

# YOGADA UBADKA

Ku: Qoysaska dhallaanka leh, laga bilaabo dhalashada ilaa gurguurashada.

Ku xiran ubadkaaga adigoo isticmaalaya taabasho, cod, muusig ama dhaqdhaqaaq. Waxaa loogu talagalay daryeelka dhalimada ka dib, Waa 60 daqiiqo oo yoga ah oo ku haboon ubadka, waxaa ku xiga 30 daqiiqo oo dood gaaban ah iyo masaajka ubadka. Keenso dhalada biyahay iyo gogosha yogada. Haddi ay cimiladu ogolaato, banaanka ayaa lagu qabanayaa

**Course ID:** SMR-BY1

**Dates:** Arbaco , July 9, 16, 23 iyo 30

**Time:** 9-10:30 a.m.

**Location:** Willow Lane Early Childhood

**Qiimaha:** Lacagta xarunta walaalaha (\$7-\$48)

**Course ID:** SMR-BY2

**Dates:** Arbaco, July 9, 16, 23 iyo 30

**Time:** 11 a.m.-12:30 p.m.

**Location:** Willow Lane Early Childhood

**Cost:** Lacagta xarunta walaalaha (\$7-\$48)



## IS QOR!

Is diiwangali Baqti-nasiib wuxu dhacaya:

April 9



# KU DHEX BARO DABEECADDA

Qoysaska leh carruurta da'doodu tahay dhalashada ilaa siddeed jir wakhtiga fasalka.

Fasal banaanka lagu qabanayo oo leh ciyaaro kala duwan, sahamin iyo waayo-aragnimo waxbarasho oo bulshada dhexdeeda ah. Waxaa loogu talagalay in lagu taageero dhammaan heerarka waxbarashada iyo horumarka. Carruurta waxay wax ku baran doonaan ciyaaro iyadoo si wadajir ah ugu ciyaaraya banaanka (Dabecadda) iyo carruurta kale oo la eg, qoyskooda iyo kooxda waxbaridda.

Isu diwaangeli Talaado ama Khamiis

**Course ID:** SMR-NAT-TU OR SMR-NAT-TH

**Dates:** Talaado, July 8, 15, 22 and 29 OR Khamiis, July 10, 17, 24 and 31

**Saacadda:** 9:30-11 a.m.

**Goobta:** Talaado: Arbor View Early Childhood Center, Nature Play Area  
Khamiis: Various community parks. View [bit.ly/SMR-NAT-TH](http://bit.ly/SMR-NAT-TH) si aad u ogaato Goobta isbuuc walba

**Qiimaha:** Wuxuu u dhexeeyaa (\$7-\$48)

# ILAA 5 SANO ECFE

Qoysaska leh carruurta da'doodu tahay ilaa shan sano wakhtiga fasalka.

La falgal, fasalo caruurtooda kala da' tahay iyo waalidiin, ubad waxbaranaya, oo u wada ciyaaraya si wada jir ah! Ku raaxeyso waqti qiimo leh adigoo gacmaha wax ku sameynaya. Caruurta waxey u tagi doonaan kooxda waxbarashada hore si ay u helaan ciyaar hagan halka waalidkuna ey qaadanayaa dood hufan oo uu hogaaminayo bare waalid.



Talaado July 8, 15, 22 and 29	Arbaco July 9, 16, 23 and 30	Khamiis July 10, 17, 24 and 31
<b>Ilaa 5 sano</b> 8:30-10 a.m. Course ID: SMR-B51	<b>Ilaa 5 sano</b> 9-10:30 a.m. Course ID: SMR-B53	<b>Ilaa 5 sano</b> 9-10:30 a.m. Course ID: SMR-B55
<b>Ilaa 5 sano</b> 10:30 a.m.- noon Course ID: SMR-B52	<b>Ilaa 5 sano*</b> 11 a.m.- 12:30 p.m. Course ID: SMR-B54	<b>Ilaa 5 sano*</b> 11 a.m.- 12:30 p.m. Course ID: SMR-B56

*\*Fasalka lama kala saarayo. Waalida iyo Caruur Wadajooga dhamaan waqtiga fasalka*

**Goobta:** Willow Lane Early Childhood Center

**Qiimaha:** Sliding fee scale (\$7-\$48)

# XARIIRKA BULSHADA

Qoysaska leh carruurta da'doodu U dhaxeysa 0 ilaa 8 jir wakhtiga fasalka.

Ogow adeegyada kuu dhow kuna xiran bulshadeena! Fasalkani wuxuu bixiyaa booqashooyin todobaadle ah oo ka imaanayo Dariska, isagoo bixinya gacan-wax-ku-barasho iyo fursado ciyaaro oo loogu tala galay qoysaska leh carruurta yaryar.




**Course ID:** SMR-CV1  
**Dates:** Talaado, July 8, 15, 22 and 29  
**Time:** 1-2:30 p.m.  
**Location:** Willow Lane Early Childhood Center  
**Qiimaha:** Sliding fee scale (\$7-\$48)

## XOGTA IYO GOOBTA FASALKA

**Willow Lane Early Childhood Center**  
7020 Perry Ave. N., Brooklyn Center

**Arbor View Early Childhood Center,  
Nature Play Area**  
9401 Fernbrook Ln. N., Maple Grove

Waad u heli kartaa tarjumaad fasaladoo dhan. Noo sheeg luuqaddaada markaad is qoreyso.

 763-391-8777  
ecfe@district279.org

En Español, Lus Hmoob,  
Somali, Tiếng Việt,  
Русский: 855-938-0586



# BAARIT AANK A CARUURTA EEHORE



Ubadkaagu ma gaaray 3 sano?

Waa waqtigii baarista

Baarista Ubadka Waa bilaash waana si fudud oo loo ogaado koboca ubadka, horumarkiisa, wax barashadiisa.

Balan qabso oo booqo: [bit.ly/EC\\_Screening](https://bit.ly/EC_Screening) or ama Sawiro QRka midigta ku yaal.



OSSEO AREA SCHOOLS

ISD 279

11200 93rd Avenue North  
Maple Grove, MN 55369  
763-391-7000  
[www.district279.org](http://www.district279.org)

Nonprofit Org.  
US Postage  
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Permit #3  
Osseo, MN

Barnaamijka Xagaayga: July 8-31

## Waxbarashada Ubadka iyo qoyska

Fasalada qoysaska heysta  
caruur u dhaxeysa 0 - 8  
sano



ISDIIWANGALI ONLINE

[bit.ly/ECFEOsseo](https://bit.ly/ECFEOsseo)

ama wac: 763-391-8777

En Español, Lus Hmoob, Tiếng Việt, Русский: 855-938-0586



Isdiwalintu waxey  
furmeysaa Maarso 19;  
Nasiib waxaa la qaban  
doonaa April 9

