

Albany Area Schools Community Education

Winter 2023



district745.ce.eleyo.com

WELCOME!

Happy New Year from Albany Area Community Education! Each new year brings new excitement, and for some, New Years Resolutions. This brochure features classes that may help you meet your fitness goals or learn a new skill or hobby. Plan to learn something new this new year! Registration is easy -- go online and visit district745.ce.eleyo.com or call our office at 845-5060.

Adults



Intro to Pickleball

Denise Croatt, Avon Pickleball Club Member

Are all of your friends and neighbors playing pickleball and you're feeling left out? Never tried it but wondering what all the hype is about? Join us for an introductory class to learn all about the equipment, court, scoring, and rules. This sport is a combination of ping-pong, badminton and tennis and is much easier to learn than any of those three! Paddles and balls will be provided.

Tue Jan 10-24 | 6:30-7:30 pm | \$21
MSHS | BECC Court 2

Quan Li K'an Karate Advanced Class ►

Ages 13-Adult

Adam Patterson, 6th Degree Black Belt & David Torbert, 4th Degree Black Belt

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. See more details on Eleyo.

Mon Jan 23-May 15 | 7:30-8:45 pm | \$110
MSHS | Wrestling Room

Women with Power Tools

Amy Schneider, Albany Area Schools Tech Ed Instructor

Welcome to Women and Power Tools! During this class, we will work on creating a simple winter themed project that will brighten your home and provide you with experience using power tools. You will get demonstrations of various power tools such as a miter saw, table saw, drill and more. If you're looking to gain a bit more confidence and come home with an awesome project, this class is for you! There is a \$10 supply fee that is due to the instructor the first night of the class.

Wed Feb 1-8 | 6:30-9:00 pm | \$31
MSHS | Room 252-Woodshop

Fitness Dancing ► Ages 16+

Meghan (Krumrei) Johnson

Get ready to dance away the calories in this fun, upbeat Fitness Dancing class! This class is for everyone 16 years and older looking for a workout that makes you have a smile on your face! Each class will leave you feeling accomplished and motivated to keep on dancing! No experience necessary.

Tue, Thu Jan 10-24 | 6:00-6:45 pm | \$41
ALE | Cafeteria

Cardio Drumming ► Ages 18+

Krista Dotseth, Recreo Therapeutic Services

Cardio drumming combines the benefits of a traditional physical fitness program with the benefits of music and rhythm. Using a bucket, exercise ball, and drumsticks as workout equipment, you will experience a full body workout! No experience needed and all equipment is provided. To view a short warm up segment with the instructor, visit the Eleyo registration page.

Mon Jan 9-Feb 13 | 6:00-6:45 am | \$60
Mon Feb 20-Mar 27 | 6:00-6:45 am | \$60
Mon Apr 3-May 8 | 6:00-6:45 am | \$60
Albany Senior Center

Tue Jan 10-Feb 14 | 5:45-6:30 pm | \$60
Tue Feb 21-Mar 28 | 5:15-6:00 pm | \$60
Tue Apr 4-May 9 | 5:15-6:00 pm | \$60
Albany Senior Center



Instant Guitar for Busy People ▶ Ages 13+

Craig Coffman, Chords are Key

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.

Wed Feb 15 | 6:30-9:00 pm | \$59
Online via Zoom



Instant Piano for Busy People ▶ Ages 18+

Craig Coffman, Chords are Key

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 Feb 13 | 6:30-9:30 pm | \$59
Online via Zoom

Cook Along Online Class: Strawberry Cream Cheese Rolls & Kit Kat No-Bake Cheesecake

Tess Georgakopoulos, Dish it Up Good

Valentine's Day is synonymous with strawberries and chocolate gifted as an expression of love. Learn to make two dreamy mouth watering sweets for Valentine's Day this year, including delicious Strawberry Cream Cheese Rolls with homemade strawberry sauce and a luscious Kit-Kat No-Bake Cheesecake topped with a velvety chocolate ganache! Participants will receive a list of ingredients to purchase in advance. A virtual link will be sent prior to the class. See Eleyo for more information.

Sat Feb 4 | 4:00-6:30 pm | \$39/household
Online via Zoom



Other "Cooking with Tess" Classes:

- Air Fryer Hype! Copycat KFC & Recipe Ideas for All Ages - Jan 28
- Copycat Big Mac Attack & No-Churn Ice Cream! - Feb 25
- Mediterranean Mezze! - Mar 4
- Instant Pot Carnitas, Classic Chili & Homemade Potato Rolls - Mar 11
- Focaccia, Stromboli & Calzones, Oh My! - Mar 25
- Homemade Gnocchi Meal! Creamy Tuscan Gnocchi with Chicken and Homemade Bread - Apr 22

Garden Classes Via Zoom!

The Sauk River Watershed District is once again hosting Garden Classes via Zoom, including classes on topics such as spring lawn care, native groundcovers, living fencelines 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 all specific class dates online.

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

Class Topics & Dates:

- The Many MN Milkweeds - Mar 21
- Native Groundcovers - Mar 23
- Native Early Spring Bloomers - Mar 28
- Planning and Planting a Pollinator Patch - Apr 4
- Songbird Favorite Native Plants - Apr 11
- Living Fencelines - Apr 13
- Native Plants for Shady Spots - Apr 17
- "Traditional Lawn" Alternatives - Apr 18
- Spring Lawn Care - Apr 20
- And More!

55+ Driver Improvement Program

Minnesota Highway Safety & Research Center

This course provides the latest driver, traffic and vehicle safety information, including changes to laws and new technology. If you are over 55, this course will also save you 10% on your auto insurance for three years!



Tue Feb 28 | 12:00-4:00 pm
Tue Apr 18 | 12:00-4:00 pm
Tue May 16 | 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.



Location Abbreviations

MSHS

Middle School/High School
30 Forest Ave, Albany

AVE

Avon Elementary School
410 Avon Ave N, Avon

ALE

Albany Elementary School
10 Forest Ave, Albany

Adults

How Money Works™ – Kids ▶ Ages 18+

Ember Tamm, Independent Representative of Primerica
In today's world, children are constantly bombarded with products and services that advertisers spend billions each year trying to convince them that they need. This class is designed to help you teach your children simple financial strategies now so that they'll be better equipped to manage their finances on their own, later. You have the power right now to help your children avoid financial mistakes!

Tue Jan 31 | 6:00-7:00 pm | \$5
MSHS | District Office Conference Room

Other Financial Classes with Ember Tamm, Independent Representative of Primerica:

How Money Works™ - Jan 17
Road to Financial Independence - Feb 7
Basics of Investing - Feb 28
See Eleyo for more information!

Taking The Myth Out Of Becoming Debt Free ▶ Ages 18+

Ember Tamm, Independent Representative of Primerica
Of all the threats to your financial security, none is more dangerous than DEBT. In this class you will learn key concepts on managing – and reducing – debt.

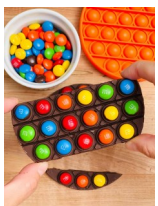
Tue Mar 28 | 6:00-7:00 pm | \$5
MSHS | District Office Conference Room

Educational Medicare Seminar

Priya Felling, Licensed Medicare Agent
Are you turning 65 or know someone who is? If so, this class is for you! Learn the ABC's of Medicare and how to make the plan work for you.

MSHS | District Office Conference Room
Thu Jan 12 | 6:00-7:00 pm | \$5
Thu Feb 23 | 6:00-7:00 pm | \$5
Thu Apr 20 | 6:00-7:00 pm | \$5

Youth Enrichment



Pop It Fidget Chocolate Bar Creations ▶ Grades K- 8

Char Bzdok
Let's make some M&M chocolate bars using a Pop It Fidget! Come and have some fun with your friends while making beautifully designed chocolate bars. At the end of this

class you will bring home your own Pop It Fidget of choice as well as some chocolate for your family - yum! Learn another fun way to use a fidget!

Mon Apr 10 | 5:45-7:15 pm | \$25
MSHS | FACS Room

Cookie Decorating Class ▶ Grades K- 5

Char Bzdok
Come and have some fun with your friends and enjoy some cookie decorating! At the end of this class, you will bring home some beautifully decorated cookies for your family - yum! A fun group activity is also planned while the cookies are drying.

Valentine's Day
Sat Feb 4 | 12:00-1:30 pm | \$20
ALE | Art Room

Spring Has Sprung
Fri May 5 | 5:30-6:45 pm | \$20
ALE | Art Room

PotSpot Painting Fun ▶ Grades K-5

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

Mon Jan 23 | 3:00-4:30 pm | \$19
ALE | Art Room

Tue Jan 24 | 3:00-4:30 pm | \$19
AVE | Art Room

Instant Guitar for Hopelessly

Busy People ▶ Ages 13+

Craig Coffman, Chords are Key
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.

Wed Feb 15 | 6:30-9:00 pm | \$59
Online via Zoom

LOCATIONS

MSHS – Middle School/High School: 30 Forest Ave, Albany
AVE – Avon Elementary School: 410 Avon Ave N, Avon
ALE – Albany Elementary School: 10 Forest Ave, Albany



YOUTH BASKETBALL

Saturday Youth Basketball ► Grades K-5

Join the fun as we play basketball! The season will start with a clinic, hosted by our Huskie Varsity Coaches & Players on Monday, January 2 from 5:30-6:30 pm. Beginning January 7, students will be randomly split into teams and will meet on Saturdays for an hour - 30 minutes of drills/practice followed by 30 minutes of informal scrimmaging. Emphasis will be on team work, learning basketball fundamentals and having fun. Jerseys are the same as they have been in the past. Program fee is \$53 with a new jersey or \$36 without. **Parent coaches are integral to the success of this program** and will receive one FREE registration! See Eleyo for more information.

Basketball Clinic: Mon Jan 2 | 5:30-6:30 pm | BECC & MSHS Gym

Regular Sessions: Sat Jan 7, 14, 21, Feb 4 | BECC

Girls Grades K-1 (BECC 1) & Boys Grades 2-3 (BECC 3) ► 8:00-9:00 am

Girls Grades 2-3 (BECC 1) & Boys Grades K-1 (BECC 3) ► 9:10-10:10 am

Girls Grades 4-5 (BECC 2) & Boys Grades 4-5 (BECC 3) ► 10:20-11:20 am

Youth Bowling Program at ABC ►

Grades K-12

Albany Bowling Center Staff

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 by the bowling alley. Students will bowl at 12:30 pm on Early Release Days and at 3:30 pm on Non-School Days. See Eleyo for more information.

Fri Jan 13-Mar 31 | 3:30-5:30 pm

Albany Bowling Center | \$169 (with ball or accessory) or \$139

Huskie Sports Performance-Fundamentals

► Grades 6-8

Aaron Schwenzfeier & Staff

Huskie Sports 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 | \$20/Session
MSHS | Weight Room

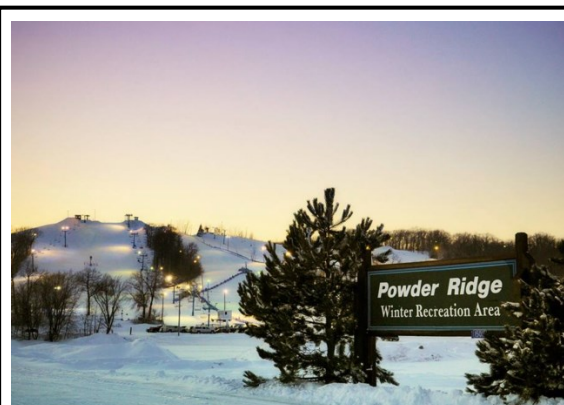
Tue, Thu | Jan 10-26

Tue, Thu | Feb 2-23 (No Class 2/16)

Tue, Thu | Mar 2-21

Tue, Thu | Apr 4-20

Tue, Thu | May 2-18



Powder Ridge Ski/Snowboard Trip - Early Release Day ► Grades 6-12

Enjoy a day at Powder Ridge! Fee includes a lesson, equipment rental and lift ticket. Adult chaperones are needed and will receive free skiing (call Community Ed). All participants must ride the bus to and from Powder Ridge. Registration deadline is Wednesday, January 18 at Noon. Discounts are not available if you choose to bring your own equipment. See Eleyo for more information.

Fri Jan 20 | 1:30-9:00 pm | \$53

Powder Ridge

Youth Recreation

Soccer Saturdays ► Grades 2 - 11

Albany-Avon Soccer Club

Playing soccer is great exercise that increases coordination, improves strength and enhances flexibility. Soccer Saturdays will give players the opportunity to explore the game of soccer and practice the skills necessary to play the game. Boys and girls will practice and play together. Grades 2-6 will work on skills and scrimmages and Grades 7-11 will have Co-Ed Indoor Soccer Tournaments. See Eleyo for more information about the tournament team format.

Session 1 :

Sat Jan 7-Feb 11 | \$25

Grades 2-6 ► 5:00-6:30 pm

Grades 7-11 ► 6:30-8:00 pm

MSHS | BECC

No Soccer Jan 28



Session 2:

Sat Mar 4-Apr 15 | \$25

Grades 2-6 ► 5:00-6:30 pm

Grades 7-11 ► 6:30-8:00 pm

MSHS | BECC

No Soccer Apr 1 or 8

Albany-Avon Soccer Club Registration & Informational Night

Join us to discuss the formation of age-level (grades 2-12) competitive soccer teams that will begin practice in mid-April and compete in May-July. We will also discuss registration and share uniform samples. <https://sites.google.com/district745.org/albanyavonsoccerclub/home>

Sunday, February 26 - 7:00 pm

MSHS | Cafeteria

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

Adam Patterson, 6th Degree Black Belt & David Torbert 4th Degree Black Belt

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. See more details on Eleyo.

Mon Jan 23-May 15 | 6:00-7:15 pm | \$110

MSHS | Wrestling Room

Quan Li K'an Karate Advanced Class ►

Ages 13-Adult

Adam Patterson, 6th Degree Black Belt & David Torbert, 4th Degree Black Belt

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. See more details on Eleyo.

Mon Jan 23-May 15 | 7:30-8:45 pm | \$110

MSHS | Wrestling Room

Avon Slammers JO Volleyball Registration

Registration for Avon Slammers JO Volleyball (Girls Grades 5-11) will open January 1! Check out our website or Facebook page for more information.

<https://sites.google.com/view/avonslammersnew>

ECFE

Early Childhood Family Education (ECFE)

12-30 Month | 6-Week Class

Come and explore our classroom and meet new friends! Discover art and sensory plan and enjoy parent discussion each week.

Tue Jan 24-Feb 28 | 9:00-10:30 am

AVE | Room E-1 | \$32-\$45*



Ages 2 & 3 | 8-Week Class

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.

Tue Mar 28-May 2 | 5:30-7:00 pm

AVE | Room E-2 | \$32-\$45*

*Sliding Fee Scale: Fees for ECFE classes are based on the annual gross income of your household; however, no one will be denied participation due to inability to pay. Call 845-5060 for more information on ECFE scholarships.

Pickleball Nights

Come play one of the fastest growing sports in America. Play will be on a first come, first serve basis. Chair rotation will be used if all courts are full. Players must adhere to standard Pickleball rules, etiquette and safety.

Mondays | 6:30-8:00 pm
 Wednesdays | 6:00-8:00 pm
 MSHS | BECC
 BECC Members: FREE
 Daily Fee: \$3

Community Indoor Soccer Nights

Join your friends for soccer each Monday night! These pick-up games are open to middle and high school students and adults. Enjoy the beautiful game indoors, have fun and be active! Check in at the BECC desk.

Mon Jan 30-Apr 3 | 6:30-8:00 pm
 MSHS | Gym
 BECC Members: FREE
 Daily Fee: \$3

Community Basketball Nights

Join your friends for basketball each Wednesday night! These pick-up games are open to high school students and adults. Meet new people, have fun and be active! Check in at the BECC desk.

Wednesdays | 7:00-9:00 pm
 MSHS | Gym
 BECC Members: FREE
 Daily Fee: \$3

**2022-23 BECC Season Information
 November 7, 2022-April 30, 2023**

Court Hours:

Monday-Friday ▶ 6:30-9:00 pm
 Saturday & Sunday ▶ 10:00 am-5:00 pm

Walking Track Hours:

Monday-Friday ▶ 8:00 am-9:00 pm
 Saturday & Sunday ▶ 10:00 am-5:00 pm

**2022-23 BECC Season
 Membership Fees &
 Daily Rates**

Walking Track (Individual):

Daily: \$2
 Monthly: \$10
 Yearly: \$30
 Senior Citizen (65+) Yearly: Free

Courts & Walking Track (Individual):

Individual Daily: \$3
 Individual Monthly: \$20
 Individual Yearly: \$60
 Senior Citizen (65+) Yearly: \$30

Courts & Walking Track (Family):

Family Daily: \$8
 Family Monthly: \$40
 Family Yearly: \$120

*BECC Season Memberships include 12 months walking track use and 6 months extended court use (Nov 2022-Oct 2023).

*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.



Kids Company

**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.

BEAT SERIES

Blattner Energy Arts Theatre • 30 Forest Ave, Albany, MN



February 11, 2023 • 7:00 pm

Deuces Wild Sponsored by: **BLATTNER** COMPANY

Dueling Pianos

Adults \$30 • Senior Citizens & Students \$25



February 25, 2023 • 7:00 pm

Monroe Crossing

Bluegrass Band

Adults \$22 • Senior Citizens \$17

Students \$12

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



March 25, 2023 • 7:00 pm

Michael Shynes & David Gerald Sutton

Acoustic Guitar & Violin

Adults \$22 • Senior Citizens & Students \$17



May 6, 2023 • 7:00 pm

The World According to Garth

Garth Brooks Tribute

Adults \$30 • Senior Citizens & Students \$25

BEAT
BLATTNER ENERGY
ARTS THEATRE

Community Education
Albany Area Schools
PO Box 40
Albany MN 56307

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