



Winter 2020

FRIDLEY COMMUNITY COURSE CATALOG **EDUCATION**



Program Offerings

- Adult Enrichment
- Adult Basic Education
- Encore Program
- Fridley Community Theatre
- Fridley Senior Program
- Fridley Event Services
- Youth Enrichment
- Early Childhood Family Ed
- Preschool Programs
- Tiger Club Childcare
- Swimming

Senior Programs

Early Childhood Family Ed.

Swimming Lessons



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Plus More!
Come see
what we
have to offer!



Join us for the 3rd annual Black & Gold Gala!

All funds raised directly benefit Fridley Public Schools students!

**January 30, 2020
at Jax Café,**

**1928 University Avenue NE,
Minneapolis 55418**

Tickets: \$95 - Individual or sponsor a table of 8 for \$725

Check-in begins at 5:00 p.m.

TO LEARN MORE, PLEASE VISIT FRIDLEYSCHOOLSFOUNDATION.ORG OR CALL 763-502-5002

FACILITIES & INFORMATION:

The abbreviations listed below denote the locations of the classes listed on the following pages of this catalog:

FRIDLEY SCHOOLS

FCC – Fridley Community Center
6085 Seventh Street NE

FHS – Fridley High School
6000 West Moore Lake Drive

FMS – Fridley Middle School
6100 West Moore Lake Drive

HES – Hayes Elementary School
615 Mississippi Street NE

SES – Stevenson Elementary School
6080 East River Road

ALC – Fridley Moore Lake
Area Learning Center
1317 Rice Creek Road

OTHER FACILITIES

BLCA – Banfill-Locke Center for the Arts
6666 East River Road, Fridley

CHHS – Columbia Heights High School
1400 49th Avenue NE, Columbia Heights

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

PTMT - Prime Time Medical Training
6240 MN-65
Fridley, MN 55432

VE - Vertical Endeavors
2540 Nicollet Ave
Minneapolis, MN 55404



ON THE COVER:

Fridley 4-year-old Preschool students enjoy a classroom visit by Springbrook Nature Center naturalists. Students enjoyed outdoor activities, learned about predators and prey through an interactive game with stuffed squirrels and foxes, and even met two western fox snakes!



FRIDLEY

COMMUNITY EDUCATION

course catalog
WINTER 2020

Welcome to the newly redesigned Fridley Community Education Catalog! This publication follows a similar organizational structure as the previous catalogs - Thank you for reading and we hope you enjoy the new format!

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Fridley Community Education

Office Hours: Monday – Friday, 8 AM – 4 PM

Closed: December 23 - January 3, 2020,
January 20, and February 17, 2020

www.fridleycommmed.com

FRIDLEY COMMUNITY EDUCATION CONTACTS:

Fridley Community Education

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

Stephen Keeler, Director
763-502-5106

TBA, Administrative Assistant
763-502-5102

Katie Brown, Administrative Assistant
763-502-5105

Valerie Anderson, ECFE Coordinator
763-502-5143

Karin Beckstrand, Youth Services (Aquatics
& Youth Enrichment) and PYP Coordinator
763-502-5117

Sally Leone, Tiger Club Coordinator
763-502-5135

Jordan Wright, Tiger Club Secretary
763-502-5102

Maggie Chandler, Adult, Facilities and
Senior Programs Coordinator
763-502-5162

Fridley Event Services, Facilities Rental
Request Line
763-502-5104

Dan Wold, Auditorium & Events Coordinator
763-502-5631

Alaina Dehnke, Social Worker
763-502-5121

Mora Slifka, Early Childhood Screener
763-502-5157

Follow us!

Find class updates, special events and more!



@FridleyCommEd



FridleyCommEd

FREE family MOVIE NIGHT!

Come and enjoy a nice evening with family & friends and watch a movie on the big screen at the Fridley High School Auditorium! This event is FREE of charge!

Concessions available for \$1 each.

Doors open at 6:30 PM and movies begin at 7:00 PM.

Upcoming Movie Dates: January 10, February 14, March 6, April 3, May 15

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

District Policy

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

MARDI GRAS CELEBRATION

**Join us for our Senior Center
Mardi Gras Celebration!**

Date: Tuesday, February 25

Time: 1-3pm

Site: FCC-Room 116/114

Cost: \$2

Class Number: 6561



Adults with Disabilities

Interested in activities especially designed for adults with developmental disabilities? For more information or to request a brochure listing classes and activities, call Community Bridge at 651-748-7232.

Coordinator: Cheryl Gysbers - 651-748-7252



Metro North Adult Basic Education

Columbia Heights/Fridley
4111 Central Avenue, NE, Suite 100, South Building,
Columbia Heights, MN 55421

Free classes for adults!

For more information, call **763-706-3833**

Classes run year round.

English as a Second Language (ESL)

Monday-Friday - 9:00am - 12:30pm

Monday-Thursday - 6:00 - 8:30pm

English for Academic Purposes (E.A.P.)

Daytime: Monday-Friday - 9:00am - 12:00pm

Evening: Monday-Thursday - 6:00 - 8:30pm

Adult Basic Education (ABE)

- Reading
- Writing
- Math
- G.E.D. Test Preparation

Tuesday-Thursday - 9:00am - 12:00pm

Monday / Wednesday - 5:30 - 8:30pm

Tuesday / Thursday - 5:30 - 8:30pm

Conversation Class (Levels 2 - E.A.P.)

Tuesday - 12:45 - 2:00pm



THANK YOU, FRIDLEY VOTERS!

Thank you, Fridley school district residents, for voting to approve the Fridley Public Schools operating levy referendum on November 5, 2019. The levy passed with a 60 percent voter approval rate.

“We are deeply grateful to our community for their support,” said Fridley Public Schools Superintendent Dr. Kim Hiel. “This community has always valued its community schools and prioritized the education and futures of our students. Our community’s support will provide much needed funding for academic and student support services.”

Dr. Hiel added that she is thankful to the community and voters for their trust and confidence in Fridley schools. “We are grateful, and deeply committed to providing high-quality, rigorous academic programs that readily prepare all our students for post-secondary success.”

The passage of this referendum will make a significant difference in the district’s ability to maintain high-quality academic programs, services and opportunities for our students, and offset inadequate state funds. The Fridley community has a rich history and long tradition of supporting its schools, providing every opportunity for our students to successfully prepare for college and careers.

Thank you for your invaluable support of Fridley Public Schools as we continue on our journey as the Best Place to Learn for all students.

School Board Election Results:

In addition to the passage of the referendum, residents elected three candidates to the Fridley School Board. Incumbents Abdisalam Adam and Donna Prewedo were re-elected to the board, as well as Jake Karnopp, who will become the newest board member in January 2020.

THE OPERATING LEVY WILL PROVIDE

\$1.5 million

TO BENEFIT **ALL STUDENTS** AT FRIDLEY SCHOOLS.

THESE FUNDS WILL ALLOW THE DISTRICT TO:

- Invest in academic programs that enhance and enrich student learning
- Strengthen student support programs, including social emotional learning and mental health services
- Maintain current class sizes
- Support current staffing levels



Adult Enrichment

Arts, Crafts & Textiles

Open Painting



An open class (no instructor) of people from all walks of life. The group embraces all levels of skill, talent and experience and the use of all mediums – drawing, oil, watercolor and acrylics. We focus on encouraging and uplifting each other. All ages are welcome!

Date: Tuesday, January 7 - March 31

Time: 9:30-11:30am

Site: FCC-Tiger Territory

Cost: \$26 (13 sessions)

Class Number: 6000

Introduction to Watercolor Painting



Become friends with your materials as you discover brush strokes and color mixing. Painting on a budget is possible as you learn how to mix many colors from basic primary colors. Whether you're a total beginner or have a bit of experience, this class is a helpful springboard for further explorations in watercolor.

\$5 cash payable to instructor at beginning of class for supplies.

Date: Monday, January 27

Time: 1-3pm

Site: FCC-Room 112

Instructor: Cheryl Barr

Cost: \$22 (1 session)

Class Number: 6001

Winter Scenes in Watercolor



Find and capture winter's beauty by painting subtle colors of trees and their shadows in the snow. Class will cover watercolor's unique characteristics, color mixing from three primary colors, and brush strokes. Because materials are provided, this is a perfect opportunity for those who have no prior experience with watercolor. Watercolor Intro is strongly recommended as a prerequisite for those with no watercolor experience.

\$10 cash payable to instructor at beginning of class for supplies.

Date: Monday, February 3 & 10

Time: 1-3pm

Site: FCC-Room 112

Instructor: Cheryl Barr

Cost: \$45 (1 session)

Class Number: 6002

Joy of Painting - Winter Pines

Didn't know you could paint?! Kitty Swanson has many years of experience instructing new painters in the enjoyable style of Bob Ross. Following Kitty's instructions, you will leave with a beautiful oil painting ready to display on your wall. Wow all your friends and family with your newly realized talent!

Date: Thursday, January 30

Time: 1-4pm

Site: FCC-Room 112

Instructor: Kitty Swanson

Cost: \$55 (1 session)

Class Number: 6357

Vision Board Workshop



Need help following through on your 2020 resolutions? Seeking change and growth in your life? Get help identifying your values and setting goals by joining Certified Health Coach, Shanna Larson, in an evening of light-hearted and intentional crafting. In this class, you will learn what a vision board is, why they work, and how to utilize this tool in your life. Vision boards are not only for setting goals - they can also be used as visual reminders of your life's priorities, helping you to stay focused and true to you! You will be constructing a vision board to take home at the conclusion of the evening.

There is a \$5 materials fee payable to the instructor on the date of class.

Date: Thursday, January 30

Time: 6-8p

Site: FCC-Room 112

Instructor: Shanna Larson

Cost: \$20 (1 session)

Class Number: 6007



Advertise with Us

To place an ad in this catalog, contact Stephen Keeler for more information. Call 763-502-5106, email at stephen.keeler@fridley.k12.mn.us, stop into the Fridley Community Center office, or visit our website at: www.fridleycomm.com

Adult Enrichment

Cooking



Cooking classes with Jeff Sandino!

Jeff's love of food began at the Lincoln Del. He sought formal training at L'Hotel Sofitel in Bloomington, MN and Houston Texas. His 40 + year professional career has brought him to such spots as Buca Di Beppo, Figlio, Sunsets on the Bay, My Pie Pizza and the Sunshine Factory to name just a few. He's appeared on several cooking shows demonstrating his culinary wizardry but his passion is teaching and demystifying the process of gourmet cooking.

Asian Favorites



You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh vegetables and the secret sauce. Classic pork chow mein follows served with crispy egg noodles as well as chicken egg foo young.

Date: Thursday, January 9
Time: 6:30-9:30pm
Site: FHS-Room 113 (Foods Lab)
Instructor: Jeff Sandino
Cost: \$33 (1 session)
Class Number: 6101

Need an event space?

Browse page 18 for Fridley Event Services rental opportunities.

Chateaubriand



We'll start with delightful autumn salad tossed with crispy granny apples, candied walnuts, feta cheese and dried cranberries in a raspberry vinaigrette. Featuring "Chateaubriand" beef tenderloin seared, roasted and served with amazing sauces including bordelaise, béarnaise and pepper sauce. Accompaniments will include creamy potatoes au gratin, tomatoes provencal and fresh steamed asparagus tossed with olive oil and fresh squeezed lemon. We'll finish with crème caramel, an exquisite homemade custard served in a pool of caramel.

Date: Friday, February 14
Time: 6:30-9:30pm
Site: FHS-Room 113 (Foods Lab)
Instructor: Jeff Sandino
Cost: \$33 (1 session)
Class Number: 6102

Fabulous Fish Dishes

Learn to create delicious fish dishes using a few basic techniques. This menu starts with a mixed greens and garden vegetable salad with a homemade creamy garlic dressing. We'll grill fresh tuna steaks with a fabulous Mediterranean style relish served with pasta tossed with garlic in olive oil. Moist, flaky Atlantic salmon is slow baked with an oven dried tomato and dill butter sauce. Walleye Pike will be lightly breaded and pan-fried to a crispy golden brown and served with homemade tarter sauce and mashed potatoes. Key lime pie finishes topped with fresh whipped cream.

Date: Wednesday, March 11
Time: 6:30-9:30pm
Site: FHS-Room 113 (Foods Lab)
Instructor: Jeff Sandino
Cost: \$33 (1 session)
Class Number: 6103

Tantalizing Thai Cuisine

You'll begin by preparing vietnamese summer rolls served with both hoisin and peanut sauce for dipping. Vietnamese spring rolls follow with pork, shrimp, and glass noodles stuffed in rice paper and fried to a golden brown, served with the classic nuoc cham dipping sauce. You'll then prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles using shrimp, eggs, chilies, garlic, basil, scallions, bean sprouts, sesame oil, lemon and crushed red pepper flakes. For dessert, it's thai lime custard with a chocolate mint glaze.

Date: Wednesday, April 15
Time: 6:30-9:30pm
Site: FHS-Room 113 (Foods Lab)
Instructor: Jeff Sandino
Cost: \$33 (1 session)
Class Number: 6104

Bodacious Brunch Buffet

Begins with tender scones riddled with fresh berries and white chocolate. There will be the quintessential fresh fruit salad with a delightful dip. Featured are succulent crab cakes blended with fresh vegetables, herbs and spices then lightly breaded and sautéed to perfection. You'll learn to prepare quiche using a delicious combination of meats and cheeses baked in a flaky pastry crust. Also, the classic eggs benedict, poached eggs with tender Canadian bacon served on toasted English muffins with a velvety hollandaise sauce. French toast follows using fresh baked croissants soaked in a rich bath of eggs and milk, sautéed to a honey brown crispness with pure maple syrup.

Date: Monday, May 4
Time: 6:30-9:30pm
Site: FHS-Room 113 (Foods Lab)
Instructor: Jeff Sandino
Cost: \$33 (1 session)
Class Number: 6105

Adult Enrichment

The Art of Sushi

Come explore the world of sushi as you create this Japanese delicacy yourself. We'll begin by preparing the coveted sushi rice then you'll learn the art of "nigiri-sushi" (hand molded rice) topped with shrimp, unagi, and ahi tuna. You'll then learn how to prepare "maki-sushi" using a bamboo mat to roll rice with various fillings in and around Nori (seaweed sheets). Options and accompaniments will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce.

Date: Thursday, May 21
Time: 6:30-9:30pm
Site: FHS-Room 113 (Foods Lab)
Instructor: Jeff Sandino
Cost: \$33 (1 session)
Class Number: 6106

Dance



Dance Classes with Monica Mohn!

Monica Mohn has over 20+ years of ballroom dance experience. She coached with the finest instructors in the USA, Canada and England, earning 3 "USA Dance" National Ballroom Dance titles and numerous dance awards.

Line Dancing

Let the inner dance come out in this 2-week session. We will cover the classics of Slappin' Leather, Tush Push, Electric Slide, Hustle, Bus Stop and more! No partner needed for a night of fun!

Date: Tuesday, January 21 & 28
Time: 6-7pm
Site: RLS-Gym
Instructor: Monica Mohn
Cost: \$15 (1 session)
Class Number: 6151

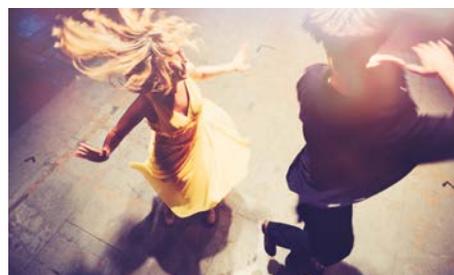
"2-left feet" Ballroom Dance

Convinced that you have 2-left feet and that dancing is not meant for you? Or, someone you know? But still... it would be helpful to know a few steps. Just in case... Learn fun moves and simple tips from a pro to ease you over those times. This workshop takes your old "Swing and Sway" and spices it up with simple, easy moves. You'll be spinning; turning and twirling together before you know it and you'll feel comfortable in any setting! By the end of the session... you won't want to let go!

Couples Only Please.

Date: Tuesday, January 21 & 28
Time: 7-8:30pm
Site: RLS-Gym
Instructor: Monica Mohn
Cost: \$38 (per couple)
Class Number: 6152

Wedding Dance Crash Course-It's not too late!



You thought about it! You wanted to! But where did the time go? Not to worry; in just 2 hours learn the common wedding dances Waltz, Rumba, Foxtrot and Slow Dance. Monica Mohn, nominated for "Wedding Dance Instruction" by MN Bride will teach you easy dancing skills and fun patterns so you'll feel comfortable and look great on that special day!

Couples only please. Bring your music.

Date: Monday, March 23
Time: 6-8pm
Site: RLS-Gym
Instructor: Monica Mohn
Cost: \$28 (per couple)
Class Number: 6153

Defensive Driving

Defensive Driving Refresher

Now you can renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test. *Senior discount already applied.*

Refresher - Daytime Class:

Date: Wednesday, January 29
Time: 9am-1pm
Site: FCC-Room 109
Cost: \$24 (1 session)
Class Number: 6202A

Date: Thursday, February 27
Time: 9am-1pm
Site: FCC-Room 109
Cost: \$24 (1 session)
Class Number: 6202B

Date: Monday, March 30
Time: 9am-1pm
Site: FCC-Room 109
Cost: \$24 (1 session)
Class Number: 6202C

Refresher - Evening Class:

Date: Thursday, March 19
Time: 6-10pm
Site: FCC-Room 109
Cost: \$24 (1 session)
Class Number: 6201

Defensive Driving - Full Course

If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you a 10% reduction for three years if you take this course. The course is two sessions of classroom instruction - no driving or test. *Senior discount already applied.*

Date: Monday & Wednesday,
February 24 & 26
Time: 6-10pm
Site: FCC-Room 109
Instructor: MN Safety Council
Cost: \$28 (2 sessions)
Class Number: 6200A

Adult Enrichment

Finance & Business

Social Security: Timing is Everything

When should I apply for Social Security? How can I maximize my benefits? How will this affect my spouse? You have a lot of questions to answer. Mistakes can be costly. We can provide the guidance you need. Join us for a short presentation, Social Security: Strategize to Maximize, to learn how to sort through the options and help ensure the choices you make are tailored to your needs.

Date: Monday, February 10

Time: 6-7:30pm

Site: FCC-Room 109

Cost: Free (sponsored by Thrivent)

Class Number: 6300

5 Keys to Retiring Fearlessly



Will I have enough to retire? – Will my retirement income last? – Are my assets protected? Manage five key risks all retirees face to turn retirement concerns into confidence!

1. Outliving income
2. Inflation
3. Unpredictable events
4. Market volatility
5. Income taxes

Date: Tuesday, March 17

Time: 6-7:30pm

Site: FCC-Room 109

Cost: Free (sponsored by Thrivent)

Class Number: 6301

Understanding Estate Plans and Trusts



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

Date: Tuesday, March 24

Time: 6:30-8:30pm

Site: FCC-Room 112

Instructor: Steve Helseth

Cost: \$25 (1 session)

Class Number: 6302

Write Your Own Will

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

Couples must register individually.

Date: Tuesday, March 31

Time: 6-9pm

Site: FCC-Room 112

Instructor: Steve Helseth

Cost: \$60 (1 session)

Class Number: 6303

The Final Checklist: Preparing an act of love

Does your spouse/partner and family know enough about you to settle your estate if something tragic were to happen to you? Discover the host of documents and important information that should be gathered ahead of time to make it easier for your survivors. Items needed such as; passwords, personal info, banking and investments, medical history, power of attorney paperwork and advance directives will be discussed. A “must-do” for every person, do it now before it’s too late! **Presenter has personally settled a family members estate and thought everything was initially done correctly but learned many lessons along the way.*

Date: Monday, March 30

Time: 6-8pm

Site: FCC-Room 109

Instructor: Paula Johns, RN

Cost: \$25 (1 session)

Class Number: 6304

Advance Directives/Health Care Directives/Living Will

Are you at least 18 years of age or older? If so, you should have a signed Advanced Directive (AD), that states what your medical wishes are if you become incapacitated. The instructor is a Master’s degree Registered Nurse who is well versed in and understands the nuances from her work in Emergency Rooms and her role as a Death Investigator for the Medical Examiner. Not all AD’s are created equal! Learn about the language that should be included and who should have a copy of the completed document. Attend this informative class and leave with paperwork for your Advance Directive. Additional time will be spent discussing POA (Power of Attorney) and POLST (Provider Ordered Life Sustaining Treatment) paperwork.

Date: Wednesday, April 1

Time: 6-8pm

Site: FCC-Room 109

Instructor: Paula Johns, RN

Cost: \$25 (1 session)

Class Number: 6305

Adult Enrichment

Fitness

Yoga



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

Please dress in comfortable clothes and bring a mat, towel, or rug for floor work.

No class February 4, February 25, and March 3. All classes are instructed by Michael Ledman.

Date: Tuesday, January 7 - 28
Time: 7:30-9pm
Site: FCC-Room 114/116
Cost: \$36 (4 sessions)
Class Number: 6350A

Date: Tuesday, February 11 - 18
Time: 7:30-9pm
Site: FCC-Room 114/116
Cost: \$18 (2 sessions)
Class Number: 6350B

Date: Tuesday, March 10-31
Time: 7:30-9pm
Site: FCC-Room 114/116
Cost: \$36 (4 sessions)
Class Number: 6350C

Yoga - Late Afternoon

No class February 13.

Date: Thursday, January 9-30
Time: 4:30-5:30pm
Site: FCC-Room 116
Cost: \$32 (4 sessions)
Class Number: 6350-Afternoon - A

Date: Thursday, February 6-27
Time: 4:30-5:30pm
Site: FCC-Room 116
Cost: \$24 (3 sessions)
Class Number: 6350-Afternoon - B

Date: Thursday, March 5-26
Time: 4:30-5:30pm
Site: FCC-Room 116
Cost: \$32 (4 sessions)
Class Number: 6350-Afternoon - C

Yoga Mindfulness

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

Date: Saturdays, January 4-25
Time: 10-11:30am
Site: FCC-Room 114/116
Cost: \$36 (4 sessions)
Class Number: 6351A

Date: Saturdays, February 1-29
Time: 10-11:30am
Site: FCC-Room 114/116
Cost: \$45 (5 sessions)
Class Number: 6351B

Date: Saturdays, March 7-28
Time: 10-11:30am
Site: FCC-Room 114/116
Cost: \$36 (4 sessions)
Class Number: 6351C

Tae Kwon Do

Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. Instructor Seybold's goal is to share the values and knowledge that he has gained through training to the community. This class is open to teens and adults.

Date: Wednesday/Saturday,
January 11 - February 29
Time: 6-7:30pm (Wed)
& 10:00-11:30am (Sat)
Site: FCC-Gym
Instructor: Dave Seybold
Cost: \$16 (15 sessions)
Class Number: 6353A

Date: Wednesday/Saturday,
March 7 - April 22
Time: 6-7:30pm (Wed) & 10:00-11:30am (Sat)
Site: FCC-Gym
Instructor: Dave Seybold
Cost: \$16 (13 sessions)
Class Number: 6353B

Aqua Zumba

SPLASH your way into shape with an invigorating low- impact aquatic exercise known as the ZUMBA "Pool Party" The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the ZUMBA philosophy with traditional aquatic fitness disciplines. AQUA ZUMBA blends it all together into workouts that are cardio conditioning, body toning, and most of all- exhilarating beyond belief!

Drop-in Rate: \$10 (payable on the day of class)

Date: Sunday, January 12 - February 16
Time: 1-2pm
Site: FMS-Pool
Instructor: Lenka Seferovic
Cost: \$45 (6 sessions)
Class Number: 6355A

Date: Sunday, February 23 - March 29
Time: 1-2pm
Site: FMS-Pool
Instructor: Lenka Seferovic
Cost: \$45 (6 sessions)
Class Number: 6355B

Have a class suggestion?

Want to teach a class?

Maggie Chandler

763-502-5162

maggie.chandler@fridley.k12.mn.us

Adult Enrichment

Zumba

Ditch the workout, join the party! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic, exciting, total body workout. All skill and fitness levels are welcome. To tone and sculpt your body, ZUMBA uses principals and aerobic fitness interval training, a combination of fast and slow rhythms and resistance training for maximum fat and calorie burn. No dance experience, no worries, this class is more about fun and the way you feel - are you ready to ZUMBA?

No class January 21, February 4, February 25 and March 3

Date: Tuesday, January 7 - February 11
Time: 6:30-7:30pm
Site: FCC-Dance Floor (Lower Level)
Instructor: Lenka Seferovic
Cost: \$24 (4 sessions)
Class Number: 6354A

Date: Thursday, January 9 - February 13
Time: 6:30-7:30pm
Site: FCC-Dance Floor (Lower Level)
Instructor: Lenka Seferovic
Cost: \$36 (6 sessions)
Class Number: 6354B

Date: Tuesday, February 18 - March 24
Time: 6:30-7:30pm
Site: FCC-Dance Floor (Lower Level)
Instructor: Lenka Seferovic
Cost: \$24 (4 sessions)
Class Number: 6354C

Date: Thursday, February 20 - March 26
Time: 6:30-7:30pm
Site: FCC-Dance Floor (Lower Level)
Instructor: Lenka Seferovic
Cost: \$36 (6 sessions)
Class Number: 6354D



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Find class updates, special events and more.

Martial Arts by Master Robert Howard

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

Jeet Kune Do Fusion

Jeet Kune Do Fusion is the combination of Jeet Kune Do with Hapkido for self-defense along with some kicks and blocks from Kempo, the fighting range from Tae Kwon Do and weapon disarming from Cane. This system is for adults of all ages and limitations. No special ability needed. Jeet Kune Do is different from other programs out there, here's how:

- This system is for Self-Defense but can move to offense with ease
- Only low kicks are used
- Up-to-date weapon disarming skills
- Attacks are done with punches and grabs familiar to the average person
- No forms or Katas
- No Trophies
- No prior Martial Arts training needed
- This is NOT an MMA program
- Can be tailored to the individual

Modern Hapkido

Practical Self Defense for Adults. Perfect for men and women of all sizes. No athletic abilities required. No board breaking, high kicks or tournaments. Just realistic, versatile self-protection. Nationally recognized belts and certificates. Modern Hapkido is an extremely realistic and versatile discipline of self-protection that includes an extensive variety of joint locks, pressure points, grappling and disarming techniques. The result is a comprehensive self defense system that is enjoyable to learn, practical and most of all - 100% effective!

Cane-Do

Protect yourself using an everyday walking cane! This is the most practical self defense weapon anyone can learn. What other self-protection tool can you carry on a plane or take into a casino? Well suited for both women and men. Physical strength and athletic abilities not required. Students are more than welcome to try one, two or all three programs. Each session consist of 2 classes (5 sessions = 10 classes). There will be fees payable to the instructor for rank advancement.

For more information: jkdfusion.com. No class January 20 and February 17

Date: Monday, January 6 - February 10
Time: 6:30-8pm
Site: FCC-Tiger Territory
Instructor: Master Robert Howard
Cost: \$100 (5 sessions)
Class Number: 6356A

Date: Monday, February 24 - March 23
Time: 6:30-8pm
Site: FCC-Room 116
Instructor: Master Robert Howard
Cost: \$100 (5 sessions)
Class Number: 6356B

Health & Wellness

Food & Cooking with Chronic Kidney Disease

Learn how to successfully live and eat within the restrictions of a CKD diet. We will discuss foods, cooking, meal planning, shopping, and more.

Date: Wednesday, February 12
Time: 6-8pm
Site: FCC-Room 105
Instructor: Linda Blaylock
Cost: \$25 (1 session)
Class Number: 6403



Family Movie Night

This event is FREE of charge!

Concessions available for \$1 each.

Doors open at 6:30 PM and movies begin at 7:00 PM.

Upcoming Movie Dates: January 10, February 14, March 6, April 3, May 15

Adult Enrichment



Healing Roots

Who We Are

Healing Roots provides an effective, comprehensive, and compassionate process for understanding whiteness, working respectfully across culture, and being an agent of positive change.

Facilitators/Instructors

Janice Barbee

Janice is the founder of Healing Roots, consultant on community engagement initiatives, and adjunct instructor at the University of Minnesota.

Sara Axtell

Sara teaches Family Studies and Public Health at the University of Minnesota, and helps to build collaborative relationships between the University and community organizations.

Craig Hassel

Craig is an Associate Professor and Extension Specialist in the Department of Food Science and Nutrition at the University of Minnesota. Craig partners with cultural communities to lift up knowledge of food and health that often goes unrecognized by Western institutions.

History & Cultural Awareness

US Mainstream Culture and European American Identity Series

In this series of four sessions, we will explore how people of European heritage can transform a sense of identity based on race into an identity based in culture. The facilitators will present the Healing Roots Model of Identity, which includes the understanding of mainstream U.S. cultural characteristics, the history of whiteness and how it influences identity and beliefs, and our “root” or ancestral cultures which shape us in often unconscious ways. We will discuss ways that, while taking responsibility for the wrongs that the concept of whiteness has perpetuated, we can claim a healthy identity that gives us the foundation we need to be agents of change. *Scholarships available upon request.*

Session A: Mainstream US Cultures - We will explore the dynamics of culture – its breadth and depth, and examine 15 cultural characteristics of mainstream U.S. culture. We will discuss how these characteristics influence us both in healthy and unhealthy ways.

Session B: What is Whiteness? - We will look at the history of whiteness and how the concept and its practices came into being and have been perpetuated to create the inequalities that are experienced in our society. We will discuss whiteness as it shapes personal experience, as an institution, and how it is entwined with cultural narratives that shape our thinking.

Session C: Our Root Cultures - We will discuss our “root” or ancestral cultures – those aspects that are easily seen and those that are below the surface. Our root cultures can be a great resource in claiming a healthy identity.

***Session D: Exploring Healthy Identity** - We will weave together all of the topics we have explored and discuss what this means for our own identity and the ways we can be agents of change to help create a healthy and equitable society. *Please only sign up for this session if you have taken sessions A, B & C.

“All Series Classes” - Sign up for this section if you plan to participate in all 4 classes.

Session A - Mainstream US Cultures

Date: Monday, February 24

Time: 7-9pm

Site: FCC-Room 112

Instructor: Healing Roots

Cost: \$30 (1 session)

Class Number: 6456A

Session B - What is Whiteness

Date: Monday, March 2

Time: 7-9pm

Site: FCC-Room 112

Instructor: Healing Roots

Cost: \$30 (1 session)

Class Number: 6456B

Session C: Our Root Cultures

Date: Monday, March 9

Time: 7-9pm

Site: FCC-Room 112

Instructor: Healing Roots

Cost: \$30 (1 session)

Class Number: 6456C

Session D: Exploring Healthy Identity

Date: Monday, March 16

Time: 7-9pm

Site: FCC-Room 109

Instructor: Healing Roots

Cost: \$30 (1 session)

Class Number: 6456D

“All Series Classes”

Date: Monday, February 26 - March 19

Time: 7-9pm

Site: FCC-Room 112

Instructor: Healing Roots

Cost: \$100 (4 sessions)

Class Number: 6456E

Adult Enrichment

Hobbies & Special Interests

Mike Lynch Starwatch Program



Make the stars your old friends as we watch the great celestial show above us! Get to know the constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and some of the great stories behind them. We'll also use large reflecting telescopes, including two giant reflector telescopes that are among the biggest mobile scopes in Minnesota for close up views of planets, star clusters, galaxies and other magic in our early autumn skies. Mike will also bring a telescope-astrophotography system for really distant targets such as galaxies millions of light years away.

Mike Lynch is a meteorologist at WCCO Radio and has been hosting star watch parties and teaching astronomy classes for over 47 years. He also writes a weekly stargazing column for the St. Paul Pioneer Press and is the author of the books; "Mike Lynch's Minnesota Star Watch" and "Stars, a Month by Month Tour of the Constellations." Both books will be available for purchase at a discount. Super cool glow in the dark star shirts will also be available for purchase. Even if it's cloudy you'll learn a lot, have a great time and get a Mike Lynch "Cloud Check" for a future Minnesota Starwatch Class.

Due to subject matter and sensitive equipment used during demonstrations, children must be at least school age. You're invited to bring lawn chairs to make yourself comfy!

Date: Friday, March 20
Time: 7:30-9:30pm
Site: FCC-Room 109
Instructor: Mike Lynch
Cost: \$24 (1 session)
Class Number: 6500

NEW! Speak Well and Win!



SPEAK WELL AND WIN! Whether you are speaking before a large crowd, a committee or your employer, this class will sharpen your presentation skills. You will learn breathing, projection, body movement and especially, how to remain calm and in control in order to wow your audience!

Date: Tuesday, March 3 & 10
Time: 6:30-8:30pm
Site: FCC-Room 109
Instructor: Homeward Bound Theatre Company
Cost: \$52 (2 sessions)
Class Number: 6501

Photo Organization - Print & Digital

Imagine all your photos organized and all in one place, permanently, safely and you have a system that lets you find any photo in literally seconds! This includes old slides, movies and memorabilia too. We will talk about scanners and digitizing old media, cloud storage accounts as well as software for creating digital books and projects and how to repair older damaged photos.

Date: Thursday, March 12
Time: 6:30-8:30pm
Site: FCC-Room 116
Instructor: Kathy Povolny
Cost: \$15 (1 session)
Class Number: 6502

Have a class suggestion? Want to teach a class?

Maggie Chandler
763-502-5162
maggie.chandler@fridley.k12.mn.us

Breastfeeding Basics

Breastfeeding Basics seeks to offer support to new parents as they prepare for the birth of their child(ren). The instructor will discuss the benefits of breastfeeding and methods for success!

Date: Monday, March 2
Time: 10-11:30am
Site: FCC-Room 105
Instructor: Sierra Williams
Cost: \$16 (1 session)
Class Number: 6503

Birth Education



Birth Education class seeks to offer support to families as they prepare for the birth of their child. This class provides a space to openly discuss the experiences of pregnancy, childbirth, and postpartum.

Date: Monday, March 9
Time: 10am-12pm
Site: FCC-Room 105
Instructor: Sierra Williams
Cost: \$21 (1 session)
Class Number: 6504



Follow Us
[@FridleyCommEd](https://twitter.com/FridleyCommEd)



Like Us
[FridleyCommEd](https://www.facebook.com/FridleyCommEd)

Find class updates, special events and more.

Adult Enrichment

FREE Family Movie Night! Upcoming Dates

Movies starts at 7pm

January 10	February 14	March 6	April 3	May 15
				

Held at the Fridley District Auditorium — Doors open at 6:30 PM
Students/Children under 14 must be accompanied by an adult
Concessions available for \$1 each! — For more details call 763-502-5100



Adult Enrichment

TRAVEL PRESENTATION

Thursday, January 23rd
at 2:00 PM



UNFORGETTABLE TRAVEL EXPERIENCES

Join us at the Fridley Community Center
to learn about our new partnership with Landmark Tours.

Discover what makes escorted travel so exciting!
Information and literature will be available on-site.

ALL TRIPS INCLUDE

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
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Call for a Catalog: 612-230-2040

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Best of Norway
Oslo to Bergen
May 9 - 19, 2020



Yellowstone & The Grand Tetons
with a Wildlife Safari
May 30 - June 5, 2020



Memories of WWI
London, Normandy, & Paris
June 1 - 10, 2020



Nova Scotia & The Maritimes
Cape Breton & Prince Edward Island
August 18 - 25, 2020



New York City
9/11 Memorial & Ellis Island
Fall & Holiday Itineraries Available



Canyonlands of the Southwest
Bryce Canyon, Lake Powell & Grand Canyon
September 10 - 16, 2020



Ireland: Emerald Explorer
Dublin, Blarney Castle, Cliffs of Moher
September 21 - 29, 2020



Iceland: In Search of the Northern Lights
with the Golden Circle & the South Coast
October 4 - 10, 2020



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Encore

Life Enrichment for those of us 50+

Encore is a program designed with the recently retired or soon-to-retire adult in mind.

Landmark Travel Show

Join us as Landmark Tours presents an array of unforgettable travel experiences. A local, family-owned tour operator, Landmark's inclusive packages feature roundtrip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerarary attractions, deluxe motorcoach transportation, and the services of a professional Tour Manager. 2020 Travel opportunities include:

- European River Cruises - Spring, Summer, Fall, Christmas
- Best of Norway - May 9-19, 2020
- Yellowstone & The Grand Tetons - May 30 - June 5, 2020
- Memories of WWI - June 1-10, 2020
- Nova Scotia & The Maritimes - August 18-25, 2020
- New York City - Fall and Holiday Itineraries
- Canyonlands of the Southwest - September 10-16, 2020
- Ireland: Emerald Explorer - September 21-29
- Iceland: In Search of the Northern Lights - October 4-10, 2020
- And more!

Call 612-230-2040 for a free catalog, or visit www.GoWithLandmark.com.

Date: Thursday, January 23
Time: 2-3:30pm
Site: FCC-Room 109
Cost: Free (1 session)
Class Number: 6250

Community Education Advisory Council

If you would like to join the Fridley Community Education Advisory Council or have any questions, contact Stephen Keeler at:

763-502-5106 or
stephen.keeler@fridley.k12.mn.us

Night Out! The Ordway - MN Opera: Flight - Make Your Connection



MUSIC BY JONATHAN DOVE
LIBRETTO BY APRIL DE ANGELIS
Eight complete strangers find they have more in common than they think. Stranded overnight at an airport, they meet a refugee forced to call the terminal his home and soon realize they need each other to get to their destinations. Inspired by a true story, Jonathan Dove's Flight is a touching and deeply human dramedy all about what it means to make a real connection.

Cost includes ticket and transportation to The Ordway. Pick-up and drop-off at Fridley Community Center. Departure time 6:30 PM, Performance 7:30 PM. Limited to 8 tickets.

Date: Tuesday, January 28
Time: 6:30-10pm
Site: FCC-Patio
Cost: \$60 (1 ticket)
Class Number: 6251

Fridley Community Theatre Presents: Boeing-Boeing by Mark Camoletti

For their eighth Dinner Theater Production, FCT has chosen "Boeing Boeing" by Mark Camoletti. This 1960's French farce adapted for the English-speaking stage features self-styled Parisian lothario Bernard, who has Italian, German, and American fiancées, each a beautiful airline hostess with frequent "layovers." He keeps "one up, one down, and one pending" until unexpected schedule changes bring all three to Paris, and Bernard's apartment, at the same time. *Encore night is Thursday, February 13th. Tickets go on sale Monday January 6th and must be purchased online at <http://fridleycommunitytheatre.org/>*

Night Out! Chanhassen Dinner Theatres: The Music Man



A fun and transformative story, The Music Man is family entertainment at its best! This musical theatre classic features songs like "(Ya Got) Trouble," "Seventy-Six Trombones," "The Wells Fargo Wagon," "Till There Was You," "Gary, Indiana" and more! Meredith Willson's six-time, Tony Award-winning musical comedy has been entertaining audiences since 1957 and is a family-friendly story to be shared with every generation.

The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band that he vows to organize - this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

Cost includes dinner, ticket and transportation. Pick-up and drop-off at Fridley Community Center. Departure time 5:00 PM, 6:00 PM Dinner, 8:00 PM show. Limited to 10 tickets.

Date: Friday, March 13
Time: 5-11pm
Site: FCC-Patio
Cost: \$81 (1 ticket)
Class Number: 6252

Have a class suggestion? Want to teach a class?

Maggie Chandler
763-502-5162
maggie.chandler@fridley.k12.mn.us

FRIDLEY COMMUNITY THEATRE PRESENTS

BOEING BOEING

Ticket
sales open
January 6

BY MARC CAMOLETTI
TRANSLATED BY BEVERLEY CROSS AND FRANCIS EVANS

DINNER SHOWS:
FEBRUARY 8, 13,
14, & 15
DINNER AT 6,
SHOW AT 7 PM

SHOW ONLY:
FEBRUARY 9 & 16
AT 3 PM

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Fridley Senior Program

Supporting a Balanced and Well Connected Life Through Active Aging.

Welcome to the Fridley Senior Program! We offer a complete program of social, recreational and educational opportunities for members of our community, featuring a robust and active Senior Program held at the Fridley Community Center. This is the place for seniors to play with their friends, learn a new skill, pursue a favorite hobby and generally have a good time. We've designed the Senior Program with special activities and services intended just for our seniors, including social events, outings, exercise classes, and a whole lot more.

Friends of Fridley Senior Program

A 501-c 3 charitable foundation has been established to support the long term needs of the Fridley Senior Program and low income seniors in our community. Thanks to a generous donation from the Fridley Lions Club, a Lions Share was established to help low income seniors with remodeling needs so they can stay in their homes safely.

If you are interested in becoming a Friend to the Fridley Senior Program please call 763-502-5162 or e-mail Maggie Chandler -- any size gift is appreciated and is tax deductible.

Contact Information

Maggie Chandler

Senior Program Coordinator
763-502-5162
maggie.chandler@fridley.k12.mn.us

Other Numbers:

Senior Program - 763-502-5150
Senior Info Line - 763.783-4707
Meals on Wheels - 763-236-3636
ACCAP Outreach - 763-783-4741
Store to Door - 651-642-1892
Chores & More - 763-783-4767

Senior Services

The Bookshelf

A kind volunteer has offered to organize/curate a bookshelf for our casual book sharing. We are limited to a few shelves of space, but if you'd like to bring a few books and take a few, the bookshelf is located at the senior reception desk. If you have questions about this, please call the senior programs phone number at 763-502-5150.

Aging Services Advocate

Abuse in later life takes many forms, most often involving emotional and psychological abuse, intimidation and threats, isolation, neglect, and financial exploitation. Do you think you or someone you know may be experiencing abuse? Alexandra House offers free and confidential client-centered advocacy services to adults 50 years and older.

To get help or learn more about our services, call 763-795-5479. Office hours at FCC - 1st & 3rd Wednesdays, 1-3pm.

On-site Social Worker

We have a new social worker working full-time at the FCC! Alaina is a resource available to seniors and the community. She is happy to meet one-on-one or with groups to answer questions, talk through concerns, assist with navigating resources, and/or make referrals to outside agencies. Call (763) 502-5121 with questions or leave her a confidential voicemail.

Senior Social Dining

Senior Social dining is quickly gaining a reputation for wonderful food and a great time! Come join us on third Fridays at noon! Senior Social dining upcoming dates:

- January 17
- February 21
- March 20

Sign-up for all the meals by calling 763-502-5150. Pre-registration required at least one week prior. See you there!

Legal Aid for Seniors



The Senior Law Project provides a monthly outreach service at the Fridley Senior Center. Areas of assistance include nursing home issues, housing issues, health insurance, public benefits (Social Security, Medicare and Medical Assistance, Subsidized Housing), debt collection, repossession, conservatorship/guardianship, landlord/tenant rights and conciliation court cases.

Call 763-502-5150 for appointments.

Date: 1st Tuesdays

Time: 9-10:30am, by appointment

Site: FCC

Cost: Free

Health Insurance Counseling



If you are looking for information regarding Medicare, supplemental health insurance, Medical Assistance or other insurance related topics, call 1-800-333-2433 to schedule an appointment with an insurance counselor.

Date: 1st/3rd Thursday

Time: By Appointment

Site: FCC

Need an event space?

Browse page 18 for Fridley Event Services rental opportunities.

Fridley Senior Program

Senior Outreach Worker

Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier. Call Angie Sable, Fridley ACCAP Outreach Worker at 763-783-4741

Date: 2nd Monday of the month
Time: 1-3pm
Site: FCC

A Lions Share

The Fridley Lions Club has generously partnered with the Friends of Fridley Seniors Foundation to provide financial assistance to low-income Fridley Seniors that need help with home modifications or maintenance. Our mission is to keep seniors safe in their homes for as long as possible.

Grants are for a portion of the costs. Other resources are also available to help. Contact Maggie Chandler at 763-502-5162 with questions or application form. Thanks to the Fridley Lions for their continued support!

Chores and More

Need help with yard work, snow removal, or cleaning your home? Call Chores and More for more details on how they can help! Call 763-783-4767 for more details.

Tech Time with a Librarian

Make an appointment with a librarian to learn about using electronics. Includes e-readers, tablets, iPads and smart phones. Call the Mississippi Library (Fridley) to make your 20 minute 1:1 appointment at (763) 324-1560

Billiards Group

Interested in getting together to shoot some pool? The senior center has a pool table and nice equipment we're able to use during the day. We've also got a volunteer who is ready to get folks together. All levels of play welcome! Contact Maggie at 763-502-5162 to get connected.

Fitness/Wellness

Foot Care Clinic

The Senior Program, in cooperation with Presbyterian Homes of Minnesota, sponsors Foot Care Clinic on the first and third Wednesday of each month. Clients will have their nails trimmed, calluses pumiced, and feet massaged. Appointments can be made by calling 763-502-5150. Fee is payable the day of your appointment to Presbyterian Homes.

Date: 1st & 3rd Wednesdays
Time: By Appointment
Site: FCC-Room 110
Cost: \$30 (30 min) \$20 (manicure)

Gentle Stretch

This is a senior stretching class held on Tuesday mornings. Emphasis is on soft stretching, movement, and flexibility. Appropriate for all fitness levels. The instructor will evaluate abilities at the first class and adapt to fit needs. A \$4 fee will be paid to the instructor.

Date: Tuesdays
Time: 10-11am
Site: FCC-Dance Floor (Lower Level)
Cost: \$4 (per session)

Happy Hikers

If you are looking for an opportunity to get more exercise, meet new friends and enjoy nature, then the Happy Hikers walking group would be a good fit for you! These are gentle, scenic walks and the trails have easy access. No need to sign up, just meet in the designated parking lot and start! Please do not bring dogs.

Most park trails are paved and they range in length from 1.5 to 3 miles. The trails loop around past parking lots so you can choose to leave any time. The parks are nearby and easy to find. We meet three times weekly, you choose how often you wish to participate. We gather in the parking lot and begin walking at 9:00 a.m. *Watch for spring dates in our senior newsletter.*

Date/Site: Restarts in spring
Time: 9am
Cost: Free

Nordic Walkers

Nordic Walking is a "whole body exercise" moving both your arms and legs, and, as you practice, you increase walking speed, take longer strides, and swing your arms, in a bigger arc. This motion engages upper body and core muscles. Nordic Walking Poles are available for loan at no charge (donations welcome) from the Senior Center. Contact the Senior office for more information 763-502-5150. *Watch for spring dates in our senior newsletter.*

Date: Wednesdays, restarts Spring 2020
Time: 10am
Site: See senior newsletter for locations
Cost: Free

Volunteer Opportunities

Rockin' Nanas

Love kids? The Rockin' Nanas program is seeking individuals who are interested in reading, rocking, playing, feeding or leading crafts with small children. Minimum commitment is one morning or afternoon per week. Call Christine at 763-502-5142 to get more information and an application. Background screening required.

Family Movie Night

Come and enjoy a nice evening with family & friends and watch a movie on the big screen at the Fridley District Auditorium at Fridley High School. This event is FREE of charge!

Concessions available for \$1 each.

Doors open at 6:30 PM and movies begin at 7:00 PM.

Upcoming Movie Dates

January 10, February 14, March 6, April 3, May 15

Call 763-502-5100 or stop by the Fridley Community Center for a list of movies. See you there!

Fridley Senior Program

Clubs & Leagues

Coffee, Cards & Conversation

All older adults, age 55 and older, are invited to participate in any of our weekly card parties. There is no need to pre-register, just show up and join in the fun!

Bridge

Date: Mondays
Time: 1-3:30 PM
Site: FCC-Room 112

Social 500

Date: Tuesdays
Time: 9:30-11:30 AM
Site: FCC-Room 114

500

Date: Wednesdays
Time: 1-3:30 PM
Site: FCC-Room 114

Cribbage

Date: Fridays
Time: 1-3:30 PM
Site: FCC-Room 114

Monthly Cards

These games happen once a month.

Tournament Bridge

Date: Second Wednesday
Time: 9:30-11:30 AM
Site: FCC-Room 114

Hand & Foot

Date: Last Wednesday
Time: 9:30-11:30 AM
Site: FCC-Room 114

Video Theater

Join us for a movie on Tuesday afternoons. We will show classic films as well as new releases. Watch for our senior newsletter for movie information.

Date: Tuesdays
Time: 1-3pm
Site: FCC-Room 109
Cost: Free

BINGO

Join us every Thursday for 10 rounds of BINGO. When someone at your table wins so do all the table mates! We like to pass the luck around.

Date: Thursdays
Time: 10-11:15am
Site: FCC-Room 112/114
Cost: \$2

Book Club

Members meet on a monthly basis to discuss selected books and authors.

Upcoming Books:

- January 28 - Beneath a Scarlet Sky by Mark Sullivan
- February 25 - Little Fires Everywhere by Celeste Ng
- Mar. 24 - Becoming by Michelle Obama

Date: Fourth Tuesday
Time: 10-11am
Site: FCC-Room 112
Cost: Free

Hardanger Club/Needlework Group

A growing group of needleworkers meets every Wednesday from 9-11:30 AM to socialize and work on a variety of needlework projects! All are welcome to come and spend a couple of hours working on your current hardanger, embroidery or needlepoint project.

Date: Wednesdays
Time: 9-11am
Site: FCC-Room 112
Cost: Free

JAMS - Jammies Are My Specialty

Join this talented group of individuals that love to sew! They make pajamas, t-shirts and sweatpants for anyone in need. Most of the articles are made from donated material. *For more information please call the Senior Center.*

Date: Thursdays
Time: 12-3pm
Site: King of Glory Lutheran Church
10103 University Avenue NE, Blaine, MN
Cost: Free

Campaign of Cheer

This volunteer group makes wheelchair/walker caddies, lap robes, and blankets for children at the Ronald McDonald House, battered women's shelter, and veteran's home. New members always welcome.

Date: Mondays
Time: 8:30-11am
Site: FCC-Room 114/116

Quilters Club

Meets weekly.

Date: Fridays
Time: 9-11am
Site: FCC-Room 116
Cost: Free

Special Events

MARDI GRAS CELEBRATION



Date: Tuesday, February 25
Time: 1-3pm
Site: FCC-Room 112/114/116
Cost: \$2
Class Number: 6561

Instructional

Introduction to Watercolor Painting

Become friends with your materials as you discover brush strokes and color mixing. Painting on a budget is possible as you learn how to mix many colors from basic primary colors. Whether you're a total beginner or have a bit of experience, this class is a helpful springboard for further explorations in watercolor. *\$5 cash payable to instructor at beginning of class for supplies.*

Date: Monday, January 27
Time: 1-3pm
Site: FCC-Room 112
Instructor: Cheryl Barr
Cost: \$22 (1 session)
Class Number: 6001

Fridley Senior Program

Winter Scenes in Watercolor

Find and capture winter's beauty by painting subtle colors of trees and their shadows in the snow. Class will cover watercolor's unique characteristics, color mixing from three primary colors, and brush strokes. Because materials are provided, this is a perfect opportunity for those who have no prior experience with watercolor. Watercolor Intro is strongly recommended as a prerequisite for those with no watercolor experience.

\$10 cash payable to instructor at beginning of class for supplies.

Date: Monday, February 3 & 10

Time: 1-3pm

Site: FCC-Room 112

Instructor: Cheryl Barr

Cost: \$45 (1 session)

Class Number: 6002

Great Decisions Program Nuclear Negotiations



Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The President has met with Vladimir Putin as the New Start Treaty with Russia comes up for renewal in 2021, the first presidential summit ever with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula, and President Trump has decertified the Obama nuclear deal with Iran. To what degree should past nuclear talks guide future U.S. nuclear arms control negotiations? Can the art of the deal apply to stabilizing our nuclear future?

Date: Tuesday, January 21

Time: 9:30-11am

Site: FCC-Room 109

Cost: \$5 (1 session)

Class Number: 6557A

The United States and Mexico: Partnership Tested



The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other's politics and agendas. The war on drugs, immigration and trade issues have taxed the relationship over the years. What impact will new leadership in both countries have on this crucial partnership?

Date: Tuesday, February 18

Time: 9:30-11am

Site: FCC-Room 109

Cost: \$5 (1 session)

Class Number: 6557B

The Rise of Populism in Europe

Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s, and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States.

Date: Tuesday, March 17

Time: 9:30-11am

Site: FCC-Room 109

Cost: \$5 (1 session)

Class Number: 6557C

[Browse our Adult Enrichment and Encore sections for more fun daytime events, special outings and so much more!](#)

Decoding U.S.-China Trade



Though arguably the most advanced economy in the world, the United States still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the U.S.-China trade relationship, shrinking America's true economic size and competitiveness, while swelling China's. Bad numbers give rise to bad policies that ultimately kill U.S. jobs and cede market share to China. What other tools can the United States employ to counter China's unfair trade practices? There are several available, yet they remain mostly unused.

Date: Tuesday, April 21

Time: 9:30-11am

Site: FCC-Room 109

Cost: \$5 (1 session)

Class Number: 6557D

Refugees and Global Migration

Today, no countries have open borders. Every state in today's global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants?

Date: Tuesday, May 19

Time: 9:30-11am

Site: FCC-Room 109

Cost: \$5 (1 session)

Class Number: 6557E

Event Services & Rentals

Looking for a place to host your next event? Rental opportunities are available through Fridley Event Services. Our facilities are an excellent option for any group large or small!

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

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

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

Locations

Fridley Community Center

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

Fridley High School

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

Fridley Middle School

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

District Auditorium / Theater

Auditorium/Theater

Fridley District Auditorium at Fridley High School

- Seating for up to 715
- Proscenium stage with full fly loft
- Orchestra pit
- Lighting and sound system
- Ideal for seminars, conferences, weddings, religious gatherings, musical and theatrical productions, plus much more



Facility Amenities

Our facilities include the following amenities:

 LCD projection equipment and screen

 Sound system

 Wireless microphones

 High speed, wireless internet

Event Services & Rentals

Conferences & Meeting Rooms

Fridley Community Center



Meeting facilities for 10-200 with 8-10 breakout rooms.

Athletic Facilities

Gymnasiums at Fridley High School

- Main gym with seating for up to 500
- Concession Area
- Auxiliary gym
- Locker room facilities available

Gymnasiums at Fridley Middle School

- Main gym with seating for up to 200
- Auxiliary gym
- Locker room facilities available

The Pool at Fridley Middle School

- Available for private parties & events
- Lifeguards on duty

Tennis Courts at Fridley High School

- 6 courts available
- Reasonably priced

Athletic Fields

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

Banquet Space & Party Space

The Community Rooms at Fridley Community Center



- Multi-purpose room, ideal for meetings, workshops, banquets/award events.
- Audio/Visual equipment
- Seating for up to 150
- Access to outdoor patio space

Tiger Territory (Lower Level) at Fridley Community Center

- Multi-purpose room ideal for birthday parties, showers and small receptions.
- Audio/Visual equipment
- Seating for up to 100

The Banquet Hall at Fridley Community Center



- Multi-purpose room ideal for banquets/award events
- Audio/Visual equipment
- Seating for up to 175

The Cafe at Fridley Middle School

- Multi-purpose room ideal for banquets/award events
- Audio/Visual equipment
- Seating for up to 200

The Cafe at Fridley High School

- Multi-purpose room ideal for banquets/award events
- Access to beautiful outdoor courtyard space
- Audio/Visual equipment
- Seating for up to 225

Information, Tours, and Bookings

For information, to schedule a tour, or to book a facility contact:

Maggie Chandler

Sales & Marketing
Phone: 763-502-5104

Dan Wold

Auditorium & Events Coordinator
Phone: 763-502-5631

Fridley Community Center

6085 Seventh Street NE
Fridley, MN 55432

For Pricing & Booking

www.fridleyeventservices.com
763-502-5104



Advertise with Us

For more information on placing an ad in the catalog, call 763-502-5106, stop into the Fridley Community Center office, or visit our website at www.fridleycommed.com.

Youth Enrichment

Dance

Fridley Area Just For Kix



At Just For Kix, kids shine! We celebrate the achievements of all students. Focus is on teamwork, technique, doing your best, having fun, and learning routines! Styles include kick, hip hop, jazz, lyrical, and more! Most classes also include basic ballet technique. Older classes will get the opportunity to compete, and all classes are guaranteed 4 performances! Proven company starting it's 39th year of dance classes, our 17th year in Fridley! Come join our JFK family.

Class Fees

30 min classes: \$36/month
 45 min & 1 hour classes: \$39/month
 1.5 hour classes: \$58.50/month

Registration fee

\$16 per year *discounts for siblings
 All classes have a costume- prices vary.
 All classes held at the Fridley Middle School.

Register online

www.justforkix.com/danceclasses/fridley-mn

Contact

Email: fridley_mn@justforkix.com
 Phone: 612-418-9138

**Add on class-Must take the "Kix" class to take this class.*

2 year old classes and Boys Hip Hop offered in the spring!!

Class Offerings- Winter 2020			
Age	Class Name	Day	Time
3 to 5	Tiny Kix	Mon	5:30-6pm
3 to 5	Tiny Kix	Tues	6-6:30pm
K-1	Petites	Thur	5:15-6pm
K-1	Petites Tap Combo	Mon	6:10-7:10pm
K-3	Wee Hip Hop	Thur	6-6:45pm
2-3	Wee Kix/Jazz	Thur	6:45-7:45pm
4-5	Mini Kix/Jazz Combo	Mon	6-7:30pm
4-10	Middle Hip Hop	Tue	5:15-6pm
4-7	Middle Lyrical*	Tue	6:30-7:15pm
6-9	Middle Kix	Tue	7:15-8:15pm
6-7	Middle Jazz*	Tue	8:15-9pm
8-12	Senior Advanced Kix-Placement	Mon	7:30-8:30pm
8-12	Senior Jazz*	Mon	8:30-9:30pm
8-12	Senior Lyrical*	Thur	8:30-9:15pm
8-12	Senior Hip Hop-Advanced	Thur	7:45-8:30pm

Enrichment

Chess Camp (Grades K-8)

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

Transportation is provided to the Fridley Community Center after-school from both Hayes and Stevenson. Snack will be provided. Pick-up location is the Fridley Community Center. For details call 763-502-5117.

Date: Fridays, February 7 - March 13
 Time: 4-5pm
 Site: FCC-Room 105
 Instructor: Twin Cities Chess
 Cost: \$55 (6 sessions)
 Class Number: 2210A

Date: Fridays, April 17 - May 29
 Time: 4-5pm
 Site: FCC-Room 105
 Instructor: Twin Cities Chess
 Cost: \$55 (6 sessions)
 Class Number: 2210B

Driver's Ed Training (Ages 14-18)



Classroom training can be taken by students who are 14-1/2 years or older and consists of 10 three-hour lessons. Each lesson is independent and can be taken in any order. If a lesson is missed, the student can make it up when and where it is convenient at either another Fridley Community Education class or at a Safeway classroom. Lesson calendars are available on Safeway's web site.

Behind-the-wheel training consists of 3 two-hour private lessons which can be scheduled online or by calling Safeway's office (651-351-9150). Pick-up and drop-off is at home, school or work. Training is done in a white late-model car with Safeway's "Student Driver" graphics.

Classroom training and Behind-the-wheel training are included in the cost.

Safeway Driving School was selected by Fridley Community Education to provide teen driver's education. Safeway is the largest driving school in Minnesota. It has an A+ rating with BBB and is a BBB Accredited Business. Safeway has 70 experienced instructors backgrounded and licensed by the MN Dept. of Public Safety. *No class January 20, 27 & 28.*

Date: Monday-Thursday, January 13-30
 Time: 3:15-6:15pm
 Site: FHS-Room 171
 Instructor: Safeway Driving School
 Cost: \$350 (10 sessions)
 Class Number: 2240B

Youth Enrichment

Finishing Homework at School Club (Grades 5-8)

Do you like not having any homework to bring home!? Are you lost and confused after today's lesson? Are you looking for a quiet space free from distractions? Then look no further! Ms. Abdinoor and Mr. Garrett will be hosting a gathering in the Math Corps room after school where students can receive one on one help with their homework in a quiet and focused space. Students will be provided a quiet learning environment (and snacks) where they can get the help they need to complete assignments to stay on pace with the classes they are taking.

No class January 20, 27 and February 17.

Date: Monday/Wednesday,
January 6 - March 18
Time: 3:15-4:15pm
Instructor: Ms. Abdinoor & Mr. Garrett
Site: FMS-198A
Cost: Free
Class Number: 2230

Horseback Riding - Day Camps (Ages 6-18)



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

Date: Thursday, January 2
Time: 9am-3pm
Site: Boulder Pointe Equestrian
Cost: \$95 (1 session)
Class Number: 2230A

Date: Friday, January 3
Time: 9am-3pm
Site: Boulder Pointe Equestrian
Cost: \$95 (1 session)
Class Number: 2230B

My Little Horse Camp (Ages 2-5)



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

Date: Friday, March 6
Time: 9-11am
Site: Boulder Pointe Equestrian
Cost: \$45 (1 session)
Class Number: 2220A

Date: Saturday, March 7
Time: 9-11am
Site: Boulder Pointe Equestrian
Cost: \$45 (1 session)
Class Number: 2220B

Date: Friday, March 20
Time: 9-11am
Site: Boulder Pointe Equestrian
Cost: \$45 (1 session)
Class Number: 2220C

Science & Engineering

Minecraft Game Designer: Dungeons

Don't just play Minecraft! Turn Minecraft from a game into a visual learning tool. This class will reinforce problem-solving skills and spatial recognition through learning to create in-game dungeons and treasure maps. This class has a strong emphasis on creativity, exploration, and cooperative learning experiences. *Please bring a drink and snack to class.*

Date: Monday, January 27
Time: 9am-12pm
Site: FCC-Room 105
Instructor: Tech Academy
Cost: \$50 (1 session)
Class Number: 2510

NEW!

Junior Engineering: Theme Parks

All new LEGO class. Children have a blast using TEGo Technics Engineering kits to explore the world of science, technology, engineering, and math in a team-based environment. Then they will build working theme park rides and machines that reinforce the concepts learned. After each building project, students will customize, share, and compete in challenges and enjoy experimenting with their creations. *Please bring a drink and snack.*

Date: Saturday, March 7
Time: 9am-12pm
Site: FCC-Room 105
Instructor: Tech Academy
Cost: \$50 (1 session)
Class Number: 2520

Sports & Fitness

NEW!

Zumba Kids (Ages 4-7)



This class combines Latin music with dance movements to create a festive atmosphere where kids can have fun dancing and exercising, all at the same time! This high energy class is packed with kid-friendly routines and music.

Date: Thursdays, January 23 - March 12
Time: 5:30-6:15pm
Site: FCC-Dance Floor
Instructor: Lenka Seferovic
Cost: \$48 (8 sessions)
Class Number: 2746A

Youth Enrichment

Vertical Endeavors (Ages 6-13)

Vertical Endeavors Minneapolis Single Day Rock Climbing Camps offer children ages 6 to 13 the opportunity to explore the sport of rock climbing in a controlled setting that is fun and exciting for kids of all skill levels. No experience is necessary. In addition to our focus on fun, all our camps place a strong emphasis on risk management in the sport of rock climbing. Activities include cooperative games, top rope climbing, and climbing activities. Your child will leave camp with a deeper understanding of rock climbing. *Please assure that children bring the following:*

- Facility Waiver (available online)
- Comfortable clothing
- Water Bottle
- Peanut-free snack

**Climbing equipment and instruction is provided by Vertical Endeavors.*

***Please provide the parents email address as this is our main source of contact prior to camp.*

Date: Monday, February 17
Time: 9am-3pm
Site: VE-Minneapolis
Cost: \$90
Class Number: 2745A

Date: Thursday, February 27
Time: 9am-3pm
Site: VE-Minneapolis
Cost: \$90
Class Number: 2745B

Date: Monday, March 30
Time: 9am-3pm
Site: VE-Minneapolis
Cost: \$90
Class Number: 2745C

Date: Tuesday, March 31
Time: 9am-3pm
Site: VE-Minneapolis
Cost: \$90
Class Number: 2745D

Theatre Arts

Musical Theater Minnesota



Join this class taught by a Minneapolis based company that will provide a musical theater experience for children aged 6 to 14. Participants will learn dance, singing, and acting skills through a series of different exercises and games. No experience is needed in music and/or theater. This is your opportunity to experience and learn more. At the last session, the children will put on a show for relatives and friends.

No class March 27 and April 10.

Date: Fridays, February 14 - May 15
Time: 4-5:30pm
Site: FCC-Tiger Territory
Instructor: Musical Theater Minnesota
Cost: \$125 (12 sessions)
Class Number: 2455



Family Movie Night

Come and enjoy a nice evening with family & friends and watch a movie on the big screen at the Fridley District Auditorium at Fridley High School. This event is FREE of charge!

Concessions available for \$1 each.

Doors open at 6:30 PM and movies begin at 7:00 PM.

Upcoming Movie Dates

January 10, February 14, March 6, April 3, May 15

Call 763-502-5100 or stop by the Fridley Community Center for a list of movies. See you there!



Advertise with Us

For more information on placing an ad in the catalog, call 763-502-5106, stop into the Fridley Community Center office, or visit our website at www.fridleycommEd.com.



Follow Us
[@FridleyCommEd](https://twitter.com/FridleyCommEd)



Like Us
[FridleyCommEd](https://www.facebook.com/FridleyCommEd)

Find class updates, special events and more.

Have a class suggestion? Want to teach a class?

Karin Beckstrand
763-502-5117
karin.beckstrand@fridley.k12.mn.us

Future Kindergarten IB Scholars...



Let's Get Started!



ENROLLING NOW

for 2020-21 school year!

Will your child be five years old by September 1, 2020?

It's time to register for KINDERGARTEN!

Both Hayes and Stevenson are authorized International Baccalaureate (IB) World Schools

Students begin their educational journey into the holistic IB Primary Years Programme

Our kindergarteners begin second language studies: Spanish



Learn More!

Please attend a KINDERGARTEN ROUND UP NIGHT or schedule a tour with the numbers provided below!

ENROLL TODAY!

Enroll Online: Visit www.fridley.k12.mn.us and click on the ENROLL button at the top of the homepage

Visit the Enrollment Center (located in FCC): Enroll in person! Open M-F from 7:30 AM - 4 PM, 6085 7th Street NE, Fridley 55432

Contact us!

Please contact us with any questions, call Enrollment Coordinator Lori O'Dowd at 763-502-5081

You are invited! Learn more at Kindergarten ROUND UP NIGHTS

Hayes Round Up - March 16 5 - 7 PM, 615 Mississippi Street NE Hayes Main Office: 763-502-5200

Stevenson Round Up - March 17 5 - 7 PM, 6080 East River Road NE Stevenson Main Office: 763-502-5300

You are invited to the...

FAIRY TALE BALL!

Come one, come all to the Fairy Tale Ball!

Enjoy a wonderful morning full of music, dancing, dress-up, photo ops, games, snacks, crafts and a Bouncy House!

Perfect for children from 0 to 5 years old!

Date: Saturday, February 22

Time: 10 a.m. to 12 p.m.

Place: Fridley Community Center gymnasium

Cost: \$5 per child



Event sponsored by the Fridley ECCE & Preschool Advisory Council



Sign up today! Class number is 5009A (0-5 years) Visit us at www.fridleycommed.com for information and updates!

Early Childhood Family Education

What is ECFE?

The Early Childhood Family Education (ECFE) program offers fun, interactive and educational activities to parents and children ages birth to five years. The goal of the program is to strengthen families and help parents and children grow and develop within a circle of support. Parents and children participate in fun activities that encourage learning. Parents participate in discussions led by a parent educator while their children play, learn and socialize with other children.

**The word "parents" includes all individuals who function in a parenting role – mothers, fathers, partners, grandparents and other relatives, foster parents, etc.*

Come for your child...Stay for Yourself

Help Me Grow

While all young children grow and change at their own individual rate, some children experience delays in their development. Help Me Grow is a group of service providers who work together providing free early intervention referral services for children birth to three-years-old. MN Children who qualify could be eligible for services in their home, child care setting, or school. Further resources are provided by calling Anoka Area Help Me Grow Central 1-866-693-GROW (4769) or go to helpmegrowmn.org to schedule and gain more information regarding a free screening.

Contact Information

Valerie Anderson

ECFE Coordinator/Parent Educator
763-502-5143

Mora Slifka

Early Childhood Teacher & Screener
763-502-5157

Home Visits

Fridley's Early Childhood program wants to support all families. If you have a new baby or have recently moved into the Fridley School District, we offer a free new baby visit at the parent's request. We provide information for the entire family on Early Childhood Family Education (ECFE) programs and useful community resources near you. We will also add your children to our district census to be sure you get the appropriate mailings as your child grows and nears school age.

Call us today at 763-502-5143 to let us know about the new baby and children of your household.

We're Looking for the "New Kids in Town!"

Is your child in the Census?

Sign up to receive information on our schools and programs. The Fridley School District uses the census information as we inform the community of our programs and schools. To put your child on the census please call the district's enrollment center at 763-502-5081.

ECFE Advisory Council

Are you in an ECFE class? Do you come to the Creative Play Center? Or are you an interested Community Member? We invite you to join our Advisory Council.

The Advisory Council advises Fridley Community Education and advocates for its programs. The councils input and planning has been looked upon to guide community needs, and activities for families in your neighborhood. We strive to expand resources and strengthen a community of active members together.

Early Childhood Screening

Will your child be attending preschool this year? Is your child between the ages of 3 and Kindergarten? If you answer yes to these questions Early Childhood screening is for your child.

Screening is a free and quick look at how your child is growing and developing. Ideally the screening process serves children between the ages of 3 ½ and 4, and is required before your child registers for Preschool and Kindergarten throughout the state of Minnesota. Screening identifies possible learning or health concerns so that children can get the help they need before starting school. Appointments are necessary.

To schedule a screening please call, 763-502-5157 or register online at: <https://fridley.ce.eleyo.com> and search for early childhood screening in the search area for available appointments.

Winter 2020 Screening Dates

Day	Time
January 6	11am-6pm
January 7	9am-4pm
January 8	10am-5pm
January 9	11am-6pm
January 10	9am-12pm
January 29	9am-4pm
January 30	9am-4pm
January 31	9am-12pm
March 17	11am-6pm
March 18	9am-4pm
March 19	9am-4pm
March 20	9am-12pm



Early Childhood Family Education

Early Childhood Classes

Registration Notes:

- *Winter 2020: Registration begins December 30, 2019*
- *Spring 2020: Registration begins March 20, 2020*
- *If bringing siblings or additional children that are outside of the designated age range for the class, please select the sibling care option when registering.*

Parent and Infant (0-9 months)

Non-separating class

The first year of an infant's life is full of magical and challenging moments. Spend time each week playing with your child and sharing experiences and questions with other parents in a supportive atmosphere. A licensed Parent Educator will lead discussions and topics.

Date: Wednesdays, January 15 - February 26
Time: 11:45am-12:45pm
Site: FCC-Room 135
Cost: \$20 (6 sessions)
Class Number: 5001

Toddlers and Two's Next Steps! (12-30 months) Separating class

Toddlers and two year olds are full of energy during this busy age. Parents may find themselves searching for valuable resources to understand and address their child's growing development. Share the joys and challenges of parenting a toddler in a supportive environment. Parent-child time will kick off each class, followed by an informal parent discussion led by a licensed parent educator. Children can explore the room under the supervision of an Early Childhood teacher during that time.

No class January 28 and April 7.

Date: Tuesdays, January 14 - March 10
Time: 9:45-11:45am
Site: FCC-Room 135
Cost: Sliding fee, Chart A (8 sessions)
Class Number: 5002A

Date: Tuesdays, March 31 - May 19
Time: 9:45-11:45am
Site: FCC-Room 135
Cost: Sliding fee, Chart A (7 sessions)
Class Number: 5002B

Monday Night Live! (0-5 years) Separating class

In this mixed age class, you will enjoy time with your children (birth to 5 years), exploring: sensory, literacy and social experiences. Parents will separate for a discussion focused on joys and challenges of raising young children in a supportive atmosphere. Parent topics are led by a licensed parent educator.

No class January 20, January 27, February 17 and April 6.

Date: Mondays, January 13 - March 16
Time: 6:00-7:45pm
Site: FCC-Room 135
Cost: Sliding fee, Chart A (7 sessions)
Class Number: 5003A

Date: Mondays, March 30 - May 18
Time: 6:00-7:45pm
Site: FCC-Room 135
Cost: Sliding fee, Chart A (7 sessions)
Class Number: 5003B

ECFE para Espanol Hablando Familias - (0-5 years) Separar Clase

Clase en español ofrecida por el programa de educacion familiar para la niñez temprana (ECFE) para familias con niños desde recién nacidos hasta los 5 años. Durante la primera parte de la clase, los padres tendrán la oportunidad de interactuar o jugar con sus hijos con una gran variedad de actividades diseñadas especialmente para ellos. Durante el tiempo en que los padres asisten al grupo de padres, los niños se quedarán a cargo de los maestros, realizando una gran variedad de actividades educativas y jugando con sus otros compañeros.

No hay clase el 30 de enero, y el 10 de abril.

Fecha: Jueves, Enero 16 - Marzo 12
Tiempo: 9:45-11:45am
Site: FCC-Room 135
Fees: \$10.00/family (8 semanas)
Class Number: 5005A

Fecha: Jueves, Abril 2 - Mayo 21
Tiempo: 9:45-11:45am
Site: FCC-Room 135
Fees: \$10.00/family (8 semanas)
Class Number: 5005B

Mixed Age Daytime Class (0-5 years) Separating Class

In this mixed age class, you will enjoy time with your children (birth to 5 years), exploring: sensory, literacy and social experiences. Parents will separate for a discussion focused on joys and challenges of raising young children in a supportive atmosphere. Parent topics are led by a licensed parent educator.

No class January 29 and April 8.

Date: Wednesdays, January 15 - March 11
Time: 9:30-11:30am
Site: FCC-Room 135
Cost: Sliding fee, Chart A (8 sessions)
Class Number: 5004A

Date: Wednesdays, April 1 - May 20
Time: 9:30-11:30am
Site: FCC-Room 135
Cost: Sliding fee, Chart A (7 sessions)
Class Number: 5004B

Book Discussion Class (0-5 years) Separating Class

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive, by Daniel J. Siegel, Tina Payne Bryson

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.

No class January 31.

Date: Fridays, January 17 - March 13
Time: 9:45-11:45am
Site: FCC-Room 135
Cost: Sliding fee, Chart A (8 sessions)
Class Number: 5006A

Date: Fridays, April 3 - May 22
Time: 9:45-11:45am
Site: FCC-Room 135
Cost: Sliding fee, Chart A (8 sessions)
Class Number: 5006B

Early Childhood Family Education

ECFE Events

*Special Events Sponsored by the ECFE Advisory Council.

Open Gym

Join ECFE families for Open Gym. Bring moms and dads, grandmas and grandpas, brothers and sisters! Burn off energy, play with gym equipment, ride bikes and visit with friends!

Date: Saturdays, January 25, February 8, February 29 and March 10
 Time: 9:30-11am
 Site: FCC-Gym
 Cost: Free

Winter Field Trip: ECFE's Great Art Adventure to the Banfill-locke Center for the Arts

Children will explore the world of art through their senses in this extraordinary adventure in art. Families will meet at the Banfill-locke Center for the Arts, learn, explore, create and have a snack.

Date: Thursday, February 20
 Time: 10am-12pm
 Site: Meet at Banfill-locke Center for the Arts - 6666 East River Road, Fridley, MN 55432
 Cost: \$10 (per child)
 Class Number: 5008A (0-5 Years)

Fairy Tale Ball

Come one, come all to the Fairy Tale Ball! Enjoy a wonderful morning full of music, dancing, dress-up, photo opts, games, snacks, crafts and a Bouncy House!

Date: Saturday, February 22
 Time: 10am-12pm
 Site: FCC-Gym
 Cost: \$5 (per child)
 Class Number: 5009A (0-5 Years)



Creative Play Center

Are you looking for someplace to go and something to do with your children? Fridley offers the Creative Play Center once a week for children birth-5 years old and their care giver.

No Creative Play on January 20, 27 and April 6.

School Year: 2019-2020
 Day: Mondays
 Dates: January 13 - March 16 & April 3 - May 22
 Time: 9:45-11:45am
 Site: FCC-Room 135

Creative Play Center is located in the Fridley Community Education Center in room 135. Join us for enriching activities including: daily crafts, painting, sensory play, blocks, puzzles, and imagination centers. In addition to these, at least one structured activity is planned each session and may include: Gym, Music and Movement, Parachute Play, Storytime and Outdoor activities.

Registration is required. For more information or questions, please call Valerie Anderson, Licensed Parent Educator at 763-502-5143.

All options apply for use with the sliding fee schedule based on your combined yearly income.

Please note: 12 Visit Punch Cards expire after 6 months.

Payment Options		
Yearly HHI	Daily Fee per Family	12 Visit Punch Card
More than \$70,000	\$5	\$36
More than \$60,000	\$4	\$30
More than \$50,000	\$4	\$30
More than \$40,000	\$4	\$25
More than \$30,000	\$3	\$20
More than \$20,000	\$2	\$15
Less than \$19,999	\$1	\$10

Register

- Online at <https://fridley.ce.eleyo.com>
- By phone with Visa, MasterCard or Discover
- At the FCC office
- By Mail (using the form on the next page)

ECFE classes and events are open to anyone who wishes to participate, however, Fridley School District residents will be given first priority. You will be contacted only if the class is filled or canceled.

Fees and Scholarships: Registrations are not final until fees have been paid or other arrangements have been made. A sliding fee scale, based on gross family income, is available. If fees are a problem, please let us know. Scholarships are available. No one will be turned away because of inability to pay the fee.

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

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

Sibling Care: Sibling care will be offered when numbers warrant. Please let us know, when registering, if you need sibling care.

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

Early Childhood Family Education

Class Registration

Class Number _____ Class Title _____ Price _____

Total \$ _____

Parent(s) Attending _____
 Address _____
 City _____ ZIP _____
 Home Phone _____ Work/Cell _____
 Email _____

Children Attending
 Name _____ Birthdate _____ Grade _____
 Name _____ Birthdate _____ Grade _____

Do you or your child have health or other special needs? _____

Do you need sibling care? Yes No

Are you a Fridley School District resident? _____

Payment Information: Check enclosed (payable to ISD 14)

Charge My: Visa MasterCard Discover

Card Number _____ Expiration Date _____ 3 Digit Security Code _____

Signature _____

Sliding Fee Scale ECFE Classes

Sliding Fee Scale 3-Year-Old Pre-K

Separating					Non-Separating				
Family Income	7 wks	8 wks	12 wks	Sibling Care	6 wks	Family Income	2019/2020 3 days/wk	2019/2020 5 days/wk	2020/2021 4 days/wk
\$110,000 +	\$100	\$114	\$171	\$85	\$55	\$110,000 +	\$165/mo	\$260/mo	\$200/mo
\$100-109,000	\$93	\$106	\$159	\$70	\$45	\$100-109,000	\$165/mo	\$260/mo	\$200/mo
\$90-99,000	\$86	\$98	\$147	\$60	\$37	\$90-99,000	\$165/mo	\$260/mo	\$200/mo
\$80-89,000	\$79	\$90	\$135	\$50	\$30	\$80-89,000	\$165/mo	\$260/mo	\$200/mo
\$70-79,000	\$72	\$82	\$123	\$40	\$25	\$70-79,000	\$165/mo	\$260/mo	\$200/mo
\$60-69,000	\$70	\$80	\$120	\$35	\$20	\$60-69,000	\$165/mo	\$260/mo	\$200/mo
\$50-59,000	\$64	\$73	\$110	\$30	\$18	\$50-59,000	\$145/mo	\$230/mo	\$175/mo
\$40-49,000	\$50	\$57	\$85	\$25	\$15	\$40-49,000	\$120/mo	\$190/mo	\$145/mo
\$30-39,000	\$32	\$36	\$54	\$20	\$12	\$30-39,000	\$85/mo	\$130/mo	\$95/mo
\$20-29,000	\$19	\$21	\$32	\$15	\$9	\$20-29,000	\$50/mo	\$80/mo	\$60/mo
\$19,999 or less	\$10.00	\$10.00	\$10.00	\$10.00	\$6	\$19,999 or less	\$30/mo	\$40/mo	\$35/mo
Chart A					Chart B	Chart C			

FRIDLEY PRESCHOOL

The Fridley Preschool program is the best start to your child's educational journey. Here at Fridley Public Schools, we focus on developing the whole child, and that starts with our district's earliest learners. Both 3- and 4-year-old preschool programs are designed to provide your child with the necessary learning experiences to prepare for kindergarten. Utilizing an approach that aligns with our district's International Baccalaureate (IB) Continuum, your child will be a step ahead when it comes to "kindergarten readiness" and a holistic IB educational experience.

Why choose Fridley Preschool?

Our high quality Preschool Program is available to families at low cost for 3-year-olds, and NO COST for 4-year-olds.

• International Baccalaureate Primary Years Programme

Fridley Preschool is a candidate school* for the International Baccalaureate (IB) Primary Years Programme (PYP). This school is pursuing authorization as an IB World School. IB World Schools share a common philosophy - a commitment to high-quality, challenging, international education - that we believe is important for our students

• Caring and nurturing teachers

Each classroom is led by a Minnesota Department of Education (MDE) licensed Early Childhood Educator. Your child will receive personalized attention as each class is capped at 20 students with a teacher and aide in each classroom.

• Parent Aware Four-Star Rating

Fridley Public Schools is proud to offer a 4 Star Parent Aware rated Preschool Program to help prepare your child for school success.

• High-quality and Aligned Curriculum

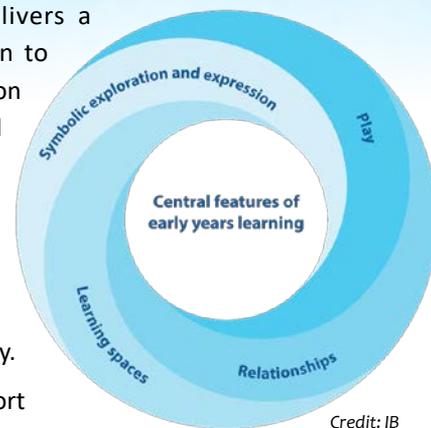
Our preschool curriculum has been written to encompass several areas of inquiry and is aligned with Minnesota's Early Childhood Indicators of Progress (ECIPs). The ECIPs are Minnesota's early learning standards that provide a framework for developmentally appropriate expectations from birth to kindergarten. They also align to the Minnesota Kindergarten Academic Standards.

Central Features of Fridley Preschool Curriculum

Fridley Preschool delivers a high-quality education to our students, focusing on Social and Emotional Learning, Mathematics, and Literacy. Your child will develop a love for learning while building a solid foundation for their educational journey.

The way teachers support learning in the early years of the IB PYP Programme are by:

- Planning uninterrupted time for play.
- Building strong relationships with students and their families.
- Creating and maintaining responsive spaces for play.
- Offering many opportunities for symbolic exploration and expression.



Credit: IB Organization

please remember!

Attend Preschool Registration Night!

Attend **Fridley Preschool Registration Night** to learn more about our preschool programs! Staff will help you complete registration for your child and any answer questions you may have. **Please note: you will need to bring the required documents listed on the next page.**

DATE: Thursday, February 13

TIME: 5:30 - 7 p.m.

PLACE: Fridley Community Center, 6085 7th Street NE, Fridley 55432



**NORTHWEST SUBURBAN
INTEGRATION SCHOOL DISTRICT**
A Global Community Learning and Growing Together

Did you know? Fridley Public Schools is a member of the **Northwest Suburban Integration School District**. Our 4-year-old preschool program is available via lottery application to all families who reside in NWSISD school districts: *Anoka-Hennepin, Brooklyn Center, Buffalo-Hanover-Montrose, ISD728 (Elk River Area), Fridley, Osseo, Rockford*. **Free bus transportation is provided.**

Families are required to complete and submit an NWSISD online application. The priority application time period starts mid-October and goes through December 31. NWSISD will conduct a lottery based on its policies and procedures if the number of applicants exceeds the number of available seats. For more information and to submit an application, go to www.nws.k12.mn.us.

FRIDLEY PRESCHOOL

3- & 4-year-old class options



Preschool Program 2020-21 Registration Priority Deadline: **March 20, 2020**

3-year-old preschool

Children must be 3 years old by September 1, 2020.

Options:

Morning

Monday - Thursday
Mornings 8:15 - 11:00am
9 monthly payments of \$200/mo or \$1800 annually

Afternoon

Tuesday - Friday
Afternoons: 12:00 - 2:45pm
9 monthly payments of \$200/mo or \$1800 annually

A Sliding Fee Scale, based on income, is also available. See page 29, chart C for details.

3 to 5 day full day Tiny Tigers childcare:

Monday - Friday
Available from 6:30am-5:30pm

See page 33 for pricing and other details.

To register for 3-year-old preschool you must submit an application:

- Online at: <https://fridley.ce.eleyo.com> or
- By phone at 763-502-5105 with a Visa/MasterCard/Discover or
- At the Enrollment Center in the FCC with a Visa/MasterCard/Discover

Required documents to bring when registering:

- Child's original birth certificate
- Up-to-date immunization records

4-year-old preschool

Children must be 4 years old by September 1, 2020.

Options:

Morning

Monday - Friday
Mornings 8:15 - 11:15am
No cost to families

Afternoon

Monday - Friday
Afternoons: 12:15 - 3:15pm
No cost to families

Free transportation is provided for families within Fridley district boundaries and those who reside in the Northwest Suburban Integration School Districts, which include: *Anoka-Hennepin, Brooklyn Center, Buffalo-Hanover-Montrose, ISD728 (Elk River Area), Fridley, Osseo, and Rockford.*

To register for 4-year-old preschool:

- Visit the Enrollment Center in the FCC
- Online at www.fridley.k12.mn.us and click on "Enroll" at the top of the page.

To complete registration, you must submit all required documents listed below:

- Proof of address (driver's license, utility bill, rental/purchase agreement) OR Open Enrollment Form.
- Child's original birth certificate.
- Up-to-date immunization records.
- Preschool screening documents if screened outside our district.

Copies will be made of each document and originals returned to you. Registration is not complete until we have received all of the above documents.

4-year-old preschool with childcare

- \$175 per week
- Open 6:30am to 5:30pm
- Non-school day and summer childcare also available
- Needs based scholarships available

For more information on childcare options please call Jordan Wright at 763-502-5107.

Dates & Location

The preschool calendar aligns with the school district classes and will be held from September 9, 2020 to June 10, 2021. Classes are held at the Fridley Community Center, 6085 Seventh Street NE, Fridley, 55432.

Contact Information

Do you have questions about our preschool program? Please contact:

- **Katie Brown**
Secretary
763-502-5105

Do you have questions about registration? Please contact:

- **Lori O'Dowd**
Enrollment Coordinator
763-502-5081

Additional contacts:

- **Dr. Jason Bodey**
Principal of Alternative Services
763-502-5101
- **Karin Beckstrand**
Preschool IB PYP Coordinator
763-502-5117

Tiger Club

Tiger Club offers high quality care for children from toddler through grade six. Fun activities, learning opportunities, an emphasis on social and emotional growth and a focus on school and community values are core to the Tiger Club programs.

The goal is to accommodate working families while providing a secure and caring environment staffed by professional care practitioners.



Job Opportunities

We are always seeking passionate, highly motivated people to join our team. Our goal is to provide a caring and nurturing environment for all members of our program. Contact our Tiger Club Coordinator for more information.

Tiger Club Coordinator

Sally Leone
763-502-5135
sally.leone@fridley.k12.mn.us

Contact Information

Itsy Bitsy Toddler Program Manager

Christine Haubach
763-502-5142
christine.haubach@fridley.k12.mn.us

Tiny Tigers Preschool Program Manager

Camille Herder
763-502-5129
Camille.herder@fridley.k12.mn.us

Tiger Time School Age Program Manager

Lindsey Crawford
763-502-5137
Lindsey.crawford@fridley.k12.mn.us

Tiger Club Coordinator

Sally Leone
763-502-5135
Sally.leone@fridley.k12.mn.us

Tiger Club Accounts Secretary

Jordan Wright
763-502-5107
Jordan.Wright@fridley.k12.mn.us



Programs

Itsy Bitsy Tigers (IB Tigers)



The Toddler portion of Tiger Club is located at the FCC and is both licensed by the Minnesota Department of Human Services and accredited by the National Association for the Education of Young Children. For Toddlers 18 months up to 36 months of age, a staff to child ratio of one to seven for toddlers is maintained to provide small group and individual attention. Learning centers, indoor and outdoor play, circle time, music, stories, and outings contribute to a well-rounded development while preparing them for preschool. The hours of operation are from 6:30 a.m. to 5:30 p.m. year round.

Pricing (effective June 11, 2019)

Full Time Toddler Childcare: **WAITING LIST**

Ages 18-20 Months to 36 Months

Tuition: \$319 per five-day week

Toddler Registration Fee: \$40 per child, required at time of registration, non-refundable.

Part Time Childcare

Three to four days per week set schedules may be available, depending on current enrollment.



Tiny Tigers



The preschool portion of Tiger Club is located at the Fridley Community Center and is licensed by the Minnesota Department of Human Services and accredited by the National Association for the Education of Young Children (As well as, 4-Star Parent Aware rated!). For preschoolers 3 years of age, a staff to child ratio of one to ten is maintained to provide small group and individual attention. Learning centers, indoor and outdoor play, circle time, music, stories and outings prepare young ones for their elementary school experience. The hours of operation are from 6:30 am to 5:30 pm year round.

Pricing (effective June 11, 2019)

Full Time Childcare:

Tuition: \$266.20 per five day week

Registration Fee: \$30 per child, required at time of registration, non-refundable.

Part Time Childcare: Three and four days per week set schedules may be available, depending on current enrollment. Contact Program Manager for more details.

Potty Training Policy:

Please note that if your preschooler is not yet fully potty trained your weekly tuition will start at a higher rate. Please contact Program Manager for more details.

For information about 4-year-old preschool full day (wrap-around care) options see page 30.

Tiger Time

Tiger Time is the School Age component for students grades Kindergarten - 6th. Tiger Time is certified through the Minnesota Department of Human Services and Accredited through the Minnesota Afterschool Accreditation Program. Tiger Time offers a before and after school program located at the FCC for grades K-6 during the school year, and all day care on Non-School days and throughout summer. Tiger Time staff are members of Minnesota School-Age Childcare Association (MnSACA) and are trained in "out of school time" curriculum planning. Our program is an ideal place where students can explore their interests in a variety of fun and challenging activities designed to build confidence and foster independence in a safe, nurturing, environment. Whether attending Before or After School, on non-school days, or in the summer, Tiger Time is open 6 am until 6 pm year round.

Children will enjoy:

- Daily gym and playground activities
- Guided Group Time
- Creative and dramatic play
- Math and Science activities
- Art & literacy opportunities
- Daily Meals
- Field trips & Themed Activities
- Festivals and Special Events
- Community Service projects
- Parent Engagement Opportunities

Pricing

Full time (AM & PM)

\$145/week (\$29 per day)

Part time (AM or PM)

\$95/week (\$19 per day)

Part Time Childcare:

One to four days per week set schedules are available.

Non-School Day Care - Daily rate:

\$46 per child.

(Includes trips/activities & food)

Registration fee: \$20 per child, required at time of registration, non-refundable. New registration required every school year.

Swimming

Young Swimmer Lessons



These lessons are specifically catered to younger ages. All of our young swimmer lessons are 25 minutes in length and have two instructors for more individualized attention. If you have any questions about these lessons please call 763-502-5117. Please note that the temperature of our pool is set at 82.5 degrees due to its multi-use status. If your child does not respond well to the temperature please let us know, and we will offer a full refund.

Parent & Child (Ages 6 months - 4 years)



Provides students an entry into aquatics and teaches parents basic skills for working with children in an aquatic environment. This course emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs. Students will learn safety entry and exits to and from the water as well as to submerge their mouth, nose and eyes in the water. Parents please note: 1. Swim diaper is required. 2. Parents MUST accompany their child in the water. Student/teacher ratio is 10:2.

Preschool (Ages 3-4)



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

Level 1 - Introduction to Water Skills (5 & 6 year olds only)

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

Regular Lessons

Level 1 - Introduction to Water Skills

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

Level 2 - Fundamental Aquatic Skills

Swimmers learn to jump from side of pool, roll over from front to back, tread water, swim on side, and swim on front and back using combined strokes.

Level 3 - Stroke Development

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

Level 4 - Stroke Improvement

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

Level 5 - Stroke Refinement



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

Level 6 - Skill Proficiency/Fitness Swimmer

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



Follow Us
[@FridleyCommEd](https://twitter.com/FridleyCommEd)



Like Us
[FridleyCommEd](https://www.facebook.com/FridleyCommEd)

Find class updates, special events and more.

Winter 2020 Swim Schedule

Tuesday Evening Lessons

January 21 – March 31 (8 sessions)

No class February 25, March 3 and March 24.

Young Swimmer Lessons (Ages 6 month to 6 years)

Class Time: 25 Minutes	Group	Cost
6:15-6:40pm	Parent/Child #3000A	\$55
6:45-7:10pm	Preschool #3007A	\$55
7:15-7:40pm	Level 1 (5/6 yr old) #3001B	\$55

Regular Lessons (Ages 5 and up)

Class Time: 40 Minutes	Group	Cost
6:30pm-7:10pm	Level 1 #3001A Level 2 #3002A Level 3 #3003A	\$65
7:15pm-7:55pm	Level 2 #3002B Level 4 #3004A Level 5/6 #3056A	\$65
8:15pm-8:55pm	Female Only Lessons #3091A #3091B #3091C	\$65

Saturday Lessons

January 25 – March 21 (8 sessions)

No Classes on February 29 (state swim meet)

Potential make up day: March 28

Young Swimmer Lessons (Ages 6 month to 6 years)

Class Time: 25 Minutes	Group	Cost
10:30am-10:55am	Parent/Child #3000B	\$55
11:00am-11:25am	Preschool #3007B	\$55
11:30am-11:55am	Level 1 (5/6 yr old) #3001F	\$55
12:00pm-12:25pm	Preschool #3007C	\$55

Regular Lessons (Ages 5 and up)

Class Time: 40 Minutes	Group	Cost
11:00am-11:40am	Level 1 #3001C Level 2 #3002C Level 3 #3003B	\$65
11:45am-12:25pm	Level 2 #3002D Level 3 #3003C Level 5/6 #3056B	\$65
12:30-1:10pm	Level 1 #3001D Level 2 #3002E Level 3 #3003D Level 4 #3004B	\$65
1:15pm-1:55pm	Level 1 #3001E Level 2 #3002F Level 3 #3003E Level 4 #3004C	\$65

Winter 2020 Open Swim

Open Swim

Saturdays, 2-3pm, January 25 – March 21 (8 sessions)

No open swim on February 29 (state swim meet).

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

Semi Private Lessons or Private Lessons

Please call 763-502-5117 to schedule semi-private, private lessons, or Female Only Lessons.

Semi-Private Lesson

Cost: \$13 per session (40 minutes)

Private Lesson

Cost: \$16 per session (40 minutes)

Aqua Zumba

SPLASH your way into shape with an invigorating low- impact aquatic exercise known as the ZUMBA “Pool Party” The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the ZUMBA philosophy with traditional aquatic fitness disciplines. AQUA ZUMBA blends it all together into workouts that are cardio conditioning, body toning, and most of all- exhilarating beyond belief!

Drop-in Rate: \$10 (payable on the day of class)

Date: Sunday, January 12 - February 16

Time: 1-2pm

Site: FMS-Pool

Instructor: Lenka Seferovic

Cost: \$45 (6 sessions)

Class Number: 6354A

Date: Sunday, February 23 - March 29

Time: 1-2pm

Site: FMS-Pool

Instructor: Lenka Seferovic

Cost: \$45 (6 sessions)

Class Number: 6354B

Family Movie Night

Come and enjoy a nice evening with family & friends and watch a movie on the big screen at the Fridley District Auditorium at Fridley High School. This event is FREE of charge!

Concessions available for \$1 each.

Doors open at 6:30 PM and movies begin at 7:00 PM.

Upcoming Movie Dates

January 10, February 14, March 6, April 3, May 15

Call 763-502-5100 or stop by the Fridley Community Center for a list of movies. See you there!

Registration

Online

To register online, visit our website <https://fridley.eleyo.com> and select the Community Education tile that corresponds to the programs or classes you are interested in.

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

In Person or by Mail

Register in person or by mail at the location below:

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

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

Phone

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

Fax

Simply fax your registration to us with your MasterCard, Discover, or Visa information.

763-502-5140

Class Registration Policies

Fees

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

Cancellations

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

Refunds

Refunds minus a \$5 processing fee will only be issued if requested one (1) business day prior to the start of the first day of class. No refunds will be given after a class has started.

For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates. Full refunds or credits are issued if Community Education cancels a class or tour, or the class or tour is already filled.

Satisfaction Guaranteed

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

Closings Due to Weather

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

Safety Disclaimer

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

Special Services

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

Confirmation

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

Photo Agreement

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

Fee Assistance

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

UCare Discount

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

Senior Citizen Discount

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

District Policy

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



Lifelong Learning: Opportunities for All Ages

6085 Seventh Street NE.
Fridley, MN 55432

FRIDLEY COMMUNITY THEATRE PRESENTS

BOEING BOEING

BY MARC CAMOLETTI

TRANSLATED BY BEVERLEY CROSS AND FRANCIS EVANS

DINNER SHOWS:

**FEBRUARY 8, 13,
14, & 15**

**DINNER AT 6,
SHOW AT 7 PM**

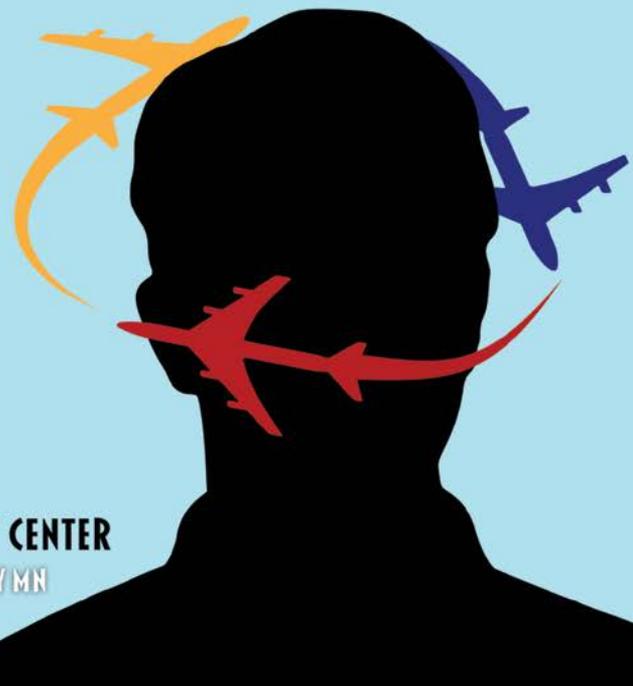
SHOW ONLY:

**FEBRUARY 9 & 16
AT 3 PM**

PERFORMANCES AT

FRIDLEY COMMUNITY CENTER

6085 7TH STREET NE, FRIDLEY MN



GET TICKETS ONLINE AT WWW.FRIDLEYCOMMUNITYTHEATRE.ORG OR CALL 763-502-5100

BOEING BOEING IS PRESENTED BY SPECIAL ARRANGEMENT WITH SAMUEL FRENCH, INC., A CONCORD THEATRICALS COMPANY