REGISTER STARTING DECEMBER 6, 2021
SPPS.ORG/COMMED

LIVE           LOVE         LEARN         LOCAL

Nyob bub Neej, Muaj kev hlub, Muaj kev Kawm, Muaj nyob ua ke
Nolol, Jacayl, Barasho, Gudaha

Vive, Ama, Aprende, Local
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 spps.org/ceboard

Find us on Social Media

/SPPSCommEd

@SPPSCommunityEd

COVID-19 INFORMATION FOR IN-PERSON CLASSES

Due to the highly contagious nature of the current COVID-19 virus outbreak, and the understanding that any virus can be contracted from both symptomatic and asymptomatic people, Saint Paul Public Schools assumes no responsibility for the contraction of any illness as a result of your participation in Saint Paul Public Schools Community Education classes and programs. Although Saint Paul Public Schools conducts regular and thorough cleaning and sanitation of its facilities and follows state and federal public health and safety guidance, it cannot guarantee that participants will not be exposed to the COVID-19 virus or other illnesses. Participation in Saint Paul Public Schools Community Education classes or activities is at your own risk. You acknowledge this risk on behalf of yourself and your minor children as a condition of participation.

Health and safety expectations will be communicated to all participants. Participants are prohibited from participating or entering school district facilities when they are ill or experiencing symptoms of COVID-19 or subject to quarantine. All participants are required to comply with current MDH (https://www.health.state.mn.us/diseases/coronavirus/facecover.html), SPPS (https://www.spps.org/safelearningplan) COVID guidelines, and all other communicated health and safety expectations. Failure to do so could result in removal from the class/program and the premises.

ASSUMPTION OF RISK, SAFETY, AND RESPONSIBILITY FOR CLASS CONTENT

There is an inherent risk of accident, harm, and injury in any class, program, trip, outing, or activity (“Activity”). It is the responsibility of the participant to be aware that there are assumed risks in participation in any Activity. Independent School District No. 625, Saint Paul Public Schools (the “District”) assumes no responsibility for any harm, injury, or damages incurred 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). By participating in any District Activity, the District may rely on the representation and warranty of the participant that the participant is sufficiently physically fit to participate and does not have any medical condition(s) that would prevent the participant’s safe participation. If you require a reasonable accommodation to participate in an Activity, please refer to the Special Services paragraph on the Registration Information page. Additionally, the opinions, presentations, and lectures of the instructor of a class are the instructor’s own and do not represent the opinions or positions of the District. If you believe an instructor has violated District policy, then such violations must be reported as required by the applicable District policy.
Adult Enrichment Programs
Teens 16 and over are welcome to participate in adult classes, unless otherwise specified.

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Program Office Phone Numbers
Community Programs ................................................. 651-767-8179
  • Adult and Youth Enrichment
  • Adults with Disabilities
  • Aquatics
  • Driver Education
  • Flipside
  • Gymnastics
Discovery Club .......................................................... 651-632-3793
Early Childhood Family Education ......................... 651-793-5410
Freedom School .......................................................... 651-387-0869
Hubbs Center ............................................................ 651-290-4822
  • Adult Basic Education
  • GED

Online Registration at spps.org/commed

Some of our classes may not be available for online registration.

Questions? Call 651-767-8179 or email commed@spps.org and we are happy to help you with these classes.

Full listing of classes available at spps.org/commed
ART AT RAMSEY
Art at Ramsey is a well-established, highly-acclaimed art fair. This juried show features original fine arts and fine crafts made by the exhibiting artists. It is held in conjunction with Grand Meander, the Grand Avenue Business Association’s holiday promotion. Art at Ramsey is sponsored by Ramsey Middle School, Community Education and Artists’ Circle.

Saturday, December 3, 2022
10:00 a.m. - 5:00 p.m.
Ramsey Middle School
1700 Summit Ave.
Free Admission
Applications will be available May 1 and must be received by July 1 at www.artistscircle.org.

For information, call the Community Education Office at 651-767-8179.

ART AT RAMSEY

CRAFTING TOGETHER
Bring whatever craft you are working on for a gathering of local makers and crafters! Sharing space and creating simultaneously is a great opportunity to build community while learning techniques from fellow creatives.
Ramsey MS • E. Ward • #3601WA
Sat Mar 5 • 9:00a-12:00p • 1 session • $15

FRESH EYES
Do you want to engage with fellow makers and get constructive feedback on your craft? Using Critical Response Protocol, we’ll have a dialogue around the technical, emotional, and intellectual processes of art-making. Whether you’re a painter, potter, quilter, or other kind of maker, you’ll discover how structured community discourse allows us to identify the transformative power of art for both viewer and maker.
Bring an in-process or completed project to class for friendly feedback. No class Mar. 8.
Como Park HS • S. Willcox • #2999WA
Tue Feb 8 • 6:15-8:45p • 4 sessions • $12

POP-UP CARDS & BOOKS
Brighten a friend’s day with a pop-up card or book! The first week, we’ll construct cards and learn basic structures; the second week, we’ll put them together to make small books.
Harding HS • M. B. Hummel • #3016WA
Wed Feb 2 • 6:30-8:30p • 2 sessions • $31 + $5 supply fee

KNITTING MITTENS
We’ll knit some cozy winter mittens! Bring your own size 4 mitten needles and worsted weight yarn. This class is for beginning knitters or those new to making mittens.
Harding HS • M. B. Hummel • #3507WA
Wed Feb 23 • 6:00-8:00p • 3 sessions • $39

WEAVING ON NATURAL OBJECTS
Create simple weavings on pieces of nature like rocks, rustic stone tiles, pieces of tree bark, and more, with different threads and fibers. Use a basic weaving technique to create sculptural pieces where the loom becomes part of the finished piece. The process is meditative, slow, delicate and soothing, requiring fine detailed finger work. No previous weaving experience is necessary.
Online Course – Zoom Platform • E. Freeman • #3973WA
Fri Feb 18 • 6:30-8:00p • 2 sessions • $63

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!

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

• Supply fees must be paid to instructors on the first day of class.
• Supply lists (if applicable) will be included in class confirmation email. Lists can be sent via postal mail by request only.
DRAWING & PAINTING

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.
1780 West 7th Street • J. T. Parker • #3027WA
Thu Jan 27 • 6:00-8:00p • 5 sessions • $85

COLOR YOUR WORLD
Bring your drawings to life with colored pencils! Learn colored pencil techniques that show you how to depict the world in vibrant color. For beginners to drawing or colored pencils. Bring a set of 24 to 36 pencils to class.
1780 West 7th Street • J. T. Parker • #2997WA
Tue Feb 8 • 6:00-8:00p • 5 sessions • $85

DRAWING TO DE-STRESS
Practice art activities that are both meditative and get energy out and onto the paper! We’ll go over basic drawing techniques, how to choose compositions in our immediate surroundings, and discover how scribbles and patterns can be an outlet to keep moving and release stress.
Online Course – Zoom Platform • P. Tighe • #3192WA
Sat Mar 5 • 10:00-11:00a • 3 sessions • $39

EXPLORING ART MATERIALS
Have you always wanted to make art but didn’t have the time, energy, or confidence? This class is for you! Explore drawing, watercolor painting, collage, and a mixture of all three simultaneously! This four-session class allows the cautious artist to find a foothold in art-making through fun materials.
1780 West 7th Street • P. Tighe • #2998WA
Tue Mar 1 • 5:30-7:00p • 4 sessions • $60

PATTERN AS PAINTING
First, discover the intersections of pattern and painting by looking at historical and contemporary pieces. Next, work on top of hand-drawn sketches to create a beautiful acrylic painting! This class is great for a beginning painter looking for more instruction or a seasoned painter who wants to try something new.
Online Course – Zoom Platform • P. Tighe • #3176WA
Thu Feb 17 • 5:30-7:00p • 4 sessions • $49

EXPLODING IRIS
Learn to paint in a traditional watercolor manner by using masking fluid to save the flower shapes, emphasizing the colorful background. No previous watercolor experience is necessary. All levels of painters will complete a successful painting using the step-by-step directions.
Online Course – Zoom Platform • C. Spohn • #3171WA
Wed Jan 26 • 3:00-5:00p • 4 sessions • $63

LILLIAN’S CACTUS
Learn to paint with watercolor over a layer of collage to create a prickly texture. No previous watercolor experience is necessary. All levels of painters will complete a successful painting using step-by-step directions.
Online Course – Zoom Platform • C. Spohn • #3175WA
Wed Jan 26 • 5:30-7:30p • 4 sessions • $63

SOUTHWEST SUNSET
This watercolor painting is all about creating textures using various materials and negative painting. All levels of painters will complete a successful painting using the step-by-step directions. No previous watercolor experience is necessary.
Wheelock Early Learning Center, 1521 Edgerton St., 55130
C. Spohn • #3169WA
Tue Feb 15 • 3:00-7:00p • 2 sessions • $85

⚠️ 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.

Register online at spps.org/commed
ARTS & MUSIC

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

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. End 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 Jan 30 • 1:00-6:00p • 1 session • $65 • #3075WA
Sun Mar 13 • 1:00-6:00p • 1 session • $65 • #3075WB

FLAMEWORK FUNDAMENTALS: ITALIAN GLASS BEADS
Get acquainted with working a torch and Italian soft glass. Learn safety protocol, tool and equipment use, and beginner 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 • #3055WA
3749 Chicago Ave., Mpls., 55407
Sat Feb 5 • 2:00-5:00p • 1 session • $40

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.
Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

Arts & Music

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 class will be on location at a site we’ll choose at class.

Ramsey MS • A. Wurdock • 4 sessions • $101
Mon/Sat Jan 24, 29, 31, Feb 5 • #3157WA
Mon 6:00-8:30p • Sat 9:30a-12:00p
Mon/Sat Mar 14, 19, 21, 26 • #3157WB
Mon 6:00-8:30p • Sat 9:30a-12:00p

PHOTOGRAPHY

BEGINNING & INTERMEDIATE BANJO OR GUITAR: INDIVIDUAL LESSONS
Ages 12 and up. Bring your own banjo, or acoustic, electric or bass guitar. These are individual half-hour lessons. When registering, please select which instrument you are interested in. No lesson Feb. 1.

1780 West 7th • P. Storms • #3940W
Tue Jan 25 • 5:00-9:00p • 8 sessions • $156
Ramsey MS • P. Storms • #3940W
Wed Jan 26 • 6:00-9:00p • 8 sessions • $156

PIANO: INDIVIDUAL LESSONS
Ages 6 and up. Beginner level. Adult beginners are 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 lesson. No lesson Feb. 1, 21.

1780 West 7th Street • S. Logeais • #3960W
Tue Jan 18 • 9:00a-3:00p • 9 sessions • $176
Ramsey MS • M. Romstad • 7 sessions • $137
Sat Jan 22 • 8:30-11:00a • #3960W
Mon Jan 24 • 7:00-9:00p • #3960W
Tue Jan 25 • 7:00-9:00p • #3960W
Wed Jan 26 • 7:00-9:00p • #3960W

HAND DRUMMING: GROUP LESSONS
For both beginners and those with some experience. Drumming is a way to tell stories, create rhythms, and bond with others. Discover infectious rhythms from around the world and immerse yourself in authentic techniques, exercises, including traditional and even contemporary songs. This is a group class and we’ll jam together, creating a global beats ensemble! Bring a hand drum if you have one. There will be drums available for you to use during class. No lesson Feb. 21.

Central HS • St. Joseph’s School of Music • #3062WA
Mon Jan 31 • 6:00-7:00p • 7 sessions • $69

Music Instruction

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!

Don’t wait to register
Our classes need a minimum number of people to run. We cancel low enrollment classes 3-5 business days before the start date, so don’t wait – register early!
Arts & Music

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

**DRAMA & FILM**

**ACTING FOR ABSOLUTE BEGINNERS**
Explore the basic tenets of acting, emphasizing character and textual analysis, while rehearsing/performing partnered scenes from Tennessee Williams’s *Orpheus Descending* as our study text.
Central HS • Lex-Ham Community Theater • #3500WA
Mon Jan 24 • 6:30-8:30p • 4 sessions • $48

**FILM APPRECIATION**
Have a love of cinema or want to discover new films? This class is for you! Watch and discuss a variety of features, from silent films to forgotten films to modern classics. Each screening is followed by a group discussion.
Online Course – Zoom Platform • A. Kennedy • #3506WA
Wed Jan 26 • 6:45-8:45p • 8 sessions • $75

**REVISITING HITCHCOCK: INTRODUCTION TO FILM THEORY**
Few artists have left such a lasting scar on the American consciousness as Alfred Hitchcock. While the “Master of Suspense” dealt in universal cinematic motifs, his hyper-psychological approach set him apart from his contemporaries and created a style of filmmaking that has infected Hollywood to this day. We’ll focus on Hitchcock’s film career, as well as the great body of film theory that has been produced concerning his works. Each class begins with a lecture, followed by a film screening.
1780 West 7th Street • S. Hagen/D. Carmody • #3602WA
Tue Jan 18 • 6:00-9:00p • 4 sessions • $79

**NOW HIRING**
NO EVENINGS • NO WEEKENDS • $15/HOUR
Saint Paul Public Schools is in search of quality staff for part-time work in our Discovery Club child care program.
LEARN MORE AND APPLY @ SPPS.ORG/DISCOVERYCLUB

**Sorry, no same-day or walk-ins**
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**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.

Online Course – Zoom Platform • J. Simons • #2822WA
Tue Feb 22 • 6:00-8:00p • 1 session • $28

**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.

Online Course – Zoom Platform • J. Simons • #2827WA
Tue Mar 1 • 6:00-8:00p • 1 session • $28

**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.

Online Course – Zoom Platform • D. Mullin • #2708WA
Wed Feb 23 • 6:30-8:30p • 1 session • $9

**How to Start an Online Business**

Whether you’re dreaming, dabbling, or dead serious, discover the basic elements of starting and running an online business. Topics include: types of web-based sales; where, how and what to sell; getting paid; shipping/fulfillment; staying local vs. going national; managing time; profitability; legalities, and more.

Online Course – Zoom Platform • J. Simons • #2642WA
Tue Feb 8 • 6:00-8:00p • 1 session • $28

**Personal Planning**

**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 to assist with the VA claims process.

1780 West 7th Street • A. Fleming • #5560WA
Mon Mar 7 • 10:00-11:00a • 1 session • Free

**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, mutual funds, and exchange traded funds, as well as the importance of asset allocation and diversification.

Como Park HS • R. Antkowiak • #2823WA
Mon Jan 24 • 6:30-7:45p • 1 session • $13

**Me to We: Financial Considerations**

For couples looking to create a financial future together, discover how to establish a solid financial foundation and partnership for marriage. Identify values and attitudes about money, set goals – individually and as a couple – and discover tools to help you achieve your goals. Only one person per couple needs to register (fee is per pair).

Como Park HS • K. Schwartz • #2832WA
Mon Feb 7 • 6:30-7:45p • 1 session • $13
WILL TAXES AFFECT YOUR RETIREMENT?
Having a solid understanding of the tax status of investments can help you make informed decisions and avoid paying more than your fair share. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed and how to work efficiently within current tax brackets.
Como Park HS • K. Schwartz • #2843WA
Tue Mar 15 • 6:30-7:30p • 1 session • $13

HEALTH CARE & RETIREMENT: MAKING YOUR MONEY LAST
Discover strategies to help you work toward fulfilling your retirement expectations. We’ll examine inflation, health care expenses, market volatility, including ways to prepare for the unexpected, Medicare coverage, traditional medical expenses, and long-term medical expenses.
Como Park HS • J. Reed • #2841WA
Tue Mar 8 • 6:30-7:30p • 1 session • $13

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. Gain the confidence to develop your Health Care Directive, a written document that describes your choices.
Online Course – Zoom Platform • M. O’Brien • #2829WA
Wed Mar 23 • 6:00-7:30p • 1 session • $19

YOUR HEALTH CARE DIRECTIVES: LEGAL PERSPECTIVE
Learn about Health Care Directives and how to convey your personal wishes when you are unable to communicate for yourself. Discuss 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 • #2935WA
Tue Feb 8 • 7:00-8:30p • 1 session • $31

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.
Ramsey MS • P. Schinzing • #2950WA
Tue Feb 15 • 7:00-8:30p • 2 sessions • $63

REAL ESTATE
BUILDING NEW CONSTRUCTION
Thinking about moving and considering new construction? Want an open-floor plan and larger closets? Explore what is available, where to find it, and what to expect in new construction. Explore the differences in working with a smaller vs. a national builder. Consider timelines, hidden costs, risks, and the coordination of selling your existing home or giving notice on your lease.
Como Park HS • J. Mazzara • #2845WA
Tue Feb 15 • 6:30-8:30p • 1 session • $15

HOW TO WIN AT INVESTMENT PROPERTIES
Considering becoming a landlord or investing in real estate but need more information? Learn about opportunities in today’s Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. Becoming a landlord is work but can be very rewarding. We’ll review all aspects of becoming a landlord, including buying, selling and renting. A flip-book link to the book that John wrote – Reality Based Real Estate Investing will be provided – a $25 value.
Como Park HS • J. Mazzara • #2842WA
Tue Feb 22 • 6:30-8:30p • 1 session • $15

RENOVATIONS & STAGING VS. SELLING YOUR HOME AS-IS:
Are you wondering if home renovations would have a positive return on your investment? Is it worth it to remodel to increase the selling price or should you sell “as is”? Receive guidance to help you get the best “bang for your buck” without overspending – you may not need to do as much as you think. Bring pictures of your home for practical advice on cost-effective ways to prep your house.
1780 West 7th Street • J. Erickson • #2602WA
Thu Feb 10 • 6:00-7:30p • 1 session • Free

ORGANIZING/DOWNSIZING: WHERE TO BEGIN
Keep, sell, donate, toss? Organizing or downsizing, whether for a move or making do where you are, can be overwhelming. Explore the steps to make your experience easier. Create a plan, determine what to keep, what to sell, where to donate, and more. Uncover the satisfaction of organized living!
1780 West 7th Street • J. Cofer • #2895WA
Thu Mar 17 • 10:00-11:30a • 1 session • $24

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.
Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

PHOTO ORGANIZATION – PRINT & DIGITAL
Imagine all your photos in one place with a system that allows you to access any photo and movie in literally seconds. Learn about scanners for copies and repair of older prints and slides, cloud storage services, and owning vs. renting your storage. Discover everything you need to know to complete this project and quickly. Never worry about losing another photo again!
Online Course – Zoom Platform • K. Povolny • #2836WA
Wed Jan 26 • 6:30-8:30p • 1 session • $28

INTRODUCTION TO MICROSOFT 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.
1780 West 7th Street • M. Hogan • #2714WA
Wed Feb 9 • 6:30-8:30p • 1 session • $34

INTERMEDIATE MICROSOFT EXCEL
Expand your basic knowledge of Microsoft 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 Microsoft Excel or equivalent skills.
1780 West 7th Street • M. Hogan • #2670WA
Wed Feb 16 • 6:30-8:30p • 1 session • $34

ADVANCED MICROSOFT 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 Microsoft Excel or equivalent skills.
1780 West 7th Street • M. Hogan • #2635WA
Wed Feb 23 • 6:30-8:30p • 1 session • $34

GOING GOOGLE
Google is more than just a search engine. Discover and experiment with the other aspects of Google, specifically Google Drive, which allows users to create and store files in the cloud, synchronize files across devices, and share files with others.
1780 West 7th Street • M. Hogan • #2706WA
Wed Mar 16 • 6:30-8:30p • 1 session • $34

AVOID INTERNET PITFALLS
The Internet provides instant access and connection to community, family and friends. How can you safely navigate the Internet and avoid the pitfalls of hackers? What are some good habits to develop? Learn about security precautions, email-specific items, and how to not take the bait.
1780 West 7th Street • M. Hogan • #2702WA
Tue Mar 1 • 10:00a-12:00p • 1 session • $34

BEGINNER’S GUIDE TO BUILDING A FREE WEBSITE
If you are self-employed or want to be, you need a website – and building one is easier than you think! This hands-on class will result in your own simple website, ready to launch and grow using free online options. We’ll talk about what you need to include, how to easily create content, and tips to put it all together. Bring your laptop to class.
1780 West 7th Street • J. Menne • #2628WA
Tue Mar 1 • 6:30-8:00p • 3 sessions • $49

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!

Don’t wait to register
Our classes need a minimum number of people to run. We cancel low enrollment classes 3-5 business days before the start date, so don’t wait – register early!
SMARTPHONE & TABLET INSTRUCTION

INDIVIDUAL INSTRUCTION

KNOW YOUR SMARTPHONE/TABLET
Receive one-on-one instruction and learn how to get the most from your smartphone or tablet! You’ll have 45 minutes of private instruction time to ask questions and increase your smartphone/tablet skills! All levels are welcome.

Online Course – Zoom Platform • M. Hogan • 1 session • $41
Mon Feb 7 • 9:30-10:15a • #2615WA
Mon Feb 7 • 10:30-11:15a • #2615WB
Mon Feb 7 • 11:30a-12:15p • #2615WC

DON’T WAIT TO REGISTER
Our classes need a minimum number of people to run. We cancel low enrollment classes 3-5 business days before the start date, so don’t wait – register early!

SMARTPHONE & TABLET INSTRUCTION

GROUP INSTRUCTION

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 in a group class. Bring your smartphone to class.

1780 West 7th Street • M. Hogan • #2645WA
Mon Feb 7 • 9:30-10:15a • #2615WA
Mon Feb 7 • 10:30-11:15a • #2615WB
Mon Feb 7 • 11:30a-12:15p • #2615WC

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.

1780 West 7th Street • M. Hogan • #2616WA
Mon Mar 7 • 12:30-2:30p • 1 session • $34

SMARTPHONE 3
For those who have taken Know Your Smartphone and Smartphone 2 or have equivalent skills. Do a deeper dive into email settings, file/storage management, how the device can interact with a computer, and more! Bring your smartphone to class.

1780 West 7th Street • M. Hogan • #2612WA
Mon Mar 14 • 12:30-2:30p • 1 session • $34

SMARTPHONE 4
For those who have taken Smartphone 3 or have equivalent skills. Discover additional uses for texting, organizing/managing photos, file organization, account management and interacting with the cloud. Bring your smartphone to class.

1780 West 7th Street • M. Hogan • #2636WA
Mon Mar 21 • 12:30-2:30p • 1 session • $34

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!

SMARTPHONE 1

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.
FLAWLESS FLATBREADS & CRACKERS
Flatbreads and fancy crackers are not just for restaurants. Make them in your own kitchen! Explore the varieties of flatbreads and crackers, and learn how to make perfect whole-wheat roti, stuffed naan, lavash crackers, and gluten-free besan crackers. Fee includes supplies.
Harding HS • K. Nelson • #3475WA
Wed Mar 2 • 6:30-8:30p • 1 session • $48

TASTY TAPAS
Who doesn’t love tapas? Delve into the world of these delicious bite-sized appetizers and learn to make boquerones toast, salmorejo (a gazpacho-like cold soup), papas arrugadas with mojo verde (wrinkled potatoes with green sauce), gambas al ajillo (shrimp with garlic), croquetas de jamón (ham croquettes), and piquillo peppers stuffed with cheese. Fee includes supplies.
Harding HS • K. Nelson • #3492WA
Wed Feb 9 • 6:30-8:30p • 1 session • $48

MUST-HAVE MOMOS
Momos are savory Nepali dumplings, rich with Himalayan flavor. Learn how to make momos and a mouth-watering sauce, and end class with the skills to recreate the dish on your own. Recipe handouts provided.
Online Course – Google Meets Platform • I. Rajak • #3439WA
Tue Feb 22 • 6:30-8:30p • 1 session • $29

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. Fee includes supplies.
1780 West 7th Street • M. Selam • #3416WA
Thu Feb 24 • 6:00-8:00p • 1 session • $56

EASY ETHIOPIAN BREAKFAST
Prepare a traditional Ethiopian breakfast for your family and friends. Ethiopian favorites like chechebsa, shahi (herbed hot tea), and mouth-watering fuul are on the menu. Join us in preparing this fun and healthy meal.
1780 West 7th Street • M. Selam • #3498WA
Thu Jan 27 • 6:00-8:00p • 1 session • $55

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. Fee includes supplies.
1780 West 7th Street • M. Selam • #3408WA
Thu Feb 10 • 6:00-8:00p • 1 session • $55

HIMALAYAN CHICKEN CURRY
What better way to beat the Minnesota winter blues with a curry with a punch of flavors? Join this hands-on class not only to make chicken curry but also to learn to infuse aromatic spices to recreate your favorite restaurant taste. It tastes so good this might make its way to the top of your curry list!
Online Course – Google Meets Platform • I. Rajak • #3459WA
Tue Feb 1 • 6:30-8:30p • 1 session • $29

EVERYDAY VEGAN CURRY
Flavorful and warm curry loaded with nutrition is a perfect way to enjoy the cold season. This hands-on class will use pantry staple food and aromatic spices to create a wholesome vegan recipe. Spoon this over hot steaming basmati rice and you may just be in the Himalayas.
Online Course – Google Meets Platform • I. Rajak • #3487WA
Tue Jan 25 • 6:30-8:30p • 1 session • $29

•Food fees must be paid to instructors on the first day of class.

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.
CLASSIC SOUPS & FAMOUS STEWS
Nothing says winter like a simple and satisfying meal of soup, salad and great bread! Join us in creating hearty soups like New England clam chowder, wild rice, pumpkin, split pea with ham, and corn bisque with rosemary. We top this class off with a French beef stew.
1780 West 7th Street • L. Severson • #3298WA
Tue Mar 8 • 5:45-8:45p • 1 session • $39 + $13 food fee

INSTANT POT BASICS SERIES
It’s time to use that Instant Pot! This four-session online class teaches you to make breakfasts through dinners and appetizers through desserts! Each week the instructor will demonstrate a different aspect of pressure-cooking, including how a pressure cooker works, cooking with frozen meats, all-in-one meals, and pot-in-pot cooking. Handouts offer additional recipes beyond what is demonstrated during class, not to mention plenty of time for Q&A.
Online Course – Zoom Platform • K. Madaus • #3451WB
Thu Feb 3 • 6:30-8:00p • 4 sessions • $89

CHILI NIGHT WITH THE INSTANT POT
Learn to make a faster and more flavorful pot of chili (including sides!) compared to a stove top or slow cooker! The instructor will demonstrate easy weeknight chili, turkey verde chili, and vegan quinoa chili, paired with Instant Pot “baked” potatoes and loaded cornbread. We’ll also discuss how you can adapt your favorite recipe for pressure cooker use. Participants will receive an extensive handout along with the link to join prior to class.
Online Course – Zoom Platform • K. Madaus • #3444WA
Tue Mar 8 • 6:30-8:00p • 1 session • $28

WINTER WELLNESS BOWL MEAL PREP
You can create the building blocks for a variety of healthy meals using your Instant Pot and/or air fryer! The instructor will demonstrate a vegetarian black bean, sweet potato and kale bowl, a Korean chicken bowl, and a flexitarian taco tamale bowl. Discuss ways to embellish daily meals with different sauces and toppings.
Online Course – Zoom Platform • K. Madaus • #3448WA
Thu Jan 27 • 6:30-8:00p • 1 session • $28

LOUISIANA-STYLE JAMBALAYA
Jambalaya is a one-pot meal from Louisiana that is full of flavor and history. Learn how to make jambalaya and cornbread with easy recipes. This class is perfect for first-timers!
Harding HS • M. Selam • #3290WA
Wed Mar 9 • 6:00-8:00p • 1 session • $56

FRENCH DINNER
Provence, the regional home to Marseille, Nice, and the Riviera, often bases its cuisine on garlic, olive oil, tomatoes, saffron and herbs. Experience vichyssoise, potato galettes, saffron rice, Coquilles Saint Jacques á la Provençale and crème caramel!
1780 West 7th Street • L. Severson • #3299WA
Tue Feb 15 • 5:45-8:45p • 1 session • $39 + $15 food fee

PERUVIAN VEGETARIAN DINNER
Make a delicious vegetarian meal that includes non-alcoholic chicha morada, ensalada de palta, ocopa, and pionono con manjar blanco. Learn about the ancient Incan origins of Peruvian cuisine and how Spanish colonization influenced it. The instructor teaches Spanish terms while cooking.
1780 West 7th Street • B. Lotterman • #3497WA
Thu Feb 17 • 6:00-8:00p • 1 session • $34

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

EVERYBODY LOVES DONUTS
Explore deep-frying basics, yeasted dough, and templates for basic donut recipes. These recipes are a springboard for customizing creations any way that suits you. Varieties include raised glazed donuts, filled donuts, cake donuts with chocolate and blueberry glazes, apple fritters, and churros.
Harding HS • K. Nelson • #2996WA
Wed Feb 16 • 6:30-8:30p • 1 session • $43

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!
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 approximately 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

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Sessions</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>1780 West 7th</td>
<td>Tue/Thu Jan 25/27</td>
<td>4:30-8:30p</td>
<td>2 sessions</td>
<td>$28</td>
</tr>
<tr>
<td>Ramsey MS</td>
<td>Sat Mar 5</td>
<td>8:00a-12:00p</td>
<td>2 sessions</td>
<td>$28</td>
</tr>
<tr>
<td>Rondo Community Outreach Library</td>
<td>Wed Jan 12</td>
<td>12:00-4:00p</td>
<td>1 session</td>
<td>$24</td>
</tr>
<tr>
<td>Wheelock Early Learning Center</td>
<td>Mon Feb 14</td>
<td>9:00a-1:00p</td>
<td>1 session</td>
<td>$24</td>
</tr>
<tr>
<td>Battle Creek Rec Center</td>
<td>Tue Mar 15</td>
<td>1:00-5:00p</td>
<td>1 session</td>
<td>$24</td>
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### 4-Hour Refresher Courses

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</tbody>
</table>

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

WE ARE HIRING

We are searching for enthusiastic staff who love to teach! Learn more and apply online at spps.org/commed. Contact Steve Egbert at 651-744-5185 with questions.
_fitness & dance

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

°FITNESS

ALL AROUND FITNESS
All Around Fitness is for everyone. Sessions feature 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 Feb. 1, 22, 24, Mar. 1, 3.

Battle Creek Rec Center • J. Campbell • #5150WAA
Tue/Thu Jan 25 • 9:45-10:45a • 15 sessions • $60

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.

Online Course – Zoom Platform • J. Dregni
Tue Jan 25 • 6:30-7:30p • 5 sessions • $52 • #5690WAA
Tue Mar 1 • 6:30-7:30p • 4 sessions • $42 • #5690WAB

T’AI CHI CHIH FOR LIFE
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.

Online Course – Zoom Platform • E. Hanson-Florin
Mon Jan 24 • 5:30-6:30p • 8 sessions • $64 • #5665WAA

°FITNESS

T’AI CHI CH’UAN

Ramsey MS • Laughing Waters T’ai Chi Club
Sat Jan 22 • 9:00-10:30a • 10 sessions • $100 • #5660WAB
Mon Jan 24 • 6:30-8:00p • 8 sessions • $80 • #5660WAA

YOGA

HATHA YOGA: IYENGAR YOGA – ALL LEVELS
For all students at any level looking to explore Iyengar yoga. 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.

Ramsey MS • J. Laine • #5876WAA
Sat Jan 29 • 8:15-9:30a • 9 sessions • $86

INTERMEDIATE GENTLE HATHA YOGA: IYENGAR YOGA – LEVEL 2
Explore the introductory poses in greater depth and focus on breathing practices. It is recommended that students taking this course have six months prior experience with iyengar yoga. Students will need to bring their own props – a yoga mat, belt, three blankets and a chair.

Online Course – Zoom Platform • J. Laine • #5879WAA
Tue Jan 25 • 5:00-6:30p • 9 sessions • $86

INTERMEDIATE HATHA YOGA: IYENGAR YOGA – LEVELS 2/3
For students who have completed Beginning and Advanced Beginning Yoga classes and are looking to continue challenging their yoga practice. New poses will be explored. Students will need to have their own props -- a yoga mat, belt, three blankets and a chair.

Online Course – Zoom Platform • J. Laine • #5877WAA
Tue Jan 25 • 6:30-8:00p • 9 sessions • $96

Ramsey MS • J. Laine • #5877WAB
Wed Jan 26 • 6:15-7:45p • 9 sessions • $96

Water Exercise classes
See Aquatics, page 29.
Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

Fitness & Dance

TAPPY HOUR 1
Build brainpower, bone mass and balance while exploring the art and culture of American tap dance. This is a low-impact dance class offered in partnership with Keane Sense of Rhythm (KSR). Tap shoes are fun, but optional. No class Feb. 21.
Central HS • C. Bode • #3578WAA
Mon Jan 24 • 6:00-7:00p • 8 sessions • $80

TAPPY HOUR 2
For the more advanced beginner, build brainpower, bone mass and balance, while exploring the art and culture of American tap dance. This is a low-impact dance class offered in partnership with Keane Sense of Rhythm (KSR). Tap shoes are fun, but optional. No class Feb. 21.
Central HS • C. Bode • #3579WAA
Mon Jan 24 • 7:00-8:00p • 8 sessions • $80

DANCE

ST. PAUL BALLET ADULT CLASSES
655 Fairview Ave. N. 55104
More details and dress code information at www.spballet.org.
Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

ADULT BALLET FUNDAMENTALS 1
An entry-level class for adult students, ages 18+, with little or no previous experience. Learn basic feet and arm positions, class etiquette, direction of movements and more.
Mon Jan 31 • 6:00-7:15p • 6 sessions • $68 • #3510WAA

ADULT BALLET FUNDAMENTALS 2
For the student who has completed Adult Ballet Fundamentals 1 or enjoyed ballet as a child with less than six months of ballet experience.
Wed Feb 2 • 6:00-7:15p • 6 sessions • $68 • #3511WAA

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.
Mon Jan 31 • 7:15-8:30p • 6 sessions • $68 • #3512WAA
Wed Feb 2 • 7:15-8:30p • 6 sessions • $68 • #3512WAB
Sat Feb 5 • 10:30-11:45a • 6 sessions • $68 • #3512WAC

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!

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.

Full listing of classes available at spps.org/commed
FIRST AID TRAINING
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 • #5515WA
Wed Feb 9 • 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 nationally-recognized American Red Cross course certifies individuals in CPR/AED for adults, children and infants, and is valid for two years.
Central HS • HeartCert CPR • #5512WA
Mon Feb 7 • 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 • #5510WA
Mon/Wed Feb 7/9 • 6:00-9:00p • 2 sessions • $120

TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION
This community-based presentation covers the general scope of suicide, the research on prevention, and what people can do in their communities to save lives.
Online Course – Zoom Platform • C. Linkenmeyer
Tue Feb 15 • 12:00-1:00p • 1 session • $5 • #5499WA
Tue Mar 15 • 7:00-8:00p • 1 session • $5 • #5499WB

A CONVERSATION ON DEATH & DYING
What happens when we die? Are our loved ones at peace? What do they want us to know? Bring questions and experiences you would like to share and we’ll talk! The instructor has communicated with spirits since childhood and has lived through three near-death experiences. As a medium, she uses her gift to help people deal with the grief of losing a loved one.
Online Course – Zoom Platform • V. Juster
Wed Mar 23 • 6:30-8:00p • 1 session • $35 • #5597WA

ABDOMINAL STRENGTHENERS: CORE OFF THE FLOOR
Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at the desk all day, being sedentary, and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal muscle without stressing back or neck joints and without getting on the floor.
Online Course – Zoom Platform • J. Novak, MS
Thu Feb 17 • 6:00-7:30p • 1 session • $35 • #5666WA

ACUPRESSURE FOR WEIGHT LOSS
Acupressure is a Chinese healing technique that involves pressing or massaging key points on the body to stimulate energy flow. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem impossible. Learn the pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating, and strengthen the entire digestive system.
Online Course – Zoom Platform • J. Novak, MS
Mon Feb 7 • 6:00-7:30p • 1 session • $35 • #5619WA

ACUPRESSURE FACE LIFT & SKIN SAVVY
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, reduce lines and prevent new lines from forming. Learn how to make your skin as healthy as possible from the inside out.
Online Course – Zoom Platform • J. Novak, MS
Tue Feb 8 • 6:00-7:30p • 1 session • $35 • #5519WA

ACUPRESSURE TO RELIEVE STRESS & ANXIETY
The ancient healing art of acupressure can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, anxiety, insomnia, irritability and even weight gain, you will learn the Nine Master Pressure Points, which are the most helpful to your body.
Online Course – Zoom Platform • J. Novak, MS
Wed Feb 16 • 6:00-7:30p • 1 session • $35 • #5572WA

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.
INTRODUCTION TO THE ALEXANDER TECHNIQUE
Developed in the Victorian-era, the Alexander Technique is still very relevant today. Learn about the history and principles of this 100+-year-old technique for improving posture and managing pain. Participants should be in a space large enough to stand and walk around a bit as well as sit at the computer to attend.
Online Course – Zoom Platform • L. Hill • #5587WA
Sat Feb 19 • 2:00-3:15p • 1 session • $29 a

FOUNDATIONS OF KI AIKIDO & KI DEVELOPMENT
Experience the power of relaxation, focus, and connection. Aikido is a modern Japanese martial art that emphasizes peaceful resolution of conflict. Ki Development trains unity of mind and body through relaxation, breathing, and movement exercises that promote your natural ability to respond to stress and conflict positively and creatively. Anyone can learn and immediately apply these principles. Bring a yoga mat.
Ramsey MS • Minnesota Ki Society – K. Welge • #5051WA
Tue Mar 1 • 7:00-8:00p • 4 sessions • $49

THE ANCIENT ART OF HAND YOGA
Mudras, or “yoga of the hands”, has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental, and physical well-being and could rejuvenate body and mind. Mudras are quick and easy to do and can be done almost anywhere. Mudras can also be used to help relieve conditions such as stress, digestive issues, bloating, insomnia, and more.
Online Course – Zoom Platform • J. Novak, MS
Tue Feb 15 • 6:00-7:30p • 1 session • $35 • #5548WA

IMPROVE YOUR HEALTH AT ANY AGE
You can't change your chronological age but you can shave years off your biological age. Discuss simple steps you can take now to shave years off your biological age and help make every system in your body as healthy as possible. Also, learn Janice's famous “One Minute To Better Posture” technique that will have you standing straighter.
Online Course – Zoom Platform • J. Novak, MS
Mon Mar 14 • 6:00-7:30p • 1 session • $35 • #5605WA

AVOIDING THE PITFALLS (& WEIGHT GAIN) OF PERIMENOPAUSE/MENOPAUSE
Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, depression, sleep disturbances, hot flashes, anger flashes, exaggerated PMS, and more. Discuss how to get hormone levels measured and what to do with the results, acupressure points to assist in symptom relief, and nutritional musts. You’ll gain multiple tools and techniques for restoring health and well-being.
Online Course – Zoom Platform • J. Novak, MS
Thu Jan 27 • 6:00-7:30p • 1 session • $35 • #5657WA

THE ART OF DE-AGING: PEEL YEARS OFF YOUR BIOLOGICAL AGE
Your biological or body age is measured by how well your organs and body systems work. Learn simple things you can do now to decrease your body age, including facial acupressure points to help erase years from your face. Help yourself look better, feel younger, and age with health and vigor.
Online Course – Zoom Platform • J. Novak, MS
Tue Jan 25 • 6:00-7:30p • 1 session • $35 • #5536WA

DE-AGE YOUR BRAIN
Current research shows lifestyle and diet have a big effect on how the brain ages. Cognitive function can improve, and no matter your age, there are things you can do now to improve how quickly and efficiently brain cells communicate with each other. We’ll discuss which "superfoods" reduce the damaging effects of toxins and inflammation on the brain, and which nutrients are great for memory, attention, processing information, and reducing stress. You’ll learn simple, easy-to-implement strategies to help your brain stay healthy and alert.
Online Course – Zoom Platform • J. Novak, MS
Thu Mar 24 • 6:00-7:30p • 1 session • $35 • #5608WA

BEATING BELLY BLOAT
Have you ever found that your pants fit you in the morning but by mid-afternoon, the waistband feels too tight? Or, that no matter how many crunches or ab exercises you do, the belly is still there! Learn the causes of belly bloat as well as solutions and fast fixes to rid you of it once and for all.
Online Course – Zoom Platform • J. Novak, MS
Tue Mar 22 • 6:00-7:30p • 1 session • $35 • #5607WA

CLAIMING YOUR SPACE: CONFIDENCE, PRESENCE & SELF-DEFENSE
How can I keep myself safe in a challenging, dynamic world? Learn basic principles and exercises from ki aikido, explore a range of reactions and responses to a perceived threat, and apply these principles through exercises to experience bodily presence, confidence, and safety. All are welcome.
Ramsey MS • Minnesota Ki Society – K. Welge
Tue Jan 25 • 7:00-9:00p • 1 session • $38 • #5591WA
Tue Feb 15 • 7:00-9:00p • 1 session • $38 • #5591WB

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!
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 are welcome. This class is free, but requires registration.
Online Course – Zoom Platform
ACT On Alzheimer’s – M. Constantini • Free
Mon Feb 7 • 1:00-2:30p • 1 session • #6419WA
Mon Feb 7 • 7:00-8:30p • 1 session • #6419WB
Fri Mar 11 • 10:00-11:30a • 1 session • #6419WC

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 – J. Leyendecker
Tue Jan 25 • 1:00-3:00p • 1 session • $9 • #6415WA

DEVELOPING INTUITION
Everyone is born with the natural ability to access intuition. Reconnect with your inner voice, and learn how to tell the difference between intuition and wishful thinking, and how to read your body’s intuitive signals. Discover easy, practical steps that can be used in making everyday decisions.
Online Course – Zoom Platform • V. Juster
Wed Feb 2 • 6:30-8:00p • 1 session • $35 • #5598WA

MEDITATION IN DAILY LIFE
Explore awareness meditation, and practice using the senses as support for your mind in this online retreat. Review techniques and bridge practices to help bring this newfound sense of calm and awareness into activities of daily life.
Online Course – Zoom Platform
Minnesota Ki Society – K. Welge
Sat Jan 22 • 12:00-4:00p • 1 session • $49 • #5585WA
Sat Feb 5 • 10:00a-2:00p • 1 session • $49 • #5585WB

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. 1.
Online Course – Zoom Platform • S. Remke
Tue Jan 25 • 6:00-7:00p • 7 sessions • $69 • #5582WA

JUST BREATHE:
TECHNIQUES TO CALM, CENTER & BALANCE
Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Learn ancient breathing exercises that will neutralize stress, increase energy and vitality, increase brain function, improve immune response, decrease depression and anxiety, and actually help strengthen your back and abs from the inside out. A simple and powerful technique for optimum health of mind and body is right under your nose.
Online Course – Zoom Platform • J. Novak, MS
Wed Mar 9 • 6:00-7:30p • 1 session • $35 • #5530WA

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 as much as 30% more calories every day.
Online Course – Zoom Platform • J. Novak, MS
Thu Feb 3 • 6:00-7:30p • 1 session • $35 • #5531WA

OVERCOME YOUR CARBOHYDRATE CRAVINGS
Do you crave starches, snack foods and sweets, and find the more you eat, the more you want to eat? Is your snacking out of control? We’ll discuss a two-week plan that will stop your cravings, help you lose weight, and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but biology.
Online Course – Zoom Platform • J. Novak, MS
Thu Feb 10 • 6:00-7:30p • 1 session • $35 • #5517WA
## POSTURE, GET IT STRAIGHT

Ever notice that your head hangs too far forward, your shoulders are too rounded or you slump too much? We’ll do exercises that correct common posture problems, and you will learn an “Instant Alignment Technique” that will have you standing straighter immediately. Discuss easy-to-implement tips when at a computer, driving, or working out. There are many benefits to improving posture – your clothes will fit and look better, too!

**Online Course – Zoom Platform • J. Novak, MS**

**Tue Feb 22 • 6:00-7:30p • 1 session • $35 • #5570WA**

## POSTURE & OSTEOPOROSIS: BUILDING BETTER BONES

Discover simple techniques to improve posture and stand straighter instantly. Learn core exercises to help flatten your upper back, un-round your shoulders, and flatten your midsection. Discuss the risk of osteoporosis and related injuries and how to regain bone mass, as well as foods that help and harm your bones. Wear loose, comfortable clothing.

**Online Course – Zoom Platform • J. Novak, MS**

**Tue Mar 8 • 6:00-7:30p • 1 session • $35 • #5532WA**

## THYROID INFORMATION WORKSHOP

Fatigue, weight gain, depression, anxiety, inability to focus, thinning hair, and reduced sex drive are only some of the symptoms. In this workshop, we’ll discuss the variety of symptoms, the five things that need to be measured but usually aren’t, the connection between the thyroid and other conditions, and information you need to discuss with your doctor.

**Online Course – Zoom Platform • J. Novak, MS**

**Mon Jan 31 • 6:00-7:30p • 1 session • $35 • #5656WA**

## VITAMINS & HERBS: FACTS & FALLACIES

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? Learn seven guidelines to determine if a supplement is well-balanced or a waste of money. Discuss what current research says about antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Melatonin, St. John’s Wort, Echinacea, and others. (The instructor does not sell any supplements.)

**Online Course – Zoom Platform • J. Novak, MS**

**Wed Mar 16 • 6:00-7:30p • 1 session • $35 • #5602WA**

## WOMEN’S HEART HEALTH

Heart disease is the number one killer of women. Symptoms are different for women than for men, so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We’ll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

**Online Course – Zoom Platform • J. Novak, MS**

**Wed Feb 2 • 6:00-7:30p • 1 session • $35 • #5606WA**

## WOMEN, WEIGHT & HORMONES

Discover key strategies for fighting fat and losing weight. Learn concrete solutions for controlling appetite and cravings, boosting your metabolism, and how to tell if your thyroid is creating weight problems. Break the vicious cycle of hormone-related weight gain to help your body begin to lose weight.

**Online Course – Zoom Platform • J. Novak, MS • #5533WA**

**Thu Mar 10 • 6:00-7:30p • 1 session • $35**

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**WALKING WITH THE WOODS: GUIDED FOREST THERAPY**

Awaken your senses and connect deeply to nature around and within you. Experience a guided, meditative walk based on the Japanese practice of shinrin-yoku, or "forest bathing" in one of St. Paul’s lovely urban parks. Walks will occur rain or shine; dress for the weather.

**Como Park Fire Pits, 1340 Como Ave., 55108**

- **Natural Awareness – K. Welge**
  - **Mon Jan 3 • 4:00-6:00p • 1 session • $35 • #5594WA**
  - **Mon Jan 17 • 4:00-6:00p • 1 session • $35 • #5594WB**

**Hidden Falls Regional Park, 1813 Hidden Falls Dr., 55116**

- **Natural Awareness – K. Welge**
  - **Sat Feb 12 • 3:00-5:00p • 1 session • $35 • #5594WC**

**Crosby Farm Regional Park, 2575 Crosby Farm Rd., 55116**

- **Natural Awareness – K. Welge**
  - **Tue Mar 8 • 10:00a-12:00p • 1 session • $35 • #5594WD**

**Como Woodland Outdoor Classroom, intersection of Hamline Ave. N. and Como Ave., 55108**

- **Natural Awareness – K. Welge**
  - **Mon Mar 28 • 10:00a-12:00p • 1 session • $35 • #5594WE**

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**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.
Home & Garden

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

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 includes instructor demonstrations.
1780 West 7th Street • P. Schwartz • #6800WA
Thu Jan 27 • 6:30-9:00p • 3 sessions • $54

ELECTRICAL CIRCUITS
Learn to do basic home electrical wiring repairs. We'll cover the different types of wire and 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.
1780 West 7th Street • P. Schwartz • #6200WA
Thu Feb 17 • 6:00-9:00p • 2 sessions • $41

HOUSEPLANT THERAPY
Has winter left you bored witless without dirt to dig in? Are you an apartment dweller looking to add some literal life to you home? Walk through how to care for various houseplants and receive some suggestions for plants you might want to try.
Green thumb not required.
Harding HS • M. B. Hummel • #6006WA
Wed Feb 9 • 6:30-8:30p • 1 session • $21

SEED STARTING BASICS
Get a jump on your planting this year! Learn how to get your seeds started indoors now so you can have them ready at the perfect time to be planted in your garden. Leave class with your own starter seeds. Fee includes supplies.
Como Park HS • J. Zweber • #6061WA
Mon Mar 7 • 6:00-8:00p • 1 session • $43

ADVANCED VEGETABLE GARDENING
This class is designed for gardeners who have experience growing vegetables. Learn some of the advanced techniques to take your vegetable garden to the next level by improving your growing conditions, extending the growing season, and increasing your total harvest.
Online Course – Zoom Platform
Ramsey County Master Gardeners • #6068WA
Wed Mar 16 • 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.
Como Park HS • J. Adamski • #6024WA
Mon Jan 24 • 6:30-8:30p • 1 session • $13

SPRING INTO SUMMER
Learn about how to wake up your garden in this class, which provides information about what to do for your garden and landscape between March and August.
Online Course – Zoom Platform
Ramsey County Master Gardeners • #6074WA
Wed Feb 16 • 6:30-8:00p • 1 session • $15

PRUNING TREES & SHRUBS
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.
Online Course – Zoom Platform
Ramsey County Master Gardeners • #6016WA
Wed Jan 19 • 6:30-8:00p • 1 session • $15
Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

**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. 21.

Online Course – Zoom Platform • C. Holmes • #4000WA
Mon Jan 24 • 6:00-7:25p • 8 sessions • $76

**FRENCH 2**
Intended for students who have completed beginning- or intermediate-level classes. The prime objective of this course is to help students further develop proficiency in communicating in French. Students will review and learn new vocabulary and develop their grammar structures. Oral expression is a big part of this class. No class Feb. 21.

Online Course – Zoom Platform • C. Holmes • #4002WA
Mon Jan 24 • 7:30-9:00p • 8 sessions • $76

**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.

Online Course – Zoom Platform • C. Holmes • #4005WA
Tue Jan 18 • 6:00-7:25p • 8 sessions • $76

**FRENCH CONVERSATION**
Vous 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 is recommended. Venez nombreux! Laissez les bons temps rouler! No class Feb. 1.

Online Course – Zoom Platform • C. Holmes • #4003WA
Tue Jan 18 • 7:30-9:00p • 8 sessions • $76

**JAPANESE 1**
Discover Japanese culture through basic conversation and expression. Please provide an email address as class materials will be sent electronically before the first class.

Online Course – Zoom Platform • T. Shimano • #4340WA
Tue Jan 18 • 6:00-7:30p • 8 sessions • $76

**JAPANESE 2**
Continue your studies of the Japanese language, concentrating 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.

Online Course – Zoom Platform • T. Shimano • #4341WA
Tue Jan 18 • 7:35-9:00p • 8 sessions • $76

**JAPANESE 3**
Ideal for students who have completed Japanese 2, this class will further develop students’ vocabulary and conversational skills.

Online Course – Zoom Platform • T. Shimano • #4342WA
Thu Jan 20 • 6:00-7:30p • 8 sessions • $76

**JAPANESE CONVERSATION**
Explore this open-topic class, focusing on conversational Japanese and Japanese culture. Students must know some hiragana and katakana to read and write. Required Japanese 3 or equivalent.

Online Course – Zoom Platform • T. Shimano • #4343WA
Thu Jan 20 • 7:35-9:00p • 8 sessions • $76

**Don’t wait to register**
Our classes need a minimum number of people to run. We cancel low enrollment classes 3-5 business days before the start date, so don’t wait – register early!
FUNDAMENTALS OF FICTION WRITING
Explore a different core element of fiction each week, such as plot, character, and genre. Complete creative exercises, share work with fellow students, and ask questions of the instructor. Bring an open mind and something to write with! Technology permitted. All experience levels are welcome. No class Feb. 21.
Ramsey MS • T. Quinlivan • #4043WA
Mon Jan 24 • 6:45-8:15p • 7 sessions • $83

IMPROVE YOUR CURSIVE SCRIPT
Is your cursive script rusty? This class is a chance to get it back in shape. Bring the pen of your current choice and a pad of lined paper. Beginners welcome!
Harding HS • M. B. Hummel • #4015WA
Wed Feb 16 • 6:30-8:30p • 1 session • $21

BY THE LIGHT OF A POEM: A WINTER WRITING CIRCLE
Gather and listen to poems about nature, winter, warmth and light, followed by reflective free-writing prompts. Space is offered to share what arrives onto the page without critique or judgement. Explore writing that connects to deep parts of ourselves, including our intuitive creative voices and the natural world. No previous writing experience necessary.
Online Course – Zoom Platform • E. Freeman • #3976WA
Thu Feb 17 • 6:30-8:00p • 3 sessions • $63

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!
WINTER OUTDOOR RECREATION IN THE METRO
Winter is fast approaching, but that doesn’t mean you have to hibernate! Leave that to the bears. The metro is full of fun, family-friendly outdoor activities if you know where to look. Get the inside scoop on the best places to hike, skate, ski, and just simply be outside this winter, as well as where you can find free equipment rentals!
Online Course – Zoom Platform • H. Hanson • #6041WA
Wed Feb 2 • 6:00-7:00p • 1 session • $11

INTRODUCTION TO BOARD GAMES
Do you like playing board games? Do you enjoy making new connections with people? Then this is the class for you! Learn and play board games with unique play styles and new friends.
Ramsey MS • A. Kennedy • #4698WA
Sat Feb 5 • 10:00a-12:00p • 4 sessions • $53

FEARLESS AGING
You may not have a choice about aging but you do have a choice about how you approach growing older. What better way than fearlessly? Explore the natural, processes of aging—physical and lifestyle—and what you can do to markedly improve the quality of your life.
Online Course – Zoom Platform • M. O’Brien • #6459WA
Wed Mar 9 • 6:00-7:30p • 1 session • $19

CASS GILBERT’S WHITE BEAR COTTAGES
Well-known Minnesota architect Cass Gilbert spent much of his early career designing homes and other buildings around White Bear Lake. This illustrated program showcases designs for some of his early cottages and other buildings in the area — some of which still stand today, while others have not survived or were never built.
Online Course – Zoom Platform • #8127WA
White Bear Lake Historical Society
Tue Mar 22 • 6:30-7:45p • 1 session • $25

ADDRESSING HOUSING INSECURITY: BRIDGING COMMUNITIES MINNEAPOLIS TO SAINT PAUL
Explore how sustainable housing systems bridge communities. Our moderated discussion will bring together organizations and individuals that address housing scarcity. See how leaders on a municipal and grassroots level are responding to the challenges of the pandemic as it relates to housing insecurity and how we can all help to give our community members a place to call “home”.
Online Course – Zoom Platform • #5630WA
Tue Feb 15 • 6:00-8:00p • 1 session • $5

RAISING RACIALLY CONSCIOUS KIDS (ADULT+ CHILD)
One adult and one child pair, grades 3-5. Students and caregivers will be given tools to engage in uncomfortable conversations, develop key terminology and concepts to understand racism, and promote the healthy racial identities of all people centered in love and humanity. Caregivers will also begin to unpack how everyday child rearing choices can be obstacles for equity. Register under the name of the adult attending.
Online Course - Zoom Platform • Hope Speaks • #4696WA
Mon Jan 24 • 6:30-9:00p • 6 sessions • $65

SO YOU WANT TO BE ANTI-RACIST?
This six-week virtual course is offered to anyone looking to deepen their understanding of what it means to be anti-racist. Participants will be given tools to engage in uncomfortable conversations, develop their racial literacy, and begin to unpack how race operates in their everyday lives, often without consent and/or acknowledgment, all while building the muscles to move into action!
Online Course – Zoom Platform • Hope Speaks • #4687WA
Wed Jan 26 • 7:00-8:30p • 6 sessions • $65

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.
1780 West 7th Street • #4691WA
League of Women Voters of Saint Paul
Thu Feb 17 • 6:00-7:30p • 1 session • Free

IMMIGRANTS & THE MAKING OF SAINT PAUL
Explore the role of immigrants in the making and remaking of Saint Paul, from the immigrants that impacted the foundation of our city in the 1840s to the immigration of our current time. Discover public policy and immigration reform through the lens of history. Classes rely on lecture, documents, images and writings, to explore immigrant experiences and the impact they had. Readings are emailed before each class. See online description for full list of topics
Online Course – Zoom Platform • P. Rachleff • #4705WA
Wed Feb 9 • 7:00-8:15p • 5 sessions • $59
Special Topics & Events

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

HMONG 101: INTRODUCTION TO HMONG HISTORY & CULTURE
Explore Hmong history, Hmong American population and demographics, Hmong clans and their functions, and traditional Hmong religion and shamanism. Learn about the Hmong language and cultural etiquette, including communication strategies for service providers who work with Hmong populations.
Online Course – Zoom Platform • #8135WA
Hmong Cultural Center
Wed Mar 2 • 7:00-8:00p • 1 session • $25

WHAT YOU ALWAYS WANTED TO KNOW ABOUT ISLAM & MUSLIMS
Gain a better understanding of what Islam teaches and what Muslims practice. The class introduces 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.
1780 West 7th Street • Islamic Resource Group • #4680WA
Thu Feb 10 • 6:00-7:30p • 1 session • $13

ECFE VOLUNTEER OPPORTUNITY
A meaningful opportunity awaits you. Support an Early Childhood Family Education classroom by assisting early childhood educators with activities and basic classroom instruction for children, birth-5 years old. Opportunities are available Monday-Friday in the morning, afternoon and evening at ECFE sites across Saint Paul. For more information or to sign up, call the ECFE Office at 651-793-5410.

JOIN OUR ADVISORY COUNCIL

- NETWORK
- BUILD YOUR RESUME
- MAKE A DIFFERENCE

The purpose of the Advisory Council 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.

LEARN MORE AND APPLY AT SPPS.ORG/COMMED

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.

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!

Full listing of classes available at spps.org/commed
NOW HIRING

NO EVENINGS • NO WEEKENDS • $15/HOUR

Saint Paul Public Schools is in search of quality staff for part-time work in our Discovery Club child care program.

LEARN MORE AND APPLY @ SPPS.ORG/DISCOVERYCLUB

Registration Information

• Registration begins Monday, December 6, online at spps.org/commed or by phone at 651-767-8179, and continues until tours are full.

Refund Policy

Day Tours:
• 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.

Tour Activity Rating System

The SPPS Community Education Tour Rating 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 the Community Education Office at 651-767-8179.

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 2022 tour opportunities with our local partner. Also, hear about other day trips and walking tours through SPPS Community Education. Preregistration for the showcase is not required, but appreciated.

1780 West 7th Street • S. Mansee • #6115WA
Mon Feb 7 • 1:00-2:00p • 1 session

Call for More Info
651-767-8179
Tours & Travelogues

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

TRAVELOGUES

ARMCHAIR TRAVEL: TUSCANY TO CAPRI, ITALY
Explore the countryside and historical cities of Italy. Travel to wineries, walled cities and learn to navigate the many treasures of Florence and Rome. Visit the historical underground of Naples, the ruins of Pompeii, the beautiful Amalfi Coast, and the Isle of Capri, all without leaving Minnesota.
Como Park HS • B. Kelly/R. Rivers • #8137WA
Tue Jan 25 • 6:30-7:30p • 1 session • $25

BELWIN CONSERVANCY: WINTER ECOLOGY
Hike the trails of Belwin Conservancy and examine the different strategies organisms use to survive the cold.
Belwin Outdoor Science Center,
1553 Stagecoach Trail S., Afton, 55001
J. Rue • Tour Activity Rating 4 • 1 session • $25
Sat Jan 29 • 10:00-11:30a • #6075WA
Sat Mar 5 • 10:00-11:30a • #6075WC

BELWIN CONSERVANCY: WINTER TWILIGHT HIKE
Witness the mystical time between day and night with a Twilight Hike at the Belwin Conservancy Creative Center.
Dress in layers for the weather. We begin with a short introduction indoors, then head out to experience this magical time. Bring water and binoculars if you have them
Belwin Outdoor Science Center,
1553 Stagecoach Trail S., Afton, 55001
L. Anderson • Tour Activity Rating 4 • #6075WB
Sat Feb 12 • 4:30-6:30p • 1 session • $25

DOWNTOWN SAINT PAUL SKYWAY
Explore the above-ground world that is the skyway system in Saint Paul! Learn about its history, discover new places, and find your way with an experienced skywalker. (Approx. 4 miles, fairly flat terrain.)
Saint Paul Union Depot, 214 4th Street East, 55101
K. Johnson • Tour Activity Rating 4 • #8034WA
Sun Mar 20 • 1:00-3:00p • 1 session • $20

BARN STORMING:
A TOUR OF MINNESOTA BARNS & BARN QUILTS
Minnesota is filled with countless numbers of barns, most from a bygone era. In some areas, the barns are adorned with something called a barn quilt. Barn quilts are pieces of art on the side of a barn, shed, or house that usually tell some sort of story. The places you’ll learn about are all visible from the roadways, so once you know about them you can check them out in person!
Online Course – Zoom Platform • J. Grammond • #8130WA
Thu Jan 27 • 6:30-7:30p • 1 session • $25

WHITE BEAR LAKE: LAND OF LAKES & LEGENDS
The community of White Bear Lake is known as the “Land of Lakes and Legends”. The lakes are obvious, but what are those many legends? Join us to hear more about the legends that make the area unique – some real and some imaginative.
Online Course – Zoom Platform • #8127WB
White Bear Lake Historical Society
Wed Feb 2 • 6:30-7:45p • 1 session • $25

STONES & BONES
Take a Saint Paul cemeteries tour from the comfort of a classroom. Discover Saint Paul tombstones as well as a generous selection of the truly odd stones your instructor has seen on her travels. This is a terrific opportunity for the tombstone aficionados in our midst!
Harding HS • M. B. Hummel • #6428WA
Wed Feb 16 • 6:30-8:30p • 1 session • $21

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.
HISTORY OF OLMSTED COUNTY
Explore Olmsted County's rich history and vibrant stories during this presentation highlighting southeastern Minnesota. Discover how the county was established, how it has impacted national and global events, and how its county seat, Rochester, grew into a dynamic combination of technology and medicine.
Online Course – Zoom Platform
Olmsted History Center • #8136WA
Thu Feb 24 • 6:30-7:45p • 1 session • $25

ARMCHAIR TRAVEL: THE MIGHTY FIVE
Did you know that Utah is home to five national parks? Utah also has amazing state parks, national monuments, and recreation areas! Take a virtual road trip, learning about The Mighty Five plus lots of other bonus information.
Online Course – Zoom Platform • J. Grammond • #8129WA
Thu Mar 3 • 6:30-7:30p • 1 session • $25

ARMCHAIR TRAVEL: TO IRELAND & SCOTLAND
A circumnavigation of the Emerald Isle from Dublin to Belfast, followed by a ferry ride to Scotland awaits you without having to leave the country! Medieval castles, prehistoric features and contemporary cuisine will be explored with visits to Edinburgh, the Highlands and Loch Ness.
Como Park HS • B. Kelly/R. Rivers • #8137WB
Mon Mar 7 • 6:30-7:30p • 1 session • $15

Full listing of classes available at spps.org/commed
The Adults with Disabilities Program offers a variety of activities for adults with developmental disabilities where participants can explore interests, interact with peers, learn new skills and have fun! Join us for events that include bingo, cooking, crafts, karaoke, visits to the Como Planetarium, and more added throughout the year. For a full listing of current activities, visit www.commed.spps.org/ce_awd or call 651-767-8179 for more information.

Please note:
• Pre-registration is required for all activities.
• Participants who require one-on-one personal attention for physical and/or behavioral issues, or medication administration, must be supervised by a caregiver. If a behavioral incident occurs, a caregiver may be required to accompany the participant to all future activities.

AWD22: BINGO FUN!
B-I-N-G-O spells F-U-N! On the prize table you will find a variety of treats and gifts.
1780 West 7th Street • #AwD22_Jan19
Wed Jan 19 • 6:30-8:30p • 1 session • $8

AWD22: COOKING: VALENTINE’S DAY COOKIES
We’ll have a fun time making Valentine cookies to share and take home.
1780 West 7th Street • #AwD_Feb9
Wed Feb 9 • 6:30-8:30p • 1 session • $10

AWD22: BINGO FUN!
B-I-N-G-O spells F-U-N! On the prize table you will find a variety of treats and gifts.
1780 West 7th Street • #AwD22_Feb16
Wed Feb 16 • 6:30-8:30p • 1 session • $8

AWD22: BINGO FUN!
B-I-N-G-O spells F-U-N! On the prize table you will find a variety of treats and gifts.
1780 West 7th Street • #AwD22_Mar9
Wed Mar 9 • 6:30-8:30p • 1 session • $8

AWD22: POTTERY: MAKE A PINCH POT
Get your hands dirty! Join us for a fun night of hand-building pottery. We will be making pinch pots. Your pot will then stay with us and we will fire it in the kiln. We will have more classes in the spring, so you will get to paint and eventually take your pottery home. Wear old clothes that are easy to wash.
1780 West 7th Street • #AwD22_Mar16
Wed Mar 16 • 6:30-8:30p • 1 session • $10

AWD22: ROCK PAINTING
We’ll paint rocks with bright colors and special messages. Use them as gifts or to decorate your room.
1780 West 7th Street • #AwD22_Feb23
Wed Feb 23 • 6:30-8:30p • 1 session • $8

Like our NEW Facebook Page!
WWW.FACEBOOK.COM/SPPSCOMMED
Aquatics

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

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

IMPORTANT: Parents/guardians/participants must complete and sign the Emergency Contact Form and Waiver on the first day of class.

More information at website: spps.org/commed.

Detailed class descriptions
What to bring to lessons
Policies and tips
• If students are registered for an inappropriate class level, they will be moved to the appropriate class if space is available.
• Make-up classes/refunds are not available when students are unable to attend their scheduled class.
• Due to pool closings beyond our control, canceled classes may not be rescheduled or refunded.
• School-aged children, 7 years and older, must use gender-appropriate locker rooms.
• Please come prepared to swim and free of lotions and other body and hair products. Locker rooms will be available for changing out of swim attire after class. Bathrooms will still be available. Showers will not be available; plan to shower at home after class. Swim class participants must be masked unless they are in the water.

ADULT BEGINNING
Ages 15 and up. Learn the basic strokes and proper breathing techniques (similar to Levels 1-3). No class Oct. 20.
Como Park Elementary School Therapeutic Pool
Thu Jan 20 • 8:00-8:45p • 8 sessions • $66 • #2100WB

ADULT BEGINNING: FEARFUL ADULT
Ages 15 up. Learn the basic strokes and proper breathing techniques. Class is designed for adults who have anxiety or are fearful of the water. No class Feb. 21.
Como Park Elementary School Therapeutic Pool
Mon Jan 24 • 7:15-8:05p • 8 sessions • $66 • #2104WA

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 19 • 6:30-7:20p • 8 sessions • $66 • #2206WB
Wed Jan 19 • 7:30-8:20p • 8 sessions • $66 • #2206WA

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. 12, 26.
Washington Technology Magnet School Pool
Sat Jan 22 • 8:00-8:50a • 8 sessions • $66 • #2200WA

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!

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.

Full listing of classes available at spps.org/commed
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 Feb. 19, 21.
Como Park Elementary School Therapeutic Pool
Wed Jan 19 • 6:00-6:25p • 8 sessions • $52 • #2000WF
Sat Jan 22 • 9:00-9:25a • 8 sessions • $52 • #2000WA
Sat Jan 22 • 9:30-9:55a • 8 sessions • $52 • #2000WB
Sat Jan 22 • 11:00-11:25a • 8 sessions • $52 • #2000WC
Mon Jan 24 • 5:45-6:10p • 8 sessions • $52 • #2000WD

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 Feb. 19, 21.
Como Park Elementary School Therapeutic Pool
Wed Jan 19 • 5:30-5:55p • 8 sessions • $52 • #2001WE
Sat Jan 22 • 9:30-9:55a • 8 sessions • $52 • #2001WA
Sat Jan 22 • 10:00-10:25a • 8 sessions • $52 • #2001WB
Sat Jan 22 • 10:30-10:55a • 8 sessions • $52 • #2001WC
Mon Jan 24 • 5:45-6:10p • 8 sessions • $52 • #2001WD

WADERS WITH PARENTS
For children ages 4-5 with little pool experience to prepare them for Waders (without parents). No class Feb. 19.
Como Park Elementary School Therapeutic Pool
Sat Jan 22 • 10:30-10:55a • 8 sessions • $52 • #2002WAB

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 Feb. 19.
Como Park Elementary School Therapeutic Pool
Sat Jan 22 • 9:00-9:25a • 8 sessions • $52 • #2003WA
Sat Jan 22 • 10:00-10:25a • 8 sessions • $52 • #2003WB
Sat Jan 22 • 11:00-11:25a • 8 sessions • $52 • #2003WC

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. 1, 19.
Como Park Elementary School Therapeutic Pool
Sat Jan 22 • 11:00-11:25a • 8 sessions • $66 • #2004WA

LEVEL 1: FEARFUL SWIMMER
For children 5-10 years old who have anxiety or are fearful of the water. 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. 1.
Como Park Elementary School Therapeutic Pool
Mon Jan 24 • 6:20-7:10p • 8 sessions • $66 • #2005WA

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. 1.
Como Park Senior High School Pool
Tue Jan 18 • 6:00-6:50p • 8 sessions • $66 • #2005WC
Thu Jan 20 • 6:00-6:50p • 8 sessions • $66 • #2005WB
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. 1.
Como Park Senior High School Pool
Tue Jan 18 • 7:00-7:50p • 8 sessions • $66 • #2006WA
Thu Jan 20 • 7:00-7:50p • 8 sessions • $66 • #2006WB

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.
Como Park Senior High School Pool
Thu Jan 20 • 6:00-6:50p • 8 sessions • $66 • #2007WB

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. 12, 26.
Washington Technology Magnet School Pool
Sat Jan 22 • 9:00-9:50a • 8 sessions • $66 • #2008WA

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. 12, 26.
Washington Technology Magnet School Pool
Sat Jan 22 • 10:00-10:50a • 8 sessions • $66 • #2009WA

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 Feb. 12, 26.
Washington Technology Magnet School Pool
Sat Jan 22 • 10:00-10:50a • 8 sessions • $66 • #2010WA

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. Swimmers must arrive with a swimsuit under clothes (will be able to change after class during cold weather). No class Jan. 17, Feb. 21, Mar. 5.
Cherokee Heights Elementary School Pool/
Harding Senior High School Pool • V. Knutsen
• Ages 10 and under • #2021Ages_10_and_under
Mon/Sat Jan 3 • 17 sessions • $170
Cherokee Heights • Mon 5:30-6:45p
Harding HS • Sat 8:00-9:00a

• Ages 11 and up • #2021Ages_11_and_up
Mon/Sat Jan 3 • 17 sessions • $170
Cherokee Heights • Mon 6:45-8:00p
Harding HS • Sat 9:00-10:00a

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!

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.
THE BASICS
- Students must be 15 years of age by the first day of class.
- Parent/guardian permission is required to take the Driver Education Course.
- Course consists of State-required 30 hours of classroom instruction and six hours of behind-the-wheel lessons.
- Students are required to attend all 30 consecutive hours of classroom instruction.
- The classroom prepares students for the written permit test. After successful completion of classroom instruction, students receive their Blue Card and have 24 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 and log 40-50 hours of supervised driving, and be 16 years of age before they are eligible to take the road test for a driver’s license.
- Refunds minus a $75 fee will be issued upon request for cancellation. Refunds will not be issued if requested less than three business days prior to the class start date.
- For more information about the licensing process and a full list of program procedures, visit spps.org/drivered.

FEE: $385
PAYMENT PLANS:
1) Full payment at time of registration
2) $192.50 at time of registration and remaining $192.50 payment will automatically be charged to your credit card on the sixth scheduled day of the student’s Driver Education Course.

DRIVER EDUCATION CLASSROOM INSTRUCTION
Fee includes behind-the-wheel lessons to be scheduled upon completion of classroom instruction.

Harding HS • A+ Driving School • #2500WDA
Sat Jan 22 • 8:30-11:30a • 10 sessions • $385
Class meets: Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26

Ramsey MS • A+ Driving School • #2500WDC
Sat Jan 22 • 8:30-11:30a • 10 sessions • $385
Class meets: Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26

Como Park HS • A+ Driving School • #2500WDB
Mon/Tue Jan 31 • 5:30-8:30p • 10 sessions • $385
Class meets: Jan 31, Feb 7, 8, 14, 15, 22, Mar 1, 8, 21, 28

Ramsey MS • A+ Driving School • #2500WDD
Mon/Tue Feb 22 • 5:30-8:30p • 10 sessions • $385
Class meets: Feb 22, 23, 28, Mar 1, 2, 7, 8, 9, 14, 15

Central HS • A+ Driving School • #2500WDE
Mon/Wed Feb 28 • 5:30-8:30p • 10 sessions • $385
Class meets: Feb 28, Mar 2, 7, 9, 14, 16, 21, 23, 28, 30

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

Register online at spps.org/commed. For information, call the Community Education Office at 651-767-8179.
¡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: Hub@Harding

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

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 Hub@Harding

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

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 spps.org/gymnastics. Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

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

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 Apr. 2, 7, 9.
Central HS
Thu Feb 24 • 5:35-6:05p • 12 sessions • $75 • #201WD
Sat Feb 26 • 9:00-9:30a • 11 sessions • $69 • #201WF
Sat Feb 26 • 9:35-10:05a • 11 sessions • $69 • #201WI

Highland Park HS
Sat Feb 26 • 8:30-9:00a • 11 sessions • $69 • #201WH
Sat Feb 26 • 9:05-9:35a • 11 sessions • $69 • #201WK

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 Apr. 2, 5, 7, 9.
Central HS
Tue Feb 22 • 5:00-5:40p • 12 Sessions • $93 • #202WA
Tue Feb 22 • 5:00-5:40p • 12 sessions • $93 • #202WB
Sat Feb 26 • 10:15-10:55a • 11 sessions • $85 • #202WC
Sat Feb 26 • 10:15-10:55a • 11 sessions • $85 • #202WD

Highland Park HS
Tue Feb 22 • 3:30-4:10p • 12 Sessions • $93 • #202WH
Tue Feb 22 • 4:15-4:55p • 12 sessions • $85 • #202WI
Sat Feb 26 • 9:40-10:20a • 11 sessions • $85 • #202WG
Sat Feb 26 • 10:25-11:05a • 11 sessions • $85 • #202W2J

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 Apr. 2, 5, 7, 9.
Central HS • Ages 5-9
Tue Feb 22 • 5:45-6:35p • 12 sessions • $69 • #203WA
Sat Feb 26 • 11:00-11:50a • 11 sessions • $88 • #203WC

Central HS • Ages 5-14
Thu Feb 24 • 6:15-7:05p • 12 sessions • $96 • #203WB
Sat Feb 26 • 11:00-11:50a • 11 sessions • $88 • #203WE

Central HS • Ages 9-14
Tue Feb 22 • 5:45-6:35p • 12 sessions • $96 • #203WG

Highland Park HS • Ages 5-7
Tue Feb 22 • 5:00-5:50p • 12 sessions • $96 • #203WI
Tue Feb 22 • 6:00-6:50p • 12 sessions • $96 • #203WK
Sat Feb 26 • 11:10a-12:00p • 11 sessions • $88 • #203WM

Highland Park HS • Ages 8-14
Tue Feb 22 • 7:00-7:50p • 12 sessions • $96 • #203WL
Sat Feb 26 • 12:05-12:55p • 11 sessions • $88 • #203WN

INTERMEDIATE BEGINNERS
Central HS
Thu Feb 24 • 7:15-8:15p • 12 sessions • $105 • #218WA
Sat Feb 26 • 12:00-1:00p • 11 sessions • $96 • #218WB

INTERMEDIATE/ADVANCED BEGINNERS
Highland Park HS
Thu Feb 24 • 5:20-6:20p • 12 sessions • $105 • #211WA
Sat Feb 26 • 12:55-2:00p • 11 sessions • $96 • #211WB

ADVANCED BEGINNERS
Central HS
Thu Feb 24 • 7:15-8:15p • 12 sessions • $105 • #204WB
Sat Feb 26 • 12:00-1:00p • 11 sessions • $96 • #204WA

MINI FLIPS
For gymnasts who are progressing at an advanced level. Coach approval required. No class Apr. 7.
Highland Park HS
Thu Feb 24 • 4:00-5:00p • 12 sessions • $105 • #205WB

KINDER FLIPS
For gymnasts who are progressing at an advanced level. Coach approval required. No class Apr. 7.
Central HS
Thu Feb 24 • 6:15-7:30p • 12 sessions • $117 • #206WA
Highland Park HS
Thu Feb 24 • 4:00-5:15p • 12 sessions • $117 • #206WP

FLIPS
For gymnasts who are progressing at an advanced level. Coach approval required. No class Apr. 5, 7.
Central HS
Tue Feb 22 • 6:45-8:15p • 12 sessions • $129 • #207WA
Highland Park HS
Thu Feb 24 • 6:30-8:30p • 12 sessions • $141 • #207WD
Youth Classes

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

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

Looking for afterschool classes? Saint Paul Public Schools Community Education provides fee-based afterschool programming at the following elementary schools:

• Adams Spanish Immersion
• Capitol Hill
• EXPO
• Horace Mann School

Our programs are safe, supportive, engaging and reflective, and include a wide variety of subjects, including foreign languages, dance, LEGO engineering, theatre, studio arts, and much more.

For more details on classes and locations, visit spps.org/commed, or follow the QR code.

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 babysitter 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.

1780 West 7th Street • T. Rouillard • #1910WA
Fri Jan 28 • 9:00a-2:00p • 1 session • $65

Wheelock Early Learning Center, 1521 Edgerton St., 55130
T. Rouillard • #1910WB
Fri Mar 4 • 9:00a-2:00p • 1 session • $65

YOUTH CURLING
Ages 8-15. Explore this icy Olympic sport with Frogtown Curling Club. Two teams, each with four players, take turns sliding polished granite stones on a sheet of ice towards a circular target or “house.” Bring warm, flexible clothing and clean athletic shoes with non-slip rubber soles. All children must be accompanied by a parent or adult guardian. Frogtown Curling Club may offer reimbursement of class fees for those living in the Frogtown neighborhood. Visit https://frogtowncurling.org/ for more information.

Frogtown Curling Club, 743 Western Ave. N., 55103
Sun Mar 6 • 9:00-11:00a • 1 session • $29 • #1031WA

ROCK CLIMBING: BOULDERING (ADULT + CHILD)
One adult and one child pair, grades 1-5. Are you curious about rock climbing but don’t know where to start? Bring your favorite 1st-5th grader and enjoy a morning of bouldering! Bouldering is a type of indoor rock climbing that doesn’t require any special harnesses or ropes. You climb up a short, but difficult! distance to the top. Spend two hours in Minneapolis’ newest bouldering gym learning basic climbing techniques from a trained instructor. Take turns with your partner testing out your skills and challenging each other! Register for the class under the name of the adult attending.

Minneapolis Bouldering Project,
1433 West River Rd. N., Mpls., 55411
Sat Jan 15 • 11:00a-1:00p • 1 session • $30 • #5197WA
Sat Jan 29 • 11:00a-1:00p • 1 session • $30 • #5197WB

YOGA (ADULT + CHILD)
One adult and one child pair, grades K-5. Come and join us on your mat! Adventure together through yoga movement and breathwork. Using sensory techniques and researched youth calming practices, learn stretching, self-regulation, and strengthening moves. Each week has themed activities that come together to tell a whole story. Register for the class under the name of the adult attending.

Ramsey MS • H. Locket
Sat Jan 22 • 9:00-10:00a • 5 sessions • $35 • #1977WA
Sat Feb 26 • 9:00-10:00a • 5 sessions • $35 • #1977WB

BLISSFUL BOOKWORMS
Grades K-5. Experience a day of full rejuvenation! Join your community to celebrate the themes of wellness from this year’s Saint Paul Public Library’s Read Brave program. Meet friends, play games, create art, do yoga, and read together. Bring home a new book and a happy heart.

1780 West 7th Street
Fri Mar 4 • 9:00-11:00a • 1 session • Free • #1050WA
Fri Mar 4 • 1:00-3:00p • 1 session • Free • #1050WB
Youth Classes

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

READ BRAVE BOOK CLUB (ADULT + CHILD)
One adult and one child pair; ages 4-6 or 6-10. Calling all bookworms and changemakers! Join fellow readers and new friends for this book club in partnership with Saint Paul Public Library’s Read Brave program. The program inspires readers of all ages to feel more connected to their community and empowered to take action on important issues. Book titles are yet to be determined by Saint Paul Public Library’s committee of young readers. Books are provided for participants. Register for the class under the name of the adult attending.

Picture Book: Adult + Child, ages 4-6
Rondo Community Outreach Library
Mon Feb 28 • 5:30-6:30p • 1 session • Free • #1199WA

East Side Library Location: Adult + Child, ages 4-6
Mon Mar 14 • 5:30-6:30p • 1 session • Free • #1199WB

Early Reader Book: Adult + Child, ages 6-10
1780 West 7th Street • SPPS Community Ed Staff
Thu Mar 3 • 5:30-6:30p • 2 sessions • Free • #1198WA

KID CHEF
Grades 3-6. Learn how to make fun, simple, and healthy recipes! Each week we'll make something new and delicious so you can start adding new recipes to your repertoire. Play games and chat with others while our recipes bake!

1780 West 7th Street • T. Rouillard • #578WA
Tue Jan 25 • 6:00-7:00p • 3 sessions • $36
Class meets Jan 25, Feb 8, 22

POKÉMON MINI CAMP
Grades K-5. On this SPPS non-school day, you Gotta Catch 'Em All! Visit our Pokémon Universe to design your own Pokémon, play real-life Pokémon Go, and meet other Pokémon trainers!

1780 West 7th Street • SPPS Community Staff • #1192WA
Fri Jan 28 • 9:00-11:00a • 1 session • $14

THE UNIVERSE & BEYOND!
Grades 4-6. Journey into the mysteries of our universe at the Como Planetarium! Explore topics like The Life Cycle of Stars and The Electromagnetic Spectrum with hands-on activities. Learn about galaxies and collect real astronomy data for “community science” research. We will contribute to community science databases as a class and get you ready to participate on your own! Fee includes four admission tickets to a Tuesday night Planetarium program.

Como Planetarium, 780 W. Wheelock Pkwy., 55117
Thu Feb 17 • 5:30-7:00p • 4 sessions • $75 • #CP002

PRESCHOOL: BOOK & COOK
Ages 3-5. Dr. Seuss likes Green Eggs and Ham. Dragons Love Tacos and The Very Hungry Caterpillar likes everything! Let’s read some stories and make food inspired by the books. Participants should be comfortable without their adult in the room.
Ramsey MS • T. Rouillard • #1802WA
Sat Feb 26 • 10:00-11:00a • 5 sessions • $45

PRESCHOOL: CHANGE SINGS
Ages 3-5. Read Amanda Gorman’s new book about how we can all make a difference and change the world! Do you love helping others? Do you care about plants, animals and the earth? If you have a big heart, join us and we’ll learn how to make a compostable bird feeder, make special gifts for the people we love, draw pictures for community helpers, and lots more.
Wheelock Early Learning Center, 1521 Edgerton St., 55130
L. Campbell • #1190WA
Thu Jan 27 • 9:30-10:15a • 4 sessions • $21

PRESCHOOL: DIY STUFFED ANIMALS
Ages 3-5. Stuffed animals are a preschooler’s best friend! They're fluffy, adorable and silly. Come and make a different stuffed animal friend with us to take home each week.
Wheelock Early Learning Center, 1521 Edgerton St., 55130
L. Campbell • #1195WA
Thu Jan 27 • 10:30-11:15a • 4 sessions • $21

PRESCHOOL: MAGICAL PINK UNICORN
Ages 3-6. Once upon a time, in a land far, far away, lived a magical pink unicorn who loved going to art class! Fantasy and art come together in this enchanted class. Create your very own Magical Unicorn out of clay to bring home with you.
Crossroads ES • Kidcreate Studio • #1912WA
Thu Mar 3 • 9:00-12:00p • 1 session • $40

PRESCHOOL: RIBBONS & TWIRLS
Ages 3-5. Wrap yourself in ribbon and dance the day away! Show off your favorite dance moves, play games, and build your own ribbon twirler to take home on the last day of class. No class Feb. 10, Mar. 3.
Ramsey MS • T. Rouillard • 5 sessions • $30
Sat Jan 22 • 11:00-11:45a • #1155WC
Sat Feb 26 • 11:00-11:45a • #1155WD

1780 West 7th Street • T. Rouillard • 5 sessions • $18
Thu Jan 27 • 6:00-6:35p • #1155WA
Thu Jan 27 • 6:40-7:15p • #1155WB

PRESCHOOL: THE LAST DRAGON
Ages 3-5. Join Raya and her dragons and restore the peace! See how far you can get when you work together. Pretend and play together through creative movement, theatre, and art!
Wheelock Early Learning Center, 1521 Edgerton St., 55130
Thu Feb 24 • 9:30-10:15a • 4 sessions • $21 • #1194WA
Youth Classes

Register online at spps.org/commed or call the Community Education Office at 651-767-8179.

PRESCHOOL: ULTIMATE SCAVENGER HUNT
Ages 3-5. Think "I Spy" but on a grander scale. Exercise both the mind and body as we go on the ultimate scavenger hunt! Can you find all the items before time runs out?
Wheelock Early Learning Center, 1521 Edgerton St., 55130
Thu Feb 24 • 10:30-11:15a • 4 sessions • $21 • #462WA

PRESCHOOL: WONDER KIDS
Ages 3-5. Gather 'round, curious scientists! Witness exploding mentos, elephant toothpaste, oobleck, and more. Try a different science experiment each week. Ask questions, get messy, and have so much fun!
Ramsey MS • T. Rouillard • #1187WA
Sat Jan 22 • 10:00-10:45a • 5 sessions • $40

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
• Rondo Education Center: Wednesdays
• Horace Mann: Thursdays
Lesson availability online at spps.org/commed or call the Community Education Office at 651-767-8179.

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
• Online – Google Meets Platform: Mondays and Thursdays
• Chelsea Heights: Tuesdays
• 1780 West 7th Street: Tuesdays
• Horace Mann: Tuesdays and Thursdays
• Rondo Education Center: Wednesdays and Thursdays
Lesson availability online at spps.org/commed or call the Community Education Office at 651-767-8179.

FSX After School Leadership Program (K-8), features culturally responsive lessons, books, and enriching group projects that empower scholars to believe they will achieve, gain skills to make it real, and anticipate they will graduate to something great!

— WINTER 2022 CLASS SCHEDULE —
Benjamin E Mays IB World School
Tue/Thu • 2:00-3:45pm
Capitol Hill Gifted and Talented Magnet School
Tue/Thu • 4:15-6:00pm
Hazel Park Preparatory Academy
Mon/Wed • 4:00-5:45pm

LEARN MORE @ SPPPS.ORG/COMMED

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!

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.

FSX is sponsored by the Saint Paul Public Schools Community Education, Department of Alternative Education, Athletics Department, and with the City of Saint Paul Public Library and is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B –21 Century Community Learning Centers.
Discover parent/child learning, empowerment, and support at ECFE! Serving families with children, birth to kindergarten.

ECFE uses the Minnesota Department of Education Early Childhood Indicators of Progress (Birth to 5 years old), Parent Education Core Curriculum Framework, and Saint Paul ECFE Instructional Standards to create high-quality classes for families.

What you and your children gain from an ECFE class:
- Information, tools, and strategies to support healthy growth and development for parents and children
- Develop enhanced family communication skills and co-parenting skills
- Strategies for balancing family life
- Children gain skills for school success, including development in literacy, math, and social/emotional learning
- An opportunity to connect with other families and build relationships

What happens in ECFE classes?

### Family Time
Parents and children learn together through play-based activities that support development in language, reading, math, and social/emotional learning.

### Parent/Guardian Time
Licensed parent educators lead the parents through discussions intended to increase knowledge in child development and parenting skills.

### Children’s Time
Licensed teachers lead children in play-based activities that support development in language, reading, math, and social/emotional learning.

#### INCREDIBLE INFANTS & TODDLERS
In age-specific classes for infants and toddlers, families and their young children come together to explore, play, and learn. Parent educators facilitate conversations with parents on child development and ways that they can support children while building the parent/child relationship at each specific age. Early childhood educators create and engage children in developmentally appropriate activities to support the specific needs and growth of infants and toddlers.

- **Birth to 12 Months — Non-Separating**
  - Mondays 8:30-9:30am • Wheelock
  - Mondays 2:00-3:30pm • Wheelock
  - Tuesdays 8:30-9:30am • Wheelock

- **6-12 Months — Gradually Separating**
  - Wednesdays 1:30-2:30pm • Rondo

- **12-24 Months — Gradually Separating**
  - Mondays 10:30-12:00pm • Wheelock
  - Thursdays 10:00-11:30am • Rondo

- **12-30 Months — Separating**
  - Fridays 9:00-11:00am • Highland Park

- **18-30 Months — Separating**
  - Tuesdays 10:30-12:00pm • Wheelock
  - Wednesdays 10:30-12:00pm • Rondo

- **Birth to 3 Years — Separating**
  - Wednesdays 4:00-5:30pm • Rondo
  - Thursdays 6:00-7:30pm • Rondo

#### PRACTICE FOR PRE-K 3-YEAR-OLDS
In this two-days-a-week class, families and their children, 3 to 5 years old, practice making the transition from ECFE to traditional school programming. In order to align with SPPS enrollment eligibility, students in this program must be at least 3 years old by September 1, 2021.

- **Mondays/Wednesdays 9:30-11:30am** • Hamline
- **Mondays/Wednesdays 12:30-2:30pm** • Crossroads
- **Mondays/Wednesdays 12:30-2:30pm** • Belvidere
- **Tuesdays/Thursdays 12:30-2:30pm** • Hamline
- **Tuesdays/Thursdays 1:00-3:00pm** • Wheelock

#### FAMILY LITERACY
Two-days-a-week Family Literacy classes are for families interested in learning English. Parents and their children, birth to kindergarten, will participate in literacy building activities that support children’s learning and language development. Parents will participate in conversations and activities to support parenting and English language learning. Limited transportation available for all Family Literacy classes.

- **Mondays & Wednesdays 1:00-3:00pm** • Highland Park or Wheelock
- **Mondays & Wednesdays 1:30-3:30pm** • L’Etoile du Nord
- **Tuesdays & Thursdays 8:30-10:30am** • Highwood Hills
- **Tuesdays & Thursdays 9:00-11:00am** • Wheelock
- **Tuesdays & Thursdays 12:00-2:00pm** • Highwood Hills

## ONLINE CLASSES
Online courses will be offered mornings, afternoons and evenings. There are language-specific, age-specific, and specialty options. Visit spps.org/ecfe for a full list of online classes.
FLOURISHING FAMILIES: BIRTH TO KINDERGARTEN
In Birth to Kindergarten classes, families and their young children come together to explore, play, and learn. Parent educators facilitate conversations on child development and ways to support children’s growth and learning while building the parent/child relationship. Early childhood educators create and engage children in developmentally appropriate activities to support the specific needs and growth of all children, from Birth to Kindergarten. All families are welcome in our Birth to Kindergarten classes. Language-specific classes are offered.

AMERICAN INDIAN MAGNET
Mondays • 5:30-7:30am (American Indian Families)

BELVIDERE
Mondays • 9:30-11:30am
Mondays • 5:30-7:00pm (Spanish)
Wednesdays • 9:30-11:30am (Spanish)
Fridays • 9:30-11:30am

CROSSROADS
Mondays • 9:00-11:00am
Mondays • 5:30-7:00pm
Tuesdays • 9:00-11:00am
Tuesdays • 1:30-3:30pm (in Spanish)
Wednesdays • 9:00-11:00am

DAYTON'S BLUFF
Thursdays • 9:30-11:30am (ECFE/ECSE)
Thursdays • 5:30-7:00pm
Fridays • 9:30-11:30am (Parenting Across Generations)

GLOBAL ARTS
Thursdays • 9:30-11:30am
Thursdays • 12:30-2:30pm (Artful Parenting)
Thursdays • 6:00-7:30pm (LGBTQ+ Families)
Fridays • 9:30-11:30am

HAMLINE
Tuesdays • 9:00-11:00am
Tuesdays • 6:00-7:30pm
Fridays • 9:00-11:00am

HIGHLAND PARK
Mondays • 9:00-11:00am
Mondays • 6:00-7:30pm
Tuesdays • 9:00-11:00am
Tuesdays • 6:00-7:30pm
Wednesdays • 9:00-11:00am
Thursdays • 9:00-11:00am

HIGHWOOD HILLS
Tuesdays • 5:30-7:00pm
Fridays • 9:30-11:30am

L'ETOILE DU NORD
Mondays • 6:00-7:30pm
Wednesdays • 9:00-11:00am

RONDO
Mondays • 8:45-10:45am (Dad’s Class)
Mondays • 12:00-2:00pm (in Somali)
Mondays • 6:00-7:30pm
Tuesdays • 9:45-11:45am
Tuesdays • 6:00-7:30pm (African American Families)
Wednesdays • 8:45-10:45am (ECFE/ECSE)
Wednesdays • 6:00-7:30pm (in Hmong)

WHEELOCK
Mondays • 9:00-11:00am (in Karen)
Mondays • 5:00-6:30pm (in Karen)
Tuesdays • 9:30-11:30am
Tuesdays • 6:00-7:30am
Thursdays • 1:00-3:00pm (in Karen)
Thursdays • 5:30-7:00pm (in Spanish)
Fridays • 9:00-11:00am
Fridays • 9:30-11:30am (in Hmong)
Saturdays • 9:00-11:00am (Artful Parenting)

Register online at spps.org/ecfe
Administration

Independent School District #625

Administration

Dr. Joseph Gothard
Superintendent

Jackie Turner
Chief Operations Officer

Anthony Walker
Director of Community Education

Board of Education

Chauntyll Allen
John Brodrick
Zuki Ellis
Jeanelle Foster
Jessica Kopp
Jim Vue

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 spps.org/CEboard.

Saint Paul Community Education • spps.org/commed
Saint Paul Parks and Recreation • stpaul.gov/parks

Saint Paul Public Schools • spps.org
Saint Paul Public Schools Community Education • spps.org/commed
Saint Paul Parks and Recreation • stpaul.gov/parks

SAINT PAUL PUBLIC SCHOOLS • spps.org

LEARN MORE AT SPPS.ORG/FLIPSIDE

Flipside is sponsored by the SPPS Alternative Education, Athletics and Community Education Departments in partnership with the City of Saint Paul Public Library and is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B – 21 Century Community Learning Centers. The contents of this publication do not necessarily represent the policy of the Federal Department of Education or the state Department of Education and you should not assume endorsement by the federal or state government.
# 2021-22 Family Calendar

## Important Dates

**ECSE follows the Pre-K calendar**

### September
- **6** Labor Day
- **7-8** Teacher Professional Development
- **9** First Day of School .......................... 1-12
- **9-10** No School, Parent-teacher conferences PreK & K
- **13** First Day of School .......................... Pre-K & K

### October
- **21-22** No School, Education Minnesota Conference PreK-12
- **29** No School ..................................... PreK-5
- **Digital Learning Day (PreK-8 Schools Only*)** 6-8

### November
- **12** End of Quarter 1
- **19** No School, Parent-teacher conferences for PreK-5 PreK-12
- **25-26** No School, Thanksgiving Break PreK-12

### December
- **22-31** No School, Winter Break PreK-12

### January
- **3** Classes Resume
- **17** No School, Martin Luther King Jr. Day PreK-12
- **27** End of Quarter 2
- **28** No School ..................................... PreK-12

### February
- **21** No School, President’s Day PreK-12

### March
- **4** No School ..................................... PreK-12
- **25** No School, Parent-teacher conferences for PreK-5 PreK-5
- **Digital Learning Day (PreK-8 Schools Only*)** 6-8

### April
- **1** End of Quarter 3
- **4-8** No School, Spring Break PreK-12
- **11** Classes Resume
- **15** No School ..................................... PreK-12

### May
- **30** No School, Memorial Day PreK-12

### June
- **10** Last Day of School .......................... PreK-12
- **End of Quarter 4**

## Key

- Important Dates
- No School All Grades (PreK-12)
- No School Pre-K and K
- No School PreK-5 / Digital Learning Day for Grade 6-8 in PreK-8 Schools

## Calendar

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Location Addresses

Community Education
Administration Office
1780 West 7th Street, 55116
651-767-8179
spps.org/commed

Monday-Thursday: 8:00a-4:00p
Friday: 8:00a-3:00p

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

- **1780 West 7th Street** (Community Education Administration Office)
- **85** Adams (Adams Spanish Immersion School) 615 S. Chatsworth St.
- **54** American Indian Magnet 1075 Third Street E.
- **47** Arlington Hills Community Center 1200 Payne Ave. 651-632-3861
- **6** Baker Center 209 W. Page St. 651-209-3519
- **58** Battle Creek Rec 75 S.Winthrop St. 651-501-6347
- **65** 271 Belvidere 271 Belvidere Street E.
- **6** Benjamin E. Mays/Rondo 560 Concordia Ave.
- **6** Capitol Hill Magnet/Rondo 560 Concordia Ave. (Entrance B - Red Doors)
- **1** Central HS 275 N. Lexington Pkwy.
- **24** Chelsea Heights ES 1557 Huron St.
- **61** Cherokee Heights ES 694 Charlton St.
- **23** Como Woodland Outdoor Classroom Intersection of Hamline Ave. N. and Como Ave.
- **27** Como Park ES 780 W. Wheelock Pkwy.
Program Locations continued: A symbol or number next to a location corresponds to its location on the map.

23 Como Park Fire Pits
1340 Como Ave.

27 Como Park HS
740 Rose Ave. W.

23 Como Park Zoo and Conservatory
1225 Estabrook Drive

27 Como Planetarium
Como Park Elementary
780 W. Wheelock Pkwy.

171 Crosby Farm Regional Park
2575 Crosby Farm Rd.

33 Crossroads ES
543 Front Ave.

50 Dayton's Bluff ES
262 Bates Ave.

50 Dayton's Bluff Rec
800 Conway Way. 651-793-3885

46 Duluth & Case Rec
1020 Duluth St. 651-298-5709

14 Edgcumbe Rec
320 S. Griggs St. 651-695-3711

60 El Rio Vista Rec
179 Robie St. E. 651-789-2500

73 EXPO for Excellence ES
540 Warwick St.

31 Frogtown Curling Club
743 Western Ave. N.

68 Global Arts Plus
Upper Campus (West 7th)
810 Palace Ave.

30 Gordon Parks HS
1212 University Ave. W.

10 Groveland Rec
2021 St. Clair Ave. 651-695-3714

5 Hamline ES
1599 Englewood Ave.

5 Hancock Rec
(The Canvas)
1610 Hubbard Ave. 651-298-4393

8 Harding HS
1540 E. Sixth St. (Enter on Third Street)

43 Hayden Heights Rec
1965 E. Hoyt Ave. 651-298-5716

45 Hazel Park Rec
945 N. Hazel Ave. 651-501-6350

172 Hidden Falls Regional Park
1813 Hidden Falls Dr.

59 Highwood Hills ES
2188 Londin Lane E.

11 Highland Park Community Center
1978 Ford Pkwy. 651-695-3706

19 Highland Park ES
1700 W. Saunders Ave.

12 Highland Park HS
1015 S. Snelling Ave. (Enter parking lot from Edgcumbe Rd.)

12 Highland Park MS
975 S. Snelling Ave. (Enter parking lot from Montreal Ave.)

99 Horace Mann (Horace Mann School)
2001 Eleanor Ave.

20 Hubbs Center
1030 University Ave. W.

38 Jie Ming (Jie Ming Mandarin Immersion Academy at Homecroft)
1845 Sheridan Ave.

18 Jimmy Lee Rec
270 N. Lexington Pkwy. 651-642-0650

3 Langford Rec
30 Langford Park 651-298-5765

15 Linwood Rec
860 St. Clair Ave. 651-298-5660

42 L'Etoile du Nord Lower Campus
1305 Prosperity Ave.

16 Martin Luther King Rec (MLK)
271 Mackubin St. 651-290-8695

39 McDonough Rec
1544 Timberlake Rd. 651-558-2171

7 Merriam Park Rec
2000 St. Anthony Ave. 651-298-5766

26 North Dale Rec
1414 N. St. Albans St. 651-558-2329

24 Northwest Como Rec
1550 N. Hamline Ave. 651-298-5813

18 Oxford Community Center
270 N. Lexington Pkwy.

68 Palace Rec
781 Palace Ave. 651-298-5777

40 Phalen Rec
1000 E. Wheelock Pkwy. 651-793-6600

9 Ramsey MS
1700 Summit Ave.

14 Randolph Heights ES
348 Hamline Ave. S.

36 Rice Rec
(The Teen Zone)
1022 Marion St. 651-558-2391

6 Rondo Education Center
560 Concordia Ave. (Entrance B - Red Doors)

109 Rondo Community Outreach Center
461 N. Dale St.

2 St. Anthony Park ES
2180 Knapp St.

63 Saint Paul Parks and Recreation Administration
400 City Hall Annex
25 W. Fourth St.

SPPS District Administration Building
360 Colborne St.

144 St. Paul Ballet
655 Fairview Ave. N.

31 Scheffer Rec
237 Thomas Ave. 651-298-5820

60 The Wellstone Center
179 Robie St. E.

4 Washington Technology Magnet School
1495 Rice St.

29 West Minnehaha Rec
685 W. Minnehaha Ave. 651-298-5823

140 Wheelock Early Learning Center
1521 Edgerton St.

48 Wilder Rec
958 Jessie St. 651-298-5727

OTHER:
Belwin Outdoor Science Center
1553 Stagecoach Trail S., Afton

Chicago Avenue Fire Arts Center
3749 Chicago Ave., Mpls.

Minneapolis Bouldering Project
1433 West River Rd. N., Mpls.
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 spps.org/commed
To create a new account: Click on View My Account above and follow the prompts to set up your new account.

By Phone with Credit Card or Check (Visa, MasterCard or Discover)
Call the Community Education Office at 651-767-8179, Monday-Thursday, 8:00a-4:00p, and Friday, 8:00a-3:00p.
Credit Card: Please have your credit card 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 45) and mail it with a check or credit card number (Visa, MasterCard or Discover) to the Community Education Office (see page 42 for address). If paying by check, your place is confirmed when payment is received (make checks payable to ISD# 625).

In Person
Visit the Community Education Office (see page 42 for address), Monday-Thursday, 8:00a-4:00p, and Friday, 8:00a-3:00p. If paying with cash, please have exact amount.

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 deadline indicated in this catalog. Please review page 25 for specific dates.

For Driver Education, refunds minus a $75 fee will be issued upon request for cancellation. Refunds will not be issued if requested less than three business days prior to the class start date.
• 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 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.

Disclaimers
Please see the front inside page of this catalog for our COVID-19 Class Information, as well as our Assumption of Risk, Safety, and Responsibility for Class Content Disclaimers.

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. 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 17, 2022
February 1, 2022, after 6pm
February 21, 2022
POPC UP CARDS & BOOKS
Brighten a friend’s day with a pop-up card or book! The first week, we’ll construct cards and learn basic structures; the second week, we’ll put them together to make small books.
Harding HS • M. B. Hummel • #3016WA

Class location • Instructor
Harding HS • M. B. Hummel • #3016WA

Beginning date.

Wed Feb 2 • 6:30-8:30p • 2 sessions • $31 + $5 supply fee

Number of times the class meets.

Full listing of classes available at spps.org/commed
NOW HIRING
NO EVENINGS • NO WEEKENDS • $15/HOUR
Saint Paul Public Schools is in search of quality staff for part-time work in our Discovery Club child care program.

LEARN MORE AND APPLY @ SPPS.ORG/DISCOVERYCLUB