



Community Education, Adult High School and Adult Applied Technology Catalog

**SPRING/SUMMER
2010**



CANYONS ADULT AND COMMUNITY EDUCATION PROGRAMS

Coordinator – Amy Boettger (801) 256-5740
(please call school sites for specific class information)

Welcome to Canyons Adult and Community Education! This Catalog is a brief version of classes and courses offered for Spring and Summer, 2010. Thank you for your interest in this community program. We are excited to be a partner in your pursuit of knowledge, and hope to make this a positive experience for you and your family.

IMPORTANT INFORMATION

Please review the registration instructions carefully. The procedures for registration may differ from site to site.

- Mail-in registration is preferred, and will be accepted until a class is full or begins
- Mail your registration form and payment to the location where class is being held
 - Checks or money orders only – no cash or credit/debit cards accepted
 - No phone registrations accepted
 - Please make checks payable to Entrada Adult Education

(Do not include material fee with your registration - all material fees must be paid directly to instructor on the first night of class. *Checks will not be accepted if material fee is included*)

**On-site registration for classes located at Butler Middle, Eastmont Middle, Indian Hills Middle, Mt. Jordan Middle, Midvale Middle and Canyons Technical Center
Tuesday, March 23rd and Thursday, March 25th from 6:00 pm to 8:00 pm**

Canyons Community classes include a wide range of ages and interests. You must register at the location where classes are offered. For information call the Site Coordinator (listed below) at the school where the class is being held. Registration accepted first night of class if space is available. No notification of class acceptance will be sent to you. You will be notified only if class is cancelled. ***Fees will not be refunded after second class.*** Contact the site coordinator if you need to cancel.

ALL Community School classes last 8 weeks unless otherwise indicated.

COMMUNITY SCHOOL SITE COORDINATORS AND LOCATIONS

Butler Middle	7530 S. 2700 E, Salt Lake City 84121 thomas.kilgore@canyonsdistrict.org	Tom Kilgore	(801) 412-2290 (801) 412-2250
Eastmont Middle	10100 S. 1300 E., Sandy 84094 dennis.lombardi@canyonsdistrict.org	Dennis Lombardi	(801) 412-2000 (801) 412-1021
Indian Hills Middle	1180 E. Sanders Rd (11600 S.) Sandy 84094 phillip.stark@canyonsdistrict.org	Phillip Stark	(801) 412-2550
Mt. Jordan Middle	9360 South 300 E., Sandy 84070 sylvia.hansen@canyonsdistrict.org	Sylvia Hansen	(801) 412-2076 (801) 412-2050
Midvale Middle	7852 S. Pioneer St. (310 W.), Midvale 84047 jay.bronson@canyonsdistrict.org	Darin Bronson	(801) 412-2177
CTEC	825 East 9085 South, Sandy 84094 lisa.wadzeck@canyonsdistrict.org	Lisa Wadzeck	(801) 256-5757

Karate – Beginning (ages 5-16)

Learn basic techniques and mental discipline of Karate.

Midvale Middle School Wed 6:00-7:00PM Begin 4/7 Cost \$30 Instructor Kerry Jones

Tae Kwon Do – Beginning Ages 8 to Adult

Come learn Korea's traditional martial art while getting a great workout! Students will learn self-defense from real life situations, kicks, hand attacks, pattern, tournament, meditation, and board breaking. This course improves strength, flexibility, coordination, concentration and reaction time. Courtesy and respect are taught while building self esteem and confidence. Taught by James Sroykum, a IV Black Belt. Class is for everyone!

Butler Middle School Tues/Thurs 6:30-7:30PM Begins 3/30 Cost \$40 Instructor James Sroykum

Tae Kwon Do – Intermediate Ages 8 to Adult

Butler Middle School Tues/Thurs 7:00-8:30PM Begin 3/30 Cost \$50 Instructor James Sroykum

Team Up for Good Health

Acquire better health habits! Make a Game Plan and get motivated. Includes group instruction and individual coaching. **8weeks**

Eastmont Middle School Tues. 7:00-8:00 PM Begin 3/30 Cost \$30 Instructor Steven Wright, PhD

Tumbling – Tiny Tots Ages 3-4 (Limit 15) No mail-in registration. Register in person March 23&25.

Fun, good exercise and training. Learn basic skills including variety of rolls, cartwheels, handstand, etc.

Mt. Jordan Middle School Tues. 4:00-5:00 PM Begin 4/6 Cost \$30 Instructor Ohmie

Indian Hills Middle School Tues. 5:00-5:30 PM Begin 3/30 Cost \$15 Instructor McCall Glick

Indian Hills Middle School Tues. 5:30-6:00 PM Begin 3/30 Cost \$15 Instructor McCall Glick

Mt. Jordan Middle School Wed. 4:00-5:00 PM Begin 4/7 Cost \$30 Instructor Ohmie

Mt. Jordan Middle School Thurs. 4:00-5:00 PM Begin 4/8 Cost \$30 Instructor Ohmie

Tumbling – Ages 5-7 (Limit 15)

Mt. Jordan Middle School Tues. 5:00-6:00 PM Begin 4/6 Cost \$30 Instructor: Ohmie

Indian Hills Middle School Tues. 6:00-7:00 PM Begin 3/30 Cost \$30 Instructor: McCall Glick

Mt. Jordan Middle School Wed. 5:00-6:00 PM Begin 4/7 Cost \$30 Instructor: Ohmie

Mt. Jordan Middle School Thurs. 5:00-6:00PM Begin 4/8 Cost \$30 Instructor: Ohmie

Kundalini Yoga & Meditation Ages 13+

This powerful yoga combines the science of posture, movement, breath and sound to strengthen the body, balance the mind and elevate the spirit. Experience this ancient science and feel relaxed and refreshed. Appropriate for all fitness levels. Bring a yoga mat and wear loose clothing.

Eastmont Middle School Tues. 7:00-8:30 PM Begin 3/30 Cost \$40 Instructor Linda Allred

Yoga

Enjoy some time for yourself! This fun and gentle class will leave you relaxed and energized. Appropriate for all fitness levels.

Indian Hills Middle School Thurs. 7:30-8:30 PM Begin 4/28 Cost \$30 Instructor Charlotte Phillips

FOREIGN LANGUAGE

ASL (American Sign Language) Beginning Ages 12+

Come learn a new and fun language. Learn the basic signs and communication skills to use with deaf friends, family and even infants.

Mt. Jordan Middle School Wed. 6:00-7:30 PM Begin 4/7 Cost \$35 Instructor Sue Peebles

ASL Intermediate Ages 12+

Mt. Jordan Middle School Tues. 7:30-9:00 PM Begin 4/7 Cost \$35 Instructor Sue Peebles

French – Beginning

Much of the French language revolves around six primary verbs (etre, avoir, aller, faire, pouvoir, vouloir). Once a student is able to properly conjugate these verbs and combine them with appropriate pronouns and vocabulary, she/he will have built a strong foundation for conversational French. The goal for this course is to give students the confidence to use these verbs and basic vocabulary to start speaking French. A \$15 materials fee paid to instructor the first night of class.

Indian Hills Middle School Tues: 6:30-8:30 PM Begin3/30 Cost \$40+ Instructor Mike McCafferty

French – Intermediate Conversational

Improve French speaking skills with more verbs and lots of in-class practice. A \$25 materials fee to instructor.

Indian Hills Middle School Thurs: 6:30-8:30 PM Begin 4/8 Cost \$40+ Instructor Mike McCafferty

German – Beginning

Emphasis on conversational German. A material fee will be paid to the instructor. You may purchase Barron's *Learn German the Fast and Fun Way* before class begins.

Midvale Middle School Wed. 6:00-7:15 PM Begin 4/7 Cost \$35+ Instructor: Steve Roper

German – Intermediate This class is a follow-up to Beginning, emphasis on conversational German. Material fee to instructor. You may purchase *German Made Simple* by Arnold Leitner.

Midvale Middle School Wed. 7:15-8:45 PM Begin 4/7 Cost \$35+ Instructor: Steve Roper

Italian – Beginning

Conversational and introductory Italian – great help for tourists. Material fee to be paid to instructor.

Butler Middle School Tues. 6:00-7:30 PM Begin3/30 Cost \$35+ Instructor Duckworth

Italian Continuing

Butler Middle School Thurs. 6:00-7:30PM Begin 4/8 Cost \$35+ Instructor Duckworth

REGISTRATION BY MAIL

- ▶ Register by mail for **Canyons Community Education Classes** unless otherwise specified in the course description. You may also register for **Adult Business/Applied Technology** by mail.

Steps to registration by mail:

1. *Complete* the registration form below for each class desired. Make additional copies as needed. Be sure to include all information requested.
 2. *Make* a check payable to **Canyons School District**. Note: a \$25 service charge will be assessed for each check returned/refused.
 3. *Mail* the registration form and payment to the **site coordinator at the school where the class is offered**. See page iii above for community school location addresses.
- ▶ Registration for **swimming pool classes, all Copperview Recreation Center classes, Canyons District Adult High School, ESL, Food Handlers Certification** must be done on-site at the locations listed for each program – no mail-in registration for these sites/programs.

Thank you for your interest – we look forward to your participation in Canyons School District Community classes!

Please make checks payable to Entrada Adult Education

Canyons School District Community Education Registration

Date: _____

Name: _____

Phone: _____

Address: _____

Email address: _____

Age Group: Adult Student (age _____) Preschool child (age _____)

Class Title : _____ Start Date: _____

Class Location: _____ Time: _____

Instructor: _____ Amount enclosed \$ _____

Number of weeks: _____ (all classes are 8 weeks unless otherwise noted)

MAIL TO THE CLASS LOCATION:

Community Education Classes:	Mail to the <u>Site Coordinator</u> at the school location
Adult Business/Computers/Technical (CTEC):	Mail to CTEC Sandy Campus attn. Lisa Wadzek

- ▶ Visit the *Cosmetology Department at Canyons Technical Education Center* for your hair care needs. Haircuts start at \$3, color at \$15! Call (801) 256-5730 to schedule an appointment.
- ▶ Don't forget to visit the *Canyons TEC Greenhouse – open May 3rd!* We have student-grown flowers, veggies and heirloom tomatoes ready to plant in your garden. Call (801) 256-5745 for more information.