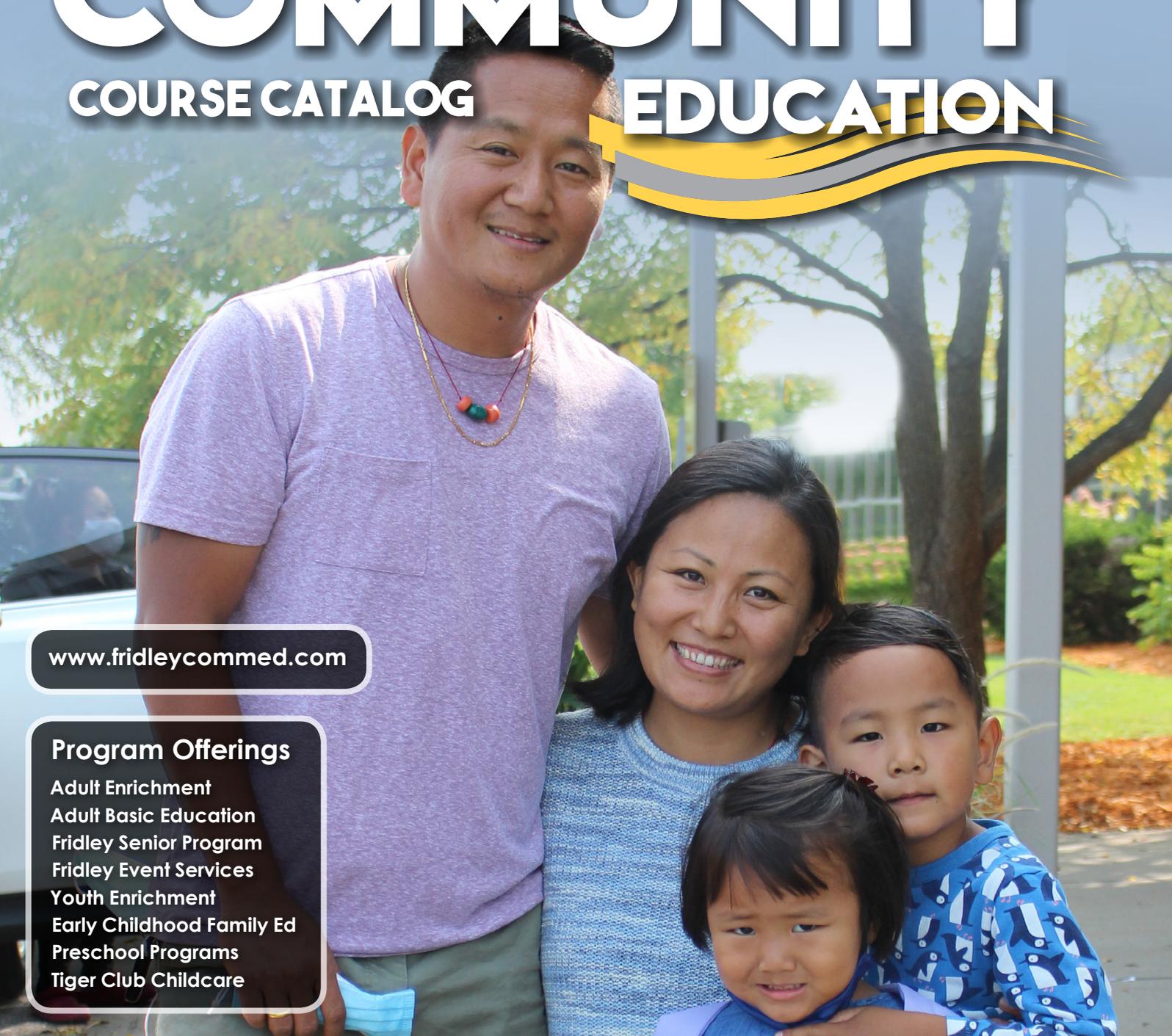




SPRING / SUMMER 2021

FRIDLEY COMMUNITY COURSE CATALOG EDUCATION



www.fridleycommed.com

Program Offerings

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

Adult Enrichment

Youth Enrichment

Aquatics



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PAGE 26

Plus More!
Come see
what we
have to offer!

Fridley Community Theatre

Presents

MAMMA MIA!

Don't Miss the Show!

Visit our website for Audition & Performance Info!

July 23-24-29-30-31

7 pm at Fridley District Auditorium

www.FridleyCommunityTheatre.org

Mamma Mia! is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI www.MTIShows.com.



Course Catalog
SPRING/SUMMER 2021

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SPRING/SUMMER 2021 COMMUNITY ED PARTICIPANT SAFETY - COVID-19

Our participants' safety is our number one priority. In accordance with state health guidelines and direction from Minnesota Department of Education (MDE), Minnesota Department of Health (MDH), and the United States Center for Disease Control (CDC), the following changes will be necessary for community education programming to decrease the risk of COVID-19 exposure:

- We will practice social distancing and align with the state safety recommendations by placing students in smaller groups and utilizing highly predictable settings.
- All programs will be subject to small groups as dictated by MDH/CDC guidelines.
- Enhanced cleaning practices will be in place in all buildings.
- Staff will be required to wear a cloth face covering if they are unable to social distance.
- Staff and participants will be required to perform frequent hand hygiene.
- Participants may be required to complete a health screening before proceeding to class.
- All participants are required to comply with social distancing expectations. Failure to do so could result in removal from the program and the premises.

FRIDLEY COMMUNITY EDUCATION CONTACTS:

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

Stephen Keeler, Director
763-502-5106

Christy Jensen, Administrative Assistant
763-502-5102

Katie Brown, Administrative Assistant
763-502-5105

Valerie Anderson, ECFE Coordinator
763-502-5143

Karin Beckstrand, Pre-K PYP Coordinator
763-502-5117

Sally Leone, Tiger Club Coordinator
763-502-5135

Jordan Wright, Tiger Club Administrative Assistant
763-502-5107

Maggie Chandler,
Adult Programs & Youth Services Coordinator
763-502-5162

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

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

Alaina Dehnke, Social Worker
763-502-5121

Mora Slifka, Early Childhood Screener
763-502-5157

Xong Yang, Equity & Inclusion Specialist
763-502-5157

FACILITIES & INFORMATION:

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

FRIDLEY SCHOOLS

FCC – Fridley Community Center
6085 Seventh Street NE

FHS – Fridley High School
6000 West Moore Lake Drive

FMS – Fridley Middle School
6100 West Moore Lake Drive

HES – Hayes Elementary School
615 Mississippi Street NE

SES – Stevenson Elementary School
6080 East River Road

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

OTHER FACILITIES

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

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

WTP - Water Tower Park
3105 33rd Ave NE, St Anthony



ON THE COVER:

Fridley Community Education provides programs for families of all ages, from birth to senior citizens. Pictured is the Wangchen family as they send off their daughter, Pema, on her first day of 3-year-old preschool at Fridley Preschool, an International Baccalaureate World School.

FRIDLEY COMMUNITY EDUCATION

Office Hours are currently by appointment only

Follow us!

Find class updates, special events and more!

@FridleyCommEd

FridleyCommEd

visit www.fridleycommed.com

FINANCE & BUSINESS

90 MINUTES WITH AN ESTATE ATTORNEY – *Online Only*

Do you have a goal to gift assets to others? If so, you likely have some important questions, like - Should we do this while we are alive or after we have passed? What about estate tax & gift tax planning? Should I gift my money



in a will or a trust? Would I qualify for Medicaid? While most people believe that their trust shields the assets from the nursing home and creditors, this may not be true. This class will provide answers to many of your planning questions including how to place your assets to meet your goals for retirement, the nursing home and after you have passed. **This class will be held online via Zoom.**

Cost	Class #	Day	Date	Time
\$12	6307	Thurs	Aug 10	6:30-8:00pm

ESTATE PLANNING FOR GRANDPARENTS, PARENTS, AND FAMILIES OF CHILDREN WITH SPECIAL NEEDS – *Online Only*

Is it better to have a formal plan in place or to leave things to future family dynamics and the ever-changing benefit system? Did you know that with proper planning - both while they are alive and after they have passed - grandparents, parents and family can take care of a child, grandchild or family member with special needs in their estate plan? Such planning will not adversely affect the benefits and programs which the person with special needs has available to them! This class will discuss how to properly protect your assets and provide for the future benefit of the loved one with special needs. Whatever the type of the asset (tangible, income producing or other), there are options. We will discuss how the special needs trust fits into your estate planning, planning for the future of your loved one with special needs, and pros and cons of a special needs trust.



Is it better to have a formal plan in place or to leave things to future family dynamics and the ever-changing benefit system? Did you know that with proper planning - both while they are alive and after they have passed - grandparents, parents and family can take care of a child, grandchild or family member with special needs in their estate plan? Such planning will not adversely affect the benefits and programs which the person with special needs has available to them! This class will discuss how to properly protect your assets and provide for the future benefit of the loved one with special needs. Whatever the type of the asset (tangible, income producing or other), there are options. We will discuss how the special needs trust fits into your estate planning, planning for the future of your loved one with special needs, and pros and cons of a special needs trust.

Cost	Class #	Day	Date	Time
\$12	6305	Tues	July 14	6:30-8:00pm

IS MY HOME READY TO SELL? – *FCC-Room 109*

The iron is hot for home sellers right now! If you are considering selling your home, this class will help you get the most out of it. Learn about current local market conditions, how to prepare your home to sell, marketing techniques, the importance of the initial list price, and real estate secrets to help you get top dollar. Don't wait, only to find the market has cooled off!



Cost	Class #	Day	Date	Time
\$12	6303	Tues	Apr 27	6:30-8:00pm

HONORING CHOICES - CREATING OR UPDATING HEALTH CARE DIRECTIVES – *FCC-Room 109*

In this course, you will learn how to create or update your directive document. Instructors will guide you through the Honoring Choices Health Care Directive. When it comes to decisions about your health care, it's important that your voice is heard.



You may not always be able to speak for yourself. Learn from Fairview medical professionals on what is necessary to include to make sure your wishes are followed.

You must be at least 18 years old to make a health care directive.

Cost	Class #	Day	Date	Time
\$5	6311	Tues	May 4	11:00- 11:40am

FIRST TIME HOME BUYERS WORKSHOP – *FCC-Room 109*

Visualize your journey toward owning a home. Everyone's process is different. Learn how to personalize the home buying plan that fits you best. This class will help you create a plan based on your goals, constraints, personal style, and the market in your area.



Cost	Class #	Day	Date	Time
\$12	6302	Sat	May 1	10-11:30am

LET'S PROBATE AN ACTUAL MINNESOTA ESTATE – *Online Only*

In this class, we will walk through an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts and all the steps in between. Class participants will learn the entire process including: current form, court and filing requirements, accounting and procedural steps, and procedures for the sale and distribution of estate assets. We will also discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative. This class will be filled with real-life examples and solutions to the multitude of issues involving a typical Minnesota Probate Estate.

Cost	Class #	Day	Date	Time
\$12	6308	Tues	June 15	6:30-8:00pm

WHY YOU CAN'T TRUST YOUR TRUST – *Online Only*

Do you know what the most oversold and misunderstood legal product on the market today is? The answer is a Revocable or Living Trust. Trusts are oversold as the end all to fit all. They are full of legal wording that only attorneys understand. Most people believe that their trust shields the assets from the nursing home and creditors. In Minnesota, Revocable Trusts are subject to the nursing home and creditors. If you can change the Trust, the nursing home and creditors can access the money in the Trust. In this class, you will learn what the pros of a revocable trust are and if it is a fit for you. You will also learn and what other options are out there for you. Bring your questions.

Cost	Class #	Day	Date	Time
\$12	6304	Tues	Aug 24	6:30-8:00pm

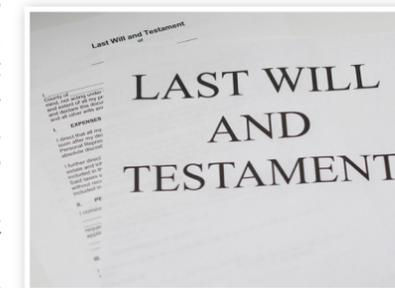
PLANNING THE PERFECT MOVE – *FCC-Room 109*

It's never too early to start thinking about one of your biggest investments and what changes it will mean for your future when you decide to sell your home. This Plan Your Move senior housing workshop, will bring in experts to teach you about getting your home ready to sell. Hear from local Realtor®, Renee Miller of Keller Williams Classic Realty NW, about how she markets your home, determines home values, and how to time your move to reach your goals. You will also get some valuable market stats for the area that help determine the best time to sell. Learn some tips and resources from a move manager to help you as you begin to downsize and declutter your home. The information included in this informational session is designed to prepare you for selling your home and get you inspired for your next steps.

Cost	Class #	Day	Date	Time
\$5	6553	Thurs	June 10	10:00-11:30am

WRITE YOUR OWN WILL - *FCC-Room 114/116*

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



Cost	Class #	Day	Date	Time
\$60	6309	Thurs	May 13	6:00-9:00pm

KEEPING THE CABIN IN THE FAMILY - *FCC-Room 112/114*

Keeping property in the family and avoiding problems requires a good plan and solid professional advice. Learn options and strategies for minimizing disputes and keeping a cabin or other family-owned property within the family for generations.



Cost	Class #	Day	Date	Time
\$25	6310	Thurs	Apr 29	6:30-8:30pm

HOW TO PAY FOR THE NURSING HOME: AN ATTORNEY'S PERSPECTIVE – *Online Only*



The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is long

term care insurance for me? What about home healthcare? Get these answers and more and learn how to create an effective plan to deal with uncertainties. **This class will be held online via Zoom.**

Cost	Class #	Day	Date	Time
\$12	6306	Wed	Aug 4	6:30-8:00pm

COOKING

FABULOUS FISH DISHES – FHS Foods Lab, Room 113

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



Cost	Class #	Day	Date	Time
\$38	6105	Wed	April 14	6:00-9:00pm

BODACIOUS BRUNCH BUFFET –

FHS Foods Lab, Room 113

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

Cost	Class #	Day	Date	Time
\$38	6106	Fri	April 30	6:00-9:00pm

ALL IN ONE INSTANT POT – Online Only

Use the electric pressure cooker to prepare your entree and a side vegetable at the same time, freeing you up to enjoy a more hands off kitchen experience. In this class join Kirsten in her kitchen via Zoom to discuss several methods of all in one cooking while she demonstrates turkey and wild rice meatloaf with sweet potatoes and Instant Pot spaghetti. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards for your convenience.



Cost	Class #	Day	Dates	Time
\$24	6101	Mon	Apr 12	6:30-8:00pm

THE ART OF SUSHI – FHS Foods Lab, Room 113

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



Cost	Class #	Day	Date	Time
\$38	6107	Mon	May 17	6:00-9:00pm

INSTANT POT MAIN DISH SALADS – Online Only



Are you ready to add some new recipes to your Instant Pot regular rotation? Let's keep the kitchen cool while eating well this summer by using the electric pressure cooker to quickly cook proteins and grains for a hearty main dish salad. Join Kirsten in her kitchen via your

computer as she demonstrates Instant Pot chicken caprese salad, Southwest shrimp and corn salad, and a wild rice greek salad. Participants will receive an extensive handout along with the link to join prior to class.

Cost	Class #	Day	Dates	Time
\$24	6102A	Tues	May 18	6:30-8:00pm
\$24	6102B	Thurs	July 8	6:30-8:00pm

INSTANT POT SUMMER SIDE SALADS – Online Only

Looking for variety in your summer meal planning? Join Kirsten in her kitchen via your computer or phone while she demonstrates a variety of light and fresh summer side salads, including a colorful quinoa salad, a french green lentil salad, and an Italian cauliflower salad. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.



Cost	Class #	Day	Dates	Time
\$24	6103	Tues	June 15	6:30-8:00pm

HISTORY & CULTURAL AWARENESS

MODERN SCULPTURE: FROM IMPRESSIONISM TO MID-20TH CENTURY – Online Only

Learn about the most influential and famous sculptors from Impressionism to mid-20th century such as Auguste Rodin, Umberto Boccioni, Henry Moore, Man Ray and Alexander Calder. Explore the major art movements associated with unique styles and sculptures of these artists.

Cost	Class #	Day	Dates	Time
\$13	6453	Wed	Apr 21	6:00-8:00pm

WOMEN IN ISLAM – Online Only

This presentation covers Islamic teachings about the different roles of Muslim women in society, including cultural differences. We will talk about common misconceptions regarding Muslim women and explain gender equity in the spiritual, social and economic aspect of life. Muslim women and culture/diversity will also be discussed. The presentation is concluded with examples of Muslim women and their role in history and today. **Class will be held virtually through Zoom.**

Cost	Class #	Day	Date	Time
Free	6450	Thur	May 27	7:00 - 8:30pm

WHAT YOU ALWAYS WANTED TO KNOW ABOUT ISLAM & MUSLIMS – Online Only

Always wanted to learn more about Islam and Muslims? Register for this class and you will have a better understanding of what Islam teaches and what Muslims practice. This class will introduce basic terminology, demographics and differences between religion and culture. You will learn about the beliefs and practice of Muslims as well as religious celebrations. **Class will be held virtually through Zoom.**

Cost	Class #	Day	Dates	Time
Free	6451	Wed	May 26	6:30 - 8:00pm

CONTEMPORARY ART: STYLES, IDEAS, & ARTISTS – Online Only

Explore the contemporary art practices starting in the 1950's and continuing today by studying the iconic works of artists such as Andy Warhol, Cindy Sherman, Jeff Koons, Damien Hirst, Grayson Perry and many others. Art styles for consideration will include Pop Art, Minimal Art, Environmental Art, Conceptual Art, Performance Art, Appropriation Art, and Video Art.

Cost	Class #	Day	Dates	Time
\$13	6454	Sat	May 1	10:00-12:00pm

CONTEMPORARY SCULPTURE: FROM MID-20TH CENTURY TO PRESENT DAY – Online Only

Explore the innovative and experimental contemporary sculpture practices starting in the 1950's and continuing today by studying the works of artists such as Claes Oldenburg, Jasper Johns, Eva Hesse, Maurizio Cattelan, Ron Mueck and Katharina Fritsch. Learn about the contemporary art styles associated with unique styles and approaches of these artists.

Cost	Class #	Day	Dates	Time
\$13	6455	Sat	May 15	10:00-12:00pm



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Paraeducators work with students one-on-one or in groups to provide support services

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- Eligible for full benefits and paid time off
- Option for FREE single covered medical and dental insurance!
- Pay ranges from \$14.99-\$16.71/hour depending on previous para work experience
- We currently have three positions open across the school district

Questions? Please contact HR Coordinator Kris Carlston at 763-502-5003

HOBBIES & SPECIAL INTERESTS

PHOTO ORGANIZATION - PRINT & DIGITAL – Online Only

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

Cost	Class #	Day	Dates	Time
\$15	6502	Tues	May 18	6:30-8:30pm

HOBBIES & SPECIAL INTERESTS

VEGETABLE GARDENING 101 – FCC-116



This class is for gardeners with little or no experience. It covers starting seeds indoors and out, transplanting, watering, mulch, increasing soil fertility, plant supports, plant diseases, harvesting, fall cleanup, and more. A

perfect class if you need a new quarantine hobby!

Cost	Class #	Day	Dates	Time
Free	6509	Sat	Apr 10 & 17	3:00-5:00pm

FEED A HEALTHY BRAIN – FCC-112/114

Feeling forgetful? Concerned about the rise of dementia, Alzheimer's and mental illness? Take control of what you can do right now and feed a brain that is resilient. From shopping, cooking, supplementation, and key lifestyle changes, discover how you can take control of brain health.

Cost	Class #	Day	Dates	Time
\$10	6403	Thurs	May 6	1:00-2:00pm

GETTING TO KNOW YOUR IPHONE – Online Only

Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users. We will cover cell phone topics such as: the photo app, texting, navigating, apps, contacts, e-mail, app store, settings, and internet. Not for Android users.



Cost	Class #	Day	Dates	Time
\$73	6051	Wed	May 12, 19, & 26	2:00-3:00pm

BALLROOM DANCE WORKSHOP – R.L. Stevenson Elementary Gym

Ballroom dance workshop is a single night workshop covering the classic dances of Waltz, Foxtrot, Tango, and Rumba. All are designed to have you gliding together across the dance floor. Weeknights have never been more fun when you're dancing! Class is for couples only, please.

Cost	Class #	Day	Date	Time
\$39/couple	6151	Thurs	Apr 15 & 22	7-8:30pm

SWING DANCE WORKSHOP – FCC-Gym

One night. One dance. A lifetime of fun! An arch and a loop are just two of the patterns that can take you from the sidelines onto the dance floor. Weeknights have never been more fun when you're dancing! Class is for couples only, please.

Cost	Class #	Day	Date	Time
\$29/couple	6152	Wed	May 5	7:00-9:00pm

WEDDING DANCE – R.L. Stevenson Elementary - Gym

It's not too late to look great on one's special day. You thought about it! You wanted to! But where did the time go? Not to worry. In this 2-hour workshop, Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction", will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day! Couples only please.



Cost	Class #	Day	Date	Time
\$29/couple	6153	Wed	May 5	7:00-9:00pm

FRIDLEY PUBLIC SCHOOLS

NOW HIRING

JOIN OUR FRIDLEY FRESH TEAM!

Apply now to become a Kitchen Manager!

- ▶ Position currently open for Elementary Kitchen Manager
- ▶ Highly rewarding, fast-paced work environment
- ▶ Direct and assist in nutritious food preparation
- ▶ Eligible for full benefits and paid time off
- ▶ Option for FREE single covered medical and dental insurance!
- ▶ Minnesota Dept of Health Managers License required
- ▶ Management, quantity food production experience preferred

OPPORTUNITY TO EXPAND YOUR SKILLS

- ▶ Earn your School Nutrition Association (SNA) Level 3 Certification within your first year

APPLY TODAY! PLEASE VISIT FRIDLEYSCHOOLS.ORG/JOBS
Questions? Please contact 763-502-5003

INTRO TO VOICEOVERS – Online Only

Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class!



Once registered, you will be contacted to set up an appointment time. Must have personal computer or tablet with Zoom, Skype, (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). Cost: \$49 for 90 minute session

Cost	Class #	Day	Date	Time
\$49	6503	TBD	TBD	90 minutes

INTRODUCTION TO PERMACULTURE – Online Only

Permaculture is a way of growing food and beautiful landscapes while making our ecosystem healthier at the same time. Traditional grass lawns and industrialized agriculture makes soil infertile, pollutes water, dries up water sources, and destroys the homes of insects and animals. Using the principles of permaculture, however, we can mimic nature to meet human needs in a way that restores health and biodiversity to our local ecosystems. This class will explain how our existing systems contribute to climate change and how we can be part of changing them, starting right at home.



Cost	Class #	Day	Date	Time
\$35	6452	Thurs	Apr 29	7:00-8:30pm

WRITING FICTION: GET OVER WRITER'S BLOCK – Online Only

This class will point out and help writers overcome excuses that most aspiring writers go through for not writing. Discover ways to avoid writer's block for your fiction piece. On the first day, we'll discuss ignoring "self-doubt" and getting published. The instructor will give a prompt for 'homework' and the second day we'll read what you wrote for the prompt (1 or 2 pages). Instructor JP Johnson has been published in eight literary journals.

Cost	Class #	Day	Dates	Time
\$12	6501	Thurs	May 6 & 13	6:30-8:30pm

NOW HIRING

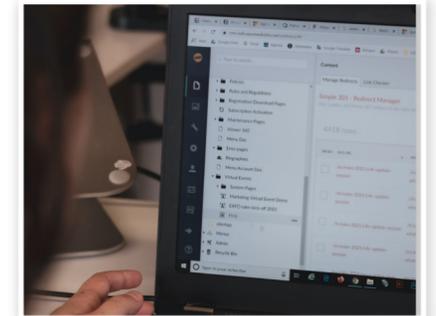
JOIN OUR BUILDINGS & GROUNDS TEAM!

- Eligible for full benefits and paid time off
- Option for FREE single covered medical and dental insurance!
- Working 8 hours a day (Second Shift Hours 3-11 pm)
- Pay starts at \$15.06 (DOE) plus .50 per hour working second shift
- We currently have 3 positions open across the school district

APPLY TODAY! PLEASE VISIT FRIDLEYSCHOOLS.ORG/JOBS
Questions? Please contact 763-502-5003

SHOULD I CLICK ON THAT? – Online Only

Are you frustrated with strange things that pop-up on your computer? Your friendly instructor Mike Wilson will inform you about what you should and should NOT click on. Computers were made to enjoy



and not have the user stuck with unknown and frustrating things that occur. Here is what Mike will define and demonstrate: Online Safety; Scams to Know About; Frustrating and Suspicious Popups; Turning on Popup Blockers; Friendly Windows 10 Notifications; Advertisements; E-mail Ads and Links, Knowing What to Click On; Malware Protection; Do Your Research; Downloading Files, Cookies and Your Browser, Updates, Get Control of Your Device, and The Real from the Counterfeit! (Not for Apple/Mac users, or tablets.)

Cost	Class #	Day	Dates	Time
\$46	6052	Thurs & Fri	June 24 & 25	6:00-7:00pm

HOBBIES & SPECIAL INTERESTS

INTERMITTENT FASTING – *Online Only*

What is intermittent fasting? What are the benefits, challenges, and how do you do an intermittent fast? It is not a diet but a strategic method of eating that has shown health improvements you may benefit from. Discover if intermittent fasting is for you.

Cost	Class #	Day	Dates	Time
\$33	6404	Thurs	May 20	6:30-8:00pm

HOW DO I TAKE A LIVE CLASS WITH ZOOM? –

Online Only

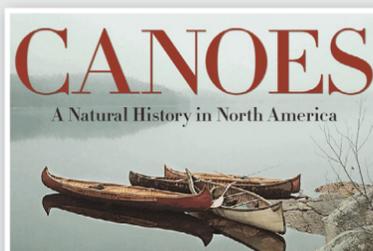
Many adult instructors use Zoom for live/virtual classes such as cooking, painting, exercising, computers, music, etc. Mike Wilson offers this free & easy session to help you understand the process of “getting to your classroom” and using Zoom.



Cost	Class #	Day	Dates	Time
Free	6050	Fri	Apr 30	6:30-7:30pm

WILDERNESS INQUIRY: CANOE HISTORY; AN ENGINEERING MASTERPIECE – *Online Only*

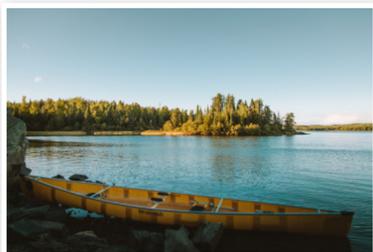
Join author Mark Neuzil as he shares the history of canoes in North America, from their origins thousands of years ago to present-day craft. A common thread through its history is that the design of the canoe is virtually unchanged over all those years -- it was a perfectly engineered piece of transportation technology long before white settlement. Dugouts, birch bark and wood-and-canvas canoes will be covered, along with post World War II synthetic materials with a focus on the canoe as a cultural artifact, both for work and pleasure.



Cost	Class #	Day	Dates	Time
\$15	6505	Wed	May 5	2:00-3:00pm

WILDERNESS INQUIRY: A YEAR IN THE WILDERNESS – *Online Only*

In September 2015, Dave and Amy Freeman embarked on a year-long adventure in the Boundary Waters Canoe Area Wilderness along the Canadian border in northern Minnesota. During their 366 days in the Wilderness, they traveled more than 2,000 miles by canoe and dog team and visited more than 500 lakes and streams. Join us on this virtual presentation to learn why they went on this adventure and explore the pristine terrain that is the Boundary Waters Canoe Area Wilderness.



Cost	Class #	Day	Dates	Time
\$15	6508	Wed	June 23	2:00-3:00pm

WILDERNESS INQUIRY: NATURAL HISTORY OF THE BWCAW – *Online Only*

Situated along the Canadian border in northern Minnesota, the Boundary Waters Canoe Area Wilderness (BWCAW) encompasses over 1 million acres within the Superior National Forest. In this session learn about the unique mixture of forests, glacial lakes, and streams that are the cornerstone of this popular canoeing, hiking, and fishing destination.



Cost	Class #	Day	Dates	Time
\$15	6507	Wed	June 9	2:00-3:00pm

WILDERNESS INQUIRY: OUTDOOR COOKING WITH BETH DOOLEY – *Online Only*

Whether camping, or enjoying a COVID-19 safe outdoor dinner with friends or family, you don't have to sacrifice the joy and comfort of a hearty home-cooked meal! For this session, join James Beard award winning cookbook author Beth Dooley as she guides you through how to shake off that cabin fever, get outside, and cook a delicious meal out in the fresh air! Whether you have a camp stove or a campfire, Beth will share recipes and techniques to make your outdoor meal worth donning your snow-pants for!

Cost	Class #	Day	Dates	Time
\$15	6504	Wed	Apr 21	2:00-3:00pm

WILDERNESS INQUIRY: INSIDE THE MANUFACTURING OF A CANOE – *Online Only*

As you paddle your canoe downriver or across the lake have you ever wondered “How'd they make that?” This virtual session will answer that question as we delve into the workshop of a Midwestern canoe manufacturer. Join us for a tour of the entire process - starting with the design and ending with the final layer of paint.



Cost	Class #	Day	Dates	Time
\$15	6506	Wed	May 19	2:00-3:00pm

ADULT FITNESS

TRY PICKLEBALL! (AGES 12-ADULT) –

Water Tower Park



Come try the fastest growing sport in the USA! Pro and advance pickleball players from the North Star Pickleball Association will instruct

people of different ages and abilities through the fundamentals of pickleball. Come join us for a day of fun. Rackets will be available if needed that day. Rain make-up is scheduled for Aug. 28.

Cost	Class #	Day	Dates	Time
\$15	6354	Saturday	Aug. 21	10:00-12:00pm

TAI' CHI CH'UAN – *In-Person @ FCC: 116*

For centuries Chinese people have practiced Tai' Chi Ch'uan for health, as a martial art, a means of exercise and self-development. See for yourself how the slow movements of this art can help reduce the effects of stress and improve your fitness, flexibility, balance, concentration, and health. This is an excellent, low-impact, non-contact physical fitness program that's ideal for all adults.



Cost	Class #	Day	Dates	Time
\$36	6352A	Wed	Apr. 7-28	6:00-7:00pm
\$36	6352B	Wed	May 5-26	6:00-7:00pm
\$45	6352C	Wed	June 2-30	6:00-7:00pm
\$36	6352D	Wed	July 7-28	6:00-7:00pm
\$36	6352E	Wed	Aug. 4-25	6:00-7:00pm

JEET KUNE DO FUSION – *In-Person @ FCC: Tiger Territory*

Jeet Kune Do, Hapkido, Tae Kwon Do, Kempo and Cane. “What I have noticed”, said Master Howard, “is that either the art is for defense or for offense. What I have done with Jeet Kune Do Fusion is to combine (fuse) Jeet Kune Do with Hapkido for self-defense along with some kicks and blocks from Kempo, the fighting range from Tae Kwon Do and weapon disarming from Cane. Jeet Kune Do Fusion is not only a complete stand-alone system but it will work well with other systems. This system is for adults of all ages and limitations. No special ability needed.

CANE-DO – *In-Person @ FCC: Tiger Territory*

Protect yourself using an everyday walking cane! This is the most practical self defense weapon anyone can learn. What other self-protection tool can you carry on a plane or take into a casino? This system is for adults of all ages and limitations. No special ability needed.

MODERN HAPKIDO – *In-Person @ FCC: Tiger Territory*

This class is a comprehensive self defense system that is practical, enjoyable to learn, realistic and most of all 100% effective! Ideal for those individuals who do not have the time, desire or ability to commit to a traditional martial art, this class is based on Hapkido. No special ability needed.

Cost	Class #	Day	Dates	Time
\$100	6355A	Tuesdays	Apr 20- May 18	6:30-8:00pm
\$100	6355B	Tuesdays	May 25-June 22	6:30-8:00pm
\$100	6355C	Tuesdays	June 29-July 27	6:30-8:00pm
\$100	6355D	Tuesdays	Aug 3-31	6:30-8:00pm

INTRODUCTION TO NORDIC WALKING – *FCC-109*

Why just walk when you can Nordic Walk? The pandemic helped you become a “walker” and now with poles in hand you can take that walk to the next level and enjoy a more upright balanced posture, work your whole body and improve your overall fitness. Learn about the benefits (cardio fitness, weight management, bone density, less pain, more confidence) and the specifics of the poles followed by instruction on basic technique and your first Nordic walk. The second week gives us time to work on our technique and begin to maximize the upper body workout with the poles. It's fun, it's easy to learn and it's a great activity to share with family and friends. This class is suitable for all levels of fitness, we won't ask you to walk further or faster than what is comfortable for you. Poles will be provided for use in class. Wear good walking shoes and come prepared to walk with more energy and less stress!

Cost	Class #	Day	Dates	Time
\$20	6252	Fri	Apr 23 & 30	10:30-11:30am

ADULT ENRICHMENT

BEYOND THE BASICS - NORDIC WALKING –

FCC- 109

This class is designed for the current Nordic Walker who would like to take a class focusing on getting more out of their walks with poles. We will begin with a review of basic Nordic Walking technique and move towards optimizing your Nordic Walking Workout with personal attention to your technique and the introduction of specific interval exercises. We will use personal videos to provide feedback for each participant. Wear comfortable walking shoes and dress for the weather, we will be going outdoors. Bring your poles and water to class.



Cost	Class #	Day	Dates	Time
\$25	6253	Fri	May 14 & 21	10:30-11:30am

YOGA – Online OR In-Person @ FCC: 114/116

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood



pressure, and help relieve stress. All classes include classic Hatha or stretching, breathing practices, and a guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work.

*For in-person class - Safe social-distancing protocol will be practiced and required by all staff, instructors and participants and you will be emailed the guidelines.

Class #	Day	Dates	Time	Location	Cost
6350A/ Online	Tues	Apr. 6-27	7:30-9pm	FCC- 114/116 or Online	\$36
6350B/ Online	Tues	May 4-25	7:30-9pm	FCC- 114/116 or Online	\$36
6350C / Online	Tues	June 1-29	7:30-9pm	FCC- 114/116 or Online	\$45
6350D/ Online	Tues	July 6-27	7:30-9pm	FCC- 114/116 or Online	\$36
6350E / Online	Tues	Aug. 3-31	7:30-9pm	FCC- 114/116 or Online	\$45

YOGA MINDFULNESS – Online OR In-Person @ FCC:

114/116

Explore a deeper mind and body connection with Mindfulness Yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work. *For in-person class - Safe social-distancing protocol will be practiced and required by all staff, instructors and participants and you will be emailed the guidelines.

Class #	Day	Dates	Time	Location	Cost
6351A / Online	Sat	Apr. 3-24	10-11:30am	FCC- 114/116	\$36
6351B / Online	Sat	May 1-29	10-11:30am	FCC- 114/116	\$45
6351C / Online	Sat	June 5-26	10-11:30am	FCC- 114/116	\$36
6351D/ Online	Sat	July 10-31	10-11:30am	FCC- 114/116	\$36
6351E/ Online	Sat	Aug 7-28	10-11:30am	FCC- 114/116	\$36

YOGA LATE AFTERNOON– Online OR In-Person @ FCC:

116

Explore a deeper mind and body connection with yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress. All classes include classic Hatha or guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work. *For in-person class - Safe social-distancing protocol will be practiced and required by all staff, instructors and participants and you will be emailed the guidelines.

Class #	Day	Dates	Time	Location	Cost
6353B / Online	Thurs	May 6-27	4:30-5:30pm	FCC- 114/116	\$32
6353C / Online	Thurs	June 3-24	4:30-5:30pm	FCC- 114/116	\$32
6353D / Online	Thurs	July 1-29	4:30-5:30pm	FCC- 114/116	\$40
6353E / Online	Thurs	Aug. 5-26	4:30-5:30pm	FCC- 114/116	\$32

Fridley Community Theatre

Presents

MAMMA

MIA!

July 23-24-29-30-31

7 pm at Fridley District Auditorium

Visit www.FridleyCommunityTheatre.org
for Audition and Performance Information

Mamma Mia! is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI

www.MTIShows.com.

FRIDLEY SENIOR PROGRAM



Supporting a Balanced and Well Connected Life Through Active Aging

For decades, the Fridley Senior Program has been a thriving community of seniors, offering opportunities to socialize with and to support one another as well as the broader school and Fridley communities. The senior center has been a place of connection and care, not only between seniors, but also between seniors and the children of the Fridley School District and their families. One of the most difficult challenges we have had during this time is to ensure that seniors are both safe and connected. For the spring and summer, we will continue to offer online courses as well as some opportunities for socially-distanced fun!

As we know, our present situation is changing constantly. The best way to stay “in the know” regarding what is happening with the Fridley Senior Program is to sign up for our Senior Newsletter by emailing the Senior Program Coordinator at Maggie.Chandler@fridley.k12.mn.us or by calling the Senior Center at 763-502-5150.

– Maggie Chandler,
Fridley Senior Program Coordinator

SENIOR ACTIVITIES

BINGO

BINGO is back! The Senior Program began hosting BINGO in person in January and will continue to do so. Registration is required to reserve your seat, two cards per person. You may register as an individual or household. We will keep you updated on dates and location in the Senior Newsletter which you can sign up for by emailing Maggie Chandler at maggie.chandler@fridley.k12.mn.us or calling the Senior Center 763-502-5150.



SENIOR VIDEO

Join us for the monthly Senior Video! The movie is FREE, but registration will be required to ensure proper social distance is maintained. Movies, dates and times will be listed in the Senior Newsletter, which you can sign up for by emailing Maggie Chandler at maggie.chandler@fridley.k12.mn.us or calling the Senior Center 763-502-5150.

FRIDLEY SENIOR PROGRAM

RESOURCES & SERVICES FOR SENIORS

SUPPORT SERVICES

ON-SITE SOCIAL WORKER

Fridley Community Education has a full-time social worker, Alaina Dehnke, who serves and supports seniors at the Senior Center. Alaina is available to meet one-on-one or with groups to answer questions, talk through concerns, assist with navigating resources, and/or make referrals to outside agencies.

To contact or schedule an appointment with Alaina, call 763 502-5121.

Her office hours are on Mondays, 1-2 pm.

HEALTH INSURANCE COUNSELING - LINKAGE LINE

To get your questions answered or to schedule a free, individual appointment, please call the LINKAGE LINE at 1-800-333-2433. The Health Insurance Counseling Program is made possible by Trellis (was MAAA) and Anoka County and is not affiliated with any insurance company.

SENIOR OUTREACH WORKER

Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier. Call Angie Sable, Fridley ACCAP Outreach Worker at 763-783-4741. She will take phone appointments on the second Monday of the month from 1:00 - 3:00 pm. If you need help accessing a vaccine, Angie can help you with this as well.

VIDEO CONFERENCE TUTORING

Call the Senior Center at 763-502-5150 to sign up for tutoring on how to use Zoom, Google Conference, FaceTime, Facebook Messenger Calling, etc. A great way to stay connected to friends and family!

LEGAL AID

The Senior Law Project provides a monthly outreach service for a free, one time, legal advice consultation for common legal issues facing older adults like debtor creditor issues, nursing home and assisted living problems, healthcare issues including Medicare and Medicaid (MA) from the safety of your telephone. Call the Senior Center to set up a 20 minute phone appointment. Appointments are on second Tuesdays of the month from 1:00-3:00pm.

FOOD AND ASSISTANCE RESOURCES

SOUTHERN ANOKA COUNTY COMMUNITY ASSISTANCE (SACA)

The Southern Anoka Community Assistance (SACA) Area Food Shelf serves Columbia Heights, Hilltop, Fridley, Spring Lake Park and NE Minneapolis. Please call for an appointment, 763-789-2444. You will need a photo ID and two pieces of mail for proof of address. Hours are Monday, Tuesday, and Thursday from 8:00-4:30pm, Wednesday from 10:00-6:00pm, closed on Friday. Location: 627 38th Ave NE, Columbia Heights, MN 55421

FARE FOR ALL

Fare For All is a low-cost, mobile grocery purchase program. This program is community-supported and open to everyone. There are no qualifications to participate and no pre-registration. Fare For All will be available at the Fridley Community Center, 6085 7th Street NE, Fridley. Time: 10 am - 12 pm Dates: Fridays: Apr 30, Jun 25, Aug 27, Oct 29, Dec 17.

CHORES AND MORE

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

CONTACTS

MAGGIE CHANDLER

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

HELPFUL CONTACTS:

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

NEWSLETTER

Do you receive the monthly Senior Newsletter? Our newsletter is mailed to your home and provides up-to-date information, resources, news and events, and more! Seniors are able to join the mailing list by contacting Maggie Chandler at 763-502-5162 or maggie.chandler@fridley.k12.mn.us. Seniors can also request to receive the newsletter electronically.

STAY SAFE MN

FREE COVID-19 AT-HOME TEST

The State of Minnesota offers fast and accurate COVID-19 saliva testing, at no cost, to any person who feels they need a test.

HOW TO ORDER:

1. Go to this website: <https://learn.vaulthealth.com/state-of-minnesota>
2. Order your test from Vault. The test kit will arrive at your home via expedited shipping.
3. Log on for a virtual visit with a Vault test supervisor; they will show you how to collect your saliva sample. You must not eat, drink, smoke, or chew anything for 30 minutes before your testing session.
4. Ship your sample to the lab in Oakdale using a prepaid UPS package. Get your result 24 to 48 hours after your sample arrives at the lab.

YOU WILL NEED:

1. An email address
2. A physical home address (PO Box not accepted).
3. A photo ID is required

**If you think you might have COVID-19, please isolate from others as soon as possible.*

VAULT HEALTH

INSTRUCTIONAL COURSES

HEAR FOR THE HEALTH OF IT! – *Online Only*

This interactive Hear for the Health of it! Powerpoint presentation will address the consequences of untreated hearing loss in older adults. Attendees will learn how to get an accurate diagnosis of hearing loss; explore no & low cost apps and devices; discover helpful communication strategies and much more! *Class will be held online. Participants will be sent materials ahead of the class time.



Cost	Class #	Day	Dates	Time
Free	6400	Thurs	May 20	10-11:30am

HEARING LESS AND FACE MASKS: SOME IDEAS TO MAKE IT A LITTLE EASIER – *Online Only*

Communication is challenging when you have hearing loss - even during the best of times. During these times of COVID-19 and people wearing face masks and social distancing - it's especially challenging. Attend this course and learn some practical tips and strategies to better navigate these challenging communication times. **This class is held virtually through Zoom.**



Cost	Class #	Day	Dates	Time
Free	6401	Thurs	June 3	10-11:30am

COFFEE HOUR WITH ALAINA – *Online or Phone call*

Sign up to hang out on Zoom and get to know new friends or reconnect with ones you haven't seen in a while! Facilitated by our Community Center social worker, we will either go with the flow or talk about topics that are interesting to us. Call the senior center to join one or all dates. 763-502-5150.

Cost	Class #	Day	Dates	Time
Free	6402	Wed	April 7	10-11am
Free	6402	Wed	April 21	10-11am
Free	6402	Wed	May 5	10-11am
Free	6402	Wed	May 19	10-11am
Free	6402	Wed	June 2	10-11am
Free	6402	Wed	June 16	10-11am
Free	6402	Wed	June 30	10-11am
Free	6402	Wed	July 21	10-11am
Free	6402	Wed	Aug 4	10-11am
Free	6402	Wed	Aug 18	10-11am

DEFENSIVE DRIVING

DEFENSIVE DRIVING REFRESHER – *Available Online & In-Person @ FCC: 114/116 (Community Room)*

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



Senior discount already applied. Please make sure you have video capabilities if you chose to sign up for the online version of the course. The course is held via Zoom. If you need instruction on how to use Zoom, please call the Senior Center to set up an appointment to learn!

Cost	Class #	Day	Dates	Time
\$30	6202A Online	Thurs	April 22	12-4pm
\$30	6202B	Thurs	May 25	12-4pm
\$30	6202B Online	Thurs	May 25	12-4pm
\$30	6202C	Thurs	June 17	12-4pm
\$30	6202C Online	Thurs	June 17	12-4pm
\$30	6202D	Thurs	July 15	12-4pm
\$30	6202D Online	Thurs	July 15	12-4pm
\$30	6202E	Thurs	Aug 26	12-4pm
\$30	6202E Online	Thurs	Aug 26	12-4pm

LANDMARK TRAVEL SHOW – *Online Only*

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



Cost	Class #	Day	Dates	Time
Free	6250	Wed	June 2	1:00-2:30pm

OPEN PAINTING – *FCC-114*

Open painting is finally back to the Senior Center! Come to this class and enjoy painting with others. We will socially distance and mask to ensure everyone's safety. All abilities welcome.

Cost	Class #	Day	Dates	Time
\$12	6000	Tues	Apr 20-May 25	1:00-3:00pm

LOOKING FOR A PLACE TO HOST YOUR NEXT EVENT?

Rental opportunities are available through Fridley Event Services. Our facilities are an excellent option for any group large or small!

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

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

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

LOCATIONS

FRIDLEY COMMUNITY CENTER

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

FRIDLEY HIGH SCHOOL

6000 West Moore Lake Drive, Fridley, MN 55432
Conveniently located 1/2 mile north of Hwy 694 on West Moore Lake Drive

FRIDLEY MIDDLE SCHOOL

6100 West Moore Lake Drive, Fridley, MN 55432
Conveniently located 3/4 mile north of Hwy 694 on West Moore Lake Drive



DISTRICT AUDITORIUM & THEATER

FRIDLEY DISTRICT AUDITORIUM AT FRIDLEY HIGH SCHOOL

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

FRIDLEY EVENT SERVICES

BOOK YOUR NEXT EVENT
WITH FRIDLEY EVENT SERVICES!

CONTACT

INFORMATION, TOURS, AND BOOKINGS

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

DAN WOLD

Facilities & Events Coordinator
763-502-5631
dan.wold@fridley.k12.mn.us

FOR PRICING & BOOKING

www.fridleyeventservices.com
763-502-5104



EVENT SERVICES & RENTALS

FACILITY AMENITIES

Our facilities include the following amenities:

-  LCD PROJECTION EQUIPMENT & SCREEN
-  SOUND SYSTEM
-  WIRELESS MICROPHONES
-  HIGH SPEED, WIRELESS INTERNET

COVID-19 UPDATE

Fridley Public Schools follows all CDC guidelines for use of space and facilities. COVID-19 waivers and preparedness documents will be required in order to rent spaces. Please call 763-502-5104 with any questions.

CONFERENCES & MEETING ROOMS

FRIDLEY COMMUNITY CENTER

- Meeting facilities for 10-200 with 8-10 breakout rooms.
- Flexible spaces to accommodate varying group sizes

ATHLETIC FACILITIES

GYMNASIUMS AT FRIDLEY HIGH SCHOOL

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

GYMNASIUMS AT FRIDLEY MIDDLE SCHOOL

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

THE POOL AT FRIDLEY MIDDLE SCHOOL

- Available for private parties & events
- Lifeguards on duty

TENNIS COURTS AT FRIDLEY HIGH SCHOOL

- 6 courts available
- Reasonably priced

ATHLETIC FIELDS

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

EVENT SERVICES & RENTALS



BANQUET SPACE & PARTY SPACE

COMMUNITY ROOMS AT FRIDLEY COMMUNITY CENTER

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

TIGER TERRITORY (LOWER LEVEL) AT FRIDLEY COMMUNITY CENTER

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

THE BANQUET HALL AT FRIDLEY COMMUNITY CENTER

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

THE CAFE AT FRIDLEY MIDDLE SCHOOL

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

THE CAFE AT FRIDLEY HIGH SCHOOL

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

FRIDLEY PUBLIC SCHOOLS

NOW HIRING



MIDDLE SCHOOL BUILDING SUBSTITUTE TEACHING POSITION

- ▶ Full-time position
- ▶ Must have Minnesota Dept of Education teaching license and accredited Bachelor's Degree
- ▶ Range from \$30-\$40/hour depending on experience
- ▶ Eligible for full benefits and paid time off

GAIN VALUABLE EXPERIENCE

- ▶ Fridley Middle School is an authorized International Baccalaureate World School that provides the Middle Years Programme (MYP) to all its students



APPLY TODAY! PLEASE VISIT FRIDLEYSCHOOLS.ORG/JOBS
Questions? Please contact 763-502-5003

FRIDLEY COMMUNITY THEATRE YOUTH PRODUCTION

THE PHANTOM TOLLBOOTH JR.

JUNE 9, 7:00 PM - JUNE 10, 2:00 PM

FRIDLEY DISTRICT AUDITORIUM - 6000 WEST MOORE LAKE DRIVE

FOR INFORMATION, CALL 763-502-5100 OR WWW.FRIDLEYCOMMUNITYTHEATRE.ORG

PHANTOM TOLLBOOTH IS PERFORMED WITH SPECIAL PERMISSION OF MUSIC THEATRE INTERNATIONAL (MTI). ALL AUTHORIZED PERFORMANCE MATERIALS ARE SUPPLIED THROUGH MTI. WWW.MTISHOWS.COM



ENRICHMENT

SAFeway DRIVER'S EDUCATION -

Online Only



Learn how to drive with Safeway Driving School. Classroom and behind-the-wheel lessons emphasize defensive driving techniques tailored for the inexperienced teen driver while targeting to influence the invincible teen attitude.

Classroom instruction prepares the student to take the Minnesota permit test and behind the responsibility of driving. The 30 hours of classroom is structured into 10 dependent lessons. Students can take the class at age 14, but cannot take their permit test until age 15.

After class is completed, students who are 15 are eligible to take their permit test. The permit test is not provided during the class.

Classroom is conducted through distance learning using a secure Zoom platform. Students will be required to be in front of the camera and interactive for the full three-hour class.



Safeway will be emailing the classroom handouts and MN Driver's Manual in pdf format for printing. Materials will also be available for pick up at

Safeway's Roseville office. Parents/guardians will be required to complete Safeway's Account Verification. Safeway will be sending out an email before class begins that gives detailed information about how to login to the student's Safeway account to verify and complete contact information and to review and acknowledge the Service Agreement.

Class #	Days	Dates	Time
2240C	Mon-Thurs	April 12-27	3:45-6:45pm
2240D	Mon-Thurs	May 3-18	3:45-6:45pm
2240E	Mon-Fri	June 21- July 2	9:00-12:00pm

Cost
Pay in full: \$355 Includes classroom and behind-the-wheel lessons.
Payment Plan: \$215 payable to Community Education & \$140 payable to Safeway for behind-the-wheel lessons.

CHESS CAMP - Online Only

Want to amaze your friends and impress your opponents? Want to increase your IQ while having fun playing chess and compete for various prizes? Learn from Twin Cities Chess Club instructors who have years of teaching experience. This is an excellent opportunity to develop better chess skills in the summer!



We will use Zoom for lecture and Lichess.org as a virtual chessboard to learn and play.

Class will be structured with instructions in the beginning, then campers will play one another, and we will come back together during the last few minutes to discuss one or more of their games. All chess levels are welcome!

Cost	Class #	Day	Dates	Time
\$65	2210	Mon-Thurs	June 14-17	9:00-11:30am

SECOND LANGUAGE

HABLEMOS ESPANOL (GRADES K-5) - Online Only

The U.S. is the 2nd largest Spanish-speaking nation in the world! Learn Spanish at home with our live, online classes. Small groups meet twice per week and classes are supplemented with asynchronous lessons and weekly homework assignments.



Class #	Cost	Day	Dates	Time
2300 - 3-5	\$325	Mon/Wed	June 14- Aug 11	10:00-10:25am
2300 - K-2 A	\$325	Mon/Wed	June 14- Aug 11	9:00-9:25am
2300 - K-2 B	\$325	Mon/Wed	June 14- Aug 11	10:30-10:55am

SCIENCE AND ENGINEERING

MULTI PLAYER MINECRAFT: CITY BUILDER (GRADES 1-5) - FCC-112/114

Minecraft is a sandbox building game dominating the world of video gaming for the past several years. Collaborate with fellow students to construct a city! Students will take home their completed world files at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp! Please bring a drink and snack daily.



Cost	Class #	Day	Date	Time
\$125	2540	Mon-Wed	July 19 - 21	9am-12pm

MINECRAFT: BATTLE OF THE ENDER DRAGON (GRADES 2-6) - Online Only

Get ready to face the biggest challenge in Minecraft, defeating the Ender Dragon. Work collaboratively with students to brainstorm and develop strategies to defeat this enemy. Learn techniques to create tools, prep equipment, gather resources, brew potions, use enchantments, and craft armor to use in battle. Additional Technical Requirement: Minecraft Java Edition, need a PC. Program will not work on chromebooks, tablets, or phones.



Cost	Class #	Day	Date	Time
\$60	2520	Sat	May 1 & 8	9am-12pm

VIDEO PRODUCTION FOR YOUTUBE: GAMING (GRADES 4-6) -

FCC-112/114

Learn how to create a Youtube Let's Play Video, capturing and doing a voice-over of a PC gaming session! Shoot videos, edit sound, and create an online presence with YouTube. YouTube is the top destination for online videos. Learn tricks that pro filmmakers use for better shots, lighting, and sounds. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world!



Cost	Class #	Day	Dates	Time
\$125	2530	Mon-Wed	Jun 21-23	1-4pm

EXTREME EV3: BATTLE BOTS (GRADES 3-7) - FCC-112/114

By combining the LEGO building system's versatility and the Mindstorms EV3 (the most sophisticated microcomputer brick ever made by LEGO), this camp will energize and excite students. Working each day in teams, students will construct fun LEGO models, experiment with programs, and compete in robotic challenges. Robot building, block programming, and teamwork will be part of each day's activities. Final challenges will be centered around hitting targets and a sumo battle. Please bring a drink and snack daily.



Cost	Class #	Day	Dates	Time
\$125	2510	Mon-Wed	Jun 21-23	9am-12pm

CRAZY CHEMISTRY (GRADES 2-6) - Online Only

Join Science Explorers in a virtual laboratory as we become crazy chemists! We will investigate the Periodic Table and learn about its families with fun and exciting experiments to discover the science side of STEM. We will break some chemical bonds, get messy with polymers and much more. Classes are hands on, so be ready to get messy. All students will get a class outline and kit with the class materials. This class is offered in collaboration with St. Anthony-New Brighton Community Services.



Cost	Class #	Day	Dates	Time
\$78	2301	Mon	Apr 26- May 17	3:30-4:45pm

4-H UNDERSTANDING NATURE'S CYCLES (GRADES 5-8) - Online Only

Free hands-on and outdoor 4-H programming through online classes. You will learn about cycles of nature, including watersheds, ecosystems, and biomes in your neighborhood. Section one is all about water - how humans impact local water quality and how to protect local watersheds. Section two teaches about how to look closely at nature to make observations and sketches about the world around us. Both sections have fun experiments to do outside!



Cost	Class #	Day	Dates	Time
Free	2200 - Water!	Mon/Wed	May 3 & 5	5-6pm
Free	2200 - Phenology	Mon/Wed	May 10 & 12	5-6pm

ARTS AND CRAFTS

THE MESSIEST ART CAMP EVER! (5-12 YEARS OLD) - FCC-112/114

Does your young artist love to get messy? So do we! We'll paint with plaster, sculpt with gooey gunk, make paper mache dragonflies and fling paint like Jackson Polluck. We will even learn some art terms along the way.



These are not projects to tackle at home - leave the mess to us. Making a mess is the best! Please bring a nut free snack and drink with you.

Cost	Class #	Day	Dates	Time
\$89	2101	Mon & Wed	Jul 12 & 14	9-12pm

MEGA MESS MAKING WITH KIDCREATE STUDIO (4-9 YEARS OLD) - FCC- Tiger Territory

We'll paint with plaster, tie-dye, make paper mache birds and paint like Jackson Polluck. We will even learn some art terms along the way. These are not projects to tackle at home-leave the mess with us. After all, art can be a mega messy good time! Please bring a nut free snack and drink with you.



Cost	Class #	Day	Dates	Time
\$89	2013	Saturday	May 8 & 15	9-12pm

MAGICAL, MYSTICAL UNICORNS WITH KIDCREATE STUDIO (5-12 YEARS OLD) - FCC-114/116

Unicorn fans, you're in luck, because we have the perfect camp for you! We'll make unicorns that dazzle, sparkle, and shine as we explore a wide array of materials and techniques. We'll draw, sculpt, and even learn the secret recipe for making fabulous, glittery unicorn slime! Please bring a nut free snack and drink with you.



Cost	Class #	Day	Dates	Time
\$115	2011	Mon-Wed	June 14-16	9-12pm

DAY OF DRAWING WITH KIDCREATE STUDIO (5-12 YEARS OLD) - FCC-114/116

If it's drawing, painting, and cartooning you're after, then this is the camp for you! Join us for a day of drawing fun! In this introductory drawing camp, basic techniques and principles of drawing will be taught. You will master a simple step-by-step drawing method as you create drawings that glow-in-the-dark, artwork that pops out to you, a painting on a real canvas board, and so much more! Please bring a nut free snack and drink with you.



Cost	Class #	Day	Dates	Time
\$92	2014	Friday	July 23	9-3pm

PIKACHU & HIS POKEMON PALS WITH KIDCREATE STUDIO (5-12 YEARS OLD) - FCC-114/116

Is your child crazy for Pokemon? Do they love trading Pokemon cards? Then we have the perfect class for them! We'll use clay, sparkly paint, and model magic to create everyone's favorite pokemon, Pikachu! Please bring a nut free snack and drink with you.



Cost	Class #	Day	Dates	Time
\$40	2012	Saturday	Aug 7	9-12pm

SPORTS & FITNESS

SWIMMING CLUB (GRADES 5-12) - FMS Pool

Swimming Club is led by the coaching staff of Fridley Girls' and Boys' Swimming teams, Kyle Syverson. This is a club where competitive swimming is the focus. All competitive strokes will be taught with an emphasis on individual improvement. Attendance is not required. No class July 5.



Cost	Class #	Day	Dates	Time
\$120	2725	Mon-Thurs	Jun 28- Aug 5	4-6pm

SPORTS & FITNESS

FUN FITNESS FOR KIDS (GRADES 1-5) - Online Only

Regular exercise and an active lifestyle is critical for kids. Cathi Morse is proud to offer this kids fitness class to help keep kids active, healthy, and happy. We'll help you raise your fitness levels, while also improving strength and stamina through a variety of fun and engaging fitness activities! This class is offered in collaboration with St. Anthony-New Brighton Community Services.



Cost	Class #	Day	Date	Time
\$45	2746	Tues	Apr 20-May 18	6:15-7:00pm

FUTURE TIGER BASKETBALL CAMP (GRADES 1-4) - Hayes Elementary or FMS Gym

This is a great introduction to begin and continue learning the game of basketball. Each student will learn the basic fundamentals of the game: Running, pivoting, passing, ball handling, catching, jumping, and shooting. There will be a lot of shooting and dribbling games along with games of 1 on 1 up to 4 on 4. The High School Boys' and Girls' Varsity Coaches, Bryce Richter and Drew Reiter along with assistant coaches will run camp along with current varsity players. Each student will receive a camp shirt and basketball prizes.



Cost	Class #	Location	Dates	Time
\$20	2721A (Gr 1-2)	Hayes Gym	June 14-18	8 - 9am
\$20	2721B (Gr 3-4)	FMS Gym	June 14-18	9:30 -11am

TIGER BOYS & GIRLS BASKETBALL (GRADES 5-8) - FHS Gym

This camp is for Tiger Basketball players, or interested players, entering grades 5, 6, 7, and 8. The camp will stress fundamentals, individual basketball skills, shooting form, passing, screening, cutting, and ball handling. Team play will consist of 2 on 2, 3 on 3, 4 on 4, and 5 on 5 transition games. The High School Boys' and Girls' Varsity Coaches, Bryce Richter and Drew Reiter along with assistant coaches will run camp along with current varsity players. We can work out schedule conflicts with the Summer Strength Training Program. Each student will receive a camp shirt and basketball prizes.

Cost	Class #	Day	Date	Time
\$20	2722C	Mon-Fri	June 21-25	9:00-11:00am

FRIDLEY GIRLS SUMMER VOLLEYBALL CAMP (GRADES 5-9) - FHS-Gym

This is a great introduction to begin and/or continue learning the game of volleyball. We will have our varsity coaches, current/former players, and guest coaches working the camp. This camp is designed to build on and/or teach the fundamentals that players will use as they advance. The skills covered will focus on what is needed to be successful in volleyball as well as learning more advanced skills needed for the next level. Students will also break off into ability groups and work on those skills as appropriate.



Cost	Class #	Day	Date	Time
\$35	2730A (Gr 5-7)	Mon-Fri	June 14-18	10 - 11:30am
\$47	2730B (Gr 8-9)	Mon-Fri	June 14-18	1-2:30pm

FRIDLEY YOUTH FOOTBALL CAMP (GRADES 1-8) - FHS-Football Practice Field #1

Players will learn the basic fundamentals of football through special drills and direct instruction from Fridley football coaches and varsity players. All participants will receive a youth football camp t-shirt!



Cost	Class #	Day	Date	Time
\$20	2735	Fri	Aug 20	6:30-8:00pm

TENNIS CAMP (GRADES 2-12) - FHS Outdoor Facilities-Tennis Courts

Come join Fridley Varsity Girls' Tennis Coach, Aaron Quach, for a challenging and fun camp! Compared to club prices, this program is a bargain. Aaron Quach is also a club professional instructor who will instruct students in all aspects of tennis from stroke improvement, agility and fitness to tennis match strategy. This camp will benefit both the beginner and accomplished tennis player. Bring a racket if you have one, if not we can supply one for use. Rainouts will not be rescheduled. If ever in doubt due to weather please call the Tennis Hotline: (763) 502-5113 - 30 minutes before class. (Campers that qualify for free or reduced lunch are eligible for a 50% fee reduction. No Class July 5th- July 9th.

Cost	Class #	Day	Date	Time
\$75	2715A (Gr 2-4)	Mon-Wed	June 21 - July 28	10:30- 11:30am
\$75	2715B (Gr 5-8)	Mon-Wed	June 21 - July 28	10:30- 11:30am
\$110	2715C (Gr 9-12)	Mon-Wed	June 21 - July 28	9:00- 10:30am

YOUTH ENRICHMENT

**KIZEN SPRING/SUMMER SOCCER:
APRIL 15 - JULY 15, 2021**



KIZEN SPORTS ACADEMY SPRING/SUMMER SOCCER 2021



Kizen Soccer Academy is a free soccer program designed for elementary, middle, and high school soccer players made possible through a collaboration of high school soccer coaches, professional soccer players, soccer researchers, parents and soccer fans. This family and youth-centered soccer program prepare and inspire youth to develop soccer skills and long-lasting friendships.

Why Kizen Soccer?

Together, we can create equitable access to soccer, and mentorship opportunities for today's young people. Players will work with coaches on developing their technical skills as well as their understanding of the game. We believe that soccer can serve as a difference for a kid to thrive in school and at home.

**KIZEN:
High Quality
Soccer Program
at NO COST!**

Registration is now open: www.kizen.org
For more information, contact kizensportsacademy@gmail.com or 612-368-0185

Youth Golf: Summer 2021

Junior League Golf will run for 10 weeks on Wednesday mornings from 10am-1pm, June 16 through August 18 at Centerbrook Golf Course in Brooklyn Center.

All junior golfers between the ages of 6-18 are eligible to join. On the first day, golfers will be placed in groups by skill level & assigned tee times. Total cost for Junior League comes to \$55 with a Youth on Course card (\$25 + \$3/session).

For more information and to sign up, call Centerbrook Golf Course at 763-549-3750.



Fridley High School Golf Coach Pat Barrett runs the Junior League Golf program at Centerbrook. If you have questions, feel free to contact Pat Barrett at Pat.barrett@fridley.k12.mn.us or 612-272-0715

MY LITTLE HORSE DAY CAMP (AGES 2-5) -

Boulder Pointe Equestrian Center

This 2 hour camp is designed for adults and children. The kids will get to ride a horse, find out about the different horses at the Boulder Pointe Equestrian Center, and how to groom them, all with a focus on safety. Campers will also make horse treats to feed their new friends and will also do an art project. Camps are held rain or shine. Students should dress for the weather and bring a water bottle.

Cost	Class #	Day	Dates	Time
\$49	2220C	Sat	May 1	12:00-2:00pm
\$49	2220D	Sat	May 22	12:00-2:00pm
\$49	2220E	Mon	June 14	9:00-11:00am
\$49	2220F	Fri	July 9	9:00-11:00am
\$49	2220G	Fri	Aug 6	9:00-11:00am

HORSEBACK RIDING SINGLE DAY CAMP (AGES 6-17) -

Boulder Pointe Equestrian Center

Spend the day learning how to ride a horse, including balance and control in the saddle, leading and in-hand work. Other activities include braiding a horse's mane, groom, play horse tag and help feed, water and care for horses. Parent/guardian required to drop off and pick up at Boulder Pointe Equestrian Center. Students should dress for the weather and bring a lunch, snacks, and water.



Cost	Class #	Day	Date	Time
\$98	2270B	Fri	June 18	9:00-3:00pm
\$98	2270C	Wed	July 7	9:00-3:00pm
\$98	2270D	Thurs	July 8	9:00-3:00pm
\$98	2270E	Wed	Aug 4	9:00-3:00pm
\$98	2270F	Thurs	Aug 5	9:00-3:00pm
\$98	2270G	Mon	Aug 30	9:00-3:00pm

3-DAY HORSE CAMP (AGES 6-17) -

Boulder Pointe Equestrian Center
Students from 6-17 years old can learn what it's like to have a horse for a few days. Campers get to ride in both indoor/outdoor arenas, practicing how to guide, stop, turn, walk, trot, and canter. They will also make treats for the animals, and take time to feed and care for the horses. Camps are held rain or shine. Students should dress for the weather and bring a water bottle, lunch and snacks.

Cost	Class #	Day	Date	Time
\$275	2271A	Tues-Thurs	June 15-17	9:00-3:00pm
\$275	2271B	Mon-Wed	July 12-14	9:00-3:00pm

Interested in HORSEBACK RIDING WEEKLONG DAY CAMP or OVERNIGHT CAMP? Please see the website or call for more information and to register!

CHILDREN'S THEATRE COMPANY: ACTING THE CHARACTER CAMP (GRADES 4-6) -

FCC-112/114/116

Enhance your acting skills by exploring your full range of vocal experience and physical expression. Exercise specificity and making big choices while honing your performance techniques in collaborative and independent exercises. Bring captivating characters to life as you advance your craft in this technique-focused class!



Cost	Class #	Day	Date	Time
\$110	2803	Wed-Fri	Aug 4-6	9:00-11:00am

CHILDREN'S THEATRE COMPANY: IMPROV CAMP (GRADES 6-8) -

FCC-112/114/116

Make it up as you go! Learn to trust your instincts, make dynamic choices on the fly, and spontaneously create original characters and storylines. Build confidence in sharing your ideas, practice give and take in a conversation, and become aware of when it's your time to shine and when to let other take the stage! Please bring a drink and snack daily.

Cost	Class #	Day	Dates	Time
\$110	2804	Mon & Tues	Aug 2 & 3	9:00-12:00pm

CHILDREN'S THEATRE COMPANY: WORLD PREMIER CAMP (GRADES 2-3) -

FCC-112/114/116

Create a world premiere play! Use acting games, group brainstorm, and improvisation to create an original short script to be acted out with your ensemble and shared with your family. Please bring a drink and snack daily.

Cost	Class #	Day	Dates	Time
\$110	2802	Wed-Fri	Jul 28-30	9:00-11:00am

FRIDLEY COMMUNITY THEATRE YOUTH PRODUCTION (AGES 9-15) -

FHS Auditorium

Fridley Community Theatre's 2021 summer Youth Production is The Phantom Tollbooth JR. Students will learn music, dialogue and choreography for a fully staged production with set, lights and costumes. Everyone who enrolls will perform on stage. Participants will need to audition for cast roles during one of three audition dates in the month of May. Dates will be sent to enrolled students by the end of April. Rehearsals will be June 14-July 10, M-F from 12:30-4:00 pm. **No rehearsals on June 17, 24, 30 and July 1, 2 and 5.** Performances will be July 9 at 7 pm and July 10 at 2 pm. Please bring a snack to each rehearsal. Attendance is expected at every rehearsal. Due to the small number of rehearsals, missing any hurts the student's performance and hinders the momentum of the production. If you anticipate any absence from the rehearsals or will miss a performance, please contact Dan.Wold@fridley.k12.mn.us to ensure that your plans do not conflict with the needs of the production.



Cost	Class #	Day	Dates	Time
\$110	2805	Mon-Fri	June 14-July 10	12:30-4:00pm

SWIM LESSONS - CLASS DESCRIPTIONS:

PARENT/CHILD - Provides students an entry into aquatics and teaches parents basic skills for working with children in an aquatic environment. This course emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs. Students will learn safety entry and exits to and from the water as well as to submerge their mouth, nose and eyes in the water. Parents please note: plastic pants with tight elastic around the leg must be worn in addition to a swim diaper or suit. **A parent MUST accompany their child in the water.**



PRESCHOOL (AGES 3-4)

In this introductory class, students will learn to enter safely into the pool, to blow bubbles through their mouth and nose, to submerge their eyes, nose, and mouth in the water, to float on front and back, to use arm and leg actions, and water safety. Student/teacher ratio is 4:2. **Parents MUST accompany child in the water during the lessons.**

LEVEL 1 - INTRODUCTION TO WATER SKILLS

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

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

Swimmers learn to jump from side of pool, roll over from front to back, tread water, swim on side, and swim on front and back using combined strokes. **Parents MUST accompany child in the water during the lessons.**

LEVEL 3 - STROKE DEVELOPMENT

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

LEVEL 4 - STROKE IMPROVEMENT

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

LEVEL 5 - STROKE REFINEMENT

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

LEVEL 6 - SKILL PROFICIENCY/FITNESS SWIMMER

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

SPRING 2021 SWIM SCHEDULE:

TUESDAY EVENING LESSONS

April 20 - June 8 (8 sessions)

Young Swimmer Lessons (6 months to 5 yrs old)		
Class Time: 25 minutes	Group	Cost
5:45-6:10pm	Parent/Child #3000B	\$55
6:15-6:40pm	Preschool #3008C	\$55
6:45-7:10pm	Level 1 (5/6 yr only) #3001E	\$55

Regular Lessons (ages 5 & up)		
Class Time: 40 minutes	Group	Cost
6:30-7:10pm	Level 1 #3001F Level 2 #3002E Level 3 #3003E	\$65
7:15-7:55pm	Level 2 #3002F Level 4 #3004C Level 5/6 #3056B	\$65
8:15-8:55pm	Female Only Lessons #3091A #3091B #3091C	\$65

LEVEL 7 - COMPETITIVE SWIMMER

This course will focus on getting you prepared to take the next to step towards competitive swimming or get you ready for the next swim season. All competitive strokes will be taught and individual improvement will be the focus. We will work on competitive swimming skills like stroke techniques, endurance, starts, and turns.

FEMALE ONLY:

These lessons are reserved for those women who, due to religious considerations, require a female only environment for swimming. Levels of swim lessons will be assessed on the first day of lessons.

SATURDAY LESSONS

April 17 - June 12 (8 sessions), NO CLASS May 29

Young Swimmer Lessons (6 months to 5 yrs old)		
Class Time: 25 minutes	Group	Cost
9:00-9:25am	Parent/Child #3000A	\$55
9:30-9:55am	Preschool #3008A	\$55
10:00-10:25am	Level 1 (5/6 yr only) #3001A	\$55
10:30-10:55am	Preschool #3008B	\$55

Regular Lessons (ages 5 & up)		
Class Time: 40 minutes	Group	Cost
9:30-10:10am	Level 1 #3001B Level 2 #3002A Level 3 #3003A	\$65
10:15-10:55am	Level 2 #3002B Level 3 #3003B Level 5/6 #3056A	\$65
11:00-11:40am	Level 1 #3001C Level 2 #3002C Level 3 #3003C Level 4 #3004A	\$65
11:45-12:25pm	Level 1 #3001D Level 2 #3002D Level 3 #3003D Level 4 #3004B	\$65



SUMMER 2021 SWIM SCHEDULE:

SESSION 1: DAYTIME LESSONS

MONDAY-THURSDAY LESSONS

June 21- July 1

Young Swimmer Lessons (4 to 6 years)		
Class Time: 25 minutes	Group	Cost
11:45-12:10pm	Preschool #3008D	\$55
12:15-12:40pm	Level 1 (5&6 yr olds only) #3001K	\$55

Regular Lessons (ages 5 & up) SESSION 1		
Class Time: 40 minutes	Group	Cost
9:30-10:10am	Level 1 #3001G Level 2 #3002G Level 3 #3003F Level 4 #3004D	\$65
10:15-10:55am	Level 1 #3001H Level 2 #3002H Level 5/6 #3056C Level 7 #3007A	\$65
11:00-11:40am	Level 1 #3001I Level 2 #3002I Level 3 #3003G Level 7 #3007B	\$65
11:45-12:25pm	Level 1 #3001J Level 2 #3002J Level 3 #3003H Level 4 #3004E	\$65

FEMALE ONLY: FRIDAY LESSONS

June 25- August 13 (8 sessions) NO CLASS July 9

Female ONLY Lessons		
Class Time: 40 minutes	Group	Cost
9:30-10:10am	Female Only Lessons #3091D #3091E #3091F	\$65

SESSION 2: DAYTIME LESSONS MONDAY - THURSDAY LESSONS July 12-22

Young Swimmer Lessons (6 months to 5 yrs old)		
Class Time: 25 minutes	Group	Cost
11:45-12:10pm	Preschool #3008E	\$55
12:15-12:40pm	Level 1 (5&6 yr olds only) #3001P	\$55

Regular Lessons (ages 5 & up)		
Class Time: 40 minutes	Group	Cost
9:30-10:10am	Level 1 #3001L Level 2 #3002K Level 3 #3003I Level 7 #3007B	\$65
10:15-10:55am	Level 1 #3001M Level 2 #3002L Level 3 #3003J Level 7 #3007C	\$65
11:00-11:40am	Level 1 #3001N Level 2 #3002M Level 3 #3003K Level 4 #3004F	\$65
11:45-12:25pm	Level 1 #3001O Level 2 #3002N Level 5/6 #3005D	\$65



SESSION 1: NIGHTTIME LESSONS TUES/THURS EVENINGS June 22- July 22 NO CLASS JULY 6 or 8

Young Swimmer Lessons (Ages 4 to 6 years)		
Class Time: 25 minutes	Group	Cost
6:30-6:55pm	Preschool #3008G	\$55
7:00-7:25pm	Level 1 (5&6yrs olds only) #3001U	\$55

Regular Lessons (ages 5 & up)		
Class Time: 40 minutes	Group	Cost
6:30-7:10pm	Level 1 #3001T Level 2 #3002R Level 3 #3003O	\$65
7:15-7:55pm	Level 2 #3002S Level 4 #3004I Level 5/6 #3056F	\$65

SESSION 2: NIGHTTIME LESSONS TUES/THURS EVENINGS July 27-August 19

Young Swimmer Lessons (Ages 4 to 6 years)		
Class Time: 25 minutes	Group	Cost
6:30-6:55pm	Preschool #3008H	\$55
7:00-7:25pm	Level 1 (5&6yrs olds only) #3001W	\$55

Regular Lessons (ages 5 & up)		
Class Time: 40 minutes	Group	Cost
6:30-7:10pm	Level 1 #3001V Level 2 #3002T Level 3 #3003P	\$65
7:15-7:55pm	Level 2 #3002U Level 4 #3004J Level 5/6 #3056G	\$65



We offer multiple classes and programs to meet the needs of you and your family!

WELCOME TO ECFE!

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

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

Come for your child... Stay for yourself!

ABOUT FRIDLEY ECFE:

- ECFE welcomes all parents
- Our parent educators offer research-based information to our program participants and are always available to answer questions
- Our classes are fun and educational for both parents and children
- We offer parent discussions to connect parents to other parents in the community
- Parents can learn about community resources



CONTACTS

VALERIE ANDERSON
ECFE Coordinator
763-502-5143
Valerie.Anderson@Fridley.k12.mn.us

MORA SLIFKA
ECFE Teacher, Early Childhood Screener
763-502-5157
Mora.Slifka@Fridley.k12.mn.us

All ECFE classes are held at the Fridley Community Center, 6085 7th Street NE, Fridley, MN 55432

“

I love being able to play with my child, and then go and learn and socialize with other parents. This is one of the best ECFEs!

Fridley ECFE Parent

”

HELP ME GROW

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

WE'RE LOOKING FOR THE "NEW KIDS IN TOWN!" HOME VISITS

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

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

Is your child in the Census?

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



EARLY CHILDHOOD SCREENING

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

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

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

SPRING 2021 SCREENING DATES	
Day	Time
May 5	11am-2pm
May 12	11am-2pm
May 19	11am-2pm
May 24	11am-2pm
June 1	9am-3pm
June 2	10am-4pm
June 3	11am-5pm
June 4	9am-12pm

ECFE/PRESCHOOL ADVISORY COUNCIL

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

The Advisory Council advises Fridley Community Education and advocates for its programs and community engagement. The council's input and planning has been looked upon to guide community needs and create events that welcome and support all Fridley families. The council meets once a month. All parents and community members are welcome! Please call Val Anderson at 763-502-5143 for more information.

OUR ECFE CLASSES

COVID-19 Precautions: Face masks **MUST BE WORN** by all persons (ages 5 and up) entering Fridley School District buildings, including the Fridley Community Center. Masks are encouraged for children ages 2-5. Masks must be worn at all times while indoors.

All ECFE classes are available in an online only format, by request. In the event that COVID-19 Cases increase, Fridley ECFE classes will also continue in an online format.

Parent and Infant (0-9 months) –



The first year of an infant's life is full of magical and challenging moments. Come meet other parents, play with your child and share experiences and questions in a supportive atmosphere. A licensed Parent Education will lead discussions and a licensed children's teacher will lead the songs. The class will include a light brunch and a story time.

Quarter	Class Number	Day	Date	Time	Location	Cost
Spring 2021	5001B	Sat	May 1	10-11:30am	FCC - 125 & 127	Free

Toddlers and Two's Next Steps! (12-36 months) – Separating Class

Toddlers and two year old are full of energy during this busy age. Parents may find themselves searching for valuable resources to understand and address their child's growing development. Share the joys and challenges of parenting a toddler in a supportive environment. Toddler and Two's classes are offered in small pods of 4-7 children. Parent-child time will kick off each class, followed by an informal parents discussion led by a licensed parent education. Children can explore the room under the supervision of an Early Childhood teacher during separation. Circle time songs, finger plays, and stories will be provided online and an educational packet will be available each week.

Quarter	Class Number	Day	Dates	Time	Location	Cost
Spring 2021	Pod A	Tues	Apr 13 - May 25	9:15-10:15am	FCC - Room 125/127	Sliding Fee, Chart A (7 sessions)
Spring 2021	Pod B	Tues	Apr 13 - May 25	11:15-12:15pm	FCC - Room 125/127	Sliding Fee, Chart A (7 sessions)

Monday Night Live! (0-5 years) – Separating Class

In this one hour mixed age class, parents and children are in separate rooms. Parents separate for a discussion focused on the joys and challenges of raising young children in a supportive atmosphere. Parent topics are led by a licensed parent educator. Children (birth to 5 years) will explore sensory, literacy, and social experiences in the children's room with a licensed children's teacher during class. Circle time songs, finger plays, and stories will be on-line and an educational packet will be available each week.

Quarter	Class Number	Day	Dates	Time	Location	Cost
Spring 2021	5003B	Mon	Apr 12 - May 24	6:00 - 7:00 pm	FCC - Child Room 127 Parent Room 125	Sliding Fee, Chart A (7 sessions)

Creative Play Center –

Are you looking for someplace to go and something to do with your children? Fridley offers the Creative Play Center once a week for small pods of children birth-5 years old and their care giver. Join us for enriching activities including daily crafts, painting, sensory play, blocks, puzzles, and imagination centers. Large muscle activities include outdoor play or the gym.

Quarter	Class Number	Day	Dates	Time	Location	Cost
Spring 2021	5007B	Mon	Apr 12 - May 24	11:15 am - 12:15 pm	FCC - Child Room 127	Sliding Fee, Chart B
Spring 2021	5007C	Wed	June 2 - July 14	10:00-11:30am	FCC - Child Room 127	Sliding Fee, Chart B

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

In this mixed age class, children (birth to 5 years) gather in the children’s room to explore sensory, literacy, and social experiences with a licensed children’s teacher. The parents meet in the parent room for a discussion focused on the joys and challenges of raising young children. Circle time songs, finger plays, and stories will be on-line and a take home educational packet will be available each week.



Quarter	Class Number	Day	Dates	Time	Location	Cost
Spring 2021	5004B	Wed	Apr 14 - May 26	9:15 - 10:15 AM	FCC - Child Room 127 Parent Room 125	Sliding Fee, Chart A (7 sessions)

Book Discussion Class (0- 5 years) – Separating Class

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber & Elaine Mazlish



In this one hour book discussion, parents and children are in separate rooms. Parents separate for a weekly discussion focused on the book *The Intentional Family: Simple Rituals to Strengthen Family Ties*. will explore sensory, literacy, and social experiences in the children’s room with a licensed children’s teacher during class. An educational packet will also be available each week.

Book Description: Internationally acclaimed experts on communication between parents and children, Adele Faber and Elaine Mazlish ‘are doing for parenting today what Dr. Spock did for our generation’ (Parent Magazine). Now, this classic includes fresh insights and suggestions as well as the author’s time-tested methods to solve common problems and build foundations for lasting relationships.

Quarter	Class Number	Day	Dates	Time	Location	Cost
Spring 2021	5006B	Fri	Apr 16 - May 28	10:00 - 11:00 am	FCC - Child Room 127 Parent Room 125	Sliding Fee, Chart A (7 sessions)

ECFE para Español Hablando Familias (0-5 años) – Separar Clase

Clase en español ofrecida por el programa de education familiar para la ninez temprana (ECFE) para familias con ninos desde recién nacidos hasta los 5 años. Durante le primera parte de la clase, los padres tendran la oportunidad de interactuar o jugar con tus hijos con usa gran variedad de actividades diseñadas especialmente para ellos. Durante el tiempo en que los padres asisten al grupo de padres, los maestros se quedaran a cargo de los ninos, relizando una gran variedad de actividades educaionales y jugando con sus otros companeros.



Quarter	Class Number	Día	Fecha	Tiempo	Lugar	Cuesta
Primavera Trimestre 1	5005B	Jueves	Abril 15 - Mayo 27	10:00 - 11:00 am	FCC - Child Room 127 Parent Room 125	\$10/familia

Class Registration

Class Number	Class Title	Price
		Total \$

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

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

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

Do you need sibling care? Yes No

Are you a Fridley School District resident? _____

Payment Information: Check enclosed (payable to ISD 14)

Charge My: Visa MasterCard Discover

Card Number _____ Expiration Date _____ 3 Digit Security Code _____

Signature _____

Sliding Fee Scale ECFE Classes						Sliding Fee Scale 3-Year-Old Pre-K	
Family Income	Separating			Sibling Care	Non-Separating 8 wks	2021-22: 3-year-old Preschool	
	7 wks	8 wks	12 wks			Family Income	4 days/wk
\$110,000 +	\$100	\$114	\$171	\$85	\$55	\$110,000 +	\$200/mo
\$100-109,000	\$93	\$106	\$159	\$70	\$45	\$100-109,000	\$200/mo
\$90-99,000	\$86	\$98	\$147	\$60	\$37	\$90-99,000	\$200/mo
\$80-89,000	\$79	\$90	\$135	\$50	\$30	\$80-89,000	\$200/mo
\$70-79,000	\$72	\$82	\$123	\$40	\$25	\$70-79,000	\$200/mo
\$60-69,000	\$70	\$80	\$120	\$35	\$20	\$60-69,000	\$200/mo
\$50-59,000	\$64	\$73	\$110	\$30	\$18	\$50-59,000	\$175/mo
\$40-49,000	\$50	\$57	\$85	\$25	\$15	\$40-49,000	\$145/mo
\$30-39,000	\$32	\$36	\$54	\$20	\$12	\$30-39,000	\$95/mo
\$20-29,000	\$19	\$21	\$32	\$15	\$9	\$20-29,000	\$60/mo
\$19,999 or less	\$10.00	\$10.00	\$10.00	\$10.00	\$6	\$19,999 or less	\$35/mo
Chart A				Chart B		Chart C	

FRIDLEY PRESCHOOL

FRIDLEY PRESCHOOL
3- & 4-year-old class options

Welcome to Fridley Preschool, an International Baccalaureate World School! Fridley Preschool is the only International Baccalaureate (IB) 3- and 4-year-old Preschool program in the state of Minnesota. Additionally, our school district is the first and only district in the state, and one of few in the nation, to offer the full PreK-12 IB Continuum to all students.

Here at Fridley Public Schools, we focus on developing the whole child, and that starts with our district's earliest learners. Both 3- and 4-year-old preschool programs are designed to provide your child with the necessary learning experiences to prepare for kindergarten. Utilizing our transdisciplinary IB curriculum framework, your child will be a step ahead when it comes to "kindergarten readiness" and a holistic IB educational experience.

WHY CHOOSE FRIDLEY PRESCHOOL?

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

- **IB Primary Years Programme**

Fridley Preschool is an International Baccalaureate (IB) World School that offers the Primary Years Programme (PYP). Founded on a philosophy that recognizes a child's natural curiosity, creativity and ability to reflect, the PYP generates a stimulating, challenging learning environment to nurture those assets and foster a lifelong love of learning in every child.

- **Caring and nurturing teachers**

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

- **Parent Aware Four-Star Rating**

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

- **High-quality and Aligned Curriculum**

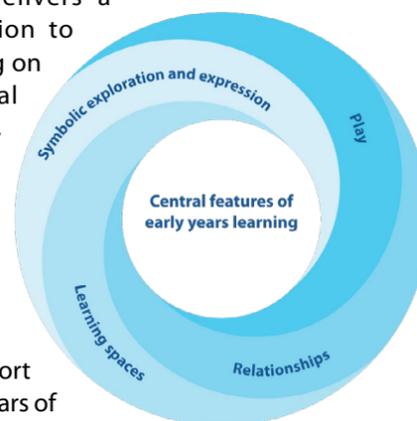
Our preschool curriculum has been written to encompass several areas of inquiry and is aligned with Minnesota's Early Childhood Indicators of Progress (ECIPs). The ECIPs are Minnesota's early learning standards that provide a framework for developmentally appropriate expectations from birth to kindergarten.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

CENTRAL FEATURES OF
FRIDLEY PRESCHOOL CURRICULUM

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

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

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



Credit: IB Organization



2021-22 SCHOOL YEAR

3-YEAR-OLD PRESCHOOL

Children must be 3 years old on Sept. 2, 2021. Your child must fall into the birthdate range of: Sept. 2, 2017 - Sept. 1, 2018

Options:

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

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

A Sliding Fee Scale, based on income, is also available. See page 33, chart C for details.

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

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

Required documents to bring when registering:

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

4-YEAR-OLD PRESCHOOL

Children must be 4 years old by September 2, 2021. Your child must fall into the birthdate range of: Sept. 2, 2016 - Sept. 1, 2017

Options:

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

Afternoon: Monday - Friday
Afternoons: 12:00 - 3:00pm
No cost to families

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

To register for 4-year-old preschool:

- Visit the Enrollment Center in the FCC
- Online at www.fridleyschools.org/preschoolregistration

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

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

Copies will be made of each document and originals returned to you.

Registration is not complete until we have received all of the above documents.

4-YEAR-OLD PRESCHOOL
FULL DAY OPTION

- Mon-Fri, 7:30am-4:30pm
- \$225 per week
- Needs-based scholarships available

For more information on this option, please call Jordan Wright at 763-502-5107.

DATES & LOCATION

The preschool calendar aligns with the school district classes and will be held from September 8, 2021 to June 9, 2022. Classes are held at the Fridley Community Center, 6085 Seventh Street NE, Fridley, 55432.

CONTACT INFORMATION

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

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

Do you have questions about registration? Please contact:

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

Additional contacts:

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

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

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



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



TIGER CLUB

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

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

COVID-19 Disclaimer

Due to the COVID-19 Pandemic class times are subject to change. We will also be monitoring Minnesota Department of Education and Minnesota Department of Health guidance for in school, hybrid and FLEX learning options. If you have questions, please call Jordan Wright at 763-502-5107.

FRIDLEY TIGER CLUB

JOIN OUR TEAM!

*Job opportunities
at Fridley Tiger Club*



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

Contact our *Tiger Club Coordinator* for more information!

Please contact **Sally Leone** at 763-502-5135
or sally.leone@fridley.k12.mn.us

Tiger Club Contact Information

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

Tiger Club Accounts Secretary
Jordan Wright
763-502-5107
Jordan.Wright@fridley.k12.mn.us



TIGER CLUB

**Call us for Enrollment
Availability & Information!**

**Contact 763-502-5107
or visit fridleycommed.com**

FRIDLEY TIGER CLUB



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

- Flexible Enrollment Options
- Convenient Hours (Weekdays from 6:30 AM to 5:30 PM)
- Childcare before- and after-school, non-school days and throughout the summer!
- Needs-based scholarships available for PreK students



ENJOY GAMES, ARTS & CRAFTS, SCIENCE PROJECTS & MORE!

**Tiger Club is housed in the
Fridley Community Center**

6085 7th Street NE,
Fridley, MN 55432

LEARN MORE! Call us at 763-502-5107 or visit fridleycommed.com



6085 Seventh Street NE.
Fridley, MN 55432

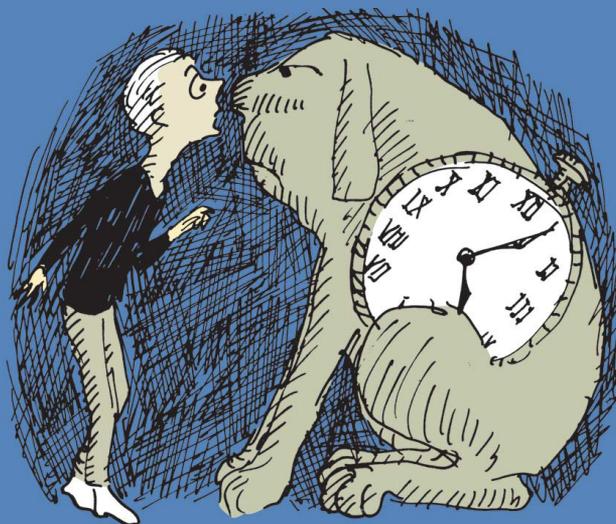
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THE PHANTOM TOLLBOOTH JR.



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LYRICS BY
SHELDON HARNICK

BOOK BY
NORTON JUSTER
SHELDON HARNICK

MUSIC BY
ARNOLD BLACK

JUNE 9, 7:00 PM - JUNE 10, 2:00 PM
FRIDLEY DISTRICT AUDITORIUM -
6000 WEST MOORE LAKE DRIVE

TICKET PRICES:
GENERAL ADMISSION \$8 -
STUDENTS 12 AND UNDER \$3

Ticket Sales information to be released closer to performance

FOR INFORMATION CALL 763-502-5100 OR WWW.FRIDLEYCOMMUNITYTHEATRE.ORG

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