



2012 Winter and Spring Activities

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Community Services class locations and addresses:

Community Center
3301 Silver Lake Road N.E.
St. Anthony

Fridley Community Center
6085 Seventh St. NE
Fridley

Fridley High School
6000 Moore Lake Dr. W.
Fridley

Fitness Crossroad
2912 Pentagon Drive N.E.
St. Anthony

Hansen Park
1555-5th Street NW
New Brighton

Highview Middle School
2300 Seventh Street N.W.
New Brighton

Peak Performance
2210 Silver Lake Road N.E.
New Brighton

St. Anthony High School
3303 33rd Ave. N.E.
St. Anthony

Wilshire Park Elementary
3600 Highcrest Road N.E.
St. Anthony

Neighboring Community Education Programs

These cooperative programs support the mission of St. Anthony-New Brighton Community Services to provide lifelong opportunities for residents to gain additional skills or pursue new interests through adult education courses.

Columbia Heights Community Education
763-528-4517
www.colheights.k12.mn.us

Fridley Community Education
763-502-5100
www.fridley.k12.mn.us

Mounds View Community Education
651-621-7410
www.moundsviewschools.org

Northeast Community School
612-627-3058
www.mplscommunityed.com

Roseville Community Education
651-604-3766
www.isd623.org/commed

Spring Lake Park Community Services
763-786-1338
www.splkpark.k12.mn.us

Community Services Mission Statement

The mission of Community Services is to provide all residents lifelong learning opportunities through educational, recreational, social, and cultural programs and activities.

Community Services Advisory Council

The Community Services Advisory Council meetings are open to the public. They are held the first Thursday of each month, September through November and February through May at 7:00 p.m. in the St. Anthony Village Community Center.

Council members are committed to providing all residents lifelong learning opportunities through educational, recreational, social, and cultural programs and activities.

Various community organizations are represented on this council.

St. Anthony-New Brighton School District's Community Services Department, in cooperation with Mounds View Community Education, offers full-service Adult Education (ABE) programming for all area residents free of charge.

HIGH SCHOOL DIPLOMA COMPLETION

Study with the help of an instructor and earn the credits and competencies needed for a high school diploma. Adults proceed through competency-based courses on an individual basis and work at their own pace. Experimental learning from such activities as military service, employment, parenting, and volunteer services is identified, documented, and evaluated to satisfy elective credits.

GED CLASSES & TESTING

Classes will prepare you for the General Education Development (GED) tests by improving your math, writing, reading, and test taking skills. Learn test taking strategies and work with a career counselor to develop a career action plan.

GED testing is held weekly at Pike Lake Education Center. Upon successful completion of the tests, a GED diploma is awarded.

Appointments are required for both registration and for testing! Call 651-621-7410.

ADULT EDUCATION SKILLS

Improve your writing, reading, and math skills for the workplace, a job search, helping your children with homework, or for personal growth.

FAMILY LEARNING PROGRAM (FLP)

This program is for parents who wish to earn their High School Diploma (not GED) and have at least one child between six weeks and five years of age.

Call 651-621-7410 for more information.

VOLUNTEER OPPORTUNITIES

We are looking for caring volunteers who are comfortable working with adults and willing to invest their time and experience with adult students. Daytime and evening tutoring opportunities are available.

Training is required for tutors and is provided by the Minnesota Literacy Council.

For more information, please call us at 651-621-7410!



Adult English Language Classes 2012

St. Anthony-New Brighton School District 282 is pleased to provide free English language classes for the adults in our community.

English as a Second Language classes are held at the

**St. Anthony Community Center, located at 3301 Silver Lake Road.
Classes are held Monday, Wednesday, and Thursday
1:00—3:30 p.m.**

If you have any questions about these classes, please feel free to call. We look forward to helping you with your educational needs!

Call now to register at 651-621-7410.

Take A Step Toward Your Future

- * Are you interested in pursuing a college education?
- * Would you like to increase your confidence in the basic skills of reading, math, and writing in order to pass post secondary placement tests?
- * Are you ready to work with a career counselor to design a career plan suited to your interests and abilities?

The Adult Education Program of Mounds View Public Schools is eager to help you prepare for your future educational experiences in college. We offer FREE courses.

Give us a call at **651-621-7410** so we can help you prepare for a successful transition to college!

Our website address is: www.moundsviewschools.org/comm_edu/adult_programs.asp

Adult Enrichment

Voice Explorations: Discovering and Developing Your Authentic Voice

Dr. Clifton Ware

This five-week session will include an overview of the basics of voice use (breathing, tone production, diction) and song performance, with an emphasis on developing each student's authentic voice using techniques that aid efficient voice production, and expressive singing of songs appropriate to each student's skills. Previous music experience or a "musical ear" is desirable. This class is taught by Dr. Clifton Ware, professor emeritus (voice) from the University of Minnesota.

Days: Mondays

Time: 6:30-8:15 p.m.

Fee: \$75

Location:

Community Center, Activity Room

3151-W12A

January 16-February 13

3151-S12A

April 2-30



Voice Instruction: Group and Individual

Dr. Clifton Ware

This monthly class provides ongoing study for singers who have either taken a group-voice class taught by Dr. Ware, or received his permission to register (warex001@umn.edu). Each class is limited to six participants, four minimum. Each participant will receive 15-20 minutes of instruction, in addition to group participation in warm-up exercises, discussion, and feedback. Two observers may register for any class, including voice teachers or potential participants. Bettye Ware, a professional pianist, will accompany.

Days: Mondays

Time: 6:30-8:15 p.m.

Location:

Community Center, Activity Room

March 12

3171-W12C - Participant - Fee: \$20

3172-W12C - Observer - Fee: \$10

May 14

3171-S12A - Participant - Fee: \$20

3172-S12B - Observer - Fee: \$10



Traditional French Cuisine

Jeff Sandino

Experience exquisite French classics starting with French onion soup topped with toasted croutons and gruyere cheese, browned to perfection, followed by "Coq au Vin", tender breast of chicken sautéed with fresh pearl onions, mushrooms and bacon in a rich burgundy wine sauce served with a delicious wild rice blend and green beans amandine. We'll finish with "Crepes Suzette", thin French pancakes served in a delightful butter, citrus, and brandy sauce.

3173-W12A

Tuesday, January 17

6:00-9:30 p.m.

Fee: \$31

Fridley High School, Room 113



Tex Mex

Jeff Sandino

We'll start with "Empanadas", tasty little pastries filled with beef, tomatoes, potatoes and herbs. We'll then prepare authentic mexican rice, prepared with onions, garlic, tomatoes and fresh coriander leaves. Fajitas will follow, tender strips of beef and chicken along with fresh sautéed bell pepper and onion wrapped in warm tortilla shells and served with fresh tomato salsa, guacamole and sour cream. We'll finish this fiesta with a Yucatecan-style delight, fresh coconut blended with rich custard in a wonderful nutty crust, baked to a caramely brown, and served with crème fraiche.

3174-W12A

Tuesday, February 14

6:00-9:30 p.m.

Fee: \$31

Fridley High School, Room 113



Windows & Siding

Considering new windows and siding? Understand the various options available to homeowners. Learn the terminology, various product types, general cost comparisons, proper installation procedures, and warranties.

Determine how you can save money and evaluate the right product for your home. Gain knowledge about windows and siding before you begin building or updating your current residence. Frank is co-owner of North Central Builders, a 36-year-old business specializing in exteriors. Samples of different products will be available so you can compare the differences. Participants have found his knowledge and this class to be helpful. NO products will be sold or endorsed. Don't miss this class!

3159-W12A

Thursday, February 9

6:30-8:30 p.m.

Fee: \$10

Community Center, Room CS9



Pasta! Pasta! Pasta Jeff Sandino

Start with bruschetta topped with vine ripe tomatoes, zesty herb salsa, and creamy gorgonzola cheese. We'll begin our pasta barrage with a classic Italian dish, "spaghetti and meatballs" tossed in a light marinara sauce and topped with freshly grated parmesan cheese. Next you'll enjoy ziti pasta tossed with olive oil, fresh garlic, broccoli, oven roasted tomatoes, and tender breast of chicken followed by vermicelli tossed with succulent gulf shrimp in a delicious roasted red bell pepper pesto cream sauce. We'll finish with "Panna Cotta", a delightful combination of cream and gelatin served in a pool of fresh strawberry sauce with crispy almond wafers.

3149-W12A

Wednesday, March 14

6:00-9:30 p.m.

Fee: \$31

Fridley High School, Room 113



Traditional Southern Italian

Jeff Sandino

Enjoy the marvelous flavors of traditional Southern Italian cuisine starting with "Panzanella", a toasted bread salad with fresh garlic, sliced onion, cucumber, peppers, and tomato tossed in a light vinaigrette. Succulent breast of chicken follows sautéed with thin sliced prosciutto ham and fresh sage in a lemon, caper, and artichoke butter sauce. Potato gnocchi (Italian dumplings) is next tossed with fresh basil pesto. We'll finish with "Cannoli", sweet pastry rolled then filled with ricotta and mascarpone cheeses, served on a pool of chocolate sauce with fresh candied pistachios.

3175-W12A

Tuesday, April 3

6:00-9:30 p.m.

Fee: \$31

Fridley High School, Room 113



Spring Forest Qigong- Level I

Qigong is a form of meditation and exercise that helps people increase self-awareness, build internal energy, and develop a healthy body physically and spiritually. The exercises and meditation techniques can assist in relieving physical pain, stress, depression, and more. Qigong is designed to provide the same relief as acupuncture but without the need for needles or professional assistance. With proper training, anyone and everyone can learn to utilize Qigong techniques for their own health and wellness.

Spring Forest Qigong is a simple and effective way to understand, explore, and utilize wonderful and powerful healing energy. This class will include the history and general principles of Qigong, energy channels/meridians, yin-yang philosophy, six causes of energy blockages, as well as six keys to success. *The Level I book is optional and will be available for purchase from the instructor for an additional \$15.*

3156-W12A

Mondays, February 6 & 13

6:30-8:30 p.m.

Fee: \$69

Community Center, Room CS9

Gerri Bakun RN, BA



Emotional Freedom Techniques (EFT)

Gerri Bakun RN, BA

EFT is based on the discovery that imbalances in the body's energy system have profound effects on one's personal psychology. Correcting these imbalances, which is done by tapping on certain body locations, often leads to rapid relief. EFT has provided emotional freedom to millions of people: freedom from self-doubt, grief, panic attacks, anxiety, and other negative emotions. Learn how you can improve your quality of life.

3155-W12A

Monday, March 5

6:30-8:30 p.m.

Fee: \$45

Community Center, Room CS9

Gerri Bakun RN, BA is the program manager for Adult Mental Health Outpatient Program /Partial Hospital Program (PHP) at Mercy Hospital.

Are You A Carbohydrate Addict?

Gerri Bakun RN, BA

Are you a carbohydrate addict? Do you have a hard time stopping once you start to eat bread, pasta, or sweets? Do you tend to gain weight easily or, if you lose weight, gain it back again? If you answered "yes" to any of these questions, this may be the class for you! In this class, we will examine the causes of carbohydrate cravings and discuss effective strategies, including menu plans and nutritional supplements, to help eliminate cravings and put you in control of your eating and your weight for life!

3170-W12A

Monday, January 16

6:30-8:30 p.m.

Fee: \$45

Community Center, Room CS9

Gerri Bakun RN is a Registered Nurse and a Certified Nutrition and Wellness Consultant.



Adult Recreation

Live Pain Free

Anna Evans

Join us and learn how you can eliminate neck, back, and joint pain. Improve your health and overall quality of life by understanding basic principles about your body and how pain is directly related to posture. Discover that you have the power to take control of your health and become pain free by uncovering the cause of your pain rather than just treating the symptoms. This class is informational/educational and does not get into exercises.

3158-W12A

Tuesday, January 17

6:30-7:30 p.m.

Fee: \$15

Community Center, Room CS9

Exercises For Pain Free Living

Anna Evans

Join us for an eight week session of gentle exercises designed to increase function and help eliminate musculoskeletal pain. Be prepared to work either bare foot or in socks and wear comfortable clothing that you can easily move around in. Please bring a yoga mat or a towel to the weekly group classes. In addition to the eight week group class, you will receive a private postural assessment prior to the start of the group sessions. The instructor will contact you to schedule a time for the assessment.

4028-W12A

Tuesdays, February 21-April 10

6:30-7:30 p.m.

Fee: \$180

**Community Center
Multi Purpose Room**

Anna Evans is a Postural Alignment Specialist and is certified by Egoscue University.



American Red Cross First Aid & CPR Classes

The American Red Cross offers a wide variety of training courses in first aid, CPR, and AED.

For more information about class times and locations please go to www.redcrossct.org or call 612-872-3245.

TBC-Total Body Conditioning

Cathi Morse

TBC is the complete, total-body workout that combines cardiovascular and strength training (toning) exercises. Half of each TBC session is dedicated to increasing cardiovascular endurance through fun and easy aerobic movements. The other half is devoted to increasing muscle endurance and strength with your own body resistance and free weights. Please bring a mat to class. Free weights of 2-3 pounds and a resistance band are highly recommended for all participants.



Time: 6:00-7:00 p.m.

Location: Community Center, Gym

4115-W12A - Mondays only

January 9-April 30

(no class Jan. 16 & Feb. 20)

Fee: \$75

4116-W12A - Wednesdays only

January 11-May 2

(no class April 18)

Fee: \$80

4117-W12A

Mondays & Wednesdays

January 9-May 2

(no class Jan. 16, Feb. 20 & April 18)

Fee: \$139.50

Yoga

Michael Ledman

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.

Days: Thursdays

Time: 8:00-9:15 p.m.

Location: Wilshire Park, Cafeteria

4201-W12A

January 5-February 16

Fee: \$56

4201-W12B

March 1-April 26

(no class March 22, 29 & April 19)

Fee: \$48



Adults With Disabilities

Interested in activities especially designed for adults with disabilities?

For more information or to request a brochure listing classes and activities, call

Community Bridge
651-748-7437

Contact person: Cheryl Gysbers
<http://communityeducation.isd622.org>

Tai' Chi Ch'uan

Michael Ledman

For centuries the Chinese have practiced Tai' Chi Ch'uan for health, as a martial art, and a means of exercise and self-development. See for yourself how the slow movements of this art can help reduce the effects of stress and improve your fitness, flexibility, balance, concentration, and health. Come explore a shortened 31 posture Sun styled Tai Chi Ch'uan form designed to help support and strengthen joints that may be damaged by arthritis, gout, or other joint problems. Other progressive forms are also taught. This is an excellent, low-impact, non-contact physical fitness program that's ideal for all adults.



Days: Wednesdays
Time: 7:00-8:00 p.m.
Fee: \$56
Location: Community Center Multi Purpose Room

4013-W12A
January 4-February 15

4013-W12B
February 29-April 11

Adult Pick-Up Basketball

New teams are chosen each week "pick-up" style. Doors open at 6:45 p.m. but come early and be ready to start playing by 7:00 p.m. A code of conduct has been established to promote sportsmanship, fair play, and mutual respect among players. Photo ID is required. *Fitness Crossroad members are able to attend FREE!*

4000-W12A
Sundays, January 8-March 11
(no Basketball Feb. 5 & 19)
7:00-9:00 p.m.

Fee: \$40 for 8 weeks or \$8 walk-in each week
St. Anthony High School, Gym

Hoola Hooping

Diane Gusek

Get a great workout while toning your waist, thighs, and abs with the hoop. The specially designed four-pound exercise hoop targets your waistline and core area and is a great cardiovascular exercise too! This fun class includes balance, strength, and flexibility using the hoop. Hoops are provided during the class and are available for purchase for \$15.00 from instructor.

4030-W12A
Tuesday, February 7
6:30-8:00 p.m.
Fee: \$22
Community Center
Multi Purpose Room

Open Volleyball

Join us Sunday evenings for co-rec volleyball. New teams are formed each week. No pre registration will be taken, it is on a first-come, first-serve basis.

Sundays, January 8-May 13
(no Volleyball Super Bowl & Easter)
7:00-9:30 p.m.
Fee: \$5 walk-in fee
St. Anthony High School, Gym



Zumba

This fun, energetic workout combines Latin rhythms and dance with easy-to-follow fitness moves. Shake up your routine and try something new! Once you have registered, you will pick-up your pass at Fitness Crossroad.

4900-W12A
Mondays, 10:45 a.m.
Wednesdays, 10:45 a.m.
Thursdays, 6:45 p.m.
Purchase a 10 punch pass for \$90 to be used by April 30, 2012.



Karate-Ages 11 Years-Adult

Shotokan Karate-Do is a traditional Japanese Style of martial art emphasizing both mental and physical discipline. Karate will help you improve mental and physical health; build stamina, strength, flexibility, and coordination; develop self-confidence, calmness, patience, and self-discipline; and reduce stress as well as give you the opportunity to make lifelong friendships and learn self-defense.

Days: Wednesdays
Time: 7:00-8:00 p.m.
Fee: \$55 (no discount)
Location: Peak Performance

4601-W12A
January 25-February 29

4601-W12B
March 7-April 11

4601-W12C
April 18-May 23

Adult Recreation

Taekwondo-Ages 6 To Adult

Chau Truong

Taekwondo is a popular modern day sport and martial art. Students will learn self-defense, forms, and olympic-style sparring in a family friendly atmosphere. Classes will also focus on developing fitness, discipline, and confidence. Adults and children ages 6 and up of any skill level are welcome. The instructor Master Chau Truong of Minnesota Family Taekwondo will offer an opportunity for students to purchase an optional uniform for \$30. Off-site promotional testing is held periodically at an additional fee. Testing is not mandatory to continue on with this class. Students will move at their individual pace.

Days: Tuesdays

Times: 5:30-6:30 p.m.

Fee: \$60

Location: Community Center
Multi Purpose Room

2049-F11B

November 15-December 27

2049-W12A

January 10-February 21

2049-W12B

March 6-April 17

Kettlebell-Age 18+

The Russian kettlebell has forever altered the landscape of American fitness, with the breakthrough system for achieving astonishingly rapid yet consistent gains in muscle strength, explosive power, energy, and functional performance with a single, simple tool. The kettlebell is now becoming the favored fitness training for busy men, women, elite athletes, and those simply wishing to attain their highest possible level of physical excellence, well being, and are eager to stay strong, toned, and vibrantly young. *Check with your cardiologist or orthopedist before starting this challenging class if necessary.*

Certified Kettlebell Instructor Roxanne Altmeyer RKC, gives you the perfect beginner mix of follow-along kettlebell drills to rapidly burn off unwanted pounds and build a sleek new you!

Wear loose fitting clothes and bring water. Training is done in bare feet. A limited number of bells will be available to use, bring your own if you have them!



Location:

Wilshire Park, Multi Purpose Room

Wednesdays only

5:30-6:30 p.m.

4024-W12A

January 11-March 7

Fee: \$108

4024-W12B

March 28-May 23

(no class May 2)

Fee: \$96

Fridays only

6:00-7:00 p.m.

4025-W12A

January 13-March 9

(no class Feb. 3)

Fee: \$96

4025-W12B

March 30-May 25

(no class April 6)

Fee: \$96

Wednesdays & Fridays

4026-W12A

January 11-March 9

(no class Feb. 3)

Fee: \$153

4026-W12B

March 28-May 25

(no class April 6 & May 2)

Fee: \$153

Lap Swim	Open Swim	
<p>November-December 15 (closed Nov. 24)</p> <p>January 9-May 17 (closed Jan. 16, 30, Feb. 20, & March 19, 20, 22)</p> <p>Mondays, Tuesdays, Thursdays 6:00-7:30 a.m.</p> <p>One lane open during lessons. Tuesdays January 24-March 13 March 27-May 15 5:00-7:30 p.m.</p>	<p>November 29-January 17 (closed Dec. 20 & 27)</p> <p>Tuesdays 7:30-9:00 p.m.</p> <p>December 3-January 21 (closed Dec. 24 & 31) Saturdays, 11:30 a.m.-1:00 p.m.</p> <p>January 26-March 15 March 29-May 17 Thursdays, 7:45-9:15 p.m.</p> <p>January 28-March 17 March 31-May 19 Saturdays, 10:45 a.m.-12:00 p.m.</p>	<p>Daily fees are collected at the door. Open & Lap Swim Fees: \$3.00 Adults \$2.00 Senior Citizens</p> <p>Call the Aquatics Activity Line for updates and pool closures at 612-706-1177.</p>

Senior Citizen Event Card

Senior Citizen Event Cards are available for senior citizens (age 60 and older) who live in St. Anthony - New Brighton school district. They can be obtained at the Community Services Office, 3301 Silver Lake Road, between 8:00 a.m. and 4:30 p.m., Monday through Friday. This card can be used for attendance at school performances (such as band concerts, theatrical performances, musical activities and athletic events) free of charge, unless a sellout is anticipated.

Senior citizens (age 60 and older) who live in St. Anthony-New Brighton School District 282 can receive a 10% discount when registering for classes unless specified otherwise. Discounts are not valid with other discounts and do not apply to senior citizen classes, trips, or special events.

**Home Chore Help
For Senior Citizens**

The Student Employment Program provides all Senior Citizens living in St. Anthony-New Brighton School District 282 an opportunity to hire students to help with yard maintenance, lawn mowing, moving furniture, light cleaning, window washing, house cleaning, snow shoveling, and more. The suggested minimum salary is \$4.50 per hour (special rates are available for those who qualify). A student must be paid for a minimum of one hour when hired for a job. Senior Citizens are responsible for payment directly to the student.

Students from New Brighton, Roseville, St. Anthony Middle School, and St. Anthony High School who are interested in working for Senior Citizens have registered with Northwest Youth and Family Services.

Senior Citizens interested in hiring a student should call Northwest Youth and Family Services at 651-486-3808 ext. 3451 Monday through Thursday 8:30 a.m. to 4:30 p.m.

Weekly Events For Senior Citizens**Pinochle**

Join in the fun.

Mondays, on-going

1:00-3:30 p.m.

Small prize fee

**Landings Silver Lake Village
2501 38th Ave. N. E.**

Euchre

Tuesdays, on-going

1:00-3:30 p.m.

Small prize fee

**Autumn Woods Apartments
2600 Kenzie Terrace**

Bunco

Bunco is a social dice game involving 100% luck and no skill, just scoring, a simple set of rules, and a SMILE.

The object of the game is to accumulate points and to roll certain combinations. *Call Community Services at 612-706-1166 the day before to sign up.*

**1st, 3rd, 5th Tuesdays of the month
9:30-11:00 a.m.**

\$.75 per week plus prize money

to be determined by group

Community Center, Lobby

Cribbage

Tuesdays

1:00-3:30 p.m.

\$.75 per week plus prize money

to be determined by group

Community Center, Room CS9

Hand 'n Foot

Hand 'n Foot is an exciting card game played with strategy and wit.

Volunteers will be available to teach you the game. *Call Community Services at 612-706-1166 the day before to sign up.*

**1st & 3rd Wednesdays of the month
10:30 a.m.-12:30 p.m.**

\$.75 per week, prize money will be

determined by the number of players

Community Center, Room CS9

Bridge For Fun

Join us for social bridge once a week and meet new friends. The fee includes coffee and small cash prizes. *Call 612-706-1166 to get the name and telephone number of the Bridge registration volunteer.*

Wednesdays, on-going

12:30-3:30 p.m.

\$1.25 per week

Community Center, Lobby

500 Card Club

Thursdays, on-going

1:00-3:30 p.m.

Small prize fee

**Autumn Woods Apartments
2600 Kenzie Terrace**

Scrabble

Join us for the fun and challenging game of Scrabble. Fee includes coffee. *Sign up for this group by calling 612-706-1166.*

Fridays, on-going

1:00-3:00 p.m.

\$.75 per week

Community Center, Lobby

Need A Ride?

**N.E. Senior Services
provides rides for seniors or
disabled adults to the grocery
store, medical and other
appointments.**

**For more information call
612-781-5096**



Free Health Insurance Counseling For Senior Citizens

Community Services is a Health Insurance Counseling Site for Medicare beneficiaries and their caregivers, who reside within St. Anthony-New Brighton School District.

A State-certified Health Insurance Counseling staff or volunteer is available the **3rd Monday of each month from 1:00-4:00 p.m.** to assist with: understanding basic Medicare and Medical Assistance, choosing a Medicare supplement, choosing a Medicare Part D plan, ensuring proper processing of Medicare and Medical Assistance claims, assisting with health insurance forms, and assessing long-term care insurance as an option. Call 612-706-1166 for your free, one-hour appointment.



St. Anthony Senior Citizen Holiday Party

**Thursday, December 8
12:00 noon
St. Anthony
Community Center
\$5.00**

Join us for a holiday celebration! A delicious pasta luncheon will be served and lively music will be played by Jolly Jammers!

Pre-registration and payment is required by Thursday, December 1.

In-person or mail-in registrations are taken at Community Services 3301 Silver Lake Road

For more information call 612-706-1166.

Sorry, no refunds.

A non-perishable food donation for the local food shelves would be greatly appreciated.



**Valentine Party
Bingo! Refreshments!**

**Monday, February 13
1:30-3:00 p.m.
St. Anthony
Community Center
\$3.00**

Paying in advance will reserve your seat.

Tickets will also be sold at the door until capacity is met.

Space is limited!

In-person or mail-in registrations are taken at Community Services 3301 Silver Lake Road

For more information call 612-706-1166.

Please bring a signed Valentine and we will deliver it to the Veterans Hospital in time for Valentine's Day!



How to Ride the Bus and Train With Confidence

Riding public transportation is easier than ever. Learn what your transportation options are and how to use the online trip planner from a Metro Transit outreach specialist. Become knowledgeable about accessibility, safety and security, etiquette, and even how to pay your fare. Buses and trains can help you get around safely, quickly, and economically.

Thursday, April 19

1:30-2:30 p.m.

Fee: Free, please call 612-706-1166 to reserve your seat.

Community Center, Activity Room



Hoola Hooping

Get a great workout while toning your waist, thighs, and abs with the hoop.

The specially designed four-pound exercise hoop targets your waistline and core area and is a great cardiovascular exercise too!

This fun class includes balance, strength, and flexibility using the hoop. Hoops are provided during the class and are available for purchase for \$15.00 from instructor.

5004-W12A

Monday, January 23

10:15-11:15 a.m.

Fee: \$20

Community Center, Multi Purpose Room

Diane Gusek



**Defensive Driving 55 +:
Eight Hour Course**

Improve your driving skills, and if you're 55 or older, get a discount on your personal auto insurance. The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. The class consists of lecture, films and discussions. There is no behind-the-wheel driving and there are no tests.

5301-S12A

Wednesday & Thursday

April 11 & 12

5:30-9:30 p.m.

Fee: \$25

Community Center



Defensive Driving 55 +: Refresher Course

Minnesota Safety Council

If you have taken a state approved eight-hour Defensive Driving Course (55+), you can renew your 10%, three-year car insurance discount by taking the state-approved, four-hour refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company. Please include your driver's license number when registering. If you are 50-54 years old, you need to check with your own insurance company regarding a senior citizen discount. **Refresher course pre-requisite: successful completion of state approved eight-hour course.**

Fee: \$22

Location: Community Center

5300-W12A

Wednesday, January 25

8:30 a.m.-12:30 p.m.

5300-W12B

Monday, March 12

8:30 a.m.-12:30 p.m.

5300-S12A

Monday, April 23

5:30-9:30 p.m.

Over 50 and Fit

Enjoy fitness while having fun. Classes are low impact and designed for people over 50 years old. The program combines aerobic routines and stretching exercises for one hour. It is self-paced, safe, and will make exercising a regular part of your health care. Wear comfortable clothing and tennis shoes. Please bring your own exercise mat if you have one.

Days: Mondays, Wednesdays, & Fridays

Location: Community Center

5000-W12A

January 9-March 2

(no class Jan. 16 & Feb. 20)

Time: 9:15-10:15 a.m.

Fee: \$49

5000-W12B

March 5-April 13

(no class April 6)

Time: 9:00-10:00 a.m.

Fee: \$42

Margaret Camery



Gentle Yoga

Gentle Yoga strengthens the body while calming and focusing the mind. Learn how to take this slower, gentler version of Yoga into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. Classes include breathing practices and modified stretches to fit everyone, even those who prefer to remain seated on a chair. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work. All fitness levels are welcome.

Days: Fridays

Time: 10:30 -11:15 a.m.

Fee: \$38.50

Location: Community Center, Multi Purpose Room

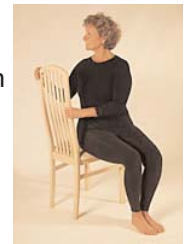
5020-W12A

January 6-February 17

5020-W12B

March 2-April 13

Michael Ledman



Trips For Senior Citizens & Adults

Lion King at the Orpheum Theatre

Experience the phenomenon. Visually stunning, technically astounding and with a musical score like none other you've ever heard. The entire savannah comes to life as the music soars. Marvel at the breathtaking spectacle of animals brought to life by a cast of more than 40 actors.

The premium seats for this performance are in section MF2, directly off the aisle. Refreshments will be available for purchase before the performance and during intermission. Minimums need to be met by December 7.

5264-F11A

Thursday, January 12

Fee: \$95 includes performance & transportation.

Depart: 12:30 p.m. upper parking lot

Approximate Return: 5:15 p.m.



Senior Citizens

Trips For Senior Citizens & Adults

Old Log Theater

Everybody Loves Opal

Flashback to the early 1960's as the Old Log Theater presents John Patrick's classic Broadway comedy, *Everybody Loves Opal*. Set in 1962, this upbeat family comedy is about the kind-hearted, loveable optimist, Opal Kronkie, who lives in a tumble-down mansion at the edge of the municipal dump. The general disarray of her establishment is aggravated by the fact that Opal collects things, anything that can be toted home in her little red wagon. Into her rather strange world come the con artists, Gloria, Bradford, and Solomon. The crooks decide that what Opal needs is plenty of insurance, a rapid demise, and three beneficiaries (themselves). The unsavory trio concoct several elaborate schemes to "do in" Opal, only to be thwarted by her oddball antics. Through it all, Opal radiates kindness, affection, and an abiding faith in the goodness of human nature. Please indicate your lunch choice when registering. Lemon artichoke chicken breast with spinach and sun-dried tomatoes, smoked windsor pork chop, walleye pike almandine, beef stroganoff, or vegetarian lasagna.

Minimums need to be met by January 23.

5268-W12A

Thursday, February 2

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

Depart: 10:30 a.m. upper parking lot

Approximate Return: 4:45 p.m.



Mamma Mia! at the Orpheum Theatre

Mamma Mia! is the ultimate feel-good show that has audiences coming back again and again to relive the thrill. Now it's your turn to have the time of your life at this smash-hit musical that combines ABBA's greatest hits, including "Dancing Queen," "S.O.S.," "Super Trouper," "Take A Chance on Me" and "The Winner Takes It All," with an enchanting tale of love, laughter and friendship. Whether it's your first visit or your fourteenth, see the show that has the whole world coming back for more, because every time feels like the first time at Mamma Mia!



The premium seats for this performance are on the main floor directly off the aisle. Refreshments will be available for purchase before the performance and during intermission. **Registration deadline: March 26.**

When registering, please indicate if you want to sit next to someone and we will do our best to accommodate your request. **Note:** Tickets will not be mailed; we will contact you when tickets are ready to be picked up.

5269-S12A

Sunday, April 29

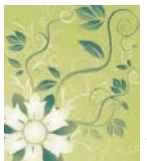
1:00 p.m. performance

Fee: \$57 includes performance only.

Transportation is on your own.

Orpheum Theatre, 910 Hennepin Ave. Minneapolis

Macy's Flower Show & Luncheon



Spring is in bloom at the annual Flower Show on the 8th floor of Macy's Minneapolis. We will enjoy the fresh scents, sounds, and colors of spring. Enjoy the breathtaking beauty and talent of the landscapers, photograph your favorite flowers and plants as we stroll through the display. We will begin our day with a ride up the elevator to the 12th floor, where we will enjoy some history on the large shopping merchant and the beauty of the building architecture along the hallways prior to entering lunch at Oak Grill. Please indicate your lunch choice when registering. Chicken pot pie, meatloaf, or soup & salad.

Minimums need to be met by March 7.

5270-W12A

Wednesday, March 28

Fee: \$44 includes flower show, lunch & transportation

Depart: 9:45 a.m. upper parking lot

Approximate Return: 2:30 p.m.

Minnesota Twins vs. Toronto Blue Jays Game

Spring into action and catch a Minnesota Twins game vs. the Toronto Blue Jays at the beautiful Target Field. Enjoy the setting of the best field in baseball and watch your favorite players, such as Joe Mauer and Justin Morneau. Bring your family and friends and have fun watching America's favorite past time. **Minimums need to be met by April 13.**

5271-S12A

Thursday, May 10

Fee: \$49 includes game ticket and transportation.

Depart: 10:30 a.m. upper parking lot

Approximate Return: 4:00 p.m.



Youth Dance Jenny Hansell
A variety of dance classes are available for girls and boys from three years old through fifth grade. Children should wear comfortable clothing or leotards and tights. **Tap and ballet shoes are needed for all classes and will be on sale at the first class.**

Dance Recital
Monday, May 7, 7:00 p.m.
St. Anthony High School
Auditorium
3303 33rd Ave. NE
Family & Friends are invited!



Days: Mondays
Dates: January 9-May 7, 2012 (no class Jan. 16, 30, Feb. 20 & March 19)
Fee: \$98 An additional \$50 costume fee is due the first day of class.

Hop-N-Tots (3 year olds)
Through the use of rhythm instruments, scarves, and pom-poms, boys and girls will learn and create dances. The class increases coordination, strength, and a sense of rhythm as children move to music. Simple movement to ballet and tap will be introduced. *Participants must be 3 years or older to register for this class.*
2512-W12A
5:30-6:15 p.m.
Wilshire Park, Multi Purpose Room

Creative Dance with Tap (Age 3 & 4 year olds)
Creative Dance is a fun-filled program that offers an introduction to ballet, tap, jazz, and creative movement.
2518-W12A
2:15-3:00 p.m.
Community Center
Multi Purpose Room

Creative Dance with Tap (Age 4 & 5 year olds)-Entering Kindergarten 2012-2013
Creative Dance is a fun-filled program that offers an introduction to ballet, tap, jazz, and creative movement.
2513-W12A
5:30-6:15 p.m.
Wilshire Park, Cafeteria

Kinder Dance with Tap (Kindergarten only)
Creative Dance is a fun-filled program that offers an introduction to ballet, tap, jazz, and creative movement.
2514-W12A
6:15-7:00 p.m.
Wilshire Park, Cafeteria

Jazz, Tap, & Ballet
This is an exciting program where children will learn jazz, tap, and ballet.

Grade 1
2521-W12A
3:45-4:30 p.m.
Wilshire Park, Cafeteria

Grade 2
2522-W12A
3:45-4:30 p.m.
Wilshire Park, Multi Purpose Room

Grades 3-5
2519-W12A
6:15-7:00 p.m.
Wilshire Park, Multi Purpose Room

Registration for fall dance lessons begins Monday, November 14 at 8:00 a.m.

Parent/Child Dance (8 months-3 years old)
This is an intro to dance for your tykes. It will get both you and your child up moving and grooving. This class requires parent involvement. The last day of our class will be a showcase day to show your family and friends what you have learned in this fun parent/child class.
2523-W12A
2:15-3:00 p.m.
Community Center, Gymnasium



Watch Me Draw-Grades K-5
Watch ME Draw! is a program that excites and inspires kids to CREATE, EXPRESS and LEARN through the dynamic world of DRAWING! Using the "power tools" of a traditional approach, we build a strong foundation of basic drawing skills, giving students an artistic edge that empowers their creativity. Each week students will bring home a beautiful drawing varying in style and subject matter. Lessons are age appropriate, stimulating, never repeated, and taught by trained instructors who have a passion for art and a love for kids. All supplies included.
Days: Wednesdays
Time: 3:40-4:40 p.m.
Fee: \$69
Location: Wilshire Park, Cafeteria

2103-W12A
February 1-March 7

2103-W12B
March 28-May 2



Youth Activities

Private Instrumental Music Lessons Grades 5-12

Lessons will be one-half hour in length once a week. Due to staff schedules, we cannot reschedule or issue refunds for lessons missed by students.

Instructors will reschedule lessons they have cancelled.

Location: High School Music Area

Shawn Barneson's Brass Studio & Beginning Piano

Shawn teaches: trumpet, trombone, low brass, beginning and intermediate French horn, and beginning piano.

Mondays

January 9-March 12

(no class Jan. 16, 30 & Feb. 20)

Fee: \$133

4:00-4:30 p.m.	2026-W12A
4:30-5:00 p.m.	2026-W12B
5:00-5:30 p.m.	2026-W12C
5:30-6:00 p.m.	2026-W12D

Tuesdays

January 10-March 13

Fee: \$190

4:00-4:30 p.m.	2026-W12E
4:30-5:00 p.m.	2026-W12F
5:00-5:30 p.m.	2026-W12G
5:30-6:00 p.m.	2026-W12H
6:00-6:30 p.m.	2026-W12J
6:30-7:00 p.m.	2026-W12K

Mondays

April 9-May 21

Fee: \$133

4:00-4:30 p.m.	2026-W12M
4:30-5:00 p.m.	2026-W12N
5:00-5:30 p.m.	2026-W12P
5:30-6:00 p.m.	2026-W12Q

Tuesdays

April 10-May 22

Fee: \$133

4:00-4:30 p.m.	2026-W12R
4:30-5:00 p.m.	2026-W12S
5:00-5:30 p.m.	2026-W12T
5:30-6:00 p.m.	2026-W12U
6:00-6:30 p.m.	2026-W12V
6:30-7:00 p.m.	2026-W12W

Music Lessons With Kayla Shafer

Kayla teaches all instruments to Middle School students. She teaches clarinet and piano to all levels.

Mondays

January 9-March 12

(no class Jan. 16, 30 & Feb. 20)

Fee: \$133

3:00-3:30 p.m.	2029-W12A
3:30-4:00 p.m.	2029-W12B
4:00-4:30 p.m.	2029-W12C
4:30-5:00 p.m.	2029-W12D
5:00-5:30 p.m.	2029-W12E
5:30-6:00 p.m.	2029-W12F
6:00-6:30 p.m.	2029-W12G

Mondays

April 9-May 21

Fee: \$133

3:00-3:30 p.m.	2029-W12H
3:30-4:00 p.m.	2029-W12J
4:00-4:30 p.m.	2029-W12K
4:30-5:00 p.m.	2029-W12L
5:00-5:30 p.m.	2029-W12M
5:30-6:00 p.m.	2029-W12N
6:00-6:30 p.m.	2029-W12P

Percussion With Matthew Solace

Wednesdays

January 11-March 14

Fee: \$190

3:00-3:30 p.m.	2077-W12A
3:30-4:30 p.m.	2077-W12B
4:30-5:00 p.m.	2077-W12C
5:00-5:30 p.m.	2077-W12D

Wednesdays

April 11-May 23

Fee: \$133

3:00-3:30 p.m.	2077-W12E
3:30-4:30 p.m.	2077-W12F
4:30-5:00 p.m.	2077-W12G
5:00-5:30 p.m.	2077-W12H

Paula Pettis' Flute Studio

Tuesdays

January 10-March 13

Fee: \$190

3:15-3:45 p.m.	2024-W12A
3:45-4:15 p.m.	2024-W12B
4:15-4:45 p.m.	2024-W12C

Tuesdays

April 10-May 22

Fee: \$133

3:15-3:45 p.m.	2024-W12D
3:45-4:15 p.m.	2024-W12E
4:15-4:45 p.m.	2024-W12F

Trombone & Baritone With

Brian Knapp

Saturdays

January 14-March 17

Fee: \$190

10:00-10:30 a.m.	2004-W12A
10:30-11:00 a.m.	2004-W12B
11:00-11:30 a.m.	2004-W12C
11:30 a.m.-12 p.m.	2004-W12D
12:00-12:30 p.m.	2004-W12E

Saturdays

April 14-May 19

Fee: \$114

10:00-10:30 a.m.	2004-W12F
10:30-11:00 a.m.	2004-W12G
11:00-11:30 a.m.	2004-W12H
11:30 a.m.-12 p.m.	2004-W12J
12:00-12:30 p.m.	2004-W12K

Saturday lessons take place in the Community Center. Enter at the north entrance.



Registration for fall music lessons
begins
Monday, November 14
at 8:00 a.m.

**Video Game Animation: Exploring Movement
Grades K-5**

Dive into the world of two dimensional video game design and animation by creating characters that move and interact with one another. Working in pairs, students will create a dynamic video animation game using Scratch, the innovative programming language created just for students by the MIT Media Lab. The first part of each class will be instructor led and, with the time remaining, students will have the opportunity to solve challenges and develop their own game animation. Students will learn how to animate sprites (characters) game, and make sprites react to different actions. They will teach sprites to walk, run, dance, turn around, and respond to keyboard input. Games will be available online or students can bring a USB drive on the last day.

2347-W12A
Monday, January 16
9:00 a.m.-12:00 p.m.
Fee: \$34
Community Center



Robotics: RC Spybots - Grades 2-5

Build, program, and work with some very unique robots. Learn more about science, engineering and technology, while having FUN through the use of hands-on projects provided by Lego® Educational Division and Computer Explorers. In this Robotics class, innovative Lego® Mindstorm Spybots will be used to build and program robots. By working in pairs, students will learn how to use the computer to program the robots, and work with advanced heat and light sensors along with the RC controls. The students will race against time to complete their daring missions! Daily challenges may include simulated laser mazes, robotic tag, obstacle avoidance and mine-field navigation, disarming a hacker-bot, and dueling with fellow classmate's spybots and much more!

2348-W12A
Monday, January 30
9:00 a.m.-12:00 p.m.
Fee: \$34
Community Center



3D Racing Game Design - Grades 2-5

Learn the basics of 3D game design and modification in our new class. By working in pairs, students will learn how to use the TrackMania tool set to design custom race tracks, and modify custom cars. Recreate challenging elements of famous tracks and race your classmates. TrackMania lets student create their own tracks using a “Block” process - design elements include: regular road, checkpoints, long bends, loop-the-loops, and jumps, which all snap to a grid automatically. Regular roads can be dragged to create straight sections as well as 90 degree corners. At the end of class, students can download their own copy of TrackMania along with their custom car and track designs or students can bring an USB drive on the last day for immediate access.

2349-W12A
Tuesday, March 20
9:00 a.m.-12:00 p.m.
Fee: \$34
Community Center



Robotic Engineering: Pulleys Grades K-3

Be an inventor! Light and sound sensors, lego engineering components, wheels all at your command! Design your machine, program it, and start it moving. Working in small teams, students will explore with the PicoCricket Robotic Systems and Legos to build and experiment with robotics while using advanced sensors including light, sound, touch and motion. You can plug lights, motors, sensors, and other devices into a PicoCricket, then program them to react, interact, and communicate. This course provides students with a great introduction to programming, engineering and robotics. In this class, students will learn about the engineering concepts behind pulleys, then add a robotic brain to their models to create robotic machines.

2350-W12A
Thursday, March 22
9:00 a.m.-12:00 p.m.
Fee: \$34
Community Center



Youth Activities

Mad Science - Techno Crazy! - Grades 1-5

Get Techno-Crazy with Mad Science this winter! Learn the basic forces that make technology possible. Use Newton's laws to make things move, convert potential energy into kinetic energy, leverage simple machines to do your work, and use gravity to keep your balance. Explore the world of future technology as we set up a cellular tower relay to track our friends, program and command real robots, harness the power of the sun's heat, and make light from a liquid. Continue your techno-crazed exploration on your own with your Drag Racer, Optical Fibers, Mechano-Hand, Crank'n Shine Flashlight, Inertia Kit, Catapult, Black Light Writer, and Gravity Game.

2345-W12A

**Tuesdays, January 24-March 13
3:40-4:40 p.m.**

Fee: \$101

Wilshire Park, Cafeteria



Futura Spanish Presents Travel and Explore in Spanish! Vamos a Viajar y Vamos a Explorar Grades 1-5

In this sixteen-week adventure course, students will delve into travel across Central America. The class will include practical travel vocabulary and important conversation elements. Futura's interactive, dynamic style will get students speaking "Real World" Spanish before you know it! Children of any level of Spanish may enroll.

2076-W11A

**Thursdays, January 26- March 15
3:40-4:40 p.m.**

Fee: \$138

Wilshire Park, Multi Purpose Room



Cinderella's Daddy-Daughter Princess Ball III

Ages 3-8 with parent

Join Once Upon A Star's Cinderella & Friends, Sleeping Beauty and Pocahontas for an enchanting evening with your special adult! We'll enjoy a craft, snack, dancing and more princess fun. Each princess will receive her own personalized princess tote bag, jewelry craft project and royal gift to take home. All attendees will have a photo taken with next-day proof access. Adults – please bring your camera for memorable photo opportunities including a group princess photo! Young ladies may invite a father, grandpa, uncle, or any special male adult. Please register as a pair.

2074-W12A

Friday, February 10

6:15-7:45 p.m.

Fee: \$30 per pair

Wilshire Park, Multi Purpose Room



Gymnastics

Classes focus on tumbling, balance beam, vaulting, and uneven parallel bars. Body awareness and correct body positions are emphasized. Instruction is tailored to the participant's age and ability. Please wear comfortable clothing (leotards preferred, but not necessary, no tennis shoes or jeans). Girls are encouraged to pull long hair back away from their face and shoulders. For safety reasons, parents and spectators are welcome to observe the FIRST and LAST gymnastics class.

Location: Community Center, Gym

Tiny Tumblers-Ages 4 & 5 years

Participants will be exposed to basic skills and gymnastic apparatus.

**9800-W12A-Tuesdays, January 3-31
6:00-6:45 p.m.**

Fee: \$45

**9800-W12B-Saturdays
January 7-February 4**

11:15 a.m.-12:00 p.m.

Fee: \$45

Beginning Gymnasts

Beginning Gymnasts will work on rolls, cart wheels, and support on the bars. Participants will also learn to walk forward and backward on the balance beam.

**9801-W12A-Tuesdays, January 3-31
6:45-7:30 p.m.**

Fee: \$45

Advanced Beginning Gymnasts

Advanced Beginners will work on handstands and front limbers, and hip circles on the bars. Jumps and rolls on the balance beam will be introduced. Students must be able to perform the skills of a beginning gymnast.

**9802-W12A-Tuesdays, January 3-31
7:30-8:30 p.m.**

Fee: \$53

Soccer Mini Camp Ages 3-7

A great introduction to the fun and exciting game of soccer! Learn basic soccer skills, rules and strategies. This is a great camp for those kids just learning to play soccer or kids that need another season of skill development before registering for the In-house league.

Ages 3 & 4 year olds

2208-W12A - Thursdays

January 5-February 16

(no camp Feb. 9)

6:00-6:45 p.m.

Fee: \$49

Bel Air Elementary School

2208-W12B - Mondays

February 20-April 2

6:00-6:45 p.m.

Fee: \$49

Bel Air Elementary School

2208-W12C - Saturdays

January 7-February 11

8:30-9:15 a.m.

Fee: \$49

Edgewood Middle School

2208-W12D - Saturdays

February 25-April 7

(no camp March 17 & 24)

8:30-9:15 a.m.

Fee: \$41

Edgewood Middle School

Ages 5, 6 & 7 year olds

2207-W12A - Thursdays

January 5-February 16

(no camp Feb. 9)

6:45-7:45 p.m.

Fee: \$49

Bel Air Elementary School

2207-W12B - Mondays

February 20-April 2

6:45-7:45 p.m.

Fee: \$49

Bel Air Elementary School

2207-W12C - Saturdays

January 7-February 11

9:15-10:15 a.m.

Fee: \$49

Edgewood Middle School

2207-W12D - Saturdays

February 25-April 7

(no camp March 17 & 24)

9:15-10:15 a.m.

Fee: \$41

Edgewood Middle School

Soccer Agility Training-Ages 7+

Developed for youth ages 7+ who are looking to take their game to the next level! Players will participate in drills and games to improve their overall fitness, coordination, explosiveness, and quickness. Players will develop ball control, foot reaction, balance, timing, flexibility, and endurance.

2209-W12A - Thursdays

January 5-February 16

(no camp Feb. 9)

7:45-8:45 p.m.

Fee: \$49

Bel Air Elementary School

2209-W12B - Mondays

February 20-April 2

6:45-7:45 p.m.

Fee: \$49

Bel Air Elementary School



Ice Skating-Ages 5+

This instructional skating class is intended for children 5 years and older who are just learning to skate or would like to improve their skating skills. *Please bring children early to allow time for them to put on their skates. In case of extreme cold weather, classes will be rescheduled. The cancellation hotline number is 651-638-2141.*

Dates: Tuesdays, January 10-31

Fee: \$28

Location:

Freedom Park Neighborhood Center
2121 14th Street NW, New Brighton

Beginners

Basic skating techniques such as forward skate, backward skate, turns, spins and crossovers will be taught.

2027-W12A

5:00-5:45 p.m.

Advanced Beginners

Advanced beginner skaters are children who skate forward comfortably.

2008-W12A

6:00-6:45 p.m.



Youth Employment Program

Do you want a chance to earn money working with area senior citizens? Northwest Youth & Family Services is looking for students ages 12 and up to work in their Senior Home Chore Program doing house cleaning, lawn care, gardening, shoveling, and more! Hourly pay is determined by age.

For more information, call Northwest Youth & Family Services at 651-486-3808 ext. 3451 or stop by the Community Services office for an application.

Youth Activities

Pre-Karate - Ages 4-6 Chris Johnson

Provide your child with a chance to explore karate in a small, low-key group. This class will focus on fun activities that help develop balance, coordination, and confidence; an opportunity to interact with adults and children in a new setting; and learn Japanese words and culture. Five and six year olds in this class will have a chance to prepare for early entry into the youth karate class.

Days: Wednesdays
Time: 5:30-6:15 p.m.
Fee: \$49 (no discount)
Location: Peak Performance

2510-W12A
January 25-February 29

2510-W12B
March 7-April 11

2510-W12C
April 18-May 23

Advanced Pre-Karate-Ages 4-6

Building on the skills learned in Pre-Karate, children will continue to build strong bodies, mental focus, respect, confidence, discipline and character. They build self esteem while being challenged with traditional Karate training. Martial Arts training builds a strong foundation that can easily be applied in academics, sports, arts and social settings outside the dojo. Must have successfully completed Pre-Karate.

Days: Wednesdays
Time: 6:15-7:00 p.m.
Fee: \$49 (no discount)
Location: Peak Performance

2520-W12A
January 25-February 29

2520-W12B
March 7-April 11

2520-W12C
April 18-May 23

Youth Karate-Ages 7-10

Lynda Crimmens

Shotokan Karate-Do is a traditional Japanese Style of martial art emphasizing both mental and physical discipline. Karate will help you improve mental and physical health; build stamina, strength, flexibility, and coordination; develop self-confidence, calmness, patience, and self-discipline; and reduce stress.

Days: Mondays
Time: 5:30-6:15 p.m.
Fee: \$49 (no discount)
Location: Peak Performance

2511-W12A
February 27-April 2

2511-W12B
April 9-May 14

Karate-Ages 11 Years-Adult

Shotokan Karate-Do is a traditional Japanese Style of martial art emphasizing both mental and physical discipline. Karate will help you improve mental and physical health; build stamina, strength, flexibility, and coordination; develop self-confidence, calmness, patience, and self-discipline; reduce stress; and give you the opportunity to make lifelong friendships and learn self-defense.

Days: Wednesdays
Time: 7:00-8:00 p.m.
Fee: \$55 (no discount)
Location: Peak Performance

4601-W12A
January 25-February 29

4601-W12B
March 7-April 11

4601-W12C
April 18-May 23

Taekwondo-Ages 6 To Adult

Chau Truong

Taekwondo is a popular modern day sport and martial art. Students will learn self-defense, forms, and olympic-style sparring in a family friendly atmosphere. Classes will also focus on developing fitness, discipline, and confidence. Adults and children ages 6 and up of any skill level are welcome. The instructor Master Chau Truong of Minnesota Family Taekwondo will offer an opportunity for students to purchase an optional uniform for \$30. Off-site promotional testing is held periodically at an additional fee. Testing is not mandatory to continue on with this class. Students will move at their individual pace.

Days: Tuesdays,
Times: 5:30-6:30 p.m.

Fee: \$60
Location: Community Center
Multi Purpose Room

2049-F11B
November 15-December 27

2049-W12A
January 10-February 21

2049-W12B
March 6-April 17



The St. Anthony swim program provides complete instructional and recreational swimming for all ages with exceptional certified staff.

St. Anthony Community Services

Visit www.stanthony.k12.mn.us
or call 612-706-1166

St. Anthony Pool

3303 33rd Ave. NE, St. Anthony

Open & Lap Swim Information

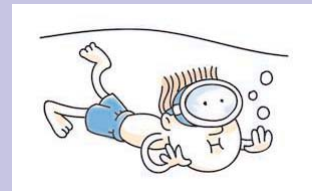
Children under age seven must be accompanied by an adult in the water.

Call the Aquatics Activity Line for updates and pool closures at 612-706-1177.

Lap Swim	Open Swim
<p>November-December 15 (closed Nov. 24)</p> <p>January 9-May 17 (closed Jan. 16, 30, Feb. 20, & March 19, 20, 22)</p> <p>Mondays, Tuesdays, Thursdays 6:00-7:30 a.m.</p> <p>One lane open during lessons. Tuesdays January 24-March 13 March 27-May 15 5:00-7:30 p.m.</p>	<p>November 29-January 17 (closed Dec. 20 & 27) Tuesdays 7:30-9:00 p.m.</p> <p>December 3-January 21 (closed Dec. 24 & 31) Saturdays, 11:30 a.m.-1:00 p.m.</p> <p>January 26-March 15 March 29-May 17 Thursdays, 7:45-9:15 p.m.</p> <p>January 28-March 17 March 31-May 19 Saturdays, 10:45 a.m.-12:00 p.m.</p>

Daily fees are collected at the door.
Open & Lap Swim Fees:
\$3.00 Adults
\$2.00 Youth / Senior Citizens
\$10 Family

**Family is defined as up to two adults and their dependent children living in the same household. You may be asked to show proper verification.*



Pool Passes

Annual pool passes are available for unlimited use at the St. Anthony pool.

Pool Passes must be purchased in advance at:

St. Anthony Community Services,
3301 Silver Lake Road, 612-706-1166

Annual Pass

	Resident	Nonresident
Adult	\$115	\$139
Youth	\$89	\$115
Senior	\$89	\$115
Family	\$259	\$310

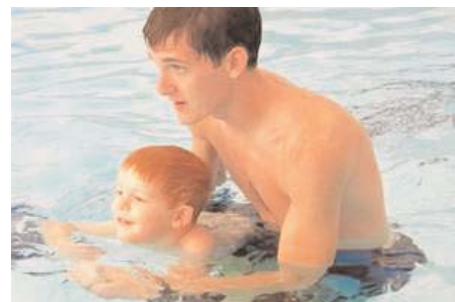
Private Lessons

One-on-one private lessons are available for students who want to refine swimming skills or want individualized instructions. These classes are for all ages and abilities. Times can be pre-arranged to fit your schedule. For more information and registration, call 612-706-1172. Please provide at least three days and times that work for you. Lessons will be set up according to instructor and pool availability.

\$79-three 30-minute lessons
\$126-six 30-minute lessons

Small Group Classes

These classes are designed for students who wish to take lessons in a smaller group with low instructor to student ratio. Classes will be divided up by ability level. Small group classes give the instructor the availability to offer more individualized attention to students as they learn skills and strokes with confidence. Students will also be able to excel at their own rate and work towards the next level.



Aquatics

- Please read class descriptions carefully to properly place your child in the appropriate level.
- Please remove street shoes before entering the pool area.
- Participants may enter the pool area and be seated on the benches until called by the instructor.
- Parents and visitors must remain in the observation area during class.
- Please use the restroom before class.
- All swimmers must fully shower before class and after using restroom.

\$79 Small Group classes - Eight 30 minute lessons

\$67 Parent & Child, Guppies, and Level 1-6 - Eight 30 minute lessons

Parent & Child-Ages 6 mos-5 years

Enjoy swimming with your child and build swimming readiness while emphasizing fun and safety in the water. Snug fitting plastic pants required over water pants or “little swimmers” – NO DIAPERS. This program is for children with little or no water experience who may be reluctant to enter the water. Children will be exposed to basic water adjustment and safety skills. Adults will learn important safety skills for working with children in an environment where children and adults can bond and practice skills including: water entry, bubble blowing, kicking, floating, underwater exploration and more. Children must be accompanied in the water by an adult.

Guppies-Ages 3-5 years

Children will expand their basic swimming skills. Skills include kicking, bobbing, underwater exploration, bubble blowing and breathing, front and back floating with face in the water and with arm movements, beginner stroke, proper entries and use of a life jacket.

Specialized Swim Instruction

Our specialized swim instruction is intended to provide a safe and inclusive learning environment for students with mild disabilities. Please call 612-706-1172 to discuss any special needs.

Level 1 - Ages 4-7 years

For children having little formal instruction. The purpose of this class is to help build students' excitement and comfort in the water. Skills include kicking, bobbing, underwater exploration, front and back floating and gliding with face in the water and with arm movements, beginner strokes on front and back using arm and leg actions, proper entries, and swim using a life jacket. Prerequisites: completed Guppies skills.

Level 2

Swimmers will build independence in the water. Skills include: float on front and back, perform front and back glides with recovery, roll over from front to back and back to front, swim 15 feet on front and back, submerge entire head, submerge and retrieve an object, tread water using arm and leg motions, swim using a life jacket and more. Prerequisite: completed Guppies/Level 1 skills.

Level 3

This class emphasizes endurance and improving stroke proficiency. Skills include: rhythmic breathing, front crawl endurance, jumping and diving into deep water, tread water, submerge and retrieve an object, survival float and more. Prerequisite: Level 2 skills.

Level 4

Swimming requirements: front crawl 25 yards; breaststroke, back crawl, and elementary backstroke 15 yards. Skills include: diving, surface dives, tread water, survival float and more. Prerequisite: Level 3 skills.

Level 5

Swimming requirements: front crawl 50 yards; breaststroke, back crawl, and elementary backstroke 25 yards; butterfly, and sidestroke 15 yards. Skills include: diving, surface dives, flip turns, survival swimming and more. Prerequisite: Level 4 skills.

Youth leaders age 12 or older who have completed Level 5 are encouraged to consider the Water Safety Instructor Aide/Lifeguard Preparation Training apprentice course.

Level 6

Students develop good fitness habits, polish strokes to swim with more ease, efficiency, and power over greater distances. Swimming requirements: front crawl 100 yards; breaststroke, back crawl, and elementary backstroke 50 yards; butterfly, and sidestroke 25 yards. Skills include: fitness training, flip turns, swimming while clothed, survival swimming, water safety skills and more. Swimmers will be able to swim 500 yds continuously. Prerequisite: Level 5 skills.



Session I Tuesdays, January 24-March 13

Small Group	5:00-5:30 pm	7016-W12A
Guppies	5:40-6:10 pm	7005-W12A
Level 1	5:40-6:10 pm	7007-W12A
Level 2	6:20-6:50 pm	7008-W12A
Level 3	6:20-6:50 pm	7009-W12A
Level 4	6:20-6:50 pm	7010-W12A
Parent/Child	7:00-7:30 pm	7004-W12A
Level 5	7:00-7:30 pm	7011-W12A
Level 6	7:00-7:30 pm	7014-W12A

Session II Thursdays, January 26-March 15

Small Group	5:00-5:30 pm	7016-W12B
Guppies	5:40-6:10 pm	7005-W12B
Level 1	5:40-6:10 pm	7007-W12B
Level 2	6:20-6:50 pm	7008-W12B
Level 3	6:20-6:50 pm	7009-W12B
Level 4	6:20-6:50 pm	7010-W12B
Parent/Child	7:00-7:30 pm	7004-W12B
Level 5	7:00-7:30 pm	7011-W12B
Level 6	7:00-7:30 pm	7014-W12B

Session III Saturdays, January 28-March 17

Small Group	8:00-8:30 am	7016-W12C
Guppies	8:40-9:10 am	7005-W12C
Level 1	8:40-9:10 am	7007-W12C
Level 2	9:20-9:50 am	7008-W12C
Level 3	9:20-9:50 am	7009-W12C
Level 4	9:20-9:50 am	7010-W12C
Parent/Child	10:00-10:30 am	7004-W12C
Level 5	10:00-10:30 am	7011-W12C
Level 6	10:00-10:30 am	7014-W12C

Adult Water Polo-Age 16 +

Play this Olympic sport by doing drills, learning techniques and using strategy to score! It is fun, challenging, and a great work out! To participate, you must be able to tread water and swim the front and back crawl stroke. Beginners and experienced players are encouraged to register.

Days: Mondays

Times: 7:00-9:00 p.m.

Location: St. Anthony Pool

7402-W12A

January 23-March 12 (no class Feb. 20)

Fee: \$35 Drop in and play for \$6.00.

7402-W12B

March 26-May 14

Fee: \$40 Drop in and play for \$6.00.



Session IV Tuesdays, March 27-May 15

Small Group	5:00-5:30 pm	7016-W12D
Guppies	5:40-6:10 pm	7005-W12D
Level 1	5:40-6:10 pm	7007-W12D
Level 2	6:20-6:50 pm	7008-W12D
Level 3	6:20-6:50 pm	7009-W12D
Level 4	6:20-6:50 pm	7010-W12D
Parent/Child	7:00-7:30 pm	7004-W12D
Level 5	7:00-7:30 pm	7011-W12D
Level 6	7:00-7:30 pm	7014-W12D

Session V Thursdays, March 29-May 17

Small Group	5:00-5:30 pm	7016-W12E
Guppies	5:40-6:10 pm	7005-W12E
Level 1	5:40-6:10 pm	7007-W12E
Level 2	6:20-6:50 pm	7008-W12E
Level 3	6:20-6:50 pm	7009-W12E
Level 4	6:20-6:50 pm	7010-W12E
Parent/Child	7:00-7:30 pm	7004-W12E
Level 5	7:00-7:30 pm	7011-W12E
Level 6	7:00-7:30 pm	7014-W12E

Session VI Saturdays, March 31-May 19

Small Group	8:00-8:30 am	7016-W12F
Guppies	8:40-9:10 am	7005-W12F
Level 1	8:40-9:10 am	7007-W12F
Level 2	9:20-9:50 am	7008-W12F
Level 3	9:20-9:50 am	7009-W12F
Level 4	9:20-9:50 am	7010-W12F
Parent/Child	10:00-10:30 am	7004-W12F
Level 5	10:00-10:30 am	7011-W12F
Level 6	10:00-10:30 am	7014-W12F

Water Aerobics

Everyone is welcome, whether you are looking for cross training, injury rehab, prenatal or postnatal exercise, arthritic-fibromyalgia, or multiple sclerosis friendly activities. Enjoy the benefits of this aerobic workout that uses the resistance of water to increase cardiovascular endurance and burns calories by working both large & small muscle groups without putting extra pressure on joints. Stretching and relaxation exercises are also included to tone, strengthen and increase flexibility. Swimming is not a required skill to participate.

Days: Mondays

Times: 6:00-7:00 p.m.

Location: St. Anthony Pool

7400-W12A

January 23-March 12 (no class Feb. 20)

Fee: \$42 Drop in for \$7.00.

7400-W12B

March 26-May 14

Fee: \$48 Drop for \$7.00.

Early Childhood Family Education

What is Early Childhood Family Education (ECFE)?

Early Childhood Family Education (ECFE) is a program for all Minnesota families with children between the ages of birth to five years (before kindergarten entrance). ECFE is offered through Minnesota public schools and is based on the idea that family provides a child's first and most significant learning environment and parents are a child's first and most important teachers. ECFE works to strengthen families with the goal to enhance the ability of all parents to provide the best possible environment for their child's learning and growth.

At ECFE you will find a fun, informal place to meet and learn with other parents. Your children will enjoy special time with you as well as learning and playing with others. Parents and grandparents are welcome to participate in these supportive, educational opportunities. The program is funded by a combination of state aid, local levy, and participant fees. For further information, please call Community Services at 612-706-1166.

Our Monday, Tuesday, and Wednesday separating classes follow this format:

Parent and Child Together Time (30 minutes)—

Parents and children play and learn together during planned activities directed by a licensed Early Childhood instructor. Fun and education merge into one during activities, art, songs, and play.

Parent Education Time (75 minutes of separation)—

As parents separate to the activity room for discussion about parenting, children enjoy playtime and a healthy snack in the children's classroom. Parents gain support and wisdom from group discussions about family relationships, child development, and parenthood facilitated by a licensed Parent and Family Educator.

Group Activity (15 minutes)—Parents and children reunite in the classroom for circle time activities.

Mixed Ages - Separating Class

**Monday, Tuesday, and Wednesday Mornings
For parents & children, birth to 5 years old**

This class is for all families but is especially good for those with more than one child. Siblings play with new friends while feeling the security of being with a brother or sister during the separation time. Register each child separately and check the sliding fee scale to determine the discounted rate for additional children.

Mixed Ages - Non-Separating

**Tuesday Evening & Thursday Morning
For parents and children, birth to 5 years old**

Tuesday Evening - Mixed Ages - Non-Separating

Join us for play time with your little one. Parents and kids who desire the fun of meeting with friends but prefer not to separate will share 90 minutes of interaction time. **Dinner will be provided for families** (30 minutes) before transitioning to playtime in the gym (20 minutes), parent/child time in the classroom (30 minutes), and group activities (10 minutes).

Thursday Morning

Mixed Ages - Non-Separating

Join us for play time with your little one. Parents and kids who desire the fun of meeting with friends but prefer not to separate will share 75 minutes of interaction time in which to focus on classroom activities (30 minutes), play time in the gym (20 minutes) followed by a healthy snack and group activities (25 minutes).

Infants-For parents & newborns up to 7 months old

Parenting your infant can be both joyful and baffling. Join us to share and learn through lighthearted discussions with other parents of newborns. Discussion topics will be suggested by parents. Join us, meet new friends, and learn new songs, games, and finger plays to charm your child.

ECFE One to One and Home Visits:

If you cannot come to ECFE classes, an instructor can come to you. Do you have concerns about your child's development? Are you more comfortable discussing certain things in private? A licensed Parent and Family Educator will meet with you in person or consult with you on the phone. These consultations are free and can be scheduled by calling 612-706-1170.



**Registration begins at
8:00 a.m. on
Monday, November 14 for
Early Childhood Family
Education classes.**

Early Childhood Family Education

All classes are held in Room CS12

Monday	Tuesday	Wednesday	Thursday
Mixed Ages Separating 1401-W12A Jan. 23-March 19 (no class Feb. 20) 9:30-11:30 a.m. Fee A 1401-S12A April 2-May 21 9:30-11:30 a.m. Fee A	Mixed Ages Separating 1401-W12B Jan. 24-March 13 9:30-11:30 a.m. Fee A 1401-S12B April 3-May 22 9:30-11:30 a.m. Fee A Mixed Ages Non-separating <i>Dinner provided</i> 1508-W12A Jan. 24-March 13 5:30-7:00 p.m. Fee A	Mixed Ages Separating 1401-W12C Jan. 25-March 14 9:30-11:30 a.m. Fee A 1401-S12C April 4-May 23 9:30-11:30 a.m. Fee A	Mixed Ages Non-separating <div style="text-align: right;">New Times!</div> 1506-W12A Jan. 26-March 15 9:15-10:30 a.m. Fee B 1506-W12B Jan. 26-March 15 10:45 a.m.-12:00 p.m. Fee B 1506-S12A April 5-May 24 9:15-10:30 a.m. Fee B 1506-S12B April 5-May 24 10:45 a.m.-12:00 p.m. Fee B <hr style="border-top: 1px dashed black;"/> Infants - Parents & newborns up to 7 mos. 1101-W12A Feb. 23-March 15 12:30-2:00 p.m. Fee: C

ECFE Tuition Sliding Fee Scale

The fees listed are for one child in one class. A 25% discount will apply for a second child (between ages 9 mos. to pre-kindergarten) from the same family enrolled in a class in the same session. Infants who are not yet crawling may attend the parent education session at no extra charge. All parents or legal guardians and grandparents of the children are welcome to attend at no extra charge.

	Fee A	Fee B	Fee C
Under \$10,000	\$ 16.	\$ 10.	\$ 6.
\$10,001-\$20,000	\$ 22.	\$ 14.	\$ 8.
\$20,001-\$40,000	\$ 32.	\$ 20.	\$12.
\$40,001-\$60,000	\$ 48.	\$ 30.	\$18.
\$60,001-\$80,000	\$ 64.	\$ 40.	\$24.
\$80,001-\$110,000	\$ 96.	\$ 60.	\$36.
\$110,001 +	\$112.	\$ 70.	\$42.
Non Resident surcharge	\$ 20.	\$ 15	\$ 7.50

This Sliding Fee Scale is for residents of District 282. Non Residents: add surcharge as indicated above to each total. Scholarships are available. Please do not hesitate to ask for a scholarship application. No one will be turned away because of an inability to pay. Scholarship information is confidential.

Early Childhood Family Education

Family Gym Night

Suffering from cabin fever? Parents and kids under age six are invited to run off that extra energy! The ECFE staff invites you to come to the gym to enjoy riding toys, climbing structures, balls, and tunnels. Babies under one year need to be with an adult at all times. Dress in comfortable clothing and tennis shoes. This activity is non-separating; parents must stay with their children.

Saturdays, January 7-March 17

9:00-11:00 a.m.

Community Center, Gym

Admission at the door:

\$3 per parent & one child

\$2 each additional child



2011-2012 ECFE Advisory Council

Are you interested in serving on a council which advises St. Anthony-New Brighton School District's Early Childhood Programs? Are you looking for an opportunity to be involved in your school district? Join the ECFE Advisory Council!

The Early Childhood Family Education (ECFE) Advisory Council meets on the second Tuesday from September to May to advise the Early Childhood staff regarding ways to enrich the services provided to families and children.

Dinner is served to families from 5:30-6:00 p.m. and free childcare is available for Advisory Council parents from 6:00-7:00 p.m. during the meeting.

It is the philosophy of St. Anthony-New Brighton Community Services to encourage parent involvement and representation from all early childhood programs.

Call 612-706-1166 to volunteer!

Preschool Registration 2012-2013 School Year

Monday, February 13
8:00 a.m. for current families.

Tuesday, February 21
8:00 a.m. for new families.

Open House
Tuesday, February 21
6:00-7:00 p.m.

Wanted! Children Birth To Kindergarten

Please be sure all of your children are included on the School District 282 census.

Call ECFE at 612-706-1166 to enroll your babies, toddlers, and preschoolers on the census.

Register by phone or request a form by mail. When the time comes, we will send you notification of upcoming Early Childhood Screening dates. This information also helps our school district plan for your future students.



Free Early Childhood Health and Developmental Screening

What is Early Childhood Screening?

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early Childhood Screening is a quick and simple check of how children are doing between the ages of 3 to 5 years. It identifies, at an early stage, possible learning or health concerns so that children can get the help they need before starting school. Early Childhood Screening is not a kindergarten entrance test.

Early Childhood Screening is required for entrance into kindergarten in a Minnesota public school.

When does my child need to have the Early Childhood Screening?

The Screening is **most useful when it is completed between the ages of 3 1/2 to 4 years.**

When is the next Screening?

Friday, November 18

Friday, December 16

Friday, January 20

Friday, February 17

Friday, March 16

Friday, April 20

Friday, May 18

Friday, June 15

**Call 612-706-1166
to schedule
an appointment.**

Where is the screening held?

Residents of St. Anthony-New Brighton School District will be screened at the St. Anthony Community Center, 3301 Silver Lake Road, St. Anthony

Residents of Minneapolis should call 612-668-0860 for more information.

Why is it required?

The purpose of the Screening is to provide early identification of developmental concerns.

The screening includes evaluations of

- *hearing and vision
- *height and weight
- *speech and cognitive development
- *immunization records

Parents are encouraged to schedule a screening to share and receive vital information about their child's development.

What happens during the appointment?

The child will participate in assessments that will seem like games to the child. Education professionals will work with each child to compile a summary about the child's growth and cognitive development. Immediately following the screening, parents receive a full explanation of the results and will be advised about community health and education services that may be helpful for the child.



School Readiness Program

What is School Readiness ?

It is a service designed to prepare you and your child for entry into Kindergarten by connecting you with various resources.

What are the requirements?

Your child must be three to five years old by September 1, 2011 and not attending Kindergarten. Parent involvement is required and the child must complete early childhood screening within 90 days from the start of preschool.

What types of services could my child receive?

- *Home visits with our parent educator
- *Scholarships for Preschool
- *Assistance in finding resources such as:
 - *Adult Education
 - *English as a Second Language
 - *Nutrition information
 - *Interpreters
 - *Special education resources

Is there a cost ?

There is no charge for the services of our School Readiness staff. Funding is provided by State Aid. You may decide to enroll your child in other services that do have a fee, such as preschool. The School Readiness staff will assist you with this process. Funding is limited.

How do I sign up?

Call 612-706-1170 to discuss the needs of your child.

Preschool & All Day Preschool

- * Our Preschool teachers are licensed in early childhood education and are highly trained and educated professionals possessing the unique skills required for working with young children. Our staff turnover is among the lowest in the field.
- * We emphasize the importance of daily communication with parents/guardians.
- * Our programs are administered by St. Anthony-New Brighton School District 282 and are regulated by the School Board.
- * Our facilities are safe and clean with spacious classrooms, a gymnasium, and access to three outdoor playgrounds.
- * Our Preschool curriculum is linked to St. Anthony-New Brighton School District's elementary school curriculum to prepare students -- academically and socially -- for Wilshire Park Elementary.

Preschool Ages 3-5 Years

The Preschool program provides a creative, age-appropriate atmosphere that allows pre-k children to explore and learn while promoting literacy development. Preschool provides the social and academic experiences necessary to prepare children for kindergarten.

The curriculum is included in St. Anthony-New Brighton School District's curriculum review cycle, ensuring it meets the Minnesota Early Learning Standards, prepares children for kindergarten, and is age and developmentally appropriate.

Children three years old by September 1 attend the Tuesday/Thursday morning or afternoon program. Children four years old by September 1 attend the Monday/Wednesday/Friday morning or afternoon program. The program is located in the St. Anthony Community Center and follows the Wilshire Park school calendar (Preschool is not held when Wilshire Park is closed). Children must be three years of age by September 1 and toilet trained to begin the program. Registration is ongoing. Contact Community Services at 612-706-1166 to register.

Call 612-706-1166 about possible openings for the 2011-2012 school year.

Registration for 2012-2013 School Year

- Monday, February 13, 8:00 a.m. for current families.
- Tuesday, February 21, 8:00 a.m. for new families.

Open House, Tuesday, February 21
6:00-7:00 p.m.

All Day Preschool Ages 3-5 Years

Drop-in care available, call 612-706-1166

The All Day Preschool program offers children thirty-three months to 5 years of age a positive group experience in preparation for kindergarten in a safe and nurturing environment that encourages exploration and learning.

The curriculum is included in St. Anthony-New Brighton School District's review cycle, ensuring it meets the Minnesota Early Learning Standards, prepares children for kindergarten, and is age and developmentally appropriate. Conveniently located in the St. Anthony Community Center, the program is designed for children who can attend a minimum of two days per week. The program has access to a large indoor gym and outdoor playground equipment. Registration is ongoing. Contact Community Services at 612-706-1166.

2011-2012 Rates:

Full Time, \$203 per week, **8211-1112A**

Part Time, \$53 per day, **8211-1112A**

Half Day, 6:30 a.m.-12:30 p.m., \$40 per day, **8211-1112B**

Half Day, 12:00-6:00 p.m., \$40 per day, **8211-1112C**

Mid Day, 9:30 a.m.-3:30 p.m., \$40 per day, **8211-1112D**



Call 612-706-1166 to learn about our half-day option and hourly rates.

**Open House,
Tuesday, February 21
6:00-7:00 p.m.**

- * Our curriculum meets Minnesota Early Learning Standards and is included in St. Anthony-New Brighton School District's curriculum review cycle.
- * Two parent/teacher conferences are provided annually in both Preschool and All Day Preschool, and at parents' request in School Age Care.
- * All children in Preschool and All Day Preschool are assessed in the fall and spring.
- * Fees are all-inclusive of breakfast, lunch, snacks and field trips for All Day Preschool and School Age Care.
- * Scholarships are available on a limited basis.
- * For your convenience, we can accommodate credit card payments (VISA, Mastercard, and Discover).
- * We accept families on county assistance.
- * A \$60 one time, non-refundable registration fee is required (\$100 maximum per family). Registration fee does not reduce tuition.

School Age Care

Grades K-6

Drop-in care available, call 612-706-1166

The School Age Care program offers childcare before and after school, on non-school days, and in the summer for children in grades k-6 attending Wilshire Park, St. Anthony Middle School, or St. Charles Elementary. Transportation to/from Wilshire Park and St. Charles Borromeo is provided. All kindergarten children must be enrolled in morning kindergarten at Wilshire Park or St. Charles Borromeo.

Parents can enroll their child(ren) in one or more of the following periods: before school, after kindergarten, after school, and on non-school (release) days. Registration is ongoing. Contact Community Services at 612-706-1166.

2011-2012 School Year:

Non-School Days - \$37 per day

Rates:

Before School, 6:30-9:00 a.m. (includes breakfast) \$10.50 per day

8204-am1112

Kindergarten, 11:30 a.m.-3:30 p.m., (includes lunch and snack) \$16 per day

8204-ak1112

After School, 3:30-6:00 p.m. (includes snack) \$10.50 per day

8204-pm1112

After School (6th grade), 2:30-6:00 p.m. (includes snack) \$12.50 per day

8204-ms1112

Call 612-706-1166 to learn about our drop-in rates and flexible scheduling options.



Facilities

Community groups or individuals are welcome to reserve and use school district or city-owned facilities and park buildings.

For more information regarding facility scheduling and rental, stop by our office at **3301 Silver Lake Road, or call 612-706-1166**. To reserve a facility, submit a request prior to the desired date.

View available facilities on-line by visiting www.stanthony.k12.mn.us. Click on “calendars” on the left, then click on “Facilities Schedule”. This will take you to our facility web site, where you can find a classroom, meeting room, picnic shelter, or other facility available for rent. Look for your preferred dates to determine if the facility is available. Once you have found the type of facility you desire and a time that it is available, stop by the **Community Services office at 3301 Silver Lake Road in St. Anthony** and obtain a facility usage form or call **612-706-1166**.

The following facilities are available for rental:

St. Anthony High School / Middle School

3303 33rd Ave. NE

- * auditorium
- * pool
- * common area

Wilshire Park Elementary School

3600 Highcrest Road

- * cafeteria
- * classrooms
- * gymnasium
- * multi purpose room

St. Anthony Community Center

3301 Silver Lake Road

- * meeting room
- * multi purpose room

Central Park

34th Ave. NE and Silver Lake Road

- * commons – indoor facility will accommodate up to 40 people
- * pavilion shelter – open sided facility (picnic tables and barbeque pits available)

Emerald Park

39th Ave. NE and Macalester Drive

- * commons – indoor facility will accommodate up to 15 people
- * pavilion shelter – open sided facility (picnic tables and barbeque pits available)

The following parks are available for use without rental.

Water Tower Park

33rd Ave. NE and Silver Lake Road

Silver Point Park

29th Ave. NE and Rozelle Drive





The St. Anthony Village Sports Boosters is a volunteer organization, providing a well rounded program of youth sports activities for the children residing or enrolled in School District #282 and the surrounding area. Participation in Booster activities is available to all children regardless of ability to pay. Boosters has a new web address at www.saboosters.com

Pre-Basketball

The St. Anthony Boosters Youth Basketball Association offers pre-basketball for kindergarten through second grade boys and girls who live or attend school in District 282 on Saturdays in February-March, 2011.

Check out the website at www.boostersbasketball.com. for FAQ's, registration forms, and other useful information.



Baseball, Softball, T-Ball

The St. Anthony Sports Boosters sponsor T-ball, baseball, and softball programs for all youth who are Pre-K through eighth grade and live or attend school in the St. Anthony-New Brighton School District 282. Games are scheduled throughout the week. Practices start in early April and games begin in May for Softball and Baseball. T-ball, Coach Pitch, In-house Baseball and Slow Pitch Softball teams are formed by grade. Softball and Traveling Baseball teams are formed according to age.

T-Ball - Ages 4, 5, and 6

Coaches Pitch - Grades 1 & 2

Slow Pitch Softball Leagues -
Completing Grades 3-4

Fast Pitch Softball Leagues -
Girls Ages 10-14

Baseball Leagues - Ages 9-15

Instructional Softball - Grades 1-2

Summer Soccer

The St. Anthony Sports Boosters sponsor a Summer Soccer program in the Minnesota Youth Soccer Association. There are teams for both boys and girls from age 3 to 18 years. **For registration and information about Summer Soccer, check out the website at www.saboosters.com**

In-House Soccer is for children who are ages 3-10 years. Season starts late May with games in June and July.

Traveling Summer Soccer is for youth who are ages 11-18 years by July 31, 2011. Season starts late April with games in May, June, and July.

Contact people:

Softball

Helen Siggelkow,
softball@saboosters.com

Traveling Baseball:

Paul Wolf, 612-788-0024
paulbwolf@gmail.com

In-house Baseball:

Steve Jahnke Jr., 612-782-0961
inhouse@boostersbaseball.com

T-ball & Coaches Pitch

Jason Peters, 612-412-4053
jasonpeters@boostersbaseball.com

In-House & Traveling Soccer

Diane Ekart
soccer@saboosters.com

Football

Mark Wald, 612-781-7507
football@saboosters.com

On-line Registration Dates:

Softball:

January 4-February 17, 2012.

Traveling & In-House Baseball:

January 15-February 29, 2012

T-ball & Coaches Pitch:

January 15-March 31, 2012

In person T-Ball and Coaches Pitch registration dates may be added, please visit <http://www.saboosters.com/baseball> for current baseball information.

Traveling Soccer: (11-18 yrs.)

January 4-February 28, 2012.

In-House Soccer: (3-10 yrs.)

January 4-March 31, 2012.

Registration Information

Registration

Registration is required for all classes. Registration closes two business days before the first day of class, unless a deadline date is noted. We continue to take registrations when a class has openings. *No registration is complete until the fee is paid.*

Are You In?

Assume you are in the class you registered for unless you are notified otherwise.

Online

24 hours - 7 days a week
Visit
www.stanthonycs.org



Have your Visa / Mastercard /
Discover ready.
A confirmation will be
e-mailed to you.

Mail

Enclose a check made payable to Community Services or include your Visa/MasterCard/Discover number and expiration date.

Mail the completed form to:
Community Services
3301 Silver Lake Road
St. Anthony, Mn 55418

Fax - 612-706-1165

Include your
Visa/MasterCard/Discover
number and expiration date.

Drop Box

A Drop Box is available on the south wall at the main entrance to the St. Anthony Community Center.

In Person

Register at the Community Services office, located in the St. Anthony Community Center, 3301 Silver Lake Road. Office hours: Monday-Friday, 8:00-4:30 p.m.

Phone - 612-706-1166

Monday-Friday, 8:00 a.m.-4:30 p.m.
Please have your class information and Visa/MasterCard/Discover ready when you call.

Fee Assistance

Senior citizens (age 60 and older) who live in St. Anthony-New Brighton School District 282 will receive a 10% discount unless specified otherwise. Discounts are not valid with other discounts and do not apply to senior citizen classes, trips, or special events.

When registering online, you will need to call the Community Services office at 612-706-1166 to receive your senior citizen discount.

Limited financial assistance is available for School District residents who are unable to meet the costs of specific programs.

UCare Minnesota

UCare Minnesota members may take up to a \$15 discount per class once per year. 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 need to include their UCare ID number when registering.

The discount does not apply to the following classes or trips:
gambling trips, alcohol related activities, personal fitness trainers, high risk activities (sky diving, rock climbing etc.), hypnosis, and private lessons.

When registering online, you will need to call the Community Services office at 612-706-1166 to receive your UCare discount.

Refunds

Cancellations made more than two business days prior to the start of the activity will be refunded, less \$5 handling fee.

No refunds will be given if cancellations are made within two business days prior to the start of the activity. No refunds will be made for trips and tours after the registration deadline.

Cancellations

Community Services reserves the right to cancel any class due to insufficient enrollment. When an activity is cancelled, Community Services will make every effort to contact the registrant 48 hours before the scheduled start of the activity. Full refunds will be given if this occurs.

Weather Related Cancellations

Cancellations will be announced on WCCO Radio (830/AM) or call 612-706-1166 for information.

If St. Anthony-New Brighton schools are closed, all Community Services' classes and activities will be canceled. Every effort will be made to make up these classes.

**Community Services'
office at
612-706-1166**



SEND TO: ST. ANTHONY-NEW BRIGHTON COMMUNITY SERVICES
3301 SILVER LAKE ROAD, ST. ANTHONY, MN 55418 612-706-1166
A separate form must be completed for each person.



Name _____ Parent/Guardian Name _____
 Address _____ City _____ Zip _____
 Home Phone () _____ Work Phone () _____ Birthdate _____ Sex M / F
 e-mail address _____

**Register
Early!**

Activity #	Activity Name	Start Date	Time	Fee

**Many classes
fill quickly!**

MasterCard __ Visa __ Discover __ card # _____

Total	
-------	--

 Exp. Date _____ Cardholder's Signature _____
 Driver's License # (When applicable) _____ # _____
 Does the participant need any special accommodations? If so, please specify _____

**Fax or phone
in your
registration
using your**

PARTICIPANT WAIVER (Please read and sign)

UCARE MEMBERS ONLY
 UCare ID# _____ - _____ - _____

In consideration of your accepting my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against Independent School District 282 and its representatives, successors and assigns for any and all injuries suffered by myself, or my child at any activity sponsored by these groups.

Participant or Parent Signature

**Fax #
612-706-1165**

**Phone #
612-706-1166**

 Name _____ Parent/Guardian Name _____
 Address _____ City _____ Zip _____
 Home Phone () _____ Work Phone () _____ Birthdate _____ Sex M / F
 e-mail address _____



Activity #	Activity Name	Start Date	Time	Fee

MasterCard __ Visa __ Discover __ card # _____

Total	
-------	--

 Exp. Date _____ Cardholder's Signature _____
 Driver's License # (When applicable) _____ # _____
 Does the participant need any special accommodations? If so, please specify _____

PARTICIPANT WAIVER (Please read and sign)

UCARE MEMBERS ONLY
 UCare ID# _____ - _____ - _____

In consideration of your accepting my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against Independent School District 282 and its representatives, successors and assigns for any and all injuries suffered by myself, or my child at any activity sponsored by these groups.

Participant or Parent Signature

Independent School District #282
Community Services
3303 33rd Avenue N.E.
St. Anthony, MN 55418

Non Profit Organization
U.S. Postage Paid
Permit No. 3343
Twin Cities, MN

*****ECRWSS*****
Residential Postal Customer

Printed on recyclable paper

BIG BAND CONCERT

The St. Anthony-New Brighton Senior Citizen
Advisory Council Proudly Presents
THE MOONLIGHT SERENADERS



Join us for a wonderful trip down memory lane.
The Moonlight Serenaders will, once again,
perform many of your favorite big band tunes.

DOOR PRIZES !!!

Tuesday, March 20, 2012

1:00-3:00 p.m.

Seating begins at 12:30 p.m.

St. Anthony High School Auditorium
3303 33rd Ave. N.E., St. Anthony

Tickets: \$6.00 March 1-19

\$7.00 Day of Show

Tickets are available at: Community Services Office
3301 Silver Lake Road, St. Anthony
Telephone: 612-706-1166

Tickets may be purchased the day of the show
at 12:30 p.m. in the high school auditorium.

Sorry no refunds.

