes jersey)

158F2

Tuesday, Sept 19, 26, Oct 3, 10

2:20-3:45PM

BW: Gym

Instructors: Mr. Kliber & Mr. Klein

Fee: \$20 (no jersey)

\$32 (includes jersey)

158F3

Thursday, Sept 21, 28, Oct 5, 12

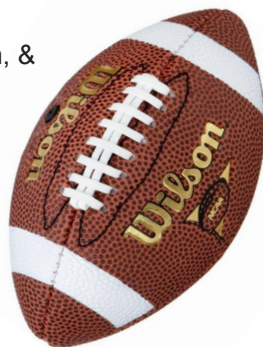
2:20-3:45PM

FE: Gym

Instructors: Mr. Schumm, Mr. Solum, Mr. Allerson & Mr. Kliber

Fee: \$20 (no jersey)

\$32 (includes jersey)



Youth Wrestling

(Grades 1 & 2)

These sessions are designed for either beginning or experienced wrestlers. Parents are encouraged to assist instructors by reinforcing the skills presented. Information about area tournaments will be provided. The fee includes a T-shirt. The instructors are former high school wrestlers.

171F2

Tuesdays, Nov 14, 21, 28, Dec 5, 12, 19, Jan 2, 9, 16, 23, 30
(No practice Dec 26)

6:30-7:30PM

HS: Wrestling Room, Enter Door C

Fee: \$48

Youth Wrestling

(Grades 3, 4, 5 & 6)

This program will instruct the wrestlers in basic techniques and rules of wrestling as well as how to train and compete in tournament. Information regarding area competitions will be provided as the season progresses. The fee includes a T-shirt. The instructors are former STMA High School wrestlers.

171F3

Tuesdays & Thursdays

Nov 14, 28, 30, Dec 5, 7, 12, 14, 19, 21, Jan 2, 4, 9, 11, 16, 18, 23, 25, 30, Feb 1

(No Practice Nov 16, 21, 23, Dec 26, 28)

6:30-7:45PM

MW: Wrestling Room, Enter Door B or Door O

Fee: \$70

Youth Wrestling

(Kindergarten)

These sessions are designed for beginning wrestlers. Parents are encouraged to assist instructors by reinforcing the skills presented. The fee includes a T-shirt. The instructors are former high school wrestlers.

171F1

Mondays, Nov 13, 20, 27, Dec 4, 11, 18, Jan 8, 22, 29

(No practice: Dec 25, Jan 1, 15)

6:30-7:30PM

HS: Wrestling Room, Enter Door C

Fee: \$40





YOUTH SPORTS

1st Grade Girls In-House Basketball

Girls will learn the basic skills of basketball, shooting, passing, dribbling and defense. Adult coaches are needed and should sign up online. The coaches meeting is Monday, September 11 at 6:30pm in the Community Ed. Center cafeteria. *Schedule & jersey pick up is Monday, September 18 from 8:30am-5:30pm in the Community Ed. Office.*

144F1

Practices:

Tuesday, Sept 26, Oct 3, 10, 17, 24, Nov 7, 14 (No Practice Oct. 31)
6:00-7:00PM
St. Michael Elem. Gym

Games:

Saturday, Oct 7, 14, 28, Nov 4, 11, 18 (No game Oct. 21)
Big Woods Gym
Time: TBD
Fee: \$42
Jersey Fee: \$25 (Must have or purchase a jersey)

2nd Grade Girls In-House Basketball

Girls will continue to improve their shooting, passing, dribbling and defense. Adult coaches are needed and should sign up online. The coaches meeting is Monday, September 11 at 6:30pm in the Community Ed. Center cafeteria. Practice and game schedules will be emailed on September 15. *Schedule & jersey pick up is Monday, September 18 from 8:30am-5:30pm in the Community Ed. Office.*

144F2

Practices:

Tuesday, Sept 19, 26, Oct 3, 10, 24, Nov. 7, 14 (No Practice Oct 17, 31)
6:15-7:15PM
Gyms: TBD

Games:

Saturday, Oct 7, 14, 28, Nov 4, 11, 18 (No game Oct. 21)
BW: Gym
Time: TBD
Fee: \$42
Jersey Fee: \$25 (Must have or purchase a jersey)

3rd & 4th Grade Girls In-House Basketball

Girls will continue to work on the basics of basketball and more plays will be introduced. Adult coaches are needed and should sign up online. The coaches meeting is Monday, September 11 at 6:30pm in the Community Ed. Center cafeteria. Practice and game schedules will be emailed on September 15. *Schedule & jersey pick up is Monday, September 18 from 8:30am-5:30pm in the Community Ed. Office.*

144F34

Practices:

Mondays & Thursdays
Sept 21, 25, 28, Oct 2, 5, 9, 12, 16, 23, 26, 30, Nov 9, 13
(No practice, Oct 19, Nov 2, 6, 16)
6:00-7:15PM
Gyms: TBD

Games:

Saturday, Sept 30, Oct 7, 14, 28, Nov 4, 11, 18 (No game Oct. 21)
SE: Gym
Time: TBD
Fee: \$55
Jersey Fee: \$25 (Must have or purchase a jersey)

5th & 6th Grade Girls In-House Basketball

Girls will practice and have games on Mondays and four Thursdays. Adult coaches are needed and should sign up online. We need at least 4 coaches to run this program. Coaches meeting is Monday, Sept. 11 at 6:30PM in the Community Education Center cafeteria.

144F56

Mondays & 4 Thursdays
Oct 2, 5, 9, 12, 16, 23, 30, Nov 6, 9, 13, 16
(No practice Oct 19, 26, Nov 2)
7:30-8:30PM
CE: Gym
Fee: \$35



Community Education is hiring a youth in-house girls basketball coordinator. If you are interested please call 497-6511 for more information.

The season is from Sept. 19 to Nov. 18.

Girls Traveling Basketball Tryouts

Sunday, September 17
MW: Gym

Grades 4, 5 & 6
2:00-4:00PM
Grades 7 & 8
4:00-6:00PM

Pre-Tryout Clinic

Sunday, September 10
3:00-5:00PM
High School

Travel Parents Meeting

Thursday, September 14 at 7:00PM
MW: Cafeteria

Register online: www.stmagbb.com
Registration Closes on Friday, September 15



Boys Traveling Basketball Tryouts

(Grades 4, 5, 6, 7, & 8)

Monday, Sept. 25 MW Gym
7th Grade Tryouts 5:45-7:45pm
8th Grade Tryouts 8:15-10:15pm

Tuesday, Sept. 26 MW Gym
4th Grade tryouts 5:30-6:30
5th Grade Tryouts 7:00-8:00pm
6th Grade Tryouts 8:30-9:30pm

Must attend Sept. 26 and 28

Thursday, Sept. 28 MW Gym
4th Grade tryouts 5:30-6:30pm
5th Grade Tryouts 7:00-8:00pm
6th Grade Tryouts 8:30-9:30pm

Fee: \$50 payable to STMA Community Ed.
Traveling Fee: \$210.00 payable to
STMA Boys Basketball if your son makes a traveling team.

Boys In-House Basketball

(Grades 1-4)

The boy's basketball program for grades 1 - 4 begins in January.

(Grades 5 & 6)

Player/Practice evaluation information to come.
The season begins in mid October and ends on
Saturday, December 16 with an in-house tournament.

**Flyers will be available on Peachjar or register online at
www.stma.ce.eleyo.com.**

Fall Cheer Clinic

(Grades K through 8)

Come join the Varsity Cheer Team and their coach for a one day cheer clinic to learn jumps, cheers, and a short dance all to prepare for a performance at the Varsity Football Game on Friday, September 15. Please bring a bag lunch. Participants will receive a t-shirt which they will wear to the game.



255F

Saturday, September 9
9:30AM-1:30PM
MW: Gym
Instructor: Coach Stephens
Fee: \$35

Youth Development Volleyball Teams (YDT)

(Grades 1 to 6)

Information can be found at www.stmajo.org or
email stmaydtvolleyball@gmail.com

Junior Olympic Volleyball (JO)

(Grades 5 to 10)

Informational meeting: October

Tryouts: November

Information can be found at www.stmajo.org or
email stmajovolleyball@gmail.com



YDT and JO are not sponsored by
STMA Community Education.

Ski Club

(Grades 6-12)

Community Education will again offer the Powder Ridge Six Time Ski Program. There will be a parent informational meeting on Monday, Nov. 6 at 6:30PM in the Middle School West Cafeteria. The meeting is designed especially for parents who have not had a child in Ski Club.

Registration flyers will be available at school the last week of October. Adult chaperones are needed on the following ski nights: Tuesday, Dec 12, 19, Jan 2, 9, 16, 23
The bonus night is January 30.





YOUTH CLASSES

Kindercrafts

(Kindergarten)

We will make fun crafts that follow a special theme each month!

963F1 – Safari Fun

Monday, October 9

2:00-3:30PM

AP: Room 101

Instructor: Marlene King

Fee: \$14

963F2 – Super Heroes Unite

Monday, November 6

2:00-3:30PM

AP: Room 101

Instructor: Marlene King

Fee: \$14

963F3 – Dino Craze

Monday, December 11

2:00-3:30PM

AP: Room 101

Instructor: Marlene King

Fee: \$14



Movie and Popcorn

Kindergarteners come join your friends and meet some new ones while we snack on popcorn and watch a Disney classic. Bring your favorite stuffed animal if you would like!

347F1 – Robin Hood

Monday, October 16

2:00-4:00PM

AP: Room 101

Instructor: Marlene King

Fee: \$5

347F2 – Beauty & the Beast (Animated)

Monday, November 13

2:00-4:00PM

AP: Room 101

Instructor: Marlene King

Fee: \$5

Registration Opens
August 28th

Crafting for the Holidays

(Kindergarten)

We will make a different craft each month to follow along with the season or holiday. Instructor: Marlene King

347F3 – Halloween Craft

Monday, October 23

2:00-3:30PM

AP: Room 101

Fee: \$14

347F4 – Thanksgiving Craft

Monday, November 20

2:00-3:30PM

AP: Room 101

Fee: \$14

347F5 – Christmas Craft

Monday, December 18

2:00-3:30PM

AP: Room 101

Fee: \$14

Art Rats

(Kindergarten)

If 30 minutes isn't enough art time for your child during the Kindergarten week, here is your opportunity to give them some more time!! Come draw, paint, and create some amazing masterpieces with Mrs. Bauman on Tuesdays after school. Class size is limited so sign up early!

435F

Tuesdays, Sept 26, Oct 10, 24, Nov 14, 28, Dec 12

2:00-3:30PM

AP: Art Room

Instructor: Julie Bauman

Fee: \$65

Kindergartners Yarn Club

Give your kids the gift of a skill that will last a lifetime! We will learn the basics of weaving and knitting/crocheting and create a small woven wall hanging, pom pom bunny and a finger knit cowl. Supplies included!



678F3

Tuesday, Oct 24, 31, Nov 7

2:00-3:00PM

AP: Room 100

Instructor: Abbey Swanson

Fee: \$50



YOUTH CLASSES

KidzArt's Animals of Australia

(Grades 1-4)

Join KidzArt for the special 4-week Aussie art adventure. Explore different materials, mediums, and the unique animals from Australia. We will paint, sculpt, and learn to draw a Kangaroo, Koala, Platypus, and more.

202F1

Wednesday, Sept 27, Oct 4, 11, 25

(No Class Oct 18)

2:15-3:15PM

BW: East Commons

Instructor: KidzArt

Fee: \$50

202F2

Wednesday, Nov 1, 8, 15, 22

2:15-3:15PM

FE: East Commons

Instructor: KidzArt

Fee: \$50



Winter Wonderland

(Grades 1-4)

Grab your friends and get ready to celebrate winter. We will use acrylic paints on canvas to paint Frosty the Snowman, cut and glue colorful paper to create a poinsettia collage, and draw a scene of kids having fun sledding down a snow-covered hill.

202F5

Monday, Dec 4, 11, 18

2:15-3:15PM

FE: East Commons

Instructor: KidzArt

Fee: \$68

202F6

Wednesday, Dec 6, 13, 20

2:15-3:15PM

BW: East Commons

Instructor: KidzArt

Fee: \$68

Pumpkin & Polka Dots

(Grades 1-4)

Grab your friends and join us for a fun one day painting event. Everyone will create their own painting of a pumpkin with a polka dot background on an 11 x 14" stretched canvas.

202F3

Tuesday, October 3

2:15 – 3:15PM

SE: Art Room

Instructor: KidzArt

Fee: \$20

202F4

Thursday, October 12

2:15 – 3:15PM

FE: East Commons

Instructor: KidzArt

Fee: \$20



Check out the great
Adult and Child classes on
page 11!

SCHOOL ABBREVIATIONS

AP = Albertville Primary

SE = St. Michael Elementary

BW = Big Woods Elementary

FE = Fieldstone Elementary

MW = Middle School West

ME = Middle School East

HS = High School

CE = Community Education Center

AC = Activity Center @ High School



YOUTH CLASSES

Art Lab with Abrakadoodle

(Grades 1-4)

Learn tricks that make art magic! In this award winning program you will learn techniques that real artists use in their studios to create astonishing effects. Make room in your house to display these amazing masterpieces!

911F1

Monday, Sept 18, 25, Oct 2, 9

2:15-3:15PM

FE: East Commons

Fee: \$50

911F2

Tuesday, Sept 19, 26, Oct 3, 10

2:15-3:15PM

BW: East Commons

Fee: \$50

911F3

Thursday, Sept 21, 28, Oct 5, 12

2:15-3:15PM

SE: Art Room

Fee:\$50

Abrakadoodle Presents: Art Sampler

(Grades 1-4)

Explore your artistic side as you have fun in this exciting class. In this extraordinary program you'll enjoy using all sorts of materials and learn tricks that make art magic. We'll draw, collage, sculpt and more while using different art mediums like canvas and watercolor paper. Make room at home to display your masterpieces!

911F4

Monday, Oct 23, 30, Nov 13, 20

(No Class Nov 6)

2:15-3:15PM

FE: East Commons

Fee: \$50

911F5

Tuesday, Oct 24, 31, Nov 7, 14

2:15-3:15PM

SE: Art Room

Fee: \$50

911F6

Thursday, Oct 26, Nov 9, 16, 30

(No Class Nov 2, 23)

2:15-3:15PM

BW: East Commons

Fee:\$50



Elementary Yarn Club

(Grades 1-4)

Give your kids a skill that will last a lifetime! We will learn the basics of weaving and crochet and create a small woven wall hanging, pom pom garland decoration and a crochet cowl. Supplies included! *Please bring a nut-free snack. Instructor: Abbey Swanson, Firefly Hook*

678F4

Tuesday, Sept 19, 26

2:15-4:30PM

FE: East Commons

Fee: \$50

678F5

Tuesday, Nov 14, 21

2:15-4:30PM

SE: Room 112

Fee: \$50

678F6

Tuesday, Nov 28, Dec 5

2:15-4:30PM

BW: West Commons

Fee: \$50



Abrakadoodle's Ultimate Holiday Gift Making

(Grades 1-4)

New Projects! Get a jumpstart on holiday gift making creating the perfect gifts for relatives or friends. Fun to make and nice to give projects! Each child will bring home four beautifully hand-made and gift wrapped presents, just in time for the Holidays!

911F7

Monday, Nov 27, Dec 4

2:15-3:45PM

BW: West Commons

Fee: \$38

911F8

Tuesday, Nov 28, Dec 5

2:15-3:45PM

SE: Art Room

Fee: \$38

911F9

Wednesday, Nov 29, Dec 6

2:15-3:45PM

FE: East Commons

Fee: \$38



YOUTH CLASSES

Design-A-Plate

(Kindergarten & Grades 1 - 4)

This class gives kids the chance to create a keepsake plate! Each child will design a plate. You may do more than one plate but you must register twice if you plan to do so. Limit 2 per child. The artwork will be fired and glazed and returned back to Community Ed within 4-6 weeks.

242F1

Monday, September 18

2:00-3:00PM

AP: Room 101

Instructor: Angie Hawkins

Fee: \$15

242F2

Thursday, September 28

2:15-3:15PM

BW: West Commons

Instructor: Angie Hawkins

Fee: \$15

242F3

Thursday, November 9

2:15-3:15PM

SE: Art Room, 138

Instructor: Angie Hawkins

Fee: \$15

242F4

Friday, November 10

2:15-3:15PM

FE: East Commons

Instructor: Angie Hawkins

Fee: \$15



Pinecone Critters

(Grades 1-4)

Come and create some pinecone woodland critters in this fun fall afterschool class!

622F1

Monday, September 25

2:15-3:45PM

BW: East Commons

Instructor: Heather Blanchette

Fee: \$15

Autumn Trees

(Grades 3-4)

We will create beautiful art pieces from multiple media materials. A new project will be made each week.

622F2

Monday, October 2, 9, 16, 23

2:15-3:45PM

BW: East Commons

Instructor: Heather Blanchette

Fee: \$55

Halloween Moon

(Grades 2-3)

Create a spooky layered scene just in time for Halloween Night!

622F3

Monday, October 30

2:15-3:45PM

BW: East Commons

Instructor: Heather Blanchette

Fee: \$15

Science Explorers' Sloppy, Goopy, Slimes!

(Grades 1-4)

It's time to get mixed-up in some ooey, goopy, slimy science! Join Science Explorers for experiments that are icky, sticky and sloppy as you investigate the science side of STEM. You will explore the properties of a polymer by making and experimenting with different slimes, including one that will glow in the dark. This class is more than hands-on...it's hands in! Come prepared to have fun and get messy.

585F1

Wednesday, September 27

2:15-4:00PM

SE: Art Room

Instructor: Science Explorers

Fee: \$20

585F2

Tuesday, October 3

2:15-4:00PM

FE: East Commons

Instructor: Science Explorers

Fee: \$20

585F3

Tuesday, November 7

2:15-4:00PM

BW: West Commons

Instructor: Science Explorers

Fee: \$20





YOUTH CLASSES

Standout With SPANISH!

(Grades 1-4)

In this eight-week adventure, ¡Vamos con la familia! (Let's go with family!), students learn adjectives, clothing, and family related vocabulary while delving into the Peruvian culture. Useful Spanish and traditional vocabulary taught with songs, games, and cultural activities make for a dynamic and educational class!

275F1

Monday, Oct 23, 30, Nov 13, 20, 27, Dec 4, 11, 18

(No Class Nov 6)

2:15-3:15PM

SE: Cafeteria

Instructor: Futura Languages

Fee: \$130

275F2

Tuesday, Oct 24, 31, Nov 7, 14, 21, 28, Dec 5, 12

2:15-3:15PM

FE: East Commons

Instructor: Futura Languages

Fee: \$130

275F3

Wednesday, Oct 25, Nov 1, 8, 15, 22, 29, Dec 6, 13

2:15-3:15PM

BW: West Commons

Instructor: Futura Languages

Fee: \$130



Los Chiquitos

(Kindergarten)

In this class, your child will love learning Spanish with our playful approach that parallels the "natural language acquisition model." Using books, games, songs and crafts, our *Los Chiquitos* Spanish classes provide a dynamic introduction to the Spanish language. Your child will learn how to ask and answer basic questions in Spanish, count from 1-20, recognize colors and family members in Spanish *y mucho más!*

275F4

Thursday, Oct 5, 26, Nov 2, 9, 30, Dec 7, 14, 21

(No Class Oct 12, 19, Nov 16, 23)

2:00-3:00PM

AP: Room 101

Instructor: Futura Languages

Fee: \$130



Intro to Game Coding

(Grades K-3)

All New Game Tutorial! Working in pairs, learn to create an interactive 2D video game using your FAVORITE characters. Choose characters from Undertale, Pokémon, Nintendo, Minecraft and even classic characters like Donkey Kong, Pac Man, Sonic and Mario! *Bring a USB drive and Nut-Free snack.*

628F1

Saturday, October 7

9:00AM-12:00PM

HS: Room 1684

Instructor: Computer Explorers

Fee: \$38

Java Minecraft Modding: Super-Tool

(Grades 3-8)

Create a custom Super-tool. Learn and use elements of Java coding to create a Minecraft Mod. Students will create a set of tools and weapons, as well as combine the functions of the tools into one super-tool. Students should be comfortable with keyboarding, and of course playing Minecraft! At the end of class take home your Mods to share with family and friends.

Bring a USB drive and Nut-Free snack.

628F2

Saturday, November 11

9:00AM-12:00PM

HS: Room 1684

Instructor: Computer Explorers

Fee: \$38

Registration Opens
August 28th
www.stma.ce.eleyo.com



YOUTH CLASSES

Grandmasters of Chess

(Grades 1-4)

New and returning students invited. Each {YEL!} Chess class follows four basic components: •Teach It!...Each class students are taught different chess concepts and coached to implement those concepts into their chess games •Practice It!...Students practice positions set by the coach to improve their understanding of the concept. •Puzzle It!... Students are given chess puzzles and work with coach guidance to solve them. •Play It!...Each class ends with students playing 20-30 minutes of chess. Coaches often feature in-class tournaments during the session. Sign up today to THINK, LEARN and PLAY WELL with {YEL!}.

473F1

Tuesday, Nov 7, 14, 21, 28, Dec 5, 12
2:15-3:15PM
BW: East Commons
Instructor: Youth Enrichment League
Fee: \$76

473F2

Thursday, Nov 9, 16, 30, Dec 7, 14, 21
(No Class Nov 23)
2:15-3:15PM
SE: Cafeteria
Instructor: Youth Enrichment League
Fee: \$76



Fencing

(Grades 2-8)

Fencing is one of the fastest growing sports in the USA and YEL fencing continues to evolve to match that pace. Olympic Coach Ro Sobalvarro heads up YEL's curriculum, ongoing instructor training and tournament consultation. Coach Sobalvarro brings with him an immense knowledge of youth, national and international fencing. Fall is a great time for beginning and returning students. New students get introduced to a pulse-pounding sport while returning students continue their study through Coach Sobalvarro's progressive curriculum. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets, in a high-octane, inclusive environment. Get in the game. Sign up today!

159F

Saturday, Nov 4, 11, 18, Dec 9, 16
10:00-11:30AM
BW: Cafeteria
(Please Note: Dec 9 will be in the HS Cafeteria)
Instructor: Youth Enrichment League
Fee: \$85



Gear Engineers

(Grades Kindergarten & 1-4)

STEM Enrichment using LEGO® bricks for the 21st Century learner. Each {YEL!} STEM class follows four basic components. •Teach It!...Each class students are taught the basic STEM engineering concepts behind each project. •Build It!... Students use LEGO® bricks to build a trundle wheel, merry-go-round and design their own wicked amusement park ride. •Explore It!...Then they use that project to explore the basic engineering concepts - this session is focused on gearing concepts. •Play It!...Finally they play with their project, modify it, create extensions and have fun working with it. Sign up today to THINK, LEARN and PLAY WELL with {YEL!}.

LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

121F1

Tuesday, Nov 7, 14, 21, 28, Dec 5, 12
2:15-3:15PM
SE: Cafeteria
Instructor: Youth Enrichment League
Fee: \$66

121F2

Wednesday, Nov 8, 15, 22, 29, Dec 6, 13
2:00-3:00PM
AP: Room 101
Instructor: Youth Enrichment League
Fee: \$66

121F3

Thursday, Nov 9, 16, 30, Dec 7, 14, 21
(No Class Nov 23)
2:15-3:15PM
FE: East Commons
Instructor: Youth Enrichment League
Fee: \$66

121F4

Monday, Nov 13, 20, 27, Dec 4, 11, 18
2:15-3:15PM
BW: East Commons
Instructor: Youth Enrichment League
Fee: \$66



YOUTH CLASSES

School of Fish ON ICE

(Grades 3 and up)

School of Fish ON ICE is a kids fishing class open to kids (and adults!) from grades 3 and up taught by pro angler and television show host Mike Frisch. Students learn about lakes, finding fish in those lakes in winter, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. Each child receives:

*Ice rod & reel

*Tackle box with tackle

*School of Fish 32-page full color workbook

*KLN Snack pack

*AND MORE!

275F2

Thursday, November 30

6:00-8:30PM

MW: Lecture Hall

Instructor: Mike Frisch

Fee: \$45



Karate for Children

(Grades 1-4)

Learn respect, discipline and patience while gaining basic self-defense skills. Karate emphasizes stretching, strength and balance that benefits students in other physical activities. Includes uniform, patch and tattoo.

664F1

Monday, Sept 18, 25, Oct 2, 9

2:15-3:15PM

BW: West Commons

Instructor: Dojo Karate

Fee: \$40

664F2

Monday, Nov 27, Dec 4, 11, 18

2:15-3:15PM

FE: Room 116

Instructor: Dojo Karate

Fee: \$40

Taekwondo

(Ages 3+)

This four-week program covers basic mixed martial arts fundamentals, taught by World Taekwondo Academy, the nation's number one Taekwondo School. During the class, students will learn basic hand and feet techniques (blocks, strikes and kicks), self-defense, ground defense, grappling skills and will receive an introduction to martial arts fitness. Students will also learn martial arts etiquette, discipline and confidence. Belts will be provided.

197F1

Monday, Sept 25, Oct 2, 9, 16

4:15-5:00PM

SE: Gym

Instructor: World Taekwondo Academy

Fee: \$35

197F2

Monday, Nov 13, 20, 27, Dec 4

4:15-5:00PM

SE: Gym

Instructor: World Taekwondo Academy

Fee: \$35

On Target Archery

Have you ever wanted to learn how to shoot a bow? We'll teach you how! This class will be taught by a licensed teacher who is also a certified archery instructor. We'll learn how to safely shoot using the Genesis Compound Bow. Right and Left hand bows will be available to learn on. There will be a clear expectations for both safety and fun!

127F1 (Grades 3-4)

Thursday, Sept 21, 28, Oct 5, 12, 26, Nov 9

(No Class, Oct 19, Nov 2)

2:15-3:15PM

BW: Gym

Instructor: Byron Rasch

Fee: \$40



127F2 (Grades 5-8)

Thursday, Sept 21, 28, Oct 5, 12, 26, Nov 9

(No Class, Oct 19, Nov 2)

3:30-4:30PM

BW: Gym

Instructor: Byron Rasch

Fee: \$40



FINE ARTS

Piano Lessons—Beginner /Intermediate

By: Cheryl Hathaway
Lessons are 30 minutes. Books can be purchased through the instructor or bring books that you have already purchased. (Grades 2 and Up)

239F1

Wednesday: Sept 20, 27, Oct 4, 11, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13, 20 (No Class: Oct 18)
2:30-5:00PM
BW: Music Room
Fee: \$325

Group Guitar—Level 1

By: Cheryl Hathaway
If you've always wanted to learn to play the guitar, this class will give you a great start! You will learn several guitar chords, strumming, picking and you will be able to accompany yourself while you sing. (Grades 2 and up)
*Please Note: Guitars will be provided at class, but students should have a guitar to practice at home.

239F2

Tuesday: Sept 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21
2:30-3:15PM
SE: Music Room
Fee: \$80

Private Guitar Lessons

By: Cheryl Hathaway
For students that have completed Group Guitar 1 and or 2 with Cheryl Hathaway.

239F3

Tuesday: Sept 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12
3:30-5:00PM
SE: Music Room
Fee: \$325

Guitar, Vocal & Performance

By: Sandi Millar—Lesson Pros
Ages 6 through Adult
10 Lessons

239F4

Monday & Tuesday
3:00-7:00PM
FE: Music Room
Fee: \$330

Prairie Fire Children's Theatre Presents:



Venture down the rabbit hole and meet some of the most colorful characters in children's literature.

Directors' roles: The Mad Hatter and the Queen of Hearts.

Cast includes: Alice, The White Rabbit, The Duchess, The Cook, The Cheshire Cat, The March Hare, The Dormouse, The Jack of Hearts, The King of Hearts, The Caterpillar, Tweedledee, Tweedledum, The Deck of Cards, The Flowers and The Birds

Auditions: Monday, January 15th (no school day) from 4:00-6:00PM at the MW Auditorium. You must register to audition. Auditions last up to two hours.

Please Note: Some of the cast will stay for a short rehearsal following the auditions.

Rehearsals: 2:45-8:00PM throughout the remainder of the week (times will vary based on the part your child is cast), with performances Friday, January 19th at 7:00PM and Saturday, January 20th at 1:00PM in the MW Auditorium.

Show Tickets: Information will come home with students after auditions! Tickets are \$5/Adults, \$3/Students & Seniors. There is assigned seating with ticket purchase.

020W

(Grades 1-4)
Monday through Saturday, January 15-20
MW: Auditorium
Instructor: Prairie Fire Children's Theatre
Fee: \$55
(*\$50 refunded if not cast)

Fee includes bus transportation each day right after school to MW for practice. Parents pick up after each rehearsal.



FINE ARTS

STMA Music Lessons

STMA Community Education offers private 30 minute music lessons for High School/Adult students and 25 minute music lessons for Middle School students taught by qualified instructors who will help you develop your musical skills. Students provide their own instruments except for piano.

**Instructors will contact the students to set the lesson times based on student's schedule.*

High School Lesson Rates (30 Min)

6 Lessons \$198

10 Lesson \$330

Middle School Lesson Rates (25 Min)

6 Lessons \$180

10 Lessons \$300

Instrumental Lessons

Woodwinds

By: Michael Bartunek

555F1 / 555W1

Mondays 7:20-8:20AM

High School



Voice Lessons

Deborah Ferrell

555F6 / 555W6

Tues, Wed or Thurs

8:30-2:20PM

High School

Flute, Oboe, Clarinet, Saxophone

By: Susan Frevert

555F2 / 555W2

Tuesdays 9:30-2:30PM

High School

(8 Lessons—\$264)

Mark Nelson

555F7 / 555W7

Mon or Tues

8:45-1:40PM

High School

Trumpet

By: Dean Heller

555F3 / 555W3

Mon or Wed 8:30-2:30PM

High School

Matthew Tintes

555F8 / 555W8

Mon or Tues

8:45-1:40PM

High School

Percussion

By: Richard Haneman

555F4 / 555W4

Mon or Wed 8:45-12:15PM

High School

Sarah Hammel

555F9 / 555W9

Mon or Wed

8:45-2:30PM

High School

Flute

By: Amanda Daniels

555F5 / 555W5

Tues or Thurs 8:45-12:15PM

High School

Trimester 1 (Fall) Lessons
September 12—November 30

Trimester 2 (Winter) Lessons
December 4—March 2



MIDDLE AND HIGH SCHOOL ACTIVITIES

On Target Archery

(Grades 5-8)

Have you ever wanted to learn how to shoot a bow? We'll teach you how! This class will be taught by a licensed teacher who is also a certified archery instructor. We'll learn how to safely shoot using the Genesis Compound Bow. Right and Left hand bows will be available to learn on. There will be a clear expectations for both safety and fun!

127F2

Thursday: Sept 21, 28, Oct 5, 12, 26, Nov 9

(No Class, Oct 19, Nov 2)

3:30-4:30PM

BW: Gym

Instructor: Byron Rasch

Fee: \$40

Babysitting 101

(Grades 5, 6 & 7)

This course follows the American Academy of Pediatrics – **Babysitter Lessons And Safety Training (BLAST)**. Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems, and how to manage their babysitting business. Students receive a reference book, recipe and game handouts, babysitting bag and first aid kit.

312F1

Monday – Thursday

October 9, 10, 11, 12

3:15-5:15PM

MW: Health Room

Instructor: Emergency Outfitters

Fee: \$60

312F2

Monday – Thursday

November 6, 7, 8, 9

3:15-5:15PM

ME: Health Room

Instructor: Emergency Outfitters

Fee: \$60



Middle School Crochet Club

(Grades 5-8)

Want to learn to crochet? Crochet Club is for students grades 5 – 8. Two clubs are offered, one at each middle school. We will learn the basics of crochet and make a pom pom bunny, owl pillow, and beanie. No experience necessary. Students with previous crochet experience will be given the choice of learning more difficult stitches. Supplies included!



678F1

Tuesday: Oct 3, 10, 17

3:30-5:00PM

ME: Health Room

Instructor: Abbey Swanson

Fee: \$52

678F2

Tuesday: Oct 24, 31, Nov 7

3:30-5:00PM

MW: Health Room

Instructor: Abbey Swanson

Fee: \$52

Snowmobile Safety Training Course

(Ages 11-15)

The Foxtailers' Snowmobile Club is offering youth snowmobile safety training to students 11-15 years of age. Upon completion of this course they will be certified to receive their Minnesota snowmobile certificate. This class will be starting at 9:00AM and ending upon completion of outdoor driving course (approximately 1:30PM). Lunch will be provided. Students need to dress for cold weather with proper snowmobile gear i.e., helmets, gloves and boots.

As a prerequisite to the class: the student must complete the on-line course at www.snowmobilecourse.com or www.snowmobile-ed.com and provide the on-line course completion document when they arrive for class.

A parent/guardian must accompany their youth to sign a release form and bring proof of age (birth certificate) of student. The parent/guardian is also encouraged to stay for the first hour of the training presented by a Minnesota DNR officer. Pre-registration is required as class size is limited to 75 students. Upon completion of the course the certificate can be purchased on the MNDNR website for \$5.00

532F

Saturday, October 28th

9:00-1:30PM

HS: Media Center

Instructor: Foxtailers Snowmobile Club

Fee: \$5



MIDDLE AND HIGH SCHOOL ACTIVITIES

Yoga & Mindfulness

The teenage years are a very challenging time. Daily routines begin to alter as schoolwork, sports activities, social life, and work schedules become more demanding. Yoga promotes unity of the body and mind, while mindfulness increases your awareness and ability to look within. There are so many benefits of yoga practice; increased muscle strength, flexibility, and concentration, protection from injury and improved athletic performance. Reduces inflammation, anxiety, depression and mood swings. Mindfulness encourages you to think for yourself, while trusting the decisions you make.

The results of both of these practices can be life altering. They will have you feeling more confident, energized and balanced. Join me, Nicole Roddy after school and dive deeper into learning more about the authentic you!

Bring a yoga mat or towel.

565F1 (Grades 5 – 8)

Monday, Sept 18, 25, Oct 2, 9, 16, 23

3:30-4:30PM

ME: Choir Room

Instructor: Nicole Roddy

Fee: \$45

565F2 (Grades 9 – 12)

Tuesday, Sept 19, 26, Oct 3, 10, 17, 24

3:30-4:30PM

HS: Teacher's Lounge

Instructor: Nicole Roddy

Fee: \$45



565F3 (Grades 5 – 8)

Monday, Nov 13, 20, 27, Dec 4, 11, 18

3:30-4:30PM

MW: Choir Room

Instructor: Nicole Roddy

Fee: \$45

565F4 (Grades 9 – 12)

Tuesday, Nov 14, 21, 28, Dec 5, 12, 19

3:30-4:30PM

HS: Teacher's Lounge



Middle School East Art Club

(Grades 5-8)

Middle School East Art Club is looking for students to bring their creativity and talent to have fun! Mr. Jergenson and Ms. Poirier are preparing the art studio for art activities in a variety of mediums that will expand beyond classroom art projects. Register now to claim your spot and begin aspiring to be the next great artist!

240F

Wednesday, Sept 20, 27, Oct 4, 11, 25, Nov 1, 8, 15

(No class October 18)

3:15-4:15PM

ME: Art Room

Instructors: David Jergenson &

Lea Poirier

Fee: \$62

Intro to Self Defense

(Young Women Ages 13-19)

Statistics don't lie! As our teens 'venture out in the world and become more independent, the risks to their personal safety increase. Taking a responsible self defense class can help prepare them both psychologically, socially and physically to deal with the unplanned and the unthinkable. A fun, supportive and interactive peer group setting is provided to enhance engagement and learning of important safety skills. The brain is our #1 self defense weapon!

There will be physical techniques taught so students should dress in comfortable clothing and sport-type tennis shoes.

The instructor, Patti McClintock, is a certified self defense trainer and black belt. She has been teaching self defense courses for over 35 years.

609F1

Saturday, November 4

10:00AM-12:00PM

HS: Wrestling Room

Instructor: Patti McClintock

Fee: \$30

Middle School West Art Club

(Grades 5-8)

Middle School West is looking for students to bring their creativity and talent to have fun! Mrs. Miller and Ms. Erickson are preparing the art studio for art activities in a variety of mediums that will expand beyond classroom art projects.

189F

Wednesdays, Oct 25, Nov 1, 8, 15, 22, 29

3:15-4:15PM

MW: Art Room, F127

Instructor: Colleen Miller &

April Erickson

Fee: \$48





MIDDLE AND HIGH SCHOOL ACTIVITIES

PrepStar Premium ACT Class

It is important to remember that the ACT is no longer just an achievement test. To receive great ACT scores for college admissions, students now need training and coaching more than ever before. PrepStar Premium is a 24 hour ACT preparation course unlike any other. The class is thorough, challenging and extremely effective. And, it offers guaranteed results for students who have already taken the ACT test!

The class includes:

- Extensive content review
- Effective strategies
- Outstanding teachers
- 3 full ACT practice tests
- Detailed score reports from practice tests
- Online scoring for practice tests for immediate results
- Make-up content available via video

953F1

Classroom: Tues, Sept 19, 26, Oct 3, 10
5:30-8:30PM
HS: Media Center
Practice Tests: Sat, Sept 23, 30, Oct 14
9:00-12:30pm
HS: Room 1685
Instructor: PrepStar Staff
Fee: \$349

PrepStar Blast ACT Class

The ACT test is more important than ever before for college admissions and scholarship offers. An ACT expert will introduce students to the test format and review essential strategies for all 5 sections. During the class students will apply the useful tools as they take parts of a retired ACT test. Students will also have the option to take another full practice test at home and have it scored with an online scoring system for immediate results. This class is an ACT cram session!

953F2

Tues and Thurs, October 24 and 26
5:30-8:30PM
HS: Media Center
Instructor: PrepStar Staff
Fee: \$89

PrepStar Plus

Many students seek ongoing support and preparation to help improve aptitude and results. This specialized tutoring available to students who have taken either of the PrepStar classes. It provides students with one-on-one tutoring for 3 individualized hours of ACT prep. The effective instruction will be done online with an ACT expert using an amazing interactive whiteboard. The tutor and student will use the practice ACT test score results to work on specific types of questions and subjects to help the student reach his/her potential.

953F3

Register for this course online and then call 763-682-1281 to set up tutoring times.
Instructor: PrepStar Staff
Fee: \$159



Science Olympiad

(Grades 9-12)
Science Olympiad is an academic competition based in the sciences. Each year there is a regional and state competition. Students select different events to compete in including: Anatomy and Physiology, Astronomy, Bridge Building, Cell Biology, Chemistry Lab, Electric Vehicle, Experimental Design, Forensics, Fossils, Green Generation, Robot Arm, Wind Power and so many more. The Minnesota branch of Science Olympiad's website is www.minnesotasoo.org.

Science Olympiad will run from October through March.

613F

Mondays & Wednesdays
Begins October 2
3:30-4:30PM
HS: Room 1418
Instructor: Marc Olig
Fee: \$185

**Driver Education Information
Flyers are available in the High School
office or on Peachjar.**

**Fall class starts September 18
Fee: \$350
Register online now!**



EARLY CHILDHOOD FAMILY EDUCATION

ECFE is the first step that begins your child's journey with the St. Michael-Albertville #885 School District!



Early Childhood Family Education is a program to connect with other families from your community. ECFE offers classes, home visiting and special events for children ages birth through five and their families.

Our licensed staff provides a safe, supportive, child-centered environment that enhances children's growth and development while supporting families.

ECFE recognizes that parents are the first and most significant teachers.

Fall 2017 Sliding Fee Scale for all ECFE parent/child classes				
Yearly Family Gross Income	11 week Fall daytime sessions	8 week Fall evening sessions	11 week Doing Preschool Together (22 sessions)	Sibling Care
\$95,000 and above	\$90	\$64	\$200	<p>Sibling Care is now FREE</p> <p><i>Each child must be registered separately and under an account with their name.</i></p> <p><i>Please include child's birthdate so proper staffing accommodations can be made.</i></p>
\$75,000 – \$95,000	\$82	\$56	\$175	
\$55,000 – \$75,000	\$74	\$48	\$150	
\$35,000 – \$55,000	\$60	\$40	\$125	
Under \$35,000	\$46	\$32	\$100	
<p>All families are welcome.</p> <p>No one will be turned away from an ECFE parent/child class due to the inability to pay fees.</p> <p>If assistance is needed, please contact Jane at janeh@stma.k12.mn.us or 763-497-6512.</p>				

ECFE is located in the STMA Community Education Center, behind the Historic St. Michael Catholic Church. Parking is available off County Road 19 or 35. Enter through doors A or D.



EARLY CHILDHOOD FAMILY EDUCATION

A typical ECFE class:

Parent/Child Time

Parents and children spending time creating and playing together at the learning centers developed by the certified teacher. All activities are designed to promote a cooperative experience for you and your child.

Circle Time

Everyone joins in for circle time! This group activity is led by the Early Childhood teacher. Learn new songs and stories; but the fun and familiar won't be forgotten!

Parent Discussion

Discussion is facilitated by a licensed Family Educator. Her role is to lead the group in helpful discussions that revolve around typical parenting issues. Some topics include (but not limited to) bedtime routines, toilet training, school readiness, discipline and nutrition.

Teacher Time

While at parent discussion, your child has their first school experience. This is a comfortable way to address those separation issues. Children are in the care of a licensed teacher and paraprofessional. Social interaction and free choice play is the main focus during this time.

Sibling Care

Need care for additional children who may not fit the class age? Sibling care is equipped with toys and materials to address all age level's needs. Please pre-register all children for sibling care so that appropriate staffing can be scheduled.

ECFE Open House

Meet the staff,
explore our facility
and play with us!

All ECFE rooms will be open
and filled with fun activities.

Check out all the new classes
and special events coming
this fall!

Friday, September 8 from
9:00 - 11:00AM



ECFE Registration begins Monday, August 28th.
Register online at stma.ce.eleyo.com



EARLY CHILDHOOD FAMILY EDUCATION

ECFE follows the St. Michael-Albertville School District 885 calendar.

If no school within the district, then ECFE is not in session.

ECFE will not conduct class on the following days:

- Monday-Friday, October 16-20 due to MEA Break
- Wednesday, November 8 due to Early Childhood Screening
- Monday-Friday, November 20-24 for Thanksgiving Break
- Friday, December 1 for teacher workshop

Check-out the ECFE Parent Handbook Online for more program policies and procedures.
<http://www.stma.k12.mn.us/community-ed/ecfe>

ECFE Weather Cancellations

ECFE will be closed for inclement weather if the STMA district is closed.

Please check online, emails, phone calls, Facebook, local TV channels and WCCO

If school is two hours late, there will be no ECFE morning classes. If school dismisses early, there will be no afternoon/evening classes.

Like us on Facebook for updates, special events, and celebrations!



There are two types of ECFE classes.

Separating:

Parents and children begin and end class together, but spend time apart in the middle. A convenient and safe way for your child to gain independence.

Non-Separating:

Parent and children remain in an ECFE classroom together. If your child (or you) are not quite ready to separate, these classes are the perfect choice for your family! A great introduction to school!



Drop in and Play

NON-SEPARATING

All Ages

Try out ECFE without the commitment! Drop-in and Play every Wednesday from 9:00-11:00 am. Stay the entire time, or come when your schedule allows!

ECFE staff will be present with arts and crafts, songs and stories. Also a chance to run and play in the gym.

#DROP

Wednesdays and Fridays

September 20 - December 20

No class 10/18, 10/20, 11/8, 11/24, or 12/1

Community Ed Center - 203

8:30 - 10:00AM

\$40 Pass for Fall or \$4 per family per visit

ECFE Registration
begins
Monday, August 28th

Register online at
stma.ce.eleyo.com



EARLY CHILDHOOD FAMILY EDUCATION

Monday		Tuesday		Wednesday	Thursday		Friday
I CAN DO IT 8:30-10:00 Room 205 Ages Walking-5	S.M.A.R.T. KIDS 8:30-10:00 Room 203 Ages 2-5	TERRIFIC TODDLERS 8:30-10:00 Room 205 Ages 1-2	DOING PRESCHOOL TOGETHER Day 1 8:30-10:00 Room 203 Ages 34 months-5	MARVELOUS MIXERS 8:30-10:00 Room 205 Ages Walking-5	JITTERBUGS 8:30-10:00 Room 205 Ages Walking-5	DOING PRESCHOOL TOGETHER Day 2 8:30-10:30 Room 203 Ages 34 months-5	BUSY BEES 8:30-10:00 Room 205 Ages 1-2
KIDS BOOK CLUB 10:30-12:00 Room 203 Ages 3-5		LITTLE LEARNERS 10:30-12:00 Room 203 Ages 3-5		DROP IN AND PLAY 8:30-10:00 Room 203 Ages B-5	PRESCHOOL PLACE 10:30-12:00 Room 205 Ages 2-5		DROP IN AND PLAY 8:30-10:00 Room 203 Ages B-5
BABY + ME 1:00-2:30 Room 205 Newborn - 12 months		KINDERMUSIK 10:45-11:30 Room 205 All Ages		STEM SPROUTS 10:30-12:00 Room 203 Ages 3-5			CREATIVE KIDS 10:30-12:00 Room 203 Ages 3-5
ECFE Open House Meet the staff, explore our facility and play with us! All ECFE rooms will be open and filled with fun activities. Check out all the new classes and special events coming this fall! Friday, September 8 from 9:00 - 11:00AM			DOING PRESCHOOL TOGETHER Day 1 12:30-2:00 Room 203 Ages 34 months-5	BABY + ME 10:30-11:30 Room 205 Newborn - 12 months	BOOK STUDY 12:30 Room 201	DOING PRESCHOOL TOGETHER Day 2 12:30-2:30 Room 203 Ages 34 months-5	
NIGHT CRAWLERS (8 weeks) 6:00-7:30 Room 205 Ages B-5		STEM SPROUTS (8 weeks) 6:00-7:30 Room 205 Ages 2-5		BABY + ME (8 weeks) 6:30-7:30 Room 205 Newborn - 12 months DAD + ME Third Wed of the month	SOLO PARENTING First Thursday of the month READING READY Second Thursday of the month	OPEN GYM Once a month on Fridays	

Check the brochure for special events not listed above!
 If you have questions, please contact the ECFE office at 763-497-6512.



EARLY CHILDHOOD FAMILY EDUCATION

Separating Classes

Parents and children begin and end class together, but spend time apart in the middle.
 A convenient and safe way for your child to gain independence.
 Sibling care available at no charge for all classes - must preregister!

Little Learners

SEPARATING
 Ages Walking to 5 years
 Ms. Julia

Learning through play helps a child make sense of the world around them. Play helps children develop the essential social, motor, and cognitive skills for school success. Discover the many ways in which education is hidden among the fun of childhood play!

In the best interest of all participants, please utilize sibling care for infants.

F330
 TUESDAYS
 September 19 - December 12
 No class on 10/17 or 11/21
 10:30AM - 12:00PM
 Room 203



Marvelous Mixers

SEPARATING
 Ages Walking to 5 years
 Ms. Joy

A morning of fun for the whole family! Singing, stories, arts and crafts for all ages, plus gym time activities. Parent discussion will revolve around a wide variety of practical parenting tips in a supportive environment.

In the best interest of all participants, please utilize sibling care for infants.

F335
 WEDNESDAYS
 September 20 - December 13
 No class on 10/18, 11/8 or 11/22
 8:30AM - 10:00AM
 Room 205

Jitterbugs

SEPARATING
 Ages Walking to 5 years
 Ms. Julia

Wiggle, jiggle, and jump in this high energy class! Burn off energy in the gym, projects, and explore the creative classroom. Separation time focuses on the joys and challenges of parenting young children.

In the best interest of all participants, please utilize sibling care for infants.

F350
 THURSDAYS
 September 21 - December 14
 No class 10/19 or 11/23
 8:30 - 10:00AM
 Room 205

ECFE Registration begins
 Monday, August 28th
 Register online at
stma.ce.eleyo.com

Fall 2017 Sliding Fee Scale for all ECFE parent/child classes		
Yearly Family Gross Income	11 week Fall daytime sessions	Sibling Care
\$95,000 and above	\$90	Sibling Care is now FREE <i>Each child must be registered separately and under an account with their name.</i> <i>Please include child's birthdate so proper staffing accommodations can be made.</i>
\$75,000 – \$95,000	\$82	
\$55,000 – \$75,000	\$74	
\$35,000 – \$55,000	\$60	
Under \$35,000	\$46	
All families are welcome. No one will be turned away from an ECFE parent/child class due to the inability to pay fees. If assistance is needed, please contact Jane at janeh@stma.k12.mn.us or 763-497-6512.		



EARLY CHILDHOOD FAMILY EDUCATION

Separating Classes

Parents and children begin and end class together, but spend time apart in the middle.
A convenient and safe way for your child to gain independence.
Sibling care available at no charge for all classes - must preregister!

Preschool Place

SEPARATING

Ages 3 to 5 years

Ms. Joy

A,B,C...Look at me!
Let's get ready for preschool.
Reading, writing, crafts galore...
Song, stories, snack, and more!
Children and families will discover what to expect in the years preceding kindergarten with specially designed activities that follow kindergarten and preschool standards.



F305

THURSDAYS

September 21 - December 14

No class 10/19 or 11/23

10:30AM - 12:00PM

Room 205

Creative Kids

SEPARATING

Ages 2 to 5 years

Ms. Joy

Creativity can be messy! The classroom will be filled with the materials to spark your child's imagination. Leave the mess at school as your child creates his or her next masterpiece! Parent discussion topics will be chosen by the group.

F370

FRIDAYS

September 22 - December 15

No class 10/20 or 11/24

10:30AM - 12:00PM

Room 203

PLAY
is the work of childhood
Mr. Rogers

Busy Bees

SEPARATING

Toddlers 1 to 2 years

Ms. Joy

A creative classroom buzzing with excitement!
Enjoy a relaxing atmosphere geared towards toddlers.
Children can begin important socialization skills while slowly gaining independence from caregivers.
Parent discussion revolves around toddler aged development.

F345

FRIDAYS

September 22 - December 15

No class 10/20 or 11/24

8:30 - 10:00AM

Room 205

ECFE Home Visiting

Do you have a new baby in your home? Are the kids climbing the walls? If you are looking for parenting support or just some new ideas, call us! Our early childhood professionals are here to help. At your convenience, we will schedule a visit in the privacy of your own home.

Our staff has creative ideas for learning, resources and opportunities for young children, their families and caregivers. These resources serve children and families to help prepare for school and beyond.

It is our mission to support and promote the healthy growth and development of children birth to age five.

All home visits will also be an opportunity to connect families with the ECFE program, staff, and classes.

Call or email today and our experienced staff will bring a *free gift* to your children along with the satisfaction that you are not alone in this parenting journey!



EARLY CHILDHOOD FAMILY EDUCATION

Doing Preschool Together

SEPARATING

Ages 34 months to 5 years

Ms. Joy

One of our most popular classes!

An excellent choice to introduce your youngster to preschool! All lessons planned will include readiness skills based on MN standards, Early Childhood Indicators of Progress, and STEM programming.

Day One (Tuesday) - Parent/Child Day.

Children and their parents participate in activities together. Early childhood teachers will have numerous activities planned to boost your child's excitement for school. Parent time will consist of planned discussions and activities revolving on what you can do to prepare your child for school.

Day Two (Thursday) - Child Alone Day.

Child will gain independence, social skills, and be prepared for their next education adventure!

CHILDREN MUST BE TOILET TRAINED!

Mornings or afternoons available! Afternoons are a terrific way to ease out of nap time. Also, the pick-up time is flexible for those with school-aged children.

F325

MORNINGS

TUESDAYS

September 19 - December 12

No class on 10/17 or 11/21

8:30 - 10:00AM

THURSDAYS

September 21 - December 14

No class 10/19 or 11/23

8:30 - 10:30AM

Room 203

F326

AFTERNOONS

TUESDAYS

September 19 - December 12

No class on 10/17 or 11/21

12:30 - 2:00PM

THURSDAYS

September 21 - December 14

No class 10/19 or 11/23

12:30 - 2:30PM (pick-up flexible)

Room 203



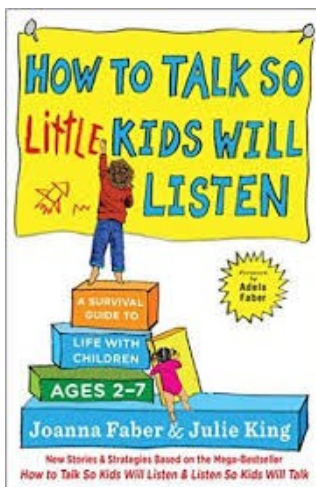
Fall 2017 Doing Preschool Together Fees

Yearly Family Gross Income	11 week Doing Preschool Together (22 sessions)	Sibling Care is now FREE <i>Each child must be registered separately and under an account with their name.</i>
\$95,000 and above	\$200	<i>Please include child's birthdate so proper staffing accommodations can be made.</i>
\$75,000 – \$95,000	\$175	
\$55,000 – \$75,000	\$150	
\$35,000 – \$55,000	\$125	
Under \$35,000	\$100	

All families are welcome.

No one will be turned away from an ECFE parent/child class due to the inability to pay fees.

If assistance is needed, please contact Jane at janeh@stma.k12.mn.us or 763-497-6512.



Parent Talk

Parents of Preschoolers, Kindergarteners, and Elementary School
Are you missing ECFE now that your children have moved on? This class is for you! It is a chance to meet with other parents and a Parent Educator to discuss your current joys, challenges and concerns. We will spend some time discussing the book *How to talk so little kids will listen*. No time to read? Don't worry. Book conversations will begin with a chapter summary.

F340

THURSDAYS

September 21 - December 14

No class 10/19 or 11/23

12:30 - 2:00PM

\$30.00 includes book

Room 201

Childcare included in price



EARLY CHILDHOOD FAMILY EDUCATION

Non-Separating

Parent and children remain in an ECFE classroom together. If your child (or you) are not quite ready to separate, these classes are the perfect choice for your family! A great introduction to school!
Sibling care available at no charge for all classes - must preregister!

S.M.A.R.T. Kids

NON-SEPARATING
Ages 2 to 5 years
Ms. Joy

S.M.A.R.T. is a developmental approach to teaching that takes advantage of current brain research. S.M.A.R.T. is a movement-based program based on the principle that movement anchors learning. Your child will practice balance, coordination, visual and auditory skills while developing a stronger, healthier and happier brain. This is an introduction to the idea that all developmental areas are related. You will go home with many new ideas to keep your child focused on the fun of learning!

F310

MONDAYS
September 18 - December 11
No class 10/16 or 11/20
8:30 - 10:00AM
Room 203

I Can Do It!

NON-SEPARATING
Toddlers 1 to 2 years
Ms. Gail

If only we could bottle that toddler energy! Parenting toddlers can be exhausting and challenging. This class provides a fun and safe environment for those active little ones. Have fun together exploring new experiences and creating friendships in this age-appropriate environment.

F365

MONDAYS
September 18 - December 11
No class 10/16 or 11/20
8:30 - 10:00AM
Room 205

Terrific Toddlers

NON-SEPARATING
Toddlers 1 to 2 years
Ms. Julia

Introduce your emerging learner to school in a safe, child friendly classroom. A fun-filled playtime will encourage your toddler to explore new surroundings! This is a non-separating class, so children will begin to feel comfortable with school with you by their side. Sensory, songs, and creative play will put a smile on everyone's face!

F320

TUESDAYS
September 19 - December 12
No class on 10/17 or 11/21
10:30AM - 12:00PM
Room 205



STEM Sprouts

NON-SEPARATING
2-5 year olds
Ms. Joy

One of today's educational buzzwords
What does this acronym mean anyway?

- S - Science
- T - Technology
- E - Engineering
- M - Mathematics

STEM in early childhood? A resounding YES! Preschoolers have a natural sense of wonder and curiosity. STEM activities are introduced daily in the classroom and home. Educators are constantly linking the areas together throughout the day. Building with blocks, exploring in the sand/water table, counting fingers, or a simple puzzle are examples of your child's introduction to STEM activities. There will be time for hands-on experiments, observation, and the search of STEM fun to be discovered!

F360

WEDNESDAYS
September 20 - December 13
No class 10/18, 11/8 or 11/22
10:30AM - 12:00PM
Room 203

Drop in and Play

NON-SEPARATING
All Ages

Try out ECFE without the commitment! Drop-in and Play every Wednesday from 9:00-11:00 am. Stay the entire time, or come when your schedule allows!
ECFE staff will be present with arts and crafts, songs and stories. Also a chance to run and play in the gym.

#DROP

Wednesdays and Fridays
September 20 - December 20
No class 10/18, 10/20, 11/8, 11/24, or 12/1
Community Ed Center - 203
8:30 - 10:00AM
\$40 Pass for Fall or \$4 per family per visit



EARLY CHILDHOOD FAMILY EDUCATION



Expecting parents and parents of newborns up to 12 months are invited to join us at the first ever STMA Baby Shower.

Area businesses and community vendors will be on hand to share their resources. ECFE staff will be available to tour the building and explain the program.

This is a great opportunity to connect with other parents, visit our building, and find out what ECFE is all about!

There will be goodie bags and door prizes. Each family can go home with a keepsake made that day!

Wednesday, October 11
4:30 - 6:30PM
CE Gym
FREE
No pre-registration needed
Childcare available



Can't make it to class?

ECFE Will come to you! Home visits are an opportunity to ask questions, introduce our ECFE program and connect your family with the community.

Call or email today and our experienced staff will bring a *free gift* to your children along with the comfort of knowing that you are not alone in this parenting journey!

jane@stma.k12.mn.us
763-497-6512

Baby and Me

NON-SEPARATING
Birth-12months

Is there a new bundle of joy in your home? This class is for both mothers and fathers along with their babies up to 12 months of age. Connect with other parents in the community, ask questions, and share parenting experiences. The class is an excellent way to get a "successful start" at parenting! Discussions are led by a parent educator and geared to participants interests. Learn tricks and tips that will stimulate your infant's development.

*We know babies are unpredictable!
Families are free to come and go as their child's schedule allows!*

Class is free to first-time ECFE participants.
Sibling care available!

F355

MONDAYS
September 18 - December 11
No class 10/16 or 11/20
1:00 - 2:00PM

F356

WEDNESDAYS
September 20 - December 13
No class 10/18, 11/8 or 11/22
10:30 - 11:30AM

F357

WEDNESDAYS
September 20 - December 13
No class 10/18 or 11/22
6:00 - 7:00PM

All classes held in room 205



ECFE Registration begins Monday, August 28th
Register online at stma.ce.eleyo.com



EARLY CHILDHOOD FAMILY EDUCATION

Night Crawlers

SEPARATING
Toddlers 1 to 2 years
Ms. Julia

A relaxed atmosphere for families with young children. The age-appropriate room will be filled with activities to amuse your energetic toddlers! Parent separation is approached slowly and discussion is parent driven.

F315

MONDAYS
September 18 - November 12
No class 10/16
6:00 - 7:30PM
Room 205

Fall 2017 Sliding Fee Scale for 8 week evening classes	
Yearly Family Gross Income	Fall evening sessions
\$95,000 and above	\$64
\$75,000 – \$95,000	\$56
\$55,000 – \$75,000	\$48
\$35,000 – \$55,000	\$40
Under \$35,000	\$32

STEM Sprouts

NON-SEPARATING
2-5 year olds
Ms. Joy

S - Science
T - Technology
E - Engineering
M - Mathematics



STEM in early childhood? A resounding YES!

STEM activities are introduced daily in the classroom and home. Building with blocks, exploring in the sand/water table, counting fingers, or a simple puzzle are examples of your child's introduction to STEM activities.

Discover many activities involved in developing your child's love and knowledge of the many sciences. There will be time for hands-on experiments, observation, and discovery!

F361

TUESDAYS
September 19 - November 13
No class on 10/17
6:00 - 7:30PM
Room 203

Check out our **Special Events** on the upcoming pages!



One-time events for the entire family!

Registration begins August 28th!



Early Childhood Screening

Is a careful, simple check of your child's growth... physical, developmental, and emotional. Early childhood screening helps us identify health and learning problems, and prevent them from becoming more serious.

All children must be screened prior to kindergarten. If your child is over the age of 3, he/she is eligible for screening. The ideal age for screening is when your child is between 3 and 4 years old.

Screening can detect possible learning or health concerns that can be addressed before the start of kindergarten.

If you have an age-eligible child and have not been contacted by us, please contact Heather Knudson at 763-497-4882, ext. 92006.

Upcoming Fall Screening dates are:
October 16 and 17
November 8 and 9
January 11 and 12



EARLY CHILDHOOD FAMILY EDUCATION



**Once a month evening classes!
No weekly commitment.**

Dad and Me

NON-SEPARATING
Ages 2 to 5 years
ECFE Staff

A night for dads and their little buddies! Once a month, Wednesday evenings are filled with activities, games and a fun-filled gym time! Grandpas, uncles, and special dad-like friends are welcome too! Sorry, Sib care is not available for this class.

SE110

WEDNESDAYS
Octobers 25, November 15, and December 20
6:30 - 7:30 PM
Room 203
\$25 per family for 3 classes

SOLO Parenting

SEPARATING
All Ages
Ms. Gail

If you're parenting solo for any reason military duty, work situations, separation, divorce, loss of spouse or single parenting Parents will meet together for parenting support and information. Childcare will be available for all ages. FREE

Group meets once per month.
Please pre-register

SE113

THURSDAYS
Octobers 5, November 2, and December 7
6:30 - 7:30 PM
Room 201
Childcare available please pre-register

Reading Ready

NON-SEPARATING
2-5 year olds
Ms. Julia

Explore early literacy development in our preschoolers. Families will receive a book and information on how your child can become a happy and confident reader. Spend time reading, creating, and learning during this fun-filled evening.

SE130

THURSDAYS
Octobers 12, November 9, and December 14
6:30 - 7:30 PM
Room 203
\$25 per family for 3 classes

Open Gym

NON-SEPARATING
All Ages
ECFE Staff

A family night filled with games and activities in the gym. Age-appropriate equipment for the little ones. A great way to meet local families while the kids burn off some energy!

FREE

SE115

Friday, October 13
6:30 - 7:30 PM

SE116

Friday, November 10
6:30 - 7:30 PM

SE117

Friday, December 8
6:30 - 7:30 PM
CE Gym



EARLY CHILDHOOD FAMILY EDUCATION

Get Ready for Kindergarten

Is my child ready? That is the loaded question. With new standards in place and all-day kindergarten at STMA, where does this question get answered? This night addresses kindergarten readiness skills and expectations.

Parents only during the discussion group. Free childcare available.

SE160

Thursday, October 26th

6:30 - 7:30PM

Room 201

Childcare available please pre-register
FREE

ECFE Family Movie Night

Our CE Gym will be turned into a movie theatre! We will watch movies and munch on popcorn. Please bring a blanket of sleeping bag to sit on and feel free to wear your favorite PJs!

We will be watching *Trolls*®

A fun movie for all ages to enjoy!

SE114

Friday, December 15

6:00PM

CE Gym

\$5 per family

Please pre-register



MN Children's Museum - FIELD TRIP

A big glass addition along West Seventh Street will house *The Scramble*, a 40-foot-tall climbing adventure. The new *Forces at Play* in the 3M Gallery is now open in ground-floor space.

Elsewhere in the new museum, visitors will delight in an updated pretend town, get busy in two maker spaces and step out into a revamped rooftop and backyard. Families will enjoy a bigger toddler gallery. Kids will craft their own adventures in a ninja-training course and a carpet skate park.

This will be play like it's meant to be. Natural. Joyous. Genuine. Children will explore, experiment, try new things, test their limits, adapt and grow. Each exhibit will help children develop the life skills they need to succeed throughout life - how to think creatively, make plans, analyze problems, tackle challenges, speak and listen, work as part of a team and more.

SE118

Wednesday, October 9

8:45AM - 1:00PM

\$12.00 per child

Chaperones FREE!

Bus leaves from STME
front parking lot



TRICIA AND THE TOONIES – Costume Party!

The Toonies' vision is to create an interactive and entertaining environment sharing joy, laughter and great music. Tricia & The Toonies is a unique mixture of music, puppets, skits and laughter, which has made it one of the most talked about family stage shows in the Midwest. Critics young and young-at-heart highly acclaim this exciting, interactive and fun-filled musical experience. The Toonies' greatest joy is contributing to the growth and positive development of today's children and their families.

The entire family is encouraged to dress in costume!

SE119

Monday, October 30

6:30 - 7:30PM

CE Gym

\$10 per family

Please pre-register





EARLY CHILDHOOD FAMILY EDUCATION

Mini-Masters Paint Night

NON-SEPARATING

Ages 4-6

Children are invited to their own paint night. In the tradition of the popular instructional paint classes, this class is for your preschool Picasso! Children will create their own canvas artwork via the direction of an instructor from Bee Artsy—Bee Crafty. Children should be able to attend to directions and hold an interest in painting.

PANDA PAINTING

We will be working with simple shapes to create this cuddly creature.



SE121

Tuesday, November 14

6:00 - 7:00

Room 207

\$20



Build a Book Buddy

Your child will go home with Little Fox - a new stuffed friend that you make together with love! It's a "Build a Bear" workshop here at school.

Little Fox's Surprise

Little Red Fox is missing and he leaves clues for Big Red Fox to find him. Friends like Little Squirrel and Little Bunny help Big Red Fox look for Little Red Fox.

Children go home with a new friend and a book!

SE120

Monday, December 4

6:30 - 7:30

Room 207

\$20



Kindermusik

NON-SEPARATING

All Ages

Kindermusik®

Wiggle & Grow is a music-filled class that celebrates the unique joys of the growing child. As a family class it will feature a mix of activities for parents and children that includes singing, dancing, and exploring and playing instruments. Children will get to practice their active listening, turn-taking, and social skills, as well as develop their gross-and-fine motor skills. Each class will feature a literacy and sign language component. As the most important educator of children is the parent, Kindermusik @home digital materials are included for the learning to come home with you!

SE122

TUESDAYS

Sept 19 - Dec 12

No class on 10/17 or 11/21

10:45 - 11:30AM

Room 205

Kindermusik
Wiggle & Grow

\$154 Includes digital Kindermusik @home materials (digital book, music, activities and educational activities)

Wiggle & Grow Rhyme Around Town

It's time to take the bus and visit all around town! In this fun-filled unit, we'll go down to the baker's hop, see the cobbler down the street, and stop at the corner grocery store as we move through our busy day. All along the way, we'll sing, dance, play instruments, and listen to the sounds of traffic and tolling bells. Get ready to see what the city has to offer as we **Rhyme Around Town!**

Wiggle & Grow Pet Parade

Gather your critters! It's time for some pet-themed fun as we sing, dance, play instruments. We'll gallop like horses, scamper like mice, and fly like birds as we develop our motor skills, vocabulary, recall, imagination, and so much more! Get ready to meow, neigh, woof, and squeak along as we all join in the **Pet Parade!**

Wiggle & Grow Time for Lunch

Come and get it! In this unit, we'll explore food – from preparing to eating – through songs, vocal play, instruments, and focused listening activities. So wash your hands and put on your apron. It's time to chop veggies, mix pancake batter, and grow some peas. It's **Time for Lunch!**

ECFE Registration begins Monday, August 28th

Register online at stma.ce.eleyo.com



EARLY CHILDHOOD FAMILY EDUCATION

All Kids Count - District 885 Census

Is there a new baby in your home? Are you new to our school district? Please call our district office at 763-497-3180, ext. 95148 for a census form.

By completing the census form, you will receive information on early childhood programs, kindergarten registration, and general district information. It also insures accurate planning and projection for the growth of STMA to receive maximum funding for the district and early childhood programs.

The school district encourages families in the above categories fill out a school census. If you are new to the district, or have made changes since the last time you filled out a census form, please fill out a new census.

More information available on the district website at:
<http://www.stma.k12.mn.us/resources/parents>

Behind every child who
believes in themselves
is a parent who
believed in them first.

Matthew Jacobson



New Baby • New to the Area • Parents • Childcare Providers ***Home Visiting Opportunities***

An early childhood professional would love to meet your family!

Home visits are an opportunity to ask questions, introduce our program and connect your family with the community.

Do you have a new baby in your home? Are the kids climbing the walls? If you are looking for parenting support or just some new ideas, call us! Our early childhood professionals are here to help. At your convenience, we will schedule a visit in the privacy of your own home.

Our staff has creative ideas for learning, resources and opportunities for young children, their families and caregivers. These resources serve children and families to help prepare for school and beyond.

It is our mission to support and promote the healthy growth and development of children birth to age five.

All home visits will also be an opportunity to connect families with the ECFE program, staff, and classes.

Call or email today and our experienced staff will bring a *free gift* to your children along with the satisfaction that you are not alone in this parenting journey!

janeh@stma.k12.mn.us
763-497-6512



EARLY CHILDHOOD FAMILY EDUCATION

Early Childhood Screening

Is a careful, simple check of your child's growth... physical, developmental, and emotional. Early childhood screening helps us identify health and learning problems, and prevent them from becoming more serious.

All children must be screened prior to kindergarten. If your child is over the age of 3, he/she is eligible for screening. The ideal age for screening is when your child is between 3 and 4 years old.

Screening can detect possible learning or health concerns that can be addressed before the start of kindergarten.

If you have an age-eligible child and have not been contacted by us, please contact Heather Knudson at 763-497-4882, ext. 92006.

Upcoming Fall Screening dates are:
October 16 and 17
November 8 and 9
January 11 and 12

Wright County Crisis Nursery

Being a parent is hard work. Asking for help is a sign of strength. Crisis Nursery is here to provide your family with the support that you need by offering the following services at no charge:

- Information & referrals to help through crisis.
- Short term, overnight, and daycare for infants through 12 year olds.
- Diapers, wipes, formula & basic needs when in a financial crisis.

24 hour Crisis Hotline for parents
763-271-1681 or
1-800-965-1430

We offer the tools needed to strengthen your family.

The Crisis Nursery accepts donations. Children's items along with coupons for gas, groceries, and restaurants. Cash donations also welcome.

Bright Beginnings Preschool



At Bright Beginnings Preschool, our primary goal is to provide a positive learning experience for your child in an environment that inspires exploration, experimentation, and discovery.

We believe a good self-image is vital to your child's development, growth, and independence. Your child will be encouraged to acquire self-help skills, make choices, and interact with peers in a positive manner. Children will be supported to attain the necessary skills to be successful in Kindergarten.

All Bright Beginnings lead teachers are licensed and certified by the MN Department of Education.

Please contact Jane for availability
janeh@stma.k12.mn.us

*Scholarship opportunities available

Help Me Grow

Some young children need extra help to learn and grow. Help Me Grow provides resources for families to look at developmental milestones, to learn if there are concerns, and to take the lead in seeking additional support or in referring their child for a comprehensive, confidential screening or evaluation at no cost. (Minnesota children from birth to five-years-old, if found eligible, can receive services in their home, child care setting or school. These services are free regardless of income or immigrant status.)

Help Me Grow is an interagency initiative of the State of Minnesota (Department of Education, Department of Health and Department of Human Services) partnering with all local service agencies.

Call 1-866-693-GROW (4769)





EARLY CHILDHOOD FAMILY EDUCATION



10 Ways to Ease Your Child's Preschool Separation Anxiety (and Yours)

By Hope Reeves, *New York Times*

Never sneak out of the room. Your child won't be happy when he figures out you're gone. (I learned that teachers hate this tactic.)

Never make promises or bargains you can't keep. Don't say you'll be sitting on the bench outside if you won't.

Keep things stable. Don't introduce any other new thing into the routine.

Expect regression. Your child might be great the first week and drag her heels the second, or she might be completely potty trained but start having accidents.

Don't put words in her mouth. Don't say, "I know you hate school." Reflect instead: "I hear you saying you feel sad."

Connect with friends. Make a play date with a friend from class.

Remind your child that he is an expert at mastering new places. Say something like, "Remember how afraid you were of the zoo? Now you love it!"

Introduce your child to the school and new teachers before the first day. Take pictures of the front of the building, the teachers' faces and the new cubby, and show him a few times before school starts.

Let her take a small transitional object to school. Maybe a note from you or a stuffed animal (but not an absolute favorite; ask teachers).

Most of all, shake, shake, shake off the guilt. Your child will stop crying a lot sooner than you think.

They, you, we, all of us, will be fine.

Parent Advisory Council

We are currently seeking program families to serve on the STMA ECFE and Bright Beginnings Preschool Advisory Council.

The council assists in the following:

- Recommend program policies, goals, and objectives
 - Develop/train volunteers
- Promote program through outreach and community relations
 - Assist in program evaluations
- Serve as an advocate in the community and legislature
 - Expand resource development

If interested, contact Jane Helgestad at 763-497-6512 or janeh@stma.k12.mn.us for meeting dates and times.

Don't forget to check-out:

stmamom.com

a great site for things to do in our community!

Moms Clubs

Albertville - St. Michel - Hanover

Crow River Library

Events for All-Ages

FYCC

children and family activities



ECFE Registration begins
Monday, August 28th
Register online at stma.ce.eleyo.com



REGISTRATION INFORMATION

General Registration Information

- Visit www.stma.ce.eleyo.com to register.
- Registration begins August 28 for all classes.
- Classes are filled on a first come, first served basis. The class fee must be paid at the time of registration.
- We do not send confirmations via U.S. mail; however, if you have an email address on your account profile, you will receive an email confirmation/receipt of the class(es) that you have registered for. All classes will meet as scheduled unless you're notified otherwise.
- Telephone numbers are required when registering. In the event that we need to contact you regarding the status of a class, we will phone or email you.

Please keep your account profile information updated (phone numbers, email address, etc.). Periodically we need to contact you regarding a make-up date or something regarding your class.

How to Register

- **Online** stma.ce.eleyo.com 24/7
- **Mail** the completed registration form and payment to: STMA Community Education, 60 Central Ave. W., St. Michael, MN 55376. Make checks payable to STMA Community Education.
- **Drop box** conveniently located outside Door A of the Community Education Center.
- **Phone** in your registration. This is for credit card registrations only. Have your Visa, MasterCard or Discover card ready. The registration phone number is 763-497-6550, ext. 1.
- **In person** enter Door "A" and follow the signs to the Community Education Office, Room 210 (see address above). School year hours: 8:00AM – 4:00PM, Monday through Friday, closed most holidays.

Weather Emergencies

- If weather is threatening, cancellations will be announced on the Community Education weather line. Call (763) 497-6549 or (763) 497-6550, ext. 2.
- If school is cancelled, all Community Ed, youth and adult activities are cancelled. All school buildings are closed.

Refunds

- If we cancel a class due to insufficient enrollment you will be notified and your money will be refunded in full.
- **REFUND POLICY:** Cancellations must be made at least 5 business days prior to the start of the activity (or by the registration deadline if one is indicated) in order to receive a refund. Some activities, supplies, or tickets are not refundable. All refunds are subject to a \$5 processing fee.
- Call the Community Education office to request cancellation; you cannot cancel out of a class online.
- No refunds for trips and tours are given after the registration and payment deadline.



Members of *UCare* may take up to a \$15 discount on most classes in this catalog. If a class fee is less than \$15, the class is free. You must be a *UCare* member at the time of registration and through the duration of the class(es). Please include a photocopy of your *UCare* ID member card at the time of registration. Not all classes and activities are eligible for the discount.

SCHOOL ABBREVIATIONS
AP = Albertville Primary
SE = St. Michael Elementary
BW = Big Woods Elementary
FE = Fieldstone Elementary
MW = Middle School West
ME = Middle School East
HS = High School
CE = Community Education Center
AC = Activity Center @ High School



REGISTRATION FORM

Youth Class Registration #1		
Student Name		
School	Teacher's Name	Student Health Concerns
Class Name	Class #	Class Fee \$
Youth Class Registration #2		
Student Name		
School	Teacher's Name	Student Health Issues
Class Name	Class #	Class Fee \$
Parent's Name		Cell Phone
Address		Home Phone
Email Address		Work Phone
<p>Statement of Release I agree to release District #885 Community Education and its employees of all liability to accidents or injuries which myself or a member of my family might incur while participating in the above mentioned activity.</p>		
_____ Signature of participant or parent of student under 18		
Adult Class/Trip Registration		
Participant's Name		Cell phone
Address		Home Phone
Email Address		Travelling Companion
#1 Class/Trip Name	Class #	Class Fee \$
#2 Class/Trip Name	Class #	Class Fee \$
#3 Class/Trip Name	Class #	Class Fee \$
		Total Fees \$
Payment Options (Credit Card, Check, or Cash) Please circle Visa M/C Discover		
Card #		Expiration (mm/yy)
Name on Card		
Amount Enclosed \$	Paid by (please circle) Check Cash	

Community Education
St. Michael-Albertville District #885
60 Central Ave W
St. Michael, MN 55376

Carrier R/T Pre-Sort
Non-Profit Org.
U.S. Postage PAID
St. Michael, MN 55376
Permit No. 5

ECRWSS POSTAL CUSTOMER

STMA FALL REGISTRATION BEGINS AUGUST 28TH 2017 stma.ce.eleyo.com



Website is
open 24
hours
a day



Activity Center
5800 Jamison Ave NE
St. Michael, MN 55376

Monday – Friday
5:00 to 8:30 am and
3:30 pm to 10:00 pm
Saturday & Sunday
8:00 am to 5:00 pm

Hours subject to change.
Hours relate to Fitness Center
and Upper Track only.
Open Gym hours will vary.
Information about the
Activity Center call
763-497-8541

AREA EVENTS

Albertville OPEN STREETS
Saturday, September 16 10:00am-2:00pm

STMA Women of Today Fall Craft Boutique
Saturday, November 18 at STMA High School
Activity Center 9:00 am–4:00 pm
Email craftshow@stmawt.org

Prairie Fire Theater is coming January 15-20.
Students will be performing Alice in Wonderland.
See inside for more details.

Homecoming Week September 25-29
Coronation is Sept. 25 at 7:00pm
Homecoming Football Game Sept. 29 at 7:00pm

High School Fall Play - Cinderella
Performances November 9, 10, 11 @ 7:00pm
and November 12 @ 2:00pm
STMA High School Performing Art Center (PAC)
Tickets available online at:
HS.STMA.K12.MN.US/ACTIVITIES

ECFE Open House
Meet the staff and explore our facility!
Friday, September 8, 2017
9:00-11:00am

**St. Michael-Albertville-Hanover
Community Library**
11800 Town Center Drive
St. Michael, MN 55376

Library Hours:
Mondays: 10 am – 8 pm
Tuesdays: 10 am – 6 pm
Wednesdays: 10 am – 8 pm
Thursdays: 10 am – 6 pm
Fridays: Noon – 5 pm
Saturdays: 10 am – 1 pm

For all library events and registration
information including our 1,000 Books
before Kindergarten program and the
preschool and toddler story times, see
the library's website at
www.griver.org/events, or
call 763-497-1998

**Wondering if an activity or
class has been cancelled?
Call the WEATHER LINE at
763-497-6549**