

COMMUNITY EDUCATION

SENIORS / ADULT ENRICHMENT / YOUTH ENRICHMENT
ADULT BASIC EDUCATION / EARLY LEARNING

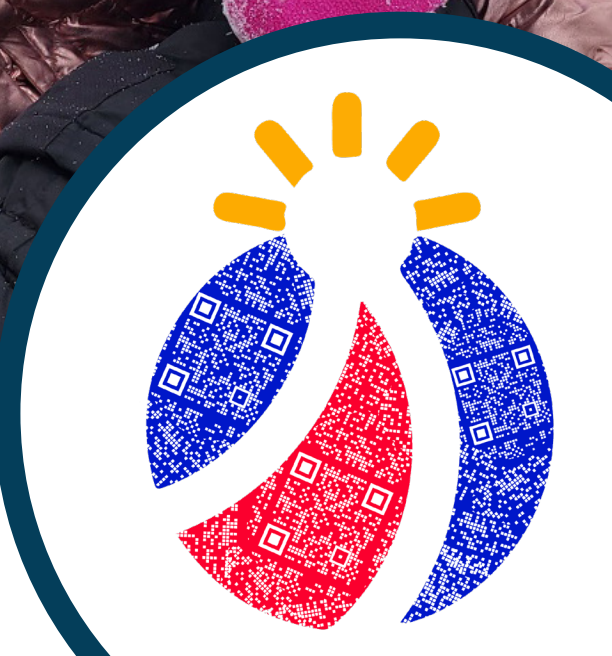
GATHER. DISCOVER. GROW.

Photo Submitted by Tara Wels

LECTURE SERIES
CURLING TRIPS
SPRING PLANTING PARTY

WINTER/SPRING 2024

January 8 - May 24
AlbertLeaCommunityEd.org



INSIDE THIS BROCHURE



1011 Hammer Road | Albert Lea, MN
507-379-5318 | AlbertLeaCommunityEd.org
Monday, Tuesday & Thursday | 8:30am-2:30pm
Closed from 12:00-1:00pm for lunch. Office hours are subject to vary.

OFFICE WILL BE CLOSED: January 1 & May 27
Our primary communication for class cancellations is email and a text announcement to those who have approved SMS messaging.

WEATHER CANCELLATIONS: If District 241 closes school there will be no Community Ed classes for that day. Annoucements will be made on KAAL, KATE Radio & our Facebook page. With an additonal email & text message (to those who have approved SMS messaging) to those enrolled in a class scheduled for that day.

COMMUNITY ED CONTACTS

John Double, Executive Director..... 507-379-5316
Kim Herfindahl, Operations Manager 507-379-5317
Kim Ehrich, Marketing Specialist 507-379-5318
Penny Jahnke, Adult Education Center..... 507-379-4867
Lisa Ferns, Early Learning Coordinator 507-379-4832

3 WAYS TO REGISTER



ONLINE
AlbertLeaCommunityEd.org




CALL
(507) 379-5318



IN PERSON
1011 Hammer Road

CASH, CHECK OR CARD ACCEPTED



Community Education welcomes 2024 with both some great new experiences, and some wonderful returning experiences, for the Winter/Spring book. We encourage you to look through the pages to see everything we offer our community as we **Gather, Discover, and Grow** together!

Whether the new year finds you looking to expand your knowledge or skills, become more active, experience an excursion out of the area, or just try something new, our offerings can help you meet your goals for 2024. Our classes over the next five months include trips, activities, adult enrichment, youth programming, and more. We've increased the variety of classes with some specific winter offerings and some new classroom-based options. Reinvest in your growth through Community Education as we all continue towards the lifetime goal of **Always Learning.**

Sincerely,

JOHN DOUBLE
Executive Director
Albert Lea Area Community Education

CLASS SITES IN ALBERT LEA

Adult Education Center211 W Richway Dr
Al's Book Hideaway 705 Marshall St
Albert Lea High School (ALHS)..... 2000 Tiger Ln
Brookside Education Center 211 W Richway Dr
Community Ed Enrichment Office..... 1011 Hammer Rd
Early Learning Office 211 W Richway Dr
Full Draw Archery Club 131 S Newton Ave
Halverson Elementary 707 E 10th St
Hammer Complex..... 1011 Hammer Rd
Lakeview Elementary 902 Abbott St
Owatonna Curling Club1440 S Elm Ave, Owatonna
Rock Gym 211 W Richway Dr, Gym B
Sibley Elementary 1501 W Front St
Southwest Middle School 1601 W Front St
The Hive 136 Broadway Ave

REGISTRATION WEBSITE ACCOUNT MAINTENANCE AND TIPS

Create an account at AlbertLeaCommunityEd.org by clicking "Sign In" in the upper right hand corner of your screen. This will lead you to a Sign In page. At the bottom click "Create one now" and enter in all information for you and your family members living in your household. If you have an account already, but have forgotten the password enter in your email address on the Sign In screen and then click "Next". This will take you to a Welcome page. Click "Forgot Password?", type in your email address a second time and click "Send Password Reset Email".

Please check your email.

Our main source for communication is email. Please make sure if you are signing up for a class to watch for emails from any of the three email addresses below. Emails will consist of class cancellations, location or time changes, or a last minute note from the instructor. It would be helpful to add these email addresses to your contacts in your email so that they do not go into your SPAM folder.

1. albertleacommunityed@alschools.org
2. kimberly.herfindahl@alschools.org
3. kim.ehrich@alschools.org

Have you signed up for Text Messages?

Our second main source of communication is text messaging. If you have entered your cell phone number into your profile please be sure to select "Yes" for allowing us to send you a text message. The only text messages that you will receive are for class cancellations, location or time changes, or a last minute note from the instructor. We will not send you marketing messages.

4 Contact Info

AlbertLea Community ED

- #1** • does not have an age and EE12/12-AL STUDENT ONLY requires age for registration.
- #2** • does not have a grade and EE12/12-AL STUDENT ONLY requires grade for registration.
- #3** • not a resident of any district (You may need to add a district to their profile).
Only residents of Albert Lea Public School District - MN are allowed to

Not Eligible

Having any of these issues?

- #1** - We have age restrictions on certain classes. Click "Edit" to enter in your student's birthdate under the "Your Info" section.
- #2** - We have grade restrictions on certain classes. Click "Edit" to enter in your student's grade level under the "Your Info" section.
- #3** - Federal Grant funded classes are for Albert Lea District students only. Call our office at 507-379-5318 to get this corrected on your profile. You will not be able to change this on your own.

EXPERIENTIAL EDUCATION PAGE 4

DAYTIME ADVENTURES PAGE 5

PROFESSIONAL DEVELOPMENT PAGE 6

DRIVER'S EDUCATION PAGE 7

YOUTH ENRICHMENT PAGE 8-11

ADULT BUSINESS AND FINANCE PAGE 12

ADULT COOKING PAGE 13

ADULT FITNESS PAGE 14-15

ADULT HEALTH AND WELLNESS PAGE 16-18

ADULT HOBBY CLASSES PAGE 19

ADULT ENRICHMENT PAGE 20-22

EARLY CHILDHOOD FAMILY EDUCATION PAGE 24-26

OUR MISSION AND POLICIES PAGE 27

NEW CLASS KEY

NEW NEW CLASS OFFERING

★ POPULAR

ONLINE CLASS VIA ZOOM
Have questions on how to join a Zoom class?
Call our office at 507-379-5318.

FREE FREE CLASS FOR ALBERT LEA DISTRICT STUDENTS

EXPERIENTIAL EDUCATION

Free access to the rock gym, boathouse for Albert Lea District students, grades K-12.
This free opportunity is made possible through a federal grant that the district received.



Youth Rock Climbing Belay Clinic NEW FREE Grant Herfindahl Ages 13-18 (Must still be enrolled in Albert Lea School District)

Throughout this clinic participants will have the opportunity to learn the basics of putting on a harness, tying in, climbing commands and belaying. This class will prepare you with the knowledge to test for belay certification.

E-YOU30	Monday, January 8	5:45-7:15pm	FREE
E-YOU31	Monday, February 5	5:45-7:15pm	FREE
E-YOU32	Monday, March 4	5:45-7:15pm	FREE
E-YOU33	Monday, April 1	5:45-7:15pm	FREE
E-YOU34	Monday, May 6	5:45-7:15pm	FREE

LOCATION: BROOKSIDE EDUCATION CENTER GYM B

Adult Rock Climbing Belay Clinic NEW Grant Herfindahl Ages 18+

Throughout this clinic participants will have the opportunity to learn the basics of putting on a harness, tying in, climbing commands and belaying. This class will prepare you with the knowledge to test for belay certification.

AE30	Monday, January 8	7:30-9:00pm	\$35
AE31	Monday, February 5	7:30-9:00pm	\$35
AE32	Monday, March 4	7:30-9:00pm	\$35
AE33	Monday, April 1	7:30-9:00pm	\$35
AE34	Monday, May 6	7:30-9:00pm	\$35

LOCATION: BROOKSIDE EDUCATION CENTER GYM B

ROCK GYM HOURS

If they can walk they can climb! The rock gym is open to all ages and experience levels. New holds, grips and graded routes have been added to the rock wall!
All children must be accompanied by an adult

PREREGISTRATION IS REQUIRED

AlbertLeaCommunityEd.org

Tuesday, Friday & Saturday

6:00-9:00pm

**Brookside Education Center
211 West Richway Drive, Gym B**

All Albert Lea District students registering for the rock gym or boathouse, please select the course that says, "AL STUDENT ONLY" with the corresponding date you would like to attend to receive the discount.

NO CASH or CHECK transactions.

Complete instructions on how to register can be found on our website AlbertLeaCommunityEd.org.



ATTENTION!



**Rock Gym - Boathouse
Punch Pass**

 Chris Chalmers - Director

**PUNCH PASSES
HAVE NOW
EXPIRED & ARE
NO LONGER
AVAILABLE
FOR USE!**

DAYTIME ADVENTURES

Registration for trips opens Monday, January 8, 2024. The best payment option to ensure your spot for a trip is to register online or pay with a credit card over the phone by calling our office. No refunds on trips.

St. Paul Saints Game at CHS Field!

Registration opens Monday, January 8, 2024

Catch a St. Paul Saints game with us at CHS Field in Lowertown! The St. Paul Saints have played professional minor league baseball in a unique outdoor setting in St. Paul for years, gathering crowds of all types with a family-friendly atmosphere. The Saints offer exciting baseball, fun promotions, and affordable prices to make their games one of the most sought-after tickets in the Twin Cities. Join us for a fun day in May!



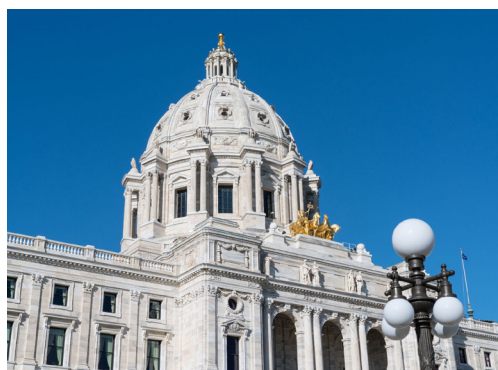
Price includes motorcoach transportation and admission. **Register by April 4th. No refunds on trips. Pick up is the parking lot behind Harbor Freight. Please arrive 15 minutes before departure time.**

T02

Saturday, May 4

11:15am-6:40pm

\$64



Guided St. Paul, Minneapolis & Mall of America Trip

Registration opens Monday, January 8, 2024

Join us for a relaxing, educational day as we are guided through St. Paul and Minneapolis and learn about our great state! A professional guide will join us on a coach bus for a 3 hour guided tour, some of the places we will visit and learn about are: Downtown Minneapolis and St. Paul, the Mississippi River, MN State Capitol, Minneapolis Chain of Lakes, Minneapolis Sculpture Garden, beautiful Victorian homes along St. Paul's Summit Avenue and much more! We will not be directly touring these sites, but there will be opportunities to get off the bus, at some locations, to enjoy the view!

The trip will end with our group being dropped off at the Mall of America for everyone to do lunch and shopping on their own, before we head home.

Register by April 15, 2024. No refunds on trips. Pick up is the parking lot behind Harbor Freight. Please arrive 15 minutes before departure time.

T01

Wednesday, May 8

7:30am-4:30pm

\$59

WE CAN NOW TEXT YOU FOR LAST MINUTE CLASS UPDATES
SUCH AS CANCELLATIONS OR LOCATION CHANGES!

1. Sign in with your account information at AlbertLeaCommunityEd.org.
2. Click your name in the upper right corner followed by "Your Account/Relationships."
3. Select the green "Edit" button near your name.
4. Scroll down to #3: "Contact Info."
5. Under "Phone Numbers," check "Yes" under "Can Receive Test Messages".
6. Scroll down and click the blue "Update Person" button.





**ALBERT LEA
COMMUNITY BAND'S
42ND YEAR!**

Join the Band

START DATE APRIL 16, 2024
Southwest Middle School Band Room
Each Evening 7:00-8:45pm
No auditions or fees!
CONTACT 507-440-9200



PROFESSIONAL DEVELOPMENT



We have over 35 online certificate programs available to assist you in taking the next step in furthering your career.

Fall session runs from **September 5** to **December 1**.

These three month certificate programs are completed online at your convenience, between the session dates. You will receive a certificate of completion upon finishing the course.

Full descriptions can be seen online at **AlbertLeaCommunityEd.org**.

HOW DO THE COURSES WORK?

Once inside the online classroom, here's what you can expect:

- **Discussion** – Post written comments in the online discussion with your fellow participants and the instructor
- **Readings** – Courses have online readings, PDFs, and/or links to outside articles and resources
- **Presentations** – View slides and listen to audio lectures recorded by your instructor
- **Self-Quizzes** – Each unit has a self-quiz to test yourself

BUSINESS

- Bookkeeping Certificate
- Certificate in Accounting and Finance for Non-Financial Managers
- Entrepreneurship Certificate
- Certificate in QuickBooks Online
- The Basics of Bookkeeping

BUSINESS COMMUNICATION

- Certificate in Business Writing
- Certificate in Customer Service
- Certificate in Effective Grammar
- Certificate in Basic Game Design
- Certificate in Workplace Communication
- Certificate in Data Analysis
- Certificate in Mastering Excel
- Power BI Certificate
- SQL Certificate
- Statistics for Decision Making Certificate

HUMAN RESOURCES

- Spanish for Medical Professionals

LEADERSHIP

- Certificate in Leadership Development
- Introduction to Strategic Planning

MANAGEMENT

- Certificate in Project Management
- Management Certificate
- Six Sigma Green Belt Certificate
- Supervisory & Leadership Certificate
- Managing Remote Workers Certificate
- Certificate in Non-Profit Administration

NEW MEDIA MARKETING

- Digital Marketing Certificate
- Mastering Video Marketing Certificate
- Integrated Marketing Certificate
- Personal Development
- Beginning Conversational Spanish
- Introduction to Fiction Writing

SOCIAL MEDIA FOR BUSINESS

- Social Media for Business Certificate

TECHNOLOGY SKILLS

- Certificate in Web Design
- Coding Certificate
- Graphic Design Software Essentials Certificate
- Mastering Computer Skills for the Workplace
- WordPress Certificate

TRAINING AND EDUCATION

- Certificate in Online Teaching
- Certificate in Teaching Adults

TRAINING FOR K12 TEACHERS

- Certificate in Learning Styles
- The Teen Brain

DRIVER'S EDUCATION



Youth Driver's Education

14 1/2 - 17 years old

Prepare your future driver for the permit test, the State of Minnesota Graduated Driver's License Test (GDL) and a lifetime of driving. Class fee includes 30 hours of classroom instruction and six hours of behind-the-wheel instruction.

Albert Lea Community Education has been approved by the MN DMV to act as a proctoring center for students that have completed the Albert Lea Community

Education Driver's Education program and have received their blue cards. If possible, the last day of class will be for knowledge testing proctored by the instructor. **ALL** students will need to attend even if they will not be taking the knowledge test.

Early bird registration fee of \$330 ends **2 weeks prior** to the start date of class. Then the price increases to \$360.

Deadline to register is **1 week prior** to the start date of class.

DE35APRIL Monday-Friday, April 15- 26 3:30-6:30pm ALHS D200

DE35JUNE Monday-Friday, June 3- 14 3:30-6:30pm ALHS E113

Once your student driver has a valid permit, our instructors recommend that they first gain some driving experience with a parent or guardian before scheduling their training sessions. This will help them to better understand the material that will be covered in their road test. Scheduling the sessions closer to their birthdate/test date is beneficial as they will be able to know what the road test is going to be like.

To get started, contact us at 507-379-5318 and provide us with the following information to be added to our waiting list: first and last name, date of birth, permit number and best contact number for scheduling purposes

55+ Defensive Driving Refresher (4 hr.) ★

Deanne VonWald

This 4 hour course is available to participants who have completed the 8 hour course (within the last 3 years) and need to renew their insurance certification. No tests are given. Please have your driver's license number ready when you register. Must pre-register. *Min 20/Max 30*

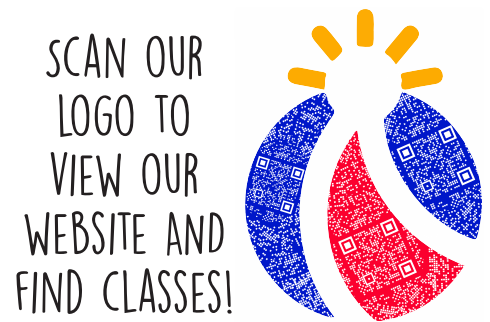
DD01 Monday, April 1 12:30-4:30pm Brookside Rm. 109 \$24

55+ Defensive Driving Refresher (8 hr.)

Deanne VonWald

All drivers 55 years and older are encouraged to enroll in this 8 hour course. It will prepare you for a new awareness of traffic safety and sharpen your driving skills. You must attend all 8 hours to receive your certificate, which will entitle you to a discount on your auto insurance. You will not need to take a test. Please have your driver's license number ready when you register. Must pre-register. *Min 20/Max 30*

DD02 Monday & Tuesday, April 1 & 2 5:30-9:30pm Brookside Rm. 109 \$28



Point of Impact Parents & Student Driver

Parents and their soon-to-be drivers are encouraged to attend this class together at no-cost. The intention of this class is to increase parent awareness of teen driving risks, Minnesota's teen driver laws and the important role parents play in developing a safer teen driver. Parents and students participating in this informative class only have to log 40 hours of drive time with their student instead of the required 50.

POI17

Monday, March 18

ALHS Rm. E113

6:00-7:30pm



GET READY FOR YOUR ROAD TEST WITH OUR DRIVING CONE KITS

Do you need some extra practice with parking before your road test? Community Education has driving cone kits available for checkout. To borrow a kit, we require a \$20 deposit that will be refunded when the kit is returned.

Call 507-379-5318 to reserve a kit!

YOUTH ENRICHMENT

Courses marked with a red **FREE** dot are only offered to Albert Lea School district students only. These free courses are made possible through a federal grant that the district received.

Guitar Club Grades 8th-12th **FREE**

Todd Lange & James Flores

The guitar club is designed for Albert Lea High School students, 8th-12th grade, of any level of experience. Members will learn many different styles, skills, and techniques from club advisors and fellow club members. They will have access to a shared set of guitars to use at meetings and to check out individually for practice. Club members will choose topics of interest. Each meeting will offer one or two mini-lessons and time for one-on-one or small group practice with peer and/or advisor guidance. The club will also build a collection of physical and digital resources for independent learning. *Join anytime!*

E-YOU12

Every other Wednesday, January 10- May 15 3:30-4:30pm
ALHS Rm. E213 FREE

Book Club Grades 9th-12th **FREE**

Therese Netzer

Let's read excellent books and discuss! We'll make a book list, read on our own, and discuss together.

E-YOU03

Wednesdays, January 10- May 22 8:00-8:30am
ALHS Rm. E215 FREE

Humanities Club Grades 9th-12th **FREE**

Therese Netzer

Let's watch excellent films and discuss! We'll make a viewing list, watch and analyze what these films reveal about humans and our nature.

E-YOU02

Fridays, January 12- May 17 3:00-5:00pm
ALHS Rm. E215 FREE

Alyssa Dale is a wife, mother, marketing specialist, and bookstore owner at AJ's Book Hideaway. AJ's recently opened this year and is a hub for all with an interactive children's room and relaxing reading space. She holds a bachelor's degree in Communication

Studies and is passionate about helping children find their love for reading.

Alyssa is known for her ability to connect any reader with a book that they will love! In her free time, she can be found on an adventure with her nine-year-old or reading a good book.

MEET ALYSSA DALE



Albert Lea Junior High Cooking Class

Kim Herfindahl

6th-7th Grade **NEW** **FREE**

This class will teach students basic cooking skills, while having fun creating, learning and experiencing tasty recipes! **Limited spots!**

January 10: Banana Brown Sugar Pancakes & Eggs

February 7: Italian Feta Pasta & Garlic Bread

March 6: Grilled Chicken Salad with Homemade Dressing

CLASS CODE	DATE OF CLASS	REGISTRATION OPEN
E-YOU10	Wednesday, January 10	January 3
E-YOU11	Wednesday, February 7	January 31
E-YOU13	Wednesday, March 6	February 28
SOUTHWEST MIDDLE SCHOOL RM. 219		3:15-5:00PM FREE

NEW INSTRUCTOR ALERT!

Mini Book Club Adventures

Alyssa Dale, AJ's Book Hideaway

Ages 3-5 **NEW**

Book Clubbies will participate in a Mini Book Club at AJ's Book Hideaway! Each session will feature a new book that we will read followed by an activity and snack that follows the story. Will we be mermaids, pirates, or superheroes? Find out what story adventure we dive into by joining us!

Each session will include a snack & a free book they get to choose at the end! Parent/guardian must attend with the child.

YOU20	Wednesday, January 10	11:00-12:00pm	\$10
YOU21	Wednesday, January 17	11:00-12:00pm	\$10
YOU22	Wednesday, January 24	11:00-12:00pm	\$10
YOU23	Wednesday, January 31	11:00-12:00pm	\$10



Zumba® Kids NEW FREE

Ages 7-11

Jasmine Murphy

Zumba for Kids is for ages 7 to 11. It is a dance fitness class just like mom's Zumba, but with age-appropriate music and moves, and an emphasis on "feeling fearless on the dance floor."

E-YOU18

Thursdays, January 11- February 15
Sibley Elementary Gym

6 sessions
3:30-4:30pm
FREE

E-YOU19

Thursdays, February 22- April 4
Sibley Elementary Gym
*No class March 14

6 sessions
3:30-4:30pm
FREE

Fat Tire Fridays ★ FREE

7th-12th Grade

Experiential Education Staff

Get ready for a Fat Tire bike riding on Fridays! Fat Tire Bikes are a force to be reckoned with, taking on any weather Mother Nature throws our way. These bikes are built for the toughest rides, so you can hit those bumpy trails, mucky paths, and any other extreme terrain all year round. Suit up for the weather and come join us for a thrilling bike ride! We've got the bikes and helmets covered, and the only thing that could rain on our parade is lightning. So, let's pedal our way through the great outdoors and experience winter and spring like never before!

CLASS CODE	DATE OF CLASS	REGISTRATION OPEN
E-YOUB1/12	Friday, January 12	December 11
E-YOUB1/19	Friday, January 19	January 12
E-YOUB1/26	Friday, January 26	January 19
E-YOUB2/02	Friday, February 2	January 26
E-YOUB2/09	Friday, February 9	February 2
E-YOUB2/16	Friday, February 16	February 9
E-YOUB3/08	Friday, March 8	February 23
E-YOUB3/22	Friday, March 22	March 15
E-YOUB3/29	Friday, March 29	March 22
E-YOUB4/12	Friday, April 12	April 5
E-YOUB4/19	Friday, April 19	April 12
E-YOUB4/26	Friday, April 26	April 19
E-YOUB5/03	Friday, May 3	April 26
HAMMER FIELDHOUSE PARKING LOT		3:30-5:00PM
		FREE

Youth Paint Night K-12th Grade ★ FREE

Tammy Fink

Using acrylic paints and wood glue we will create a 12" dimensional wood sign. No painting skills needed. These signs easily pieced together and look great no matter what your skill level is. There will be a variety of signs to choose from upon arrival! **Limited spots!**

CLASS CODE	DATE OF CLASS	REGISTRATION OPEN
E-YOU46	Tuesday, January 16	December 11
E-YOU47	Tuesday, February 13	January 30
E-YOU48	Tuesday, March 19	March 5
E-YOU67	Tuesday, April 16	April 2
E-YOU68	Tuesday, May 14	March 30
THE HIVE	6:00-8:00PM	FREE



Superhero Program ★ FREE

Grades 6th-12th

Kim Herfindahl

If you are kind, creative, patient, a good listener and enjoy helping others; You are a Superhero! And we need YOU! Join us for Superhero training, where what makes you unique and special can be shared with others! We will brainstorm, create and practice activities that you will later lead and teach to elementary age students. We're going to have fun creating fun!! Superheroes will meet to discuss and practice activities and the leadership skills needed to then share these activities with K-2nd graders. **Please check dates and days of the week online.**

E-YOU17

Starting Thursday, January 18- April 29
Southwest FACS Rm. 219
*No class October 19 & 31, November 2 & 7

3:15-5:00pm
FREE

K-2nd After School Fun ★ FREE

Grades K-12

Kim Herfindahl

Games, crafts and activities will be led by our Superhero team of 6th-12th graders who have been working hard to create some after school fun for students! A snack will be provided and preregistration is required. **Bussing available to Southwest! Limited spots!**

CLASS CODE	DATE OF CLASS	REGISTRATION OPEN
E-YOU07	Monday, January 22	January 15
E-YOU08	Monday, January 29	January 22
E-YOU09	Monday, February 12	February 5
E-YOU20	Tuesday, February 20	February 12
E-YOU21	Monday, March 11	March 4
E-YOU22	Monday, March 18	March 11
E-YOU23	Monday, April 22	April 15
E-YOU24	Monday, April 29	April 22
SOUTHWEST FACS RM. 219		3:15-5:00PM
		FREE

BUSSING AVAILABLE FOR STUDENTS
FROM SOUTHWEST TO THE HIGH SCHOOL!
JUST A SHORT WALK FROM HAMMER COMPLEX.

YOUTH ENRICHMENT

Courses marked with a red **FREE** dot are only offered to Albert Lea School district students only. These free courses are made possible through a federal grant that the district received.

Introduction to Archery Basics **FREE**

6th-12th Grade

Jeff Laskowske

Get ready to channel your inner Robin Hood with this beginner's guide to Archery! Jeff with Full Draw Archery Club will teach you the right way to grip the bow, take aim and let those arrows fly. No need to worry about owning equipment because we've got you covered. By the end of the course, you'll have a good grasp on the sport of archery, how to shoot and, who knows, maybe this is just the beginning of your archery journey! **Limited spots!**

CLASS CODE	DATE OF CLASS	REGISTRATION OPEN
E-YOU49	Saturday, January 20	January 13
E-YOU50	Saturday, March 23	March 16
FULL DRAW ARCHERY CLUB	10:00-12:00PM	FREE

Youth Archery Intermediate **FREE**

6th-12th Grade

Jeff Laskowske

This intermediate archery course will teach you how to shoot and score various league and competition shots. To be eligible to participate, you must have completed the beginner course or have at least two years of archery shooting experience. **Limited spots!**

CLASS CODE	DATE OF CLASS	REGISTRATION OPEN
E-YOU60	Saturday, February 24	February 17
E-YOU61	Saturday, April 27	April 20
FULL DRAW ARCHERY CLUB	10:00-12:00PM	FREE

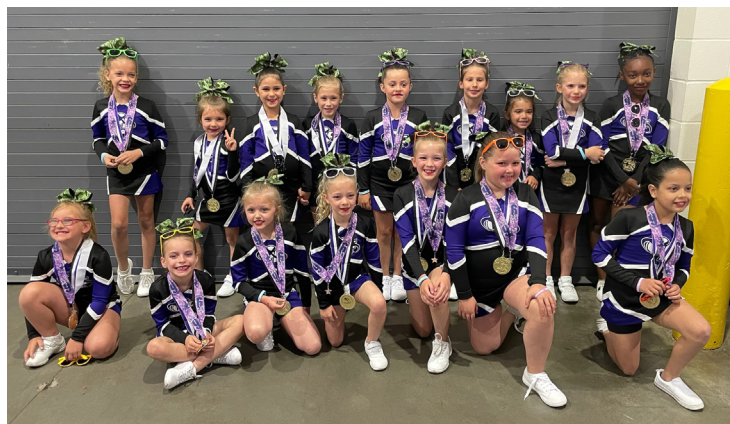
Biscuits & Butter Oh My! **FREE**

6th-7th Grade

Kim Herfindahl

Did you know it wasn't that long ago that people did not have the convenience of cooking indoors with an oven? Join us to experience the lost art of cooking over an open campfire and making your own from scratch biscuits and homemade butter! **Limited spots!**

CLASS CODE	DATE OF CLASS	REGISTRATION OPEN
E-YOU14	Wednesday, March 27	March 20
E-YOU15	Wednesday, April 10	April 3
E-YOU16	Wednesday, April 24	April 17
HAMMER FIELDHOUSE PARKING LOT	3:15-5:00PM	FREE



Champion Force Cheerleading

Coaches Kristin Weber & Morgan Jones

We offer a fun and exciting cheer program for beginner, intermediate, and advanced level students. We focus on the fundamentals of cheers, chants, jumps, stunts, and dance routines. Each class learns at least one full routine and will showcase their skills for parents and at competitions. Classes are available for all ages, and no experience is necessary for Recreation Levels. Champion Force Athletics is dedicated to empowering all kids with strength, confidence, and self-esteem. All classes are taught by certified coaches.

Upon completion of your registration through Community Ed, please log into www.championforce.com and create an account to agree to their waivers. Stop when you get to the payment portion.

Tuesdays, February 13- June 11, No class February 27
Sibley Elementary Gym | \$9 Automatic Weekly Payment

YOU01 AGES 4-6	5:30-6:15pm
YOU01 AGES 7-8	6:15-7:00pm
YOU01 AGES 9+	7:00-7:45pm

Champion Force Cheerleading Division 4

This registration is only for those that made try outs.

YOU02 DIVISION 4	7:45-8:45pm
Tuesdays, February 13- June 11	
Sibley Elementary Gym	\$9 Automatic Weekly Payment



Discover Curling: Youth Experience 6th-12th Grade **FREE**

Chris Dibble

Enjoy an afternoon at the Owatonna Curling Club learning the sport of curling. Curling is a winter Olympic sport played on ice where large stones are slid down long sheets assisted by brooms to sweep. Over the course of two hours, participants will learn to deliver and sweep stones. Ice grippers and brooms will be provided along with snacks. Bring clean shoes and warm clothes.

Transportation provided! Please arrive at the Tiger Door entrance of Albert Lea High School. The bus will depart promptly at 12:00pm and return around 3:30pm. Arrive 10 minutes early for check in. Preregistration is required and deadline to register is Thursday, February 8th at 2:00pm.

E-YOU02	Saturday, February 10	12:00-3:30pm	Owatonna Curling Club	FREE
----------------	-----------------------	--------------	-----------------------	-------------



Babysitting Skills

Ages 11-15

Lindsey Eagan, Aquatics Coordinator, Red Cross Lifeguard & CPR Instructor

Is your child planning to babysit but feels unsure about how to do it safely and responsibly? These two-day courses are designed for youth like them who want to gain the necessary knowledge and skills to provide excellent care for children and infants. The training will help you develop leadership skills, teach you how to start a babysitting business, and learn how to keep yourself and others safe while helping children behave. Additionally, you will gain knowledge about basic child care and first aid. While CPR and first aid will be covered, please note that students will not receive certification. Each participant will receive a booklet, activity pages, and a mini first aid kit to assist them in their future babysitting endeavors. **Limited spots!**

E-YOU04

2 sessions

Wednesday & Thursday, March 13 & 14

10:00-1:00pm

YMCA Meeting Room

FREE

E-YOU05

2 sessions

Tuesday & Wednesday, April 9 & 10

4:00-7:00pm

YMCA Meeting Room

FREE

Junior Lifeguarding

Ages 12-15

Lindsey Eagan, Aquatics Coordinator, Red Cross Lifeguard & CPR Instructor

The American Red Cross introduces the revised Junior Lifeguarding program, which is designed to guide youth to the American Red Cross Lifeguarding course. The course focuses on building a foundation of knowledge, attitudes and skills of future lifeguards. In this two-day workshop you will develop swimming skills and practice in-water rescues. Please bring your swim suit, towel, water bottle and pack a lunch for each day. **Limited spots!**

E-YOU25

2 sessions

Thursday, May 16 from 4:00-8:00pm

AND Friday, May 17 from 4:00-7:00pm

YMCA Meeting Room & Pool

FREE

STAY TUNED FOR AN ANNOUNCEMENT
FOR FREE LIFEGUARDING CLASSES
ON OUR WEBSITE AND FACEBOOK!



ONLINE CLASS VIA ZOOM



FREE CLASS FOR AL DISTRICT STUDENTS

SWIM. SKATE. CLIMB.

Spring

BREAK

March 14 & 15

10:00am-4:15pm

SWIMMING,
SKATING, CLIMBING
& GYM GAMES

LUNCH PROVIDED | LIMITED SPOTS

**FREE TO ATTEND FOR ALBERT LEA
DISTRICT STUDENTS IN GRADES K-5**

**ALBERT LEA FAMILY YMCA
ALBERT LEA CITY ARENA
COMMUNITY ED ROCK GYM**

PREREGISTRATION REQUIRED

Registration opens February 12th

DEADLINE TO REGISTER IS MARCH 7TH.

ALBERTLEACOMMUNITYED.ORG

507-379-5318

Events sponsored by:








Visit AlbertLeaCommunityEd.org for registration. **11**

ADULT BUSINESS AND FINANCE

Social Media for Business ★

Nickie Welsh, Social Club Simple

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skillset or company get left behind by missing the key social media rules you need to know! In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

Benefits for the Students: leave the class with action items they can easily implement themselves to see results for their business or role within their company and organization. Students will also benefit from having a plan for the rest of their 2023 year and know how to be effective with their time on social media for maximum results for gaining new clients or customers.

AE40 	Thursday, January 11	12:00-1:00pm	Online via Zoom	\$23
AE50 	Tuesday, May 7	12:00-1:00pm	Online via Zoom	\$23





Grow your Business with Instagram ★

Nickie Welsh, Social Club Simple

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class to grow your business with Instagram. You'll learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process!

Benefits to the Student: leave the class with a game plan they can implement on Instagram for the rest of their 2023 year. They will also understand Instagram key terms, concepts, and leave feeling confident on how to best maximize their time for their best benefit.

AE41 	Tuesday, January 16	12:00-1:00pm	Online via Zoom	\$23
AE51 	Thursday, May 9	12:00-1:00pm	Online via Zoom	\$23

Medicare Basics

Marla Valentino-Wiste, UCare

Learn about the ABC & D of Medicare and what they cover and when to enroll.

BSFN45	Tuesday, February 20	No-Cost
	Brookside Rm. 109	6:00-7:00pm
		1 session

Getting Started with Medicare

Thrivent Financial representative Jake Thompson, RICP,CLTC.

Enrolling in Medicare can feel like opening a puzzle that's all sky. It's hard to know where to start. But, much like with puzzles, a little help goes a long way. That's why I'm hosting Getting Started with Medicare —an informational event to help explain your options.

BSFN38 	Wednesday, May 1	No-Cost
	Online via Zoom	6:00-7:15pm
		1 session

Social Security - Timing is Everything

Thrivent Financial representative Jake Thompson, RICP,CLTC.

Social Security is a vital income source for many retirees. But it can be a confusing topic, and making the most of it can have a lot to do with timing it right. This workshop can help attendees get answers to their questions and learn what Social Security can mean for them.

BSFN37 	Wednesday, May 8	No-Cost
	Online via Zoom	6:00-7:00pm
		1 session

Will Your Taxes Affect Your Retirement?

Thrivent Financial representative Jake Thompson, RICP,CLTC.

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than the fair share.

BSFN36 	Wednesday, May 15	No-Cost
	Online via Zoom	6:00-7:00pm
		1 session

Rustic Italian Bread & Luscious Soups

Velvety Cheese Soup, Luscious Loaded Potato Soup, & Rustic Italian Bread Bowls OR Rolls! Warm, cozy, soothing, satisfying soups are such a welcome treat for dinner any time of year. All the stresses of the day seem to melt away with the smell of freshly made soup that brings smiles to the entire family. Have some fun participating in this virtual COOK-ALONG class, expand your family's soup rotation and your culinary repertoire as you learn to create two wonderful soups in addition to homemade Italian Bread BOWLS or ROLLS!

AE01   \$40
Friday, January 19 6:00-8:30pm

Wholesome Hoagies

Few things bring more joy than the smell of freshly made bread. Learning how to make bread in your own kitchen however is one of those things! This class is sure to provide this experience as you learn to create your own WHOLESOME HOAGIE ("Hero") Rolls from scratch. Experience the soft and chewy interior, and the slightly crunchy exterior for yourselves; almost heavenly goodness! If that wasn't enough, you will also master the art of creating the most wonderful chicken Parmesan to fill them with. Say hello to a masterfully seasoned breaded exterior that STAYS IN PLACE and maintains its crispiness while keeping the chicken juicy and delicious. NO DEEP FRYING INVOLVED! The meal is sure to become a family favorite, and remember that the rolls can be used for other fillings as well!

AE02   \$40
Saturday, January 27 4:00-6:30pm

Kick-Off Kitchen! Soft Pretzels with Cheese Dip & Italian Meatball Slider Sammies

No one will even care about the game with these TOUCHDOWN scoring snacks on the table! YOU will be the MVP of the party regardless of who wins! Learn to make SOFT Pretzels with Cheese Dip & Italian Meatball Slider Sammies from SCRATCH! EVERYTHING from the dough for the pretzels and rolls, cheese and meatballs will be made fresh! Crowd pleasing goodness during the game or any time of year HANDS-DOWN!

AE03   \$40
Friday, February 2 6:00-8:30pm

***Soups & Bread Bowls***

Creamy Chicken & Wild Rice Soup, Creamy Broccoli Cheddar Soup, & Italian Bread BOWLS. Warm, delicious, soothing, satisfying soups are such a welcome treat for dinner any time of year. All the stresses of the day seem to melt away with the smell of freshly made soup that brings smiles to the entire family.

AE08  \$40
Saturday, February 24 4:00-6:30pm

Chicken Cacciatore & Garlic Roll Bliss

Join Tess is one of her newest classes where she guides you through the process of creating the most wonderful melt-in-your-mouth Chicken Cacciatore, and follow along step-by-step, to create her luscious garlic-bread rolls bursting with flavor to sop up the flavorful juices of the meal. Add some rice, potatoes, pasta, and a salad of your choice and you will have created a Rustic Italian Feast that will have your family coming back for more!

AE04  \$40
Saturday, March 9 4:00-6:30pm

Mediterranean Mezze

The word "Mezze" refers to what we all know as finger foods and dips. Many Mediterranean meals consist of a variety of "mezze" items that come together creating the most wonderful flavors, tastes and textures. Similar to charcuterie boards, Mediterranean families have been creating charcuterie TABLES for generations consisting of a variety of Mezze items. Now YOU TOO can WOW and DAZZLE your family or guests with a delicious full-flavored mouthwatering Mediterranean Mezze meal that will have everyone asking for more!

AE05  \$40
Saturday, March 16 4:00-6:30pm

Pretzel Crust Pizza & Pretzel Knots with Cheese Dip

Two of the most craved food items in North America are Pizza and Soft Pretzels! Learn how to satisfy these cravings at the same time by joining Tess for this amazing class as she guides you through her step-by-step process of creating her Specialty Gourmet Pretzel Crust Pizza! Participants will also have the pleasure of learning to create her homemade pizza sauce, soft pretzel knots and a velvety cheese dip (beer cooks off and flavor remains)!

AE07  \$40
Friday, March 22 6:00-8:30pm

***Spring Roll Symphony***

Crafting Crispy & Fresh Spring Roll Delights! No need to look beyond your own kitchen for RESTAURANT QUALITY spring rolls! Whether you are looking to host a memorable Dim Sum get-together or simply want to create something FRESH and BRIGHT to welcome in the spring, this is the class you have been looking for!

AE09  \$40
Saturday, May 18 4:00-6:30pm

Homemade Tuscan Gnocchi Meal

Gnocchi: Bite-sized tender soft pillows of pasta-ish goodness. Very versatile with the ability to take on the flavor of added goodness creating mouthwatering meals that will become favorites in your family's dinner rotation. This may just sound too good to be true. Not only is this all true, but gnocchi are even simpler to make than other fresh pasta options! During this fun filled class, participants will learn how to create these little morsels of goodness, and then turn them into a scrumptious meal the instructor has created called Creamy Tuscan Gnocchi with Chicken, and make a wonderful loaf of fresh bread as well!

AE06   \$35
Saturday, April 27 4:00-6:00pm

ADULT FITNESS

Intro to Zumba® Workshop

Jasmine Murphy

Going to your first Zumba® class maybe a little intimidating. Maybe you would like the moves to be broken down? Well, look no further! This is a perfect workshop for anyone that is going to be attending Winter Zumba® of 2024 It will be a relaxed and fun setting that will have you leaving feeling empowered & fired up.

FIT15

Wednesday, January 3
Sibley Elementary Gym

1 session

5:30-7:00pm
\$15

Zumba® Fitness ★

Jasmine Murphy

Pretty much the most awesome workout ever. Dance to great Latin and international-inspired music, with great people, and burn a ton of calories without even realizing it. Zumba® is a Party! *Note: Class will be on Wednesday for February 21st and 28th.*

FIT08

Mondays, January 8- March 11
Sibley Elementary Gym

7 Sessions

5:30-6:30pm
\$65

*No class Feb. 19 & 26 instead class will be held Feb. 21 & 28

Reset NEW

Jasmine Murphy

Balance is an important aspect in our busy every day life and in this class, there will be a fitness or challenge presented that will help spark a new level of your personal development. The class will end in stretches and reflection time. *Note: Class will be on Wednesday for February 21st and 28th.*

FIT05

Mondays, January 8- March 11
Sibley Elementary Gym

10 Sessions

6:35-7:30pm
\$50

FIT14 Zumba® Fitness & Reset

\$10 Discount

Mondays, January 8- March 11
Sibley Elementary Gym

5:30-7:30pm
\$105

After a decade of taking Zumba® classes, I decided to take the leap and get licensed. I completed a special training program in Wisconsin last July and have since been honing my skills at home. Now, I feel confident and ready to teach others.

Despite attending numerous Zumba® classes over the years, it still remains my favorite workout. It has helped me gain confidence that I never knew I had, transforming me from the person who always stayed in the back row and hoped not to be noticed, to someone who now wants to share this fun and energizing workout with others.

MEET KRISTY OLSON



All Skill Level Open Pickleball Play ★

Lisa Gjersvik & Margie Barber

Come join us for open play! We anticipate a great deal of participation as many new people have joined the pickleball scene. This opportunity is available to all skill levels who know the basic rules of pickleball play. Remember to bring your own water jug and terrycloth towel. We ask that you change into clean gym shoes to protect the flooring.

No cash payments in person will be accepted. Sessions equal out to \$3/per night for the duration of 3 hours and 15 mins.

Makeup week will be April 1-3 from 5:30-8:45pm for any cancellations that may occur throughout the session. No class February 19, 26 or March 11-13.

FIT13 MONDAYS

Mondays, January 8- March 25
Lakeview Elementary Gym

\$27

5:30-8:45pm
9 sessions

FIT13 TUESDAYS

Tuesdays, January 9- March 26
Lakeview Elementary Gym

\$33

5:30-8:45pm
11 sessions

FIT13 WEDNESDAYS

Wednesdays, January 10- March 27
Lakeview Elementary Gym

\$33

5:30-8:45pm
11 sessions

NEW INSTRUCTOR ALERT!

Thursday Night Zumba® NEW

Kristy Olson

Each class session includes a brief warmup of stretches, demonstration of the fun, easy dances, a review of the dances, and then a full-out, non-stop execution of the dances for a strong cardio and full-body workout. No previous dance experience required. Join the party—for fitness and fun!

FIT03

Thursdays, January 11- March 7
Sibley Elementary Gym

9 Sessions

5:45-6:45pm
\$40

FIT04

Thursdays, March 21- May 23
Sibley Elementary Gym

10 Sessions

5:45-6:45pm
\$50

Vinyasa Flow Yoga NEW

Neal Gjersvik

Rise and shine with a spring in your step and your yoga mat. Whether you're a new to yoga or have some physical limitations, our slow flow session will have you covered with easy, adjustable poses. Our mission? Rekindle the beautiful bond between your mind and body.

FIT11

Wednesdays, January 10- February 14
Hammer Fieldhouse Classroom

7 Sessions

8:45-9:45am
\$56

FIT12

Wednesdays, February 21- April 3
Hammer Fieldhouse Classroom

6 Sessions

8:45-9:45am
\$48

*No class March 13

EARN EXTRA INCOME — BECOME A COMMUNITY EDUCATION INSTRUCTOR!

EMAIL [KIM.EHRICH@ALSCHOOLS.ORG](mailto:kim.ehrich@alschools.org) FOR MORE INFORMATION!

Adult Open Play Basketball

This is a non instructional activity. Adults 18 and over are welcome to join for a pickup game of basketball!

FIT22

Wednesdays, January 10- May 22
Brookside Gym A

20 Sessions

7:00-8:00pm
\$30

Learn How to Play Pickleball ★

Margie Barber

Come learn the fabulous sport of pickleball. It looks a lot like tennis but covers a much smaller area. You will have an opportunity to learn the rules of the game along with some technique towards enjoying a wonderfully challenging method of physical activity. There is no need to bring a partner or provide a paddle or the ball unless you wish. You can also take breaks if you feel you are not yet ready for consistent play. We strongly encourage you to bring a water bottle, along with plenty of enthusiasm! If weather is a factor on any given class date, the instructor will be in touch with you via email or phone regarding postponements. *No class February 22 or March 14.*

FIT07

Thursdays, January 18- March 21
Lakeview Elementary Gym

8 Sessions

6:30-8:30pm
\$24

Friday Happy Hour Release & Restore Yoga NEW

Stacy Cafourek

Let go of the stressors of the week with an all-levels yoga flow designed to reset your body and mind. This class will be a 60 minute flow with breathwork, Myofascial release techniques, nourishing, mindful movement, and a final Savasana with optional Cranio-Sacral assist. We will alternate between more upbeat, fun sessions and sessions that are slower overall to nurture your nervous system. This class provides the ideal opportunity for school staff to unwind after a busy week, or anyone looking for a relaxing end to their week. Come to replenish yourself at the end of the week with 60 minutes of happy hour yoga you won't regret!

FIT09

Fridays, January 12- March 8
Sibley Elementary Gym

9 Sessions

4:00-5:00pm
\$70

FIT10

Fridays, March 22- May 24
Sibley Elementary Gym
*No class March 29

9 Sessions

4:00-5:00pm
\$70



Discover Curling: Adult Experience NEW Ages 18+

Chris Dibble

Enjoy an afternoon at the Owatonna Curling Club learning the sport of curling. Curling is a winter Olympic sport played on ice where large stones are slid down long sheets assisted by brooms to sweep. Over the course of two hours, participants will learn to deliver and sweep stones. Ice grippers and brooms will be provided along with refreshments. *Participants will need to find their own transportation to the Owatonna Curling Club.*

FIT01

Friday, February 9
Owatonna Curling Club

6:00-9:00pm
\$20

THE COMMUNITY ED OFFICE HAS SNOWSHOES TO CHECKOUT!

Don't let a little white stuff slow you down this winter.

Contact our office at 507-379-5318 to ensure availability.

Cost is \$10 per pair and \$20 refundable deposit per pair.

Limited kids sizes available.



ADULT HEALTH AND WELLNESS

*These classes are for educational knowledge and skill development purposes only.
Cultural and religious beliefs will not be taught, practiced, nor encouraged in these courses.*

Acupressure To Relieve Stress, Anxiety, Insomnia & More *Janice Novak*

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

HW40  **\$29**
Tuesday, January 16 6:00-7:30pm

Is Your Waistband Too Tight Today?

Janice Novak

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. And we will do this without getting on the floor.

HW28  **\$29**
Wednesday, January 17 6:00-7:30pm

Total Body Strengtheners You Can Do At Home *Janice Novak*

Not everyone can be skinny, but EVERYONE can be stronger- even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles – they boost metabolism; maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for class.

HW09  **\$29**
Monday, January 22 6:00-7:30pm

Face Yoga *Janice Novak*

There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing "puppet mouth" lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.

HW16  **\$29**
Tuesday, January 23 6:00-7:30pm

Posture, Get It Straight! *Janice Novak*

Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture. And, the good news is no matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! You'll need a resistance band for some exercises.

HW21  **\$29**
Tuesday, January 30 6:00-7:30pm



Stuck *Kim Herfindahl*

Are you in a rut? Does it feel like your mind is on auto repeat with the same old, negative stories and thoughts? Do you feel physically heavy and mentally exhausted because thoughts just won't stop? Sometimes we just need to reset. We will work together in a non stimulating environment to relax and release pent up patterns of thought and tension, with gentle movements. We will practice techniques to calm our nervous system and bring ourselves back to peaceful clarity. You do not need to be able to get down to the floor to benefit from this class.

HW64	Wednesday, January 17	6:00-7:00pm	Sibley Rm. 114	\$10
HW65	Wednesday, February 14	6:00-7:00pm	Sibley Rm. 114	\$10
HW66	Wednesday, March 20	6:00-7:00pm	Sibley Rm. 114	\$10

Hips, Thighs & Otherwise *Janice Novak*

If you've noticed hip/thigh/bottom spread, you are not alone, and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have the time, money, or inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for the '10 Minute Miracle Exercise'.

HW20  \$29
Wednesday, January 31 6:00-7:30pm

Heart Health for Women

Janice Novak

Heart disease is the number one killer of women. Symptoms are different for women than for men so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life. We will do this without getting on the floor.

HW11  \$29
Monday, February 5 6:00-7:30pm

FIND US ON FACEBOOK
@ALBERTLEACOMMUNITYED

Overcome Your Carbohydrate Cravings

Janice Novak

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

HW31  \$29
Tuesday, February 6 6:00-7:30pm

 ONLINE CLASS VIA ZOOM  FREE CLASS FOR AL DISTRICT STUDENTS

Seated Abdominal Strengtheners that Won't Stress Your Back or Neck


Janice Novak

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor.

HW34  \$29
Monday, February 12 6:00-7:30pm

Acupressure And Other Tools for Women 35 and Older *Janice Novak*

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques, nutritional musts, and more.

HW49  \$29
Tuesday, February 13 6:00-7:30pm

Avoid the Pitfalls of Perimenopause/Menopause

Janice Novak


Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured- blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

HW23  \$29
Tuesday, February 20 6:00-7:30pm

Thyroid Things You Need to Know

Janice Novak

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, and heart palpitations are only some of the symptoms. In this workshop, we'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid medication; environmental triggers and information you need to discuss with your doctor.

HW10  \$29
Wednesday, February 21 6:00-7:30pm

De-Age Your Brain *Janice Novak*

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

HW51  \$29
Tuesday, February 27 6:00-7:30pm

NEED HELP WITH ZOOM?
CALL 507-379-5318

Soothe Those Achy Joints *Janice Novak*

Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

HW07  \$29
Tuesday, March 5 6:00-7:30pm

Visit AlbertLeaCommunityEd.org for registration. **17**


ADULT HEALTH AND WELLNESS

*These classes are for educational knowledge and skill development purposes only.
Cultural and religious beliefs will not be taught, practiced, nor encouraged in these courses.*

Just Breathe! Techniques to Calm, Center & Balance ★

Janice Novak

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and wellbeing. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out.

HW08  Monday, March 11 6:00-7:30pm \$29



Acupressure To Assist Weight Loss ★

Janice Novak

Acupressure is a technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

HW32  Tuesday, March 12 6:00-7:30pm \$29

Feet, Knees and Ankles ★

Janice Novak

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? In this workshop, you will learn simple things to help correct these common problems.

HW27  Tuesday, March 19 6:00-7:30pm \$29

Women, Weight & Hormones

Janice Novak

Are you finding no matter how well you watch what you eat or how much you exercise that weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until any imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss concrete solutions for controlling appetite and cravings; simple things you can do every day to boost your metabolism; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain.

HW24  Monday, March 18 6:00-7:30pm \$29

Metabolism Boosters & Busters ★

Janice Novak

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS- You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

HW38  Tuesday, March 26 6:00-7:30pm \$29

Techniques to Activate your Brain's Creativity Center Janice Novak

Learn the many things you can do to tap into your brain's creativity center. We'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We'll do acupressure points that offer instant clarity and calm. You'll learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. You'll leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.

HW12  Tuesday, April 2 6:00-7:30pm \$29

Acupressure for Sinus Relief, Headaches & More Janice Novak


Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

HW14  Tuesday, April 16 6:00-7:30pm \$29

VISIT OUR WEBSITE
ALBERTLEACOMMUNITYED.ORG


Understanding & Responding to Dementia-Related Behavior ★

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

HW30  No-Cost
Thursday, February 15 6:30-7:30pm


Effective Communications Strategies ★

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

HW53  No-Cost
Tuesday, March 26 6:30-7:30pm

Dementia Conversations: Driving, Doctor Visits, Legal, and Financial Planning ★

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

HW52  No-Cost
Monday, April 15 6:30-7:30pm

ADULT HOBBY CLASSES



Decorative Sign Painting at The Hive

Ages 5+ (Children MUST be accompanied by an adult.)

Tammy Fink

Join us at the creative space downtown for this Decorative Sign Painting class! Using acrylic paints and wood glue you will create a dimensional wood sign. No painting skills needed. These signs are easily pieced together and look great no matter what your skill level is.

There will be options available that are displayed in the shop upon arrival. If there is a custom design that you would like to create, you will need to contact Tammy **AT LEAST ONE WEEK PRIOR** to class. Contact information can be found on the registration page or find her on her Facebook page @thehivemnal.

HOB07	Thursday, January 18	6:00-8:00pm	\$25
HOB08	Thursday, February 15	6:00-8:00pm	\$25
HOB09	Thursday, March 21	6:00-8:00pm	\$25
HOB10	Thursday, April 18	6:00-8:00pm	\$25
HOB11	Thursday, May 16	6:00-8:00pm	\$25



Spring Planting Party

Ages 18 +

Michelle Peterson, Sonshine Gardens

Get your green thumb ready for an evening of planting tips and tricks to getting your planters as full and beautiful as you want them to be! We'll guide you through the process and provide a 13" container, soil, fertilizer, and up to four plants to get you started. Plus, we'll take care of your planter in our warm greenhouse until May 15th! Bring your gardening gloves to make the most of this amazing opportunity. Refreshments will be available throughout the evening. *All classes located at Sonshine Gardens in Clarks Grove, MN.*

HOB01	Tuesday, April 23	5:00-7:00pm	\$60
HOB02	Wednesday, April 24	5:00-7:00pm	\$60
HOB03	Thursday, April 25	5:00-7:00pm	\$60



ADULT ENRICHMENT

Survey of the Philosophy of Western Civilization

Ages 18+

Neal Skaar

In this course a chronological presentation of the philosophy of Western Civilization will be discussed. The course will include a definition of philosophy, categories and schools of philosophy, and the ideas and writings of major philosophers.

AE22

Mondays, January 8-March 11
Brookside Rm. 109

7 Session

6:45-7:45pm
\$21

A Parent's Guide to TikTok Nickie Welsh, Social Club Simple Ages 18+

Have you heard about the latest new app called TikTok? Learn how it's used and how parents can also help their kids stay safe while on it. You'll leave the class with helpful action items with you family to help gain a better understanding on what to do/what not to do within the app. The class will help set up a healthy foundation for technology habits your family members can use for the rest of their life whether in school or in their professional careers.

AE45 

Tuesday, January 23

12:00-1:00pm

\$23

AE54 

Thursday, May 16

12:00-1:00pm

\$23

Introduction to Archery Basics

Jeff Laskowski

Get ready to channel your inner Robin Hood with this beginner's guide to Archery! Jeff with Full Draw Archery Club will teach you the right way to grip the bow, take aim and let those arrows fly. No need to worry about owning equipment because we've got you covered. By the end of the course, you'll have a good grasp on the sport of archery, how to shoot and, who knows, maybe this is just the beginning of your archery journey! **Limited spots!**

AE14

Saturday, January 20

1:00-3:00pm

Full Draw Archery Club

\$10

AE15

Saturday, March 23

1:00-3:00pm

Full Draw Archery Club

\$10

Instant Piano for Hopelessly Busy People

Craig Coffman

Ages 18+

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. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all.

AE36 

Monday, January 22

Online Workshop

\$59

6:30-9:30pm

1 Session



Instant Guitar for Hopelessly Busy People

Craig Coffman

Ages 18+

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all.

AE35 

Tuesday, January 23

Online Workshop

\$59

6:30-9:00pm

1 Session



FIND US ON FACEBOOK @ALBERTLEACOMMUNITYED

Cell Phones and Parenting - Oh My!

Ages 18+

Nickie Welsh, Social Club Simple

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! You will leave this class with a confident plan to simplify the technology so that you and your child can use the phone safely without worry.

AE43 

Tuesday, January 30

12:00-1:00pm

\$23

AE53 

Thursday, May 23

12:00-1:00pm

\$23

THIS CLASS FILLS QUICKLY WITH LIMITED SPOTS!

Wedding Planning Workshop Ages 18+

Shelby Stephenson, Stephenson Weddings

Let's get the wedding bells ringing! With me as your guide we will be creating a customized wedding planner binder for your big day. We'll dive into the world of vendor selection, ceremony and reception planning, and all the finer details that will make your big day unforgettable! Supplies included: binder, printed templates, scrapbook paper, pens, markers, tape, glue. Bring in any special touches you would like to add!

AE10

Friday, January 12

5:30-7:00pm

Brookside Cafeteria

\$25

AE11

Friday, February 9

5:30-7:00pm

Brookside Cafeteria

\$25

AE12

Thursday, March 7

5:30-7:00pm

Brookside Cafeteria

\$25

AE13

Friday, April 12

5:30-7:00pm

Brookside Cafeteria

\$25

How to Create Your Own YouTube Channel

Ages 18+ Nickie Welsh, Social Club Simple

In this fun beginner class, you'll learn the basics to create and begin your very own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts and more with the world and your audience! We'll walk you through a step-by-step process so that you can get started today!



1 Session

Thursday, February 1

12:00-1:00pm

Online via Zoom

\$23



My Kid Wants to Be a Youtuber - Help!

Ages 18+ Nickie Welsh, Social Club Simple

Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel. You'll learn how this hobby can become a practical career, safety practices, and even create fun videos! Parents will leave the class with helpful guidelines to get their kid's channel started safely and a solid foundation for their child's new creative outlet in 2023. Please note, children must be age 13 and have parental permission to start a YouTube channel.



1 Session

Thursday, February 8

12:00-1:00pm

Online via Zoom

\$23

Google Sheets for Awesome Beginners

Ages 18+ Nickie Welsh, Social Club Simple

Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets!



1 Session

Tuesday, February 13

12:00-1:00pm

Online via Zoom

\$23



ONLINE CLASS VIA ZOOM



FREE CLASS FOR AL DISTRICT STUDENTS

Film Analysis



Deano Pape

Have you ever watched movies and wished you had the vocabulary to explain what you loved or hated about them? You have come to the right course! Participants will learn how to evaluate films from technical, narrative, and performance points of view. We will also discuss genres, directors, and, of course, the Academy Awards and which films might win and why. The class will have the option of watching the Oscars together or attending a film in Albert Lea and evaluating it immediately afterward. **No prior experience in film criticism is necessary.**

AE18 Tues., Jan. 23 6:00-7:30pm
Brookside Rm. 109 \$10

AE19 Thurs., March 21 6:00-7:30pm
Brookside Rm. 109 \$10

Social Media Analysis



Deano Pape

Does it seem like everyone around you is stuck in their phones? Do you worry about the effects of an always-connected society? This course is for you! Participants will examine the effects of technology on all facets of our lives, including interpersonal, psychological, and societal. We will look at some case studies, such as the Facebook (now Meta) whistleblower case, Elon Musk's takeover of Twitter (now X), and attempts to ban TikTok. Multiple solutions will be considered to protect our privacy, regulate our time spent online, and balance our virtual and in-person lives! **No prior knowledge or experience with social media is required.**

AE20 Thurs., Jan. 25 6:00-7:30pm
Brookside Rm. 109 \$10

AE21 Tues., March 26 6:00-7:30pm
Brookside Rm. 109 \$10

Debate for Adults



Deano Pape

If you have ever watched the presidential debates and asked yourself questions such as, why are they yelling at each other or, why do they never answer the moderator questions? then this course is for you! Learn how to debate important issues of the day responsibly and appropriately, evaluate sources, and consider how to assess arguments in a fun environment where we begin with debates over cats v. dogs and the best places to vacation. Civil discourse and mutual respect are essential to quality debate! We will watch part of a presidential primary debate together and assess the strengths and weaknesses of the candidates as debaters. **No prior experience with debate is required.**

AE16 Tues., Jan. 30 6:00-7:30pm
Brookside Rm. 109 \$10

AE17 Thurs., March 28 6:00-7:30pm
Brookside Rm. 109 \$10

MEET DEANO PAPE

Deano Pape is a communication educator who has taught over 25 different courses in the areas of media criticism, persuasion, interpersonal communication, public speaking, and debate. He has taught classes and facilitated workshops at the middle level, high school, and college. Currently, Deano is a competition events specialist with the National Speech & Debate Association, the debate coordinator for the Ronald Reagan Presidential Library & Museum, and curriculum coordinator for Harvard's public speaking and argumentation summer workshops. Deano and his wife Kylie recently moved to Albert Lea from Austin.

MEET DEANO PAPE



ADULT ENRICHMENT

Using Snapchat Safely in 2023! Ages 18+

Nickie Welsh, Social Club Simple

Have you been curious as to what Snapchat is exactly? In this workshop we will cover everything adults need to know about one of most popular social media apps in the world. You'll learn the foundation for how Snapchat is used, what the basic features include, and more. Stay up to date in today's digital world with this fun and informational class. Attendees will learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to target audience members

AE42 

Thursday, February 15

Online via Zoom

1 Session

12:00-1:00pm

\$23



A one-stop navigation network for starting and growing child care programs.



Start A Program

Thinking about starting a family child care program or child care center? We can help guide you through the process.



Sustain Your Program

We can connect you to resources to help increase enrollment, strengthen relationships with children and families, improve staff retention, and address educator burnout.



Grow Your Program

If you operate an existing child care program, you might want to open more locations, increase licensed capacity, or change license type. We can help you explore your options.

Owning a Family Child Care Business

Jacqueline Prescher, Families First MN

Have you thought about starting your own Family Child Care business? We will explore licensing and training requirements, look at tools and strategies on business planning, and funding resources that are available for grants and loans. Come with your questions and see if Family Child Care is a good fit for you! A special thanks to the Albert Lea Economic Development Agency (ALEDA) for sponsoring this opportunity to the community and Families First Minnesota for hosting this class.

AE14: Informational session offered via Zoom and by appointment only at no-cost to you. Preregistration is required at AlbertLeaCommunityEd.org.



explore
ALBERT LEA
LAKE.
LAND.
FUN.

SAVE THESE DATES

2/10 THE BIG FREEZE ❄️

3/30 SHOP HOP 🐰

5/3 CINCO DE MAYO 🌮

SCAN TO VISIT THE
**COMMUNITY
CALENDAR**



**LOCAL EVENTS
JUST A CLICK AWAY**

www.ExploreAlbertLea.com

AFTER SCHOOL PROGRAMMING CALENDAR FOR GRADES 3-5

■ Sibley
 ■ Hawthorne
 ■ Halverson
 ■ Lakeview
 ■ Break Event

January 2024					February 2024				
M	T	W	TH	F	M	T	W	TH	F
1	2	3	4	5				1	2
8	9	10	11	12	5	6	7	8	9
15	16	17	18	19	12	13	14	15	16
22	23	24	25	26	19	20	21	22	23
29	30	31			26	27	28	29	

March 2024					April 2024				
M	T	W	TH	F	M	T	W	TH	F
				1	1	2	3	4	5
4	5	6	7	8	8	9	10	11	12
11	12	13	14	15	15	16	17	18	19
18	19	20	21	22	22	23	24	25	26
25	26	27	28	29	29	30	1	2	3

**After School Programming ends May 2nd for the 2023-2024 school year.

FREE after school programming for youth to experience a variety of skills such as: leatherwork, cooking, bracelet making, games, gym time and so much more! Look for registration forms in your child's backpacks.



ALBERT LEA
SCHOOL DISTRICT 241

EARLY CHILDHOOD FAMILY EDUCATION

211 W Richway Drive | Albert Lea, MN 56007
507-379-4800 | AlbertLeaCommunityEd.org



Special Event

WINTER FESTIVAL

0-5 year olds & parents

Join us for lots of winter fun
as we play winter themed games,
have a snack, and enjoy the
company of other families!

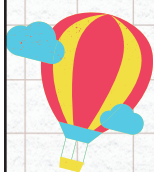
EC35

Thursday, January 25

5:00-6:00pm

Brookside Cafeteria

FREE | PREREGISTRATION REQUIRED



EARLY CHILDHOOD SCREENING

Early Childhood Screening is a quick, free and simple check of how your child is learning and growing.
It identifies possible health or learning concerns so children can get help before starting school.

**3-5
YEARS
OLD**
PRIOR TO KINDERGARTEN

WHAT TO EXPECT AT A SCREENING APPOINTMENT

Vision & Hearing Test - Height & Weight Check - Immunization Review
Motor, Social & Emotional Development - Thinking, Language & Communication Skills

UPCOMING DATES

THURSDAY, FEBRUARY 29
3:15-6:00PM

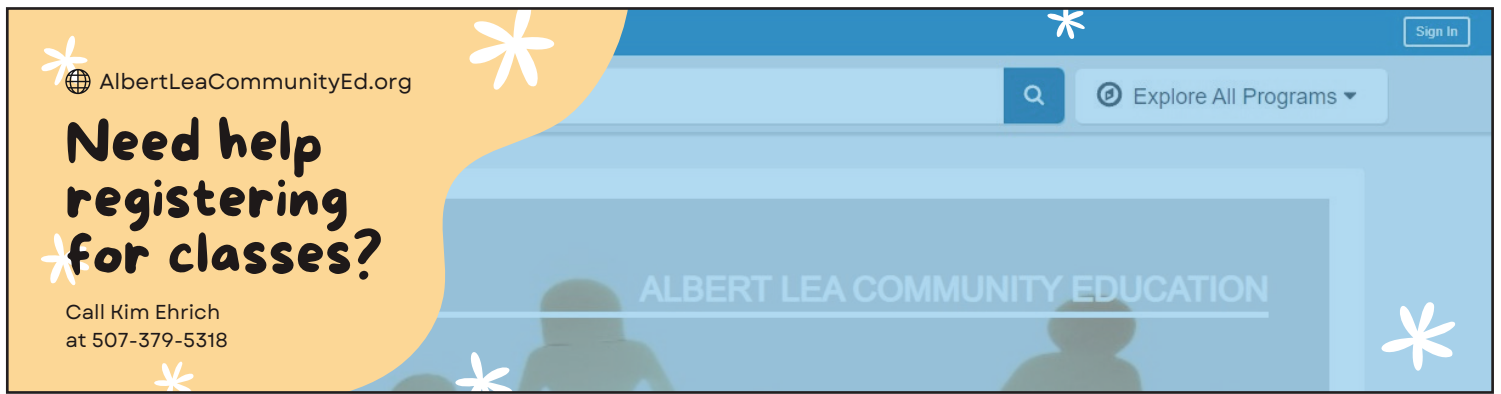
THURSDAY, MAY 9
3:30-6:00PM



Brookside Education Center, 211 W Richway Drive, Albert Lea, MN 56007

To schedule your child's appointment, register online at AlbertLeaCommunityEd.org,
call 507-379-4838 or email amber.mattson@alschools.org





Thursday Night Specials

MOVE & GROOVE

3-5 years & parents

Tiffany Chrz

Let's get those little bodies moving. We will provide movement opportunities through games, songs and a variety of equipment. Give your kids an outlet for all that stored energy with the use of parachutes, tumble mats and more.

EC24

Thursday, January 4

6:00-7:00pm

Brookside Cafeteria

\$6

WINTER SENSORY FUN

1-4 years & parents

Tasha Kermes & Aleisha Lauer

It's cold outside, so ECFE is bringing the seasonal fun inside with winter-theme sensory experiences for your child. Come discover new textures, smells, and sights for the winter.

EC30

Thursday, January 11

6:00-7:00pm

Brookside Rm. 244

\$6

CARPENTRY CORNER

3-5 years & parents

Corey Rahn & Alex Hagen

We supply the wood, nails, and special project. You bring the hammer and let your imagination soar! Great things will happen!

EC22

Thursday, February 1

6:00-7:00pm

Brookside Rm. 212

\$6

FAIRYTALE BAG DRIVE-THRU

0-5 years & parents

Lisa Ferns & Krista Doyle

Winter is in full swing! Drive through to pick up a bag filled with a fairytale storybook and themed craft for you to enjoy a night in with your prince or princess. Choose between the themes of Cinderella or Jack and the Beanstalk!

EC31

Thursday, February 8

5:00-5:30pm

Brookside Parking Lot in Front of Door A5

FREE

STEAM

3-5 years & parents

Stephanie Ehmke

Come and explore STEAM as you and your child create and experience a variety of activities of art exploration, early engineering, super science, and becoming a mini mathematician. Together you will investigate themes of gravity, problem-solving, sound, color, magnetics, classifying, ordering, and creating a self-portrait.

EC23

Thursday, February 15

6:00-7:00pm

ECFE Rm. 210B

\$6



ECFE CLASSES AT-A-GLANCE



**REGISTER FOR CLASS BY SCANNING THE CODE ON YOUR MOBILE DEVICE
OR VISIT ALBERTLEACOMMUNITYED.ORG/EARLYCHILDHOOD**

AGE GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BIRTH- 1 YEAR		BABY BUDS 4:30-5:30 P.M. 1/9-2/20		BABY BUDS 10:00-11:00 A.M. 1/11-2/15	
1-3 YEARS		PEA PODS 8:30-9:30 A.M. 1/9-2-20 BUZZY BEES 9:45-11:00 A.M. 1/9-2/20 GROWING TOGETHER 5:45-6:45 P.M. 1/9-2/20		GRANDPARENTS ARE GRAND (1-4 YRS) 4:00-5:00 P.M. 1/11-2/15 WINTER SENSORY FUN 6:00-7:00 P.M. 1/11	
3-5 YEARS	LITTLE SPROUTS 8:00-10:45 A.M. OR 12:00-2:45 P.M. LITTLE LEARNERS 8:30-10:30 A.M. FUN ACTIVITY SERIES 1:30-2:30 P.M. 1/8-2/12		LITTLE SPROUTS 8:00-10:45 A.M. OR 12:00-2:45 P.M. LITTLE LEARNERS 8:30-10:30 A.M. FUN ACTIVITY SERIES 1:30-2:30 P.M. 1/10-2/14	MIXED MEDIA MAGIC 9:30-10:45 A.M. 1/11-2/15 MOVE & GROOVE 6:00-7:00 P.M. 1/4 CARPENTRY CORNER 6:00-7:00 P.M. 2/1 STEAM 6:00-7:00 P.M. 2/15	LITTLE SPROUTS 8:30-10:45 A.M. OR 12:00-2:45 P.M.
BIRTH- 5 YEARS		PLAYDOUGH MAKE & TAKE 9:45-10:45 A.M. 2/27		WINTER FESTIVAL 5:00-6:00 P.M. 1/25	
PARENTING & VIRTUAL SESSIONS		PICTURES THAT GIVE YOU AN EDGE 6:00-7:00 P.M. 2/27	PARENTING VISION BOARD 6:00-7:00 P.M. 2/21	PARENTING PLAYDATES 10:00-11:00 A.M. 2/29 PARENTING BOOK CLUB 1:00-2:00 P.M. OR 5:30-6:30 P.M. 1/4, 1/18, 2/1, 2/15	POSITIVE SOLUTIONS FOR FAMILIES 8:30-9:30 A.M. 1/12-2/16 PARENT ADVISORY COUNCIL (IN-PERSON OR VIRTUAL) 12:30-1:30 P.M. 1/12

Community Education is administered through Albert Lea Area School District #241 and collaborates with the city, other community organizations and individuals to meet the wants and needs of the community.

COVID Programming Note

Community Education programming follows the Albert Lea School District guidelines regarding COVID. Recommendations may change and we thank you for your flexibility. Full refunds will be made if changes don't allow your participation due to illness.

Be an 'Early Bird'

Classes are filled on a first come, first served basis. When you register quickly, you get the classes you want and the instructor can prepare for your participation. Preregistration is required. Community Education does not mail class confirmations. If you have an e-mail address at the time of registration, a confirmation will be e-mailed to you. We will contact you by phone or e-mail if there is a change for the class.

Participation Waiver

Participation in any Community Education program, class or activity is voluntary. By enrolling in these courses, you indicate that you have no physical conditions, health history or illness that would make your participation hazardous to your

health or others. Participants, and parents of participants, hold District #241 free from liability in case of accidents or illness of any nature.

Program/Class Cancellation Policy

Community Education will issue a full refund when a class is canceled due to low enrollment. There are no refunds on day trips unless Community Ed needs to cancel the trip.

Canceling Your Registration

Please notify our office three business days before the start of a class in order to receive a full refund. After that time, there will be no refunds. If there is a supply fee involved, it will be deducted from your refund. If you need to cancel, please notify the Community Education Office at 507-379-5318.

Inclement Weather Information

If Albert Lea School District is closed due to inclement weather, all Community Education classes will be canceled for that day. If Albert Lea School District announces a late morning start, all Community Education morning classes will be canceled. Please listen to KATE radio for weather announcements.

Privacy

The information requested during registration will be used to verify eligibility as well as determine staff, facility and equipment needs. You and/

or your child's registration information may be provided to school district staff, volunteers and instructors. Your e-mail information is for internal use only and will not be sold or solicited. There are occasions when representatives of District #241 and/or the media photograph or record students/adults while in school or attending/participating in school sponsored functions and used for district publication or web pages (including social media) and our Community Education brochure. Parents/guardians whom object to wanting their child/self to be identified, photographed, recorded or in Community Education brochures, must notify, in writing, the Community Education office.

Please Note: Due to the unforeseen circumstances after the time of print, information in this brochure is subject to change.

Albert Lea Community Education always strives to provide you with the best experiences possible. If you are unsatisfied with your experience, please contact us at 507-379-5317.



3 WAYS TO REGISTER



ONLINE
AlbertLeaCommunityEd.org



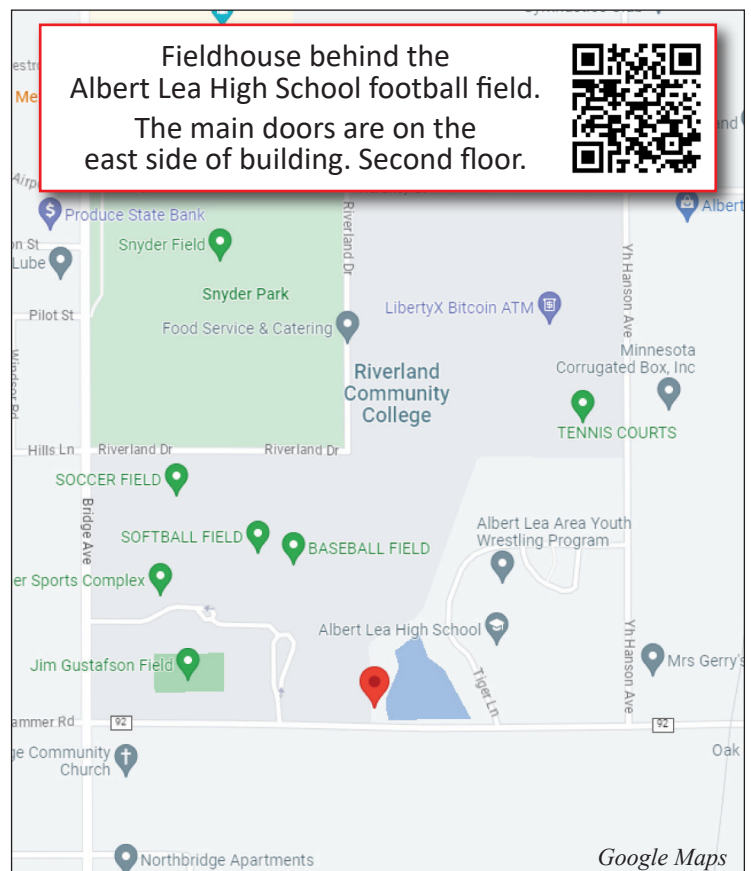
CALL
(507) 379-5318



IN PERSON
1011 Hammer Road

CASH, CHECK OR CARD ACCEPTED

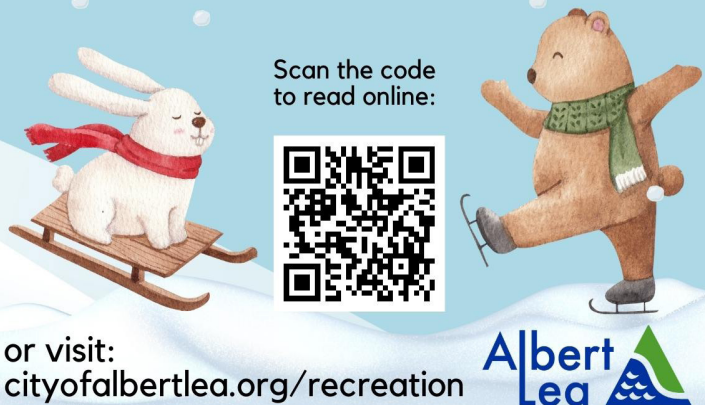
Fieldhouse behind the
Albert Lea High School football field.
The main doors are on the
east side of building. Second floor.



Looking for fun this winter?

Check out the Albert Lea Fun Guide:

- Skating indoors and outdoors
- Ways to stay active
- Hot reads for cold nights
- Senior Center happenings



211 W Richway Drive
Albert Lea, MN 56007

Non-Profit Org
U.S. Postage
PAID
Permit No. 305
Albert Lea, MN

*****ECRWSSSEDDM****

Residential Customer

BE A STAR IN A CHILD'S LIFE.
BECOME A MENTOR!



CONTACT HALLIE RAIMANN
PHONE 507-383-5272
EMAIL STARSFORKIDS@YAHOO.COM

It's never too late to learn.

Adult Education can help you reach your goals.
We offer FREE classes. Come check us out!

English
Classes

GED
Classes

Career
Classes

Citizenship
Classes



Albert Lea Adult Education Center

Brookside Education Center | 211 West Richway Drive
507-379-4866 | Julie.Sager@alschools.org | Penny.Jahnke@alschools.org