

Canyons Community Education Catalog

Winter 2011 - 2012



**Canyons District Winter Wonderland Art Contest Winner:
Bronwyn, 6th Grade, Canyonview Elementary**

CANYONS COMMUNITY EDUCATION PROGRAMS

825 East 9085 South, Sandy (801) 826-6689

Coordinator – Amy Boettger

Program Assistant – Cheri Prince

communityed@canyonsdistrict.org

Welcome to Canyons Adult and Community Education!

This Catalog is a brief version of classes and courses offered for Winter 2011-2012
More details at www.canyonsdistrict.org under the “Community” drop-down menu.

1. Online registration <http://entrada.revtrak.net> will be accepted until a class is full or begins.
2. If you mail in your registrations please be sure to post mark before January 9th. Mail your registration form and payment to Community Ed, 825 East 9085 South, Sandy, UT 84094.
3. Checks, money orders or credit/debit cards accepted. Make checks payable to Canyons School District
4. No phone registrations accepted.
5. ALL material fees must be paid directly to instructor on the first night of class.
6. All Community School classes last 8 weeks unless otherwise indicated.

NEW – Walk in registration will be available ONLY
at the Community Ed Office!

Mondays – Thursdays NOON– 8 pm

January 3rd-12th

825 East 9085 South - Room 108 - (801) 826-6689

Canyons Community classes include a wide range of ages and interests. You may register online, by mail, or at the Community Ed office. For information call the Site Coordinator (listed below) at the school where the class is being held. Registration may be accepted first night of class if space available. No notification of class acceptance will be sent to you. You will be notified only if class is cancelled. Fees are non-refundable after the second class. Contact Site Coordinator if you need to cancel. **NO CLASSES ARE BEING HELD FEBRUARY 28th thru MARCH 1st.**

COMMUNITY SCHOOL SITE COORDINATORS AND LOCATIONS

Butler Middle	7530 S. 2700 E, Salt Lake City 84121 thomas.kilgore@canyonsdistrict.org	Tom Kilgore	(801) 826-6858
Eastmont Middle	10100 S. 1300 E., Sandy 84094 bret.thomas@canyonsdistrict.org	Bret Thomas	(801) 826-7000
Indian Hills Middle	1180 E. Sanders Rd. (11600 S.) Sandy 84094 phillip.stark@canyonsdistrict.org	Phillip Stark	(801) 826-7100
Jordan High	95 E. Beetdigger Blvd. (9880 S.) Sandy 84070 jan.hansen@canyonsdistrict.org	Jan Hansen	(801) 826-6200
Midvale Middle	7852 S. Pioneer St. (310 W.) Midvale 84047 cheri.prince@canyonsdistrict.org	Cheri Prince	(801) 826-6689
Mt. Jordan Middle	9360 South 300 E., Sandy 84070 suzette.holyoak@canyonsdistrict.org	Suzette Holyoak	(801) 826-7400 (801) 826-7462
CTEC	825 East 9085 South, Sandy 84094 communityedctec@gmail.com	Nathan Eisert	(801) 831-2854

Teaching Language to Children

This class is for teachers and parents who want to take advantage of the developmental "window of opportunity" for young children to learn languages, appreciate cultures, and develop higher thinking skills. Learn theories of language acquisition and create materials to use at school or home to teach world languages to preschoolers and elementary age children.

Tues 7:00-8:15 PM Begins 1/17 Cost \$35
Eastmont Middle School Instructor Marsha Wright

Preparing for Divorce - New!!! (2 Weeks)

Divorce can be an overwhelming experience. As with most difficult situations in life, divorce can be either destructive in nature or an opportunity to discover oneself and embrace life's unlimited possibilities. This course will address the issues faced in divorce from a legal, financial, emotional, and spiritual perspective. We will discuss a wide range of topics such as how to raise the issue of divorce with your spouse, how to tell the children, finding the right attorney, preparing financially for a divorce, exploring the various legal options available in finalizing a divorce, determining the best custody and parent-time arrangement for your family, and preparing for life after divorce. In addition, we will discuss the importance of and strategies for self-care in the hopes that those that attend can find the divorce experience transformational. Taught by a family law attorney.

Tues. 6:00-8:00 PM Begins 1/17 Cost \$25
Butler Middle School Instructor Diana Telfer

Tues. 6:00-8:00 PM Begins 1/31 Cost \$25
Eastmont Middle School Instructor Diana Telfer

Tues. 6:00-8:00 PM Begins 3/6 Cost \$25
CTEC Instructor Diana Telfer

Fitness & Sports

Aikido - Ages 8 to 12 (NEW) - class limit 12

Aikido is a non-violent art of self-defense. The defensive techniques in Aikido teach the student to gain control over a situation with minimal force. Courtesy and respect are taught while building self-esteem and confidence. For information call Sue @801-561-2681.

Tues 6:00- 7:00 PM Begin 1/17 Cost \$30
Mt. Jordan Middle School Instructor Susan Jones

Aikido - Ages 13 and up

For more information call Dale @(801) 943-0357

Tues/Thurs 7:00-8:30 PM Begin 1/17 Cost \$55
Mt. Jordan Middle School Instructor Dale Peterson

Fencing Basics

Develop basic fencing skills taught by Jr. Fencing World Championship coach. \$25.00 equipment rental fee paid to the instructor on the first night of class for all classes.

Ages 12 & under

Tues 6:00-7:00 PM Begins 1/17 Cost \$30
Indian Hills Middle School Instructor Sergei Gritsaev

Ages 13 to Adult

Tues 7:00-8:00 PM Begin 1/17 Cost \$30
Indian Hills Middle School Instructor Sergei Gritsaev

Karate - Beginning (Ages 5-adult)

Learn basic techniques and mental discipline of Karate.

Tues/Thurs 7:00-8:00 PM Begins 1/17 Cost \$50
Indian Hills Middle School Instructor Ron Jones

Kundalini Yoga & Meditation

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 - relax and refresh. Appropriate for all fitness levels. Bring mat and wear loose clothing.

Tues 6:30-8:00 PM Begins 1/17 Cost \$40
Eastmont Middle School Instructor Linda Allred

Pilates

This course is based on the teachings of Joseph Pilates. Come build an amazing core/total body strength while creating long, lean muscles. Learn the secrets dancers have known for years. Pilates is for bodies of all fitness levels. Therabands will be incorporated for some resistance conditioning. Bring your own mat, therabands will be provided.

Tues 7:30-8:30 PM Begins 1/17 Cost \$35
Butler Middle School Instructor Lisa West

Tae Kwon Do-Beginning - Ages 8 to Adult

Come learn Korea's traditional martial art while getting a great workout, improving strength, flexibility, coordination, concentration and reaction time. Taught by Mr. Sroykum, a III degree Black Belt, certified international instructor. Questions call (801) 706-2509.

Tues/Thurs 6:30-7:30 PM Begins 1/17 Cost \$40
Butler Middle School Instructor James Sroykum

Tae Kwon Do-Intermediate - Ages 8 to Adult

Tues/Thurs 7:00-8:30 PM Begins 1/17 Cost \$60
Butler Middle School Instructor James Sroykum

Tumbling - Tiny Tots Ages 3-4 (Limit 15)

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

Tues 5:00-5:30 PM Begins 1/17 Cost \$30
Indian Hills Middle School Instructor McCall Glick

Tues 5:30-6:00 PM Begins 1/17 Cost \$30
Indian Hills Middle School Instructor McCall Glick

Tumbling - Ages 5-7 (Limit 15)

Tues 6:00-7:00 PM Begins 1/17 Cost \$30
Indian Hills Middle School Instructor McCall Glick

Yoga

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

Tues/Thurs 8:00-9:00 PM Begins 1/17 Cost \$45
Indian Hills Middle School Instructor Charlotte Phillips

Wed. 7:30-8:30PM Begins 1/18 Cost \$30
Midvale Middle School Instructor Karen Johnson

Zumba

For dancers and non-dancers alike. Latin inspired dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and a very effective fitness system! The cardio-based dance steps and movement are EASY to follow and very fun to learn. Zumba integrates some of the basic principles of aerobic, interval and resistance training, body sculpting (gluteals, legs, arms, core, and heart) maximizing caloric output and cardiovascular benefits. JUST GO WITH THE FLOW AND ENJOY THE PARTY!

Thurs 8:00-9:00 PM Begins 1/19 Cost \$30
Butler Middle School Instructor Becky Walton

Tues 8:00-9:00 PM Begins 1/17 Cost \$30
Indian Hills Middle School Instructor Becky Walton

Foreign Language/ASL

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.

Wed 6:30-7:30 PM Begins 1/18 Cost \$35
Mt. Jordan Middle School Instructor Megan Singer

ASL Intermediate Ages 12+

Wed 7:30-9:00 PM Begins 1/18 Cost \$45
Mt. Jordan Middle School Instructor Megan Singer

French - Beginning

Students will gain confidence to use primary verbs and basic vocabulary to start speaking French. A \$15.00 materials fee is paid to instructor.

Tues. 6:00-7:30PM Begins 1/17 Cost \$45
Indian Hills Middle School Instructor Michael McCafferty

French - Intermediate Conversational

Improve French speaking skills with more verbs and lots of in-class practice! A \$25.00 materials fee is paid to instructor.

Tues 7:30-9:00PM Begins 1/17 Cost \$45
Indian Hills Middle School Instructor Michael McCafferty

French for Children Grades 2nd - 6th (Limited to 15)

Students will play games, learn songs and rhymes, listen to stories, and participate in partner activities that will help them learn to communicate in meaningful ways--in French! There is a \$5.00 supply fee payable to the instructor.

Tues 6:00-6:45 PM Begins 1/17 Cost \$35
Eastmont Middle School Instructor Marsha Wright

Italian - Beginning

Learn conversational and introductory Italian - great help for tourists. Material fee paid to the instructor the first night of class.

Tues 6:00-7:30 PM Begins 1/17 Cost \$40
Butler Middle School Instructor Dalton Wallace

Thurs 6:00-8:00 PM Begins 1/26 Cost \$45
Indian Hills Middle School Instructor Colby Condie

