WINTER/SPRING 2020

COMMUNITY EDUCATION PROGRAMS

ADULT
PAGES 2-49

YOUTH
PAGES 45-61

FAMILY
PAGES 19-20
Greetings Saint Paul Community!

I am excited to support our great Community Education programs. The winter/spring educational opportunities in this catalog feature something for everyone; whether you want to learn something new or simply brush up on an existing skill, Community Education can help you continue your journey of lifelong learning. I invite you and your family to browse all we have to offer; from Aquatics to Studio Arts, from Adult Learning to Youth and Teen Programs to Early Childhood Family Education.

Community Education in the State of Minnesota began in 1969 with the passing of the “Lighted Schoolhouse Legislation,” which made it possible for school buildings to stay open for community use in the evening. The concept of Community Education is predicated on two fundamental values — lifelong learning and community/citizen involvement.

A key element of our strategic plan, SPPS Achieves, is family and community engagement. Community Education exemplifies the very best of that aspect of our plan. We are proud of the partnership we have with you and we are committed to growing and strengthening that partnership in the future.

I want to thank our amazing staff and others who provide time, talent and expertise that makes these courses possible. Community Education in Saint Paul is truly an inclusive effort and we’re grateful for your support and participation.

For the latest information about our programs, visit our Facebook page at https://www.facebook.com/SPPSCommEd.

In partnership,
Joe Gothard, Superintendent

---

Community Education Mission Statement
Community Education seeks to improve the quality of life by providing lifelong learning opportunities for all members of the community. Lifelong learning is based on the belief that people are learners at every age and are entitled to pursue educational opportunities that are meaningful to them.

To apply to be on the SPPS Citywide Community Education Council, please visit www.spps.org/ceboard

Find us on Social Media

[winter/spring 2020]
## Contents

Online Registration at www.commed.spps.org

Some of our classes may not be available for online registration. Any of our offices (listed on page 64) are happy to help you with these classes.

Questions? Call 651-767-8179 or email commed@spps.org.

### Adult Enrichment Programs

Teens 16 and over are welcome to participate in adult classes, unless otherwise specified.

<table>
<thead>
<tr>
<th>Program</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Music</td>
<td>2-8</td>
</tr>
<tr>
<td>Business &amp; Technology</td>
<td>9-12</td>
</tr>
<tr>
<td>Culinary</td>
<td>13-17</td>
</tr>
<tr>
<td>Driver Safety Courses 55+</td>
<td>18</td>
</tr>
<tr>
<td>Fitness &amp; Dance</td>
<td>21-25</td>
</tr>
<tr>
<td>Health &amp; Wellness</td>
<td>26-29</td>
</tr>
<tr>
<td>Home &amp; Garden</td>
<td>30-32</td>
</tr>
<tr>
<td>Language &amp; Writing</td>
<td>33-36</td>
</tr>
<tr>
<td>Special Topics &amp; Events</td>
<td>37-38</td>
</tr>
<tr>
<td>Trips &amp; Tours</td>
<td>39-41</td>
</tr>
<tr>
<td>Aquatics</td>
<td>45-49</td>
</tr>
</tbody>
</table>

### Adult Learning

<table>
<thead>
<tr>
<th>Program</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults with Special Needs</td>
<td>42</td>
</tr>
<tr>
<td>Adult Basic Education &amp; GED</td>
<td>43</td>
</tr>
</tbody>
</table>

= Daytime Class

---

### Youth and Teen Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department of Alternative Education</td>
<td>44</td>
</tr>
<tr>
<td>Aquatics</td>
<td>45-49</td>
</tr>
<tr>
<td>Driver Education</td>
<td>50-51</td>
</tr>
<tr>
<td>Fitness &amp; Safety</td>
<td>52-53</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>54-56</td>
</tr>
<tr>
<td>Language &amp; Culture</td>
<td>57</td>
</tr>
<tr>
<td>Science, Technology, Engineering &amp; Math</td>
<td>58-59</td>
</tr>
<tr>
<td>Studio &amp; Performing Arts</td>
<td>60-61</td>
</tr>
</tbody>
</table>

### Family Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Childhood Family Education</td>
<td>19</td>
</tr>
<tr>
<td>PreKindergarten Program</td>
<td>20</td>
</tr>
</tbody>
</table>

### Information

<table>
<thead>
<tr>
<th>Program</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Calendar</td>
<td>63</td>
</tr>
<tr>
<td>Community Education Offices</td>
<td>64</td>
</tr>
<tr>
<td>Location Addresses</td>
<td>64-65</td>
</tr>
<tr>
<td>Registration Information</td>
<td>66</td>
</tr>
<tr>
<td>How to Use this Catalog/Registration Form</td>
<td>67</td>
</tr>
<tr>
<td>Administration</td>
<td>68</td>
</tr>
</tbody>
</table>

---

### Program Office Phone Numbers

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Basic Education &amp; GED</td>
<td>651-290-4822</td>
</tr>
<tr>
<td>Adults with Disabilities Programs (CCC, CLEAR, SEED)</td>
<td>651-228-3655</td>
</tr>
<tr>
<td>Aquatics</td>
<td>651-744-5094</td>
</tr>
<tr>
<td>Community Programs Offices (Enrichment)</td>
<td>651-744-5094</td>
</tr>
<tr>
<td>C.E. Office at Central HS</td>
<td>651-744-5094</td>
</tr>
<tr>
<td>C.E. Office at Harding HS</td>
<td>651-744-3072</td>
</tr>
<tr>
<td>C.E. Office at Rondo Education Center</td>
<td>651-487-7383</td>
</tr>
<tr>
<td>Discovery Club (School-Age Child Care)</td>
<td>651-632-3793</td>
</tr>
<tr>
<td>Driver Education</td>
<td>651-744-5094</td>
</tr>
<tr>
<td>Early Childhood Family Education</td>
<td>651-793-5410</td>
</tr>
<tr>
<td>Youth Program</td>
<td>651-487-7383</td>
</tr>
</tbody>
</table>

---

Full listing of classes available online at www.commed.spps.org
Beginning Calligraphy
Inspire your audience with beautifully lettered correspondence. Learn informal italics; great for greeting cards, invitations and gifts. No class Feb. 25, Mar. 3.
1780 West 7th • J. Michalski
Tue Feb 4 • 6:30-8:30p • 6 sessions • $72 + $20 supply fee • #3225WEA
Tue Apr 21 • 6:30-8:30p • 6 sessions • $72 + $20 supply fee • #3225SEA

Letterpress Printing
Get your hands dirty as you experience the art form perfected by Gutenberg in the mid-15th century. The first week we will print fold-over notes, and the second week personalized postcards. No experience necessary. No class May 25.
Buzzard Lips Press, 1199 E. Seventh St., 55106
M. B. Hummel • #3012SEA
Mon May 18 • 6:30-9:00p • 2 sessions • $43 + $15 supply fee

Beginning Ink & Pencil: Let’s Get Loose
Getting and staying loose is a challenge for all artists, aspiring or accomplished. Develop skills in hatching, crosshatching, line drawing and stippling, through exercises meant to keep you relaxed and your hands leading the way. Supply list provided. No class Apr. 23.
Highland Park MS • J. Parker
Thu Jan 30 • 6:00-8:00p • 6 sessions • $83 • #3027WEA
Thu Apr 9 • 6:00-8:00p • 6 sessions • $83 • #3027SEA

Still Life Sketching
For absolute beginners. We’ll cover the basics of drawing before moving to value and then to perspective drawing. No experience necessary, just an openness to experiment on the page. Supply list provided.
Ramsey MS • P. Tighe • #3151WEA
Mon Mar 9 • 6:00-9:00p • 3 sessions • $77

I’m on a waitlist...now what?
If a class you want is full, we will do our best to help you find an alternative or add you to a waitlist. If a space opens, we will let you know. If it doesn’t work out, we always have more classes, so please try again next season!
Urban Sketching
Observational drawing is a continuous practice and a kind of meditation. See things with the eyes of an explorer discovering new territory – rediscovering our city through the act of drawing. We’ll be drawing outside – dress for the weather. Artist-quality supply kits will be made available for purchase from Wet Paint Artists’ Materials and Framing (1684 Grand Ave., 55105) five days prior to the start date and will cost approximately $70.

Como Park HS • C. Franchevich • #3066SEA
Mon Apr 27 • 6:00-9:00p • 4 sessions • $137

Alcohol Ink Workshop
Alcohol inks have a color intensity and personality unmatched by other mediums, creating paintings that are bright and powerful! Learn to use transparent alcohol ink on Yupo paper and tiles to create colorful and dazzling effects. This ink is acid-free, fade-resistant and fast-drying.

Battle Creek Rec • J. Schroeder • #3121WEA
Tue Mar 17 • 10:00a-12:30p • 1 session • $34 + $5 supply fee

Canvas & Coffee
Wake up and discover your inner artist! Paint along with the instructor as she guides you step-by-step, from a blank 16” x 20” canvas to a finished rendition of a beautiful nature scene with a glorious waterfall using acrylic paint. To see the painting, visit https://tce.me/h9mg6A. Fee includes supplies and coffee.

East Side Learning Hub • J. Schroeder • #3036WEA
@ Harding HS, 1526 E. Sixth St., 55106
Sat Feb 22 • 9:30a-12:30p • 1 session • $34

Introduction to Acrylic Painting
Acrylic paints are versatile, easy to use, and a perfect medium for beginning artists. Uncover your artistic ability through basic techniques, as well as composition and color theory. Artist-quality supply kits will be available for purchase from Wet Paint Artists’ Materials and Framing (1684 Grand Ave., 55105) five days prior to the start date and will cost approximately $90. No class Feb. 17.

Como Park HS • E. B. Hickman
Mon Jan 27 • 6:00-8:00p • 7 sessions • $89 • #3094WEA
Mon Apr 6 • 6:00-8:00p • 7 sessions • $89 • #3094SEA

Abstract Florals: From Site to Canvas
Start the day in and around Como Park Conservatory learning to create sketches that focus on getting the gesture of a plant. After lunch, we’ll take our morning sketches to a classroom and create energetic floral acrylic paintings. Supply kits for the acrylic painting portion of the class will be made available for purchase from Wet Paint Artists’ Materials and Framing (1684 Grand Ave., 55105) one week prior to the start date and will cost approximately $70.

Como Park Zoo & Conservatory/1780 West 7th
P. Tighe • #3134SEA
Mon Jun 1 • 9:00a-3:30p • 1 session • $63

Abstract Flowers: Acrylics, Collage & Watercolor
Get introduced to mixed media arts using acrylic paint, collage and watercolors! Mix it up and create either two 8” x 11” paintings or four smaller paintings. No experience necessary. Supply fee does not include brushes. Bring your own or purchase from the instructor for an additional $10-$18.

Wheelock Early Learning Center • C. Spohn
1521 Edgerton St., 55130
Wed Feb 5 • 3:30-5:30p • 4 sessions • $63 + $15 supply fee #3156WEA
Wed Apr 29 • 3:30-5:30p • 4 sessions • $63 + $15 supply fee #3156SEA

Oil Painting for Beginners
Release your inner Rembrandt through the art of oil painting! Become comfortable with the medium and materials while gaining knowledge in basic composition and color theory. Supply list provided.

Como Park HS • K. Schweiger
Tue Jan 14 • 6:00-8:00p • 6 sessions • $79 • #3096WEA
Tue Apr 21 • 6:00-8:00p • 6 sessions • $79 • #3096SEA

Bob Ross Style Oil Paintings
Spend an evening creating an oil painting of happy little trees in beautiful nature scenes with a Bob Ross Style Certified Painting Instructor. This “wet-on-wet” technique is perfect for all levels, even first-time painters. Fee includes supplies.

1780 West 7th • K. Nelson
• Tranquil Nights • View at https://tce.me/h9mDV2
Tue Mar 17 • 6:00-9:00p • 1 session • $57 • #3084WEA
• Blood Moon • View at https://tce.me/h9me6W
Tue May 26 • 6:00-9:00p • 1 session • $57 • #3084SEA
Beginning & Intermediate Pottery & Wheelwork
Receive expert instruction in throwing pieces on the wheel. Hand building is also covered at Harding HS. Clay and glazes will be used. Fee includes supplies. Additional fee for extra clay. Classes at Central HS and Harding HS use an electric wheel. Classes at Creative Arts SS use a kickwheel. No class Feb. 17, May 25. Additional no-class day: May 13, Central HS only.

Creative Arts SS • D. Swenson
Mon Jan 27 • 6:00-8:30p • 8 sessions • $168 • #3002WEA
Mon Apr 6 • 6:00-8:30p • 8 sessions • $168 • #3002SEA

Central HS • A. Huot-Link
Mon Jan 27 • 6:00-8:30p • 8 sessions • $168 • #3002WEB
Mon Apr 6 • 6:00-8:30p • 8 sessions • $168 • #3002SEB

Central HS • M. Johnson
Wed Jan 29 • 6:30-9:00p • 8 sessions • $168 • #3002WEC
Wed Apr 8 • 6:30-9:00p • 7 sessions • $147 • #3002SEC

Harding HS • T. Cook
Wed Jan 29 • 6:00-8:30p • 8 sessions • $168 • #3002WED
Wed Apr 8 • 6:00-8:30p • 7 sessions • $147 • #3002SED

Beginning Watercolor Landscape Painting
Paint landscapes using watercolors! Learn about material selection and painting techniques including light and shadow as well as 2-D design basics. No experience necessary. A supply list will be provided at the first class (supplies cost approximately $20). An additional $4 supply fee is payable to the instructor at the first class. No class Feb. 17.

1780 West 7th • C. Olson
Mon Jan 27 • 1:00-3:00p • 4 sessions • $53 + $4 supply fee
#3060WEA
Tue Apr 14 • 6:30-8:30p • 6 sessions • $83 + $4 supply fee
#3060SEA

Dynamic Watercolor
Explore color, translucent layering, value contrast, expressive mark making, etching and more. This class is perfect for all levels of experience. Supply list provided in class confirmation email.

Battle Creek Rec • J. Schroeder • #3141WEA
Tue Jan 28 • 9:30a-12:30p • 5 sessions • $73

Playing with Watercolor
Watercolor painting doesn’t have to be hard! We’ll focus on smaller paintings for use as cards or small framed paintings. Different techniques and paintings each week! No experience necessary. Supply list provided.

Wheelock Early Learning Center • C. Spohn
1521 Edgerton St., 55130
Wed Feb 5 • 6:00-8:00p • 4 sessions • $63 • #3143WEA
Wed Apr 29 • 6:00-8:00p • 4 sessions • $63 • #3143SEA

Wine Glass Painting
Sometimes a simple wine glass just won't do! Create your own custom hand-painted wine glasses – perfect to keep or give as a gift. Fee includes two wine glasses and supplies.

Central HS • E. Bures • #3135SEA
Wed May 6 • 6:00-8:00p • 1 session • $44

Pottery for Pairs at Caufield Clay
Ages 21 and up. Beginners welcome. Bring your favorite person to the studio and learn to throw clay on a potter’s wheel. Create two pieces each that will be glazed and fired by staff and ready to be picked up two weeks later. Bring your own beverage to enjoy during class.

Caufield Clay Works, 2242 University Ave. W., 55114
Thu Feb 20 • 6:00-8:00p • 1 session • $99/pair • #3063WEA
Thu May 14 • 6:00-8:00p • 1 session • $99/pair • #3063SEA

Clay Night (Adult + Child)
Work side-by-side with your cool kid and learn how to throw clay on the wheel. You’ll each be working at your own pottery wheel and get to choose two pieces to have glazed and fired. Fee is per one adult and one child pair. Register under the name of the adult attending. Child must be at least 8 years old to participate.

Caufield Clay Works • #3067SEA
2242 University Ave. W., 55114
Thu Apr 2 • 5:30-7:30p • 1 session • $99/pair

Arts & Music
Register online at www.commed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.

CERAMICS, GLASS & METAL

Wine Glass Painting
Central HS • E. Bures • #3135SEA
Wed May 6 • 6:00-8:00p • 1 session • $44
Beginning Stained Glass
Create a beautiful stained glass window using glass cutting, soldering lead and copper foil techniques. A supply list and instructions will be provided at the first class. (Not recommended for pregnant women.) No class Feb. 25, Mar. 3.
Como Park HS • P. Vander Waal • #3000WEA
Tue Feb 4 • 6:00-9:00p • 6 sessions • $95

Glass Fusing Sampler
Design a glass-fused piece with expert guidance in a fun and casual setting. Choose your project at class. Choices include nightlight, candleholder, small dish, pair of coasters, or a suncatcher/hanging piece. One project per person. Fee includes materials, tools and kiln firings.
Harding HS • J. Geiger • #3077WEA
Wed Feb 26 • 6:00-7:30p • 1 session • $40

Glass Fusing Basics
Explore the medium of glass fusing in a small group environment, discovering the basic principles of glass cutting, compatibility, devitrification and volume control. Play with bold colors and shapes in the configuration and construction of your own personal 3” x 10” glass design panel. Fee includes materials, tools and kiln firings.
J Ring Glass Studio Inc. • #3128SEA
1902 W. Minnehaha Ave., 55104
Thu Apr 16 • 6:00-9:00p • 1 session • $55

Glasswork Fundamentals: Paperweights
Work with an instructor at Vandalia Glassworks to design and create a solid paperweight unique to you. The paperweight is the most fun and forgiving piece for first-time glass blowers. You’ll learn basic fundamentals of glasswork including gathering, coloring, shaping, and transferring the piece off the pipe.
Vandalia Glassworks • #3071WEA
103 Concord Exchange N., So. St. Paul, 55075
Sat Feb 15 • 10:00a-1:00p • 1 session • $69

Glasswork Fundamentals: Succulent Pot
Design and blow your own succulent pot with help from the instructors at Vandalia Glassworks. Experience working with blowpipes, punties and optic molds that allow for more complex manipulation of the molten glass, and get a glimpse of the skills needed to create shapes that are more complex.
Vandalia Glassworks • #3220SEA
103 Concord Exchange N., So. St. Paul, 55075
Sat Apr 4 • 10:00a-1:00p • 1 session • $78

Glasswork Fundamentals: Flutter Bowl
Vandalia Glassworks instructors will work with you one-on-one to design and blow a beautiful flutter bowl made entirely from glass. Create shapes that require optic molds and more complex manipulation of the molten glass by using heat and centrifugal force. Though not required, it is recommended that students have taken a previous Glassworks Fundamentals class or have equivalent experience, before registering for this class.
Vandalia Glassworks • #3203SEA
103 Concord Exchange N., So. St. Paul, 55075
Sat May 16 • 10:00a-1:00p • 1 session • $119

Flamework Fundamentals: Italian Glass Beads
Get acquainted with working a torch and Italian soft glass. Learn safety protocol, tool and equipment use, and beginning flameworking techniques. Explore glass manipulation, shaping techniques and surface decoration, and leave class with 4-6 beads and the flamework basics to explore more techniques with confidence.
Chicago Avenue Fire Arts Center, 3749 Chicago Ave., Mpls., 55407
Sat Jan 25 • 2:00-5:00p • 1 session • $40 • #3055WEA
Sat Apr 4 • 2:00-5:00p • 1 session • $40 • #3055SEA

Blacksmith Fundamentals: Bottle Openers
Ages 18 and up. Begin building your blacksmith skills by forging your own bottle opener! Bottle openers are quick to make and can incorporate all basic blacksmithing processes in one compact project. Finish the class with a celebratory bottle-opening to try out your new tool (that means a beer or soda is included!). Open to all experience levels.
Chicago Avenue Fire Arts Center, 3749 Chicago Ave., Mpls., 55407
Sun Feb 9 • 12:30-5:30p • 1 session • $65 • #3075WEA
Sun Apr 12 • 12:30-5:30p • 1 session • $65 • #3075SEA
Getting to Know Your Digital SLR Camera
Explore the functions of the digital SLR camera, including the camera’s mode and manual settings, flash, and other camera functions. Bring your camera to class for a hands-on learning experience. Camera must have full manual functions. The last night of class will be shooting on location elsewhere in Saint Paul; details will be discussed in class.

Ramsey MS • A. Wurdock
Mon-Thu Jan 27-30 • 4 sessions • $85 • #3157WEA
Mon-Wed 6:15-8:45p • Thu 5:30-7:45p
Mon-Thur Apr 27-30 • 4 sessions • $85 • #3157SEA
Mon-Wed 6:15-8:45p • Thu 5:30-7:45p

Digital SLR Camera: All Around St. Paul
Refresh yourself on the workings of your digital SLR camera, and then join your instructor in the field to take your photography to the next level. Tuesday’s class takes place in a classroom. Wednesday’s class is at Como Park. Prerequisite: Getting to Know Your Digital SLR Camera, or experience working with your camera’s manual settings.

Ramsey MS/Como Park • A. Wurdock • #3137SEA
Wed Feb 12 • 6:00-8:00p • 2 sessions • $31 + $3 supply fee

Bronze Casting for Beginners
Learn the seven steps of an ancient form of lost wax metal casting using recycled plaster molds to create your mini masterpiece! Gain experience with the process, sculpt in wax to make a small casting, and share ideas. $5 per pound of finished aluminum or bronze will be assessed at class and is payable to the instructor.

Flux Studio and Foundry • G. Ghei • #3026WEA
2919 Como Ave. S.E., Mpls., 55414
Tue/Thu/Sat Mar 12 • 5 sessions • $144
Tue/Thu 6:00-8:00p • Sat 12:00-2:00p
Class meets: Mar 12, 17, 21, 24, 26

Metal Casting: Form & Function
Design and cast a bottle opener, wall hook, belt buckle or door knocker, using the ancient art of sand casting. Create your sand mold using Plastimilar clay, found objects, or a wood/foam pattern. Choose bronze or aluminum to fill your mold, and learn how to clean and treat your casting. $5 per pound of finished metal will be assessed at class and is payable to the instructor.

Casket Arts–Carriage House • S. Hanson • #3191WEA
1720 N.E. Madison St. Mpls., 55413
Tue/Thu Feb 13 • 6:00-8:00p • 6 sessions • $162

Basic Hand Embroidery
Visit the vintage art of hand embroidery. Create a sachet using needlework stitches like the backstitch and chain, and add sequins and colorful fabric to complete your piece.

Central HS • A. Goyal • #3073SEA
Wed Apr 15 • 6:00-8:00p • 2 sessions • $31 + $3 supply fee

Beginning Crocheting
Crocheting creates fabric from yarn, thread and other materials using a crochet hook. Basic crochet stitches including loop, foundation chain and single crochet, will help you create simple items such as a dishcloth and prepare you for more advanced projects.

Central HS • A. Goyal • #3189WEA
Wed Feb 12 • 6:00-8:00p • 2 sessions • $31 + $3 supply fee

Fair Isle Knitting
Amaze others by learning to knit with three or four colors of yarn almost simultaneously! You must be able to knit and purl and have some familiarity with double-pointed needles. Bring a set of size 7 double-pointed needles and three or four skeins of cotton worsted weight yarn in solid colors.

Como Park HS • M. B. Hummel • #3044WEA
Mon Jan 27 • 6:30-8:30p • 3 sessions • $45
Knitting: Irish Cable Cap
Learn how to knit awesome cables, and get a good start on a delightful Irish cable cap to give as a gift or keep for yourself. Bring a skein of light colored worsted weight yarn, either variety of cable needle, and a set of size 7 sock needles – long if you can find them. Prerequisites: Must be able to cast on and off, and knit and purl.

Como Park HS • M. B. Hummel • #3059WEA
Mon Feb 24 • 6:30-8:30p • 3 sessions • $45

Lace Knitting
If you organize the holes that occur occasionally in your knitting, you can add some very lovely patterns to your work. Bring a pair of size 7 needles and a skein of light colored yarn so you can see your stitches clearly.

Como Park HS • M. B. Hummel • #3098SEA
Mon Apr 6 • 6:30-8:30p • 3 sessions • $45

Beginning Sewing
Explore essential sewing tools and learn how to choose appropriate material, work with patterns and understand symbols and terms, and adjust a pattern to fit the wearer. Supply cost not included in the fee and will depend on your project. Supply lists will be provided at the first class. Week two will be at a fabric store; location discussed at the first class. Bring your sewing machine to class beginning week three.

Como Park HS • J. Gordon-Anderson • #3250WEA
Tue Jan 14 • 6:00-8:30p • 6 sessions • $89

Leather Basics
Beginners welcome! Be guided through the process from hide to finished product as you work on projects that demonstrates the basics of working with leather including cutting, punching, hand sewing, riveting, snap setting, finishing and care. Choose your project at class. Options include clutch, long wallet, knot cross-body bag, valet tray, glasses case or coin purse. Fee includes supplies.

Wheelock Early Learning Center, 1521 Edgerton St., 55130
D. Horan – Merchant Leather
Wed Feb 12 • 9:30a-12:30p • 1 session • $59 • #3081WEA
1780 West 7th • D. Horan – Merchant Leather
Tue Apr 14 • 6:00-9:00p • 1 session • $59 • #3081SEA

Advanced Leather-Working
Take your leather hand-sewing skills up a notch and make a beautiful leather tote or bucket bag or laptop case for yourself or to give as a gift. Be guided through the process from hide to finished product. Fee includes supplies. Though not required, it is recommended that students have taken a previous Leather class or have equivalent experience, before registering for this class. View projects at https://tce.me/haS3T9

Como Park HS • D. Horan – Merchant Leather
Mon May 11 • 6:00-9:00p • 2 sessions • $135 • #3095SEA

Needle Felting: Cardinal
Needle felt a beautiful cardinal to brighten your home or give as a gift. No experience necessary.

East Side Learning Hub • M. Mayhew • #3032WEA
@ Harding HS, 1526 E. Sixth St., 55106
Sat Feb 22 • 9:00-11:00a • 1 session • $17 + $20 supply fee

Needle Felting: Nest & Eggs
Needle felting is a quick and easy art form. Using a barbed needle and wool roving, create a precious nest and eggs ornament to share with someone or keep for yourself. No experience necessary.

Ramsey MS • M. Mayhew • #3032SEA
Sat May 9 • 8:30-10:30a • 1 session • $17 + $20 supply fee

Sami-Inspired Bracelet
Based on the designs of the Sami people, these bracelets are constructed with traditional materials including reindeer leather, tin thread (4% silver), and reindeer antler buttons. Make a four-strand braid using tin thread, and then hand sew your piece to reindeer leather to finish an elegant bracelet.

East Side Learning Hub @ Harding HS, 1526 E. Sixth St., 55106
Weavers Guild of Minnesota • #3079WEA
Sat Feb 22 • 9:00a-1:00p • 1 session • $64 + $25 supply fee

Tin Thread Necklace
The Sami people in Scandinavia have used tin thread since the Middle Ages. Using Swedish tin thread, learn how to make five-strand braids and then use the braid to create a necklace. Finish it off with a reindeer horn and leather closure for a beautiful traditional necklace! Additional supply fee is dependent upon the length of the necklace and payable to the instructor at class.

Harding HS • Weavers Guild of Minnesota • #3068SEA
Wed May 6 • 6:00-9:00p • 1 session • $48 + $25-$40 supply fee

Japanese Weaving on a SAORI Loom
SAORI is a joyful, relaxing, easy-to-learn art form and weaving style that comes from Japan. Learn this "freestyle" weaving process on a SAORI original floor loom as you try your hands at this fun, color-blending, creative, and expressive weaving style. No experience necessary.

Wheelock Early Learning Center, 1521 Edgerton St., 55130
Weavers Guild of Minnesota • #3078SEA
Wed Apr 22 • 10:00a-3:00p • 1 session • $96 + $25 supply fee

Register online at commed.spps.org
Beginning & Intermediate Banjo or Guitar: Individual Lessons
Ages 12 and up. Bring your own banjo, or acoustic, electric or bass guitar. When registering, please select which instrument you are interested in. These are individual half-hour lessons.

No class Feb. 25, Mar. 3.
1780 West 7th • P. Storms • 7 sessions • $138
Tue Jan 28 • 5:00-9:00p • #3940WE
Tue Apr 7 • 5:00-9:00p • #3940SE
Ramsey MS • P. Storms • 7 sessions • $138
Wed Jan 29 • 6:00-9:00p • #3940WE
Wed Apr 8 • 6:00-9:00p • #3940SE

Piano Lessons
Ages 6 and up. Beginner level. Adult beginners welcome. Learn or review the basics of reading notes, rhythm, technique and harmony. Bring your own music or the instructor will suggest music for you. Students need access to a piano or keyboard to practice. These are individual half-hour lessons.

No class Feb. 17, 25, Mar. 3.
Ramsey MS • M. Romstad • 6 sessions • $132
Mon Jan 27 • 7:00-9:00p • #3960WE
Tue Jan 28 • 7:00-9:00p • #3960WE
Wed Jan 29 • 7:00-9:00p • #3960WE
Sat Feb 1 • 8:30-11:00a • #3960WE
Mon Apr 6 • 7:00-9:00p • #3960SE
Tue Apr 7 • 7:00-9:00p • #3960SE
Wed Apr 8 • 7:00-9:00p • #3960SE
Sat Apr 11 • 8:30-11:00a • #3960SE

Acting for Absolute Beginners
Develop basic acting skills, emphasizing script and character analyses and the importance of connecting with acting partners. Perform in-class scenes from Neil Simon’s *Barefoot in the Park*, as we apply these basics to rehearsing and performing.

Central HS • M. Cutler • #3500WEA
Tue Jan 28 • 6:30-8:30p • 4 sessions • $48

Acting for Musical Theatre
Designed for those with little, or some musical theatre experience, we’ll focus specifically on portraying characters in musical theatre selections. Study musical theatre history, research selected musicals, rehearse musical numbers, and obtain feedback.

No class May 12.
Central HS • M. Cutler • #3082SEA
Tue Apr 28 • 6:30-8:30p • 4 sessions • $48

Sorry, no same-day or walk-ins
We cannot accommodate same-day or walk-in registrations. Registration and payment must be received at least 24 hours before the start of class.
Accounting/Bookkeeping: The Basics
Whether starting your own business or brushing up on your accounting/bookkeeping skills to bolster your résumé, you will get a basic overview of accounting and bookkeeping for use in office support and the business world. Topics include, but are not limited to: accounting terminology; source documents; debits and credits; T-Accounts; and preparing trial balances and financial statements.
Harding HS • A. Suri • #2874WEA
Wed Feb 19 • 6:30-8:30p • 4 sessions • $51

Choosing a Career in the Trades
Thinking about a career change or trying to figure out your future? Lots of opportunities exist in the trades. Learn about different trades, including the schooling and skills needed for the different trades, expectations, insurance, work cycles and more.
Harding HS • D. Mullin • #2708WEA
Wed Feb 12 • 6:30-8:30p • 1 session • $9

Writing a Business Plan
Capture your business vision on paper, whether it’s a part-time gig or to build your empire. Learn how to write your plan from title page to financial projections – even if writing isn’t your strength. Learn plan structure, helpful sites, sorting ideas, staying motivated and finishing. Good for start-ups as well as existing business expansion.
Mon Apr 13 • 6:00-8:00p • 1 session • $28 #2822SEA

Dream Big, Start Small: Launching Your Biz from Home
Doing business from home can be a smart economic move. Learn about your community’s business-in-home regulations and tax advantages, strategies to get you out of your PJs and into a schedule, and separating family and business even in small spaces.
Mon Apr 27 • 6:00-8:00p • 1 session • $28 #2827SEA

Financing Your Business
Launching and building your business takes money. Discover what sources of funding are available for both start-ups and established small businesses, and review loans, bootstrapping, credit cards, investors, grants, crowd-sourcing and more. We’ll also discuss personal credit and credit repair, and their impact on getting funded. Ka-ching!
Mon Apr 20 • 6:00-8:00p • 1 session • $28 #2826SEA

Small Business Marketing Made Easy
Take the mystery out of marketing. We’ll discuss defining your target markets, knowing the competition, effective marketing activities, low-cost techniques, building customer loyalty and more.
Mon May 4 • 6:00-8:00p • 1 session • $28 #2820SEA

Hiring 101: Employee & Contract Basics
You can’t do it all and often you shouldn’t. Learn how and when to add an employee, and the difference between employees and contractors. We’ll cover interviewing to help make good hiring decisions and not get into legal trouble, job descriptions, orientation, being a supportive boss, payroll and more, including when to let someone go.
Mon May 11 • 6:00-8:00p • 1 session • $28 #2828SEA

Side Hustle Success in the Gig Economy
Learn the basics of today’s gig economy and how to create your own successful side hustle. We’ll look at opportunities in both service or project gigs, how to market yourself, recordkeeping/tax considerations, and how to avoid some of the most common pitfalls.
Mon May 18 • 6:00-8:00p • 1 session • $28 #2831SEA
PERSONAL PLANNING

Investment Basics
Every investor must start somewhere. We’ll cover investment basics including U.S. markets, volatility and risk and building a foundation, and types of investments including stocks, bonds and mutual funds, as well as the importance of asset allocation and diversification.

Como Park HS • A. Schiesl • #2823SEA
Tue Apr 21 • 6:00-7:30p • 1 session • $13

Getting to Know VA Benefits
Receive important information on the State and Federal VA Benefits that apply to veterans and their family members. Learn what benefits exist, who is eligible and who to contact for assistance with the VA claims process.

1780 West 7th • D. Severson • #5560WEA
Mon Mar 9 • 1:00-2:30p • 1 session • Free

Estate Planning: Wills & Trusts
Increase your understanding of wills and trusts and the pros and cons for both. Topics will also include protecting your assets from federal estate tax, probate and procedures dealing with courts, power of attorney and health care declaration (living will).

1780 West 7th • C. Stanton • #2875WEA
Tue Feb 11 • 6:00-8:00p • 1 session
$29/person; $50/couple

Your Health Care Directives: Legal Perspective
You have the right to make decisions about your medical treatment. Learn about Health Care Directives and how to convey your personal wishes when you are unable to communicate for yourself. Learn about practical considerations in choosing your Health Care Agent(s), and get information and materials to assist you in drafting your own Directive.

Ramsey MS • P. Schinzing • #2935SEA
Tue Apr 28 • 7:00-8:30p • 1 session
$31/person; $53/couple

Your Will & Estate Planning Considerations
Gain a working understanding of Minnesota law regarding wills and receive information about the role of a will in your overall estate planning. Learn the basic considerations for planning a will and receive tools and information for preparing your own valid simple will. If married, spouses are encouraged to enroll together.

Ramsey MS • P. Schinzing • #2950SEA
Tue May 5 • 7:00-8:30p • 2 sessions
$55/person; $94/couple

Advanced Care Planning: Health Care Directives
Who would speak for you if you couldn’t speak for yourself? That’s the concept behind Advanced Care Planning, a guided conversation on your end-of-life wishes and preferences that identifies what is most important to you concerning quality of life and living. Leave class with the confidence to develop your Health Care Directive, a written document which describes your choices.

Ramsey MS • M. O’Brien • #2829SEA
Sat May 30 • 9:30-11:00a • 1 session
$19/person; $29/couple

Making Wise Medicare Decisions
For both new enrollees and existing members. Learn about the basics of Medicare and coordinating insurance plans, how and when to enroll, associated costs, and what Medicare does and does not cover.

Como Park HS • D. Shamp • #2811SEA
Mon Apr 13 • 6:00-7:30p • 1 session
$15/person; $24/couple

Understanding Social Security
Gain a clearer picture of Social Security and discover ways to maximize your benefit amounts.

Como Park HS • J. Reed • #6211SEA
Tue Apr 28 • 6:00-7:30p • 1 session
$15/person; $24/couple

Register with your spouse/partner and save! Call the C.E. Office at Harding HS at 651-744-3072 for the discount.
REAL ESTATE

**Downsizing: Where to Begin?**
Keep, sell, donate, toss? Downsizing can be overwhelming. Get tips on creating a plan, determining what to keep, what to sell, what has value and how the market influences worth, what to donate, where to donate and more. Offered in partnership with Sort Toss Pack.

1780 West 7th • A. Podein • #2895SEA
Mon Apr 13 • 12:30-2:30p • 1 session • $13

**Home Stretch**
Become an informed, prepared consumer! Home Stretch workshops cover, start-to-finish, the entire home buying process and offers objective, practical information to help you get on the path to homeownership. Offered in partnership with the Neighborhood Development Alliance.

Neighborhood Development Alliance, 481 Wabasha St. S., 55107
Fri-Sat Jan 10-11 • 2 sessions • $40 • #2812WEA
Fri 5:00-8:00p • Sat 9:00a-3:00p
Tue-Thur Mar 10-12 • 5:30-8:30p • 3 sessions • $40 • #2812SEA
Villa del Sol, 88 Cesar Chavez St., 55107
Sat May 16 • 8:30-5:30p • 1 session • $40 • #2812SEB

**Preparing Your Home to Sell**
Learn the basic fundamentals of how to prepare your home to sell. Discover how to get the most bang for your buck and how to get the best sale price. Bring your questions and your specific home concerns for discussion.

Ramsey MS • J. Erickson • #2602WEA
Wed Mar 25 • 6:00-7:30p • 1 session • $15

**Investing in Rental Property**
Learn the benefits of owning residential rental property, including considerations when purchasing your first property and financial analysis to determine if the property is the right choice for you.

Harding HS • D. Hoff • #2821WEA
Wed Feb 5 • 6:00-8:00p • 2 sessions • $35

**Managing Rental Property**
Learn about the many legal aspects of managing rental property including Minnesota property law, Fair Housing Act, Americans with Disabilities Act, leases and other forms, and receive advice on managing your property safely and profitably.

Harding HS • D. Hoff • #2891WEA
Wed Feb 26 • 6:00-8:00p • 4 sessions • $67

TECHNOLOGY

**Cloud Storage**
What is the "Cloud" and how do you store digital content on it? We will cover the basics of two free cloud storage services, Dropbox and Google Drive. Using these tools properly will allow you to store and access your files from anywhere you have Internet, including from a smartphone, tablet or computer. Participants must sign up for Dropbox (https://www.dropbox.com/) and Google Drive (https://drive.google.com) accounts before arriving to class.

Rondo Community Outreach Library • M. Hogan • #2705WEA
Mon Mar 23 • 5:30-7:30p • 1 session • $34

**Computer Coding: Python**
Learn basic programming concepts and get hands-on coding experience using Python. Bring your laptop to class with the following programs already installed:
Python: https://www.python.org/downloads/
VS Code: https://code.visualstudio.com/download

Ramsey MS • L. Lee • #2674WEA
Mon Mar 2 • 6:30-8:30p • 2 sessions • $54

**Introduction to Squarespace**
Understand the basics of creating and maintaining your own Squarespace website – no coding skills required! An authorized Squarespace Trainer will lead you through the process in this small group, hands-on class. Objectives include building a five-page website; understanding the main tools of your site; creating and updating basic pages with different layouts, photos, text and videos. Bring your laptop to class. The cost of hosting your site is not included. Web hosting services cost approximately $110-$150/year. Your instructor will have more information on web hosting options in class. Class is limited to five people.

1780 West 7th • G. Cartwright • #2628WEA
Mon Mar 2 • 9:00a-4:00p • 1 session • $180

**Computer Security**
Cyber threats are a growing problem as our reliance on the Internet increases. How secure is your computer? Learn about firewalls and what else you need to protect your privacy, as well as what to do if your computer is affected by spyware, viruses or ransomware.

Harding HS • M. Hogan • #2631SEA
Wed Apr 22 • 6:00-7:30p • 1 session • $34
Business & Technology

Register online at www.commed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.

Register for one Smartphone or Excel class for $34, or two or more for $29 each.
Call the C.E. Office at Harding HS at 651-744-3072 for the discount.

Know Your Smartphone
What makes a smartphone "smart" and how do I get the most out of it? What apps are useful and how do I install them? How do I adjust my settings? Get simple answers to these questions and more. Bring your smartphone to class.

Wheelock Early Learning Center • M. Hogan • #2615WEA
1521 Edgerton St., 55130
Mon Jan 27 • 12:30-2:30p • 1 session • $34
1780 West 7th • M. Hogan • #2615SEA
Mon Apr 27 • 12:30-2:30p • 1 session • $34

Smartphone 2
Can you power on and off, receive calls and send text messages, but want to do more? Learn to download and use applications, surf the Internet, text pictures, send email and more. Prerequisite: Know Your Smartphone or equivalent skills. Bring your smartphone to class.

Wheelock Early Learning Center • M. Hogan • #2616WEA
1521 Edgerton St., 55130
Mon Feb 3 • 12:30-2:30p • 1 session • $34
1780 West 7th • M. Hogan • #2616SEA
Mon May 4 • 12:30-2:30p • 1 session • $34

Smartphone 3
If you enjoyed the first- and second-level smartphone classes but you want to learn more, this is the class for you. We will do a deeper dive into a few things including email, settings, file/storage management, and how the device can interact with a computer and more. Bring your smartphone to class.

Wheelock Early Learning Center • M. Hogan • #2612WEA
1521 Edgerton St., 55130
Mon Feb 10 • 12:30-2:30p • 1 session • $34
1780 West 7th • M. Hogan • #2612SEA
Mon May 11 • 12:30-2:30p • 1 session • $34

Introduction to MS Excel
Microsoft Excel is a spreadsheet program that helps format, organize and calculate data. Learn how to create and navigate spreadsheets, charts, basic formulas and functions, and Excel Theory. Keyboard and mouse skills required.

SPPS District • M. Hogan
Administration Building, 360 Colborne St., 55102
Wed Feb 5 • 5:30-7:30p • 1 session • $34 • #2714WEA
Wed Apr 29 • 5:30-7:30p • 1 session • $34 • #2714SEA

Intermediate MS Excel
Expand your basic knowledge of MS Excel with an exploration of data manipulation (sort, filter, fill, text functions, join and split data) and formulas and functions (absolute vs. relative cell references, 3-D cell references). Prerequisite: Introduction to MS Excel or equivalent skills.

SPPS District • M. Hogan
Administration Building, 360 Colborne St., 55102
Wed Feb 12 • 5:30-7:30p • 1 session • $34 • #2670WEA
Wed May 6 • 5:30-7:30p • 1 session • $34 • #2670SEA

Advanced MS Excel
Discover advanced tips and tricks that can increase your productivity and get your specific questions answered. Topics include conditional formatting, data manipulation, custom lists, conditional formulas and functions, use of the formula/function library and more. Prerequisite: Intermediate MS Excel or equivalent skills.

SPPS District • M. Hogan
Administration Building, 360 Colborne St., 55102
Wed Feb 19 • 5:30-7:30p • 1 session • $34 • #2635WEA
Wed May 13 • 5:30-7:30p • 1 session • $34 • #2635SEA

MS Excel: Pivot Tables & Graphs
Pivot Tables enable users to select large amounts of data and manipulate it to pull out the information and then create tables and charts for easy visual understanding. Prerequisite: A strong working knowledge of Excel.

SPPS District • M. Hogan
Administration Building, 360 Colborne St., 55102
Wed May 20 • 5:30-7:30p • 1 session • $34

Pay at Registration
Payment for your class is due when you register. Your spot in class will not be reserved until it is paid for in full.

= Daytime Class
Cooking 101: Six Weeks to More Joyful, Improvisatory Cooking
Learn the basics of knife skills, pan-frying, braising, stir-frying, high-temperature roasting, pizza making, and using herbs and spices in this hands-on course. Prepare and eat a meal in class each week, gain a better understanding of the equipment we use, and learn about food safety.

1780 West 7th • J. Grover • #3304SEA
Tue Apr 7 • 6:00-9:00p • 6 sessions • $97 + $57 food fee

Basics of Backyard Smoking
Low and slow is the key to successfully smoking foods. Discover techniques for backyard smoking, make an all-purpose rub that puts commercial ones in the shade, and eat the bounty you’ve produced.

1780 West 7th • J. Grover • #3420SEA
Tue May 19 • 6:00-9:00p • 1 session • $37 + $15 food fee

Grilling Basics for Home Cooks
Get your grilling skills up to par with this intro to grilling class! Learn what to look for in grills and instant-read thermometers, and which cuts of meat and vegetables can make or break your grilling. You’ll make marinades and rubs, and do some direct and indirect grilling during class. Bring three small closed containers for taking home leftovers.

1780 West 7th • J. Grover • #3313SEA
Tue Jun 2 • 6:00-9:00p • 1 session • $37 + $15 food fee

Focaccia
If you’ve never made it before, you don’t know what you are missing! This northern Italian bread will please any bread- or pizza-lover. Loaded with savory flavor and a chewy, light crumb, focaccia supports toppings from the simplest (rosemary, grated Parmesan) to the hearty (Italian sausage and caramelized onions; ham and Gruyère).

1780 West 7th • J. Grover • #3419WEA
Tue Mar 10 • 6:00-9:00p • 1 session • $31 + $12 food fee

Naturally Leavened Sourdough Bread
Good things take time! Spend an afternoon with the professional bakers at Brake Bread, get your hands in the dough and unlock the mysteries of sourdough. Leave class with bread to share and your own sourdough starter. Supply list provided. Wear a hair restraint and closed-toe shoes.

Brake Bread, 1174 7th St. W., 55102 • N. Houge
Sat Jan 11 • 12:00-5:00p • 1 session • $75 • #3422WEA
Sat Feb 8 • 12:00-5:00p • 1 session • $75 • #3422WEB
Sat Mar 14 • 12:00-5:00p • 1 session • $75 • #3422WEC

Magnificent Muffins & Popovers
Make memorable muffins for breakfast, brunch or dinner using blueberries, cinnamon crunch, fresh lemon and much more. Learn tips and techniques along the way to ensure success every time. Recipes include Blueberry, Cinnamon Crunch, Bran-Corn, Dried Cherry, Fresh Ginger, Golden Raisin, Maple Sour Cream and sliced Fresh Lemon. Plus, flavored butters and a variety of glazes/toppings.

1780 West 7th • L. Severson • #3395WEA
Tue Mar 24 • 6:00-9:00p • 1 session • $37 + $11 food fee

Bodacious Brunch Buffet
Begin with berry, white chocolate scones and fruit salad; followed by crab cakes with vegetables, herbs and spices, breaded and sautéed to perfection; meat and cheese quiche in pastry crust; and eggs Benedict with velvety hollandaise sauce. Wrap up with French toast made with croissants and served with pure maple syrup. This class is mostly demonstration.

Harding HS • J. Sandino • #3446SEA
Wed Apr 29 • 6:00-9:00p • 1 session • $36

Chateaubriand
Start with autumn salad tossed with Granny Smith apples, candied walnuts, feta cheese and dried cranberries in a raspberry vinaigrette. Next, “chateaubriand” beef tenderloin seared, roasted and served with bordelaise, béarnaise and pepper sauce. Pair with potatoes au gratin, tomatoes Provençal and lemon asparagus. Finish with crème caramel. This class is mostly demonstration.

Harding HS • J. Sandino • #3441WEA
Wed Jan 29 • 6:00-9:00p • 1 session • $36
Culinary

Register online at www.commed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.

Dumplings to Die For
Make terrifically tasty pot stickers, momo-shaped water dumplings and shrimp-and-bamboo har gow, and learn how to create your own pork, shrimp and chicken fillings. Bring your chef’s knife and a small box for taking home any dumplings you do not eat in class.

1780 West 7th • J. Grover • #3397WEA
Tue Feb 11 • 6:00-9:00p • 1 session • $37 + $12 food fee

Must-Have Momos
Momos are savory Nepali dumplings, rich with Himalayan flavor. Make four momos and a mouth-watering sauce, and leave class with the skills to recreate your dish at home.

Harding HS • I. Rajak • #3439SEA
Wed May 6 • 6:30-8:30p • 1 session • $33 + $10 food fee

Himalayan Snacks & Chai Tea
Do people up in the mountains eat yeti meat for snacks? No, but they do enjoy unique eats! Make aloo dum, pakoda, nimki, chatpatey and chai tea, sure to become your new go-to menu items for get-togethers.

1780 West 7th • I. Rajak • #3425WEA
Tue Jan 28 • 6:30-8:30p • 1 session • $32 + $12 food fee

Homemade Egg Rolls & Samosas
Restaurant-quality egg rolls and samosas can be made right in your own kitchen. These appetizers are jammed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class.

Harding HS • M. Ponds • #3416WEA
Wed Mar 18 • 6:30-8:30p • 1 session • $36 + $20 food fee

Seasonal Vegetable Curry
Winter is here, and there’s nothing better than warm, hearty comfort food to beat the winter blues. Making vegetable curry with seasonal veggies and rice is easier than you think and a must for your winter recipe collection. Master the skills necessary to recreate at home, adding your own twist.

1780 West 7th • I. Rajak • #3459WEA
Mon Jan 27 • 12:30-2:30p • 1 session • $36 + $12 food fee

Easy Ethiopian/Eritrean Cooking
Ethiopian food is light, healthy and flavorful, ranging from very spicy to very mild. It can be addictive both in cooking it as much as eating it. Discover new cooking techniques, exotic spices, and ways to easily pair them with your daily ingredients like beans, lentils, vegetables and meat, sautéed with flavored butter, ghee and healthy oils.

Harding HS • M. Ponds • 1 session • $36 + $20 food fee
Wed Feb 5 • 6:30-8:30p • #3408WEA
Wed May 20 • 6:30-8:30p • #3408SEB

Easy Ethiopian/Eritrean Cooking: Vegetarian
Ethiopian food is light, healthy and flavorful, ranging from very spicy to very mild. It can be addictive both in cooking it as much as eating it. Discover new cooking techniques and exotic spices, and ways to easily pair them with vegetarian ingredients like beans, lentils and vegetables.

Harding HS • M. Ponds • 1 session • $36 + $20 food fee
Wed Mar 4 • 6:30-8:30p • #3408WEB
Wed Apr 22 • 6:30-8:30p • #3408SEB

Fabulous Fish Dishes
To start, mixed greens salad with creamy garlic dressing. Grill fresh tuna steaks with Mediterranean relish and pasta primavera; baked Atlantic salmon, butter sauce, pasta veggie combo with Parmesan cheese; and walleye, breaded, pan-fried, tartar sauce, with mashed potatoes and green beans. Lastly, Key lime pie with whipped cream. This class is mostly demonstration.

Harding HS • J. Sandino • #3443WEA
Wed Mar 25 • 6:00-9:00p • 1 session • $36

= Daytime Class

Register online at www.commed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.
**The Art of Sushi**
Create this Japanese delicacy yourself. Learn to make sushi rice, "nigiri-sushi" (hand-molded rice) topped with shrimp, unagi, and ahi tuna. Prepare "maki-sushi," using bamboo mats to roll rice with fillings in Nori (seaweed sheets). Accompaniments include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce. This class is mostly demonstration.

**Harding HS • J. Sandino • #3447SEA**  
**Wed May 13 • 6:00-9:00p • 1 session • $36**

---

**Irish Dinner**
Get the scoop on Irish food plus historical notes on St. Patrick’s Day, and then swing into an extensive menu of terrific Irish fare. Menu includes smoke fish pate; braised beef; braised pork tenderloin; colcannon; cabbage with bacon; Irish soda bread; and splendid jam cake. Take home all recipes!

**Harding HS • L. Severson • #3327WEA**  
**Wed Mar 11 • 6:00-9:00p • 1 session • $42 + $15 food fee**

---

**Classic Italian Cuisine**  
Begin with garden greens, fresh veggies, pan-fried prosciutto, and Gorgonzola cheese in a vinaigrette. Next, “Chicken Parmigiana,” breaded chicken, prosciutto ham, provolone cheese and marinara sauce. Add “Macaroni Rosa,” vegetables, pasta and marinara sauce with cream. Finish with cheesecake with chocolate, caramel and raspberry sauces. This class is mostly demonstration.

**Harding HS • J. Sandino • #3432WEA**  
**Wed Feb 19 • 6:00-9:00p • 1 session • $36**

---

**Nepalese-Style Chicken Curry**  
Curious about curry? Want to make curries spiced to your taste from your own kitchen? It’s not as time-consuming as you think! Master cooking chicken and vegetable curry; learn about the spices used and their health benefits, and how to add your own twist. Enjoy your creations with rice at the end of class.

**Harding HS • I. Rajak • #3424SEA**  
**Wed Apr 15 • 6:30-8:30p • 1 session • $36 + $15 food fee**

---

**Nepali Thali**  
Back by popular demand! Thali is a combination of various Nepalese cuisines served on a platter. Put together a flavorful, healthy and hearty “Nepalese Thali” like a Nepali would, full of a curry, aloo bodi tama, chutney, rice and sautéed spinach. Learn the art of “spicing” so you can experiment at home.

**1780 West 7th • I. Rajak • #3426SEA**  
**Tue May 26 • 6:30-8:30p • 1 session • $36 + $15 food fee**

---

**Traditional Southern Cooking**  
Southern cuisine is a medley of flavors born out of a variety of cultural influences. Join us in creating a memorable southern meal including crab dip, traditional cheese straws, gumbo, jambalaya, red beans and rice, buttermilk biscuits, cheese grits, pecan praline candy and traditional bread pudding.

**1780 West 7th • L. Severson • #3323WEA**  
**Tue Feb 18 • 6:00-9:00p • 1 session • $42 + $15 food fee**

---

**Tantalizing Thai Cuisine**  
Begin with Vietnamese summer rolls with hoisin and peanut sauce. Next, spring rolls with pork, shrimp and glass noodles in rice paper fried to perfection with nuoc cham sauce. Make Pad Thai; rice noodles using shrimp, eggs, chilies, garlic, basil, scallions, bean sprouts, sesame oil, lemon and crushed red pepper flakes. Lastly, Thai lime custard with whipped cream. This class is mostly demonstration.

**Harding HS • J. Sandino • #3415SEA**  
**Wed Apr 8 • 6:00-9:00p • 1 session • $36**

---

**Basic Cake Decorating**  
Become your own cake boss! Decorate an 8-inch celebration cake to take home, and gain skills in shell borders, writing, and star fill work. Optional: There will also be starter kits available to take home for an additional $10.

**Como Park HS • D. Hirte • #3380WEA**  
**Tue Jan 21 • 6:00-8:00p • 1 session • $27 + $10 supply fee**
Russian Cake Decorating Tips
Try an easier way to create flowers by using the Russian cake decorating tips. Take home 12 decorated cupcakes using this new technique to keep for yourself or share with family and friends.
1780 West 7th • D. Hirte • #3392SEA
Tue Apr 7 • 6:00-8:00p • 1 session • $27 + $10 food fee

Desserts for One or Two
Make mini desserts perfectly sized for individuals and/or couples! Satisfy that sweet tooth with mini pineapple upside down cakes, mini cheesecakes, baby Bundt cakes and cookie dough. These desserts can all be made ahead and frozen to be ready for a later date.
1780 West 7th • D. Hirte • #3460WEA
Mon Mar 23 • 12:30-2:30p • 1 session • $32 + $12 supply fee

Chocolate Making
Chocolate; friend or foe? Discover interesting facts about chocolate and your health and hand make your own to take home.
1780 West 7th • I. Rajak • #3341SEA
Mon Apr 20 • 12:30-2:30p • 1 session • $33 + $12 food fee

Making Better Coffee at Home
Wishing you could brew café-quality coffee in your own kitchen? Work alongside accredited trainers from the Specialty Coffee Association to learn the basics of coffee extraction, hand-brewing techniques and palate development. Go home with a bag of coffee!
True Stone Coffee Roasters, 755 Prior Ave N., #113, 55104
Tue Feb 11 • 6:00-9:00p • 1 session • $49 • #3458WEA

The Art of Espresso
Crafting espresso is an elusive and delicate art. Our Specialty Coffee Association-accredited trainers will reveal the secrets behind operating an espresso machine and grinder, producing café-quality drinks and even pouring latte art. No experience necessary. Go home with a bag of coffee!
True Stone Coffee Roasters, 755 Prior Ave N., #113, 55104
Tue Feb 18 • 6:00-9:00p • 1 session • $49 • #3457WEA

BYOB: Brew Your Own Beer!
Ages 21 and up. Brew your own beer with the professionals at Vine Park Brewing. Learn all about the brewing process and work together as a class to brew six different kinds of beer. Return on the second date of class to bottle and label your beer and take home two cases of your assorted brews.
Vine Park Brewing Co., 1254 7th St. W., 55102
Thu Mar 5/19 • 7:00-9:00p • 2 sessions • $85 • #3430WEA

Winemaking Wednesday
Ages 21 and up. Winemaking is an art, a science and a lot of fun. Learn all about the wine-making process from the professionals at Vine Park Brewing. Work together as a class on night one to create four different wine varieties. Return six weeks later to bottle, cork and label your wine, leaving with a case of your assorted varieties to take home.
Vine Park Brewing Co., 1254 7th St. W., 55102
Wed Jan 29/Mar 4 • 7:30-8:30p • 2 sessions • $65 • #3428WEA

Like our NEW Facebook Page!
www.facebook.com/SPPSCommEd

Register online at www.commed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.

Sorry, no same-day or walk-ins
We cannot accommodate same-day or walk-in registrations. Registration and payment must be received at least 24 hours before the start of class.
Instant Pot Cooking Series
Classes held at Como Park HS
Take one Instant Pot Class with Kirsten Madaus for $39 each, or more than one for $35 each.
Call the C.E. Office at Harding HS at 651-744-3072 for the discount.

Instant Pot Basics: Intro to the Instant Pot
Thinking about buying an Instant Pot or want to get more comfortable with the one you have? In this introductory class, make three appetizers and discuss incorporating the pressure cooker in your meal planning.
Mon Jan 27 • 6:30-8:00p • 1 session • $39 • #3451WEA

Instant Pot Basics: Cooking from Frozen
Forgot to thaw the package of meat and it's dinner time? No worries! In this class, we'll discuss cooking frozen meats under pressure while we make and eat chicken and wild rice soup.
Mon Feb 10 • 6:30-8:00p • 1 session • $39 • #3452WEA

Instant Pot Basics: All-in-One-Pot Cooking
Use the electric pressure cooker to prepare your entrée and a side vegetable at the same time. Discuss recipes and make and eat turkey and wild rice meatloaf with sweet potatoes.
Mon Feb 24 • 6:30-8:00p • 1 session • $39 • #3453WEA

Instant Pot Basics: Pot-in-Pot Cooking
Delve into pot-in-pot cooking in the electric pressure cooker. We'll make Sous Vide Sausage & Egg Bites, Individual Steel-Cut Oatmeal, and Instant Pot New York-Style Cheesecake.
Mon Mar 9 • 6:30-8:00p • 1 session • $39 • #3454WEA

Bring your kid to the kitchen with these Adult + Child pair classes!
Fee is per one adult and one child pair. Register under the name of the adult attending.

Traditional German Baking: Spring Treats (Adult + Child)
One adult and one child, age 6 and up. Impress your family and friends with some classic German baking. Bring along your favorite kid baker and bake alongside Native German baker, Katrin Erdmann. Make Osterzopf (traditional braided sweet bread) and other spring cookies and treats.
Germanic-American Institute, 301 Summit Ave., 55102
Sun Apr 5 • 1:00-4:00p • 1 session • $36 + $10 food fee #3456SEA

Unicorn Cake Decorating (Adult + Child)
One adult and one child, age 6 and up. Channel your inner unicorn. Work together with your youngster using 6-inch cakes, buttercream frosting and several decorating tips to create your very own magical unicorn cake to take home.
1780 West 7th • D. Hirte • #3413SEA
Tue May 19 • 6:00-8:00p • 1 session • $27 + $12 food fee

Must-Have Momos (Adult + Child)
One adult and one child, age 6 and up. Momos are savory Nepali dumplings, rich with Himalayan flavor and easy enough for the whole family to make! You and your favorite kid chef will make four momos and a mouth-watering sauce, and leave class with the skills to recreate your dish at home.
Harding HS • I. Rajak • #3423SEA
Wed May 27 • 6:00-8:00p • 1 session • $31 + $10 food fee

May Day Cookie Bouquet (Adult + Child)
One adult and one child, age 6 and up. Team up with your favorite youngster and create a delicious spring cookie bouquet. Working together, decorate cookies on sticks and arrange them in a basket to share with family and friends.
1780 West 7th • D. Hirte • #3390SEA
Tue Apr 28 • 6:00-8:00p • 1 session • $27 + $12 food fee
Driver Safety Courses 55+

For motorists 55 years of age and older. Explore changes in traffic laws and traffic safety, the latest vehicle technology, and easy-to-use defensive driving and accident-prevention tips. Completion of these courses will produce a 10% decrease in your car insurance. The 8-hour course is required for first-time students; the 4-hour refresher is required every three years thereafter. All classes are taught by the Minnesota Highway Safety & Research Center. Certificates are issued at the end of class.

**8-Hour Courses**

Wheellok Early Learning Center • #5625WEA
1521 Edgerton St., 55130
Mon-Tue Jan 13-14 • 9:00a-1:00p • 2 sessions • $26

Central HS • #5625WEA
Sat Feb 29 • 8:00a-12:00p • 2 sessions • $26

Grace Lutheran Church • #5625SEA
1730 Old Hudson Rd., 55106
Tue-Wed Apr 14-15 • 9:00a-1:00p • 2 sessions • $26

**4-Hour Refresher Courses**

North Dale Rec • #5626WEA
Wed Jan 8 • 12:00-4:00p • 1 session • $22

Grace Lutheran Church • #5626WEB
1730 Old Hudson Rd., 55106
Tue Feb 4 • 12:00-4:00p • 1 session • $22

East Side Learning Hub • #5626WEC
@ Harding HS, 1526 E. Sixth St., 55106
Sat Feb 22 • 8:30a-12:30p • 1 session • $22

1780 West 7th • #5626WED
Mon Mar 16 • 9:00a-1:00p • 1 session • $22

Rondo Community Outreach Library • #5626SEA
Wed Apr 22 • 12:00-4:00p • 1 session • $22

1780 West 7th • #5626SEB
Tue Jun 2 • 5:00-9:00p • 1 session • $22

**Registration**

Phone: 651-744-3072
Mail: C.E. Office at Harding HS
East Side Learning Hub @ Harding Senior High School
1526 E. Sixth St.
St. Paul, MN 55106

> Additional registration information on page 66.

**Pay at Registration**

Payment for your class is due when you register. Your spot in class will not be reserved until it is paid for in full.

If a class you want is full, we will do our best to help you find an alternative or add you to a waitlist. If a space opens, we will let you know. If it doesn’t work out, we always have more classes, so please try again next season!
## CLASSES AND LOCATIONS CHART

ECFE offers parents hands-on learning experiences that nourish a lifetime of teachable moments. Together, parents and children, newborn to kindergarten age, participate in activities and experiences that foster children’s social, emotional, cognitive, physical, and language skills. This chart summarizes our classes by locations.

### AGE-SPECIFIC CLASSES

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Location 1</th>
<th>Location 2</th>
<th>Location 3</th>
<th>Location 4</th>
<th>Location 5</th>
<th>Location 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Days/Week for 3 Year Olds (Mon/Wed or Tue/Thu)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Infants</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Toddlers</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Age-Specific between Birth through 3 Years</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Birth to K Classes</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Evening Classes Birth to K</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
</tbody>
</table>

### COMMUNITY SPECIFIC CLASSES

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Location 1</th>
<th>Location 2</th>
<th>Location 3</th>
<th>Location 4</th>
<th>Location 5</th>
<th>Location 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American Families (FREE)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>American-Indian Families (FREE)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Dads</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Hmoob / Hmong Speaking Families (FREE)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>ᱨᏏᎠᏣ / Karen Speaking Families (FREE)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Somaalii / Somali Speaking Families (FREE)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Español / Spanish Speaking Families (FREE)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Parenting Across Cultures</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Parenting Across Generations (Kinship Parenting)</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
<td>✗</td>
</tr>
</tbody>
</table>

### FAMILY LITERACY (PARENTS & CHILDREN TOGETHER)

Family Literacy includes Early Childhood Education, English Language Learning (ELL) classes and parent education for families. Parents must be between levels 0 and 6 on the Comprehensive Adult Student Assessment System (CASAS). Families attend three days a week with their children who are birth to kindergarten. Limited transportation is available.

- Sign up online
- Staff will call you to finalize your registration.
- You must be able to attend all three days.

Full listing of classes and fees available online at www.spps.org/ecfe.
Family Programs

Pre-K Screening for Kids Ages 3, 4 or 5 Years

EARLY CHILDHOOD SCREENING

Make a FREE appointment and receive crucial information about your child’s health and development!

Evalúe a su niño a los 3 años. • Caafimaadka cunugaaga halagu baadho 3 sano jir. • Cøj køj tus me nyuam mus soj ntsuam thaum nws muaj 3 xyoo. • ຊະການປະກວດcriptor ສາມາດຈັດຂັບຂ້າງ

For more information, call 651-632-3746

Pre-Kinder Garten: Preparing Children for School Success

Pre-Kindergarten program is offered at most Saint Paul Public Elementary Schools. Full day schedules are offered at some locations. Select schools also offer the program in Español, Hmoob or French. Children must be age four by September 1st and live in Saint Paul.

For more information, call 651-793-5430 or visit spps.org/prek
Fitness & Dance

FITNESS

All Around Fitness
Explore exercise techniques for older adults, including strength training, cardiovascular conditioning, balance and flexibility. Work at your own pace and receive personal attention from a trained instructor. **No class Mar. 3.**

Battle Creek Rec • J. Campbell
Tue/Thu Jan 28 • 9:15-10:15a • 17 sessions • $60 • #5150WSA
Tue/Thu Apr 7 • 9:15-10:15a • 16 sessions • $56 • #5150SSA

Dynamic Rolling
Interested in upping your fitness game? Add a few tricks to your bag to strengthen your core through dynamic rolling. Forward and backward rolls are used in martial arts to dissipate energy of an attack without injury. Rolling also helps to train great core strength, a finer sense of balance and agility, and moving from your center.

The Center for Mind-Body Oneness • #5538WCA
550 Vandalia St., Studio 203, 55114
Mon Feb 3 • 7:15-8:30p • 4 sessions • $35

Introduction to Kettlebells
Learn how to train with kettlebells and get in the best shape of your life! Participants must be healthy enough to exercise and have obtained all necessary medical clearance. Workouts can be scaled to ability.

Friday Strength, 666 Transfer Rd., 55114 • F. Friday
Tue Jan 28 • 6:30-7:15p • 5 sessions • $69 • #5348WCA
Tue Apr 7 • 6:30-7:15p • 5 sessions • $69 • #5348SCA

Major Bounce
Dance cardio format paired with high-energy hip-hop dance steps. Recommended to do barefoot or with yoga socks for wider range of motion. Grab your yoga mat and join us. Be prepared to sweat!

Oxford Community Center • Major Body Fitness
Wed Jan 29 • 6:00-7:00p • 5 sessions • $54 • #5903WCA
Wed Apr 8 • 6:00-7:00p • 5 sessions • $54 • #5903SCA

Major Power
If you have always wanted to try CrossFit but are intimidated by the gym or equipment needed, this is the class for you! Work small muscles as well as exhaust the large muscle groups to design and create the best physique possible for you. Bring a mat, towel, water and be ready to sweat!

Oxford Community Center • Major Body Fitness
Sat Feb 1 • 10:00-11:00a • 5 sessions • $54 • #5901WCA
Mon Apr 6 • 6:00-7:00p • 5 sessions • $54 • #5901SCA
Sat Apr 11 10:00-11:00a • 5 sessions • $54 • #5901SCB

OUŁA®
OUŁA® is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OUŁA® is Dancemania for the Soul. **No class Feb. 17, May 13, 23.**

Central HS • N. Halverson
Mon Jan 27 • 6:00-7:00p • 7 sessions • $56 • #53502WCA
Mon Apr 6 • 6:00-7:00p • 7 sessions • $56 • #5350SCA

Central HS • N. Cassavant
Wed Jan 29 • 6:00-7:00p • 7 sessions • $56 • #5350WCA
Sat Feb 1 • 9:00-10:00a • 7 sessions • $56 • #5350WCW
Wed Apr 8 • 6:00-7:00p • 7 sessions • $56 • #5350SCB
Sat Apr 11 • 9:00-10:00a • 7 sessions • $56 • #5350SBC

Oula One
Oula One is a heart-based, musically-inspired yoga dance fusion class. Completely choreographed to beautiful music, you will journey through spinal warming and activation, balancing and strengthening, core work, stretching and relaxation. Through breath and heart opening movements and music, you will feel the stress and stuck emotions leave your body, as you become grounded in your sense of self and oneness. **No class Feb. 17, May 13.**

Central HS • N. Halverson
Mon Jan 27 • 7:05-8:00p • 7 sessions • $56 • #5352WCA
Mon Apr 6 • 7:05-8:00p • 6 sessions • $48 • #5352SCA

Central HS • N. Cassavant
Wed Jan 29 • 7:05-8:00p • 7 sessions • $56 • #5352WCA
Wed Apr 8 • 7:05-8:00p • 7 sessions • $56 • #5352SCB

Registration
Phone: 651-744-5094
Mail: C.E. Office at Central HS
Central Senior High School
275 N. Lexington Pkwy.
St. Paul, MN 55104

Additional registration information on page 66.

= Daytime Class
Beginning Pilates-Based Mat Exercise
Condition and tone your body with Pilates! Controlled mat exercises create strength, stability and suppleness in the spine while improving abdominal and back strength, posture and balance. Pilates provides stress reduction while enhancing injury prevention. Bring a blanket and a mat. No class Apr. 23.

Highland Park MS • J. Dregni
Thu Jan 30 • 6:30-7:30p • 6 sessions • $60 • #5690WCA
Thu Apr 9 • 6:30-7:30p • 4 sessions • $40 • #5690SCB

Ramsey MS • A. Thompson
Wed Apr 8 • 6:00-7:00p • 6 sessions • $60 • #5690SCA

Barre/Pilates
Barre/Pilates is a mixture of Pilates mat abdominal work and barre standing leg and arm work. Barre is a challenging full-body workout that uses repetition and balance to engage and strengthen muscles. Bring a mat, and 2lb-5lb hand weights are recommended.

Ramsey MS • A. Thompson
Wed Apr 8 • 7:15-8:15p • 6 sessions • $60 • #5691SCA

Tabata
Jump-start your metabolism in this high-intensity training workout! Tabata is a challenging and fun way to burn fat while toning muscles. Enjoy intense burst interval training that will consist of cardio and balance exercises. Bring 2lb-10lb hand weights and a yoga mat. No class Feb. 17.

Como Park ES • S. Peltier
Mon Jan 27 • 6:20-7:20p • 8 sessions • $56 • #5180WCA
Wed Jan 29 • 6:20-7:20p • 8 sessions • $56 • #5180WCB
Mon Apr 6 • 6:20-7:20p • 7 sessions • $49 • #5180SCA
Wed Apr 8 • 6:20-7:20p • 7 sessions • $49 • #5180SCB

T'ai Chi Chih
T'ai Chi Chih is a series of slow movements that form a moving meditation. The movements work to circulate chi (energy) throughout the body for health and well-being. Benefits can include stress reduction, improved balance, a better immune system and increased calmness. Wear comfortable layered clothing. No class Feb. 17.

Creative Arts SS • E. Hanson-Florin
Mon Jan 27 • 6:00-7:00p • 8 sessions • $70 • #5665WCA
Mon Apr 6 • 6:00-7:00p • 8 sessions • $70 • #5665SCA

Water Exercise classes
See Aquatics, page 46.

T'ai Chi Ch’uan
T’ai Chi Ch’uan offers significant health benefits including low-impact exercise, relaxation, stress-management, flexibility, serenity and balance. Each class consists of three segments: standing Chi Kung, seated Chi Kung, and the practice of T’ai Chi forms. No class May 23, 25.

Ramsey MS • Laughing Waters T’ai Chi Club
Mon Jan 27 • 6:30-8:00p • 8 sessions • $68 • #5660WCA
Sat Feb 1 • 8:30-10:00a • 8 sessions • $68 • #5660WCB
Mon Apr 6 • 6:30-8:00p • 8 sessions • $68 • #5660SCA
Sat Apr 11 • 8:30-10:00a • 7 sessions • $60 • #5660SCB

T3: Tummy, Tushes & Thighs
Tighten and tone your tummy, tush and thighs with aerobics focused on those hard-to-reach muscle groups. Bring an exercise mat or a towel and a 10”-12” playground ball. Canceled classes will not be rescheduled. No class Feb. 17.

Como Park ES • S. Peltier
Mon Jan 27 • 5:30-6:15p • 8 sessions • $56 • #5330WCA
Wed Jan 29 • 5:30-6:15p • 8 sessions • $56 • #5330WCB
Mon Apr 6 • 5:30-6:15p • 7 sessions • $49 • #5330SCA
Wed Apr 8 • 5:30-6:15p • 7 sessions • $49 • #5330SCB

Zumba!
Zumba fitness is exercise in disguise! Hypnotic Latin rhythms fused with easy-to-follow dance moves create an interval-style, calorie-burning dance fitness party. No dance experience necessary. No class Mar. 12, Apr. 23.

Highland Park MS • A. Michaud
Thu Feb 6 • 6:30-7:30p • 7 sessions • $63 • #5300WCA
Thu Apr 9 • 6:30-7:30p • 6 sessions • $54 • #5300SCA

Zumba Gold
All the feel-good fun but modified for the active senior, this low- to no-impact (no jumping) workout mixes Latin dance steps with international rhythms. Enhance your daily life by building stamina, and improving balance, posture, muscle tone and range of motion.

Wheelock Early Learning Center, 1521 Edgerton St., 55130
C. Vickerman
Mon Mar 2 • 1:15-2:00p • 4 sessions • $28 • #5892WCA
Mon Apr 6 • 1:15-2:00p • 5 sessions • $35 • #5892SCA

Water Exercise classes
See Aquatics, page 46.
I'm on a waitlist...now what?  
If a class you want is full, we will do our best to help you find an alternative or add you to a waitlist. If a space opens, we will let you know. If it doesn't work out, we always have more classes, so please try again next season!

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Description</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Registration Code</th>
</tr>
</thead>
</table>
| **Beginning/Advanced Beginning Hatha Yoga** | Recognize your physical and mental potential through yoga! This class focuses on the basic principles of Iyengar yoga. Bring two blankets and a yoga mat. Wear loose clothing and keep perfume/scented lotion usage to a minimum. Canceled classes will not be rescheduled. Both introductory and continuing students are welcome. No class May 23. | Ramsey MS • J. Laine | Sat Feb 1 8:00-9:00a 8 sessions $76 #5874WCA  
Sat Apr 11 8:00-9:00a 7 sessions $67 #5874SCA | **Advanced Beginning Hatha Yoga** | Continue your Iyengar yoga journey with this follow up to Beginning/Advanced Beginning Hatha Yoga with more physically demanding and complex poses. Bring two blankets, a yoga mat and belt. Wear loose clothing and please keep perfume/scented lotion usage to a minimum. Canceled classes will not be rescheduled. No class Feb. 25, Mar. 3. | Ramsey MS • J. Laine | Tue Jan 28 6:00-7:15p 7 sessions $70 #5876WCA  
Tue Apr 7 6:00-7:15p 7 sessions $70 #5876SCA | **Intermediate Gentle Hatha Yoga** | For students who have completed Advanced Beginning Hatha Yoga classes and are looking to continue challenging their Iyengar yoga practice. Bring a yoga mat, belt and three blankets. Wear loose clothing and please keep perfume/scented lotion usage to a minimum. Canceled classes will not be rescheduled. | Ramsey MS • J. Laine | Wed Feb 5 6:00-7:15p 8 sessions $80 #5879WCA  
Wed Apr 8 6:00-7:15p 8 sessions $80 #5879SCA | **Intermediate Hatha Yoga** | For students who have completed Beginning and Advanced Beginning Yoga classes and are looking to continue challenging their Iyengar yoga practice. Bring a yoga mat, belt and three blankets. Wear loose clothing and please keep perfume/scented lotion usage to a minimum. Canceled classes will not be rescheduled. **No class Feb. 25, Mar. 3.** | Ramsey MS • J. Laine | Tue Jan 28 7:20-8:55p 7 sessions $74 #5877WCA  
Wed Jan 29 7:35-9:00p 9 sessions $95 #5877WCB  
Sat Feb 1 9:05-10:35a 8 sessions $84 #5877WCC  
Tue Apr 7 7:20-8:55p 8 sessions $84 #5877SCA  
Wed Apr 8 7:20-8:55p 8 sessions $84 #5877SCB  
Sat Apr 11 9:05-10:35a 7 sessions $74 #5877SCC | **Yoga for Anxiety** | Learn to shift your state from anxious to peaceful! Explore adapted movement, breathing techniques, visualization and simple sounds to help focus the mind. Bring a yoga mat or a blanket, plus a towel for props. Consultation with instructor before the first class included. | Ramsey MS • #5883SCA | Tue Apr 7 7:15-8:45p 7 sessions $74 | **Yoga for Arthritis** | Learn easy techniques to address inflammation and pain management, and maintain strength and range of motion. Most of class will be in chairs; bring a mat and a blanket or large towel if you are comfortable working on the floor. Pre-class instructor consultation included. No class Feb. 25, Mar. 3. | Ramsey MS • A. McDonough • #5882WCA | Tue Jan 28 7:15-8:45p 7 sessions $74 | **Yoga for Life** | Gentle hatha-based yoga is appropriate for all fitness and yoga levels. Learn basic postures, strength, flexibility, breath awareness and guided relaxation. Bring a yoga mat and water bottle. Wear comfortable clothing and please keep perfume/scented lotion use to a minimum. | Como Park ES • M. S. Ames | Thu Jan 30 6:00-7:00p 6 sessions $64 #5700WCA  
Thu Apr 9 6:00-7:00p 6 sessions $64 #5700SCA | **Meditation Basics & Kundalini Yoga** | Explore elements of yoga and meditation as taught by Yogi Bhajan. Each class will include yoga exercises to prepare the body for meditation, relaxation to calm the nervous system and one or more meditations. A variety of meditation techniques will be shared. Wear comfortable clothes and bring water. | RiverGarden Yoga Center, 455 West 7th St., 55102 • J. Paxton | Wed Apr 8 7:00-8:15p 6 sessions $60 #5880SCA |
**DANCE**

**Belly Dance**
Belly dancing is an ancient art form that is a fun and exciting way to express yourself and get a great workout at the same time. Learn dance techniques, rhythms and music of the Mideast.

*Como Park ES • A. Roque*
Thu Jan 30 • 5:45-6:45p • 6 sessions • $54 • #3515WCA  
Thu Apr 9 • 5:45-6:45p • 5 sessions • $45 • #3515SCA

**Fox-Trot & Waltz**
Designed for newcomers to smooth dances. Learn lead-follow techniques, dance etiquette, partnering skills and more! No partner necessary.

*Ramsey MS • S. Butler • #3707WCA*
Tue Mar 10 • 7:00-7:55p • 3 sessions • $28

**Latin Nightclub Dances**
Dance to the rhythm of Salsa, Bachata Merengue and Cumbia with Dance Love Studio! No partner necessary. All skill levels welcome! No class Feb. 17, May 25.

*Ramsey MS • H. Esparza*
Mon Jan 27 • 7:05 -8:35p • 8 sessions • $68 • #3611WCA  
Mon Apr 6 • 7:05 -8:35p • 8 sessions • $68 • #3611SCA

**Swing 1**
Designed for newcomers. Learn 6-count Swing with some fun moves and technique to dance to a variety of Swing music. No dance experience or partner necessary.

*Ramsey MS • S. Butler*
Tue Mar 10 • 8:00-8:55p • 3 sessions • $28 • #3704WCA  
Tue Apr 28 • 8:00-8:55p • 5 sessions • $47 • #3704SCA

**Tappy Hour for Better Health**
Build brainpower, bone mass and balance in this low-impact, high fun-factor class! Offered in partnership with Keane Sense of Rhythm (KSR) and Stratis Health. Tap shoes are fun, but optional. Insta-taps will be available for participant use.

*Central HS • E. Keane*
Tue Jan 28 • 6:00-7:15p • 4 sessions • $45 • #3578WCA  
Tue Apr 7 • 6:00-7:15p • 7 sessions • $79 • #3578SCA

**Advanced Tappy Hour for Better Health**
For the advanced tapper, build brainpower, bone mass and balance in this low-impact, high fun-factor class! Offered in partnership with Keane Sense of Rhythm (KSR) and Stratis Health. Tap shoes are fun, but optional. Insta-taps will be available for participant use.

*Central HS • E. Keane*
Tue Jan 28 • 7:20-8:35p • 4 sessions • $45 • #3579WCA  
Tue Apr 7 • 7:20-8:35p • 7 sessions • $79 • #3579SCA

**Wedding & Social Dances**
Great for newcomers to partner dance who are looking for fun moves and techniques for a variety of social dance situations. Topics covered include merengue, fox-trot, swing, waltz, freestyle tips and more!

*Ramsey MS • S. Butler • #3706SCA*
Tue Apr 28 • 7:00-7:55p • 5 sessions • $48
## Adult Fundamentals of Ballet
An entry-level class for adult students, ages 18 and up, with little or no previous experience. Learn basic feet and arm positions, class etiquette, direction of movements and terminology based on the Russian style of ballet.

**Wed Jan 29 • 6:00-7:00p • 6 sessions • $68 • #3511WCA**

**Wed Apr 8 • 6:00-7:00p • 6 sessions • $68 • #3511SCA**

## Adult Beginning Ballet
Ages 16 and up. For the student who enjoyed ballet as a child or has had six months or more of classical ballet classes.

**Wed Jan 29 • 7:15-8:30p • 6 sessions • $68 • #3512WCA**

**Sat Feb 1 • 9:00-10:15a • 6 sessions • $68 • #3512WCB**

**Wed Apr 8 • 7:15-8:30p • 6 sessions • $68 • #3512SCA**

**Sat Apr 11 • 9:00-10:15a • 6 sessions • $68 • #3512SCB**

## Lifelong Adult Ballet
A gentle ballet class for dancers of all ages, 18-100! For those who have danced ballet at a younger age and are looking for a less-strenuous class that emphasizes smaller movement range.

**Tue Jan 28 • 10:00-11:30a • 6 sessions • $68 • #3513WCA**

**Tue Apr 7 • 10:00-11:30a • 6 sessions • $68 • #3513SCA**

## Ballet for Athletes
Calling all athletes! Cross-train and condition with ballet exercises to add balance, flexibility, stability, coordination and mental focus to your training. Highly recommended for exercisers of all types.

**Fri Feb 7 • 7:00-8:00p • 5 sessions • $56 • #3516WCA**

**Fri Apr 10 • 7:00-8:00p • 5 sessions • $56 • #3516SCA**

---

Interested in teaching a class and working with the community?

Community Education is always looking for talented instructors available during after school hours, evenings and on Saturdays.

We are currently seeking qualified instructors to work with adults and youth in a variety of topics.

For more information, visit [commed.spps.org/employment](http://commed.spps.org/employment)
Abdominal Strengtheners: Core off the Floor
In this workshop, you will learn a series of extremely effective exercises that can quickly strengthen all four layers of abdominal muscles, especially the deepest layer, without stressing your back or neck joints and without having to get on the floor. Don’t waste time with traditional crunches. Learn a different, more effective way to flatten your stomach, reshape your waistline and prevent/relieve lower back discomfort.

Ramsey MS • J. Novak • #5666WCA
Mon Mar 16 • 6:00-7:30p • 1 session • $35

Acupressure Face-Lift
Here’s a face-lift you can do at home. Acupressure is an ancient Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin, increase muscle tone, decrease puffiness and eye bags, and reduce lines and prevent new lines from forming. Learn how to make your skin as healthy as possible from the inside out.

Ramsey MS • J. Novak • #5519SCA
Tue May 5 • 6:00-7:30p • 1 session • $35

Alexander Technique: Move Better, Feel Better
Learn skills to be more comfortable in your body as you explore the history, principles and practices of this 100-year-old technique. Some work will be done on the floor; bring a mat to class.

Highland Park MS • L. Hill • #5547WCA
Thu Feb 6 • 6:45-8:00p • 4 sessions • $59

Beat the Blues: Health Techniques for Depression
Energize your brain and body. Learn ways to activate and stimulate your nervous system, and discover techniques you can use with depression. Teens, ages 14-16, are welcome with a parent.

Ramsey MS • M. Peterson • #5565WCA
Wed Jan 29 • 6:00-8:30p • 1 session • $35

Caring for the Caregiver
Being a caregiver for a loved one can be one of the hardest jobs to do. Learn how to take care of yourself or another who is in the midst of caring for someone.

Central HS • S. Crep • #5546SCA
Sat Apr 11 • 9:00-11:00a • 1 session • $29

Dementia Friends Session
Make St. Paul a dementia-friendly community! Sign up to become a Dementia Friend. Learn about dementia and how you can make a difference for people living with dementia in your personal and professional networks. No prior experience or dementia expertise is necessary. All ages welcome. This class is free, but requires registration.

Carondelet Village, 525 Fairview Ave. S., 55105
ACT on Alzheimer’s
Wed Jan 29 • 1:00-2:00p • 1 session • Free • #6419WCA
Wed Feb 26 • 10:00-11:00a • 1 session • Free • #6419WCB
Wed Apr 22 • 10:00-11:00a • 1 session • Free • #6419SCA

Dementia Friends: Champion Training
Become a Dementia Friends Champion and learn how to lead Dementia Friends information sessions. This training will equip you with the knowledge and activities needed to facilitate a Dementia Friends Information Session with community members.

Carondelet Village, 525 Fairview Ave. S., 55105
ACT on Alzheimer’s
Wed Mar 4 • 2:00-3:30p • 1 session • Free • #5551WCA

Everyday Well-Being Retreat
Short on time? Join us for this two-hour retreat-style class to explore and practice concepts of well-being for busy people who want simple, low-cost things to do at home. Try out movement, breathing, meditation, scents, creativity and nourishing snacks.

Como Park HS • L. Bittner-Eddy/S. Groskreutz • #5559WCA
Tue Feb 4 • 6:30-8:30p • 1 session • $20 + $5 supply fee

Central HS • L. Bittner-Eddy/S. Groskreutz • #5559SCA
Sat Apr 18 • 9:00-11:00a • 1 session • $20 + $5 supply fee
Everyday Well-Being Series
Explore and practice concepts of well-being for busy people who want simple, low-cost things to do at home in this four-session class. Try out movement, breathing, meditation, scents, creativity and nourishing snacks. Take home resources to enjoy.
No class Apr. 23.
Ramsey MS • L. Bittner-Eddy/S. Groskreutz • #5542WCA
Wed Feb 19 • 7:00-8:15p • 4 sessions • $49
Highland Park MS • L. Bittner-Eddy/S. Groskreutz • #5542SCA
Thu Apr 9 • 7:00-8:15p • 4 sessions • $49

Excuse Me, What Did You Say?
Understanding Hearing Loss, Tinnitus & Hearing Aids
Hearing loss and tinnitus can affect our ability to clearly hear the sounds around us and exploring the world of hearing aids can be overwhelming. Learn about the different types of hearing loss, the impact of hearing loss and tinnitus on communication, and hearing aid styles and the technology available. Information on the Telephone Equipment Distribution (TED) Program will also be provided. This course is offered in partnership with Minnesota Academy of Audiology and Minnesota Department of Human Services.
Wheelock Early Learning Center, 1521 Edgerton St., 55130
Minnesota Academy of Audiology • #6415WCA
Wed Mar 4 • 10:00a-12:00p • 1 session • $9

Falling Safely
Over one in four adults over age 65 fall every year. Learn simple strength and balance exercises to move from your center, and train new reflexes for the next time you lose balance.
The Center for Mind-Body Oneness • K. Welge • #5573WCA
550 Vandalia St., Studio 203, 55114
Sun Feb 16 • 3:00-5:00p • 1 session • $25

First Aid
First Aid covers any emergency that does not require the use of CPR. Topics covered in this American Red Cross course include recognition and treatment of heart attacks, strokes, diabetic emergencies and allergic reactions, as well as first aid treatments for wounds, fractures, burns and other common injuries.
Central HS • HeartCert CPR • #5515WCA
Tue Feb 11 • 6:00-9:00p • 1 session • $85

Lay Responder CPR/AED
This CPR/AED class gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies until advanced medical personnel arrive. This American Red Cross course that certifies individuals in CPR/AED for adults, children and infants is nationally recognized and valid for two years.
Central HS • HeartCert CPR • #5512WCA
Mon Feb 10 • 6:00-8:30p • 1 session • $85

Lay Responder CPR/AED with First Aid
Get certified in CPR/AED for adults, children and infants and first aid from the American Red Cross. Learn the skills necessary to recognize and provide basic care for breathing and cardiac emergencies, including the recognition and treatment of strokes, diabetic emergencies and allergic reactions, as well as treatments for wounds, fractures, burns and other common injuries.
Central HS • HeartCert CPR • #5510WCA
Mon-Tue Feb 10-11 • 2 sessions • $120
Mon 6:00-8:30p • Tue 6:00-9:00p

Food as Medicine:
Your Food & Mood Connection
You are what you eat. Learn about foods that impact anxiety, depression, stress and inflammation, as well as principles for healthier eating. Take control of your health and make food choices to balance your mood. Teens, ages 14-16, are welcome with a parent.
Ramsey MS • M. Peterson • #5566SCA
Wed Apr 22 • 6:00-8:30p • 1 session • $35

Register online at commed.spps.org

WINTER/SPRING 2020 ■ 27
Healthcare Safety: You Are Your Own Best Medicine
Did you know medical errors are now estimated to be the third leading cause of death in the U.S.? Learn effective ways to partner with your healthcare team to stay healthy and safe as you navigate within our healthcare systems. Register with a friend/spouse and save! Call the C.E. Office at Central at 651-744-5094 for the discount.

Central HS • Minnesota Alliance for Patient Safety
Wed Mar 25 • 6:30-8:00p • 1 session • $8/person; $12/couple
#5544WCA

Ramsey MS • Minnesota Alliance for Patient Safety
Wed May 6 • 6:30-8:00p • 1 session • $8/person; $12/couple
#5544SCA

Health Rhythms: Drumming for Your Health
Explore the health benefits of recreational drumming and music making through discussion and hands-on practice. No music or drumming experience necessary. Bring a drum if you have one, or instruments will be provided.

Ramsey MS • M. Peterson • #5503SCA
Sat May 16 • 8:00-9:30a • 1 session • $29

Holistic Techniques for Hospice Patients
Discover a variety of ways to manage pain and discomfort for the chronically and terminally ill. Learn about and practice techniques such as guided imagery, breathing, meditation and art that can be helpful in increasing comfort for the patient and the caregiver. (4 CEUs available. This class has been designed to meet the Minnesota Board of Nursing continuing education requirements.)

Central HS • S. Crep • #5540WCA
Sat Feb 15 • 9:00-11:00a • 2 sessions • $45

Laughter Yoga: Laughing for Your Health
Laughter is the best medicine! Through discussion and a variety of laughter exercises, explore the benefits of laughter and its ability to decrease stress and boost mood.

Ramsey MS • M. Peterson • #5504SCA
Sat May 16 • 9:30-11:00a • 1 session • $29

Metabolism Boosters & Busters
Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. Learn 20 simple things you can do every day to boost your metabolism and burn more calories.

Highland MS • J. Novak • #5531SCA
Thu Apr 16 • 6:00-7:30p • 1 session • $35

Natural Sleep Strategies: Beauty Rest for All
Dreaming about sleep? Insomnia, waking in the middle of the night, and poor sleep affects us all. Learn about sleep hygiene and holistic techniques for natural, restful sleep. Teens, ages 14-16, are welcome with a parent.

Ramsey MS • M. Peterson • #5567SCA
Wed Apr 8 • 6:00-8:30p • 1 session • $35

Pet CPR & First Aid
Learn first aid techniques to address common emergencies that can occur with dogs, cats and other pets. You will be trained to notice abnormalities and detect early warning signs in pets and learn essential life-saving techniques for those times when immediate action can make all the difference. Upon successful completion, gain a two-year certification through this Pro Pet Hero course. Please provide email address as class materials will be sent electronically before the first class.

Como Park HS • C. Otto • #5545WCA
Mon Jan 27 • 6:00-8:00p • 2 sessions • $65

Introduction to Psychic Psychology: A Form of Meditation
Explore psychic boundaries. Being alive is to constantly experience dynamic exchanges of energies with those around us. This class will help you to develop awareness and tools so that you can differentiate these energies, which can ultimately help you focus, center and become your true self in your daily interactions.

No class Feb. 17.

1780 West 7th • S. Remke • #5575WCA
Mon Feb 3 • 12:00-1:30p • 6 sessions • $69

Ramsey MS • S. Remke • #5575SCA
Mon Apr 6 • 6:00-7:30p • 6 sessions • $69
WE ARE HIRING

GROUP ASSISTANTS

Flexible  No Evenings  No Weekends  $13-$15/Hr.

Saint Paul Public Schools is in search of quality staff for part-time work in our Discovery Club childcare program. Qualifications include a combination of credits/training and hours of experience working with children.

Learn More/Apply: www.bit.ly/2zwd5sG
Questions? Email steve.egbert@spps.org

Advanced Psychic Psychology:
A Form of Meditation
For those who have taken the introduction class, this advanced class will further your exploration of your best self with an innovative meditation system. Explore ways to skillfully interact with your energy and the energy of others – generating kindness, openness and generosity.

Ramsey MS • S. Remke
Mon Feb 3 • 6:00-7:30p • 6 sessions • $69 • #5576WCA
Tue Apr 7 • 6:00-7:30p • 6 sessions • $69 • #5576SCA

Self-Reflection 101
Taking time for yourself, whether to nurture, change direction, or simply understand yourself (your personal gifts and personal desires), doesn’t always happen easily or automatically. Join us for a journey of self-discovery as you find more clarity, focus, and reacquaint yourself with your inner wisdom. Bring a notebook/journal and pen to class.

Highland Park MS • C. Schwebel • #5558WCA
Tue Feb 4 • 6:30-8:00p • 3 sessions • $54
Central HS • C. Schwebel • #5558SCA
Thu Apr 30 • 6:30-8:00p • 3 sessions • $54

Stress Less:
Holistic Skills for Stress Management
Stress affects our entire body from head to toe. Learn about the interaction between brain, body, immune system, and the human stress response cycle. You will be led through the practice of holistic strategies for stress management at home, school or work. Teens, ages 14-16, are welcome with a parent.

Ramsey MS • M. Peterson • #5563WCA
Wed Feb 26 • 6:00-8:30p • 1 session • $35

The Power of Food
Science reveals the food we choose to eat can lead to health or disease. Learn how a whole-food, plant-based diet can prevent, reverse, or treat the leading cause of death and extend life. Sample two foods that support health and receive a copy of Dick Ogren’s Vegan Cookbook with 30 recipes.

Como Park HS • D. Ogren • #5561WCA
Tue Mar 24 • 6:30-8:30p • 1 session • $30

Worry Busters:
Alternative Approaches for Anxiety
Calm your body, mind, and spirit from anxiety and fears. Identify your stressors, understand your body’s responses, and learn holistic mind and body techniques. Teens, ages 14-16, are welcome with a parent.

Ramsey MS • M. Peterson • #5564WCA
Wed Mar 11 • 6:00-8:30p • 1 session • $35

Zero Waste: DIY Personal Care
See Home & Garden, page 32.
Basic Home Repair
Save money by learning how to do some of the most common home repairs yourself. Emphasis on toilets, faucets, tubular drainage and basic electrical. Class is lecture-style and will include instructor demonstrations.
Como Park HS • P. Schwartz
Mon Feb 24 • 6:30-8:30p • 3 sessions • $53 • #6800WEA
Mon May 4 • 6:30-8:30p • 3 sessions • $53 • #6800SEA

Electrical Circuits
Learn to do basic home electrical wiring repairs. We’ll cover the different types of wire, circuit breakers, light switches and wall receptacles and how to replace them; and wire three different types of circuits and learn how to test them.
Como Park HS • P. Schwartz • #6200WEA
Mon Feb 3 • 6:30-9:00p • 2 sessions • $41

Getting to Know Your Car
See Driver Education, page 51.

Woodworking 1
Learn basic woodworking techniques and safety skills while using hand and power tools such as the miter saw, table saw, band saw, router and drill press to build tool totes. Prior experience with woodworking is not necessary for this class.
Saint Paul Tool Library, 755 Prior Ave. N., 55104
Tue Jan 21 • 6:30-8:30p • 4 sessions • $99 + $20 supply fee #6000WEA
Tue May 5 • 6:30-8:30p • 4 sessions • $99 + $20 supply fee #6000SEA

Woodworking 2
Continue developing your woodworking skills by learning to make lap joints, dowel connections and pocket holes as you build a cedar planter box. Power tools used in this class include the miter saw, table saw, jointer, planer and router table. Prerequisite: Woodworking 1 or equivalent skills.
Saint Paul Tool Library, 755 Prior Ave. N., 55104 • #6010SEA
Tue Apr 7 • 6:30-8:30p • 4 sessions • $120 + $25 supply fee

The Art of Woodturning with a Lathe
Woodturning is a dynamic technique that adds a creative spin to woodworking. Learn about the types of lathe tools, different kinds of wood blanks for projects, and shop safety. Class includes instructor demonstrations and the opportunity for students to use the lathe to create a small project. Fee includes supplies. Beginners welcome!
Saint Paul Tool Library, 755 Prior Ave. N., 55104
Wed Feb 5 • 6:30-9:00p • 4 sessions • $70 • #6054WEA
Wed Apr 8 • 6:30-9:00p • 4 sessions • $70 • #6054SEA
**GARDENING**

**Is Beekeeping for You?**
Why are bees so important? Why do bees need our help? What does it take to become a beekeeper (time, cost, education, pros/cons, and other considerations)? Get answers to these and other bee questions and find out if becoming a beekeeper is right for you.

Highland Park MS • J. Sabin • #3196WEA  
Thu Feb 6 • 6:00-9:00p • 1 session • $23

**The Art of Beekeeping**
Whether you wish to create a sustainable future in beekeeping or simply prefer it as a hobby, this three-session workshop will address everything you need to practice the art of beekeeping: getting started, managing honeybees throughout the year, extracting honey and preparing your hives for winter.

Highland Park MS • J. Sabin • #3197WEA  
Thu Feb 13 • 6:00-9:00p • 3 sessions • $49

**Fresh Floral Arrangements: Spring Bouquet**
Welcome in spring by hand making a beautiful bouquet of fresh spring flowers. Learn floral arrangement basics while being guided through the process from start to finish from a local expert. Leave class with a stunning arrangement made by you and the knowledge and skills to create your own beautiful arrangements at home.

Harding HS • J. Vang • #6028WEA  
Wed Mar 25 • 6:30-8:00p • 1 session • $35 + $20 supply fee

**Mother’s Day Bouquet (Adult + Child)**
One adult and one child, age 10-15. Celebrate a special mother figure in your life by hand making her a bouquet of fresh flowers for Mother’s Day, or make it with her! Learn the basics of floral design together while you choose from a selection of seasonal flowers to create your own custom bouquet. Fee is per one adult and one child pair. Register under the name of the adult attending.

Central HS • J. Vang • #6027SEA  
Sat May 9 • 10:00-11:30a • 1 session • $35 + $20 supply fee

**Introduction to Bonsai**
Explore the ancient art of bonsai with a tree of your own to style and take home. The first session we will cover the art, history, science and styles of bonsai, as well as branch placement. The second session covers potting and additional refinement. Fee includes pre-bonsai plant material, pot, soil and wire. Bring tight-fitting plastic or latex gloves.

Harding HS • L. Flood • #6008SEA  
Wed Apr 22 • 7:00-9:00p • 2 sessions • $29 + $40 supply fee

**Bonsai 2: How to Prune Your Plant**
For returning bonsai students. Bring in your original tree or plant and learn additional trimming and wiring techniques to improve your tree or plant’s shape. Tools will be available to use and additional wire available for purchase. There should not be any repotting. Prerequisite: Introduction to Bonsai.

Harding HS • L. Flood • #6017SEA  
Wed May 27 • 7:00-9:00p • 1 session • $50

**Plant Parenthood**
Looking to add some literal life to your home? Walk through how to care for various houseplants and receive some suggestions for plants that are best suited for your lifestyle. Get hands-on experience repotting, and leave class a proud new plant parent with a houseplant to take home.

1780 West 7th • Mother Earth Gardens • #6006WEA  
Tue Feb 18 • 6:00-8:00p • 1 session • $35 + $20 supply fee

**Square Foot Gardening**
Tiny gardens can produce great vegetables! Learn the fundamentals of creating highly productive vegetable gardens in small spaces.

Harding HS • J. Zweber • #6044SEA  
Wed May 6 • 7:00-8:30p • 1 session • $25

**Growing Microgreens**
Microgreens are quick-growing vegetable and herb seedlings that can be grown indoors and used in salads or as a fresh green in many types of dishes during the cold seasons of the year. Learn all about how to grow them and leave class with the materials to start your own microgreen garden at home.

Como Park HS • Ramsey County Master Gardeners • #6029WEA  
Mon Jan 27 • 6:30-8:00p • 1 session • $15

Register online at commed.spps.org
**Pruning Shrubs & Trees**
Woody plants like trees, shrubs and some flowers benefit from regular pruning to encourage healthy growth while avoiding potential problems. Learn the basics of how to care for your woody plants so they thrive this growing season.

1780 West 7th • Ramsey County Master Gardeners • #6030WEA
Tue Feb 11 • 6:30-8:00p • 1 session • $15

**Planting for Pollinators**
Pollinators are critical to a healthy environment and many native species are in jeopardy. Learn what you can do at home to create healthy pollinator habits for native bees and butterflies in your own yard.

1780 West 7th • Ramsey County Master Gardeners • #6031SEA
Tue Apr 21 • 6:30-8:00p • 1 session • $15

**Tap Your Tree: Maple Syrup 101**
Tap into maple syrup, Mother Nature’s superfood! Discover how you can procure the healthiest sweetener Mother Nature provides with trees in your own back yard.

Harding HS • J. Adamski • #6024WEA
Wed Jan 29 • 6:30-8:00p • 1 session • $13

**Zero Waste: DIY Personal Care**
Ditching plastic is hard work, especially in the bathroom. Did you know you can simply make many of your daily personal care items from common household ingredients? Learn to make instead of buy! Join Zero Waste Saint Paul and make and take deodorant, face wash, dry shampoo and tooth powder.

1780 West 7th • Zero Waste Saint Paul • #6062WEA
Tue Feb 4 • 6:00-8:00p • 1 session • $19 + $7 supply fee

**Zero Waste: DIY Household Cleaning Products**
Spring is in the air, but toxic chemicals from your cleaning products shouldn’t be! Join Zero Waste Saint Paul to make and take your own all-purpose spray cleaner, dishwasher powder, dish soap and toilet bowl bombs. Bring a clean spray bottle and three containers to take home your creations.

Harding HS • Zero Waste Saint Paul • #6063WEA
Wed Mar 18 • 6:00-8:00p • 1 session • $19 + $7 supply fee

**Zero Waste: Become a Food Waste Warrior**
Did you know 40% of all food grown in the U.S. is wasted? Learn simple, fun and practical ways to reduce your household's food waste. Participants will track their food waste one week prior to class and will have the option to continue with a four-week online "Food Waste Warrior Challenge group" with weekly drawings and prizes.

Como Park HS • Zero Waste Saint Paul • #6064SEA
Mon Apr 20 • 6:00-8:30p • 1 session • $19

**Zero Waste 101: Simple Hacks to Drastically Reduce Your Trash**
We are in the midst of a trash epidemic; the average American disposes of 4.4 lbs. of trash a day. That’s a lot! Good news, you can make a difference. Join Zero Waste Saint Paul for an evening to learn simple, fun and practical ways to take charge of your household waste. All are welcome, no matter where you are on the waste reduction spectrum.

1780 West 7th • Zero Waste Saint Paul • #6058SEA
Tue May 12 • 6:00-8:30p • 1 session • $19

Come with family or friends and save on these classes offered with Zero Waste Saint Paul!
Register one person for $19, or two or more for $14 each.
Registrations must be done at the same time.
Call the C.E. Office at Harding HS at 651-744-3072 for the discount.
• All supply fees must be paid to instructors on the first day of class.

LANGUAGE

Some language classes have new class titles. If you have participated in our language classes in the past, previous titles are noted in parentheses below the new title.

Unsure which class level to take? If you are new to a subject, or it has been several years since you have studied, we suggest starting with class level 1. Lower-level classes fill faster – if you have experience but are unsure between two levels, register for the lower-level class as there is generally more space available to move up a level than down after the first day. You must be registered for a class in order to move levels after classes have started. Call the C.E. Office at Harding HS with questions at 651-744-3072.

American Sign Language 1 (Adult + Child)
One adult and one child, age 5-15. Explore the world of American Sign Language with a child in your life. Together you’ll learn basic vocabulary and sentence structure so you can better communicate with people who have hearing loss or communication challenges. Fee is per one adult and one child pair. Register under the name of the adult attending. No class Feb. 25, Mar. 3, 12, Apr. 23.
Como Park HS • A. Sweetman
Tue Jan 21 • 6:00-7:00p • 8 sessions • $64 • #4374WEA
Tue Apr 7 • 6:00-7:00p • 8 sessions • $64 • #4374SEA
Highland Park MS • A. Sweetman
Thu Jan 30 • 6:00-7:00p • 7 sessions • $56 • #4374WEB
Thu Apr 9 • 6:00-7:00p • 6 sessions • $48 • #4374SEB

American Sign Language 1
Explore the world of American Sign Language. Learn basic vocabulary and sentence structure to communicate with people who have hearing loss, and enhance communication with infants, toddlers, children and adults with communication challenges. No class Feb. 25, Mar. 3.
Como Park HS • A. Sweetman
Tue Jan 21 • 7:15-8:15p • 8 sessions • $64 • #4370WEA
Tue Apr 7 • 7:15-8:15p • 8 sessions • $64 • #4370SEA

American Sign Language 2
Continue to expand your understanding of American Sign Language. Prerequisite: American Sign Language 1 or equivalent skills. No class Mar. 12.
Highland Park MS • A. Sweetman • #4372WEA
Thu Jan 30 • 7:15-8:15p • 7 sessions • $56

American Sign Language 3
Continue building your ASL skills with vocabulary and grammar instruction, and cultural information provided. Practice in a supportive environment to build your proficiency. Prerequisite: American Sign Language 2 or equivalent skills. No class Apr. 23.
Highland Park MS • A. Sweetman • #4373SEA
Thu Apr 9 • 7:15-8:15p • 6 sessions • $48

French 1
Gain a thorough understanding of the basics of French in a relaxed classroom atmosphere. This beginning class will prepare you to have natural conversations in French. Focus will be on present and future tenses. Vous êtes les bienvenus! No class Feb. 17, May 25.
Ramsey MS • C. Holmes
Mon Jan 27 • 6:00-7:25p • 8 sessions • $64 • #4000WEA
Mon Apr 6 • 6:00-7:25p • 8 sessions • $64 • #4000SEA

French 2
Further develop proficiency in communicating in French by learning new vocabulary and developing grammar structures. Emphasis will be on the past tense. Oral expression is a big part of this class. No class Feb. 17, May 25.
Ramsey MS • C. Holmes
Mon Jan 27 • 7:30-8:55p • 8 sessions • $64 • #4002WEA
Mon Apr 6 • 7:30-8:55p • 8 sessions • $64 • #4002SEA

French 3
Master the art of the French language in this fun immersion experience! Students will focus on more complex sentence structure and work towards fluency. The goal of this class is for students to leave more confident in their French conversational skills. No class Feb. 25, Mar. 3.
Ramsey MS • C. Holmes
Tue Jan 28 • 6:00-7:25p • 7 sessions • $56 • #4005WEA
Tue Apr 7 • 6:00-7:25p • 8 sessions • $64 • #4005SEA

Register online at commed.spps.org
Register online at www.commed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.

**French Conversation**
Vouz aimez parler Français? This intermediate conversation class is conducted entirely in French. A variety of fun discussion topics such as music, food, film, literature and current events will be chosen each week. At least two years of French experience recommended. Venez nombreux! Laissez les bons temps rouler! No class Feb. 25, Mar. 3.

**Italian 1**
Dive into the Italian language and learn basic grammar, pronunciation and vocabulary, along with insights on Italian culture. Please purchase the textbook, *Learn Italian the Fast and Fun Way*, before the first class. No class Feb. 25, Mar. 3.

**German 1**
Sprichst du Deutsch? If you're not sure what that means, this beginning class is for you. Focus on greetings, family, countries, professions, basic grammar and more. The course is specifically designed for students who have no prior German experience and who want a gradual introduction to the language. No class Feb. 17.

**Italian 2**
This class is a continuation of Italian 1 and includes more complex grammar, writing and conversation. Students with previous Italian language experience are also welcome. Ci Vediamo! Please purchase the textbook, *Learn Italian the Fast and Fun Way*, before the first class. No class Feb. 25, Mar. 3.

**German 1 for Travel**
Traveling to a German-speaking country and want to be able to communicate with the locals? Learn about the “Land und Leute” – the land, the people and their customs – in Germany, Austria and Switzerland. Master common and useful German words and phrases, and receive information about sightseeing and tips and tricks for traveling through the German-speaking landscape. No class May 25.

**German for Travel**
Traveling to a German-speaking country and want to be able to communicate with the locals? Learn about the “Land und Leute” – the land, the people and their customs – in Germany, Austria and Switzerland. Master common and useful German words and phrases, and receive information about sightseeing and tips and tricks for traveling through the German-speaking landscape. No class May 25.

**Japanese 1**
(formerly: Beginning Japanese)
Discover the Japanese culture through basic conversation and expression. Please provide an email address as class materials will be sent electronically before the first class. No class Feb. 25, Mar. 3.

**Japanese 2**
(formerly: Intermediate Japanese)
Continue your studies of the Japanese language. Students will concentrate on the use of verbs. Knowledge of the Japanese scripts hiragana and katakana is helpful but not required. Please provide an email address as class materials will be sent electronically before the first class. No class Feb. 25, Mar. 3.
Japanese 3
(formerly: Advanced Japanese)
Ideal for students who have completed Japanese 2, this class will further develop students’ vocabulary and conversational skills.
No class Mar. 12, Apr. 23.
Highland Park MS • T. Shimano
Thu Jan 30 • 6:00-7:30p • 7 sessions • $56 • #4342WEA
Thu Apr 9 • 6:00-7:30p • 6 sessions • $48 • #4342SEA

Japanese Conversation
(formerly: Conversational Japanese)
Explore this open-topic class, focusing on conversational Japanese and Japanese culture. Students must know some hiragana and katakana to read and write. Prerequisite: Japanese 3 or equivalent.
No class Mar. 12, Apr. 23.
Highland Park MS • T. Shimano
Thu Jan 30 • 7:35-9:00p • 7 sessions • $56 • #4343WEA
Thu Apr 9 • 7:35-9:00p • 6 sessions • $48 • #4343SEA

Spanish 1
(formerly: Beginning Spanish 1)
¡Hola! Want to learn Spanish but don’t know where to start? Begin your journey here. Designed for those taking Spanish for the first time or for those who need a refresher, this class will cover basic conversation and the 100 most common used regular verbs.
No class Feb. 4, 17, Apr. 14, May 25.
Ramsey MS • S. Rios
Mon Jan 27 • 6:00-7:25p • 8 sessions • $64 + $10 supply fee #4360WEA
Mon Apr 6 • 6:00-7:25p • 8 sessions • $64 + $10 supply fee #4360SEA
Como Park HS • S. Rios
Tue Jan 14 • 6:00-8:25p • 5 sessions • $64 + $10 supply fee #4360WEB
Tue Apr 7 • 6:00-7:25p • 7 sessions • $56 + $10 supply fee #4360SEB

Spanish 1.5
(formerly: Beginning Spanish 2)
A continuation of Spanish 1, this class is designed for those who have had high school or some college Spanish and would like to work on their sentence writing and conversation. Learn grammatical rules and conjugation of 100 regular and irregular verbs in present, past and future simple tenses.
No class Feb. 17, Apr. 14, May 25.
Ramsey MS • S. Rios
Mon Jan 27 • 7:30-9:00p • 8 sessions • $64 + $10 supply fee #4361WEA
Mon Apr 6 • 7:30-9:00p • 8 sessions • $64 + $10 supply fee #4361SEA
Como Park HS • S. Rios
Tue Apr 7 • 7:30-9:00p • 7 sessions • $56 + $10 supply fee #4361SEB

Spanish 2
(formerly: Intermediate Spanish)
For students who have completed Spanish 1.5 or have a good handle on the simple verb tenses. We will focus on compound progressive tenses, the conjugation of verbs and the writing of sentences.
Ramsey MS • S. Rios
Wed Jan 29 • 6:00-7:25p • 8 sessions • $64 + $10 supply fee #4364WEA
Wed Apr 8 • 6:00-7:25p • 8 sessions • $64 + $10 supply fee #4364SEA

Spanish 3
(formerly: Advanced Spanish)
Immerse yourself in the Spanish language in this intensive class intended for students with the equivalent of at least four years of high school Spanish, some college Spanish or time spent in a Spanish-speaking country. The class will be taught entirely in Spanish to increase fluency, refine conversational skills and review grammar.
Ramsey MS • S. Rios
Wed Jan 29 • 7:30-9:00p • 8 sessions • $64 + $10 supply fee #4365WEA
Wed Apr 8 • 7:30-9:00p • 8 sessions • $64 + $10 supply fee #4365SEA

Spanish for Travel
Are you going to be traveling to a Spanish-speaking country and want to be able to communicate a bit with the natives? Learn how to barter for the best price in the market, order in a restaurant, make a reservation on the phone, and get and understand directions. The class will be fast-paced and fun. No verb charts.
Central HS • B. Lotterman • #4371SEA
Mon Apr 6 • 7:00-8:15p • 5 sessions • $50
A Common Thread: Finding Connections by Writing Your Story
Please join this class for people of diverse cultures to come together to write and tell their stories. Share your experiences in a welcoming environment as you foster connections and strengthen community. Your writing will be guided by prompts and exercises. Bring a journal, a pen and your story!
Rondo Community Outreach Library
P. Blau • #4401SEA
Thu Apr 16 • 6:00-7:30p • 4 sessions • $24

Delighting in Writing
This is a crash course in creative writing for the truly terrified. Explore exercises that eradicate “writer’s block” and energize your inspiration and creativity. Time will be given in class to write and share your work with fellow students.
1780 West 7th • J. Fenn • #4380WEA
Tue Feb 4 • 7:00-9:00p • 3 sessions • $47

Exploring the Art of Personal Writing
Writing is an important, accessible art form and the awareness that comes with it expands the creative process. This class will explore various writing genres from journals to letters, memoir to poetry, and essay to fiction to help you discover your distinctive voice and style. Bring a journal, your favorite pen and your imagination.
Ramsey MS • P. Blau • #4400SEA
Mon Apr 13 • 7:00-8:30p • 5 sessions • $57

How to Write Your Family History Book
Learn how to create a family history book you can be proud of! Students will explore their personal history though family group sheets, pedigree charts, maps, indexes, narratives and more.
Como Park HS • M. Moen
Mon Mar 9 • 7:00-9:00p • 1 session • $30 • #4051WEA
Mon May 11 • 7:00-9:00p • 1 session • $30 • #4051SEA

How to Write, Publish & Sell Your Ebook
The ebook phenomenon is good news for authors and publishers. They are easier to produce and can be more profitable than print books. Authors are able to publish their work, make it visible to a worldwide audience, and attract the attention of an agent or traditional publisher. Learn about ebook royalty rates, costs, formats, promotion, worldwide sales, and new tools on how to convert your manuscript into an ebook. Supply fee includes a step-by-step guide on how to turn your manuscript into an ebook and the many ways to sell it.
Ramsey MS • S. Smith • #4510WEA
Wed Mar 11 • 6:30-8:30p • 1 session • $35 + $6 supply fee

Congratulations, You Have Written a Book. Now What?
A revolution has taken place in the publishing industry. Self-publishers are now able to produce finished, professional-quality books at a lower cost, and take advantage of new ways to sell their books to a worldwide audience. Learn about every stage of the publishing process—creation, publication, promoting/marketing and sales—using time-honored, traditional, and cutting-edge strategies. Supply fee includes a step-by-step instruction guide on how to publish and make money selling your book.
Highland Park MS • S. Smith • #4521WEA
Thu Feb 27 • 6:30-8:30p • 1 session • $35 + $6 supply fee

Introduction to Screenwriting
For novice screenwriters. Do you have a story to tell? Develop the fundamental skills for creating a script, including key elements for storytelling and formatting through writing projects of your own. Topics covered include scenes, characters, dialogue, outlines and more. Time will be given in class to write and share your work with fellow students. No class May 23.
Ramsey MS • S. Reed • #4383SEA
Sat Apr 11 • 9:00-11:00a • 7 sessions • $115

Playing Poetry on the Typewriter
Poetry is its own music, but what are its instruments? A typewriter is the percussion instrument of poetry’s music. Keep a beat. Measure your own time. Join us at an actual typewriter and make a verse for the ages or just a poem for your pocket.
East Side Freedom Library, 1105 Greenbrier St, 55106
C. White • #4384SEA
Sat Apr 25 • 11:00a-1:30p • 1 session • $23
Introduction to Gliders: Is Soaring for You?
Do you dream of flying like a bird? Soaring through the sky in a glider may just be the hobby for you! Gliders, or sailplanes, are a special kind of aircraft that doesn’t use an engine to fly. Hear how they work, the ways they are used, and where you can pursue the sport near the Twin Cities area.
Como Park HS • P. Campobasso • #4708WEA
Mon Feb 24 • 6:15-7:45p • 1 session • $9

Private Pilot Glider Ground School
Designed to prepare students to successfully pass the FAA’s Private Pilot Glider knowledge exam, to be used as a “refresher” for existing glider pilots, or in preparation for Commercial or Instructor ratings. Visit https://tce.me/h9eyYw for a full list of topics covered.
Como Park HS • P. Campobasso • #4709WEA
Mon/Tue Mar 9 • 6:30-9:00p • 6 sessions • $100

How to Fish Twin Cities Lakes
Learn how to select the best lake in all seasons. Use three magic words to consistently catch fish, choose the best lures and techniques for each species, and make a slip-bobber, rig a jig worm and a weedless plastic worm to take home. Plus, door prizes, maps, booklets and other fun items.
Como Park HS • S. Smith • #5048SEA
Mon May 4 • 6:30-8:30p • 1 session • $30 + $3 supply fee

The Joys of Fly-Tying
Tie flies the fish can’t resist! Learn how to tie nine unique flies, and through those flies, the techniques needed to tie 95% of all trout flies. Each fly that you tie builds on the skills learned in previous flies. Tools and materials provided during class time. No experience necessary.
Como Park HS • S. Hanson • #6421SEA
Mon Apr 13 • 6:30-8:30p • 3 sessions • $45

(Can You Avoid) Parenting Your Parents
As your parents age, there is some inevitability that you will assume a caregiving role. Learn ways to have open discussions about age-related topics with your parents, as well as what information you will need to have from your parents in order to assist them through the later stages of life.
1780 West 7th • M. O’Brien • #6460SEA
Tue May 26 • 6:00-7:30p • 1 session • $19

Civic Engagement 101
Are you interested in being involved in the political process but have never participated before? The first step can be daunting, but this nonpartisan class will help explain how you can have a voice in the process and help make change. Learn the basics of the local and state legislative processes from Nick Harper, attorney and lobbyist with the League of Women Voters Minnesota. Registration required – space is limited.
Ramsey MS • League of Women Voters of Saint Paul
Sat Feb 29 • 9:00-11:00a • 1 session • Free • #4691WEA

Immigration & the Making of Saint Paul
Explore the role of immigrants in the making and remaking of Saint Paul. We’ll cover the 1840s to now: from the Irish and German immigrants and their impact on the foundations of our city, the later influxes of Scandinavians, Eastern Europeans, Mexicans and African Americans, to the early 21st century immigrants from Vietnam, Laos and Somalia, among other places. We’ll finish with an overview of public policy and immigration reform through the lens of history to generate a discussion about what the past has to offer anyone who seeks to shape the future.
East Side Freedom Library • P. Rachleff • #4705WEA
1105 Greenbrier St., 55130
Wed Mar 4 • 6:00-8:00p • 6 sessions • $57

What You Always Wanted to Know About Islam & Muslims
Gain a better understanding of what Islam teaches and what Muslims practice. The class will introduce basic terminology, demographics and differences between religion and culture. Learn about the beliefs and practices of Muslims as well as religious celebrations. All questions answered.
Highland Park MS • Islamic Resource Center • #4680WEA
Thu Mar 19 • 6:00-8:00p • 1 session • $12
Special Topics & Events

Register online at www.commed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.

Islam & Christianity: Common Ground
Join us to explore the similarities and differences between Islam and Christianity, including beliefs and practices, as well as the opportunities and challenges in pursuing joint Muslim/Christian projects.
Harding HS • Islamic Resource Center • #4688SEA
Wed May 20 • 6:00-8:00p • 1 session • $12

Riding the Trans-Mongolian Railway
All aboard the Trans-Mongolian Railway! Enjoy stories from the road, beautiful landscape, highlights of the region, and insight into planning your own adventure. We’ll start in Moscow, Russia and travel to Siberia and Lake Baikal – the deepest lake in the world. Stop off in Ulaanbaatar, Mongolia’s capital city, and spend a couple nights in a ger in the Gorkhi-Terelj National Park, before finishing in China, seeing Beijing and walking the Great Wall.
Ramsey MS • S. Hafner • #3085SEA
Mon May 18 • 6:30-8:00p • 1 session • $17

Traveling Southeast Asia
Explore the tropical paradise of Southeast Asia without leaving Minnesota! Ride hot air balloons over the temples of Bagan, Myanmar, marvel at the ancient site of Angkor Wat in Cambodia, and visit the tailors of Hoi An, Vietnam. Feed elephants in Luang Prabang, Laos and frolic with monkeys in Phuket, Thailand. See highlights of this beautiful corner of the world and learn some tips for planning your own adventure.
1780 West 7th • S. Hafner • #3688SEA
Tue Apr 14 • 6:00-7:30p • 1 session • $17

Sorry, no same-day or walk-ins
We cannot accommodate same-day or walk-in registrations. Registration and payment must be received at least 24 hours before the start of class.

EQUITY FILM NIGHTS

Icebox
Icebox tells the story of Óscar, played by Anthony Gonzalez ("Coco"), a 12-year-old Honduran boy who is forced to flee his home and seek asylum in the United States, only to find himself trapped in the U.S. immigration system.
Washington Technology Magnet School
SPPS Center for Equity and Culture • #4699WEA
Tue Feb 4 • 5:30-8:30p • 1 session • Free

Dawnland
Dawnland is the untold story of indigenous child removal in the U.S. through the nation’s first-ever, government-endorsed truth and reconciliation commission, which investigated the devastating impact of Maine’s child welfare practices on the Wabanaki people.
Washington Technology Magnet School
SPPS Center for Equity and Culture • #4699WEB
Mon Mar 2 • 5:30-8:30p • 1 session • Free

VOLUNTEER OPPORTUNITIES

ECFE Volunteer Opportunity
Support an Early Childhood Family Education classroom by assisting early childhood educators with activities and basic classroom instruction for children, birth to 5 years old. Opportunities available Monday-Friday in the morning, afternoon and evening at ECFE sites across Saint Paul. For more information, call the ECFE Office at 651-793-5410.

Second Harvest Volunteer Opportunity
Make a difference in only two hours and join us as we pack food boxes. Second Harvest Heartland distributes volunteer-packed boxes of groceries each month to those in need; all 9,000 boxes are packed by volunteers on an assembly line. Requires standing for approximately two hours and placing items in boxes as they travel on a conveyor belt. Wear closed-toe shoes for safety. Transportation is not provided.
Second Harvest Heartland East • S. Mansee • #6414WEA
1140 Gervais Ave., 55109 (Hwy. 36 and 61)
Tue Mar 3 • 2:00-4:00p • 1 session • Volunteer
Registration Information

• Online and phone registration begins Monday, December 2, and continues until tours are full: 651-744-3072.
• Payment by credit card is preferred with registration.
• Payment by check is accepted if received within ten days of registration.

Make payment to: ISD# 625, write the trip number(s) on the noteline, include a registration form found on page 67, and mail to:
C.E. Office at Harding HS
East Side Learning Hub @ Harding Senior High School
1526 E. Sixth St.
St. Paul, MN 55106

Payment/Refund Policy

Day Tours:
• Tour payment plans are available if total is more than $100.
• Balance is due three weeks prior to tour, unless noted.
• Refunds minus a $10 processing fee will only be issued up to 15 business days prior to a scheduled day tour, unless otherwise specified.
• NO refunds will be issued less than 15 business days for a day tour.
• NO refunds will be issued for individual cancellations due to inclement weather.
• Any tour canceled by Community Education will be fully refunded.

Pick-up Sites (vary by tour)

Grace Lutheran Church • 1730 Old Hudson Rd.
Oxford Community Center • 270 N. Lexington Pkwy.
(Please park on the east side of parking lot away from the building.)

Tour Activity Rating System

The Saint Paul Community Education Tour Rating below is an approximate guide to help participants judge the activity level of a tour. Codes are based on the level of activity and physical ability rather than age. On the scale, 1 is the least demanding (appropriate for those with limited mobility but able to board buses on their own) and 5 is the most demanding, requiring a high level of physical fitness and mobility. If you’re unsure if a program is right for you, please call Sandy at 651-744-3072.

1. Limited mobility welcome
2. Must walk with minimal assistance
3. Active – able to do some steps and/or stairs
4. Demanding – extensive walking/stairs/standing
5. Only very fit

FREE! Tour Showcase

Mark your calendars to join St. Paul Community Education and learn more about the upcoming 2020 tour opportunities! Preregistration for the showcase is appreciated, but not required.
1780 West 7th • S. Mansee • #6115WEA
Mon Feb 3 • 1:00-2:00p • 1 session

Call for More Info
651-744-3072

Some tours are not listed in this catalog.
Visit https://www.spps.org/Page/30521 or call 651-744-3072 to request a complete catalog of tour offerings.
Trips & Tours

Register online at www.cmmed.spps.org or call the C.E. Office at Harding HS at 651-744-3072.

Minnesota Masonic Heritage Center & the Gideon S. Ives Auditorium
The Minnesota Masonic Historical Center is home of the Colonel James B. Ladd Museum galleries which showcase the history of Masonry in Minnesota, the factual and fanciful histories of Freemasonry and the extensive charitable works of the Fraternity. Follow it up with a performance of “Rainy Days and Mondays,” a Karen and Richard Carpenter tribute, in the Gideon S. Ives Auditorium where elements of Masonic heritage are displayed throughout. Fee includes lunch, museum, performance, motorcoach transportation and guide. Register by and no refund after December 23.

Grace Lutheran Church (8:50a)
Oxford Community Center (9:15a)
S. Mansee • Tour Rating 2 • #8118FEA
Wed Jan 22 • 8:50a-4:30p • 1 session • $81

Mystery Tour
North, South, East, or West, which route will be best? Wear an adventuresome spirit and give your normal routine a rest. Travel with us for a day of mystery. Admission, delicious lunch and new territory put to the test. Wear comfortable walking shoes. Fee includes lunch, admissions, motorcoach transportation and guide. Register by and no refund after March 9.

Grace Lutheran Church (8:35a)
Oxford Community Center (9:00a)
S. Mansee • Tour Rating 3 • #8000WEA
Thu Mar 26 • 8:35a-4:30p • 1 session • $81

Made in Minnesota Tour
Go behind the scenes to see how these companies get the job done. First up is the Amazon Distribution Center in Shakopee, an 850,000 square foot facility where it fills thousands of orders a day. We’ll also visit Lambrecht’s Bats, maker of little league wooden bats for amateur ball players around the country. Wear closed-toe shoes. Fee includes lunch, admissions, minicoach transportation and guide.

Grace Lutheran Church (8:00a)
Oxford Community Center (8:20a)
S. Mansee # • Tour Rating 4 • #8074SEA
Tue Apr 7 • 8:00a-3:45p • 1 session • $79

House of Worship Tour
The Twin Cities is full of diversity. Spend a day learning about the different faiths celebrated in our community! We’ll start with the Hindu Society of Minnesota in Maple Grove, home of one of North America’s largest Hindu temples. Next up is the Church of Scientology located in downtown St. Paul, followed by the Cathedral of Saint Paul, home not just to the Roman Catholic faith, but also extraordinary architecture and art. Lunch on your own at Rosedale Center. Fee includes tours, motorcoach transportation and guide. Register by and no refund after February 3.

Grace Lutheran Church (8:40a)
Oxford Community Center (9:00a)
S. Mansee • Tour Rating 3 • #8048WEA
Wed Feb 19 • 8:40a-4:30p • 1 session • $59

Memorials & Monuments: Minnesota State Capitol Grounds Walking Tour
Visit the Cass Gilbert State Capitol grounds, a Mall of memorials, sculptures, carved walkways and hidden treasures. Hear stories not told in books, but brought to life in bronze, woven metal trellis, spiraling pyramids, paving stones and hammered steel by creative artists. Dress for the weather and bring water. Rain date is Sunday, May 3. Register by and no refund after April 20.

Meet at the steps of the Minnesota State Capitol,
75 Rev. Dr. Martin Luther King Jr. Blvd., 55155
K. Johnson • Tour Rating 4 • #8076SEA
Sun Apr 26 • 1:00-3:00p • 1 session • $20

Chocolate March
Visit three St. Croix Valley venues for tours and delectable chocolate treats. Our day starts with The Outing Lodge, a turn-of-the-century European home in the countryside, before visiting The Historic Afton House Inn for lunch and dessert. Finish with The Phipps Center for the Arts in Hudson along the river. Fee includes lunch, treats, tours, motorcoach transportation and guide. Register by and no refund after February 24.

Oxford Community Center (8:50a)
Grace Lutheran Church (9:15a)
T. McCormick • Tour Rating 3 • #8029WEA
Tue Mar 10 • 8:50a-4:15p • 1 session • $79

Twin Cities Green Tour
Visit places in the Twin Cities dedicated to keeping our planet clean. Discover what happens to your recycling with a trip to Eureka Recycling, a nonprofit and zero waste organization. A tour of the St. Paul Water Treatment Plant in the afternoon will enlighten you on the path water takes to reach your home. Lunch on your own at Rosedale Center. Fee includes tours, minicoach transportation and guide. Register by and no refund after April 13.

Grace Lutheran Church (9:10a)
Oxford Community Center (9:30a)
S. Mansee • Tour Rating 4 • #8089SEA
Wed Apr 29 • 9:10a-3:30p • 1 session • $61
Senior Housing Tour: Whatever Word You Use, It Still Means HOME
Creating a home is an adventure at any age. Explore alternatives to single-family homes including a cooperative, a subsidized apartment, a market-rate independent rental, and a campus with a continuum of care ranging from independent living to assisted living. Along the way, Bonnie Clark, publisher of the Twin Cities Senior Housing Guide, will explain the types of housing and be available to answer questions. Fee includes lunch, tours, presentations, minicoach transportation and guide. Register by and no refund after April 21.

Oxford Community Center (9:00a)
S. Mansee • Tour Rating 2 • #8023SEA
Sat May 2 • 9:00a-4:15p • 1 session • $51

TPT’s Almanac
Go behind-the-scenes and sit in on the longest-running public affairs program in Minnesota. Watch a live production of TPT’s “Almanac” with access to both the studio and control room. Event will be at TPT studios. Fee includes program and guide. Register by and no refund after April 27.

TPT Building (Twin Cities Public Television, Inc.),
172 4th St. E., 55101
S. Mansee • Tour Rating 2 • #8087SEA
Fri May 8 • 6:00-8:00p • 1 session • $20

Cemetery Walking Tour
Spend the day (rain or shine!) on a walking tour of some of Saint Paul’s finest cemeteries. Discover what cemeteries can tell us about the history and sociology of the city. Dress for the weather, wear comfortable shoes and bring money for lunch. Transportation between locations is on your own.

Meet at the East Gate of Calvary Cemetery, 753 Front Ave., 55103.
M. B. Hummel • Tour Rating 3 • #8001SEA
Sun May 17 • 9:00a-4:00p • 1 session • $36
Adult Learning

Programs for Adults with Special Needs

**SEED**

Supportive Experiential Education for Adults Living with Mental Illness

Develop intellectual, creative, social and practical skills. Classes include Independent Living Skills, Expressive Arts, Adult Basic and Continuing Education, Technology, Science and Physical Education. *Intake appointment required for new students.

Classes meet Tuesdays, Wednesdays & Thursdays, from 10 a.m. to 2:30 p.m.
at 1780 Seventh Street West, 55116

---

**CLEAR**

Community Leisure Education & Recreation for Adults with Developmental Disabilities

Meet with friends, share interests, explore talents and learn skills for a rich and independent life. Classes include Arts & Crafts, Bingo, Cooking, Games, Music, Movies, Exercise and more.

Classes meet Tuesdays & Thursdays, from 6:30 to 8:30 p.m.
at Bridge View School, 350 Colborne Street, 55102

---

Community Cultural Center (or ‘Culture Club’) hosts activities and special events for adults with developmental disabilities. Monthly calendars list a variety of activities including Cooking, Crafts, Bingo, Karaoke and Field Trips.

Classes meet Wednesdays, from 6:30 to 8:30 p.m.
at 1780 Seventh Street West, 55116

---

For more information about these programs, contact our main office at:

**SPPS Community & Education Service Office**
1780 Seventh Street West
Saint Paul, MN 55116

**SEED:** 651-228-3655

**CLEAR/CCC:** 651-293-5272

www.commed.spps.org/adultspecialneeds
Adult Learning

Call 651-290-4822
Text 651-560-6425
or visit spps.org/hubbs

Adult Diploma | GED | Math | English | Computer Skills | Job Skills | College Prep

ESPAÑOL

¡CLASES GRATUITAS!
DE INGLÉS PARA ADULTOS!

Tiene que venir a uno de nuestros lugares para inscribirse antes de que usted pueda asistir a las clases. La inscripción toma dos a tres horas.

Las horas de inscripciones (no se necesita cita):
- Lunes y Miércoles: Hubbs Center
- Martes y Jueves: Hubbs Center

Para más información para clases en Hubbs Center y otros sitios,
llame a 651-290-4822
Text 651-560-6425

SOOMAALI

FASALADA DADKA WAAEYN
WAA LACAQ LA AAN

Baro sida loogu haddii, loo akhriyo loona qoro luuqdaad Ingiriiska. Fasalada Waa xaalaa subaadillo, duurkii iyo maakhirka. Waxa kale ooja fasaalaha shaqada dugaqqa sare, iyo fasalo diyaarin shaqo iyo Jirmaacaad.
- Isniin ama Arbacada: Hubbs Center
- Talsado ama Khramiis: Hubbs@Harding

Wuxuu faafo ah dheaar ah oo ku saabsan galaasayada Hubbs Center ama kuwa kale oo lamidka ah faadlan nagala soo xiriir
Talkeenka 651-290-4822
Text 651-560-6425

HMOOB

QHIA NTAWV ASKIV PUB DAWB
RAU COV LAUS!

Kawn hais lus, nyeem, thiab sau ntawv Askiv.
Muaj kawn sawv ntsev, tav su, thiab tsaus ntuj.
Peb tseem muaj qhia nej kawn kom taw neej claim GED, thiab qhia npaj nej koi nej twaw mus nhia tau haajwma thiab npaj nej mus kawn College nhiv thiab.
- Monday thiab Wednesday: Hubbs Center
- Tuesday thiab Thursday: Hubbs@Harding

Xav pau nhiv bxo cov nhiv kawn nyob Hubbs Center thiab bwm qhou chaw,
hu rau 651-290-4822
Text 651-560-6425

ENGLISH

FREE ENGLISH CLASSES FOR ADULTS

Learn to speak, read and write in English. There are classes for everyone, from beginner to advanced (levels 0-7). We offer classes in the morning, afternoon and evening. We also offer GED classes, job training classes, and college preparation classes.
- Mondays & Wednesdays at Hubbs Center
- Tuesdays & Thursdays at Hubbs@Harding

Call for more information about classes at the Hubbs Center or our other sites to 651-290-4822
Text 651-560-6425

AMERICAN SIGN LANGUAGE

Vocabulary:

Adult Basic Education
Saint Paul Public Schools

Call 651-290-4822
Text 651-560-6425

spps.org/hubbs
Saint Paul Public Schools
Department of Alternative Education

Empowering Learners for Graduation and Life!

Our Programs:
• Credit Recovery using Online Resources
• Extended Day for Learning (EDL) and Collaborative Afterschool Programming
• On Track Middle School Program
• C3 (Choice, Chance, Change)
• Summer School
• Children’s Defense Fund (CDF) Freedom Schools
• Multi-District and Charter School Partnerships
• BELL Power Scholars
• Hmong Karen Youth Pride Program (HKYP)

Alternative High Schools:
• Gordon Parks High School
• LEAP (Limited English Accelerated Program) High School
• Gateway to College
• Evening High School (at Gordon Parks and the East Side Learning Hub @ Harding)

Questions? Call 651-744-8020 or visit spps.org/alted
ADULT AQUATICS

Adult Beginning
Ages 15 and up. Learn the basic strokes and proper breathing techniques (similar to Levels 1-3). No class Feb. 25, Mar. 3.
Como Park High School Pool
Tue Jan 21 • 7:00-7:50p • 8 sessions • $66 • #2101WAA
Tue Apr 7 • 7:00-7:50p • 7 sessions • $61 • #2101SAA

Adult Intermediate: Stroke Development
Ages 15 and up. Swimmers work to improve front and back crawl and increase endurance. Focus will be on technique and stroke refinement. Swimmers will also be introduced to breaststroke and butterfly. Swimmers must be able to swim 50 yards (2 lengths of the pool) without stopping. No class Feb. 25, Mar. 3.
Como Park High School Pool
Tue Jan 21 • 8:00-8:50p • 8 sessions • $66 • #2102WAA
Tue Apr 7 • 8:00-8:50p • 7 sessions • $61 • #2102SAA

Adult Intermediate: Endurance
Ages 15 and up. Swimmers work on coordination and refinement of all strokes and increase their distances. Swimmers must be able to swim 100 yards (4 lengths of the pool) without stopping. No class Feb. 17. 25, Mar. 3.
Washington Technology Magnet School Pool
Mon Jan 27 • 7:30-8:20p • 8 sessions • $66 • #2103WAA
Tue Apr 7 • 7:30-8:20p • 7 sessions • $61 • #2103SAA

Adult Advanced
Ages 15 and up. Work on all strokes but emphasis will be on endurance and distance swimming (great for triathlon training). Swimmers must be able to swim 500 yards (20 lengths of the pool) without stopping. No class Feb. 17.
Washington Technology Magnet School Pool
Mon Jan 27 • 7:30-8:20p • 8 sessions • $66 • #2102WAA
Mon Apr 6 • 7:30-8:20p • 7 sessions • $61 • #2102SAA

Student Cancellations
Make up sessions or refunds are only available for sessions that are postponed by SPPS Community Education. There are no refunds or make ups for student absences or vacations.
Aquatics

Register online at www.commed.spps.org or call the C.E. Office at Central HS at 651-744-5094.

ADULT AQUATICS (continued)

Aqua Zumba®
Ages 15 and up. Spice up your fitness routine with this low-impact, high-energy aquatic exercise class. Aqua Zumba® blends the Zumba® philosophy with water resistance for a low-impact workout that is exciting and challenging and helps tone your muscles. Ladder entry/exit only. No class Feb. 25, Mar. 3.

Central High School Pool • A. Michaud
Tue Jan 21 • 6:00-6:50p • 8 sessions • $52 • #2201WAA
Tue Apr 7 • 6:00-6:50p • 7 sessions • $47 • #2201SAA

Deep Water Exercise A-Z
Ages 15 and up. Non-impact training that offers a full range of exercise challenges (Aerobics-Zumba). Participants of all fitness levels will challenge core muscles and muscle balance, and get a total body workout. Ladder entry/exit only. No class Feb. 25, Mar. 3.

Como Park High School Pool
Tue Jan 21 • 7:00-7:50p • 8 sessions • $52 • #2210WAA
Tue Apr 7 • 7:00-7:50p • 7 sessions • $47 • #2210WAA

Pi-Yo-Chi
Ages 15 and up. Develop strength, range of motion, balance and relaxation by combining the core strengthening exercises of Pilates, the lengthening and balancing poses of yoga, and the flowing movements of t’ai chi. The warm water provides neutral support, ease of movement, variable resistance, and balanced postural alignment, making the class accessible to all fitness levels.

Como Park Elementary School Therapeutic Pool
Wed Jan 29 • 7:40-8:30p • 9 sessions • $52 • #2206WAA
Wed Apr 8 • 7:40-8:30p • 7 sessions • $47 • #2206SAA

Prenatal Water Exercise
Ages 15 and up. Help alleviate pain and reduce stress and fatigue while strengthening postural muscles and building endurance in preparation for labor and delivery. Recommended for women at least 12 weeks pregnant. Doctor’s approval required. Ladder entry/exit only. No class Feb. 25, Mar. 3.

Como Park High School Pool
Tue Jan 21 • 8:00-8:50p • 8 sessions • $52 • #2208WAA
Tue Apr 7 • 8:00-8:50p • 7 sessions • $47 • #2208SAA

Water Workout
Ages 15 and up. Tone up your body and improve cardiovascular fitness while having fun exercising in the water to music. Toning will be emphasized. Ladder entry/exit only. No class Feb. 17, May 23.

Washington Technology Magnet School Pool
Sat Feb 1 • 8:00-8:50a • 8 sessions • $52 • #2200WAB
Mon Jan 27 • 6:30-7:20p • 8 sessions • $52 • #2200WAA
Mon Apr 6 • 6:30-7:20p • 7 sessions • $47 • #2200SAA
Sat Apr 11 • 8:00-8:50a • 7 sessions • $47 • #2200SAB

Lifeguard Training
Become certified in American Red Cross Lifeguarding for pools, First Aid, CPR, and AED. Attendance at all class sessions is mandatory. Students must be 15 years or older by the last day of class and be able to pass a skills pre-test. Participants who do not pass the pre-test will be issued a refund minus a $20 processing fee and will not be able to continue in the course. Certification will be issued after successful completion of written exams and skill tests; if participants do not pass the course, neither certification nor refund will be issued. For more information, call 651-744-5094 or visit www.commed.spps.org/aquatics.

Central High School Pool
Fri/Sat Mar 6 • 6 sessions • $225 • #2302WAA
Fri 5:00-9:00p • Sat 8:00a-2:00p
Class meets: Mar 6, 7, 13, 14, 20, 21
Fri/Sat May 1 • 6 sessions • $225 • #2302SAA
Fri 5:00-9:00p • Sat 8:00a-2:00p
Class meets: May 1, 2, 8, 9, 15, 16

Swim Instructor Assistant Training
Learn how to assist swim instructors in teaching swim lessons. Candidates must be 14 years or older, demonstrate a strong sense of maturity and responsibility, and be competent swimmers. Participants must pass a skills pre-test conducted on the first day. Participants unable to pass the skills pre-test will be refunded the course fee minus a $10 processing fee. The course consists of classroom training as well as six hours of hands-on training in the pool (hands-on training dates/times are discussed and scheduled during the classroom-training portion). Certification will be issued after successful completion of both classroom and hands-on training. After successful completion of the course, participants may apply for an assistant position with Community Education. For more information, call 651-744-5094 or visit www.commed.spps.org/aquatics.

Central High School Pool
Fri-Sat Apr 10-11 • 2 sessions • $90 • #2300SAA
Fri 5:00-9:00p • Sat 8:00a-2:00p
Aquatics

Water Babies
Children 6 months to 2 years old with a parent in the water will be introduced to movements in the water. If child is not potty trained, they must wear plastic pants or a swim diaper in the pool.
No disposable diapers allowed. No class May 23.

Como Park Elementary School Therapeutic Pool
Wed Jan 29 • 5:30-5:55p • 8 sessions • $52 • #2000WAA
Wed Jan 29 • 6:00-6:25p • 8 sessions • $52 • #2000WAB
Wed Jan 29 • 6:30-6:55p • 8 sessions • $52 • #2000WAC
Sat Feb 1 • 9:00-9:25a • 8 sessions • $52 • #2000WAF
Sat Feb 1 • 9:30-9:55a • 8 sessions • $52 • #2000WAG
Sat Feb 1 • 10:30-10:55a • 8 sessions • $52 • #2000WAH
Wed Apr 8 • 5:30-5:55p • 7 sessions • $47 • #2000SAA
Wed Apr 8 • 6:00-6:25p • 7 sessions • $47 • #2000SAB
Wed Apr 8 • 6:30-6:55p • 7 sessions • $47 • #2000SAC
Sat Apr 11 • 9:00-9:25a • 7 sessions • $47 • #2000SAF
Sat Apr 11 • 9:30-9:55a • 7 sessions • $47 • #2000SAG
Sat Apr 11 • 10:30-10:55a • 7 sessions • $47 • #2000SAH

Tiny Tots
For children ages 2-4 with a parent in the water. Learn water adjustment skills and have fun in the water. If child is not potty trained, they must wear plastic pants or a swim diaper in the pool.
No disposable diapers allowed. No class May 23.

Como Park Elementary School Therapeutic Pool
Wed Jan 29 • 5:30-5:55p • 8 sessions • $52 • #2001WAA
Wed Jan 29 • 6:00-6:25p • 8 sessions • $52 • #2001WAB
Wed Jan 29 • 6:30-6:55p • 8 sessions • $52 • #2001WAC
Sat Feb 1 • 10:00-10:25a • 8 sessions • $52 • #2001WAF
Sat Feb 1 • 11:00-11:25a • 8 sessions • $52 • #2001WAH
Sat Apr 11 • 9:00-9:25a • 7 sessions • $47 • #2001SAA
Sat Apr 11 • 9:30-9:55a • 7 sessions • $47 • #2001SAG
Sat Apr 11 • 10:30-10:55a • 7 sessions • $47 • #2001SAB

Waders with Parents
For children ages 4-5 with little pool experience to prepare them for Waders (without parents). No class May 23.

Como Park Elementary School Therapeutic Pool
Sat Feb 1 • 11:00-11:25a • 8 sessions • $52 • #2002WAB
Sat Apr 11 • 11:00-11:25a • 7 sessions • $47 • #2002SAB

Waders
For children ages 4-5 (must be at least 4 years old by start of class). Learn beginning swimming skills and have fun in the water. Children will participate without parents in the water.
No class May 23.

Como Park Elementary School Therapeutic Pool
Wed Jan 29 • 7:00-7:25p • 8 sessions • $52 • #2003WAA
Sat Feb 1 • 10:00-10:25a • 8 sessions • $52 • #2003WAC
Sat Feb 1 • 11:00-11:25a • 8 sessions • $52 • #2003WAH
Wed Apr 8 • 7:00-7:25p • 7 sessions • $47 • #2003SAA
Sat Apr 11 • 9:00-9:25a • 7 sessions • $47 • #2003SAG
Sat Apr 11 • 10:00-10:25a • 7 sessions • $47 • #2003SAB
Sat Apr 11 • 11:00-11:25a • 7 sessions • $47 • #2003SAB

Level 1
For children 5-10 years old. Gain confidence in the water and work on floating, gliding and kicking, and learn the basics of front crawl, back crawl, and elementary backstroke. Swimmers will be supported and assisted by the instructor for most skills.
No class Feb. 17, 25, 27, March 3, May 23.

Como Park High School Pool
Tue Jan 21 • 6:00-6:50p • 8 sessions • $66 • #2004WAB
Tue Jan 21 • 12:10-1:00p • 8 sessions • $66 • #2004WAC
Tue Apr 7 • 6:00-6:50p • 7 sessions • $60 • #2004SAB
Sat Apr 11 • 12:10-1:00p • 7 sessions • $60 • #2004SAF
Central High School Pool
Mon Jan 27 • 6:00-6:50p • 8 sessions • $66 • #2004WAA
Mon Apr 6 • 6:00-6:50p • 7 sessions • $60 • #2004SAA
Johnson High School Pool
Thu Jan 23 • 7:30-8:20p • 8 sessions • $66 • #2004WAC
Thu Apr 9 • 7:30-8:20p • 7 sessions • $60 • #2004SAC
Washington Technology Magnet School Pool
Sat Feb 1 • 9:00-9:50a • 8 sessions • $66 • #2004WAE
Sat Apr 11 • 9:00-9:50a • 7 sessions • $60 • #2004SAD
Sat Apr 11 • 11:00-11:50a • 7 sessions • $60 • #2004SAE
Aquatics

Register online at www.commed.spps.org or call the C.E. Office at Central HS at 651-744-5094.

YOUTH AQUATICS (continued)

Level 2
For children 5-10 years old and have completed Level 1 or have equivalent skills. Swimmers must be comfortable in the water and will work on floating, gliding, front crawl, back crawl, and elementary backstroke. Swimmers will work to complete skills without support or assistance from an instructor.

No class Feb. 17, 25, 27, Mar. 3, May 23.

Central High School Pool
Mon Jan 27 • 7:00-7:50p • 8 sessions • $66 • #2005WAA
Mon Apr 6 • 7:00-7:50p • 7 sessions • $60 • #2005SAA

Como Park High School Pool
Tue Jan 21 • 6:00-6:50p • 8 sessions • $66 • #2005WAB
Sat Feb 1 • 12:10-1:00p • 8 sessions • $66 • #2005WAF
Tue Apr 7 • 6:00-6:50p • 7 sessions • $60 • #2005SAB
Sat Apr 11 • 12:10-1:00p • 7 sessions • $60 • #2005SAF

Johnson High School Pool
Thu Jan 23 • 6:30-7:20p • 8 sessions • $66 • #2005WAC
Thu Apr 9 • 6:30-7:20p • 7 sessions • $60 • #2005SAC

Washington Technology Magnet School Pool
Sat Feb 1 • 10:00-10:50a • 8 sessions • $66 • #2005WAD
Sat Feb 1 • 11:00-11:50a • 8 sessions • $66 • #2005WAE
Sat Apr 11 • 10:00-10:50a • 7 sessions • $60 • #2005SAD
Sat Apr 11 • 11:00-11:50a • 7 sessions • $60 • #2005SAE

Level 3
For children 5-11 years old and have completed Level 2 or have equivalent skills. Swimmers must be able to swim front and back crawl independently and will work to increase the distance and technique of those strokes. Other skills include elementary backstroke, scissors kick, dolphin kick, glides, and dives.

No class Feb. 17, 25, 27, Mar. 3, May 23.

Central High School Pool
Mon Jan 27 • 7:00-7:50p • 8 sessions • $66 • #2006WAA
Mon Apr 6 • 7:00-7:50p • 7 sessions • $60 • #2006SAA

Como Park High School Pool
Tue Jan 21 • 6:00-6:50p • 8 sessions • $66 • #2006WAB
Sat Feb 1 • 12:10-1:00p • 8 sessions • $66 • #2006WAE
Tue Apr 7 • 6:00-6:50p • 7 sessions • $60 • #2006SAB
Sat Apr 11 • 12:10-1:00p • 7 sessions • $60 • #2006SAE

Johnson High School Pool
Thu Jan 23 • 6:30-7:20p • 8 sessions • $66 • #2006WAC
Thu Apr 9 • 6:30-7:20p • 7 sessions • $60 • #2006SAC

Washington Technology Magnet School Pool
Sat Feb 1 • 10:00-10:50a • 8 sessions • $66 • #2004WAD
Sat Apr 11 • 10:00-10:50a • 7 sessions • $60 • #2004SAD

Level 4
For children 6-14 years old and have completed Level 3 or have equivalent skills. Swimmers must be able to swim front crawl (with rotary breathing), back crawl and elementary backstroke, and be comfortable swimming in deep water. Swimmers will further develop front and back crawl and elementary backstroke and will be introduced to sidestroke and breaststroke.

No class Feb. 17, 25, May 23.

Central High School Pool
Mon Jan 27 • 6:00-6:50p • 8 sessions • $66 • #2007WAA
Mon Apr 6 • 6:00-6:50p • 7 sessions • $60 • #2007SAA

Johnson High School Pool
Thu Jan 23 • 7:30-8:20p • 8 sessions • $66 • #2006WAC
Thu Apr 9 • 7:30-8:20p • 7 sessions • $60 • #2006SAC

Washington Technology Magnet School Pool
Sat Feb 1 • 9:00-9:50a • 8 sessions • $66 • #2007WAC
Sat Apr 11 • 9:00-9:50a • 7 sessions • $60 • #2007SAC

Level 5
For children 6-14 years old and have completed Level 4 or have equivalent skills. Swimmers must be comfortable swimming in deep water and will further refine each stroke and their distances. Other skills include butterfly, surface dives, dives, and open turns.

No class Feb. 17, 25, May 23.

Central High School Pool
Mon Jan 27 • 7:00-7:50p • 8 sessions • $66 • #2008WAA
Mon Apr 6 • 7:00-7:50p • 7 sessions • $60 • #2008SAA

Johnson High School Pool
Thu Jan 23 • 6:30-7:20p • 8 sessions • $66 • #2008WAB
Thu Apr 9 • 6:30-7:20p • 7 sessions • $60 • #2008SAB

Washington Technology Magnet School Pool
Sat Feb 1 • 9:00-9:50a • 8 sessions • $66 • #2008WAC
Sat Apr 11 • 9:00-9:50a • 7 sessions • $60 • #2008SAC
Level 6
For children 7-14 years old and have completed Level 5 or have equivalent skills. Swimmers will continue to improve each of the six strokes and work on endurance and will learn open turns and flip turns. No class Feb. 17, 27, May 23.

Central High School Pool
Mon Jan 27 • 6:00-6:50p • 8 sessions • $66 • #2009WAA
Mon Apr 6 • 6:00-6:50p • 7 sessions • $60 • #2009SAA

Johnson High School Pool
Thu Jan 23 • 7:30-8:20p • 8 sessions • $66 • #2009WAB
Thu Apr 9 • 7:30-8:20p • 7 sessions • $60 • #2009SAB

Washington Technology Magnet School Pool
Sat Feb 1 • 10:00-10:50a • 8 sessions • $66 • #2009WAC
Sat Apr 11 • 10:00-10:50a • 7 sessions • $60 • #2009SAC

Level 7
For children 7-14 years old and have completed Level 6 or have equivalent skills. Swimmers will work on swimming with more efficiency and power through the use of training techniques and distance swimming. No class May 23.

Washington Technology Magnet School Pool
Sat Feb 1 • 11:00-11:50a • 8 sessions • $66 • #2010WAA
Sat Apr 11 • 11:00-11:50a • 7 sessions • $60 • #2010SAC

Beginning Synchronized Swimming
Participants must have swimming skills equivalent to American Red Cross Level 3. Swimmers will learn the basics of synchronized swimming, which include dance and acrobatic movements on the surface and underwater, and perform a basic routine at a show and possibly attend competitions. No class Feb. 17, May 23.

Humboldt High School Pool • V. Knutsen
Mon/Sat Jan 25 • 17 sessions • $155 • #2021WAA
Mon 6:00-7:30p • Sat 8:00-10:30a
Mon/Sat Apr 6 • 14 sessions • $128 • #2021SAA
Mon 5:30-7:30p • Sat 8:00-10:30a

Lifeguards & Swim Instructors
Saint Paul Public Schools Community Education is currently hiring lifeguards and instructors.

Lifeguard
Responsible for ensuring the safety of facility patrons by preventing and responding to emergencies.
Minimum Qualifications:
Current certification in the following:
- American Red Cross Lifeguarding/First Aid/CPR/AED

Get trained as a Lifeguard or Swim Instructor
See page 46.

Swim Instructor
Responsible for teaching youth swim lessons, parent and child lessons, and adult instructional lessons.
Minimum Qualifications:
Current certification in the following:
- American Red Cross Water Safety Instructor or similar certification
Current certification in the following is preferred:
- American Red Cross Lifeguarding/First Aid/CPR/AED

For more information and to apply, call 651-744-5094 or visit www.commed.spps.org.
The Basics

- Students must be 15 years of age by the last day of class.
- Courses consist of State-required 30 hours of classroom and six hours of Behind-the-Wheel instruction. Students are required to attend all 30 consecutive hours of classroom instruction. The classroom prepares students for the written permit test. Upon completion of the classroom and obtaining a driver’s permit, students are to contact the C.E. Office at Central HS to schedule Behind-the-Wheel instruction to prepare for the road test.
- After successful completion of classroom instruction, the student has 18 months to complete the Behind-the-Wheel portion of the program.
- Students are required to have their permit for six months, complete six hours of Behind-the-Wheel instruction, complete either the 40- or 50-hour supervised driving log, and be 16 years of age before they are eligible to take the road test for a driver’s license.
- Refunds minus a $50 fee will be issued upon request for cancellation. Refunds will not be issued once the classroom course has ended.
- For more information and a full list of program procedures, visit: www.commed.spps.org/drivered.

Fee: $330

Payment plans:
1) Full payment with registration form or
2) $165 with registration form and remaining $165 paid before the last day of class.

Registration is not available online or by phone. Parent/guardian signature is required on registration form for permission to take the course. Registration forms are available at the C.E. Office at Central HS and on the Driver Education website: www.commed.spps.org/drivered; click on “How to Register” to download a form.

Registration for all Driver Education courses is accepted by the C.E. Office at Central HS, 275 N. Lexington Pkwy., 55104 (651-744-5094).

- 15% discount available for youth who qualify for free or reduced lunch.

SUPERVISED DRIVING LOG

Effective January 1, 2015, every driver under the age of 18 who completes behind-the-wheel instruction and is testing for a provisional driver’s license must submit a driving log. Parents/guardians have two options regarding the supervised driving log:

- Complete a supplemental parent/guardian class provided by an approved Minnesota Driver Education program, and then submit a supervised driving log showing their teen has completed at least 40 hours of supervised driving, 15 of which are nighttime hours—OR
- If the parent/guardian chooses to not complete the supplemental class, the driving log must show that their teen has completed at least 50 hours of supervised driving, 15 of which are nighttime hours.

The driving log must be presented at the time of the road test and be submitted with the application for the provisional license.

The supervised driving log is available for download at www.commed.spps.org/drivered.

Parent/Guardian Awareness Class on Teen Driver Safety

This free 90-minute class for the parents/guardians of teen drivers is designed to increase parental awareness and involvement with teen driving issues in order to further reduce teen-involved traffic crashes, injuries and fatalities, and to explain the Minnesota graduated driver licensing process. Completion of this course allows the parent/guardian and teen driver to complete 40 hours of supervised driving instead of 50 hours. A certificate of completion will be issued to the parent/guardian at the end of the class that will need to be submitted to the driver exam staff at the time of the student’s road test. The certificate is valid for one teen; for subsequent teens who complete a driver education program, another parent/guardian class is required. This class is free, but requires registration.

Central HS • A. Hartzheim • #2525SDA
Wed Apr 29 • 6:00-7:30p • 1 session • Free
Driver Education Classroom Instruction

Note: Students must attend all class dates in entirety

Como Park High School
P. Toconita
Mon-Fri Feb 3-14 • 3:15-6:15p • 10 sessions • $330 • #2500WDA
Class meets: Feb 3, 4, 5, 6, 7, 10, 11, 12, 13, 14

East Side Learning Hub @ Harding HS
M. Fishback
Feb 3-19 • 5:30-8:30p • 10 sessions • $330 • #2500WDB
Class meets: Feb 3, 4, 5, 6, 10, 11, 12, 13, 18, 19

Mon-Fri May 4-15 • 5:30-8:30p • 10 sessions • $330 • #2500SDE
Class meets: May 4, 5, 6, 7, 8, 11, 12, 13, 14, 15

Humboldt High School
K. Johnson
Mon-Fri Mar 16-27 • 3:15-6:15p • 10 sessions • $330 • #2500WDC
Class meets: Mar 16, 17, 18, 19, 20, 23, 24, 25, 26, 27

Behind-the-Wheel Practice/Lessons

Registration for Behind-the-Wheel is not available online or by phone. Registration forms are available at the C.E. Office at Central HS and on the Driver Education website: www.commed.spps.org/drivered

Adult Behind-the-Wheel Practice
For adults, 18 years and older, with a valid driver’s permit who need additional practice driving behind-the-wheel in preparation for their license exam. Students will drive one-on-one with an instructor in a SPPS District vehicle for a two-hour lesson. Upon registering, students will be assigned to an instructor and their specific lesson date/time will be arranged with the instructor. Please allow several weeks after registering to complete your lesson. Students have six months from the date of registration to complete their behind-the-wheel lesson. Additional two-hour lessons may be purchased.
Course #2505 • $120

Teen Behind-the-Wheel Practice:
State-Required Six-Hours
For teens, 15-17 years old, who have completed the 30-hours of classroom instruction with another organization and need to complete the state-required six-hours of behind-the-wheel lessons. Students must show proof of classroom completion ("Letter of Completion") from the organization where they took the class and may also need to show their permit before registering. Students will drive one-on-one with an instructor in a SPPS District vehicle in 1½ to 2-hour increments. Please allow several weeks to complete the behind-the-wheel lessons. Students have 18 months from the date of registration to complete their behind-the-wheel lessons.
Course #2509 • $270

Adult Driver Education

Adult Driver Education
This class is for people 18 years and older who need a comprehensive overview of the rules and regulations that are necessary to obtain a permit. You will discuss identification requirements, study tips, and the licensing process and will be better prepared to take the permit test. Please note you will not take the permit test in this class.
Ramsey MS • A+ Driving School • #2504SDA
Tue Apr 28 • 7:00-9:00p • 1 session • $50

Getting to Know Your Car
Whether you are a new or experienced driver, learn the basics of car maintenance and what is under the hood. Topics include checking and replacing vehicle fluids, checking tire tread depth and pressure, how to change a tire, how to jump-start a car and more. A portion of this class will be outside – dress for the weather.
Central HS • A+ Driving School • #2540SDA
Tue May 5 • 7:00-9:00p • 1 session • $30

Driver Safety Courses 55+
See page 18.
Aikido
Ages 7-12. The Japanese martial art of Aikido will help you harness your calm energy to build strength, confidence and focus.
Shuharikan Dojo, 265 7th St. W., 55102 • S. Dojo
Sat Jan 11 • 10:15-11:00a • 6 sessions • $48 • #1027WA
Sat Apr 11 • 10:15-11:00a • 6 sessions • $48 • #1027SA

Baby-sitter's Training
Ages 11-14. The Safe Sitter® program prepares you to be safe when you're home alone or babysitting. Become the most sought-after baby-sitter in your neighborhood as you gain child-care techniques including basic first aid, CPR and how to call for help in an emergency. Bring a (nut free) bag lunch.
Rondo Education Center • K Lang
Fri Jan 24 • 9:00a-2:00p • 1 session • $65 • #1910WC
Fri Mar 20 • 9:00a-2:00p • 1 session • $65 • #1910WD

Family Curling
Ages 8 to 80. Curling is an Olympic sport that can be enjoyed by the entire family! In curling, two teams, each with four players, take turns sliding polished granite stones on a sheet of ice towards a circular target or "house." Participants need to bring warm, flexible clothing (sweaters, hats, gloves, warm socks, etc.) and clean athletic shoes with non-slip rubber soles. All other equipment and instruction will be provided. One adult must be on the ice for each pair of children under 12.
Frogtown Curling Club, 743 Western Ave. N., 55103
Sat Feb 15 • 9:00-11:00a • 1 session • $36 • #1031WA

Youth Curling
Ages 11-17. Curling is an Olympic sport in which two teams, each with four players, take turns sliding polished granite stones on a sheet of ice towards a circular target or “house.” Participants need to bring warm, flexible clothing (sweaters, hats, gloves, warm socks, etc.) and clean athletic shoes with non-slip rubber soles. All children must be accompanied by a parent or adult guardian at the classes.
Frogtown Curling Club, 743 Western Ave. N., 55103
Sat Jan 18 • 9:30-11:30a • 3 session • $18 • #1030WA
Sat Mar 14 • 9:30-11:30a • 3 session • $18 • #1030WB

Fútbol en Espanol
Grades 1-5. Class taught in Spanish. Practice basic skills, run drills and play some scrimmages against your classmates! Great for all levels.
Adams • J. Samayoa
Wed Jan 15 • 4:15-5:15p • 11 sessions • $77 • #1922WA
Wed Apr 15 • 4:15-5:15p • 7 sessions • $49 • #1922SA

Soccer en Français
Grades PreK-1. Class taught in French. Practice basic soccer skills, drills and scrimmages against your classmates.
LNFI – Lower • K. Hadarane
Fri Jan 17 • 4:10-5:10p • 7 sessions • $49 • #1986WA
Fri Apr 17 • 4:10-5:10p • 7 sessions • $49 • #1986SA

Preschool: Tae Kwon Do
Ages 3-5. This high-energy martial art will strengthen your mind, body and spirit. Practice, move and play through the basics of tae kwon do. Wear athletic clothes.
Spirit Tae Kwon Do, 242 Cleveland Ave. S., 55105
Sat Jan 11 • 9:00-10:00a • 11 sessions • $165 • #1158WA
Sat Apr 11 • 9:00-10:00a • 7 sessions • $105 • #1158SA

Fencing
Grades 2-5. Are you ready to duel? Get ready to face your foe in a mano-a-mano match that will test your strength, dexterity, speed, discipline and desire. We provide safety swords, protective masks and jackets, in a high-octane, inclusive environment. Appropriate for all levels.
Rondo Education Center • Youth Enrichment League
Wed Jan 8 • 4:10-5:10p • 12 sessions • $177 • #1901WA
Wed Apr 8 • 4:10-5:10p • 8 sessions • $118 • #1901SA
Tae Kwon Do
Grades K-5. Explore this martial art that strengthens your body, mind and spirit! Wear athletic clothes.
No class Jan. 20, 24, Feb. 17, Mar. 6.
SAP • Spirit Tae Kwon Do
Mon Jan 6 • 2:10-3:10p • 10 sessions • $120 • #1178WC
Mon Apr 6 • 2:10-3:10p • 7 sessions • $84 • #1178SD
Horace Mann • Spirit Tae Kwon Do
Tue Jan 7 • 2:10-3:10p • 12 sessions • $144 • #1178WB
Tue Apr 7 • 2:10-3:10p • 8 sessions • $96 • #1178SA
Rondo Education Center • Spirit Tae Kwon Do
Fri Jan 10 • 4:10-5:10p • 8 sessions • $96 • #1178WA
Fri Apr 17 • 4:10-5:10p • 7 sessions • $84 • #1178SB
Spirit Tae Kwon Do, 242 Cleveland Ave. S., 55105
Jie Ming • Spirit Tae Kwon Do
Tue Jan 14 • 4:10-5:10p • 11 sessions • $132 • #1178WD

Youth Yoga
Grades 1-5. Relax and unwind. Utilizing yoga, aromatherapy, mindful meditation and more, find your balance after the school day. No class Jan. 2, Feb. 17.
Rondo Education Center • Audacious Alchemy
Mon Jan 6 • 4:10-5:10p • 10 sessions • $97 • #1902WA
Mon Apr 6 • 4:10-5:10p • 8 sessions • $78 • #1902SA
Randolph Heights • Audacious Alchemy
Wed Jan 15 • 4:10-5:10p • 11 sessions • $106 • #1902WC
Wed Apr 8 • 4:10-5:10p • 8 sessions • $78 • #1902SC

Youth Yoga: Strength & Stretch
Grades 1-5. Uncover inner strength and flexibility through yoga asana and breathing techniques. Yoga is a fabulous way to build transition skills during after school. No class Jan. 20, Feb. 17.
Horace Mann • L. Lee
Tue Jan 7 • 2:10-3:10p • 12 sessions • $84 • #1132WA
Tue Apr 7 • 2:10-3:10p • 8 sessions • $56 • #1132SA
LNFI – Upper • L. Lee
Mon Jan 13 • 4:20-5:20p • 9 sessions • $63 • #1132WB
Mon Apr 13 • 4:20-5:20p • 6 sessions • $42 • #1132SB

Fun & Find something to do after school or during summer!
Get connected to activities near your home or school. The Sprockets Program Finder is a one-stop-shop to help you find everything from arts and academics to science, sports and leadership programs throughout Saint Paul.

www.SprocketsSaintPaul.org
Our gymnastics program is safe, supportive, engaging and fun. In class, children gain flexibility, leadership, strength and coordination. Our instructors enjoy working with youth of all ages and abilities. We do end-of-session evaluations of students and inform families when children are ready to progress. Observation is limited to the last day of class.

Parents/guardians must complete and sign a waiver on the first day of class in order for their child to participate. More information can be found at http://commed.spps.org/cp.gymnastics.

Spring recital information will be listed online and announced in spring classes.

Central HS
No class dates: Feb 25, Mar 3, May 23
Highland Park HS
No class dates: Feb 13, 15, 25, 27, Mar 3, May 23

Our gymnastics program is safe, supportive, engaging and fun. In class, children gain flexibility, leadership, strength and coordination. Our instructors enjoy working with youth of all ages and abilities. We do end-of-session evaluations of students and inform families when children are ready to progress. Observation is limited to the last day of class.

Parents/guardians must complete and sign a waiver on the first day of class in order for their child to participate. More information can be found at http://commed.spps.org/cp.gymnastics.

Spring recital information will be listed online and announced in spring classes.

Central HS
No class dates: Feb 25, Mar 3, May 23
Highland Park HS
No class dates: Feb 13, 15, 25, 27, Mar 3, May 23

Tumble Together
Ages 18 months-4 and one adult. Explore gymnastics together and develop balancing, jumping, rolling, climbing and hanging skills. Class starts with a group activity, followed by tumbler/adult pairs rotating through equipment stations. Learn gymnastics vocabulary and how to work safely in a gym.
No class Feb. (13, 15 Highland only), 25, 27, Mar. 3, May 23.

Central HS
Tue Jan 14 • 5:45-6:15p • 9 sessions • $56 • #201WB
Tue Jan 14 • 6:30-7:00p • 9 sessions • $56 • #201WA
Thu Jan 16 • 5:45-6:15p • 9 sessions • $63 • #201WD
Thu Jan 16 • 6:30-7:00p • 9 sessions • $63 • #201WC
Sat Jan 18 • 9:30-10:00a • 10 sessions • $63 • #201WI
Sat Jan 18 • 10:00-10:30a • 10 sessions • $63 • #201WF
Tue April 7 • 5:45-6:15p • 7 sessions • $44 • #201SB
Thu April 7 • 6:30-7:00p • 7 sessions • $44 • #201SA
Thu Apr 9 • 5:45-6:15p • 7 sessions • $44 • #201SD
Thu April 9 • 6:30-7:00p • 7 sessions • $44 • #201SC
Sat Apr 11 • 9:30 - 10:00a • 7 sessions • $44 • #201SI
Sat Apr 11 • 10:00-10:30a • 7 sessions • $44 • #201SF

Highland Park HS
Tue Jan 14 • 6:00-6:30p • 9 sessions • $56 • #201WG
Thu Jan 16 • 6:00-6:30p • 9 sessions • $56 • #201WK
Sat Jan 18 • 9:00-9:30a • 9 sessions • $56 • #201WL
Sat Jan 18 • 12:30-1:00p • 9 sessions • $56 • #201WN
Sat Jan 18 • 9:30-10:00a • 9 sessions • $56 • #201WM
Tue April 7 • 4:00-4:30p • 7 sessions • $44 • #201SH
Tue April 7 • 6:00-6:30p • 7 sessions • $44 • #201SG
Wed April 8 • 4:00-4:30p • 7 sessions • $44 • #201SJ
Thu Apr 9 • 6:30-7:00p • 7 sessions • $44 • #201SK
Sat Apr 11 • 9:00-9:30a • 7 sessions • $44 • #201SL
Sat Apr 11 • 9:30-10:00a • 7 sessions • $44 • #201SM
Sat Apr 11 • 12:30-1:00p • 7 sessions • $44 • #201SN

Tumble Bees
Ages 3-4. Learn basic gymnastic skills, body awareness, group activities, problem solving, following directions and gymnastics vocabulary. Child must be toilet trained and comfortable without a parent in the room.
No class Feb. (13, 15 Highland only), 25, 27, Mar. 3, May 23.

Central HS
Sat Jan 18 • 9:00-9:30a • 10 sessions • $63 • #210WA
Sat Apr 11 • 9:00-9:30a • 7 sessions • $44 • #210SA
Highland Park HS
Sat Jan 18 • 8:30-9:00a • 9 sessions $56 • #210WB
Sat Apr 11 • 9:00-9:30a • 7 sessions • $44 • #210SB

Find us on Social Media
/SPPSCommEd  @SPPSCommunityEd

I'm on a waitlist...now what?
If a class you want is full, we will do our best to help you find an alternative or add you to a waitlist. If a space opens, we will let you know. If it doesn’t work out, we always have more classes, so please try again next season!
## Gymnastics

Register online at commed.spps.org

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Highland Park HS</strong></td>
<td>Tue Jan 14</td>
<td>5:15-6:00p</td>
<td>9</td>
<td>$70</td>
<td>#202WH</td>
</tr>
<tr>
<td></td>
<td>Thu Jan 16</td>
<td>5:15-6:00p</td>
<td>9</td>
<td>$70</td>
<td>#202WI</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>10:00-10:45a</td>
<td>9</td>
<td>$70</td>
<td>#202WJ</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>4:30-5:15p</td>
<td>7</td>
<td>$55</td>
<td>#202SG</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>5:15-6:00p</td>
<td>7</td>
<td>$55</td>
<td>#202SH</td>
</tr>
<tr>
<td></td>
<td>Thu Apr 9</td>
<td>4:30-5:30p</td>
<td>7</td>
<td>$55</td>
<td>#202SI</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>10:00-10:40a</td>
<td>7</td>
<td>$55</td>
<td>#202SJ</td>
</tr>
</tbody>
</table>

**Beginners**
Ages 5-14 with little or no previous gymnastic experience. Learn the basics of floor exercise, uneven bars, balance beam, vault and dance. No class Feb. (13, 15 Highland only), 25, 27, Mar. 3, May 23.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central HS</td>
<td>Tue Jan 14</td>
<td>6:15-7:15p</td>
<td>9</td>
<td>$79</td>
<td>#203WA</td>
</tr>
<tr>
<td></td>
<td>Thu Jan 16</td>
<td>6:15-7:15p</td>
<td>10</td>
<td>$88</td>
<td>#203WB</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>9:00-10:00a</td>
<td>10</td>
<td>$88</td>
<td>#203WC</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>10:30-11:30a</td>
<td>10</td>
<td>$88</td>
<td>#203WE</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>6:15-7:15p</td>
<td>7</td>
<td>$62</td>
<td>#203SA</td>
</tr>
<tr>
<td></td>
<td>Thu Apr 9</td>
<td>6:15-7:15p</td>
<td>7</td>
<td>$62</td>
<td>#203SB</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>9:00-10:00a</td>
<td>7</td>
<td>$62</td>
<td>#203SC</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>10:30-11:30a</td>
<td>7</td>
<td>$62</td>
<td>#203SE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Central HS</th>
<th>Ages 9-14</th>
<th>Time</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tue Jan 14</td>
<td>7:00-8:00p</td>
<td>9</td>
<td>$79</td>
<td>#203WG</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>7:00-8:00p</td>
<td>7</td>
<td>$62</td>
<td>#203SG</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Highland Park HS</th>
<th>Ages 5-14</th>
<th>Time</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tue Jan 14</td>
<td>6:30-7:30p</td>
<td>9</td>
<td>$79</td>
<td>#203WI</td>
</tr>
<tr>
<td></td>
<td>Thu Jan 16</td>
<td>6:30-7:30p</td>
<td>9</td>
<td>$79</td>
<td>#203WK</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>10:30-11:30a</td>
<td>9</td>
<td>$79</td>
<td>#203WL</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>11:30a-12:30p</td>
<td>9</td>
<td>$79</td>
<td>#203WM</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>6:00-7:00p</td>
<td>7</td>
<td>$62</td>
<td>#203SI</td>
</tr>
<tr>
<td></td>
<td>Wed Apr 8</td>
<td>5:30-6:30p</td>
<td>7</td>
<td>$62</td>
<td>#203SK</td>
</tr>
<tr>
<td></td>
<td>Wed Apr 8</td>
<td>7:00-8:00p</td>
<td>7</td>
<td>$62</td>
<td>#203SN</td>
</tr>
<tr>
<td></td>
<td>Fri Apr 10</td>
<td>6:30-7:30p</td>
<td>7</td>
<td>$62</td>
<td>#203SP</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>10:30-11:30a</td>
<td>7</td>
<td>$62</td>
<td>#203SL</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>11:30a-12:30p</td>
<td>7</td>
<td>$62</td>
<td>#203SM</td>
</tr>
</tbody>
</table>

### Intermediate Beginners
Ages 5-14. Coach approval required.
No class Feb. (13, 15 Highland only), 25, 27, Mar. 3, May 23.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central HS</td>
<td>Tue Jan 16</td>
<td>7:00-8:00p</td>
<td>10</td>
<td>$88</td>
<td>#218WA</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>10:00-11:00a</td>
<td>10</td>
<td>$88</td>
<td>#218WB</td>
</tr>
<tr>
<td></td>
<td>Thu Apr 9</td>
<td>7:00-8:00p</td>
<td>7</td>
<td>$62</td>
<td>#218SA</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>10:00-11:00a</td>
<td>7</td>
<td>$62</td>
<td>#218SB</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Highland Park HS</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tue Jan 14</td>
<td>7:30-8:30p</td>
<td>9</td>
<td>$79</td>
<td>#218WC</td>
</tr>
<tr>
<td></td>
<td>Thu Jan 16</td>
<td>7:30-8:30p</td>
<td>9</td>
<td>$79</td>
<td>#218WF</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>11:30a-12:30p</td>
<td>9</td>
<td>$79</td>
<td>#218WD</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>7:30-8:30p</td>
<td>7</td>
<td>$62</td>
<td>#218SC</td>
</tr>
<tr>
<td></td>
<td>Thu Apr 9</td>
<td>7:30-8:30p</td>
<td>7</td>
<td>$62</td>
<td>#218SF</td>
</tr>
<tr>
<td></td>
<td>Fri Apr 10</td>
<td>7:30-8:30p</td>
<td>7</td>
<td>$62</td>
<td>#218SE</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>11:30a-12:30p</td>
<td>7</td>
<td>$62</td>
<td>#218SD</td>
</tr>
</tbody>
</table>

### Advanced Beginners
Ages 6-14. Coach approval required.
No class Feb. (13, 15 Highland only), 25, 27, Mar. 3, May 23.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central HS</td>
<td>Ages 6-14</td>
<td>Time</td>
<td>Sessions</td>
<td>Rate</td>
<td>Code</td>
</tr>
<tr>
<td></td>
<td>Tue Jan 16</td>
<td>7:15-8:15p</td>
<td>10</td>
<td>$88</td>
<td>#204WA</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>11:00a-12:00p</td>
<td>11</td>
<td>$96</td>
<td>#204WB</td>
</tr>
<tr>
<td></td>
<td>Thu Apr 9</td>
<td>7:15-8:15p</td>
<td>7</td>
<td>$62</td>
<td>#204SA</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>11:00a-12:00p</td>
<td>7</td>
<td>$62</td>
<td>#204SB</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Central HS</th>
<th>Ages 9-14</th>
<th>Time</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tue Jan 14</td>
<td>7:15-8:15p</td>
<td>9</td>
<td>$79</td>
<td>#204WA</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>7:15-8:15p</td>
<td>7</td>
<td>$62</td>
<td>#204SC</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Highland Park HS</th>
<th>Ages 6-14</th>
<th>Time</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tue Jan 14</td>
<td>7:30-8:30p</td>
<td>9</td>
<td>$79</td>
<td>#204WD</td>
</tr>
<tr>
<td></td>
<td>Thu Jan 16</td>
<td>7:30-8:30p</td>
<td>9</td>
<td>$79</td>
<td>#204WE</td>
</tr>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>11:30a-12:30p</td>
<td>10</td>
<td>$88</td>
<td>#218WF</td>
</tr>
<tr>
<td></td>
<td>Tue Apr 7</td>
<td>7:30-8:30p</td>
<td>7</td>
<td>$62</td>
<td>#204SD</td>
</tr>
<tr>
<td></td>
<td>Thu Apr 9</td>
<td>7:30-8:30p</td>
<td>7</td>
<td>$62</td>
<td>#204SE</td>
</tr>
<tr>
<td></td>
<td>Fri Apr 10</td>
<td>7:30-8:30p</td>
<td>7</td>
<td>$62</td>
<td>#204SG</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>11:30a-12:30p</td>
<td>7</td>
<td>$62</td>
<td>#204SF</td>
</tr>
</tbody>
</table>

### Mini Flips
For gymnasts who are progressing at an advanced level. Coach approval required. No class Feb. (15 Highland only), 27, May 23.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central HS</td>
<td>Thu Jan 16</td>
<td>5:45-6:30p</td>
<td>10</td>
<td>$79</td>
<td>#205WA</td>
</tr>
<tr>
<td></td>
<td>Thu Apr 9</td>
<td>5:45-6:30p</td>
<td>7</td>
<td>$55</td>
<td>#205SA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Highland Park HS</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Rate</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sat Jan 18</td>
<td>10:45-11:45a</td>
<td>9</td>
<td>$79</td>
<td>#205WB</td>
</tr>
<tr>
<td></td>
<td>Sat Apr 11</td>
<td>10:45-11:45a</td>
<td>7</td>
<td>$62</td>
<td>#205SB</td>
</tr>
</tbody>
</table>
Community Education Competitive Gymnastics Teams Information

Community Education Competitive Gymnastics Teams are offered at two locations: Central HS and Highland Park HS. Gymnasts practice 1-3 days per week for 2-3 hours per day and includes conditioning and training. Days and times vary. Coach approval is required for registration.

The competitive gymnastic season begins in September and ends in May. Gymnasts are required to commit to the full season, which includes practice time, travel and additional individual team member financial costs. Team members must purchase uniforms and participate in meets. Team fundraisers are held each year, and financial assistance may be available.

For more information, call Karen Booth, program assistant, at 651-744-5697. To register, call the C.E. Office at Central HS at 651-744-5094.

Kinder Flips
For gymnasts who are progressing at an advanced level. Coach approval required.
No class Feb. (13, 15 Highland only), 25, 27, Mar. 3, May 23.

Central HS
Tue Jan 14 • 5:45-6:45p • 9 sessions • $79 • #206WA
Tue Apr 7 • 5:45-6:45p • 7 sessions • $62 • #206SA

Highland Park HS
Thu Jan 9 • 11:00a-12:30p • 9 sessions • $96 • #206WC
Sat Apr 11 • 11:00a-12:30p • 7 sessions • $75 • #206SC

Flips
For gymnasts who are progressing at an advanced level. Coach approval required. No class Feb. (13, 15 Highland only), 25, 27, Mar. 3, May 23.

Central HS
Tue Jan 14 • 6:45-8:15p • 9 sessions • $97 • #207WA
Thu Jan 16 • 6:30-8:00p • 10 sessions • $108 • #207WB
Sat Jan 18 • 10:30a-12:00p • 10 sessions • $108 • #207WC
Tue Apr 7 • 5:45-6:45p • 7 sessions • $75 • #207SA
Thu Apr 9 • 6:30-8:00p • 7 sessions • $75 • #207SB
Sat Apr 11 • 10:30a-12:00p • 7 sessions • $75 • #207SC

Highland Park HS
Thu Jan 16 • 6:00-8:00p • 9 sessions • $106 • #207WD
Sat Jan 18 • 11:00a-1:00p • 9 sessions • $106 • #207WE
Thu Apr 9 • 6:00-8:00p • 7 sessions • $82 • #207SD
Sat Apr 11 • 11:00a-1:00p • 7 sessions • $82 • #207SE

Boost your talent with Community Ed Team Gymnastics

Pre-Team, Lil’Sparks, Fireflies, Dragons & Saltos

Teams meet at Central or Highland High school and practice 1-3 days per week. Days and times vary. Coach approval required for registration. Call 651-744-5094 or visit commed.spps.org/gymnastics for details.

Register online at www.commed.spps.org or call the C.E. Office at Central HS at 651-744-5094.
Preschool: Book & Cook
Ages 3-5. Dr. Seuss likes *Green Eggs and Ham. Dragons Love Tacos* and *The Very Hungry Caterpillar* is hungry for everything! Let’s read some stories and make food inspired by the books. Participants should be comfortable without their adult in the room.

Central HS • L. Lee
Sat Feb 22 • 9:00-10:00a • 3 sessions • $60 • #1802WA
Sat Apr 11 • 9:00-10:00a • 3 sessions • $60 • #1802SA

Sewing & Storytelling
Grades K-5. Learn beginning hand-sewing projects that express your unique style and basic needlework techniques such as embroidery, crochet and more! Families are invited to join us on the last day of class to share our creative community and storytelling conversation experience.

Randolph Heights • L. Lee • #1369WE
Wed Jan 15 • 4:10-5:10p • 11 sessions • $77
Horace Mann • L. Lee • #1369SA
Thu Apr 9 • 2:10-3:10p • 8 sessions • $56

Storytelling: Find Your Funny Bone
Grades 2-5. Have you ever wondered how to make something funny? Are you already the most hilarious kid you know? Learn the basics of comedy writing and how to add silly touches to your stories that will make your friends and family laugh for days.

J.J. Hill • L. Lee • #1752SA
Mon Apr 13 • 2:10-3:10p • 6 sessions • $42

Youth Language: German
Grades K-5. Guten tag, freunden! Learn German through reading stories, playing games and singing songs.

SAP • Language Sprout
Wed Jan 8 • 2:10-3:10p • 11 sessions • $114 • #1599WA
Wed Apr 8 • 2:10-3:10p • 8 sessions • $85 • #1599SA

Youth Language: Mandarin
Grades K-5. Ni Hao! We’ll cover writing and reading characters and a variety of vocabulary while building speech and comprehension skills. No class Jan. 20, Feb. 17.

SAP • Language Sprout
Mon Jan 6 • 2:10-3:10p • 10 sessions • $104 • #1810WA
Mon Apr 6 • 2:10-3:10p • 7 sessions • $66 • #1810SA

Youth Language: Spanish

EXPO • Language Sprout
Mon/Wed Jan 6 • 2:10-3:10p • 21 sessions • $210 • #1610WC
Mon/Wed Apr 6 • 2:10-3:10p • 15 sessions • $152 • #1610SC

SAP • Language Sprout
Mon Jan 6 • 2:10-3:10p • 10 sessions • $104 • #1610WB
Mon Apr 6 • 2:10-3:10p • 7 sessions • $67 • #1610SB

Rondo Education Center • Language Sprout
Mon/Wed Jan 6 • 4:10-5:10p • 21 sessions • $210 • #1610WA
Mon/Wed Apr 6 • 4:10-5:10p • 15 sessions • $152 • #1610SA
Horace Mann • Language Sprout
Tue/Thu Jan 7 • 2:10-3:10p • 22 sessions • $220 • #1610WD
Tue/Thu Apr 7 • 2:10-3:10p • 16 sessions • $162 • #1610SE

J.J. Hill • Language Sprout
Mon Jan 13 • 2:10-3:10p • 9 sessions • $90 • #1610WE
Mon Apr 13 • 2:10-3:10p • 6 sessions • $60 • #1610SE
Grandmasters of Chess
Grades K-5. Develop the brain-bending strategies of a brilliant and complex game of chess! We’ll cover everything from basic piece movement and checkmate patterns to strong openings, discovered check, back-rank mates and more advanced concepts.
No class Jan. 24, Mar. 6.

Rondo Education Center • Youth Enrichment League
Fri Jan 10 • 4:10-5:10p • 8 sessions • $96 • #300WA
Fri Apr 17 • 4:10-5:10p • 7 sessions • $84 • #300SA

Randolph Heights • Youth Enrichment League
Wed Jan 15 • 4:10-5:10p • 11 sessions • $132 • #300WB
Wed Apr 8 • 4:10-5:10p • 8 sessions • $96 • #300SB

Brick Art & Design Club
Grades K-5. Draw inspiration and guidance from great works of art like Da Vinci’s “Mona Lisa,” Van Gogh’s “Starry Night,” Wright’s “Falling Water,” and so many more! By the end of the experience, you will create your own unique works of art out of LEGO® bricks that reach beyond the past and into the future.
No class Jan. 24, Mar. 6.

EXPO • Snapology • #1138WA
Fri Jan 17 • 4:10-5:10p • 7 sessions • $68
Horace Mann • Snapology • #1138SA
Tue Apr 7 • 2:10-3:10p • 8 sessions • $77
Jie Ming • Snapology • #1138SA
Tue Apr 14 • 4:10-5:10p • 7 sessions • $68

Epic Minecraft Class
Grades 1-5 Travel to the Nether with Snapology, but watch out for those creepers! Join us as we bring Minecraft® to life using LEGO® bricks and technology. Students will create their own world, characters, and discover different aspects of Minecraft®, solving common game problems, and exploration in the Minecraft® world.
No class Jan. 20, Feb. 17.

Adams • Snapology • #1366WA
Mon Jan 13 • 4:15-5:15p • 9 sessions • $88
EXPO • Snapology • #1366WB
Mon Jan 13 • 4:15-5:15p • 10 sessions • $97
Rondo Education Center • Snapology • #1366SB
Mon Apr 6 • 4:10-5:10p • 7 sessions • $68
SAP • Snapology • #1366SA
Wed Apr 8 • 2:10-3:10p • 8 sessions • $77
Inventors Club Robotics
Grades 2-5. Whoever said you couldn’t solve the world’s problems with LEGO® bricks? Learn the process real inventors go through to create new inventions while designing, building and programming robotic machines to solve problems!

Horace Mann • Snapology • #1135WA
Tue Jan 7 • 2:10-3:10p • 12 sessions • $116
Jie Ming • Snapology • #1135SA
Tue Jan 14 • 4:10-5:10p • 11 sessions • $106
LNFI – Lower • Snapology • #1135SB
Fri Apr 17 • 4:10-5:10p • 7 sessions • $68

Robopets Robotics
Grades 2-5. Explore the world of robotics as you build and program animal models that teach the basics of robotic design! Learn about sensors while building an alligator. Discover the ways that gears, wheels and axles create movement while building robotic dogs and frogs.

SAP • Snapology • #1128WA
Wed Jan 8 • 2:10-3:10p • 12 sessions • $116
Rondo Education Center • Snapology • #1128WB
Wed Jan 8 • 4:10-5:10p • 12 sessions • $116
EXPO • Snapology • #1128SB
Mon Apr 6 • 2:10-3:10p • 7 sessions • $68
Adams • Snapology • #1128SA
Wed Apr 15 • 4:15-5:15p • 5 sessions • $49

Junior Coding with Scratch®
For grades 2-5. Learn how to code different storytelling and coding techniques, animated story lines (for example: westerns, missions in space and even dance parties), and learn to write your own unique code. Experiment, test new options and keep it online with Scratch® to access it and expand upon it at anytime. Scratch® is an MIT created and monitored, kid-safe web interface. You will receive a Scratch® username and password to access your projects from any computer at anytime.

Adams • Youth Enrichment League • #1333WA
Wed Jan 15 • 4:15-5:15p • 11 sessions • $132

Preschool: Machines in Motion
Ages 3-5. The world is a mighty big place and machines help bring us together! Learn how machines like trains, planes, automobiles and boats bring our world community closer together. Full steam ahead with stories, games and experiments to explore the fascinating world of Machines in Motion!

Central HS • L. Lee • #1804WA
Sat Feb 1 • 9:00-10:00a • 3 sessions • $30
Glitter & Glow
Grades K-5. What do you like more? Art projects that glitter or glow-in-the-dark? No need to choose when you show up to this art class! Create snow globes that glow-in-the-dark, butterflies that shimmer and glimmer, and an Eiffel Tower with stars that twinkle using all sorts of materials. No class Mar. 19.

Horace Mann • Kidcreate Studio • #1180WA
Thu Jan 9 • 2:10-3:10p • 11 sessions • $132
EXPO • Kidcreate Studio • #1180SB
Wed Apr 8 • 2:10-3:10p • 8 sessions • $96
Rondo Education Center • Kidcreate Studio • #1180SA
Wed Apr 8 • 4:10-5:10p • 8 sessions • $96

Magical, Mystical Unicorns
Unicorn fans, you're in luck, because we have the perfect class for you. Make unicorns that dazzle, sparkle and shine as we explore a wide array of materials and techniques. Draw, sculpt, and even learn the secret recipe for making fabulous, glittery unicorn slime. No class Jan. 24, Mar. 6.

EXPO • Kidcreate Studio • Grades K-5
Wed Jan 8 • 2:10-3:10p • 12 sessions • $144 • #1465WA
LNFI – Lower • Kidcreate Studio • Grades K-1
Fri Jan 17 • 4:10-5:10p • 7 sessions • $84 • #1465WB
SAP • Kidcreate Studio • Grades K-5
Wed Apr 8 • 2:10-3:10p • 8 sessions • $96 • #1465SA

Slime-Tastic
Grades K-5. It's a slime takeover! Explore different slime recipes as we create tons of gooey, sparkly, stretchy, messy goo. Use your imagination and make out-of-this-world glitter solar system slime, confetti cake slime and bubblegum-scented slime. Roll up your sleeves and get ready for the Slime-Tastic time you've been waiting for. No class May 1.

Horace Mann • Kidcreate Studio • #1049WA
Wed Jan 8 • 2:10-3:10p • 12 sessions • $144 • #1465WA
LNFI – Lower • Kidcreate Studio • Grades K-1
Fri Apr 17 • 4:10-5:10p • 6 sessions • $72

Jewelry Making Workshop
Grades 2-5. Bead, sculpt, weave, wire and design your own jewelry. Use expert techniques and your own personal style to create pieces for yourself or a memorable gift for someone you love. No class Jan. 20, Feb. 17.

Horace Mann • L. Lee
Thu Jan 9 • 2:10-3:10p • 12 sessions • $84 • #1161WC
J.J. Hill • L. Lee
Mon Jan 13 • 2:15-3:15p • 9 sessions • $63 • #1161WD
Preschool: Once Upon a Time
Ages 3-5. Everyone has something special about them. What’s special about you? What makes you royalty? Are you helpful like Snow White? Do you see the good in others like Belle from Beauty and the Beast? Do you help friends see the world in new and exciting ways like Aladdin? Come dressed in your finest Fairy Tale Fantasy garb. Discover and celebrate what’s special about you!
Central HS • L. Lee • #1803SA
Sat May 2 • 9:00-10:00a • 3 sessions • $30

Preschool: Wild Animals Puppet Factory
Ages 3-5. Calling all lions, tigers, pandas and owls of the world! Join a pack of wild animals and explore the jungle through creative movement, theater and art. Emerge from the jungle with an animal friend to bring home at the end of class.
East Side Learning Hub • SPPS Community Ed Staff @ Harding HS, 1526 E. Sixth St., 55106
Sat Feb 22 • 10:15-11:15a • 1 session • $10 • #1805WA

Create a Play
Grades 2-5. Break out of your shell and find your voice in this fun interactive class. Learn the different roles of the play making process. Showcase your hard work to your family and friends at a performance at the end of the session. No class Jan. 20, Feb. 17.
EXPO • A. Courchaine • #1154WC
Mon Jan 6 • 2:10-3:10p • 10 sessions • $70
Randolph Heights • SPPS Community Ed Staff • #1154WB
Wed Jan 15 • 4:10-5:10p • 11 sessions • $77

Contemporary Dance
Expand your expressive side through the modern, jazzy and fluid movements of contemporary dance. Share your new moves in a performance at the end of the session. No class Jan. 20, Feb. 17, Mar. 2.
EXPO • S. Trost • Grades 2-5
Mon Jan 6 • 2:10-3:10p • 9 sessions • $63 • #1095WA
Adams • S. Trost • Grades K-3
Mon Jan 13 • 4:15-5:15p • 9 sessions • $63 • #1095WB

Dance: Ribbons & Twirls
Ages 3-5. Wrap yourself in ribbon and dance the day away! Practice basic ballet and jazz moves, play games, and build your own ribbon twirler that you get to take home on the last day of class. No class Feb. 6, 27, May 23.
Highland Park HS • L. Lee
Thu Jan 30 • 6:00-6:45p • 5 sessions • $35 • #1155WA
Central HS • L. Lee
Sat Feb 1 • 10:30-11:15a • 8 sessions • $56 • #1155WC
Sat Feb 1 • 11:15a-12:00p • 8 sessions • $56 • #1155WD
Sat Apr 11 • 10:30-11:15a • 7 sessions • $49 • #1155WC
Sat Apr 11 • 11:15a-12:00p • 7 sessions • $49 • #1155WD

Youth Yoga & Dance
Ages 5-7. Think you know yoga? Not like this! Join us in this free-spirited and fun class to get your yoga moves on with inspiring dance music! Through this creative approach, combining yoga and dance with plenty of party games and awesome activities, you will get a great workout, revived energy and naturally uplifted spirits.
Highland Park HS • L. Lee
Thu Jan 30 • 6:45-7:30p • 5 sessions • $35 • #1156WA

Traditional Chinese Dance
Grades K-3. Breathe fire like a dragon and roar like a lion in this traditional Chinese dance class, which takes elements from folk, opera and ballet. Share what you learned about this ancient dance form in a performance on the last day.
Jie Ming • H. Sutera • #1098WA
Tue Jan 14 • 4:10-5:10p • 11 sessions • $77

Guitar: Individual Lessons
Grades 1-12. Pick a melody, strum a chord and perform popular and classical guitar music. Play acoustic guitar as a beginning or progressing student. Participants must bring their own guitar. These are individual half-hour lessons.
Locations and days offered:
• EXPO: Mondays
• Horace Mann: Tuesdays and Thursdays
• Rondo Education Center: Wednesdays
• SAP: Wednesdays
Lesson availability online at www.commed.spps.org or call the C.E. Office at Rondo Education Center at 651-487-7383.

Piano: Individual Lessons
Grades 1-12. Learn basic piano skills including note reading, simple rhythms, primary chords and elementary technique. These are individual half-hour lessons.
Locations and days offered:
• EXPO: Mondays and Wednesdays
• Chelsea Heights: Tuesdays
• Horace Mann: Tuesdays, Thursdays and Fridays
• Rondo Education Center: Tuesdays, Wednesdays and Thursdays
Lesson availability online at www.commed.spps.org or call the C.E. Office at Rondo Education Center at 651-487-7383.
Winter/Spring 2020 registration opens December 2

From open skating rinks, to adult and youth computer classes, to attending an outdoor winter event, to exploring the outdoors, to taking a dance class, to staying active, to baking your own treats, Saint Paul Parks and Recreation has activities for all ages (and make sure to check out our no-school day programming too!)

FOR MORE INFORMATION CONTACT US:
651-266-6400
PARKSCUSTOMERSERVICE@CI.STPAUL.MN.US
WWW.STPAUL.GOV/WINTER-ED
Location Addresses

Program Locations: A symbol or number next to a location corresponds to its location on the map.

- 1780 West 7th
- 85 Adams (Adams Spanish Immersion School)
- 61 Baker Center
- 58 Battle Creek Rec
- 157 Brake Bread
- 66 Bridge View School
- 53 Buzzard Lips Press
- 127 Calvary Cemetery
- 115 Carondelet Village
- Casket Arts-Carriage House
- 100 Caufield Clay Works
- Central HS

C.E. Office at Central HS
Aquatics, Driver Education, Gymnastics and Adult Enrichment Programs
Central Senior High School
275 N. Lexington Parkway, 55104
651-744-5094
Fax-651-312-9058

C.E. Office at Harding HS
Trips & Tours and Adult Enrichment Programs
East Side Learning Hub @ Harding Senior High School
1526 E. Sixth St., 55106
651-744-3072
Fax-651-293-6562

C.E. Office at Rondo Education Center
Youth Program
Rondo Education Center
560 Concordia Ave., 55103
651-487-7383
Fax-651-325-2673

Community Education Administration Office
1780 West 7th Street, 55116
651-767-8179

Community Education Website:
www.commed.spps.org
Program Locations continued: A symbol or number next to a location corresponds to its location on the map.

<table>
<thead>
<tr>
<th>Location Address</th>
<th>City</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Chelsea Heights (Chelsea Heights Elementary)</td>
<td>Minneapolis</td>
<td>1557 Huron St.</td>
</tr>
<tr>
<td>5 Hancock Rec</td>
<td>The Canvas</td>
<td>1610 Hubbard Ave.</td>
</tr>
<tr>
<td>43 Hayden Heights Rec</td>
<td>1965 E. Hoyt Ave.</td>
<td>651-298-5716</td>
</tr>
<tr>
<td>11 Highland Park Community Center</td>
<td>1978 Ford Pkwy.</td>
<td>651-695-3706</td>
</tr>
<tr>
<td>12 Highland Park HS</td>
<td>1015 S. Snelling Ave.</td>
<td>Enter parking lot from Edgcombe Rd.</td>
</tr>
<tr>
<td>9 Horace Mann (Horace Mann School)</td>
<td>2001 Eleanor Ave.</td>
<td></td>
</tr>
<tr>
<td>38 Jie Ming</td>
<td>Jie Ming Mandarin Immersion Academy at Hamecroft</td>
<td>1845 Sheridan Ave.</td>
</tr>
<tr>
<td>20 Hubbs Center</td>
<td>1030 University Ave. W.</td>
<td>651-695-3711</td>
</tr>
<tr>
<td>30 Gordon Parks HS</td>
<td>1212 University Ave. W.</td>
<td></td>
</tr>
<tr>
<td>147 Grace Lutheran Church</td>
<td>1730 Old Hudson Rd.</td>
<td>651-695-3714</td>
</tr>
<tr>
<td>10 Groveland Rec</td>
<td>2021 St. Clair Ave.</td>
<td>651-695-3714</td>
</tr>
<tr>
<td>63 Saint Paul Parks and Recreation Administration</td>
<td>400 City Hall Annex</td>
<td>25 W. Fourth St.</td>
</tr>
<tr>
<td>15 Linwood Rec</td>
<td>860 St. Clair Ave.</td>
<td>651-298-5660</td>
</tr>
<tr>
<td>16 Martin Luther King Rec (MLK)</td>
<td>271 Mackubin St.</td>
<td>651-290-8695</td>
</tr>
<tr>
<td>39 McDonough Rec</td>
<td>1544 Timberlake Rd.</td>
<td>651-558-2171</td>
</tr>
<tr>
<td>7 Merriam Park Rec</td>
<td>2000 St. Anthony Ave.</td>
<td>651-298-5766</td>
</tr>
<tr>
<td>156 Minnesota State Capitol</td>
<td>1550 N. Hamline Ave.</td>
<td>651-298-5613</td>
</tr>
<tr>
<td>26 North Dale Rec</td>
<td>1414 N. St. Albans St.</td>
<td>651-558-2329</td>
</tr>
<tr>
<td>24 Northwest Como Rec</td>
<td>1550 N. Hamline Ave.</td>
<td>651-298-5613</td>
</tr>
<tr>
<td>18 Oxford Community Center</td>
<td>270 N. Lexington Pkwy.</td>
<td>651-298-5677</td>
</tr>
<tr>
<td>68 Palace Rec</td>
<td>781 Palace Ave.</td>
<td>651-298-5677</td>
</tr>
<tr>
<td>40 Phalen Rec</td>
<td>1000 E. Wheelock Pkwy.</td>
<td>651-793-6600</td>
</tr>
<tr>
<td>9 Ramsey MS</td>
<td>1700 Summit Ave.</td>
<td></td>
</tr>
<tr>
<td>14 Randolph Heights (Randolph Heights Elementary School)</td>
<td>348 Hamline Ave. S.</td>
<td></td>
</tr>
<tr>
<td>36 Rice Rec</td>
<td>(The Teen Zone)</td>
<td>1022 Marion St.</td>
</tr>
<tr>
<td>142 RiverGarden Yoga Center</td>
<td>455 West 7th Street</td>
<td></td>
</tr>
<tr>
<td>109 Rondo Community Outreach Library</td>
<td>461 N. Dale St.</td>
<td>612-290-8695</td>
</tr>
<tr>
<td>31 Scheffer Rec</td>
<td>327 7th St. W.</td>
<td>651-298-5680</td>
</tr>
<tr>
<td>158 Spirit Tae Kwon Do</td>
<td>242 Cleveland Ave. S.</td>
<td>651-298-5680</td>
</tr>
<tr>
<td>100 The Center for Mind-Body Oneness</td>
<td>550 Vandalia St., Studio 203</td>
<td></td>
</tr>
<tr>
<td>161 TPT Building</td>
<td>(Twin Cities Public Television)</td>
<td>172 4th St. E.</td>
</tr>
<tr>
<td>164 True Stone Coffee Roasters</td>
<td>755 Prior Ave. N.</td>
<td></td>
</tr>
<tr>
<td>131 Villa del Sol</td>
<td>88 Cesar Chavez St.</td>
<td></td>
</tr>
<tr>
<td>157 Vine Park Brewing Co.</td>
<td>1254 7th St. W.</td>
<td></td>
</tr>
<tr>
<td>4 Washington Technology Magnet School</td>
<td>1495 Rice St.</td>
<td>651-298-5629</td>
</tr>
<tr>
<td>29 West Minnehaha Rec</td>
<td>685 W. Minnehaha Ave.</td>
<td>651-298-5629</td>
</tr>
<tr>
<td>140 Wheelock Early Learning Center</td>
<td>1521 Edgerton St.</td>
<td>651-298-5629</td>
</tr>
<tr>
<td>48 Wilder Rec</td>
<td>958 Jessie St.</td>
<td>651-298-5629</td>
</tr>
</tbody>
</table>
Registration Information

Registration—what you need to know
• Register as soon as you can—classes fill quickly and we need to order supplies.
• Registration and payment must be received at least 24 hours before the start of class.
• If people wait until the last minute to register, that class could be canceled.
• No same-day or walk-in registrations.
• Non-payment could prevent your ability to enroll in other Community Education offerings.

Online
at www.commed.spps.org
To create a new account:
Click on View My Account above and follow the prompts to set up your new account.
Some of our classes may not be available for online registration. Any of our offices (listed on page 64) are happy to help you with these classes.

By Phone
with Credit Card or Check
(Visa, MasterCard or Discover)
Call the Community Education telephone number listed, 9:00 a.m.-3:00 p.m., weekdays.
Credit Card: Please have your credit card number and expiration date ready.
Check: Please have the routing and account numbers from the bottom of your check ready. The routing number contains nine digits surrounded by I:
Refer to both the class title and course number when registering.

By Mail
Complete a registration form (on page 67) and mail it with a check or credit card number (Visa, MasterCard or Discover) to the address of the Community Education Office that is accepting registration for the class. See page 64 for Community Education Offices.
If paying by check, your place is confirmed when payment is received (make checks payable to ISD# 625).

In Person
Visit any Community Education Office 9:00 a.m.-3:00 p.m. If paying with cash, please have exact amount. See page 64 for Community Education Offices.

Please note:
If you pay with a check, money will be deducted from your checking or savings account as soon as we receive it.

Please, no fax registrations.

Cancellations
Saint Paul Public Schools Community Education reserves the right to cancel classes due to lack of enrollment or emergencies.

Refunds
• If you cancel a class more than three business days from the class start date, a refund minus a $10 service charge will be issued. If you cancel a class less than three business days from the class start date, no refund will be issued.
Note: The cancellation requirement is seven (7) business days prior to the start of a Community Education summer youth program.
• For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates. (For tour refund policy, see page 39.)
• For Driver Education, refunds minus a $50 fee will be issued upon request for cancellation. Refunds will not be issued once the course has ended.
• Full refunds are issued if Community Education cancels a class or tour, or the class or tour is already filled.

Closings Due to Weather
In case of bad weather, tune in to local media — broadcast, print and online for information on school closures or check the district’s website at www.spps.org for the most current updates.

UCare Discounts
UCare members may take a discount of up to $15 per class on most classes. If a class is less than $15, the member may take the class free of charge. PMAP, Connect, MSHO, MSC+, and MnCare plans may use unlimited discounts. UFS plans and UCare for Seniors are limited to one class per calendar year. Members must include their UCare ID number and plan when registering. UCare registration is not available online.

Safety Disclaimer
There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Saint Paul Public Schools (ISD# 625) assumes no responsibility for injuries received during activities. Any changes in participants’ current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

Special Services
Persons with disabilities are welcome in any class or activity. In some cases there may be a supply, set up or user fee for helpers. If you need a reasonable accommodation, contact the Community Education Office where you are registering.
Service animals that fit the definition of Title II And Title III of the Americans with Disabilities Act are welcome. Please leave other animals at home.

Need a Community Education Catalog?
Call 651-767-8179 or email commed@spps.org to get on the mailing list.

Annual Notice to Students with Disabilities
Saint Paul Public Schools (SPPS) is committed to providing a free and appropriate public education for every student in the school district. It is the intent of SPPS to ensure that students who have a disability, within the definition of Section 504 of the Rehabilitation Act of 1973, are identified, evaluated and provided with reasonable and appropriate accommodations.
For more information, please contact Jennifer Nordstrand, Section 504 resource, Saint Paul Public Schools, 651-767-8382; jennifer.nordstrand@spps.org.

Saint Paul Public Schools Community Education will not hold classes:
January 1, 2020
February 17, 2020
March 3, 2020, after 6:00 p.m.
May 25, 2020

During winter, please dress warmly—some facilities may be a bit cool.

Please, no fax registrations.

Cancellations
Saint Paul Public Schools Community Education reserves the right to cancel classes due to lack of enrollment or emergencies.

Refunds
• If you cancel a class more than three business days from the class start date, a refund minus a $10 service charge will be issued. If you cancel a class less than three business days from the class start date, no refund will be issued.
Note: The cancellation requirement is seven (7) business days prior to the start of a Community Education summer youth program.
• For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates. (For tour refund policy, see page 39.)
• For Driver Education, refunds minus a $50 fee will be issued upon request for cancellation. Refunds will not be issued once the course has ended.
• Full refunds are issued if Community Education cancels a class or tour, or the class or tour is already filled.

Closings Due to Weather
In case of bad weather, tune in to local media — broadcast, print and online for information on school closures or check the district’s website at www.spps.org for the most current updates.

UCare Discounts
UCare members may take a discount of up to $15 per class on most classes. If a class is less than $15, the member may take the class free of charge. PMAP, Connect, MSHO, MSC+, and MnCare plans may use unlimited discounts. UFS plans and UCare for Seniors are limited to one class per calendar year. Members must include their UCare ID number and plan when registering. UCare registration is not available online.

Safety Disclaimer
There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Saint Paul Public Schools (ISD# 625) assumes no responsibility for injuries received during activities. Any changes in participants’ current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

Special Services
Persons with disabilities are welcome in any class or activity. In some cases there may be a supply, set up or user fee for helpers. If you need a reasonable accommodation, contact the Community Education Office where you are registering.
Service animals that fit the definition of Title II And Title III of the Americans with Disabilities Act are welcome. Please leave other animals at home.

Need a Community Education Catalog?
Call 651-767-8179 or email commed@spps.org to get on the mailing list.

Annual Notice to Students with Disabilities
Saint Paul Public Schools (SPPS) is committed to providing a free and appropriate public education for every student in the school district. It is the intent of SPPS to ensure that students who have a disability, within the definition of Section 504 of the Rehabilitation Act of 1973, are identified, evaluated and provided with reasonable and appropriate accommodations.
For more information, please contact Jennifer Nordstrand, Section 504 resource, Saint Paul Public Schools, 651-767-8382; jennifer.nordstrand@spps.org.

Saint Paul Public Schools Community Education will not hold classes:
January 1, 2020
February 17, 2020
March 3, 2020, after 6:00 p.m.
May 25, 2020

During winter, please dress warmly—some facilities may be a bit cool.

Please, no fax registrations.

Cancellations
Saint Paul Public Schools Community Education reserves the right to cancel classes due to lack of enrollment or emergencies.

Refunds
• If you cancel a class more than three business days from the class start date, a refund minus a $10 service charge will be issued. If you cancel a class less than three business days from the class start date, no refund will be issued.
Note: The cancellation requirement is seven (7) business days prior to the start of a Community Education summer youth program.
• For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates. (For tour refund policy, see page 39.)
• For Driver Education, refunds minus a $50 fee will be issued upon request for cancellation. Refunds will not be issued once the course has ended.
• Full refunds are issued if Community Education cancels a class or tour, or the class or tour is already filled.

Closings Due to Weather
In case of bad weather, tune in to local media — broadcast, print and online for information on school closures or check the district’s website at www.spps.org for the most current updates.

UCare Discounts
UCare members may take a discount of up to $15 per class on most classes. If a class is less than $15, the member may take the class free of charge. PMAP, Connect, MSHO, MSC+, and MnCare plans may use unlimited discounts. UFS plans and UCare for Seniors are limited to one class per calendar year. Members must include their UCare ID number and plan when registering. UCare registration is not available online.

Safety Disclaimer
There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Saint Paul Public Schools (ISD# 625) assumes no responsibility for injuries received during activities. Any changes in participants’ current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

Special Services
Persons with disabilities are welcome in any class or activity. In some cases there may be a supply, set up or user fee for helpers. If you need a reasonable accommodation, contact the Community Education Office where you are registering.
Service animals that fit the definition of Title II And Title III of the Americans with Disabilities Act are welcome. Please leave other animals at home.

Need a Community Education Catalog?
Call 651-767-8179 or email commed@spps.org to get on the mailing list.

Annual Notice to Students with Disabilities
Saint Paul Public Schools (SPPS) is committed to providing a free and appropriate public education for every student in the school district. It is the intent of SPPS to ensure that students who have a disability, within the definition of Section 504 of the Rehabilitation Act of 1973, are identified, evaluated and provided with reasonable and appropriate accommodations.
For more information, please contact Jennifer Nordstrand, Section 504 resource, Saint Paul Public Schools, 651-767-8382; jennifer.nordstrand@spps.org.

Saint Paul Public Schools Community Education will not hold classes:
January 1, 2020
February 17, 2020
March 3, 2020, after 6:00 p.m.
May 25, 2020

During winter, please dress warmly—some facilities may be a bit cool.
How to Use this Catalog

Register online at www.commed.spps.org.
To register by phone, mail or in person, refer to the C.E. Office listed in the class section.
Community Education Offices are listed on page 64.

Beginning Calligraphy
Inspire your audience with beautifully lettered correspondence. Learn informal italic; great for greeting cards, invitations and gifts. No class Feb. 25, Mar. 3.

Class is held at this location. Addresses are listed on pages 64-65.

Instructor: J. Michalski • #3225WEA

Beginning date: Tue Feb 4 • 6:30-8:30p • 6 sessions • $72 + $20 supply fee

Registration Form

Name: ____________________________________________
Address: ____________________________________________
City: ________________________ Zip: _______________
Phone: day _____ - _____ - _______ cell _____ - _____ - _______
E-mail: ___________________________ Date of Birth: __/__/_____

Emergency Contact:
Name: ___________________________ Phone: _______________

Youth only:
Parent Name: ___________________________
Grade: _____ School: ___________________________

Voluntary Information—check all that apply. Collecting this information helps us to provide programs and services for our community.

[ ] Male
[ ] Female
[ ] Special Needs:

American Indian
Asian or Pacific Islander
Black or African American
Hispanic or Latino
Native Hawaiian
White
Other

For Driver Education classes, parents/guardians need to agree and sign below: I have read, understand, and agree to the Driver Education policies listed in this catalog, on the Driver Education website (www.commed.spps.org/drivered), and those presented in class.

Signature: ___________________________

Payment:
[ ] Cash  [ ] Check  [ ] Visa  [ ] MasterCard  [ ] Discover
Credit card# __ __ __ __  __ __ __ __  __ __ __ __  __ __ __ __
Expiration Date: __/__/_____  Name: ___________________________

(Optional) Donation to Youth Scholarship Fund $ __________
UCare ID# ____________  UCare discount $ __________
UCare Plan ____________  Total (minus discount) $ __________
Community Education Citywide Advisory Council (CWAC)

The Saint Paul Community Education Advisory Council meets four times annually. The purpose of the CWAC is to guide and assist the Community Education department in the fulfillment of the community education mission of providing quality lifelong learning opportunities for all residents.

Members provide valuable input from the community perspective on the evolution of activities, programs and services. We strive to build our council as diverse as our community in order to be representative of the entire School District.

If you are interested in serving on our CWAC, please visit www.spps.org/CEboard.
The Census counts every person living in the United States, including infants. All information is confidential and is never given out or made public.

Census numbers are used by the federal and Minnesota governments to decide how to spend money on things like schools, healthcare and roads.

You can take the Census online, on a form mailed to you, or in person from a Census worker. You can expect to get information mailed to you in March 2020.

For more information // Para Mas Informacion// xav paub ntau ntxiv / Wixii macluumaad dheeraad ah/ ချက်ချင်သောမြောက်ခြေမှာခံရမည်ကို

www.spps.org/Page/37991
ramseycounty.us/census
YOU'RE INVITED

FRIDAY, MARCH 20TH (4-7pm)  •  RONDO EDUCATION CENTER

www.spps.org/NeighborDay