

## **Hawley Fitness Classes - Hawley Community Education**

BFF (Briana's Friday Funcamp) - A mix of jazzercise, Butts & Gutts, and stretching. An all-around good sweat to kick off the weekend!

Spin - This 45 minute class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a water bottle!

\*\*Spin classes require advance registration. Join our Facebook group or contact Katy for more information!

XaBeat - Get ready to move to the beat! No dance experience needed. This high-energy class has you dancing along to great music with Denise!

For Updates Follow us on Facebook: HawleyFitnessClasses

Instructor: Denise Graunke, Briana Lavine Leigh, and I

When: Starting September 27 through MEA week. \*Please arrive 5-10 minutes early for all classes

Monday evenings at 5:45 pm - Katy VanHavermaet will instruct Spin in the Hawley fieldhouse exercise room upstairs.

Thursday morning at 5:30 am - Katy VanHavermaet will instruct Spin in the fieldhouse exercise room upstairs

Friday morning at 5:30 am - Briana Leigh will instruct in the fieldhouse gym a bootcamp style class

Sunday evenings at 5:30 p.m. - Denise Graunke would like to instruct a dance class in the elementary fieldhouse

Fee: \$35 for 8-class punch card OR \$5 per class if a check payable to Hawley Community Education

Registration: preregistration is required for SPIN classes only via the facebook page and the other classes you can show up the day of the class!

## **Co-Ed Volleyball**

Volleyball is great exercise and also so much fun. Please wear appropriate gym shoes. Participants are reminded that this activity is for adults only and children are not allowed in the school because of liability issues.

Supervisor: Bob Laux and Ivy Boe

When: Sundays

Time: 6:30 p.m.-8:00 p.m.

Place: H.S. Gym, west entrance

Fee: \$20 for the year

Registration: Preregistration is required, mail \$20 fee to Hawley Community Ed. PO Box 609, Hawley, MN 56549

## **Adult Basic Education**

Expand your job opportunities and personal satisfaction with Adult Basic Education classes. Instruction is **FREE** and available to adults 17 years or older who wish to earn a high school equivalency diploma or brush up on basic skills. Individual help will be arranged for the following programs.

**High School Equivalency Certificate** (G.E.D.), this program is for those adults who have not completed their high school education and who wish to qualify for a high school equivalency certificate (G. E. D.). **English As A Second Language** (E.S.L.), provides individualized instruction in reading, writing, speaking, and understanding the English language. **Adult Basic Education** (A.B.E.), is designed to improve reading, math, spelling, and writing.

**Instructor:** Lisa Ness.

**When:** Wednesdays, begins September 22

**Time:** 5:30-8:30 p.m.

**Place:** Hawley High School Media Center

**Fee:** No Charge

**Registration:** Call Lisa at 218-790-8001 or email at [lness@rothsay.k12.mn.us](mailto:lness@rothsay.k12.mn.us)

## **Lego Club**

Clay County 4-H and Community Education team up to provide a space for kids to connect with other kids over LEGOs. Kids will build together, challenge each other and play.

We will bring the LEGO bricks, you bring your creativity and design skills. New challenges and fun each week, from desert island creations to drop test and bridge building. Youth will : meet new friends who share an interest in LEGOs, gain confidence in their creativity and building skills, lead activities and present their creations to each other. Everyone welcome.

**Dates:** Tuesdays: Jan 25, Feb 1, 8, 15, 22, March 1, 8, 15

**Time:** 3:15 to 4:15 pm

**Grades:** 4, 5, 6

**Place:** Tim Pederson's Elementary Classroom

**Fee:** \$30 per student, Min 5, Max 20

**Registration:** Preregistration required, Space is limited contact Bill Gottenborg [bgottenborg@hawley.k12.mn.us](mailto:bgottenborg@hawley.k12.mn.us)

## **Successful Seed Starting at Home**

Starting vegetables and flowers indoors gives you a jumpstart to the growing season. The process is simple and only a few supplies are needed. Join Randy Nelson, University of Minnesota Extension Educator, Clay County to learn how easy it is to grow plants from seed in your own home. Topics that will be covered in the webinar include: Container selection, Potting soil, Lighting, Seed starting dates, Watering, fertilizing, and acclimating seedlings.

**Dates:** Thursday, February 3

**Time:** 6:30-8:30 p.m.

**Place:** zoom at home class

**Fee:** \$3 to Hawley Community Education, PO Box 609, Hawley, MN 656549

**Registration:** Preregistration required, contact Bill Gottenborg [bgottenborg@hawley.k12.mn.us](mailto:bgottenborg@hawley.k12.mn.us), please share your email address so you can be contacted with the zoom information.

## **Home Lawn Care**

A healthy lawn is the best defense against weeds. Join Randy Nelson, University of Minnesota Extension Educator, Clay County to learn how to keep your lawn healthy and weed free. Topics that will be covered in the webinar include: Mowing, Fertilizing and Watering

**Dates:** Monday, March 7

**Time:** 6:30-8:00 p.m.

**Place:** zoom at home class

**Fee:** \$3 to Hawley Community Education, PO Box 609, Hawley, MN 656549

**Registration:** Preregistration required, contact Bill Gottenborg [bgottenborg@hawley.k12.mn.us](mailto:bgottenborg@hawley.k12.mn.us), please share your email address so you can be contacted with the zoom information.

## **Tree Planting and Maintenance for the Home Gardener**

Planting a tree is an easy way to add value to your home. Join Randy Nelson, University of Minnesota Extension Educator, Clay County to learn about tree selection, soil preparation, planting, watering, fertilizing, and pruning.

**Dates:** Monday, April 4

**Time:** 6:30-8:00 p.m.

**Place:** zoom at home class

**Fee:** \$3 to Hawley Community Education, PO Box 609, Hawley, MN 656549

**Registration:** Preregistration required, contact Bill Gottenborg [bgottenborg@hawley.k12.mn.us](mailto:bgottenborg@hawley.k12.mn.us), please share your email address so you can be contacted with the zoom information.

## **AARP Defensive Driving Course**

There is a Free Class program that will be running through June 2023 for United HealthCare Supplemental Members that will need to provide their UHC Membership number. This is only for the more expensive Supplemental Plan and NOT Advantage Plans. The Membership Card will specifically state Supplemental on it. Bring your UHC Membership Card with to class as I am supposed to

confirm that it is the Supplement Plan and not Advantage. Please provide your UHC Membership number just as you do the AARP Membership number.

**Dates:** 4 hour class Thursday, April 7, the 8 hour class will be Tuesdays, April 12 and 19

**Time:** 5-9:00 p.m.

**Place:** Hawley High School Room #15, enter south entrance, first classroom on the left.

**Fee:** \$25 for AARP members and \$30 for Non members. The UHC members pay \$5 to cover the host fee to Hawley Community Education, PO Box 609, Hawley, MN 656549

**Registration:** Preregistration required, contact Bill Gottenborg [bgottenborg@hawley.k12.mn.us](mailto:bgottenborg@hawley.k12.mn.us), please share your email.

## **Adult Walking Track**

Hawley has an indoor walking track located at the elementary school field house. Please keep distractions to a minimum if there are practices for School teams taking place in the gym below. This activity is for adults only and children are not allowed in the school, because of liability reasons. However, students in grades 7-12 will be allowed to use the track for running Monday-Friday from 3:15-5:00 p.m., running will be in the outside lane and walkers the inside 2 lanes.

**When:** Monday – Friday, days school is in session.

**Time:** 6-8:00 a.m. and 3:30-10:00 p.m.

**Place:** Elementary Fieldhouse

**Times/Entrance 6-8:00 a.m. and 6-10:00 p.m.:**

east main elementary entrance to the field house through the old cafeteria down hallway, take stairs or elevator .

**Times/Entrance 3:30-6:00 p.m.:** New field house entrance, take stairs or elevator to floor 2.

## **Sunday Open Gym**

Participants are reminded to wear appropriate gym shoes and to behave appropriately.

**When:** Sundays

- **2:00-3:00 p.m.** for Elementary

- **3:00-4:00 p.m.** for 7th grade and up.

**Place:** High School Gym, west entrance

**Fee:** No Charge

## **Sliding Hill**

The Hawley Park Board invites you to go sliding, the location of the hill is the intersection of Main and 6<sup>th</sup> street. For safety please keep clear of the orange fenced in areas. Parents, please supervise your children as needed. While sledding, please be considerate of clothes and careful around younger children.

## **Skating/Warming House**

The Westgate Park Ice Rink and Warming House is open. The City of Hawley, Hawley Park Board, and Community Education welcome you to come and skate. The North part of the picnic shelter is the Warming House. Rest rooms are available during warming house hours. The Warming House will be closed if it is - 15 degrees or the wind chill is -30 degrees or colder or if the ice conditions are not skateable (too warm/too much snow). Hockey is to be played inside the hockey boards only! The ice on the outside the boards is for figure skating.

### **WARMING HOUSE HOURS:**

**Monday-Fridays:** 4-8:30 p.m.

**Saturdays, Sundays & School Holidays:** 1-8:30 p.m.

## **2022 Nugget Archery**

The Archery Program begins on Sunday, January 30th This is an Indoor Target Archery Sport offered at Hawley High School and is part of the National Archery in the Schools Program (NASP). The program is set up on two levels, one for students who want to enjoy archery as an extracurricular winter sport and another for students who want to compete on the nugget archery team. The “Nugget team” will prepare for and travel to archery tournaments around the region to compete with schools hosting team competitions. The team will also be preparing for the State NASP tournament at the end of March. All students who participate in the program are eligible and encouraged to be part of the team activities. Pre- Registration and fees required through Hawley Community Education.

**Who:** Boys and Girls grades 4-12

**Practices:** Thursdays 7-8:30 p.m. & Sundays 6:30-8:30 p.m. in the Elementary Gym, January 30-March 29 Program

**Fee:** \$25.00 (does not include fee for tourneys).

**Coaches:** Rocque Grandstrand 218-255-5216 [rblack89@live.com](mailto:rblack89@live.com), Stuart Grandstrand 701-640-9250 [sgrandstrand@live.com](mailto:sgrandstrand@live.com), Dale Griffin, Jon Beckerleg, Randi Beckerleg, Joseph Hass

**REGISTRATION FORM**

(Questions contact Bill Gottenborg @ [bgottenborg@hawley.k12.mn.us](mailto:bgottenborg@hawley.k12.mn.us) or 218-483-3555 x1012

Participants Name: \_\_\_\_\_ Gr: \_\_\_\_\_ Enroll me in the following: Fee Paid:

Parents Name: \_\_\_\_\_ 1. \_\_\_\_\_

Address: \_\_\_\_\_ 2. \_\_\_\_\_

Home #: \_\_\_\_\_ 3. \_\_\_\_\_

Cell#: \_\_\_\_\_ 4. \_\_\_\_\_

**Upcoming classes - if you have any suggestions or classes you would like to take or teach, please contact Bill Gottenborg - [bgottenborg@hawley.k12.mn.us](mailto:bgottenborg@hawley.k12.mn.us)**