

COMMUNITY EDUCATION

SENIORS / ADULT ENRICHMENT / YOUTH ENRICHMENT
ADULT EDUCATION / EARLY CHILDHOOD

GATHER. DISCOVER. GROW.



FOUR DAYTIME TRIPS
ONLINE DRIVERS EDUCATION
EARLY CHILDHOOD CLASSES

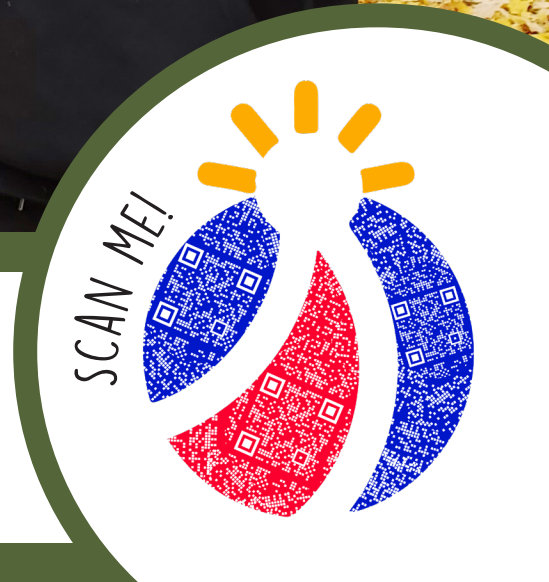
Photo Submitted by Kelsey Fox

FALL 2024

August 26 - December 20
AlbertLeaCommunityEd.org



ALBERT LEA
SCHOOL DISTRICT 241
EARLY LEARNING



2024 AUGUST–DECEMBER



Brookside Education Center 211 W Richway Dr | Albert Lea, MN

Community Education Office.....507-379-5318
AlbertLeaCommunityEd.org
Monday-Friday | 8:30am-2:30pm
Office hours are subject to vary.

Adult Education Center 507-379-4866
Early Learning 507-379-4831
Tiger Cub Child Care507-379-5158

WEATHER CANCELLATIONS: If the Albert Lea School District is closed due to inclement weather, all programming will be canceled for that day. If the district announces a late morning start, all morning programming will be canceled. Our primary method of communication for notifying individuals will be through email. Additionally, a text message may be sent to individuals who have approved to receiving SMS notifications.

CHECK YOUR EMAIL: Community Education's primary method of communication is email. When signing up for a class, please monitor emails from the addresses listed below. Emails will include class cancellations, location or time changes, last-minute notes from instructors, class confirmations, and receipts. To ensure you receive these communications, please add the following email addresses to your contacts to prevent them from going into your SPAM folder.

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



IMPORTANT ANNOUNCEMENT

WE HAVE RELOCATED TO BROOKSIDE EDUCATION CENTER THINGS TO KNOW:

- **Entrance:** Please enter through the Main Entrance, Door A.
- **Identification:** Bring your state-issued ID or Driver's License for check-in at the welcome desk.
- **Community Education Office:** Located on the second floor, Room 238.
- **Adult Education Center:** Located on the second floor, Room 218.
- **Early Learning Department:** Located on the second floor, Room 206.

The welcome desk staff will be happy to assist you in navigating to our offices.

DISTRICT 241 EMPLOYEES RECEIVE A \$10 DISCOUNT ON A COMMUNITY ED CLASS!

CALL 507-379-5318 BEFORE YOU REGISTER TO APPLY THE DISCOUNT.

3 WAYS TO REGISTER



ONLINE

AlbertLeaCommunityEd.org



CALL

(507) 379-5318

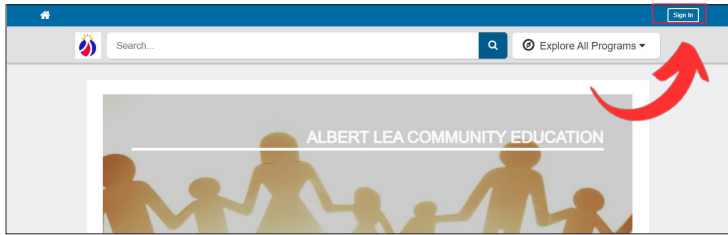


IN PERSON

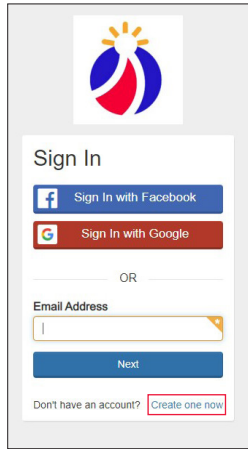
211 W Richway Dr

CASH, CHECK OR CARD ACCEPTED

HOW TO CREATE AN ACCOUNT

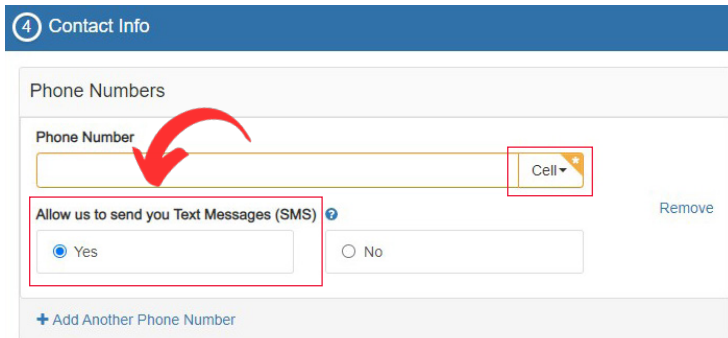


Go to www.AlbertLeaCommunityEd.org by clicking "Sign In" in the upper right hand corner of your screen. This will lead you to a Sign In page. At the bottom click "Create one now" and enter in all information for you and your family members living in your household. If you have an account already, but 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".



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.



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.

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.

Not Eligible

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CLASS LOCATIONS

Albert Lea High School	2000 Tiger Ln
Brookside Education Center	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 Club	1440 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

CLASS KEY



NEW CLASS OFFERING



POPULAR CLASS



ONLINE CLASS VIA ZOOM

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

DAYTIME ADVENTURES

For securing your spot on a trip, the recommended payment methods are online registration or calling our office at 507-379-5318 to pay by credit card over the phone. Please note that trips are non-refundable.

EXPLORE HASTINGS!

Registration open now!

Explore Hastings, Minnesota! Start at the LeDuc Historical Estate, marveling at its Civil War-era Gothic Revival design. Enjoy a picnic lunch, then head to city hall for a guided tour of the Old Dakota County Courthouse. Finish the day with a stroll along the Riverwalk and shopping in Historic Downtown. The trip fee covers motorcoach transportation, lunch, and admission fees. **Depart from the parking lot behind Harbor Freight. Remember to arrive 10 minutes early for check-in. Registration deadline is September 19th. Please note that refunds are not available for trips.**

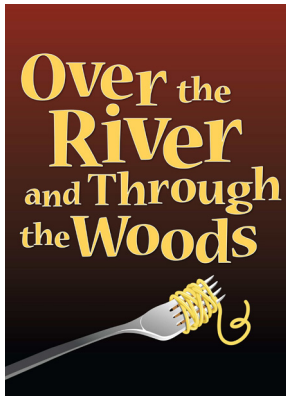
T02 Friday, September 27 8:50am-5:10pm \$67



SAVE THE DATE!

"GREASE"
trip to
Chanhassen
Feb. 5, 2025!

OVER THE RIVER & THROUGH THE WOODS AT THE SIDEKICK THEATRE *Registration opens Monday, August 26th*



A Heart-Warming Comedy by Joe Dipietro: Every Sunday, Nick crosses the river to New Jersey and has dinner with both sets of his Italian-American grandparents. But Nick has dreams, and when he receives the perfect job offer from the west coast, he is determined to take it. His grandparents – Frank, Aida, Nunzio, and Emma – are just as determined that he stay put. Thus begins a series of shameless schemes and hilarious shenanigans that will have you roaring in your seat while reminding you of the wonderful zaniness that is family.

Lunch menu is: Creamy Chicken Breast, served with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert- Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea.

The trip fee covers motorcoach transportation, lunch, and admission fees. **Depart from the parking lot behind Harbor Freight. Remember to arrive 10 minutes early for check-in. Registration deadline is September 23rd. Please note that refunds are not available for trips.**

T03 Wednesday, October 16 9:30am-4:40pm \$93

IRVING BERLIN'S WHITE CHRISTMAS: THE MUSICAL

Registration opens Monday, August 26th

Join us at Chanhassen Dinner Theatre for a matinee performance that's sure to get you in the Holiday Spirit! It's Irving Berlin's White Christmas: The Musical! Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean" and the perennial title song, White Christmas is an uplifting, wholesome musical that will delight audiences of all ages.

The trip fee covers motorcoach transportation, lunch, and admission fees. **Depart from the parking lot behind Harbor Freight. Remember to arrive 10 minutes early for check-in. Registration deadline is October 7th. Please note that refunds are not available for trips.**

T01 Wednesday, November 6 9:20am-5:10pm \$115



BELLS WILL BE RINGIN' - HOLIDAY CONCERT

Registration opens Monday, August 26th



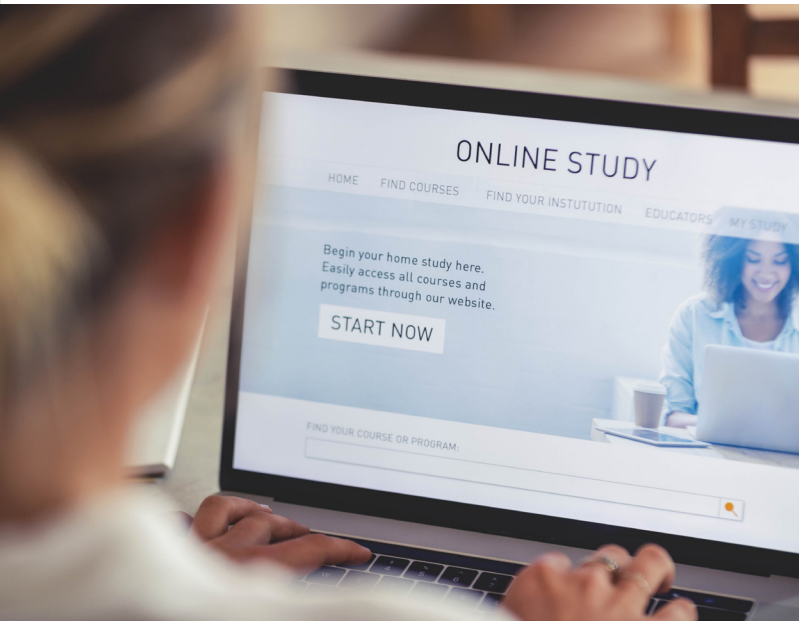
Every Celebrate the most wonderful time of the year with Sidekick Theatre's heartwarming, funny holiday show. Combining some of the Twin Cities best vocalists with a dynamic band headed up by Brian Pierce, this spirited holiday show brings a modern vitality to holiday favorites from the past and present day, and promises to leave you feeling merry and bright!

Lunch Menu: Holiday Roast Chicken, with Cheesy Potatoes, Green Bean Almondine, Winter Salad, Dinner Rolls, Assorted Dessert, Coffee, Hot Tea

Depart from the Albert Lea Senior Center. Remember to arrive 10 minutes early for check-in. Registration deadline is November 22nd. Please note that refunds are not available for trips.

T04 Tuesday, December 10 9:30am-5:00pm \$95

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 3 to November 29.

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

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



OPEN ROCK GYM HOURS

PREREGISTRATION IS REQUIRED

The rock gym welcomes climbers of all ages and experience levels! Enjoy our beginner to expert graded routes, our bouldering wall, Kilterboard, rope climbing and more. Our experienced staff are available to belay and ensure a safe and enjoyable experience. All children must be accompanied by an adult. Come explore and make your indoor rock climbing adventure unforgettable! Register before you arrive at AlbertLeaCommunityEd.org.

Tuesday, Friday & Saturday

6:00-9:00pm

\$10 PER CLIMBER STARTING SEPTEMBER 1ST

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

**Cash or check transactions are not accepted at the boathouse or the rock gym. To register, a credit card payment must be made online through our website at AlbertLeaCommunityEd.org.*

PUNCH PASSES NOW AVAILABLE

We're excited to announce that punch passes for the rock gym and boathouse are back!

Passes are **\$40 for 5 punches** and **expire 1-year from the date of purchase**. Stop by the Community Education office at Brookside Education Center to purchase.

ROCK CLIMBING BELAY CLINIC NEW

Ages 14+

Alex Hagen

At this clinic you will learn and practice the essential skills needed to safely belay a rock climbing partner. Designed for pairs, this clinic is ideal to take with a friend or family member. Upon completion, you'll have the opportunity to earn your belay certification at the Albert Lea Rock Gym. This certification is valid for one year, with the option to retest for recertification within that period. Please note that this certification may not be recognized at other climbing facilities.

Clinics are held Tuesday nights September 9- December 17 from 6:00-8:00pm. The duration of the clinic is **ONE 2-HOUR SESSION**. Please select your date of choice during registration.

Certification testing is held 1 week after your clinic date, during regular rock gym hours, Tuesdays 6pm-9pm. You do not need to reregister for the rock gym if you are only coming in to test for belay certification.

EE30

Tuesdays, September 3- December 17
6:00-8:00pm

Brookside Gym B

1 sessions
\$10



KIDS ROCK! YOUTH CLIMBING CLUB NEW

Grades 3rd-7th

Whitney Sauer

Embark on an exciting journey with our Youth Climbing Club, designed for students in grades 3-7. Over six weeks, participants will receive instruction from our lead staff and gain a comprehensive introduction to the world of indoor rock climbing.

EE04 GRADES 3-5

Tuesdays, October 22- November 26
3:30-5:00pm

Brookside Gym B

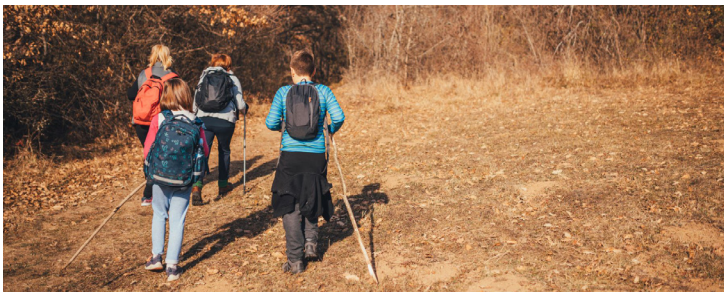
6 sessions
\$30

EE04 GRADES 6-7

Tuesdays, October 22- November 26
5:00-6:30pm

Brookside Gym B

6 sessions
\$30



FALL HIKING CLUB NEW

Grades 3rd-5th

Whitney Sauer

3rd-5th graders will explore Albert Lea's fall colors by gathering at nearby nature parks and hiking trails to hike, explore, and learn about the natural surroundings. Meet other kids your age and share amazing outdoor experiences together engaging in hands-on learning of various outdoor skills and have a blast participating in different forms of outdoor recreation.

Plan ahead: Wear appropriate clothing for hiking outdoors, the weather and tennis shoes. Bring a water

\$10 per session or all 4 sessions for \$30! First class will meet at Bancroft Bay Park. Other date locations TBD.

EE50	EE51
Saturday, October 5	Saturday, October 12
9:00-12:00pm	9:00-12:00pm
\$10	\$10
EE52	EE53
Saturday, October 26	Saturday, November 2
9:00-12:00pm	9:00-12:00pm
\$10	\$10
EE54	Bancroft Bay Park
Saturdays, October 5- November 2	4 sessions
9:00-12:00pm	\$30



PARENT'S NIGHT OUT NEW

Grades K-5th

Experiential Education Staff

Join us for an exciting Parent's Night Out at the rock gym! This event offers a perfect opportunity for parents to enjoy an evening out while their K-5th graders have a blast with a variety of activities.

Kids will enjoy:

- **Rock Climbing:** Challenge yourself and reach new heights under the supervision of our experienced instructors.
- **Arts and Crafts:** Get creative with fun and engaging art projects.
- **Gym Games:** Play thrilling games in our gym, including gaga-ball in our indoor gaga pit.
- **Legos:** Build and create with a wide selection of Legos.
- **Cooking:** Learn a new recipe with simple and delicious cooking activities.

Drop your kids off for a night of adventure, creativity, and fun while you take some well-deserved time for yourself! Limited spots available. Sign up by the Thursday before the event dates.

EE01	Brookside Gym B
Saturday, October 5	1 sessions
6:00-9:00pm	\$10
EE02	Brookside Gym B
Saturday, November 2	1 sessions
6:00-9:00pm	\$10
EE03	Brookside Gym B
Saturday, December 7	1 sessions
6:00-9:00pm	\$10

BOATHOUSE CLOSING SEPTEMBER 28, 2024

PREREGISTRATION IS REQUIRED

Check out kayaks, stand up paddle boards, canoes and bikes! All children must be accompanied by an adult. Equipment is limited and can only be checked out and paid for online at AlbertLeaCommunityEd.org.

August 10 - September 28

(dates/times subject to change)

Saturdays 9:00-12:00pm

\$10 PER BOAT STARTING SEPTEMBER 7TH

**Brookside Boat Landing
West Richway Drive**



YOUTH ENRICHMENT

FALL DANCE

Ariel Winter

Grades 7-12

Join us to learn new dance skills while increasing your strength, conditioning and technique while having fun performing non-competitively. We will be learning a dance that will be performed at pep fest (September 21st) and homecoming (September 27th). Additional performances may be added. Practices will be at the Southwest Middle School gym and Hammer Field.

Please bring a water bottle and tennis shoes and yoga mat to each practice. Performance t-shirts will be included with registration fee. Please select your size during registration.

HAMMER FIELD PRACTICE DATES

- Saturday, August 24th at Hammer Field from 9:00am-1:00pm.
- September 16, 18, 23 and 25 at Hammer Field from 6:00-8:00pm weather permitting. Location will be Southwest Middle School if it is raining.

YOU70

Mondays & Wednesdays, August 19- September 25
6:00-8:00pm

Southwest Gym

12 sessions
\$60



ZUMBA® KIDS

Jasmine Murphy

Ages 7-11

Zumba® for Kids is for ages 7 to 11. It is a dance fitness class just like adult Zumba®, but with age-appropriate music and moves, and an emphasis on "feeling fearless on the dance floor." Dancing not only keeps kids active and healthy but also promotes mental well-being by boosting their mood and confidence.

This class is designed as a drop-off and pick-up class. You can walk your student to the gym for attendance, but if you are wanting to stay you will need to wait in the hallway during class.

YOU18

Wednesdays, August 28- September 11
4:00-5:00pm

Sibley Gym

3 sessions
\$9

YOU19

Wednesdays, September 18- October 2
4:00-5:00pm

Sibley Gym

3 sessions
\$9

YOU20

Wednesdays, October 9-30
4:00-5:00pm

Sibley Gym

4 sessions
\$12

YOUTH INTRODUCTION TO ARCHERY BASICS

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! **Register early, limited spots! Min 3/Max 5**

YOU49

Saturday, September 21
9:00-11:00am

Full Draw Archery Club

1 session
FREE

FIND US ON FACEBOOK @ALBERTLEACOMMUNITYED

YOUTH INTERMEDIATE ARCHERY

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. **Register early, limited spots! Min 3/Max 5**

YOU50

Saturday, October 26
9:00-11:00am

Full Draw Archery Club

1 session
FREE

YOUTH TRADITIONAL ARCHERY

6th-12th Grade

Jeff Laskowske

Attendees will learn the art of shooting Traditional Archery. You will learn to properly fit, draw, aim and shoot a traditional long bow. **Register early, limited spots! Min 3/Max 5**

YOU51

Saturday, November 16
9:00-11:00am

Full Draw Archery Club

1 session
FREE

Need a supportive adult in your life?

STARS
Success Through Adults Reaching Students

Contact STARS Mentoring:
Watsana Thiravong
(507)-383-5272
www.starsforkids.org



ALBERT LEA

join our cheer family

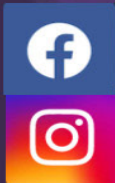
CHEERLEADING

Boys & Girls Age 4-18!

\$ **ONLY**
10
PER WEEK

About CFA Cheer

To learn more about our awesome recreational and elite cheer opportunities check out our website at championforce.com! To sign up for one of our classes go to championforce.com and click register. To sign up for this class use class code **(12976)**.



www.facebook.com/ChampionForceMN

[@championforceMN](https://www.instagram.com/championforceMN)

Class Information

SIBLEY ELEMENTARY

Classes held every TUESDAY

Starting

SEPTEMBER 10TH, 2024

D1 (AGES 4-6) @ 5:30 PM

D2 (AGES 7-8 @ 6:15 PM

D3 (AGES 9+) @ 7:00 PM

D4 (Tryout ONLY) @ 7:45 PM



Albert Lea Area Schools is not sponsoring, endorsing or recommending the activities in this flyer

DRIVERS EDUCATION

ONLINE DRIVERS EDUCATION ^{NEW}

14 1/2 - 18 years old (18 year olds must still be enrolled in school)

Albert Lea Community Education, in partnership with A+ Driving School, for online Drivers Education courses. This fully online class platform, CruiseControl Education, was designed with the Minnesota student in mind and utilizes proven teaching methods that will keep the student engaged throughout the learning process.

- Start classes anytime and take at your own pace
- Entertaining “live” classroom setting
- Minimal reading for students
- Free Study Guide to all students
- “Hands On” activities to reinforce information
- Made specifically for MINNESOTA STUDENTS
- Fully approved by the MN Department of Public Safety.

Early bird registration fee of \$385 ends *2 weeks prior* to the start date of class. Then the price increases to \$405.

DEOnline Fall 2024

August 12- December 31

Online Course



IN-PERSON DRIVERS EDUCATION

14 1/2 - 18 years old (18 year olds must still be enrolled in school)

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 \$385 ends *2 weeks prior* to the start date of class. Then the price increases to \$405.

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

DE39NOV

Monday-Friday, November 11-22

ALHS E113

3:30-6:30pm

DE40JAN

Monday-Friday, January 27- February 7

ALHS E113

3:30-6:30pm

Once a student driver has a valid Minnesota permit and is ready to start their 6 hours of Behind the Wheel Training with an instructor, please call 507-379-5318 to get on the waitlist.

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, October 28

ALHS Rm. E113

6:00-7:30pm



55+ DRIVER DISCOUNT PROGRAM

Deanne VonWald

Complete this course approved by the Minnesota Department of Public Safety to get a 10% discount on your auto insurance! Taught by a certified instructor, you'll discuss challenges we face as drivers, new road designs, vehicle technology, and updates on current laws. MN Statute requires insurance agencies to offer a 10% automotive insurance discount upon completion of an approved 4-hour class. Tests are not given, however each person must register, pay, and participate for the duration of the class to receive a certificate.

Upon completion, submit your certificate to your insurance company. To maintain your discount, this course needs to be completed every 3 years.

Starting July 1, 2024, it is no longer a requirement to take the initial 8-hour course. The requirement has been reduced to only the 4-hour course every 3 years.

DD01

Monday, September 23

5:30-9:30pm

Brookside Rm. 109

1 session

\$24

DD02

Monday, October 28

12:30-4:30pm

Brookside Rm. 109

1 session

\$24



explore ALBERT LEA LAKE. LAND. FUN.

SAVE THESE DATES

- 9/7.....DAISY FEST
- 9/15.....MEXICAN-
INDEPENDANCE DAY
- 9/17.....SAFETY DAY
- 9/28.....SIP-N-STROLL
- 10/5-6.....BIG ISLAND
RENDEZVOUS
- 10/11-13.....FALL CITYWIDE
GARAGE SALES
- 10/31.....HALLOWEEN
SPOOKTACULAR
- 11/8-9.....BIG BUCK
SHOPPING OPENER
- 12/12.....HOLIDAY BAZAAR

OKTOBERWEEN
AT COUNTY FAIRGROUNDS
10/18-20 & 10/25-27

SMALL BUSINESS SATURDAY
NOVEMBER 30TH, 2024



SCAN TO VISIT THE
**COMMUNITY
CALENDAR**

**LOCAL EVENTS
JUST A CLICK AWAY**

www.ExploreAlbertLea.com

ADULT BUSINESS AND FINANCE

SIMPLIFIED 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.

AE40

Thursday, September 5
12:00-1:00pm

Online Class
1 session
\$23

AE50

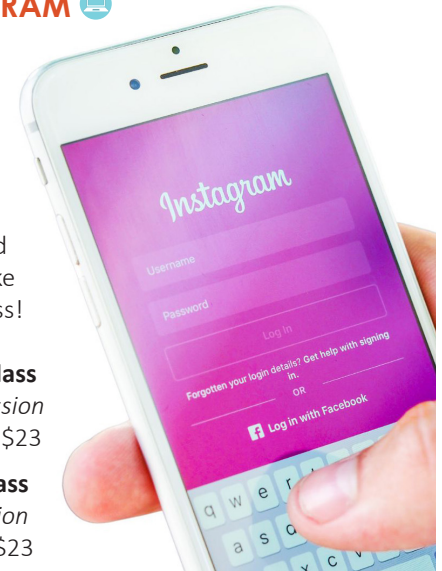
Tuesday, November 5
12:00-1:00pm

Online Class
1 session
\$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!



AE41

Tuesday, September 10
12:00-1:00pm

Online Class
1 session
\$23

AE51

Thursday, December 5
12:00-1:00pm

Online Class
1 session
\$23

LET'S TALK ABOUT MEDICARE

Tom Hill and Jill Ehrman, True Partners

As you get closer to 65, the amount of information you get concerning Medicare can make the process of applying very confusing. This is an educational meeting about Medicare and Medicare insurance that will answer your questions. We will discuss what Medicare covers, what it costs, and how and when to enroll. We will also review the types of Medicare insurance available and the factors to consider when deciding what type of plan is best for you.

BSFN46

Tuesday, September 10
6:00-7:30pm

Brookside Rm. 109
1 session
\$10



MEDICARE BASICS Marla Valentino-Wiste, Ucare

Medicare Basics explain the different parts of Medicare, what they cover, and plans that can help pay for costs Original Medicare doesn't cover. In addition the time frames you need to enroll and how to avoid penalties.

BSFN45

Wednesday, October 2
5:00-6:00pm

Brookside Rm. 109
1 session
No-Cost

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.*

DEMENTIA AND TROUBLES SWALLOWING: A PERSON CENTERED APPROACH TO MANAGE HYDRATION & EATING

Alissa Allison

Dementia can result in difficulties with walking, talking, and thinking. Difficulties with eating and swallowing, or dysphagia, can also occur and this can result in troubles with nutrition, hydration, UTI, and respiratory infections. Symptoms of dysphagia include coughing, wet voice, sensation of food sticking, food in mouth after eating, and slow intake. This course will provide foundational knowledge to understand this part of the disease process and how a speech language pathologist can provide support, resources, and therapy to manage symptoms for the person with dementia and their caregiver.

HW04 Hammer Complex Classroom
Thursday, September 19 1 session
10:00-11:00am \$40

MEET NEW INSTRUCTOR ALISSA ALLISON

I am a speech language pathologist with 6 years of experience in various settings, including trauma and stroke center hospitals, rehabilitation hospitals, and outpatient clinics. I specialize in helping patients recover their abilities to think, talk, and eat after strokes and other diagnoses, such as dementia. My passion lies in educating patients and caregivers on managing dementia, particularly the common symptom of dysphagia, to prevent complications like pneumonia. I have worked with the non-profit MNCAN on a language-based dementia program and have presented at state conferences and guest lectured on dysphagia management at Minnesota State University-Mankato.



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 Tuesday, October 1 6:00-7:30pm Online Course 1 session \$29

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 Online Course
Tuesday, October 8 1 session
6:00-7:30pm \$29

VISIT OUR WEBSITE
ALBERTLEACOMMUNITYED.ORG

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 Online Course
Tuesday, October 15 1 session
6:00-7:30pm \$29

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 Online Course
Monday, October 14 1 Session
6:00-7:30pm \$29

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.

HW34 Online Course
Tuesday, October 22 1 session
6:00-7:30pm \$29

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 **Online Course**
Monday, October 28 *1 session*
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 **Online Course**
Wednesday, November 6 *1 Session*
6:00-7:30pm \$29

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 **Online Course**
Tuesday, November 12 *1 session*
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 **Online Course**
Monday, November 18 *1 session*
6:00-7:30pm \$29



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 **Online Course**
Thursday, November 21 *1 session*
6:00-7:30pm \$29

INTRO TO ALZHEIMER'S

Alzheimer's Association

These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. Classes can be scheduled individually or bundled together to create an education series. This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

HW02 **Online Class**
Tuesday, October 15 *1 session*
6:30-7:30pm No-Cost

EMPOWERED CAREGIVER SERIES: BUILDING FOUNDATIONS OF CAREGIVING

Alzheimer's Association

These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. Classes can be scheduled individually or bundled together to create an education series. This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

HW41 **Online Class**
Tuesday, November 12 *1 session*
6:30-8:00pm No-Cost

EMPOWERED CAREGIVER SERIES: SUPPORTING INDEPENDENCE

Alzheimer's Association

These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. Classes can be scheduled individually or bundled together to create an education series. This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations..

HW54 **Online Class**
Tuesday, December 10 *1 session*
6:30-8:00pm No-Cost

ADULT ENRICHMENT



HACKS FOR THE FIRST TIME DANCE FITNESS INSTRUCTOR ^{NEW}

Jasmine Murphy

Do you dream of leading and inspiring people on their fitness journey in a fun and engaging way? Join Jasmine and learn how to lead your own dance fitness class! Gather valuable tips and insights from an experienced instructor who can help you make a positive impact on others' lives through dance and fitness. Once the minimum number of participants is met to hold the class, you will receive an email from Jasmine with further details, including a free copy of her book, Hacks for the First Time Fitness Instructor. Don't miss this opportunity to turn your passion into a rewarding experience!

AE15 Friday, September 6 & 13 4:00-6:00pm **Brookside Rm. 109** 2 Sessions \$75

A PARENT'S GUIDE TO TIKTOK

Nickie Welsh, Social Club Simple

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 **Online Class**
Tuesday, September 12 1 Session
12:00-1:00pm \$23

HOW TO CREATE YOUR OWN YOUTUBE CHANNEL

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!

AE44 **Online Class**
Tuesday, September 24 1 Session
12:00-1:00pm \$23

GOOGLE SHEETS FOR AWESOME BEGINNERS

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!

AE47 **Online Class**
Thursday, September 26 1 Session
12:00-1:00pm \$23

AE48 **Online Class**
Thursday, November 7 1 Session
12:00-1:00pm \$23



CELL PHONES AND PARENTING - OH MY!

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 **Online Class**
Thursday, September 19 1 Session
12:00-1:00pm \$23

AE53 **Online Class**
Thursday, December 12 1 Session
12:00-1:00pm \$23

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Craig Coffman

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 **Online Workshop**
Monday, September 23 1 Session
6:30-9:30pm \$59



INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Craig Coffman

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 **Online Workshop**
Wednesday, September 25 1 Session
6:30-9:00pm \$59



MY KID WANTS TO BE A YOUTUBER - HELP!

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.

AE46 **Online Class**
Tuesday, October 1 *1 Session*
12:00-1:00pm \$23



THIS ICON INDICATES
AN ONLINE CLASS

HOW TO USE VENMO SAFELY

Nickie Welsh, Social Club Simple

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn how to pay friends, businesses or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option.

AE54 **Online Class**
Thursday, October 3 *1 Session*
12:00-1:00pm \$23

AE56 **Online Class**
Tuesday, December 3 *1 Session*
12:00-1:00pm \$23

CREATE SOCIAL MEDIA CONTENT WITHOUT PANICKING

Nickie Welsh, Social Club Simple

Are you nervous to begin filming and posting your own social media content? Do you have a business, product or service, but panic at the thought of putting yourself on social media? Well in this beginner class, you'll learn helpful tips and strategies to create social media content with ease. You'll never have to worry about freezing up in front of a camera, all thanks to the helpful skills you'll be taking with you once your class is complete. We'll walk you through a step-by-step process so that you can get started today!

AE55 **Online Class**
Tuesday, October 8 *1 Session*
12:00-1:00pm \$23

CANVA FOR AWESOME BEGINNERS Nickie Welsh, Social Club Simple

Canva is the perfect digital tool for beginners and novices! Open up a world of possibilities by learning how to use the easiest design website available all for free. In this class you will learn how to create designs from scratch or use templates with step-by-step guidance for any digital image you need. From online documents, business cards, email signatures and more, you'll leave this class with a practical guide to use Canva with confidence!

AE57 **Online Class**
Thursday, October 10 *1 Session*
12:00-1:00pm \$23

PRACTICAL CHATGPT TRAINING FOR EVERYONE

Nickie Welsh, Social Club Simple

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works exactly and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and at home. Don't get left behind in today's tech savvy world, and attend this upcoming training!

AE58 **Online Class**
Tuesday, October 15 *1 Session*
12:00-1:00pm \$23



ADULT TRADITIONAL ARCHERY

Jeff Laskowske

Attendees will learn the art of shooting Traditional Archery. You will learn to properly fit, draw, aim and shoot a traditional long bow. **Register early, limited spots!**

AE13 **Full Draw Archery Club**
Saturday, December 7 *1 Session*
9:00-11:00am \$10

INTRODUCTION TO ARCHERY BASICS

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! **Register early, limited spots!**

AE28 **Full Draw Archery Club**
Saturday, December 14 *1 Session*
9:00-11:00am \$10

ADULT ENRICHMENT

HOLIDAY HARMONY: MEAL PLANNING & PREPARATION ^{NEW}

Traci Peterson

Discover essential tips and techniques to organize your holiday meal planning and preparation. Learn how to minimize stress and maximize enjoyment. Whether you're hosting an intimate dinner or a large family feast, this class will equip you with the skills and confidence to ensure your holiday meals are both delightful and hassle-free.

AE52 **Brookside Rm. 109**
Tuesday, November 5 *1 Session*
6:00-7:00pm \$5

HOLIDAY HARMONY: CREATING A HOLIDAY COMMAND CENTER ^{NEW}

Traci Peterson

This class is designed to guide you in establishing a comprehensive holiday command center, serving as the central hub for all your holiday planning and organizing needs. Participants will learn tasks to reduce stress and enhance enjoyment during the festive season. By the end of this class, you will leave with the knowledge and tools to streamline your holiday preparations, ensuring a seamless and enjoyable holiday experience.

AE24 **Brookside Rm. 109**
Tuesday, November 12 *1 Session*
6:00-7:00pm \$5

HOLIDAY HARMONY: THE ORGANIZED TRAVELER ^{NEW}

Traci Peterson

This comprehensive course covers a wide range of travel and packing organizing strategies, making it suitable for travelers of all types. Participants will learn essential packing techniques, including how to efficiently utilize luggage space and select appropriate travel essentials. The course will also provide guidance on organizing travel documents, ensuring that all necessary paperwork is readily accessible and in order. Additionally, valuable tips on travel safety will be discussed to help participants navigate their journeys with confidence and peace of mind. By the end of this class, attendees will be equipped with skills and knowledge to ensure a seamless and organized travel experience.



AE25
Tuesday, November 19
6:00-7:00pm
Brookside Rm. 109
\$5



HOLIDAY HARMONY: GIFT WRAPPING STATION SET-UP & HOLIDAY CARD ORGANIZATION ^{NEW}

Traci Peterson

This class is designed to assist you in setting up an efficient gift wrapping station and managing your holiday card organization with style and simplicity. Participants will learn how to create a well-organized and accessible gift wrapping area to streamline the wrapping process. Additionally, we will cover strategies for effectively organizing holiday cards to ensure a timely delivery. By the end of this class, you will be equipped with the knowledge and skills to enhance your holiday preparations, making gift wrapping and card organization both effortless and enjoyable.

AE26 **Brookside Rm. 109**
Tuesday, December 3 *1 Session*
6:00-7:00pm \$5

HOLIDAY HARMONY: HOLIDAY DECOR STORAGE SOLUTIONS ^{NEW}

Traci Peterson

Join us for an instructive session on organizing and storing your holiday decorations efficiently and safely. This class will provide you with practical strategies for categorizing and packing decorations, ensuring they remain in pristine condition year after year. Learn how to utilize storage space effectively, implement labeling systems for easy identification, and adopt best practices for protecting delicate items. Leave with skills and knowledge to maintain an orderly and secure storage system for all your holiday decorations.

AE27 **Brookside Rm. 109**
Tuesday, December 10 *1 Session*
6:00-7:00pm \$5

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 & by appointment only at no-cost to you. Preregistration is required.



INSTANT POT® CHICKEN BURRITO BOWLS, EAST INDIAN BUTTER CHICKEN, & HOMEMADE NAAN

Join a virtual Instant Pot® COOK-ALONG class to make Chicken Burrito Bowls and Butter Chicken. Learn to elevate culinary creations with step-by-step guidance, including making Homemade Naan. Ingredients are likely already in your kitchen.

AE16 **Online Cook-Along**
Saturday, September 21 *1 session*
4:00-6:00pm \$35

ZUPPA TOSCANA, ITALIAN WEDDING MEATBALL SOUP & HOMEMADE BAGUETTES

Join a virtual COOK-ALONG class to learn how to make two delicious soups and homemade Baguettes. Choose to cook along with one soup or both, with options for Instant Pot® or stovetop cooking. Enjoy making Zuppa Toscana, Italian Wedding Meatball Soup, and Baguettes with step-by-step guidance.

AE17 Saturday, October 12 4:00-6:30pm **Online Cook-Along** \$45

CHURROS & HANDMADE CORN TORTILLA TACO FIESTA

Dive into creating a homemade fiesta with handcrafted churros, corn tortillas, and more. Enjoy restaurant-quality, protein-packed, gluten-free dishes. The menu includes churros, guacamole, taco meat with homemade seasoning, and re-fried beans.

AE18 Tuesday, October 15 5:00-7:30pm **Online Cook-Along** \$50

MASTER CLASS: BETTER THAN TAKE-OUT CHINESE DINNER FAVORITES

Prepare your chopsticks! Good Chinese take-out can be hard to find, but in this Master Class, you'll learn to create a delicious "better-than-take-out" meal from scratch in your own kitchen. Discover the ingredients and step-by-step processes for making Chinese take-out favorites and gain the confidence to recreate these meals repeatedly. After this class, you'll turn to your freezer and pantry for Chinese take-out. Additionally, the class will offer healthier cooking options beyond the usual fried items.

AE19 Saturday, October 26 4:00-6:30pm **Online Cook-Along** \$79

DIM SUM STUFFED STEAMED BUNS - CHINESE BBQ CHICKEN & VEGETARIAN FILLINGS

Dim Sum is a Chinese meal of small appetizers enjoyed in restaurants, providing a shared dining experience. Join Tess's class to learn how to make Dim Sum Stuffed Steamed Buns with Chinese BBQ Chicken and vegetarian fillings. Children can join in for a fun cooking experience.

AE20 Friday, November 1 5:00-7:30pm **Online Cook-Along** \$40

CHICKEN SHAWARMA MEAL

Join this class to learn how to create delicious Shawarma in your own kitchen, featuring tender, marinated meat cooked to perfection. The menu includes the instructor's Quick Chicken Shawarma, Pita Pocket Bread, a special Greek Yogurt-based drizzle/dipping sauce, and a gluten-free Roasted Chickpea & Curry Rice side. Options for a high-protein version with chicken breast and whole wheat pita, or a gluten-free version excluding the pita pockets, ensure everyone can enjoy this flavorful meal. Guaranteed to become a family favorite, this dish will have everyone coming back for more!

AE21 Saturday, November 9 4:00-6:30pm **Online Cook-Along** \$45

BAKLAVA & SPANAKOPITA! SWEET & SAVORY MOUTHWATERING GREEK PHYLLO PASTRIES

Baklava is a Traditional Greek layered dessert pastry made with phyllo, chopped nuts, other secret ingredients, and bathed in dreamy syrup. Spanakopita, on the other hand, is a Greek savory pastry, consisting of a filling made of spinach, cheese, and other secret ingredients, which is then wrapped in delicate sheets of phyllo pastry. Participants will create these traditional Greek pastries while experiencing the joy of Greek cuisine.

AE22 **Online Cook-Along**
Tuesday, November 12 *1 session*
5:00-7:30pm \$40

MASTER CLASS: EASY AS PIE! CRUST, FILLINGS, & TOPPINGS FOR DELICIOUS DESSERTS

Register for the Pie Making Master Class to learn the art of creating memorable pies that evoke special core memories. This class includes a bake-along option for two pies, teaching participants to make flaky shortcut crusts and artfully decorate top crusts. The instructor will demonstrate the creation of two additional pies, covering various pie types, fillings, and crusts, along with tips for success, different flours' effects, and savory ingredient enhancements. Pie options include Apple Cheddar Pie, Cherry Pie, Chocolate Pecan Pie, Chocolate Cream Pie, Lemon Meringue Pie, Pumpkin Pie, and Sour Cream Raisin pie. Participants will choose which pies are featured through a brief survey.

AE23 **Online Cook-Along**
Saturday, November 23 *1 session*
4:00-6:30pm \$79



ADULT FITNESS

ZUMBA® TONING NEW

Jasmine Murphy

Elevate your fitness routine this fall with our Zumba® Toning class! This program takes the fun of Zumba® to the next level by incorporating light weights, helping you build muscle endurance and sculpt your body while dancing to Latin rhythms. With a blend of Latin and international music, you'll engage in a full-body workout that targets specific muscle groups, enhancing your overall strength and coordination. The addition of weights amplifies your results, turning each dance move into a powerful toning exercise. Join us and discover a fun, effective way to boost your fitness and feel fabulous! Don't forget to bring 2-3lb weights!

FIT09

Mondays, August 26- October 28
5:45-6:30pm

Brookside Gym A

7 Sessions
\$30

ZUMBA® FITNESS

Jasmine Murphy

Get ready to make an awesome commitment this fall with Zumba® Fitness! This isn't just a workout—it's a Latin-inspired dance party that will have you moving to exhilarating Latin and international beats. Whether you're looking to burn calories, tone your body, or simply have a blast, Zumba® offers an incredible way to achieve your fitness goals. Our classes blend dynamic choreography with high-energy music to keep you motivated and engaged. You'll leave each session feeling energized, empowered, and ready to take on anything. Come join us and experience the joy of dancing your way to a healthier, happier you!

FIT10

Tuesdays, August 27- October 29
5:45-6:30pm

Brookside Gym A

10 Sessions
\$43

FIT11 ZUMBA® TONING & FITNESS

Mon. & Tues., August 26- October 29
5:45-6:30pm

Brookside Gym A
\$63

By signing up for both Monday and Tuesday night Zumba® classes,

you gain access to attend Jasmine's Restorative Movement class on Monday nights from 6:35-7:25pm and receive a \$10 discount. For attendance purposes, please indicate during registration if you plan to attend the Restorative Movement class. FIT11 MON & TUES reflects the discounted price.

ADULT OPEN PLAY BASKETBALL

Get ready to hit the court and shoot some hoops! Whether you're a seasoned player or just looking to have some fun, come join us for an exciting pickup game. This is your chance to brush up on your skills, make new friends, and enjoy the thrill of friendly competition. All adults aged 18 and over are welcome to join the action-packed fun! *No open gym November 27.



FIT23

Wednesdays, August 28- October 16
7:00-8:00pm

Halverson Gym

8 Sessions
\$24

FIT24

Wednesdays, October 23- December 18
7:00-8:00pm

Halverson Gym

8 Sessions
\$24

WHY CHOOSE

COMMUNITY EDUCATION TO MANAGE YOUR CLASS

-  Marketing to over 12k homes in District 241
-  Facility scheduling, rentals & fees covered
-  Platform for gathering online registrations
-  Two team members to assist in customer management, revenue processing, and ensuring a smooth operation of your class

RESTORATIVE MOVEMENT NEW

Jasmine Murphy

Discover the rejuvenating power of Restorative Movement, a class designed with a similar approach to Yin Yoga. In this session, we emphasize gentle, sustained stretches that aim to strengthen and lengthen your muscles, enhancing both mobility and overall health.



Each posture is held for an extended period, allowing for deep relaxation and the release of tension. This practice promotes flexibility, improves circulation, and fosters a sense of calm and balance. Whether you're looking to recover from a busy week or enhance your physical well-being, Restorative Movement offers a peaceful and effective way to nurture your body and mind. Join us to unwind, restore, and revitalize your entire being. Please bring a yoga mat or towel.

FIT23

Brookside Gym A

Mondays, August 26- October 28
6:35-7:25pm

7 Sessions
\$20



Kristy makes class fun & makes you feel comfortable even though we all look silly. This class provides a chance to forget about every day life obstacles & just feel the beat of the music!

— Summer Zumba® Participant



FALL ZUMBA® JAMS ★

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, September 5- October 10
5:30-6:30pm

Sibley Gym

6 Sessions
\$30

FIT04

Mondays, September 9- October 14
5:30-6:30pm

Sibley Gym

5 Sessions
\$25

FIT06

Thursdays, November 7- December 19
5:30-6:30pm

Sibley Gym

6 Sessions
\$30

FIT07

Mondays, November 11- December 16
5:30-6:30pm

Sibley Gym

6 Sessions
\$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, sunscreen and sunglasses, 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.

A makeup day will be January 9 from 6:15-8:45pm for any cancellations that may occurred throughout the session. No class October 17 & 31, November 28.

FIT08

Thursdays, October 10- December 19
6:15-8:45pm

Lakeview Elementary Gym

8 Sessions
\$24

NEW CLASS OFFERING POPULAR CLASS ONLINE CLASS VIA ZOOM

ALL SKILL LEVEL OPEN PICKLEBALL PLAY ★

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 January 6-8 from 5:30-8:45pm for any cancellations that may occurred throughout the session. No class October 21, November 4 & 27.

FIT13 MONDAYS

Mondays, October 14- December 16
5:30-8:45pm

Lakeview Elementary Gym

8 sessions
\$24

FIT13 TUESDAYS

Tuesdays, October 15- December 17
5:30-8:45pm

Lakeview Elementary Gym

10 sessions
\$30

FIT13 WEDNESDAYS

Wednesdays, October 2- December 18
5:30-8:45pm

Lakeview Elementary Gym

11 sessions
\$33



DISCOVER CURLING: ADULT EXPERIENCE

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.*

Deadline to register is Thursday, November 7 at 2:00pm.

FIT01

Friday, November 8
6:00-9:00pm

Owatonna Curling Club

\$20

EARLY CHILDHOOD



ALBERT LEA
SCHOOL DISTRICT 241
EARLY LEARNING

EARLY LEARNING PRESCHOOL PROGRAMS
CONTACT 507-379-4831

LITTLE SPROUTS

Age: 3 or 4 on/before Sept. 1

Schedule: Monday, Wednesday

Times: 8:00am-10:45am OR 12:00pm-2:45pm

SPOTS
AVAILABLE

Children enrolled in this program are provided with a rich learning environment in which to explore and understand new concepts. We will focus our attention on learning skill sets to problem solve, express feelings, and share. We will create through art, music, and dramatic play. We will enter the world of reading and explore books and stories in our daily activities.

3'S PRESCHOOL

Age: 3 on/before Sept. 1

Schedule: Monday-Thursday

Times: 8:00am-10:45am OR 12:00pm-2:45pm

WAITLIST
STARTED

Children in this program are provided with a rich learning environment to build on skills they have been learning at home or at child care. We will focus our attention on learning social/emotional skills such as how to express feelings and share; cognitive skills such as patterns and problem solving; getting creative with art, music, and dramatic play; literacy and language skills such as how to hold and read a book and recognition of numbers and letters; and enhancing fine and gross motor skills.

OUTDOOR ADVENTURES

Age: 3 or 4 on/before Sept. 1

Schedule: Monday-Thursday

Times: 8:00am-10:45am OR 12:00pm-2:45pm

WAITLIST
STARTED

Children in this program are provided with an Outdoor Classroom environment to explore the natural surroundings around the Brookside Education Center area. Activities are focused on the surroundings of nature and the outdoors through a curriculum and may include a daily hike exploring the nature trails, digging in the sand pit, sledding in the winter, and learning more about the great outdoors. Students enrolled in this program will be outside most of the time except in severe or inclement weather.

VOLUNTARY PRE-KINDERGARTEN

Age: 4 on/before Sept. 1

Schedule: Monday-Friday

Times: 8:00am-11:05am OR 12:00pm-3:05pm

SPOTS
AVAILABLE

Children in this program are provided with a rich learning environment to build on skills they have been learning. These classroom experiences will build on a student's skills and knowledge through Social/Emotional Development, Cognitive Thinking, Literacy and the Arts, Physical/Motor Development and Growth, and Approaches to Learning. Teachers help guide students to achieve common goals.

WrapAround
Care Available:
6:45am-5:15pm

HAVE YOU REGISTERED FOR PRESCHOOL YET?



EARLY CHILDHOOD FAMILY EDUCATION

EARLY CHILDHOOD SCREENING FOR 3 AND 4 YEAR OLDS

Early Childhood Screening is a **free** and simple check of how your child is growing, developing and learning.

What to expect at a screening appointment:

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations records
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

This screening may help you link to other free learning opportunities, such as prekindergarten programming, Early Childhood Family Education (ECFE), Minnesota early learning scholarships for high quality care and education, Head Start, Home Visiting, and Early Childhood Special Education.

Upcoming Dates:

Thursday, September 5 | 8:00am-6:00pm
Friday, September 6 | 8:00am-2:00pm

Thursday, October 3 | 8:00am-6:00pm
Friday, October 4 | 8:00am-2:00pm

Thursday, November 7 | 8:00am-6:00pm
Friday, November 8 | 8:00am-2:00pm

Thursday, December 5 | 8:00am-6:00pm
Friday, December 6 | 8:00am-2:00pm

To schedule your child's appointment, register online at www.AlbertLeaCommunityEd.org, or scan the QR code.



Your child may also be screened at their Head Start, Child and Teen Check-ups or a clinic that offers developmental screening. Parents may conscientiously object to screening. Minnesota Statutes 121A.17.

WHAT IS ECFE?

Early Childhood Family Education (ECFE) is a program by Albert Lea Area Schools offering parenting information and support for parents with children from birth to age 5.

WHAT DOES A TYPICAL ECFE CLASS INCLUDE?

- **Parent-Child Activity Time:** Families explore a classroom with play materials and learning activities led by a licensed early childhood teacher.
- **Parent Education Time:** Parents meet with a licensed parent educator to share support, experiences, and parenting techniques.
- **Children's Activity Time:** Children engage with the early childhood teacher and practice social skills with their peers.

WE ARE HERE TO MEET YOUR NEEDS!

If you are interested in a parent-child class or a virtual parenting class but do not see a course that fits your schedule, please reach out to our staff. We are happy to discuss additional options that work for you!

Contact:

- Katrina Pedersen: katrina.pedersen@alschools.org
- Krista Doyle: krista.doyle@alschools.org

SUPPORT FOR CHALLENGING EARLY CHILDHOOD BEHAVIORS

We understand that your child's behavior can be challenging. Our Early Childhood Parent Educators are here to provide free information and support for parents and caregivers dealing with these issues.

To set up an appointment, which can be in person or via Zoom, please email:

- Krista Doyle: krista.doyle@alschools.org
- Mary Jo Volkman: mary.j.volkman@alschools.org

WE LOOK FORWARD TO ASSISTING YOU AND YOUR FAMILY!



BABY SERIES CLASSES
TODDLER SERIES CLASSES
PARENTING CLASSES
SPECIAL EVENTS

NEW NEW CLASS OFFERING

★ POPULAR CLASS

👤 SIBLING CARE OFFERED



3 WAYS TO REGISTER

CREDIT CARD ONLY

ONLINE
 AlbertLeaCommunityEd.org

CALL
 507-379-4831

IN PERSON
 211 W Richway Drive

SCAN QR
 CODE TO
 SEE CLASS
 OFFERINGS



BABY BUDS

0-12 month olds & parents

Parent Educator: Mary Jo Volkman & Krista Doyle

Welcome to our cozy Early Childhood Family Education (ECFE) class designed for parents and their precious 0-12 month olds! Dive into a world of gentle songs, sensory play, and supportive discussions tailored to the needs of early parenthood. From tummy time tips to soothing techniques, discover invaluable insights while bonding with your baby and connecting with other families. Join us for a nurturing space where laughter, learning, and love abound. Together, we'll celebrate the joys of infancy and lay the foundation for a lifetime of exploration and growth. *No class November 28th.*

EC13 🧑🏻🧑🏻	Tuesdays, Sept.10- Oct.15	4:30-5:30pm	ECFE Rm. 202	6 sessions See Fee Chart
EC12 🧑🏻🧑🏻★	Thursdays, Sept. 12- Oct. 10	10:00-11:00am	ECFE Rm. 204	5 sessions See Fee Chart
EC14 🧑🏻🧑🏻	Tuesdays, Oct.22- Dec.10	4:30-5:30pm	ECFE Rm. 202	8 sessions See Fee Chart
EC18 🧑🏻🧑🏻★	Thursdays, Oct. 24- Dec. 12	10:00-11:00am	ECFE Rm. 204	7 sessions See Fee Chart

LITTLE EXPLORERS

6-18 month olds & parents

Parent Educator: Krista Doyle

Welcome to our exciting Early Childhood Family Education (ECFE) class, where parents and their curious 6-18 month olds delve into the world of sensory exploration! Together, we'll engage in playful activities that stimulate your baby's senses—touch, sight, sound, smell, and taste. From sensory bins to textured play mats, every session is designed to spark wonder and promote developmental growth. Join us for a delightful blend of bonding moments, giggles, and discoveries as we nurture your little one's early curiosity in a warm and supportive environment. *No class November 28th.*

EC05 🧑🏻🧑🏻	Thursdays, September 12- October 10	8:30-9:30am	ECFE Rm. 204	5 sessions See Fee Chart
EC06 🧑🏻🧑🏻	Thursdays, October 24- December 12	8:30-9:30am	ECFE Rm. 204	7 sessions See Fee Chart

BABY SHOWER

Expecting parents or child 0-6 months

Parent Educator: Krista Doyle

Welcome to the start of your parenting adventure! Whether you're expecting or have recently welcomed your little one, we're thrilled to invite you to our Early Childhood Family Education community. Explore our facilities, connect with other families-to-be, and discover our exciting programs. Plus, enjoy a free welcome baby goodie bag as our special gift to you!

EC10	Friday, September 13	10:00-11:00am	ECFE Rm. 202 1 session FREE
EC11	Friday, October 11	10:00-11:00am	ECFE Rm. 202 1 session FREE
EC20	Friday, November 15	10:00-11:00am	ECFE Rm. 202 1 session FREE



PEA PODS

1-2 year olds & parents

Parent Educators: Krista Doyle & Mary Jo Volkman
ECFE Teacher: Katrina Pedersen

Welcome to a nurturing and enriching experience designed specifically for parents and their 1-2 year olds! Our Early Childhood Family Education class offers a supportive environment where families can learn, play, and grow together during this critical stage of early development. Enjoy the journey of parenthood surrounded by a welcoming community of families just like yours.

EC26 

Tuesdays, September 10- October 15
8:30-9:30am

ECFE Rm. 204
6 sessions
See Fee Chart

EC27 

Tuesdays, October 22- December 10
8:30-9:30am

ECFE Rm. 204
8 sessions
See Fee Chart

GROWING TOGETHER

1-3 year olds & parents

Parent Educator: Mary Jo Volkman
ECFE Teacher: Katrina Pedersen

Step into our vibrant Early Childhood Family Education (ECFE) class, where parents and their adventurous 12-36 month olds embark on a journey of discovery and joy! Through engaging activities like sensory play, creative arts, and interactive stories, we celebrate each milestone and foster curiosity in our little explorers. Connect with fellow parents, share experiences, and gain practical tips from our supportive community of caregivers and educators. Join us for a fun-filled time of learning and laughter, where every moment is a new adventure in toddlerhood!

EC17  

Tuesdays, September 10- October 15
6:00-7:00pm

ECFE Rm. 204
6 sessions
See Fee Chart

EC21  

Tuesdays, October 22- December 10
6:00-7:00pm

ECFE Rm. 204
8 sessions
See Fee Chart

BUZZY BEES

2-3 year olds & parents

Parent Educators: Krista Doyle & Mary Jo Volkman
ECFE Teacher: Katrina Pedersen

Join us in our lively Early Childhood Family Education (ECFE) class tailored for parents and their energetic 2-3 year olds! Join us for a delightful blend of play, learning, and connection in a supportive environment designed to celebrate this dynamic stage of early childhood. Through interactive activities, music, stories, and guided playtime, we'll explore the wonders of toddlerhood together. Build friendships with other families, gain valuable parenting tips, and watch your child thrive as they engage in age-appropriate activities that spark curiosity and creativity. This class is where learning meets laughter!

EC16  

Tuesdays, September 10- October 15
10:00-11:15am

ECFE Rm. 204
6 sessions
See Fee Chart

EC22  

Tuesdays, October 22- December 10
10:00-11:15am

ECFE Rm. 204
8 sessions
See Fee Chart

BREAKFAST CLUB

3-5 year olds & parents

Parent Educators: Mary Jo Volkman
ECFE Teacher: Katrina Pedersen

Welcome to our delicious Early Childhood Family Education (ECFE) class, where parents and their eager 3-5 year olds become breakfast chefs extraordinaire! Join us as we whip up fun and nutritious breakfast foods together. Through hands-on cooking activities and interactive storytelling, your child will develop fine motor skills, learn about healthy eating, and build confidence in the kitchen. Get ready for a morning of laughter, learning, and the aroma of freshly made memories!



EC03  

Thursdays, September 12- October 10
9:00-10:30am

Brookside Rm. 114
5 sessions
See Fee Chart

SPECIAL ACTIVITY SERIES

3-5 year olds & parents

Parent Educator: Krista Doyle
ECFE Teacher: Katrina Pedersen

Weekly themed fun for you and your preschooler to enjoy together! Join us for rotating stations filled with learning activities that will help you get ready for Kindergarten. This class mixes learning, problem solving, and plenty of art! See you there! *No class November 29th.*



EC23 

Fridays, Sept. 13- Oct. 11
1:30-2:30pm

5 sessions See Fee Chart

EC24 

Fridays, October 25- December 13
1:30-2:30pm

Brookside Rm. 114
7 sessions
See Fee Chart

LITTLE ACORNS

3-5 year olds & parents

Parent Educator: Krista Doyle
ECFE Teacher: Hannah Lee

Parents and their lively 3-5 year olds will embark on exciting outdoor explorations in nature! Together, we'll discover the wonders of the natural world through scavenger hunts, nature walks, and imaginative outdoor games. From observing wildlife to creating nature-inspired art, each session fosters a love for the great outdoors and promotes physical activity. Join us for a joyful blend of laughter, learning, and unforgettable adventures as we play, learn, and grow together in nature's playground! *No class November 28th. Weather backup location: Brookside Rm. 114.*

EC28  

Thursdays, September 19- October 10
3:00-5:00pm

Outdoor Adventure Classroom
4 sessions
See Fee Chart

EC29  

Thursdays, October 24- December 12
3:00-5:00pm

Outdoor Adventure Classroom
7 sessions
See Fee Chart

MIXED MEDIA MAGIC

3-5 year olds & parents

Parent Educator: Mary Jo Volkman
ECFE Teacher: Katrina Pedersen



Parents and their imaginative 3-5 year olds will explore the magic of mixed media art! Together, we'll dive into a world of creativity using paints, collage materials, and more to create masterpieces that reflect your child's unique perspective. From messy fun with textures to storytelling through colors, every session is a celebration of creativity and self-expression. Join us for a joyful blend of laughter, learning, and boundless creativity as we unleash the artist within! *No class November 28th.*

EC19

Thursdays, Oct. 24- Dec. 12
9:00-10:30am

ECFE Rm. 114
7 sessions
See Fee Chart

POD SQUAD

Parents of newborns - 5 years

Parent Educator: Krista Doyle

Join us for an engaging and enlightening parenting series where we explore the world of parenting through podcasts. Each session is designed to spark discussions and provide valuable insights into various aspects of raising children in today's world. Whether you're a new parent or navigating the challenges of a kindergartener, these podcasts offer practical advice, expert interviews, and personal stories that resonate with every stage of parenthood. A podcast will be given to listen to over the weekend before each class to discuss as a group.

EC08

Mondays, September 9- October 14
9:00-10:00am, No class Sept. 30

ECFE Rm. 202
5 sessions
See Fee Chart

EC09

Mondays, November 11- December 9
ECFE Rm. 202

5 sessions
9:00-10:00am
See Fee Chart



PARENTING BOOK CLUB

Parents of newborns - 5 years

Parent Educator: Krista Doyle

Join us for our parenting book club as we delve into "Let Them Be Kids" by Jessica Smartt. This insightful book takes us on a journey to rediscover the joys of childhood and embrace a more balanced approach to parenting. Through lively discussions, we'll explore Smartt's practical advice on fostering creativity, encouraging outdoor play, and nurturing a sense of wonder in our children's lives. Reflect on your own parenting journey, share experiences with fellow parents, and leave inspired with actionable tips to create a childhood filled with joy and growth. Don't miss out on this opportunity to connect, learn, and celebrate the magic of letting kids be kids!

EC01

ECFE Rm. 202

Every other Thursday, Sept. 19- Dec. 5

6 sessions

5:30-6:30pm

See Fee Chart



THE WHOLE-BRAIN CHILD

Parent Educator: Krista Doyle

Parents of newborns - 5 years

Join our parenting class and unlock your child's brainpower! Learn how to navigate meltdowns, decode the mystery of tantrums, and turn everyday chaos into teachable moments—all using the secrets from 'The Whole Brain Child' workbook. Get ready to parent with confidence and a dash of neuroscience magic!

EC02

Tuesdays, October 22- December 10
1:30-2:30pm

ECFE Rm. 202
8 sessions
See Fee Chart

FAIRY TALE BAG DRIVE-THRU

Drive to our school to receive a special fairy tale story kit, complete with activities and crafts to enjoy at home. Dive into a world of imagination as you and your little ones discover storytelling magic together. Join us for a delightful blend of wonder, creativity, and storytelling joy — all from the comfort of your car!

THURSDAY, DECEMBER 12
5:00-5:30PM

BROOKSIDE MAIN ENTRANCE

\$6 per child
Register online!

CLASS SLIDING FEE CHART

FAMILY SIZE	CATEGORY A		CATEGORY B		CATEGORY C	
	ANNUAL INCOME		ANNUAL INCOME		ANNUAL INCOME	
2	Below \$35,000		\$35,000-\$45,000		\$45,000+	
3	Below \$45,000		\$45,000-\$55,000		\$55,000+	
4	Below \$55,000		\$55,000-\$65,000		\$65,000+	
5	Below \$65,000		\$65,000-\$75,000		\$75,000+	
6+	Below \$75,000		\$75,000-\$85,000		\$85,000+	
CLASSES	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	SESSION 2
Pod Squad	\$8	\$8	\$16	\$16	\$25	\$25
Pea Pods	\$10	\$14	\$20	\$28	\$30	\$40
Buzzy Bees	\$13	\$17	\$26	\$34	\$38	\$50
The Whole-Brain Child		\$12		\$24		\$35
Baby Buds AM	\$8	\$12	\$16	\$24	\$25	\$35
Growing Together	\$10	\$14	\$20	\$28	\$30	\$40
Little Explorers	\$8	\$12	\$16	\$24	\$25	\$35
Baby Buds PM	\$10	\$14	\$20	\$28	\$30	\$40
Breakfast Club	\$14		\$29		\$38	
Mixed Media Magic		\$18		\$35		\$50
Little Acorns	\$6	\$12	\$14	\$24	\$20	\$35
Parenting Book Club	\$10		\$20		\$30	
Special Activity Series	\$8	\$12	\$16	\$24	\$25	\$35

Sibling Care is an additional \$2 per class, with no extra charge for multiple children – the cost remains the same for one child.

The class fee is based on your household's total yearly income, before taxes and your family size. This information is confidential. class fees are necessary to supplement state and local tax dollars dedicated to supporting Early Childhood programs for School District 241.

1. Locate your family size
2. Locate your family income
3. Move down column to class fee

TIGER CUB CHILD CARE

4 STAR PARENT AWARE, SCHOLARSHIPS AVAILABLE 


Our experienced staff and engaging curriculum provided by Teaching Strategies Gold-Creative Curriculum offers children the opportunity to play, learn and grow in a safe, nurturing environment.

PROGRAM FEATURES:

-  licensed by the Minnesota Department of Human Services.
-  Child Care Assistance welcomed.
-  Drop-ins for infants & toddlers. Families must pre-register. Slots are based on availability.

ENROLL NOW

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

 507-379-5158

 www.AlbertLeaCommunityEd.org



ALBERT LEA
SCHOOL DISTRICT 241



2024-2025 Concert Series

ALBERT LEA HIGH SCHOOL AUDITORIUM

Celebrating
our
78th
season!

ALBERT
LEA
**CIVIC
MUSIC**



RECIPROCITY is back this season
and better than ever!

With **1** Albert Lea Civic Music season ticket,
you can enjoy **9** concerts:
5 in Albert Lea & **4** in Clear Lake.

— CLEAR LAKE —

A Neil Diamond Story with Denny Diamond,
Letters from Home, Admiral Radio, and
Boomer Decades with Colleen Raye



— RHAPSODY AND THE BLUES —

Hear George Gershwin's 'Rhapsody in Blue' premiered...again! This is the first NEW arrangement of Gershwin's iconic work since the original dance band version of 1924 and the ensuing orchestral arrangement of 1942. Come and hear an unbelievable and historic evening to celebrate 100 years of easily one of the most iconic piano works ever written.



Scan this QR code for
more information!

Sunday, October 20, 2024 - 3:00pm - **RHAPSODY AND THE BLUES**

Tuesday, November 12, 2024 - 7:00pm - **GILLES VONSATTEL**

Tuesday, March 4, 2025 - 7:00pm - **BOYD MEETS GIRL**

Thursday, April 3, 2025 - 7:00pm - **ORCHID QUARTET**

Monday, April 28, 2025 - 7:00pm - **STREET CORNER SYMPHONY**



— BOYD MEETS GIRL —

Boyd Meets Girl pairs Australian classical guitarist Rupert Boyd with American cellist Laura Metcalf. The husband-and-wife duo arranges much of their repertoire, drawing inspiration from artists across all genres. The duo has toured throughout the USA, India, Nepal, New Zealand, and every state and territory in Australia.



— GILLES VONSATTEL —

Swiss-born American classical pianist of world renown and talent, Mr. Vonsattel loves to perform a program featuring some classical "war horses" intermingled with some lesser-known pieces. Mr. Vonsattel is professor of piano at UMass Amherst, has played around the world, and is a Steinway artist.



— ORCHID QUARTET —

Orchid Quartet is a powerhouse string quartet based in Los Angeles. The quartet consists of four highly sought-after string players who perform and tour with top artists and who regularly record for major record labels, video games, and film/television soundtracks. From the stage to the studio, Orchid Quartet's energy, professionalism, and enthusiasm are contagious, and the love of the music they play emanates to those around them.



— STREET CORNER SYMPHONY —

Street Corner Symphony is a Nashville-based male a cappella ensemble that was a runner-up on NBC's Sing Off in 2010. Their repertoire covers a wide range, from gospel to rock and pop, appealing to the young and old alike.

View schedules for all concerts at www.AlbertLeaCivicMusic.com

Number of **Adult Season Tickets** at \$50 each: _____ Number of **Student Season Tickets** at \$15 each: _____ Number of **Family Season Tickets** at \$105 each: _____

Address to send tickets: _____

Name

Address

City

State

Zip

E-mail

Phone

Additional Gift

Tickets can also be purchased at Hy-Vee, Arcadian Bank Locations, Albert Lea Convention & Visitor's Bureau, Alden City Office, Austin's Coffee House on Main, from Civic Music board members, and online at www.AlbertLeaCivicMusic.com.

- New Member
- Renewing Member

Any additional gift to Civic Music (ticket price not included), will be recognized in each concert program.

Please make checks payable to **Albert Lea Civic Music** and mail to **Albert Lea Civic Music, P.O. Box 167, Albert Lea, MN 56007**

ALBERT LEA AREA SCHOOL DISTRICT #241 COMMUNITY EDUCATION POLICIES

ADMINISTRATION & COLLABORATION:

Community Education is administered by Albert Lea Area School District #241 in collaboration with the city and various community organizations to meet the needs and wants of the community.

COVID-19 PROGRAMMING NOTE:

Community Education adheres to the Albert Lea School District's COVID-19 guidelines. As recommendations may change, we appreciate your flexibility. Full refunds will be issued if changes due to COVID-19 illness prevents your participation.

EARLY BIRD REGISTRATION:

Classes are filled on a first-come, first-served basis. Early registration ensures you get the classes you want and helps instructors prepare. 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 Community Education programs, classes, or activities is voluntary.

By enrolling, you confirm that you have no physical conditions, health history, or illnesses that would make your participation hazardous to yourself or others. Participants and their parents or guardians hold District #241 free from liability in case of accidents or illnesses of any nature.

PROGRAM/CLASS CANCELLATION POLICY:

Community Education will issue a full refund if a class is canceled due to low enrollment. No refunds are available for day trips unless Community Education cancels the trip.

REGISTRATION CANCELLATION:

To receive a full refund, please notify our office at 507-379-5318 at least three business days before the start of the class. After this period, no refunds will be issued. Any supply fees will be deducted from your refund.

INCLEMENT WEATHER POLICY:

If the Albert Lea School District is closed due to inclement weather, all Community Education programming will be canceled for that day. If the district announces a late morning start, all morning programming will be canceled. Please listen to KATE Radio for weather updates.

PRIVACY POLICY:

The information requested during registration is used to verify eligibility and

determine staff, facility, and equipment needs. Registration information may be shared with school district staff, volunteers, and instructors. Email information is for internal use only and will not be sold or solicited. Occasionally, representatives of District #241 and/or the media may photograph or record students/adults during classes or events for district publications or web pages (including social media) and our Community Education brochure. Parents/guardians who object to having their child/self identified, photographed, or recorded must notify the Community Education office in writing.

PLEASE NOTE

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

PROGRAM SATISFACTION:

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



INTERESTED IN TEACHING A CLASS?

Contact us at 507-379-5317 or albertleacommunityed@alschools.org.

3 WAYS TO REGISTER



ONLINE

AlbertLeaCommunityEd.org



CALL

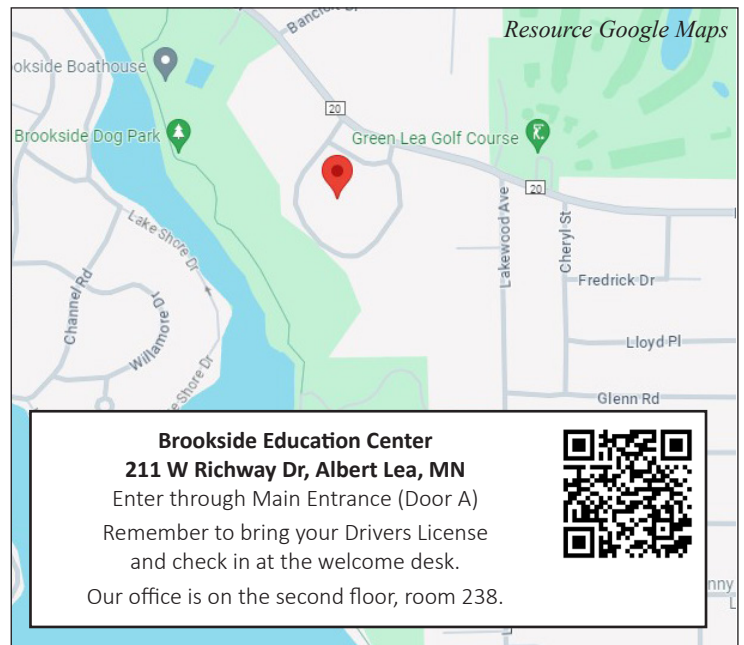
(507) 379-5318



IN PERSON

211 W Richway Dr

CASH, CHECK OR CARD ACCEPTED



City of Albert Lea Fall Fun Guide

In your mailbox soon!

Keep it handy for programs
and happenings held by the
Albert Lea Public Library,
Recreation Department,
Senior Center and more.

Scan the code
to read online:



cityofalbertlea.org



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Albert Lea, MN 56007

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Residential Customer



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

Join the Band

START DATE SEPTEMBER 24, 2024
Southwest Middle School Band Room
Tuesday Evenings 7:00-8:45pm
No auditions, but high school level skill is recommended.
CONTACT 507-440-9200
AlbertLeaCommunityBand.com



**FREE ADULT EDUCATION
OPPORTUNITIES 2024-2025**
LEARN ENGLISH - GED - MATH
CAREER PATHWAYS - CITIZENSHIP

Free English Classes!

Clases de inglés gratuitas

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kelas basa Inggris gratis

Class options will include:
In-person & Distance Learning

Classes begin August 26, 2024
*You can register to become
a student at anytime.*

Time options available:
Monday-Thursday
8:30am-11:00am
-OR-11:30am-1:30pm

Call 507-379-4866 to register
or for more information.

*Limited childcare & transportation
available. Please call as soon as
possible to reserve a space.*



Albert Lea Adult Education Center

Brookside Education Center | 211 W Richway Dr, Room 218
507-379-4866 | Julie.Sager@alschools.org | Penny.Jahnke@alschools.org