



# St. Louis Park Community Education



**FAMILY & AQUATICS**  
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**ADULTS & SENIORS**  
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**YOUTH**  
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**Fall 2025**  
**September – December**  
St. Louis Park Public Schools  
City of St. Louis Park  
**Register Today!**





## FAMILY NATURE WALK

Join us for a family nature walk at Westwood Hills Nature Center. All are welcome.

**Tuesday, October 7**

5:30 - 6:30 p.m.

**F179X25** Please register



## FAMILY FISHING AT WOLFE PARK

Join YEP at the dock at Wolfe Lake to fish with your family. Bait and snacks available.

**Saturday September 6!**

12 - 2 p.m.

**Y87** Free, but please register each individual.

# SAVE THE DATE

## CENTRAL COMMUNITY

# POOL!

## REOPENING

# SEPTEMBER

## 5<sup>TH</sup>

5:30 - 7 pm

Welcome back families to the newly renovated Central Community Center pool!

Join us for a celebration, including free family swim!

Family swim is appropriate for first time swimmers. Swimmers can bring coast guard approved life jackets or puddle jumpers. Sorry, no arm bands or inflatables allowed.

Back by popular demand!

Join us at Central for this free, family friendly activity!

## Bringing Native American Culture to Yoga

Saturday, Sept. 13, 27, and Oct. 11

11-11:45AM

Space is limited, register today!



## FALL 2025

To see ALL of our offerings, full class descriptions please go to

**SLP.CE.ELEYO.COM**

Join Our Somali Tea Class  
EXPERIENCE THE WARMTH OF SHAAH



**THURSDAY, NOVEMBER 13 6-7:30PM**



LENOX COMMUNITY CENTER KITCHEN

SPACE IS LIMITED, REGISTER AT SLP.CE.ELEYO.COM  
SPONSORED BY BLUEHORN TEA

LENOX COMMUNITY CENTER

# Craft Fair

**SATURDAY, NOVEMBER 8**

From 10 AM - 2 PM

Hosted by St. Louis Park Senior Program

JOIN US FOR OUR 4TH ANNUAL CRAFT FAIR!  
Come shop local, handmade crafts!

All Ages Welcome!



Class fees marked with an asterisk (\*) indicate the Senior Program Member rate. If only one fee is listed, it applies to both members and non-members. The Senior Program is for adults 50 and older and is jointly sponsored by the City of St. Louis Park and St. Louis Park Community Education. Call Lenox at 952-928-6444 to learn more.

FAMILY EVENTS  
**Family Fun**  
 FAMILY EVENTS



### Family Introduction to Archery

Join us for an fun-filled archery experience where both adults & children can learn and enjoy the art of archery together! In this unique class, each child participant must have at least one accompanying adult (or each adult will have at least one accompanying child). All equipment provided. Please register each person individually. Children must be at least 7 years of age.

- Y06** Westwood Hills \$10/per person  
 F, Sept. 19 4 - 5:30 p.m.  
**Y07** Westwood Hills \$10/per person  
 F, Oct. 3 4 - 5:30 p.m.

### Family Fun Learning the Ukulele!

Learn tuning, strumming, basic chords, and 10 easy songs in this one-time beginner class.

Each participant (age 9+) must bring a soprano or concert ukulele. Includes take-home resources. *Instructors: Donna Tilsner & Diane Lovich*

- A371L25** Lenox Rm 115  
 \$29 Individual/ \$45 Family of four  
 \$10 each additional person  
 Th, Oct. 23 5:30 - 7:30 p.m.



### Paint-a-Pumpkin Party

Join us for a fun, family evening of pumpkin painting! We will provide a pumpkin and art supplies to decorate your very own pumpkin to take home. Only register those who will be decorating a pumpkin.

- F1021L25** Lenox Cafeteria Free  
 T, Oct. 21 5:30 - 6:30 p.m.

### Family Movie Matinee (Monsters, Inc.)

Join us for our Autumn Family Movie! *Monsters, Inc.* (PG) is an animated comedy about two monsters, Sulley and Mike, who work at a company that generates energy by scaring children, until a little girl enters their world, turning everything upside down. All family members must register. No beverages or snacks allowed.



- F1103L25** Lenox Little Theater Free  
 M, Nov. 3 10:30 a.m. - 12:15 p.m.

### Family Drawing Workshop

Embark on an enchanting journey through the diverse world of baby animals. Perfect for young artists and their caregivers eager to explore varied artistic styles while celebrating the charm of pups and cubs. Enroll today for a blend of creativity and cuteness with your own young one! Single enrollment is for one child and 2 caregivers

- F20** Lenox Cafeteria \$12  
 W, Nov. 5 5 - 6:30 p.m.



# FREE!

No registration required.

[stlouisparkmn.gov/events](http://stlouisparkmn.gov/events)

Inside  
Out 2

August 28

Moana 2

September 5

Sonic the  
Hedgehog 3

September 12

Wicked

Sept. 19

# ARTS & CRAFTS



## Soap Making with John "Bob Ross" Hanson

Learn traditional cold process soap making in this demonstration class. Take home three bars of soap. Ages 12+ welcome with a registered adult. *Instructor: John Hanson*

**A122L25** Lenox Rm 108 \$55/\$49\*  
M, Nov. 10 6 - 8:30 p.m. Free

## Needle Craft

Bring your project and join us weekly to work on needlecrafts like knitting, crocheting, or felting. Finished items support the Senior Program.

Lenox Rm 110 **Tu, Ongoing** 9 - 11 a.m. Free

## Open Craft Time

Bring your own materials, spend time crafting and socializing. *No Open Craft Time Sept. 1.*

Lenox Rm 115 **M, Ongoing** 2 - 4 p.m. Free

## Cigar Box Workshop

Open to anyone wanting to work on crafting their cigar boxes. Bring your own materials. *No Workshop Sept. 1.*

Lenox Rm 115 **M, Ongoing** 12 - 2 p.m. Free

## Adventures in Sewing

For those with some sewing experience. Work on clothing, mending, tote bags, or zippers. Bring your machine. *Instructor: Lara Neel*

**A110L25** Lenox Rm 110 \$69/\$65\*  
W, Sept. 3 - Oct. 1 6 - 8 p.m.

## Adventures in Knitting

Choose from four knitting projects. Bring your own materials; patterns provided. All skill levels welcome! *Instructor: Lara Neel*

**A172L25** Lenox Rm 110 \$69/\$65\*  
W, Oct. 8 - Nov. 5 6 - 8 p.m.

## Discover Your Inner Artist

Develop skills in acrylic, oil, watercolor, or pastels. Includes demos, feedback, and time to create. Bring basic supplies.

*Instructor: Suzi McArdle*

**A225L25A** Lenox Rm 108 \$79/\$69\*  
Tu, Sept. 16 - Oct. 21 11 a.m. - 1 p.m.  
**A225L25B** Lenox Rm 108 \$79/\$69  
Tu, Nov. 4 - Dec. 9 11 a.m. - 1 p.m.



## NEW Fun With Watercolor: Harvest Colors

Students will create vibrant images of fruits, vegetables, flowers, landscapes and more. *Instructor: Vera Kovacovic*

**A271L25** Lenox Rm 108 \$65/\$55\*  
W, Sept. 10 - Oct. 15 1 - 3 p.m.

## NEW Fun With Watercolor: The Art of Brushstrokes

Learn the skill of effective use of brushstrokes using different brushes while practicing on a variety of painting subjects. *Instructor: Vera Kovacovic. No class Sept 24*

**A272L25** Lenox Rm 108 \$65/\$55\*  
W, Oct. 29 - Nov. 26 1 - 3 p.m.

## Stained Glass 101 - Copper Foil Method

Create a stained glass panel while learning the basics. Materials provided; bring safety glasses and wear appropriate clothing. Ages 14+ with a registered adult. \$30 materials fee due the first night. Optional tool kit at Potek Glass. *Instructor: John Hanson*

**A152L25** Lenox Rm 108 \$149  
Tu, Sept. 16 & W, Sept. 17 5 - 8:30 p.m.

**A156L25** Lenox Rm 108 \$149  
Tu, Oct. 13 & W, Oct. 14 5 - 8:30 p.m.

**A352L25** Lenox Rm 108 \$149  
Tu, Nov. 18 & W, Nov. 19 5 - 8:30 p.m.

## NEW Junk Journaling for Beginners

Learn how to turn everyday papers and found materials into a unique junk journal. All materials provided; bring personal items like photos or ticket stubs to include. Age 14+ with a registered adult. *Instructor: Emma Sutton*

**A131L25** Lenox Rm 115 \$69/\$64\*  
Tu, Oct. 14 - 28 7 - 9 p.m.

## Glass Mosaic Photo Frame or Sign

Create a pre-cut mosaic frame or sign. Night 1: assemble; Night 2: grout. Includes mosaic and glass cutting tips. Supply fee: \$12-\$45 paid to instructor. *Instructor: Lindsey Guetter*

**A158L25** Lenox Rm 108 \$45  
Tu, Sept. 23 & 30 6 - 9 p.m.

## NEW Paint Your Pet's Portrait

Create a unique painted portrait of your pet with guided instruction. Materials provided, including a prepared canvas based on your pet's photo. No refunds after Nov. 11. *Instructor: Emily Victory*

**A175L25** Lenox Rm 115 \$59  
Th, Nov. 20 6:30 - 8:30 p.m.



# ARTS & CRAFTS



## **NEW** Leathercraft 101: A Beginner's Guide

Learn the basics of leatherworking in this hands-on course. No experience needed. Materials included. *Instructor: Jim Kern*

**A375L25** Lenox Rm 109 \$95 Tu, Oct. 7 & 14 5:30 - 8:30 p.m.

## Sensory Tray Workshop

Join us for a relaxing hour of open-ended tray art. No rules or instruction, just space to create and explore. You'll leave with a photo of your finished tray art. *Instructor: Loose Parts*

**A268L25** Lenox Rm 115 \$5 Tu, Sept. 2 1:30 - 2:30 p.m.

**A269L25** Lenox Rm 108 \$5 Th, Sept. 18 3:30 - 4:30 p.m.

**A273L25** Lenox Rm 115 \$5 Tu, Oct. 7 1:30 - 2:30 p.m.

**A274L25** Lenox Rm 108 \$5 Th, Oct. 16 3:30 - 4:30 p.m.

**A277L25** Lenox Rm 115 \$5 Tu, Nov. 4 1:30 - 2:30 p.m.

**A278L25** Lenox Rm 108 \$5 Th, Nov. 20 3:30 - 4:30 p.m.

**A281L25** Lenox Rm 115 \$5 Tu, Dec. 2 1:30 - 2:30 p.m.

**A285L25** Lenox Rm 108 \$5 Th, Dec. 18 3:30 - 4:30 p.m.

## Open Pottery Studio

For experienced potters. Independent work with wheel, hand-building, and glazing. Includes materials and firing. \$40 supply fee. *No Class Nov 4. Studio Manager: Nancy Patterson; Studio Assistant: Emily Floyd.*

**A107H25** HS Rm B-114 \$199

Tu, Sept. 16 - Nov. 25 6 - 8 p.m.

## Intro To Pottery Studio

For new or returning potters. Includes tools, reclaimed clay, glazes, and firing. *Instructor: Kathleen Wulff; Studio Manager: Nancy Patterson.*

**A108H25** HS Rm B-114 \$199

Th, Sept. 18 - Nov. 20 6 - 8 p.m.

## Open Painting

Come and paint at Lenox! Bring your own painting materials. *No Painting Nov. 28 & Dec. 26.*

Lenox Rm 108 F, Ongoing 9 a.m. - 1 p.m. Free



## **NEW** A Fall Sip & Paint Night

Enjoy an evening of self-guided painting with a beginner-friendly fall inspired canvas and warm apple cider. Materials provided, just bring yourself (and a friend or two if you'd like!) and a little autumn spirit!

**A198L25** Lenox Rm 108 \$19/\$15\* Tu, Oct. 22 6 - 7:30 p.m.



## **NEW** Beginner Woodshop: Simple Birdhouse

This class teaches safe use of power tools such as table saw, miter saw, drill press, belt sander, electric drill, and more. Work in pairs and build a birdhouse with provided materials. Ages 18+. *Instructor: John Hein*

**A114L25A** Lenox Woodshop \$59/\$55\*

W, Sept. 17 5:30 - 8:30 p.m.

**A114L25B** Lenox Woodshop \$59/\$55\*

W, Oct. 1 5:30 - 8:30 p.m.

## **NEW** Women Only Beginner Woodshop: Simple Birdhouse

This class teaches safe use of power tools such as table saw, miter saw, drill press, belt sander, electric drill, and more. Work in pairs and build a birdhouse with provided materials. Ages 18+. *Instructor: John Hein*

**A114L25C** Lenox Woodshop \$59/\$55\*

W, Oct. 15 4 - 7 p.m.

**A114L25D** Lenox Woodshop \$59/\$55\*

W, Oct. 22 5:30 - 8:30 p.m.

## Wood Spoon Carving

Weekly guided carving. Includes demos and hands-on work using long tools, mallets, short tools, and knives. Students must supply their own tools; safety gloves provided. Tool list available after registration. *Instructor: George Effrem*

**A112L25** Lenox Woodshop \$75/\$69\*

W, Oct. 29 - Nov. 19 6:30 - 8:30 p.m.

## Open Woodshop

Open Woodshop is for all skill levels. Use Lenox's shop with a variety of power and hand tools. Participants must be 18 or older. *No Woodshop Sept. 1, Nov. 4, 27, & 28, Dec. 24, 25, 26, & 31*

Lenox Woodshop \$5/day / \$2/day\*

M-F, Ongoing 9 a.m. - 12 p.m.

Tu/Th, Ongoing 6 - 9 p.m.

## Introduction to Woodturning

Hands-on class covering lathe use, tool techniques, and finishing. Make a simple project to take home. No experience needed. *Instructor: George Effrem*

**A116L25** Lenox Woodshop \$59/\$55\*

W, Dec. 3 - 17 6:30 - 8:30 p.m.



**NEW** **Paint Like Bob Ross: Autumn Snow**

This class guides you step-by-step in painting an Autumn Snow scene. All supplies provided. *Instructor: Val Namen*

**A182L25** Lenox Rm 103 \$69/\$65\*  
Th, Sept. 18 4:30 - 8:30 p.m.

**NEW** **Paint Like Bob Ross: Snowy Cardinal**

This class guides you step-by-step in painting a Snowy Cardinal scene. All supplies provided. *Instructor: Val Namen*

**A185L25** Lenox Rm 108 \$69/\$65\*  
Oct. 15 4:30 - 8:30 p.m.



**Buying Your First Home!**

Learn the home buying process, financing, down payment and closing cost assistance (including up to \$35K for First Generation Homebuyers), market timing, making offers, and the roles of lenders and realtors. *Instructors: Jodi Williams, Randi Livon, Heidi Erickson*

**A133L25** Lenox Rm 110 \$5  
Tu, Oct. 21 5:30 - 7 p.m.

**NEW** **Urban Soils are Terrible: Learn how to help your trees and landscape**

All St. Louis Park soils have been disturbed, but you can help restore them using what's already on your property. Learn how from the City's Natural Resources staff. Registration required.

**A194L25** Lenox Rm 115 Free  
Tu, Sept. 23 6 - 7:30 p.m.

**NEW** **Basic Tree Identification: What's in my yard and how do I take care of it?**

Learn to identify the trees in your yard and how to keep them healthy in this hands-on session led by St. Louis Park Natural Resources staff. Dress for the weather. Registration required.

**A193L25** Lenox Rm 115 Free  
Tu, Sept. 30 6 - 7:30 p.m.



**NEW** **Home Buying 101: A Step-by-Step Guide to Purchasing a Home in Today's Market**

Learn the home buying process from start to finish - credit scores, mortgages, touring, offers, and closing. Designed for first-time buyers. *Instructors: April Ranallo & Judy Shields*

**A102H25** High School Rm B-135 \$5  
Sa, Sept. 13 9:30 - 11 a.m.

An \* indicates the **Senior Program fee**. See **page 2** for details

**LENOX COMMUNITY CENTER**

**CENTENNIAL CELEBRATION**

**JOIN US!**  
**OCTOBER 6**  
**4 - 7 PM**

**KICKOFF CELEBRATION**  
Food, Reception  
& Tours of Lenox at  
4:30, 5:30 & 6:30pm  
*\*REMARKS AT 5PM*




**OCTOBER 6 - 10:**  
**SPECIAL EVENTS,**  
**TREATS, TOURS AND**  
**DRAWINGS EACH DAY!**

**6715 MINNETONKA BLVD. ST. LOUIS PARK, MN 55426**



# TECHNOLOGY

 The following technology classes are available online via Zoom or in person at Lenox. A Zoom link will be sent before the session. The recording will be made available to all participants, and Nickie provides ongoing online support as needed - perfect for those who can't attend live.  
*Instructor: Nickie Welsh*



## Tech-Savvy Survival in 60 Minutes

Learn practical tech skills for everyday use, including QR codes, travel tools, and event technology.

**A212L25** Online/Lenox Rm. 110 \$35/\$29\*  
Th, Sept. 11 12 - 1 p.m.



## Post Like a Pro: Navigating Facebook & Instagram with Meta Business Suite

Learn to manage your social media efficiently by scheduling posts, using insights, and navigating Meta Business Suite.

**A229L25** Online/Lenox Rm 110 \$35/\$29\*  
Tu, Nov. 11 12 - 1 p.m.

## Fast-Track to Social Media Marketing for Business

Learn key strategies to use social media for business - reach your audience, build brand awareness, and boost engagement.

**A216L25** Online/Lenox Rm 110 \$29/\$25\*  
Tu, Nov. 18 12 - 1 p.m.



## Canva for Awesome Beginners

Learn to use Canva, a free and beginner-friendly design tool, to create digital images, documents, business cards, and more using templates or custom designs.

**A219L25** Online/Lenox Rm 110 \$35/\$29\*  
Th, Sept. 25 12 - 1 p.m.

## Practical ChatGPT Training for Everyone

Learn what ChatGPT is, how it works, and practical ways to use it at work and home.

**A220L25** Online/Lenox Rm 110 \$35/\$29\*  
Tu, Dec. 2 12 - 1 p.m.



## One-Hour Instagram Mastery: Grow Your Business Today

Learn how to use Instagram to grow your business, attract customers, and boost sales. Get practical tips for success!

**A217L25** Online/Lenox Rm 110 \$35/\$29\*  
Tu, Dec. 9 12 - 1 p.m.



## Navigate with Uber: Achieve Transportation Freedom

Hate driving in bad weather or after dark? Learn how to confidently use Uber for airport travel, errands, and more.

**A211L25** Online/Lenox Rm 110 \$35/\$29\*  
Th, Oct. 9 12 - 1 p.m.

## Cell Phones & Parenting: Balancing Connectivity and Safety

Learn strategies to manage your teen's screen time, social media, safety, and friendships while fostering healthy tech habits.

**A222W25** Online/Lenox Rm 110 \$35  
Tu, Oct. 21 12 - 1 p.m.



## Google Sheets for Awesome Beginners

Learn essential Google Sheets skills to enter, organize, analyze, and visualize data for work or personal use.

**A226L25** Online/Lenox Rm 110 \$35/\$29\*  
Tu, Oct. 28 12 - 1 p.m.



## How To Use Venmo Safely!

Learn how to use Venmo to send and receive payments securely, avoid fees, and handle mobile payments.

**A227L25** Online/Lenox Rm 110 \$35/\$29\*  
Th, Nov. 6 12 - 1 p.m.



## Tech Help Thursdays at Lenox

Get help with your technology devices in a one-hour session with a volunteer from Senior Community Services. Appointments are available on Thursdays from 12-4 p.m. Registration forms are required. Call Lenox at 952-928-6444 to schedule.

*Instructor: Chuck Van De Weghe* **Free**

An \* indicates the **Senior Program fee**. See **page 2** for details.

# COOKING



## **NEW** Marvelous Macarons

Learn to make three types of holiday macarons. Using simple techniques bake one recipe from start to finish and decorate two others. \$13 supply fee payable to the instructor. *Instructor: Nancy Burgeson*

**A134Y25** Wayzata Central MS A306 \$39  
Tu, Sept. 30 6 - 9 p.m.

## **NEW** Thai Street Food

Learn to make three Thai dishes: vermicelli salad, coconut soup, and chicken pad Thai. *Instructor: Ploy Khunisorn*

**A111W25** Online \$49/\$45\*  
M, Sept 22 6 - 8 p.m.

## **NEW** Korean Street Food

Make Korean kimchi stew (kimchi jjigae), stir-fried sweet potato noodles with beef (japchae), and Korean apple tea with ginger and cinnamon (Su-JeongGwa). *Instructor: Ploy Khunisorn*

**A145W25** Online \$49/\$45\*  
M, Nov 3 6 - 8 p.m.

## **NEW** Scandinavian Gourmet Dinner

Make Nordic dishes from Sweden, Norway, Denmark, and Finland (no lutefisk). Possible recipes: apple-stuffed pork loin, Swedish meatballs, soups, salads, and desserts. \$17 supply fee due to instructor, check or cash. *Instructor: Laurel Severson*

**A139Y25** Wayzata Central MS A306 \$39  
W, Sept. 17 6 - 9 p.m.

## **NEW** Fall Harvest Wellness Bowls

Build a better bowl using seasonal vegetables, proteins, and sauces. Learn to prep grains, sauces, and garnishes for quick, healthy meals. Recipe and class recording included. *Instructor: Kirsten Madaus*

**A313W25** Online \$39/\$35\*  
Th, Oct. 9 6:30 - 8 p.m.

## **NEW** Chinese Steamed Bao

Learn to make steamed buns (bao) from scratch. You'll prepare cha shu chicken bao, cabbage bao, and pickled vegetables. *Instructor: Ploy Khunisorn*

**A144W25** Online \$49/\$45\*  
M, Oct 27 6 - 8 p.m.



## **NEW** Japanese Miso Ramen from Scratch

Prepare homemade noodles, braised cha shu chicken, miso broth, marinated soft-boiled eggs, and assorted toppings. *Instructor: Ploy Khunisorn*

**A102W25** Online \$49/\$45\* M, Dec 8 6 - 8 p.m.

## **NEW** Air Fryer Appetizers

Cook Air Fryer polenta rounds, roasted seasonal veggies, and roasted veggie skewers. Registration required. Thank you to Kirsten for offering this class at no charge to celebrate National Community Education week! *Instructor: Kirsten Madaus*

**A151W25** Online Free Th, Nov. 13 7 - 7:30 p.m.

## **NEW** Make Ahead Boards

Build cheese and charcuterie boards of any size. Make pickled vegetables and spiced nuts, then watch board assembly with meats, produce, dips, and garnishes. Includes recipe and class recording. *Instructor: Kirsten Madaus*

**A155W25** Online \$39/\$35\* Th, Nov. 20 6:30 - 8 p.m.

## **NEW** Scandinavian Delights

Learn to make Danish Smørrebrød, Finnish Pulla, and Swedish Fruit Soup. Includes recipe handout and class recording. *Instructor: Kirsten Madaus*

**A165W25** Online \$39/\$35\* Th, Dec. 11 6:30 - 8 p.m.

## **NEW** Four Famous Cookies

Make four traditional holiday cookies: Krumkake, Pizzelle, Sandbakkelse, and Rosettes using irons and specialty tins. Bring containers to take your creations home. \$14 supply fee payable to instructor at class. *Instructor: Laurel Severson*

**A130Y25** Wayzata Central MS A306 \$39 M, Dec. 15 6 - 9 p.m.

## **NEW** Lefse

Learn to make traditional Norwegian lefse. Practice techniques, enjoy samples, and take home lefse and dough. \$9 supply fee payable to instructor at class. *Instructor: Laurel Severson*

**A140Y25** Wayzata Central MS A306 \$39 Th, Nov. 6 6 - 9 p.m.



## **NEW** Mile High Apple Pie

Make a classic apple pie from scratch. Learn crust and filling basics, then leave with a hot pie to take home. Boxes provided. Bring a rolling pin if you have one. Supply fee of \$15 per student payable to the instructor in class. *Instructor: Nancy Burgeson*

**A143Y25** Wayzata Central MS A306 \$39 Tu, Oct. 28 6 - 9 p.m.





## Friends in the Kitchen

Learn new recipes, techniques, and tips for healthy, budget-friendly meals. Includes tastings, recipes, and ideas for cooking for one. Space is reserved for registered participants only. *Sponsored by St. Louis Park Community Education, and instructor Stefanie Hailperin.*

<b>A255L25</b>	Lenox Cafeteria
Tu, Sept. 9	2 - 4 p.m.
<b>A256L25</b>	Lenox Cafeteria
Tu, Oct. 14	2 - 4 p.m.
<b>A257L25</b>	Lenox Cafeteria
Tu, Nov. 18	2 - 4 p.m.
<b>A258L25</b>	Lenox Cafeteria
Tu, Dec. 9	2 - 4 p.m.



## Adult Archery

Join us at Westwood Hills Nature Center in this beginner Adult Archery class. Participants should meet in the front of the building prior to each class. All equipment provided.

<b>A120X25A</b>	Westwood Hills	\$15
F, Sept 12	5:30 - 7 p.m.	
<b>A120X25B</b>	Westwood Hills	\$15
F, Oct 10	5:30 - 7 p.m.	



# FITNESS



## Open Senior Pickleball

Open play, no instruction pickleball at Lenox. Pre-registration and pre-payment required. Equipment provided. Space is limited to 6 players per hour. No refunds. Register online or call 952-928-6444. *No pickleball Nov 4 & 28, Dec. 26.*

Lenox Gym	\$5/\$3*	Tu, 9 - 10 a.m. and 10 - 11 a.m.
		F, 9 - 10 a.m.

## Senior Fitness

This class focuses on low impact aerobics and strength training, shown through videos. *No class Nov 28, Dec 24 & 26.*

Lenox Gym	Free	M/W/F, Sept 3 - Dec 29	10:15 - 11:15 a.m.
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## Interval Circuit

Fast, full-body workout combining interval and circuit training. *No Class Nov 28 & Dec 26. Instructor: Cathy O'Donnell.*

<b>A147Wed</b>	Lenox Gym	\$128/\$96*	W, Sept 3 - Dec 17	7 - 7:45 a.m.
<b>A147Fri</b>	Lenox Gym	\$120/\$90*	F, Sept 5 - Dec 19	7 - 7:45 a.m.
<b>A147Mon</b>	Lenox Gym	\$136/\$102*	M, Sept 8 - Dec 29	7 - 7:45 a.m.

## Zumba

Zumba is a high-energy, full-body workout with Latin and international music and aerobic interval training. \$8 per session; bring exact change or check to ISD 283. *Instructor: Katherine McGraw*

<b>ZumbaSept-Th</b>	Lenox Gym	\$24 for all 4 sessions	Th, Sept. 4 - 25	5:30 - 6:30 p.m.
<b>ZumbaOct-Th</b>	Lenox Gym	\$30 for all 5 sessions	Th, Oct. 2 - 30	5:30 - 6:30 p.m.
<b>ZumbaNov-Th</b>	Lenox Gym	\$18 for all 3 sessions	Th, Nov. 6 - 20	5:30 - 6:30 p.m.
<b>ZumbaDec-Th</b>	Lenox Gym	\$18 for all 3 sessions	Th, Dec. 4 - 18	5:30 - 6:30 p.m.

## T'ai Chi Ch'uan

An ancient Chinese martial art with slow, flowing movements that improve balance, coordination, and mindfulness. *No Class Nov. 27. Instructor: Rand Adams.*

<b>A228L25</b>	Lenox Gym	\$75/\$30* All Sessions	Drop-in: \$5/day, \$2/day*
Th, Sept. 4 - Dec. 18		9-10 a.m.	

## Gentle Yoga

Gentle yoga adapts to your comfort, whether seated or on the floor. Participants ages 14+ can register with a paid adult. *Instructor: Kim Cramer*

<b>A136L25</b>	Lenox Gym	\$89/\$84*	M, Sept. 8 - Oct. 27	7 - 8 p.m.
<b>A137L25</b>	Lenox Gym	\$89/\$84*	M, Nov. 3 - Dec. 15	7 - 8 p.m.

## Matsubayashi Shorin-Ryu Karate

Classes cover striking, punching, kicking, and grabbing techniques, with kata as a core teaching method. Open to all skill levels, ages 16+. No class Nov 4, Nov 27, Dec 25. *Instructor: Dennis Williams*

<b>A115C25</b>	Central Cafeteria	\$78	Tu/Th, Sept 23 - Dec 30	5:30 - 7 p.m.
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An \* indicates the  
**Senior Program fee**  
See **page 2** for details



## Dance Fitness for Seniors

Join this low-impact dance fitness class designed for active adults. *No class Sept. 23.*  
*Instructor: My Buan.*

<b>Dance-Sept</b>	Lenox Gym	\$6/day
Tu, Sept. 2 - 30	11:15 a.m. - 12:15 p.m.	
<b>Dance-Oct</b>	Lenox Gym	\$6/day
Tu, Oct. 7 - 28	11:15 a.m. - 12:15 p.m.	
<b>Dance-Nov</b>	Lenox Gym	\$6/day
Tu, Nov. 4 - 25	11:15 a.m. - 12:15 p.m.	
<b>Dance-Dec</b>	Lenox Gym	\$6/day
Tu, Dec. 2 - 30	11:15 a.m. - 12:15 p.m.	

## Drums Alive® Golden Beats®

Drums Alive® Golden Beats® combines drumming, dancing, and music for fitness. *No class Sept 23, Sept 26, Oct 17, Dec 26.*  
*Instructor: My Buan*

<b>Golden-Sept</b>	Lenox Gym	\$12/day
Tu/F, Sept 5 - 30	12:30 - 1:15 p.m.	
<b>Golden-Oct</b>	Lenox Gym	\$12/day
Tu/F, Oct 3 - 31	12:30 - 1:15 p.m.	
<b>Golden-Nov</b>	Lenox Gym	\$12/day
Tu/F, Nov 4 - 25	12:30 - 1:15 p.m.	
<b>Golden-Dec</b>	Lenox Gym	\$12/day
Tu/F, Dec 2 - 30	12:30 - 1:15 p.m.	

## Open Adult Basketball

No pre-formed team needed; pre-registration required.

<b>A153M25-Wed</b>		
MS Field House 3 & 4	\$22.50	
W, Sept. 3 - Oct. 29		7 - 9 p.m.
<b>A153M25-Fri</b>		
MS Field House 1 & 2	\$22.50	
F, Sept. 5 - Oct. 31		7 - 9 p.m.
<b>A153M25-Mon</b>		
MS Field House 3 & 4	\$20	
M, Sept. 8 - Oct. 27		7 - 9 p.m.

## Open Adult Volleyball

No pre-formed teams needed; pre-registration required. *No Class Nov. 4*

<b>A154M25</b>	MS Field House 1 & 2	\$42.50
Tu, Sept. 2 - Dec. 30		7 - 9 p.m.



## Adult Pickleball - Beginner Instruction

Get the basics: serving, dinks, drives, volleys, rules, scoring, and terminology. Equipment provided. Waiver required. *Instructor: Steve Pohlen.*

<b>A191L25A</b>	Lenox Gym	\$59
Tu, Sept. 9 - 23		5 - 6 p.m.
<b>A191L25C</b>	Lenox Gym	\$59
Tu, Oct. 7 - 21		5 - 6 p.m.
<b>A391L25A</b>	Lenox Gym	\$59
Tu, Nov. 11 - 25		5 - 6 p.m.
<b>A391L25C</b>	Lenox Gym	\$59
Tu, Dec. 2 - 16		5 - 6 p.m.

## Adult Pickleball - Intermediate Instruction

Improve Your Pickleball Skills. Focus on strategy: court positioning, shot selection, teamwork, third shot drop, and dinking. Equipment provided. Waiver required. *Instructor: Steve Pohlen.*

<b>A191L25B</b>	Lenox Gym	\$59
Tu, Sept. 9 - 23		6 - 7 p.m.
<b>A191L25D</b>	Lenox Gym	\$59
Tu, Oct. 7 - 21		6 - 7 p.m.
<b>A391L25B</b>	Lenox Gym	\$59
Tu, Nov. 11 - 25		6 - 7 p.m.
<b>A391L25D</b>	Lenox Gym	\$59
Tu, Dec. 2 - 16		6 - 7 p.m.

## Feldenkrais Awareness Through Movement®

The Feldenkrais Method® uses gentle movement to improve coordination, flexibility, balance, and reduce pain. *Instructor: Maggie Vogel-Martin*

<b>A100W25</b>	Online	\$60/\$55*
Th, Sept. 25 - Oct. 23		5 - 6 p.m.
<b>A300W25</b>	Online	\$60/\$55*
Th, Oct. 30 - Dec. 4		5 - 6 p.m.

## Kyudo Japanese Longbow Archery

Japanese archery focuses on personal insight rather than competition. More info: [www.mnkyudo.org](http://www.mnkyudo.org). An additional \$25 covers the cost of a practice bow. Returning students must have a Minnesota Kyudo Renmei membership. Loaner equipment is available for most adults. *Instructors: Carly (Renshi 5th dan) & John Born (5th dan)*

### A105MTu-ReturningStudents

MS FH 3 & 4	\$54
Tu, Sept. 2 - Oct. 28	7 - 9 p.m.

### A105MTu-NewStudents

MS FH 3 & 4	\$54
Tu, Sept. 2 - Oct. 28	7 - 9 p.m.

### A105MSa-ReturningStudents

MS FH 3 & 4	\$48
Sa, Sept. 6 - Oct. 25	11 a.m. - 2:30 p.m.

### A105MSa-NewStudents

MS FH 3 & 4	\$48
Sa, Sept. 6 - Oct. 25	11 a.m. - 2:30 p.m.

## Kenpo Karate / Self Defense

Learn practical self-defense with American Kenpo Karate. Open to all levels. Teens are welcome; mature behavior expected. Not a sports karate class. Drop-in only; no pre-registration. *No class Nov 4, Nov 27, Dec 25.*  
*Instructor: Dennis Bechly*

<b>A199C25</b>	Central Gym	\$1.50/day
Sa, Sept 6 - Dec 20		10:30 a.m. - 12 p.m.

## Open Adult Futsal

No pre-formed teams needed; pre-registration required. *No Class Nov. 28*

### A109M25

MS Field House 3 & 4	\$40
F, Sept. 5 - Dec. 26	7 - 9 p.m.



An \* indicates the **Senior Program fee**

See **page 2** for details



## Free Flu & COVID-19 Shot Clinic

On-site Flu & COVID-19 shot clinic at Lenox by Cub Pharmacy. Free with most insurance; copay may apply. Bring insurance and Medicare Part B cards (if over 65). Walk-ins welcome; appointments preferred. Restrictions apply.

**A209L25** Lenox Cafeteria Free  
 Tu, Oct. 21 9 a.m. - 12 p.m.

## Medicare Counseling from TRELIS

Get free, unbiased counseling on Medicare, Medigap, and Advantage plans. Appointments available 1-4 PM on select Wednesdays at Lenox. Schedule at [trellisconnects.org/medicareapt](http://trellisconnects.org/medicareapt) or call 800-333-2433.

## Mindfulness-Based Stress Reduction (MBSR)

MBSR is an 8-week class with an all-day retreat that teaches mindfulness practices to better manage stress and increase well-being. *No class Oct. 2. Instructor: Paula Wieckert*

**AFreeInfoSession** Lenox Rm 110 Free  
 Th, Aug. 28 6:30 - 7:30 p.m.

**A119L25** Lenox Rm 115 \$365  
 Th, Sept. 4 - Oct. 30 6 - 8:30 p.m.

## Strong is the New Skinny! Total Body Strengtheners You Can Do At Home

Build strength at home. Learn exercises for arms, back, shoulders, chest, hips, and legs. Includes practical wellness tips. Resistance band required. *Instructor: Janice Novak*



**A141W25** Online \$35/\$29\*  
 Tu, Sept. 30 6 - 7:30 p.m.

## Hypnosis for Weight Loss & Smoking Cessation

Hypnosis works at the unconscious level to promote lasting behavior change. Fee includes session, reinforcement CD, lifetime class membership; bring a pillow or blanket. Cost is \$69/\$60\* each for stop smoking and weight control. *Instructor: Mary F Fischer*

**A121Smoking** Lenox Lounge  
 Tu, Oct. 14 5:45 - 8:40 p.m.

**A121Weight** Lenox Lounge  
 Tu, Oct. 14 5:45 - 8:40 p.m.



## Senior Nature Walk

Join us on a senior nature walk led by a naturalist. Explore the marsh, woods, prairie, and visit the interpretive center. Meet at the building entrance. All fitness levels are welcome.

**A279X25** Westwood Nature Center \$6  
 M, Oct. 6 10 - 11 a.m.

## Everything You Want to Know About Medicare

Learn Medicare basics—Parts A, B, C, D, enrollment, costs, supplements, and MAPD. Ideal for those turning 65, leaving employer coverage, or already enrolled. *Instructor: Greg DeKeuster*

**A234L25A** Lenox Rm 110 \$5/\$0\*  
 W, Oct. 22 10 - 11:30 a.m.

**A234L25B** Lenox Rm 109 \$5/\$0\*  
 Tu, Dec. 16 10 - 11:30 a.m.



## POP YOUR TRUNK FLEA MARKET

**Sellers:**  
 Pop your trunk & sell your items in the Lenox parking lot. **\$15 for 2 parking spots or \$25 for 4 parking spots.**

Register online: [bit.ly/pytfm25](http://bit.ly/pytfm25)

Saturday, September 27 | 9am-1pm  
 Lenox Community Center Parking Lot  
 6715 Minnetonka Blvd.  
 St. Louis Park, MN 55426



## De-Age Your Brain

Learn how lifestyle and diet affect brain aging. Explore foods, nutrients, and strategies to support memory, focus, and stress reduction. *Instructor: Janice Novak*

**A142W25** Online \$35/\$29\*  
 M, Nov. 17 6 - 7:30 p.m.



## Introduction to Meditation

Join us for a free session to learn about meditation. Participants will enjoy a relaxing body scan meditation; a calming and easy way to experience letting stress and tension go. Registration required. *Instructor: Victoria Juster*

**A181W25** Online Free  
 Tu, Oct. 21 6:30 - 7 p.m.  
**A182W25** Online Free  
 Tu, Nov. 18 6:30 - 7 p.m.  
**A183W25** Online Free  
 Tu, Dec. 9 6:30 - 7 p.m.

## Sparkling Feet

For professional foot care, call Sparkling Feet at 952-204-9406 to book a \$55 appointment. Services available at Lenox on the 1st and 4th Wednesdays.

## Happy Feet

Happy Feet Footcare offers licensed foot care for \$45 on the 2nd and 3rd Wednesdays each month at Lenox. Call 763-346-3390 to schedule.

# LIFELONG LEARNING



## **NEW** Cultural Responsiveness

Learn key concepts of diversity, equity, and inclusion (DEI) and how to apply them in work and community settings. Call 612.659.6500 to register. *Instructor: Jana Fischer*

<b>CR-Sept</b>	Lenox Rm 115	\$269	<b>Th, Sept 18</b>	12 - 4 p.m.
<b>CR-Nov</b>	Lenox Rm 115	\$269	<b>Th, Nov 20</b>	12 - 4 p.m.

## 55+ Driver Discount Program

The 55+ Driver Discount Program offers a 10% auto insurance discount for three years. Pre-register required at 1-88-234-1294 or [driverdiscountprogram.com](http://driverdiscountprogram.com). First-timers must take the 8-hour class; a refresher is required every three years.

Lenox Rm 115	<b>W, Sept 17</b>	9 a.m. - 1 p.m.	Lenox Rm 115	<b>W, Nov 5</b>	1 - 5 p.m.
Lenox Rm 115	<b>W, Oct 15</b>	1 - 5 p.m.	Lenox Rm 115	<b>W, Dec 17</b>	9 a.m. - 1 p.m.

## From Photo Chaos to Simplicity: Mastering Photo Organization and Preserving in the Digital Age

Learn to digitize, organize, store, and restore your photos and memorabilia using cloud storage for easy access and sharing. *Instructor: Susan H. DeJute*

<b>A159L25</b>	Lenox Rm 109	\$19/\$15*	<b>Th, Sept 25</b>	6 - 7:30 p.m.
<b>A359L25</b>	Lenox Rm 109	\$19/\$15*	<b>Th, Nov 20</b>	10 - 11:30 a.m.

## Understanding Sexual Orientation & Gender Identity

This course covers the history, experiences, and aging challenges of LGBTQIA communities in the U.S. Registration required. *Instructor: Paul Blom*

<b>A215L25</b>	Lenox Rm 115	\$5/Free*	<b>Th, Nov. 6</b>	4 - 5:30 p.m.
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## **NEW** Writing Your Memoir Now (It's Not Too Late!)

It's not too late! Start or restart your memoir with a straightforward approach. Includes writing prompts, a planning guide, and tips for developing your voice. *Instructor: Roxanne Sadovsky*

<b>A129W25</b>	Online	\$79/\$75*
<b>Th, Oct. 16 - 30</b>	10:30 - 12:30 p.m.	

## **NEW** Writing as Healing

Explore the history of writing as a tool for healing through discussion and practice. Examine the stories we carry and how writing can support reflection and self-care. *Instructor: Roxanne Sadovsky*

<b>A125W25</b>	Online	\$45/\$39*
<b>Tu, Oct. 14</b>	10:30 a.m. - 12:30 p.m.	
<b>A126W25</b>	Online	\$45/\$39*
<b>Tu, Dec. 9</b>	6 - 8 p.m.	



## Lunch & Learn

### Autumn 2025

Join us for our free Autumn Lunch & Learn series located in the Cafeteria at Lenox! Learn about important topics for seniors and enjoy lunch. Registration required. Program runs 11:45 a.m. - 1 p.m.

#### September 22

*Aging Well: Embracing Healthy Habits and Supportive Resources for Every Stage of Life.*

*Sponsored and Presented by Sholom.*

#### October 13

*Teepa Snow's Positive Approach to Care.*

*Presented by Awa Mfagham and Jenn Kendall. Sponsored by Visiting Angels Living Assistance Service.*

#### November 17

*Spine Stretches and Exercises for Senior Citizens.*

*Sponsored and Presented by Dr. Kyle Leduc, Doctor of Chiropractic*

#### December 1

*Downsizing Tips.*

*Sponsored and Presented by Two Den Mothers*

## **NEW** A Formula for Happiness

What if the key to a good life is connection, not success? This 10-session course draws on research, including the Harvard Study of Adult Development, to explore how relationships impact our health, happiness, and purpose. *Instructor: Andy Halper*

<b>A424L25</b>	Lenox Rm 101	\$39/\$35
<b>W, Oct. 29 - Nov. 19</b>		1 - 2 p.m.



# LIFELONG LEARNING



## **NEW** Ten Steps for an Organized Healthy Home

Learn 10 steps to reduce clutter and create a healthier home and life. Includes guided "letting go" sessions, health coaching, handouts, and e-book. *Instructor: Loris Sofia Gregory*

**A246L25** Lenox Rm 108 \$35/\$29\*  
W, Oct. 1 6-8 p.m.

## Taming Your Paper Chaos

Learn steps and systems to manage paper clutter. Organize mail, receipts, magazines, books, and more. *Instructor: Loris Sofia Gregory*

**A247L25** Lenox Rm 108 \$35/\$29\*  
W, Oct. 29 6-8 p.m.

## Just in Case

Prepare your assets, accounts, passwords, and end-of-life plans with digital and physical worksheets. Organize finances, family history, photos, and directives to help loved ones manage your affairs. Materials list provided. *Instructor: Loris Sofia Gregory*

**A248L25** Lenox Rm 108 \$35/\$29\*  
W, Dec. 3 6-8 p.m.

## The Assassination of President Kennedy: An In-Depth Analysis

This two-session course compares the Warren Commission and House investigations into JFK's assassination, focusing on key differences and controversies. Includes time for discussion; no political agenda. *Instructor: David Yorks*

**A348L25** Lenox Little Theater \$19/\$15\*  
T, Dec. 2 & W, Dec. 3 6-8 p.m.



## A Conversation on Death & Dying

Bring your questions and experiences. Lifelong medium Victoria offers insight to help you see death differently and find peace after loss. *Instructor: Victoria Juster*

**A184W25** Online \$35/\$29\*  
Tu, Nov. 4 6:30-8 p.m.

## ABE, ESL, & GED® Classes



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## Adult Options in Education

A partnership of St. Louis Park, Hopkins, Minnetonka, & Wayzata Schools.

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# SPECIAL INTEREST



## **NEW** Westwood Hills Nature Center Building Tour

Tour Westwood Hills Nature Center, a net-zero energy building opened in 2020. Learn about its history and features. Registration required.

**A210X25** Westwood Hills Nature Center Free  
W, Sept. 10 11 a.m. - 12 p.m.

## **NEW** Senior Police Academy

A 6-week program offering an inside look at the St. Louis Park Police Department. Learn about police operations, 911 dispatch, DWI enforcement, domestic violence response, and behavioral health. Final session includes a celebration with a tour, squad demo, and K-9 visit.

**A298L25** Lenox Rm 115 Free  
Tu, Sept. 23 - Oct. 28 10:30 - 11:30 a.m.

## **NEW** Safety Tips for Seniors

Hennepin County Sheriff's Community Outreach Team will share important tips to keep seniors safe in their homes and community. Registration required.

**A297L25** Lenox Rm 115 Free  
Tu, Sept. 24 10 - 10:50 a.m.

## Paranormal Investigating 101

Learn ghost hunting basics from Heidi of the MN Paranormal Research Society. See real evidence, learn equipment and techniques, and do a mini investigation. *Instructor: Heidi Steffens*

**A311L25** Peter Hobart: Rm 125 \$45  
Tu, Sept. 23 7 - 9:30 p.m.

**A313L25** Central Community Center Rm 251 \$45  
Th, Nov. 13 7 - 9:30 p.m.

## Paranormal Investigating 102

Apply your skills from the 101 class in this next level investigation class. Bring your equipment to run a real investigation. Prerequisite: Paranormal Investigating 101. *Instructor: Heidi Steffens*

**A312L25** Park Spanish Immersion Foyer \$45  
Tu, Oct. 7 7 - 9:30 p.m.

**A314L25** Park Spanish Immersion Foyer \$45  
Th, Dec. 4 7 - 9:30 p.m.

## **NEW** Developing Intuition

Learn to recognize and trust your intuition, distinguish it from wishful thinking, and read your body's signals. Includes practical tools for everyday decisions. *Instructor: Victoria Juster*

**A180W25** Online \$35/\$29\*  
Tu, Oct. 7 6:30 - 8 p.m.



## **NEW** Discover the Art of Mead Making

Learn to make dry or semi-dry mead using honey, water, and yeast. Class covers ingredients, equipment, flavoring, fermentation, bottling, and tips. *Julie Jao O'Baighill*

**A120L25** Lenox Rm 109 \$39/\$34\*

Tu, Sept. 23 6:30 - 8:30 p.m.

**A121L25** Lenox Rm 108 \$39/\$34\*

M, Nov. 3 6:30 - 8:30 p.m.

## CARE - Community Action & Resource Effort

Join us to support community projects. No fee, donations welcome. Oct 9: plan November's "Kits of Kindness." Nov 13: assemble "Kits of Kindness" for Children's Minnesota and Ronald McDonald House. *Instructor: Project SOAR and SLP Community Education*

**A138L25** Lenox Cafeteria Free

Th, Oct. 9 6:30 - 8 p.m.

**A139L25** Lenox Cafeteria Free

Th, Nov. 13 6:30 - 8 p.m.



## Makeup Bootcamp for Women 40 and Better

Update your makeup and beauty routine with tips on products, application, and current trends. No sales

involved. *Instructor: Julie Sherman*

**A324L25** Lenox Rm 108 \$45/\$39\*

W, Nov. 12 6:30 - 8:30 p.m.



## **NEW** Discover Your Best Colors - Personal Color Analysis Session

Get a personal color analysis with a certified stylist, including a customized palette and handout. Participants will be contacted to schedule a 30-minute time slot. This class is offered at a \$24 savings! *Instructor: Best Me 360*

**A150L25** Lenox Rm 115 \$75

M, Oct. 20 4 - 8 p.m.



## How to Start Any Home Business + 250 Business Ideas!

Learn to start a home business, covering business ideas, legal requirements, marketing, and tax deductions. Includes handouts. *Instructor: LeeAnne Krusemark*

**A197W25** Online \$49/\$45\*

Sa, Oct. 4 2 - 4 p.m.



## \$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing

Learn to earn passive income by promoting merchant ads and earning commissions. Find legitimate opportunities, avoid scams, and use SEO for site visibility. Handouts included. *Instructor: LeeAnne Krusemark*

**A196W25** Online \$49/\$45\*

W, Oct. 15 4 - 6 p.m.



## Discover Voice-Over

Learn how to get started in voice-over work for commercials, audiobooks, animation, and more. Includes industry overview, steps to begin, and an optional 1-on-1 voice evaluation. *Instructor: Such a Voice*

**A193W25** Online \$59

Th, Oct. 23 5:30 - 7:30 p.m.

**A393W25** Online \$59

M, Dec. 8 6:30 - 8:30 p.m.

## **NEW** Senior Living Bus Tour

Join us for a guided tour of three senior living communities near St. Louis Park. Learn about care options, hear from local experts, and enjoy a catered lunch. *Instructor: Jen Gilmore, Home Instead*

**A296Y25** Lenox Rm 115 \$15

W, Sept. 24 8:30 a.m. - 2 p.m.

## **NEW** St. Louis Park Climate Action Academy

Learn how to reduce your climate impact in St. Louis Park through energy upgrades, waste reduction, and natural resource care. City staff will share local impacts and tips.

**A266L25** Lenox Rm 115 Free

Th, Sept. 18 & 25 6 - 8 p.m.

## **NEW** Reiki Level 1

Reiki introduces the traditional Japanese Usui Reiki technique, focusing on hands-on healing for yourself and others. The class includes instruction, discussion, attunements, meditation, and practice. Manual and Level 1 certificate provided. *Instructor: Heidi Steffens*

**A315Y25** My Spirit Experience \$149

Su, Oct. 12 9 a.m. - 4 p.m.

## **NEW** Reiki Level 2

Includes Level 2 attunement with sacred symbols to enhance healing. Learn techniques for physical, emotional, and distance healing. Manual and Level 2 certificate included. *Instructor: Heidi Steffens*

**A316Y25** My Spirit Experience \$199

Su, Dec. 7 9 a.m. - 4 p.m.

# LANGUAGES

Hola!

## Spanish 1

Learn conversational and everyday use Spanish in a low-pressure setting. Register by calling 612.659.6500. *Instructor: Tyrel Nelson*

**Spanish 1 #301522** Lenox Rm 115 \$185

Tu, Sept 9 - Oct 21 6:30 - 8:30 p.m.

## Spanish 2

Build on your Spanish grammar and vocabulary from Spanish 1 in a conversational, low-pressure setting. Register by calling 612.659.6500. *Instructor: Tyrel Nelson*

**Spanish 2 #301529** Lenox Rm 115 \$185

W, Oct 29 - Dec 3 6:30 - 8:30 p.m.

## Conversational American Sign Language

Learn the basics of American Sign Language. Courses focus on practice and real-life use, with levels 1 and 2 offered in sequence. Register by calling 612.659.6500. *Instructor: Susan Hagel*

**ASL1 #301235** Lenox Rm 115 \$165

M, Sept 22 - Oct 13 6 - 8:30 p.m.

**ASL2 #301237** Lenox Rm 115 \$165

M, Oct 27 - Nov 17 6 - 8:30 p.m.

## **NEW** Introduction to Chinese

Learn basic Mandarin Chinese through simple, useful phrases and cultural context. No tests, no writing required. Register by calling 612.659.6500. *No Class Nov 27. Instructor: Miranda Miskowiec.*

**Chinese Intro** Lenox Rm 109 \$185

Th, Oct 23 - Dec 4 6 - 8 p.m.

## Lunch Bunch

Join us for a community meal at Lenox! Order your food option ahead of time and we'll do the rest. All orders come with coffee, water, and dessert

Lunch Bunch: **Park Tavern**

**A283L25A** Lenox Rm 115 \$18/\$16\*

Tu, Oct 21 12:30 - 2 p.m.

Lunch Bunch: **Noodles & Company**

**A283L25B** Lenox Rm 115 \$15/\$13\*

W, Dec 10 12:30 - 2 p.m.

## Party in the Park

This fun event is hosted by the St. Louis Park Senior Program. Enjoy treats, entertainment, old friends, meet new people, and have a fun filled afternoon. This event is free to everyone and no registration is required.

Lenox Gym

W, Sept 17 & Nov 19 1 - 3 p.m.

# TRIPS & TOURS



**NEW** Sidekick Theatre's "Fireflies" Performance & Lunch

A retired teacher's quiet life shifts when a drifter offers to renovate her home—sparking romance and suspicion. Lunch included. Transportation on your own. Minnesota Heritage Center, Bloomington. *No refunds after October 8.*

**A240Y25** Sidekick Theatre \$59  
Th, Oct. 23 11:30 a.m. - 3:30 p.m.



**NEW** Sidekick Theatre's "A Christmas Carol" Performance and Lunch

A new musical take on Ebenezer Scrooge's classic Christmas Eve transformation. Lunch included. Transportation on your own. Location: Minnesota Heritage Center, Bloomington. *No refunds after November 19.*

**A241Y25** Sidekick Theatre \$59 Th, Dec. 4 11:30 a.m. - 3:30 p.m.

**NEW** Orchestra Hall Coffee Concert

Hear Thomas Søndergård conduct and Joyce DiDonato perform Strauss. The day includes a bus from Lenox, coffee and donuts before the concert, and lunch at Hen House Eatery. *No refunds will be issued after August 11 at 9 a.m. Instructor: Medicine Lake Tours*

**A202L25** Lenox Rm 110 \$105  
Th, Sept. 18 10:15 a.m. - 3:15 p.m.

**NEW** Gangsterland Tour of St. Paul

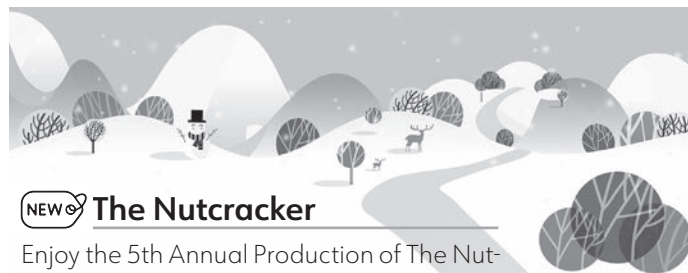
Explore St. Paul's streets tied to 1930s gangsters and learn about Minnesota's role in Prohibition and bootlegging. Includes a 1.2-mile (90-minute) walking tour and a 2-hour bus tour. *No refunds issued after September 29 at 9 a.m. Instructor: CynCity Tours*

**A290L25** Lenox Lounge \$55 Tu, Oct. 28 12:45 - 5 p.m.

## Landmark Tours

Join our travel presentation to learn about Landmark Tours and travel options. Call 612-230-2040 for a free catalog and mention the St. Louis Park Senior Program when booking! Registration required.

**A259L25** Lenox Rm 108 Free Th, Oct. 16 10 - 11:30 a.m.



**NEW** The Nutcracker

Enjoy the 5th Annual Production of The Nutcracker, featuring dancers ages 3-18. Discounted tickets available through St. Louis Park Community Education; pick up at the ticket booth before the show on Saturday, December 6 at Hopkins High School.

**A286L25** Hopkins HS Auditorium \$33  
Sa, Dec. 6 2 - 5 p.m.

**NEW** Irving Berlin's "White Christmas" at Chanhassen Dinner Theatres

Enjoy a musical about two WWII veterans who follow singing sisters to a Vermont lodge owned by their former commander. Trip includes a bus from Lenox, lunch, and the show. *No refunds after November 10, 2025 at 9 a.m. Instructor: Medicine Lake Tours*

**A214L25** Lenox Lounge \$115  
Wed, Dec. 17 10:45 a.m. - 4:15 p.m.

**NEW** Branson Country Christmas at Treasure Island Casino

Branson Country Christmas, presented by the Ozark Jubilee, includes Christmas music, comedy, and fiddle performances, plus a tribute to veterans. Trip includes a bus from Lenox, lunch, and performance. *No refunds issued after September 29 at 9 a.m. Instructor: Medicine Lake Tours*

**A204L25** Lenox Rm 110 \$100  
Th, Nov. 6 10:15 a.m. - 5 p.m.

**NEW** Holiday Lights Bus Tour

This 2-hour tour features holiday light displays from St. Paul to Inver Grove Heights, with trivia, stories, and songs from elf guides. *No refunds after November 13 at 9 a.m. Instructor: CynCity Tours*

**A201L25** Lenox Rm 110 \$55  
Th, Dec. 11 4:45 - 8:30 p.m.



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## Cards & Games

All Cards & Games cost \$1 per participant. Please pay at the door.

### SCRABBLE *No Scrabble Oct. 6*

Lenox Lounge M, Sept. 8 - Dec. 29 1 - 3:30 p.m.

### BEGINNER MAH-JONGG

Lenox Rm 109 M, Sept. 1 - Dec. 29 10 a.m. - 12 p.m.

### SOCIAL BRIDGE

Lenox Rm 109 Tu, Sept. 2 - Dec. 30 1 - 4 p.m.

### **NEW** MEXICAN TRAIN DOMINOES

Join us for a simple, social game for all skill levels. Learn the rules and enjoy a relaxed, friendly atmosphere. This game is a popular variation of dominoes.

Lenox Rm 109 W, Sept. 3 - Dec. 17 1 - 3 p.m.

### MAH-JONGG *No Mah-Jongg Dec. 26*

Lenox Rm 109 W, Sept. 3 - Dec. 17 6:30 - 9 p.m.

Lenox Rm 109 F, Sept. 5 - Dec. 26 1 - 3:30 p.m.

### PONYTAIL CANASTA *No Canasta Nov. 27*

Lenox Rm 109 Th, Sept. 4 - Dec. 18 1 - 3:30 p.m.

### CRIBBAGE *No Cribbage Oct. 6 & Nov. 28, Dec. 26*

Lenox Lounge F, Sept. 5 - Dec. 26 1 - 3:30 p.m.

Lenox Rm 109 M, Sept. 8 - Dec. 29 1 - 3:30 p.m.

### LEARN AMERICAN MAH-JONGG

Learn American Mahjong, a social and strategic game. Course fee includes a 2025 playing card. *Instructor: Sally Berg*

**A282L25** Lenox Rm 109 \$69/\$65\*

Tu, Sept. 16 - Oct. 21 10 a.m. - 12 p.m.



## Join us for BINGO at Lenox!

Fun prizes for winners & treats for all. Registration required.

**A203L25A** Cafeteria Free F, Sept. 12 1 - 2:30 p.m.

**A203L25B** Gym Free Tu, Oct. 7 1 - 2:30 p.m.

**A203L25C** Cafeteria \$5 M, Oct. 27 1 - 2:30 p.m.

**A203L25D** Cafeteria Free W, Nov. 12 1 - 2:30 p.m.

**A203L25E** Cafeteria \$5 Th, Dec. 11 1 - 2:30 p.m.

## Social Groups

### Women's Club

The Women's Club of St. Louis Park meets monthly for lunch and entertainment and to support scholarships and local charities. All women are welcome. Contact Lenox front office for details.

### Men's Group

The Men's Group meets to discuss current events, personal challenges, and life happenings, with occasional guest speakers sharing their stories.

Lenox Rm 115 \$4/day / \$2/day\*

Tu, ongoing 9 - 10 a.m.

### New Member Coffee and Tour

Tour the St. Louis Park Senior Program, learn about services and activities, and meet other prospective members. Refreshments provided.

Lenox Lounge Free

M, Sept 8, Oct 13, Nov 10, Dec 8

9:30 - 10:30 a.m.

### **NEW** Blood Pressure Checks

Free blood pressure checks are offered in the Lenox Lounge by the Fire Department before each Social Hour. You can also visit the St. Louis Park Fire Department anytime for a check.

W, Sept 10, Oct 8, Nov 12, Dec 10

9:45 - 10 a.m.

### Social Hour

Join us in the Lenox Lounge for coffee, donuts, and a social hour with friends!

W, Sept 10, Oct 8, Nov 12, Dec 10

10 - 11 a.m.

### Lenox Book Club

Join the Lenox Book Club to read and discuss selected books. Meetings are held at Lenox from 10-11:30 a.m. No registration required. Dates and book list are below. \$1/\$0\*

Sept 24: Unbroken by Laura Hillenbrand

Oct 22: Curse of Pietro Houdini by Derek Miller

Nov 19: The Briar Club by Kate Quinn

Dec 17: Shayna, a Novel by Miriam Ruth Black

### **NEW** Senior Speed Friendship

Are you a senior (50+) looking to make new friends? Join us for our very first Speed Friendship event at Lenox! We'll provide easy conversation starters to keep things fun and engaging for everyone. Registration required.

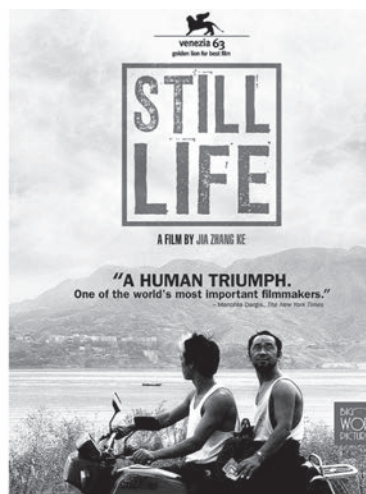
**A276L25** Cafeteria Free

F, Oct 24 11 a.m. - 12 p.m.

# FREE MOVIES

## Foreign Film Movie and Discussion

Watch and discuss foreign films at the Lenox Little Theater. A post-film discussion will be led by Lisa Kjellander from the SLP Library. Free, but registration required. Sponsored by Friends of the St. Louis Park Library.



### OCT 7: BRITT-MARIE WAS HERE (2019) SWEDEN

After leaving a 40-year marriage, 63-year-old Britt-Marie finds herself coaching a struggling youth soccer team in a small town, where challenges lead to unexpected warmth and connection.

**A122L25A** Lenox Theater Free  
Tu, Oct 7 6 - 8:30 p.m.

### OCT 14: STILL LIFE (2020) CHINA

The Three Gorges project has transformed Fengjie, forcing generations of families to relocate as the 2,000-year-old town is demolished and submerged. With the new neighborhood unfinished, residents face what to salvage and what to leave behind.

**A122L25B** Lenox Theater Free  
Tu, Oct 14 6 - 8:30 p.m.

### OCT 21: THE GOOD BOSS (2021) SPAIN

Julio Blanco, a charming yet manipulative factory owner, interferes in his employees' lives to secure a business excellence award in a Spanish provincial town.

**A122L25C** Lenox Theater Free  
Tu, Oct 21 6 - 8:30 p.m.

### OCT 28: FIST OF THE CONDOR (2021) CHILE

After the Inca Empire falls, a sacred manual of deadly combat is hidden. Centuries later, its guardian must fight elite assassins to keep the ancient secrets safe.

**A122L25D** Lenox Theater Free  
Tu, Oct 28 6 - 8:30 p.m.



## Monday Matinee

Join us at 2 p.m. for a Monday Matinee and Popcorn in the Lenox Little Theater! Movies are free for all!

### SEPT 8: MONA LISA SMILE (2003) PG-13

In 1953, a Wellesley art professor challenges her students to pursue careers over traditional roles, inspiring self-discovery and change.

Romance/Comedy 1h 57m

### OCT 13: DISTURBIA (2007) PG-13

A teenager confined at home suspects his neighbor of a crime and investigates.

Thriller/Mystery 1h 45m

### NOV 10: THE CURIOUS CASE OF BENJAMIN BUTTON (2008) PG-13

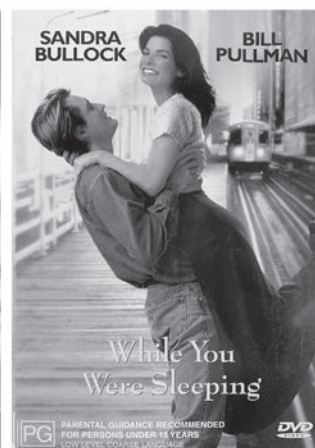
The Curious Case of Benjamin Button is a short story by F. Scott Fitzgerald about a man who ages backward, starting life old and growing younger.

Romance/Fantasy 2h 46m

### DEC 8: WHILE YOU WERE SLEEPING (1995) PG

Lucy, a ticket booth operator, is mistaken for a comatose man's fiancée and meets his brother, leading to romance.

Comedy/Romance 1h 43m



# MUSIC & DANCE



## **NEW** Easy Line Dances for All Occasions

Learn popular line dances like the Electric Slide, Cha Cha Slide, and Cupid Shuffle. No partner needed. *Instructor: Monica Mohn*

**A167A25** Aquila Gym  
\$25, Couple  
\$15, Person / \$9\*  
Tu, Sept 9 6 - 7 p.m.

## Thriller Line Dance

Learn a fun line dance version of "Thriller" to celebrate fall and Halloween. No partner needed. *Instructor: Monica Mohn*

**A168L25** Lenox Gym \$25, Couple / \$15, Person / \$9\*  
W, Oct 1 6 - 7 p.m.

## Ballroom Dancing

Join the crowd that loves to ballroom dance! Everyone is welcome. No partner necessary. Refreshments served. *No Ballroom Dance Nov. 27 & Dec. 25.* Lenox Gym \$9/\$6\* Every Thursday 1 - 3:30 p.m.

## Wedding Dance - It's not too late to look great!

Learn easy dance moves and tips for any occasion. Couples only. *Instructor: Monica Mohn*

**A162A25** Aquila Gym \$39, Couple / \$35\*  
Tu, Sept 9 7 - 9 p.m.

## Couples Dancing for 2-Left Feet

In this 2-hour workshop learn fun moves and simple tips to have you feeling comfortable and looking great for any occasion! Couples only please. *Instructor: Monica Mohn*

**A164L25** Lenox Gym \$39, Couple / \$35\*  
W, Oct 1 7 - 9 p.m.

## Ballroom Dance

Learn ballroom dance styles like the waltz, foxtrot, rumba, and tango. Couples only. *Instructor: Monica Mohn*

**A161A25** Aquila Gym \$59, Couple / \$55\*  
M, Nov 10 - 24 6 - 7 p.m.

## Swing Dance Workshop

Learn basic dance patterns like the Arch and Loop and build skills for a lifetime of dancing. Singles and couples welcome. *Instructor: Monica Mohn*

**A163A25** Aquila Gym \$29, Couple / \$19, Person / \$15\*  
M, Nov 17 7 - 9 p.m.

## Beyoncé's "Texas Hold'em" Line Dance

Dance to Beyoncé's new country hit with classic country moves. No partner needed. *Instructor: Monica Mohn*

**A160A25** Aquila Gym \$25, Couple / \$15, Person / \$9\*  
M, Nov 24 7 - 8 p.m.



## **NEW** Songwriting Boot Camp: Your Lyrics and Simple Songs

Create your own original song lyrics and melodies with an experienced music producer/creative songwriting coach. Appropriate for newbies and pros. *Instructor: Don Strong*

**A310L25A** Lenox Rm 110 \$85  
T, Sept. 9 - Oct. 14 6:30 - 7:30 p.m.  
**A310L25B** Lenox Rm. 109 \$85  
T, Oct. 21 - Nov. 25 6:30 - 7:30 p.m.

## **NEW** Instant Piano for Hopelessly Busy People

Learn to play piano chords. Fee includes an online book, follow-up lessons, class recording, and optional Q&A sessions. Ages 13+. *Instructor: Craig Coffman*

**A127W25** Online \$69/\$65\*  
Sa, Nov. 8 9 a.m. - 12 p.m.

## **NEW** Instant Guitar for Hopelessly Busy People

Learn basic guitar chords and start playing songs. Fee includes online book, lessons, recording, and Q&A. For ages 13+. *Instructor: Craig Coffman*

**A128W25** Online \$69/\$65\*  
Sa, Nov. 8 1 - 3:30 p.m.



## **NEW** Have fun with the Ukulele!

Learn tuning, strumming, basic chords, and play 10 easy two-chord songs. Bring a soprano, concert, or tenor ukulele. Includes take-home learning resources.

No experience needed. *Instructors: Donna Tilsner and Diane Lovich*

**A270L25** Lenox Rm 115 \$29/\$24\*  
Th, Oct. 16 10 a.m. - 12 p.m.

## The Joy of Singing - A Singer's Workshop

For those with some singing experience or who took "The Joy of Singing," this workshop builds vocal technique, performance skills, and confidence. Participate or observe. *Instructor: Sharon April Miller*

**A303L25** Lenox Rm 115 \$74  
W, Oct. 22 - Nov. 19 6 - 7:30 p.m.

# REGISTRATION

## REGISTRATION INFORMATION

ONLINE: [www.slpcommunityed.com](http://www.slpcommunityed.com)

BY MAIL: See addresses below.

### IN PERSON:

**Central Early Learning Center Office:** Door #3

6300 Walker Street, St. Louis Park, MN 55416

Monday - Friday: 8 a.m.-4 p.m.

**Lenox Community Center**

6715 Minnetonka Boulevard, St. Louis Park, MN 55426

Monday - Friday: 9 a.m.-4 p.m.

### BY PHONE

Adult & Seniors: 952-928-6444

Youth Enrichment: 952.928.6399

Aquatics/Birth-5: 952.928.6777

*Registrations are on a first-come, first-served basis.*

## Community Education Mission

The mission of St. Louis Park Community Education is to enhance the quality of life through lifelong learning and empowerment of people.

## Community Education Advisory Council

The advisory council makes recommendations about policies, programs, and budget for Community Education in St. Louis Park. The group is composed of a cross-section of the community. We welcome your input. Contact Director Patrice Howard at [howard.patrice@slp-schools.org](mailto:howard.patrice@slp-schools.org) to join.

## Refunds & Cancellations

You will be notified by email of any class changes or cancellations. To cancel your registration, contact us at least five business days before the class for a refund (minus a \$5 fee). Full refunds are given if the class is canceled by the site/program.

## Permission and Waiver

By participating in any class, event, or program through St. Louis Park Community Education, I hereby, for myself and my heirs, waive any and all rights and claims for damages I may have against ISD #283 or the City of St. Louis Park and its representatives, for any and all injuries from whatever cause suffered by my participation. In case of an emergency, the staff has my permission to use their judgement with regard to treatment, if applicable.

## Photo Consent

Unless you notify St. Louis Park Community Education in writing, photos taken within classes, programs, activities, and events may be included in SLP publications and website.



## Phone Numbers

Adult Enrichment	952-928-6444
Adult Options In Education	952-988-5343
Adults With Disabilities - Project Soar	952-401-6898
Aquatics	952-928-6777
Central Early Learning Center	952-928-6777
City Hall General Information	952-924-2500
Early Childhood Family Education (ECFE)	952-928-6785
Early Learning Programs	952-928-6774
English as a Second Language	952-988-5343
Emergency School Closing Hotline	952-928-6055
Facility Scheduling & Rentals	952-928-6443
Kids Place Child Care	952-928-6764
Lenox Community Center	952-928-6444
Parks and Recreation (City of SLP)	952-924-2540
School Board Message Line	952-928-6040
School District General Information Line	952-928-6000
St. Louis Park Community Band	952-933-1325
St. Louis Park Senior Program	952-928-6444
STEP	952-925-4899
Teens Alone 24 Hour Crisis Line	952-988-8336
Volunteer Program: SLP Public Schools	952-928-6445
Westwood Hills Nature Center	952-924-2544
Youth Enrichment	952-928-6399

## Discounts/Fee Assistance

UCARE members may qualify for reduced classes through Community Ed. Call the number on the back of your UCARE card to see if you qualify. St. Louis Park residents may be eligible for fee assistance. Additionally, limited scholarships are offered to students who qualify for educational benefits. For more information, please contact the program number provided.

Questions? Call one of the Community Education offices listed below.

### AQUATICS/BIRTH-5

Central Early Learning Center

6300 Walker St.

St. Louis Park, MN 55416

952.928.6777

### YOUTH ENRICHMENT

St. Louis Park Middle School

2025 Texas Ave. S.

St. Louis Park, MN 55426

952.928.6399

### ADULTS & SENIORS

Lenox Community Center

6715 Minnetonka Blvd.

St. Louis Park, MN 55426

952.928.6444

Here are just a few of the city's recreation programs for youth and adults. A full listing appears in the Parks and Recreation catalog mailed to all households.

The programs below are offered by the City of St. Louis Park. Visit [www.stlouisparkmn.gov/parks-rec](http://www.stlouisparkmn.gov/parks-rec) to register or call 952.924.2540 with questions. You cannot register for the programs on this page using the registration form in this booklet.

## RECREATION ACTIVITIES

### U.G.L.Y. Sweater Dash ALL AGES

Dig out last year's treasure, throw on the masterpiece you just created or simply enjoy the creativity of others. This 5K course loops through Louisiana Oaks Park and the lighted trees of Oak Hill Park. Advance registration required.

DAY	DATE+TIME
Su	Dec. 7, race begins at 5:30 p.m.

### Movies in the Park ALL AGES

Get your popcorn ready; free outdoor movie nights are back! Bring a blanket or chair and your own snacks.

DAYS	MOVIE	DATES+TIMES+LOCATION
Th	Inside Out 2	Aug. 28, 8 p.m., Ainsworth Park
F	Moana 2	Sept. 5, 7:30 p.m., Aquila Park
F	Sonic The Hedgehog 3	Sept. 12, 7:30 p.m., Browndale Park
F	Wicked	Sept. 19, 7:30 p.m., Wolfe Park
FEE	Free; no registration required	

### Indoor Skateboard Camps at 3rd Lair AGES 6+

Camps for the beginners to the boarding experts and everybody in between! The basics are taught and the instructors are experienced. Advance registration required.

DAYS	DATES+TIME
Varies	Oct., Nov. and Dec., dates vary, 9 a.m. – noon

### Mites Basketball GRADES K - 1

This program has emphasis on fundamentals such as dribbling, passing and shooting. Instructional scrimmages will be played. Advance registration required.

DAY	DATES+TIMES
Sa	Jan. 17 – Feb. 28, times vary

### Soccer Shots AGES 2 - 5

This recreation league provides participants the opportunity to play against other cities. Youth will learn good basketball skills, playing as a team and good sportsmanship. Advance registration required.

DAYS	DATES
Varies	Sept. 2 – Oct. 14

## WESTWOOD HILLS NATURE CENTER ACTIVITIES

### 44th Annual Halloween Party ALL AGES

Join us for this family-friendly fall tradition! Come in costumes and enjoy a variety of indoor and outdoor activities. Play carnival style games and trick-or-treat with friendly animal characters on Mother Nature's Trail. Round out the evening with a puppet show and refreshments. Advance registration is required.

DAYS	DATE+TIME
F or Sa	Oct. 17 or 18, 6:30 – 9 p.m.

### Monday Minnows and Tuesday Turtles AGES 4 - 5

Explore and discover the world outside while on naturalist-led hikes. Listen to nature stories, create crafts, play games and laugh with our famous puppets. Each class dives into a different nature topic. Advance registration required.

#### Monday Minnows

DAY	DATES+TIME
M	Sept., Oct., Nov. and Dec. classes, 1 – 3 p.m.

#### Tuesday Turtles

DAY	DATES+TIME
Tu	Sept., Oct., Nov. and Dec. classes, 1 – 3 p.m.

### Be the Light Winter Solstice Walk ALL AGES

Join us on the shortest day of the year to remember that many in our community aren't able to "see the light" because of struggles with mental health or difficult situations. Follow the luminary walk through the forest guided by visual messages from the community. Light a candle in honor of someone who struggles or struggled with mental health. Gather around a fire and create a luminary to take home. Advance registration required.

DAY	DATE+TIME
Su	Dec. 21, 6 – 8:30 p.m.

### Winter Break Camps GRADES 1 - 5 (DROP OFF CAMP)

Experience indoor and outdoor winter break activities. Each camp will have a different topic. Choose one or all of the camps to complement your winter break. Advance registration required.

DAYS	DATES+TIME
M - W	Dec. 29 – 31, 9 a.m. – 2:30 p.m.



## ELEMENTARY AFTER SCHOOL CLASSES

### Grandmasters of Chess

**Gr. 1-5** Students are taught different chess concepts and coached to implement those concepts into their chess games. *Instructor: Youth Enrichment League*

<b>Y401PSI</b>	(No Class Oct. 17, Nov. 28 & Dec. 5)	
F, Oct. 3-Dec. 12	2:15-3:15 p.m.	
PSI Rm TBD	8 Sessions	\$139
<b>Y402PSI</b>	(No Class Oct. 16 and Nov. 27)	
Th, Oct. 9-Dec. 11	2:15-3:15 p.m.	
PSI Rm TBD	8 Sessions	\$139
<b>Y401SL</b>	(No Class Nov. 3)	
M, Oct. 20-Dec. 15	2:15-3:15 p.m.	
SL Rm 116	8 Sessions	\$139
<b>Y401PH</b>		
Tu, Oct. 21-Dec. 9	2:15-3:15 p.m.	
PSI Rm TBD	8 Sessions	\$139
<b>Y401AQ</b>	(No Class Nov. 26)	
W, Oct. 22-Dec. 17	2:15-3:15 p.m.	
AQ Rm TBD	8 Sessions	\$139

### Skyhawks Basketball

**Ages 5-10** Students will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and scrimmages. *Instructor: Skyhawks*

<b>Y200AQ</b>	(No Class Oct. 2 and Oct. 16)	
Th, Sep. 11-Oct. 30	2:15-3:15 p.m.	
AQ Gym	6 Sessions	\$119
<b>Y200PH</b>		
M, Sep. 15-Oct. 20	2:15-3:15 p.m.	
PH Blacktop	6 Sessions	\$119
<b>Y200PSI</b>	(No Class Oct. 15)	
W, Sep. 17-Oct. 29	2:15-3:15 p.m.	
PSI Gym	6 Sessions	\$119
<b>Y200SL</b>		
Tu, Sep. 23-Oct. 28	2:15-3:15 p.m.	
SL Gym	6 Sessions	\$119

### Tabletop Game Club

**Gr. 2-5** Learn and play multiplayer board games that build problem-solving, reasoning, and independent thinking skills! Try fun strategy, card, and matching games like Settlers of Catan, Life, and Spot It. *Instructor: CSGA Enrichment.*(No Class Nov. 3, Nov. 26, Nov. 27)

<b>Y344PH</b>	Mondays	<b>Oct. 27-Dec. 15</b>	2:15-3:15 p.m.
PH Rm TBD	7 Sessions		\$90
<b>Y344PSI</b>	Wednesdays	<b>Oct. 29-Dec. 17</b>	2:15-3:15 p.m.
PSI Rm TBD	7 Sessions		\$90
<b>Y344AQ</b>	Thursdays	<b>Oct. 30-Dec. 18</b>	2:15-3:15 p.m.
AQ Rm TBD	7 Sessions		\$90
<b>Y344SL</b>	Tuesdays	<b>Nov. 4-Dec. 16</b>	2:15-3:15 p.m.
SL Rm 116	7 Sessions		\$90



### TGA Golf

**7-11** Our experienced instructors not only teach golf fundamentals like full swing, chipping, and putting but also specialize in working with kids to build confidence. *Instructor: TGA.* (No Class Oct. 1 & 2 and Oct. 15 & 16)

<b>Y368PSI</b>	Mondays	<b>Sep. 15-Oct. 13</b>	2:15-3:15 p.m.
PSI Gym and Field		5 Sessions	\$159
<b>Y368AQ</b>	Tuesdays	<b>Sep. 16-Oct. 14</b>	2:15-3:15 p.m.
AQ Gym and Field		5 Sessions	\$159
<b>Y368SL</b>	Wednesdays	<b>Sep. 17-Oct. 29</b>	2:15-3:15 p.m.
SL Gym and Field		5 Sessions	\$159
<b>Y368PH</b>	Thursdays	<b>Sep. 18-Oct. 30</b>	2:15-3:15 p.m.
PH Gym and Field		5 Sessions	\$159

## NON-SCHOOL DAY PROGRAMS

### Multi-Sport Camp: School Release Day (Flag Football, Soccer, & Basketball)

**Ages 6-12** The essentials of flag football, soccer, and basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun! *Instructor: Skyhawks*

<b>Y35</b>	Thursday, Oct. 2	9 a.m.-12 p.m.	MS Field House 1	1 Session	\$39
<b>Y36</b>	Monday, Nov. 3	9 a.m.-3:30 p.m.	MS Field House 1	1 Session	\$75





### Drawliday Art Class

**Gr. K-5** They'll master facial expressions and imaginative storytelling, boosting their confidence and artistic talent. From holiday inspiration to everyday fun, there's so much to discover! *Instructor: Young Rembrandts*

**Y301PSI** (No Class Nov. 26)

W, Nov. 12-Dec. 17 2:15-3:45 p.m.

PSI Rm TBD 5 Sessions \$119

**Y301SL** (No Class Nov. 27)

Th, Nov. 13-Dec. 18 2:15-3:45 p.m.

SL Rm 116 5 Sessions \$119

**Y301AQ**

M, Nov. 17-Dec. 15 2:15-3:45 p.m.

AQ Rm TBD 5 Sessions \$119

**Y301PH**

Tu, Nov. 18-Dec. 16 2:15-3:45 p.m.

PH Rm TBD 5 Sessions \$119

### Spark Studio Drawing Class

**Gr. K-5** Fall-themed illustrations will introduce them to warm and cool color theory. From visualizing sounds to drawing dynamic emotions, your child will expand their artistic toolkit while having a laugh with their cartoons. *Instructor: Young Rembrandts*

**Y300SL** (No Class Oct. 2, Oct. 16)

Th, Sep. 25-Nov. 6 2:15-3:45 p.m.

SL Rm 116 5 Sessions \$119

**Y300PSI** (No Class Oct. 15)

W, Oct. 1-Nov. 5 2:15-3:45 p.m.

PSI Rm TBD 5 Sessions \$119

**Y300AQ** (No Class Nov. 3)

M, Oct. 6-Nov. 10 2:15-3:45 p.m.

AQ Rm TBD 5 Sessions \$119

**Y300PH**

Tu, Oct. 14-Nov. 11 2:15-3:45 p.m.

PH Rm TBD 5 Sessions \$119



### Fun with Resin, Polymer Clay & More

**Ages 5-12** Learn about resin art as you make charms and necklaces, shape polymer clay masterpieces, and experience the art of candle making. *Instructor: Kidcreate Studio*

**Y379AQ**

M, Sep. 15-Oct. 6 2:15-3:15 p.m.

AQ Rm TBD 4 Sessions \$99

**Y379PSI**

Tu, Sep. 16-Oct. 7 2:15-3:15 p.m.

PSI Rm TBD 4 Sessions \$99

**Y379SL**

W, Sep. 17-Oct. 8 2:15-3:15 p.m.

SL Rm 116 4 Sessions \$99

**Y379PH** (No Class Oct. 2 and Oct. 16)

Th, Sep. 18-Oct. 23 2:15-3:15 p.m.

PH Rm TBD 4 Sessions \$99



### Mystery Theatre

**Gr. K-2** Get out your magnifying glasses and search for the clues that will help you create a mysterious and fun play! *Instructor: Graceful Monsters ETC*

**Y800PSI** (No Class Nov. 3)

M, Oct. 20-Dec. 1 2:15-3:15 p.m.

PSI Rm TBD 6 Sessions \$125

**Y800SL**

Tu, Oct. 21-Nov. 25 2:15-3:15 p.m.

SL Rm TBD 6 Sessions \$125

**Y800PH** (No Class Nov. 26)

W, Oct. 22-Dec. 3 2:15-3:15 p.m.

PH Rm TBD 6 Sessions \$125

**Y800AQ** (No Class Nov. 28 and Dec. 5)

F, Oct. 24-Dec. 12 2:15-3:15 p.m.

AQ Rm TBD 6 Sessions \$125



## MIDDLE SCHOOL STUDENTS

### JHN DANCE Hip Hop Residency Program

The purpose of the JHN DANCE Residency Program is to allow future dancers the accessibility and training of professional dance at an affordable price through introductory fundamentals that improve discipline, confidence and leadership skills. *Instructor: JHN DANCE*

**Y400**

T, Nov. 4-Dec. 16 MS Activity Area

4-5:15 p.m. 7 Sessions \$99

## MIDDLE SCHOOL CLASSES



### Party Planning 101

Every session you'll learn about the important parts of planning a party like decorating, invitations and saving money. Our program ends with a party planned by you and your classmates! *Instructor: CSGA Enrichment.* (No Class Oct. 15 & Nov. 26)

**Y201** MS LMC 2 6 Sessions \$95  
W, Sep. 17-Oct. 29 4-5:15 p.m.

**Y202** MS LMC 2 6 Sessions \$95  
W, Nov. 5-Dec. 17 4-5:15 p.m.

### Strategy Game Buffet

Discover the world of strategy games through deck-building, worker placement, and cooperative play. Try favorites like Settlers of Catan, Machi Koro, Dungeons & Dragons, and more! *Instructor: CSGA Enrichment.* (No Class Oct. 2, 16, & Nov. 27)

**Y401** MS LMC 2 5 Sessions \$80  
Th, Sep. 18-Oct. 30 4-5:15 p.m.

**Y402** MS LMC 2 6 Sessions \$95  
Th, Nov. 6-Dec. 18 4-5:15 p.m.

# JOIN THE CLUB!

## MIDDLE SCHOOL

### CHESS CLUB

Our Chess Team's focus is on developing competitor's chess skills, knowledge, analytical abilities and intellectual strength through lessons, puzzles and perfect practice. *Instructor: Youth Enrichment League.* (No Class Nov. 3).

**Y303** MS LMC 1 8 Sessions  
M, Oct. 13-Dec. 8 4-5 p.m. \$145

### NEWSPAPER CLUB

Enjoy writing, illustrating, interviewing, photographing, graphic designing, or editing? Join the student-led Middle School Newspaper Club where your student can fill all the above roles and create a Middle School Newspaper!

**Y10** MS LMC 1 30 Sessions  
Th, Sep. 25-May 28 4-5:15 p.m.  
\$20/\$30/\$40/\$50

### GAMING CLUB

From an old school gaming system (NES) to time and space to play D&D with your friends, spend after school socializing and gaming.

**Y76** MS Cafeteria 11 Sessions  
T, Oct. 7-Dec. 16 4-5:15 p.m.  
\$20/\$30/\$40/\$50

### MICRO C CLUB (LED/OLED GAMES)

In this Microcontroller Course, students will program and play their own exciting microprocessor based LED/OLED games such as: Yes/No Game, 1D Pong Game, Memory Game, and more. Students will get to keep their Micro C Controller Class Kit! *Instructor: Todd Andersen* (No Class Nov. 26)

**Y88** MS Media Center 4 Sessions  
W, Nov. 5-Dec. 3 4-5:15 p.m.  
\$10/\$20/\$30/\$40/\$50

### MICRO C CLUB (RASPBERRY PI)

Raspberry Pi Microcontroller Course is an introductory microcontroller course, for the C programming language, by use of Arduino software and Raspberry Pi hardware. Students will get to keep their Micro C Controller Class Kit! *Instructor: Todd Andersen.* (No Class Oct. 15)

**Y89** MS Media Center 4 Sessions  
W, Oct. 1-29 4-5:15 p.m.  
\$10/\$20/\$30/\$40/\$50

## EVENING & WEEKEND PROGRAMS

### Donuts for Days

**Gr. K-5** We will be preparing two different health(ier) versions of donuts your kids will be sure to devour! All supplies are included.

\*Please note: cashew butter and almond flour are used in this class\*

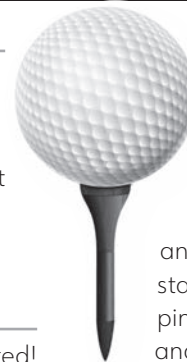
On the Menu: Apple Fruit "Donuts" / No-Bake Snickerdoodle / Donut Holes *Instructor: Jackie Mart*

**Y250** Lenox Cafeteria and Kitchen 1 Session Th, Sep. 25 6-7 p.m. \$35

### Edible Cookie Dough

**Gr. K-5** In this class, we will be mixing up two different recipes to try. No baking required! All supplies are included. \*Please note: cashew butter and almond flour are used in this class\* On the Menu: Brownie Batter / FunFetti / Sugar Cookie *Instructor: Jackie Mart*

**Y251** W, Oct. 22 6-7 p.m. Lenox Cafeteria and Kitchen 1 Session \$35



### TGA Little Golfers

**Ages 4-6** Built just for young players, with a low 6:1 student-to-coach ratio. Our trained coaches make learning golf exciting with games and activities that teach grip, stance, swing, putting, and chipping. We provide all equipment, and no experience is needed. *Instructor: TGA Sports*

**Y782** MS Field \$159  
Tu, Sep. 9-Oct. 7 6-6:45 p.m.  
5 Sessions

## EVENING & WEEKEND PROGRAMS



### Fencing (Grades 2-8)

Learn new skills each class, practice those skills in kid-friendly fencing games. We encourage students to use those skills in fencing bouts (matches). All equipment provided. *Instructor: Youth Enrichment League. (No Class Nov. 3)*

**Y255** MS Field House 1 Lower/Gym 8 Sessions  
M, Oct. 13-Dec. 8 6-7 p.m. \$139

### Youth Matsubayashi Shorin-Ryu Karate (Ages 5-16)

Get introduced to Matsubayashi Shorin-Ryu Karate techniques and practices including: stances, strikes, and blocks. We will also learn grabs (tuite) and kata. Parents/guardians are welcome to stay for the class! *Instructor: Dennis Williams. (No Class Oct. 2, Oct. 16 & Nov. 27)*

**Y32** Central Cafeteria 27 Sessions  
Tu/Th, Sep. 9-Dec. 18 4:30-5:30 p.m. \$39

### Zumba Kids: Move, Groove & Dance (Ages 4-10)

It is a dance fitness class just like mom's, but with age-appropriate music & moves! These classes will have an emphasis on "feeling fearless on the dance floor." *Instructor: Nicole Berthiaume. (No Class Oct. 15)*

**Y47** PH Gym and Stage 10 Sessions  
W, Sep. 10-Nov. 19 6-6:45 p.m. \$96



### BLIZZARD SKI & SNOWBOARD SCHOOL

Experience the ultimate in skiing, snowboarding and racing instruction from beginners to experts! You provide your own food and gear. We provide the instruction and FUN!

Saturdays – Dec 6, 13, 20; Jan 10, 17, 24, 31; and Feb 7, 14, 21, 28  
and Sundays – Dec 7, 14, 21; Jan 11, 18, 25; Feb 1, 8, 15, 22; and March 1

Bus pick-up locations: St. Louis Park, Edina, and Golden Valley, 8:00am – 5:30pm (approx).

Program Fee: \$325-\$700 depending on program selection  
Trip Fee: \$98 for transportation and lift ticket each week you attend. Register: [www.blizzardmn.com](http://www.blizzardmn.com) Enter Code: SLP25

## HIGH SCHOOL

### Driver's Education with A+ Driving School

A+ Driving School is a local Minnesota company dedicated to helping students become responsible drivers. Our students not only learn the rules of the road, but they become courteous and safe drivers through our professional classroom teaching and industry-leading behind-the-wheel instruction. *Instructor: A+ Driving School. (No Class Oct. 15 and Oct. 16)*

#### In-person classes: HS Rm B-135

<b>Y651</b>	M/T/W/Th, Sep. 15-30	3:30-6:30 p.m.
	10 Sessions	\$425/\$240
<b>Y652</b>	M/T/W/Th, Oct. 6-23	3:30-6:30 p.m.
	10 Sessions	\$425/\$240
<b>Y653</b>	M/T/W/Th, Nov. 3-18	3:30-6:30 p.m.
	10 Sessions	\$425/\$240
<b>Y654</b>	M/T/W/Th, Dec. 1-16	3:30-6:30 p.m.
	10 Sessions	\$425/\$240

#### Zoom Classes: Online

<b>Y640</b>	M/T/W/Th, Sep. 15-30	4-7 p.m.
	10 Sessions	\$425/\$240
<b>Y642</b>	M/T/W/Th, Nov. 3-18	4-7 p.m.
	10 Sessions	\$425/\$240
<b>Y643</b>	M/T/W/Th, Dec. 1-16	4-7 p.m.
	10 Sessions	\$425/\$240

### ACT Prep Course

The ACT Prep Course includes diagnostic testing, instruction in time management, overcoming test anxiety, science reasoning, English strategies and review, essay writing, reading comprehension, and math strategies and review. *Instructor: Advantage Prep. (No Class Nov. 3 and Nov. 24)*



<b>Y202ACT</b>	M, Sep. 22-Oct. 13	6-9 p.m.
	MS LMC 1 4 Sessions	\$180
<b>Y304ACT</b>	Mondays Oct. 27-Dec. 1	6-9 p.m.
	MS LMC 1 4 Sessions	\$180
<b>Y341ACT</b>	Saturdays Nov. 1-22	9 a.m.-12 p.m.
	MS LMC 1 4 Sessions	\$180

### Self-Paced Online ACT Prep Class

The course includes diagnostic testing, strategic instruction, and applied testing to all areas covered on the ACT. This is an excellent alternative for any student unable to attend in-school class or for students who prefer to prepare for the ACT exam on their own and at their desired pace. *Instructor: Advantage Prep*

**Y777** \$80

# UNIFIED WORKSHOPS & CLASSES

St. Louis Park Youth Enrichment "Unified" workshops and classes unite students of all abilities to explore arts, STEM, and movement activities together while fostering inclusion, empathy, and leadership through fun, shared experiences. Classes are primarily designed for our students with disabilities and students with special needs



## UNIFIED CHILDREN'S COOKING CLASS - GO BANANAS

**Gr. K-5.** This yellow fruit is a staple in most homes as a quick breakfast or snack option, but we will be using it in two ways your kids will love! All supplies are included. \*Please note: this class will be using nut-free ingredients.

*Instructor: Jackie Mart*

**Y252** Lenox Cafeteria and Kitchen 1 Session  
 Tu, Nov. 18 6-7 p.m. \$35

## UNIFIED ZUMBA KIDS WORKSHOP

**Ages 7-13** Join us for a fun, upbeat dance fitness class designed to get you moving and grooving – perfect for all abilities, including those with disabilities or mobility challenges! *Instructor: Nicole Berthiaume*

**Y501** MS Field House 2 Upper/Gym 1 Session  
 Sa, Sep. 13 10-10:45 a.m. \$20

**Y502** MS Field House 2 Upper/Gym 1 Session  
 Sa, Oct. 11 10-10:45 a.m. \$20

**Y503** MS Field House 2 1 Session  
 Sa, Nov. 8 10-10:45 a.m. \$20

## UNIFIED DRAWING WORKSHOP "ADVANCED EMOJI COLLAGE"

**Ages 11-17** This unified class showcases a variety of colorful emojis and whimsical elements, all rendered with bold outlines and vibrant colors, creating a fun and engaging scene. *Instructor: Giordano Fontana.*

**Y33** Middle School - LMC Media Center  
 Sa, Nov. 22 10-11:30 a.m. Free



## UNIFIED DRAWING WORKSHOP "DINOLAND"

**Ages 11-17** We'll draw dinosaurs with exaggerated features and funny expressions, creating our own cartoon scenes. *Instructor: Giordano Fontana*

**Y30** Middle School - LMC Media Center  
 Sa, Oct. 25 10-11:30 a.m.  
 Free



## UNIFIED INTRO TO THEATRE WORKSHOP

**Gr. K-5** Dive into theatre basics and explore beyond with a focus on what YOU love most! *Instructor: Graceful Monsters ETC*

**Y60** MS Performing Arts Center 1 Session  
 Sa, Sep. 27 10-11 a.m. \$20



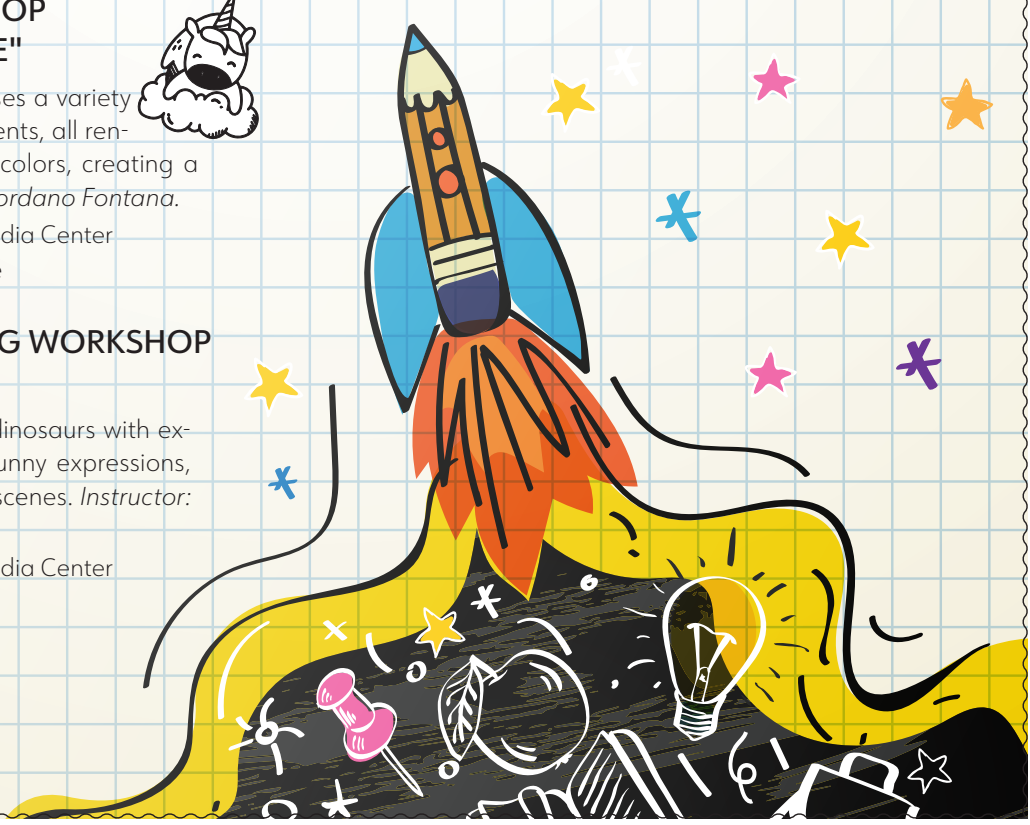
## YES, AND! IMPROV UNIFIED THEATRE WORKSHOP

**Ages 9-12** Young artists will explore new games, build confidence, and grow their performance skills through teamwork and creativity. They'll experiment with fun characters, make bold choices, and create unforgettable moments on stage. .

**Y61** MS Performing Arts Center 1 Session  
 Sa, Oct. 25 10-11 a.m. \$20

**K-5** Young artists will explore new games, build confidence, and grow their performance skills through teamwork and creativity. They'll experiment with fun characters, make bold choices, and create unforgettable moments on stage. *Instructor: Graceful Monsters ETC*

**Y62** MS Performing Arts Center  
 Sa, Nov. 22 10-11 a.m. 1 Session \$20



# EARLY CHILDHOOD FAMILY EDUCATION



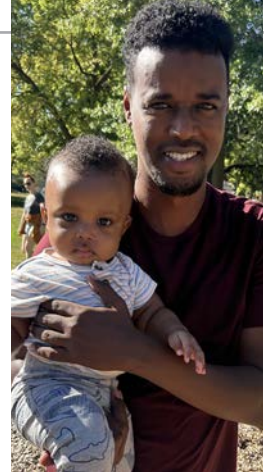
Early Childhood Family Education (ECFE) classes are designed to strengthen and empower families. Early Childhood teachers help children develop their cognitive, physical, language, and social skills through a variety of engaging learning activities. Licensed Parent Educators provide support and facilitate discussion on a variety of topics such as discipline, sleep, nutrition, child development, and more. We offer ECFE classes for children from birth to age five.

**ECFE classes offer** engaging hands-on activities for parents and children to learn together

- ⚙️ Circle time with songs
- ⚙️ Opportunities for children to interact with one another
- ⚙️ Parent/caregiver discussion time.

## Early Childhood Screening

If your child is 3, it's time to make a screening appointment! The state of Minnesota requires all children to be screened before entering kindergarten. Screening between the ages of 3 and 4 years old provides the best opportunity for any health and developmental concerns to be found early. Screening includes a vision, hearing, and developmental assessment, as well as an opportunity to discuss any circumstances that you feel may affect your child's learning readiness.



No family will be turned away due to inability to pay for an ECFE class. Sarah Young Reuben at 952-928-6785 or [young.sarah@slpschools.org](mailto:young.sarah@slpschools.org) for details.

## Contact a Parent Educator

We are pleased to offer one-to-one phone calls and individual home visits tailored to your family's needs with a licensed Parent Educator. To connect with a Parent Educator, please contact Cathy Dickinson at 952-928-6736 or [dickinson.catherine@slpschools.org](mailto:dickinson.catherine@slpschools.org).

## Concerned About Your Child's Development?

If your child is not yet enrolled in school and you have concerns about his/her development or learning, you are encouraged to consult with our Assistant Director of Student Services, Tiffany Harris, at 952.928.6743 or [harris.tiffany@slpschools.org](mailto:harris.tiffany@slpschools.org). To access additional information about child development or make a referral, visit the Minnesota Help Me Grow Website.



## 2025 ECFE

Online Registration  
[slpcommunityed.com/early-learning/early-childhood-screening](http://slpcommunityed.com/early-learning/early-childhood-screening)

Contact Adri Melander at [melander.adri@slpschools.org](mailto:melander.adri@slpschools.org) or call 952-928-6726.



## LET'S DANCE

Ages 3 - 6 years old.



## LET'S SWIM



## MINI ME SPORTS

Ages 33 months to 5 years.

# ECFE FALL 2025



CLASS	Class #	Age	Day(s)	Dates	Time	Price	Description
ECFE at Westwood Hills Nature Center	<b>F2501</b>	2.5-5 yrs.	W	9/10 - 12/17	10-11 a.m.	\$285	Explore nature with your child at Westwood Nature Center! Classes include indoor and outdoor activities (weather permitting) and a visit with the center's naturalist. This non-separating class offers hands-on learning and time outdoors for the whole family.
ECFE at Westwood Hills Nature Center	<b>F2502</b>	2.5-5 yrs.	Th	9/18 - 10/9	3:30-4:30 p.m.	\$90	
Amazing Infants ☆	<b>F2503</b>	0-12 mo.	Th	9/11 - 12/18	8:45-10 a.m.	\$225	Connect with your baby through activities, songs, and parent discussion. Parents and babies stay together during class, even if your baby sleeps. Meet other families with infants the same age.
Amazing Infants ☆	<b>F2504</b>	0-12 mo.	Th	9/11 - 12/18	10:15-11:30 a.m.	\$225	
Stay and Play	<b>F2505</b>	0-4 yrs.	Th	9/11 - 12/18	2-4 a.m.	\$36	Morning and afternoon options available. Drop in anytime for open play. Activities, songs, and early learning information provided by our teachers. Families stay together for the duration.
Stay and Play	<b>F2506</b>	0-4 yrs.	F	9/12 - 12/19	8:45-10:45 a.m.	\$36	
Latino ECFE	<b>F2507</b>	0-5 yrs.	Tu	9/9 - 12/16	12:30-2 p.m.	FREE	¡Ven y únete a nosotros para divertirse! ¡Usted y sus hijos disfrutarán de actividades creativas, cantarán canciones, jugarán con juguetes, explorarán nuevas formas de arte y más! ¡Separación gradual con temas para padres como desarrollo, alfabetización y más!
EVENING Run, Jump & Play	<b>F2508</b>	1-3 yrs.	Th	11/6 - 12/18	5-6 p.m.	\$80	Indoor movement and play during the winter. Includes dancing, singing, art, and gross motor activities. Families participate together.
Terrific Twos and Threes	<b>F2509</b>	20-32 mo.	M	9/8 - 12/15	8:45-10:45 a.m.	\$225	
Terrific Twos and Threes	<b>F2510</b>	24-36 mo.	Tue	9/9 - 12/16	8:45-10:45 a.m.	\$225	Explore art, songs, and learning activities together. Children then stay with a licensed teacher while parents join a discussion led by a parent educator. Separation is gradual to build comfort and trust.
Terrific Twos and Threes ☆	<b>F2511</b>	24 - 36 mo.	W	9/10 - 12/17	8:45-10:45 a.m.	\$225	
Terrific Twos and Threes ☆	<b>F2512</b>	24-48 mo.	Th	9/11 - 12/18	8:45-10:45 a.m.	\$225	
Terrific Twos and Threes ☆	<b>F2513</b>	24-48 mo.	F	9/12 - 12/19	8:45-10:45 a.m.	\$225	
Sing, Play, Move! (SIB CARE AVAILABLE)	<b>F2514</b>	12-24 mo.	Th	10/23 - 12/18	8:45-9:30 a.m.	\$80	Join us for a fun, non-separating class filled with music, movement, and play. Explore rhythm, tempo, and coordination together as a family.
Sing, Play, Move! ☆	<b>F2515</b>	12-48 mo.	Th	10/23 - 12/18	10-10:45 a.m.	\$80	
Wonderful Ones	<b>F2516</b>	12-24 mo.	Tu	9/9 - 12/16	8:45-10 a.m.	\$225	
Wonderful Ones ☆	<b>F2517</b>	10-24 mo.	W	9/10 - 12/17	8:45-10 a.m.	\$225	Enjoy a playful environment with art, music, and parent discussion. Parents and toddlers stay together while connecting with other families.
Wonderful Ones ☆	<b>F2518</b>	12-30 mo.	W	9/10 - 12/17	10:15 - 11:30 a.m.	\$225	
You, Me and Baby Make Three!	<b>F2520</b>	Infant Max: 14 mo. Toddler: Max: 40 mo.	M	9/8 - 12/15	10:15-11:30 a.m.	\$225	A non-separating class for families with a toddler and an infant. Enjoy play, music, and connection while caregivers explore topics like development, sibling dynamics, and self-care with a licensed parent educator. When registering in Eleyo, sign up under your oldest child and add infant and adult as additional participants.
Babies & Books - Literacy Event - Collaboration with HUG	<b>F2521</b>	0-36 mo.	M	10/27	1 - 2 p.m.	FREE	Join HUG and St. Louis Park ECFE for songs, connection, and tips on supporting your baby's early literacy.
☆ Sibling Care		4-48 mo.	Tu, W, Th		8:40-10:50 a.m.	30\$ per child	Sibling care is available for children of those enrolled in ECFE classes. Infants may stay with you in a carrier or stroller (space permitting), but should be enrolled in sibling care once mobile.



# EARLY LEARNING PRESCHOOL

Early Learning half-day preschool classes are taught by professional, highly qualified teachers. Our robust curriculum and assessment includes the research-based **Big Day for Pre-K**, **Seeds of Literacy**, **Bridges in Mathematics**, **TS GOLD**, and the **Second Step** social-emotional learning program. As part of the St. Louis Park Schools, our Early Learning Preschool classes offer the city's youngest learners a chance to learn with future elementary school classmates! Use the QR below code to learn more about our preschool programming.

## How do I register my child for the right class?

- Find your child's age as of September 1, 2025
- Choose the class schedule that works best for your family.
- Register online: [slpcommunityed.com/early-learning/early-learning-preschool/](http://slpcommunityed.com/early-learning/early-learning-preschool/).
- Register in person at 6300 Walker Street, St. Louis Park, MN 55416 - Door 3.
- There is a \$75 non-refundable registration fee required to enroll. Fees support the Early Learning Preschool programs. **Fee is waived for families who qualify for tuition assistance.**
- Monthly payment is required.
- Families must submit an up to date immunization form or a notarized immunization exemption form before a child can begin school.
- Contact Sarah Young Reuben at [reuben.sarah@slpschools.org](mailto:reuben.sarah@slpschools.org) or 952-928-6785 with questions.



## EARLY LEARNING PRESCHOOL 2025-2026

The St. Louis Park Early Learning Preschool program offers flexible half-day preschool options for children ages 33 mos. - 5 years old. Classes begin the week of September 8, 2025 and end on June 5, 2026. Tuition assistance is available.

### 3's Preschool Class Schedules \* 33 months to 4 years

Children must be 33 mos. old by September 1, 2025 to register for a 3's class.

DAY	DAYS A WEEK	TIME	MONTHLY FEE	CLASS
M/W/F	3	8:45-11:15 a.m.	\$295	EL3-1
T/Th	2	8:45-11:15 a.m.	\$220	EL3-2
M-Th	4	8:30-11 a.m.	\$370	EL3-5
T/W/Th	3	8:30-11 a.m.	\$295	EL3-7
M-Th	4	12:30-3 p.m.	\$370	EL3-10
M/W	2	12:30-3 p.m.	\$220	EL3-11
T/Th	2	12:30-3 p.m.	\$220	EL3-12

### 4's Preschool Class Schedules \* 48 months to 5 years

Children must be 4 years old by September 1, 2025 to register for a 4's class.

DAY	DAYS A WEEK	TIME	MONTHLY FEE	CLASS
M-Th	4	8:30-11 a.m.	\$370	EL 4-1
M-F	5	8:30-11 a.m.	\$455	EL4-3
M-W	3	8:30-11 a.m.	\$295	EL4-5
M-Th	4	12:30-3 p.m.	\$370	EL4-10

**REGISTRATION IS OPEN FOR THE 2025-2026 SCHOOL YEAR!**

## A typical day in our preschool program class includes:

- Open play and choice time
- Large group circle time
- Small group instruction
- Art, music, and dramatic play
- Literacy, math, and science concepts woven into activities related to the weekly theme
- Gym and playground large motor play
- Snack

## Early Learning Preschool Tuition Assistance

Tuition assistance and scholarships are available to St. Louis Park residents based on an income-based sliding fee scale. Proof of income is required to qualify for assistance. Call 952-928-6785 or email [earlylearning@slp-schools.org](mailto:earlylearning@slp-schools.org) for more information or to request a tuition assistance form.

Household Size	Annual Family Income (95% Discount)	Annual Family Income (70% Discount)
2	\$27,495	\$29,128
3	\$34,645	\$49,303
4	\$41,795	\$59,478
5	\$48,945	\$69,653
6	\$56,095	\$79,828
:	Each additional family member	
	\$6,694	\$9,953

EARLY LEARNING CORE VALUES

WE WELCOME EACH OTHER

WE CARE FOR EACH OTHER

WE STAND UP FOR EACH OTHER

WE PROTECT EACH OTHER

# KIDS PLACE BEFORE & AFTER SCHOOL CARE



Before and after school care available at your child's school.

- Full-day child care on non-school days.
- Balanced schedule includes structured enrichment activities as well as supervised play time for children to explore their own interests.
- Focus on building friendships.
- After-school snack included.

## K-5 DAILY RATES 2025/2026

2-5 DAYS A WEEK (2 DAY MINIMUM)

	2 -5 Days a Week	
Before School Care	7 - 7:45 am	\$9.50 per day
After School Care	2:15 - 6 p.m.	\$26.25 per day
Non-School Days	\$62.80 per day by the registration deadline + \$10 per day AFTER registration deadline	

**Non-school day registration**  
for 2025-2026 school year opens  
September 1, 2025

### CONTACT US

Kids Place Office  
Central Early Learning Center  
6300 Walker Street  
St. Louis Park, MN 55416  
(952) 928-6764  
kidsplace@slpschools.org  
slpcommunityed.com/kids-place

### PROGRAM HOURS

Open: 7 am - 6 p.m.  
Monday - Friday, Year round

### STAFF

SLP Schools employees certified in CPR and First Aid.

### KIDS PLACE LOCATIONS

Aquila Elementary  
Park Spanish Immersion Elementary  
Peter Hobart Elementary  
Susan Lindgren Elementary

Scan this code to make a difference in a child's life.



## Kids Place is Hiring!



**School Age Child Care Educators & Kids Place Substitute Educators**

**Flexible schedules!**

**Apply online!**

Scan the QR code above or visit [www.slpschools.org/employment](http://www.slpschools.org/employment)



**Before & After School Care Registration for 2025/2026 is closed**

To be added to the waitlist email:

[johnson.terri@slpschools.org](mailto:johnson.terri@slpschools.org)

# KIDS PLACE PRESCHOOLERS

Kids Place provides exceptional childcare options for working families. As part of St. Louis Park Public Schools we share the districts mission to provide children with a safe, nurturing environment that energizes and enhances the spirit.

- High quality, full-day preschool program with extended hours to accommodate the needs of working parents.
- Ages 33 months- 5 years.
- Mon-Fri, 7 a.m.-6 p.m. year-round.
- Proven effective kindergarten readiness curriculum provides instruction through play in all learning domains:
  - social emotional development
  - oral language and vocabulary
  - emergent reading & writing
  - mathematics
  - science
  - social studies
  - fine arts and music
  - physical development



**Contact**  
 (952) 928-6764  
[kidsplace@slpschools.org](mailto:kidsplace@slpschools.org)

**LOCATION**  
 Central Early Learning Center  
 6300 Walker Street  
 St. Louis Park, MN 55416

**ENROLLMENT**  
 Applications are accepted all year round. Initial enrollment is approved on a space available basis.

## PRE-K DAILY RATES 2025/2026

Number of Days per Week	Time	Cost/Day
5 days a week	7 am - 6 p.m.	\$69.50
2 - 4 days/week	7 am - 6 p.m.	\$76.50





# St. Louis Park Community Education

St. Louis Park  
Independent School District 283  
6300 Walker Street  
St. Louis Park, MN 55426

Website: [slpcommunityed.com](http://slpcommunityed.com)

Facebook: [@slpcommunityed](https://www.facebook.com/slpcommunityed)

Nonprofit Org.  
U.S. Postage  
PAID  
Permit 1113  
Twin Cities, MN

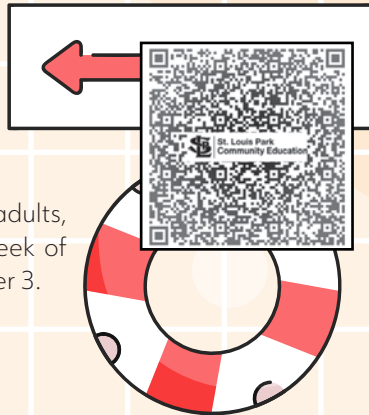
## Residential Customer

\*\*\*ECRWSS\*\*\*

### SWIM LESSONS WITH ST. LOUIS PARK COMMUNITY EDUCATION!

Year-round classes are available for all ages, from infants to adults, as well as open and lap swim. Fall Session 1 begins the week of September 8, and Fall Session 2 begins the week of November 3.

**Registration for both opens online on August 1.**



### WHAT CLASS IS BEST FOR MY CHILD OR MYSELF?

**PARENT/CHILD CLASS**  
(6 months - 3.5 years)  
Parents join in the water while we sing blow bubbles and kick

**SWIM SCHOOL 1B - 6**  
(6+ and 42" tall at the chin)  
Divided by ability. Learn to float and swim across the pool, both front and back.

**OPEN LAP SWIM**  
11:30 a.m. - 1 p.m.  
(1 lane will be used for a shorty beginner class)  
No instruction provided.  
\$5 per time or buy a pass at the pool.

**SHORTY BEGINNERS**  
(3 - 6)  
No parent in the pool.  
Small class sizes, 5:1 ratio

**SWIM SCHOOL 2B - 6**  
(6+ and 42" tall at the chin)  
For confident swimmers, more advanced strokes

**OPEN LAP SWIMS**  
2 lanes are used for lap swimming and 4 for family fun. \$5 per time or buy a pass at the pool.



### Make A Difference Volunteer with SLP Schools!\*

Looking for a fun and meaningful way to give back? Join our amazing team of volunteers at St. Louis Park Public Schools!

We place volunteers throughout our school sites. Whether you love working with kids, adults, or behind the scenes, there's a place for you in St. Louis Park Public Schools!

Get involved. Make connections.  
Change lives.

Apply online today at  
[slpcommunityed.com/volunteer](http://slpcommunityed.com/volunteer)

*\*Volunteers must go through our application process which includes an online application, background check, reference check, orientation, and handbook review.*

## MISSION

[slpcommunityed.com](http://slpcommunityed.com)

St. Louis Park Public Schools sees, inspires, and empowers each learner to live their brilliance in an environment that centers student voice and experience to create racially equitable learning that energizes and enhances the spirit of our community. For more information, visit [www.slpschools.org](http://www.slpschools.org).