

Albany Area Schools Community Education

district745.ce.eleyo.com



Fall 2021



WELCOME!

Welcome to Fall 2021 with Albany Area Community Education! We are excited for the approaching fall season and have a brochure filled with a variety of options for you and your family members to explore. This brochure features some brand new classes for this season along with many of your past favorites returning as well. Registration is easy -- go online to district745.ce.eleyo.com or call 845-5060. Join us in discovering something new this fall!

Adults

Instant Guitar for Hopelessly Busy People

This crash course will teach you some basic chords and other guitar basics to get you playing along with your favorite songs right away! Class will be held via Zoom and will include an online book, online follow-up video lessons, an optional periodic online question and answer session and a recording of the class.

Tue Nov 23 | 6:30-9:00 pm | \$59
Online via Zoom

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do -- using chords. Class will be held via Zoom and will include an online book, online follow-up video lessons, an optional periodic online question and answer session and a recording of the class.

Mon Nov 22 | 6:30-9:30 pm | \$59
Online via Zoom

Garden Classes Via Zoom!

The Sauk River Watershed District is once again hosting Garden Classes via Zoom, including classes on topics such as: Fall Lawn Care, Fall Perennial Planting & Prepping, Composts, Septic System Care and Landscaping and more! Participants will receive a free native plant book and a chance to win a door prize from a local nursery! See additional details and specific class dates online.

Dates Vary | 6:30-7:30 pm | \$8
Online via Zoom

Adult Basic Education

GED or Adult Diploma: Math, Reading, Language Arts-Writing, Social Studies and Science

Basic Skills Enhancement: Goal-specific instruction such as work/employment related math, reading, computer or writing assistance

FREE INDIVIDUALIZED INSTRUCTION!

Call **320-845-5060** for more information.



Holiday Cookie Exchange

Get into the holiday spirit by making several different varieties of cookies! All ingredients are provided, all you need is a handy container to bring your delicious assorted treats home. Enjoy some community holiday camaraderie and baking! You will leave with five different types of holiday cookies.

Tue Nov 30 | 6:00-9:00 pm | \$30
MSHS | Room 259 FACS Kitchen

Health and Wellness Essentials

Join health coach Char to learn about the six essential focuses for a healthy lifestyle including: healthy weight management, healthy eating and hydration, healthy motion, healthy sleep and energy management, healthy mind and mindfulness and healthy surroundings.

Mon Oct 18 | 7:00-8:30 pm | \$10
MSHS | District Office Conference Room

Heartsaver - Pediatric CPR & First Aid

These courses are designed especially for parents and/or those involved in childcare. This course also meets Minnesota State requirements for daycare providers. A completion certificate will be given at the end of the class. Official completion cards are an additional \$15 (due the night of class).

Pediatric CPR

Mon Oct 4 | 6:30-9:30 pm | \$41
MSHS | District Office Board Room

Pediatric First Aid

Mon Oct 11 | 6:30-9:30 | \$41
MSHS | District Office Board Room

Basic Life Support for Healthcare Providers

Basic Life Support for Healthcare Providers is a CPR certification class for those currently working in or going into any healthcare field. This class covers recognition of cardiac arrest, use of a pocket mask and bag valve mask, CPR with one or two rescuers, how to use an AED and how to relieve choking.

Mon Oct 25 | 6:30-9:30 | \$41
MSHS | District Office Board Room

Quan Li K'an Karate Advanced Class

This advanced class will focus on the meaning of Karate and the application of the forms as they apply to real world self-defense. The advanced class is required for any student wishing to become a first-degree black belt.

Mon Sep 13-Dec 20 | 7:30-8:45 pm | \$110
MSHS | Wrestling Room

Self Defense & Personal Safety

Learn about personal safety, self defense, situational awareness and how to avoid potential dangers. Learn ways to defend yourself through attacking weak points on the body and ways to escape holds and grabs. This class is part lecture and part hands-on training. Please be aware that adult topics and discussions will be presented.

Tue Oct 26 | 6:00-8:00 pm | \$26
MSHS | Wrestling Room



Heartsaver - AED/CPR

Heartsaver AED teaches adult, child, and infant CPR and AED use as well as how to relieve choking and is designed for anyone who does not work in a health care setting. A completion certificate will be given at the end of the class. Official completion cards are an additional \$15 (due the night of class).

Mon Nov 8 | 6:30-9:30 | \$41
MSHS | District Office Board Room

Heartsaver - First Aid

Learn the critical skills needed to respond to an emergency in the first few minutes until EMS arrives, including how to help a victim with bleeding, sprains, broken bones, shock and other first aid emergencies. A completion certificate will be given at the end of the class. Official completion cards are an additional \$15 (due the night of class).

Mon Nov 15 | 6:30-9:30 | \$41
MSHS | District Office Board Room

55+ Driver Improvement Program

If you are over 55, this course will save you 10% on your auto insurance for three years!

Tue Sep 21 | 12:00-4:00 pm
Tue Nov 16 | 5:00-9:00 pm
Tue Jan 18 | 12:00-4:00 pm
MSHS | District Office Conference Room

To register for classes visit www.mnsafetycenter.org or call 1-888-234-1294 or 1-320-308-1400.

Secrets of Happiness

Learn to believe in the happiness you want for your life! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Experience your power to overcome limiting fear, release attachment to outcomes, learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!

Tue Sep 28-Oct 26 | 6:00-8:00 pm | \$125
Online via Zoom

Emotional Release for Inner Peace

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Learn to rest in the peaceful state of loving acceptance that is our true nature.

Mon Sep 27 | 5:30-8:00 pm | \$35
Online via Zoom

Youth Enrichment



Ice Cream Science!

► Grades 3-8

Everyone loves ice cream, but have you ever wondered how it is made?

Join us for the exciting science experiment that

ends with a tasty frozen treat! This class includes all the supplies for the experiment and ingredients for the frozen treat!

Sat Oct 16 | 9:00 am-12:00 pm | \$25
MSHS | Room 259 FACS Kitchen

Baking & Cooking Club ► Grades 7-12

The Baking & Cooking Club meets once per month to try out new recipes and techniques. Students have input on what they would like to make and are able to take some home to share!

Monthly Sessions | 3:15-4:30pm | \$14
MSHS | Room 259 FACS Kitchen

Tue Oct 19
Tue Nov 16
Tue Dec 21
Tue Jan 18

FAST KIDS – Staying Safe While Home Alone ► Ages 7-10

First Aid and Safety Trained (FAST) Kids is a 6-hour course for 7-10 year olds. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, personal safety and healthy living.

Sat Sep 18 | 8:30 am-12:00 pm | \$52
MSHS | District Office Conference Room

PotSpot Painting Fun ► Grades K-5

Join PotSpot to paint a fun decoration of your choice. Will you pick a pumpkin, a dragon or something else? The item and how you decorate it is up to you!

Mon Nov 1 | 3:00-4:30 pm | \$19
ALE | Art Room

Tue Nov 2 | 3:00-4:30 pm | \$19
AVE | Art Room

LOCATIONS

MSHS – Middle School/High School: 30 Forest Ave, Albany

AVE – Avon Elementary: 410 Avon Ave N, Avon

ALE – Albany Elementary: 10 Forest Ave, Albany

Cribbage Club ► Grades 3-6

Come join the fun and learn the strategic game of cribbage. Students will practice their mental math, observe and continue patterns, solve basic functions, witness probability concepts, and relate sets and combinations. The final class will be a tournament to see who had the most skill and luck.

Thu Jan 6-27 | 3:00-4:00 pm | \$28
ALE | Room 142

Chess Club ► Grades 4-8

Chess turns problem-solving and learning into a game! Studies conducted over the last 30 years show students' IQs increase and test scores improve after less than a year of systematic chess study. In this class you will learn strategy and improve your technique.

Thu Sep 23-Oct 14 | 3:05-4:15 pm | \$33
MSHS | Room 327

Snowmobile Safety ► Ages 11+

Students will learn all the rules and regulations of snowmobiling, general operation of a snowmobile, how to read and understand trail signs, proper hand signals and general safety concerns. Students need to come to class with a completed online course certification. See additional details online.

Sat Jan 8 | Times Vary | \$5
Location TBD
Section 1: 8:00 am
Section 2: 9:30 am
Section 3: 11:00 am

Instant Guitar for Hopelessly Busy People ► Ages 13+

This crash course will teach you some basic chords and other guitar basics to get you playing along with your favorite songs right away! Class will be held via Zoom and will include an online book, online follow-up video lessons, an optional periodic online question and answer session and a recording of the class.

Tue Nov 23 | 6:30-9:00 pm | \$59
Online via Zoom



Babysitting 101 ► Grades 5-8

This course follows the American Academy of Pediatrics Babysitter Lessons and Safety Training (BLAST). Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems, and how to manage their babysitting business.

Sat Jan 8 | 8:30 am-4:00 pm | \$73
MSHS | District Office Board Room

Middle School Knowledge Bowl ► Grades 6-8

Knowledge Bowl is a series of interdisciplinary academic competitions where teams compete in written and oral rounds by answering questions related to all areas of learning. Questions test students' recall, problem-solving and critical thinking skills. Each team will have the opportunity to compete in meets this fall.

Mon, Thu Oct 18-Dec 2 | 3:15-4:15 pm | \$45
MSHS | Room 322

Youth Recreation

Huskie Pups Volleyball Club ► Grades 4-6

Head Volleyball Coach Hines and his staff will teach athletes the fundamentals of volleyball. Athletes will get repetitions of serving, passing, setting and attacking and will participate in serve receive, offense, defense and game like drills.

Sat Sep 18-Oct 16 | 9:00-11:00 am | \$30
MSHS | BECC

Huskie Pup Wrestling Club ► Age 4-Grade 6

This program is for both new and seasoned wrestlers! Parent volunteers are needed and will receive free registration and a t-shirt. All parents must attend the informational open house on Mon, Nov 15 and bring a check for a \$25 deposit volunteer fee. Contact Matt Carlson at 612-875-3030 or huskiepupwrestling@gmail.com with questions. See additional details online.

PreK (Age 4)-Grade 2

Mon Nov 29-Mar 28 | 6:00-7:15 pm | \$33
MSHS | Wrestling Room

Grades 3-6

Tue, Thu Nov 30-Mar 31 | 6:00-7:15 pm | \$42
MSHS | Wrestling Room

Albany Youth Basketball Association (AYBA)

Travel basketball program for boys and girls 4th-8th grade. Information Night: Monday, September 13th - Albany Elementary Cafeteria - 6:30-7:30 pm
Register: September 1st-24th at albanyhoops.com

River Lakes Hockey Association

River Lakes Youth Hockey offers programming for kids ages 3 to 15 years old. We provide free Beginners Hockey Camps and Learn to Skate Classes. For more information, visit riverlakeshockey.com.

Youth Bowling Program at ABC

► Grades K-12

Come have fun bowling three games each Friday (shoe rental included)! Students will learn math skills, such as calculating scores, figuring averages and learning mathematical systems to adjust their throw, and life skills like time management and understanding winning and losing. After school transportation is available. See additional details online.

Fri Sept 24-Dec 10 | 3:30-5:30 pm
Albany Bowling Center | \$159 (with ball/accessory) or \$139

Huskie Sports Performance-Fundamentals

► Grades 6-7

Huskie Athletic Performance-Fundamentals introduces athletes to developmentally appropriate training with the most up to date training methods for middle school age students. Consistent time and effort spent training in the program will translate into improved performance in any athlete's respective sport.

Monthly Sessions | 7:15-8:00 am | \$18/Session
MSHS | Weight Room

Tue, Thu | Sep 14-30
Tue, Thu | Oct 5-26 (No Class Oct 21)
Tue, Thu | Nov 2-18
Tue, Thu | Dec 2-21

Albany Area Gymnastics Association (AAGA)

Classes available for ages 2-18, girls and boys. For more information and registration visit: www.albanyareagymnastics.org.

Youth Recreation

FLAG FOOTBALL

Flag Football ► Grades 5 & 6

Come engage in non-contact, continuous action, while learning lessons based on teamwork. Each Saturday includes practices followed by two games. Volunteer coaches are essential to running this program and receive a discounted rate! See additional details online.

Sat Sep 18-Oct 9 | 9:30-11:00 am | \$45
MSHS | Practice Football Field



ECFE

Early Childhood Family Education (ECFE)

Toddler Classes

Come and explore our classroom and meet new friends! Informal parent discussion and observations will be included.

1 & 2 Year Old 8-Week Class

Tue Sep 21-Nov 9 | 5:30-7:00 pm
AVE | Room E-2

Mixed Ages Classes

Mixed age classes encourage language development, social interaction and physical and cognitive development across ages. Parents will separate for discussions which cover a wide variety of topics.

0-5 Year Old 10-Week Class

9:00-11:00 am | AVE | Room 141

Session 1: Wed Sep 22-Dec 1 (No Class 11/24)
Session 2: Wed Dec 15-Feb 23 (No Class 12/29)
Session 3: Wed Mar 9-May 11

Quan Li K'an Karate Youth Class ► Ages 8-12

The beginner class will focus on the fundamentals of Karate which include kicking, punching and forms. The program is taught using a series of group exercises and interactive games. Students will learn basic Karate moves and personal self defense in a fun and fast paced environment with an emphasis on discipline and self confidence.

Mon Sep 13-Dec 20 | 6:00-7:15 pm | \$110
MSHS | Wrestling Room

Quan Li K'an Karate Advanced Class

► Ages 13+

This advanced class will focus on the meaning of Karate and the application of the forms as they apply to real world self-defense. The advanced class is required for any student wishing to become a first-degree black belt.

Mon Sep 13-Dec 20 | 7:30-8:45 pm | \$110
MSHS | Wrestling Room

2's & 3's Classes

Join us for lots of hands on learning as we focus on social skills, language and music, as well as beginning concepts. Parents will separate for discussion covering topics geared for this age.

2 & 3 Year Old 8-Week Class

6:00-7:30 pm | AVE | Room E-2

Session 1: Tue Jan 4-Mar 1 (No Class 2/15)

Session 2: Tue Mar 15-May 3

ECFE Sliding Fee Scale 2021-22

Annual gross family income	8 week class	10 week class
\$0-\$45,000	\$42	\$70
\$45,001-\$60,000	\$48	\$80
\$60,001-\$75,000	\$54	\$90
\$75,001+	\$60	\$100



Kids Company School Age Child Care

Grades K-5

Avon & Albany Elementary Schools

What are your kids doing after school? Join us in Kids Company for fun, structured after school care!

► Care is available before school (6:45-8:00 am), after school (3:00-5:30 pm), and on non-school and early dismissal days.

► Flexible enrollment including consistent schedules, pick your day schedules and drop-in days.

► Register online at district745.ce.eleyo.com or call 320-845-5060.

Kids Co & Preschool



2021-2022 Preschool

Preschool 1 Classes ► Age 3 by Sep 1, 2021
2-Day Half-Day Morning Preschool
1 Day All-Day Preschool

Preschool 2 Classes ► Age 4 by Sep 1, 2021
Call our office for class availability!

For more information on Albany Area Schools Preschool, visit www.district745.org/preschool or call 320-845-5060.



BECC

BECC Hours: Now-September 12

Walking Track: Monday-Friday ► 8:00 am-4:00 pm
Daily Fee: \$1 or Free for 65+

BECC Hours: September 13-October 31

Walking Track: Monday-Friday ► 8:00am-4:00 pm
Tuesday & Thursday ► 6:30 pm-9:00 pm
Sunday ► 11:00 am-3:00 pm
Daily Fee: \$1 or Free for 65+

Court Hours: Tuesday & Thursday ► 6:30 pm-9:00 pm
Sunday ► 11:00 am-3:00 pm
Daily Fee: \$2/Individual or \$5/Family

2021-22 BECC Season Information -- November 1, 2021-May 1, 2022

Court Hours:

Monday-Friday ► 6:30-9:00 pm
Saturday & Sunday ► 10:00 am-5:00 pm
Off Season Court Hours (May-October 2022): TBD

Walking Track Hours:

Monday-Friday ► 8:00 am-9:00 pm
Saturday & Sunday ► 10:00 am-5:00 pm
Off Season Walking Track Hours (May-October 2022)
Monday-Friday ► 8:00 am-4:00 pm

2021-22 BECC Season Membership Fees & Daily Rates

Walking Track (Individual):

Daily: \$1
Monthly: \$5
Yearly: \$30
Senior Citizen (65+) Yearly: Free

Courts & Walking Track (Individual & Family):

Individual Daily: \$2
Individual Monthly: \$15
Individual Yearly: \$60
Senior Citizen (65+) Yearly: \$30
Family Daily: \$5
Family Monthly: \$30
Family Yearly: \$120

*BECC Season Memberships include 12 months walking track use and 6 months extended court use (Nov 2021-Oct 2022).

*Please Note: The BECC will occasionally be closed to members due to tournaments, community events, holiday breaks and inclement weather. Dates known in advance will be posted at the BECC and on our website. Closures due to inclement weather will be communicated via email and social media.



2021-22 BEAT Series

Blattner Energy Arts Theatre • 30 Forest Ave, Albany

www.district745.org/BEAT • 320-845-5060



10.02.21 • 7:00PM

Jared Sherlock

Comic Illusionist



11.06.21 • 7:00PM

C. Willi Myles

Stand-Up Comedian

&

David Malmberg

Comedic Ventriloquist



12.11.21 • 7:00PM

3 Redneck Tenors

Christmas SPEC-TAC-YULE-AR



02.18.22 • 7:00PM

The Cat's Pajamas

Acapella Vocal Band

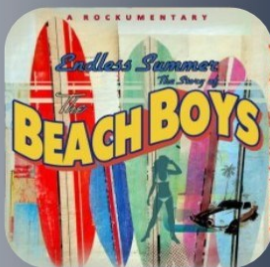


03.25.22 • 7:00PM

Artrageous

Interactive Art & Music Experience

Presented By:



05.07.22 • 7:00PM

Justin Ploof & The Throwbacks

Endless Summer: The Story of the Beach Boys

Season Tickets
Only \$89 for ALL 6 Shows!
On Sale for New Members
August 25!

For more information or to purchase your tickets, visit district745.org/BEAT or call 320-845-5060!

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2021-2022 BEAT Series