

# DAVIS DISTRICT COMMUNITY SCHOOL WINTER 2019 CLASS SCHEDULE

Welcome to the Winter 2019 session of the Davis District Community School program. Classes are taught at various high schools throughout the county, Layton High (LHS), Clearfield High (CHS), Bountiful High School (BHS), and Woods Cross High (WXHS). On the first day of class please enter the school through the main entrance of the school. From there you will be shown to your classroom. Please make sure the location and time for classes you sign up for are double checked before making final payment. If you have any questions about the content or expectation of the class, please contact the individual teacher. If you have general questions or need a refund contact the Program Director David Hopkins at [dhopkins@dsdmail.net](mailto:dhopkins@dsdmail.net).

## **CLASS REGISTRATION**

**ONLINE –Register and pay online at <https://www.signmeup.com/DCS>**

*The fastest, easiest way to register and pay for a class! Pay securely online with Visa, Mastercard, American Express, Discover, or debit card. Your credit card statement will show payment made to CSI\*[signmeup.com](https://www.signmeup.com) 888-6748048 PA 19040 USA.*

1. **MAIL** – Send check or money order with the completed registration form to:

David Hopkins  
c/o Layton High School  
440 Wasatch Dr.  
Layton, Utah 84041

2. **IN PERSON** – Registration and payment for **ALL** community school classes is available only at Layton High School through the main office, Monday thru Friday from 7:30 am-2:30 pm or on the night of the first class. No other school in the district will take accept in-person or mail-in registration and payment.

*Payment using cash or check is accepted. Credit or debit card is available, but user will be charged a 3.50% service fee on the total amount paid.*

**PLEASE NOTE:** Fees listed are for tuition and materials where applicable unless otherwise noted. Additional supplies or materials may be needed.

## **REFUNDS**

- If you cannot attend a class as planned, and paid in person or by mail, you may receive a full tuition refund, minus the credit card service fee, if you notify the Program Director at least one business/working day(s) before the class starts.

- If you cannot attend a class as planned and paid via the website you will be refunded the cost of the class, less a 6.75% cancellation fee (not the online processing fee), if you notify the Program Director at least one business/working day(s) before the class starts.
- If you request a refund after the class has started, and the request is granted, you will be refunded the cost of the class, less a 6.75% cancellation fee (not the online processing fee).
- If the class is cancelled by the community school director you will be granted a refund in full, minus processing fees.
- Material fees cannot be refunded once the class starts.
- No refunds will be given for students who sign up late for a class.

**CANCELLATION**

Classes that do not get at least 10 registrants will be canceled.

<b>REGISTRATION FORM</b>			
Name	Email Address		
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>		
Address	City/Zip		
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>		
Home Phone	Cell Phone		
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>		
Class: _____	Start Date: _____	School: _____	Amount: \$ _____
Class: _____	Start Date: _____	School: _____	Amount: \$ _____
Class: _____	Start Date: _____	School: _____	Amount: \$ _____
Class: _____	Start Date: _____	School: _____	Amount: \$ _____
Class: _____	Start Date: _____	School: _____	Amount: \$ _____
Class: _____	Start Date: _____	School: _____	Amount: \$ _____
<u>Mail to:</u> David Hopkins C/O Layton High School 440 Wasatch Dr. Layton, Utah 84041			Total: \$ _____
<b>Make check payable to Layton High School</b>			

## ACADEMIC CLASSES

### **ACT PREP CLASSES**

Affordable ACT prep classes to all students interested in gaining extra practice under the guidance of certified and trained educators. Please visit the Davis Community School main website at <https://tinyurl.com/dsd-communityschool> for a schedule of classes. If class is paid for online, please take copy of receipt to LHS Main Office to pick up textbook.

COST: \$85 (price includes a textbook)

LOCATION: Layton High School

### **AMAZING BEFORE-BIRTH & AFTER-DEATH SPIRIT WORLD INSIGHTS**

The passing of his young daughter Laura led to the instructor's writing *Life Everlasting: A Definitive Study of Life After Death*. This carefully researched, and thoroughly documented book analyzes more than 200 near-death and life-beyond the veil experiences, presenting valuable information and strong evidences of what happens after one "graduates" from mortality. Many of these insights will be presented in this informative, comforting, "non-preaching" class. Many NDEs also link back to pre-mortal events and insights that help one better understand life's basic questions: where did I come from? why am I here? where am I going? And what does it feel like to die?

1/29 TU 7:15-8:15 pm \$39 6 wks.  
Duane Crowther [crowtherclasses@gmail.com](mailto:crowtherclasses@gmail.com)  
Location: WXHS

### **BEGINNING BEEKEEPING**

Learn how to acquire the bees, procure the equipment, and set up and manage a successful beehive to survive the winter. A digital workbook will be provided for use during class. A field trip to the instructor's bee yard is included.

1/29 TU 6:30-9:00 pm \$35 2 wks.  
Richard Homer [homersbeez@gmail.com](mailto:homersbeez@gmail.com)

Location: WXHS

1/30 W 6:30-9:00 pm \$35 2 wks.  
Richard Homer [homersbeez@gmail.com](mailto:homersbeez@gmail.com)  
Location: LHS

### **BOOK OF MORMON HISTORY & GEOGRAPHY: CENTRAL AMERICAN EVIDENCES**

Using numerous geographical, topographic, and historical clues from the *Book of Mormon*, this class establishes an extensive list of requirements for identifying the areas where the book's numerous events occurred. It's become clearer that the only area where all the Book of Mormon's internal clues are directed is in Central America. This class will focus on those clues, comparing them with corresponding locations and evidence found in Mexico, Guatemala, and Belize. In the process, you'll get a good review of *Book of Mormon* history, and you'll gain an understanding of the locations of the major *Book of Mormon* events. Duane has escorted tours to various sites in these areas and served a mission in Guatemala. Handouts and maps will focus on archaeological and geographical evidence. His book *How to Understand the Book of Mormon* is loaded with information that will increase your understanding of many *Book of Mormon* events and teachings.

1/31 TH 7:15-8:15 pm \$39 6 wks.  
Duane Crowther [crowtherclasses@gmail.com](mailto:crowtherclasses@gmail.com)  
Location: WXHS

### **CREATIVE WRITING (ON-LINE)**

This ONLINE creative writing class is made to help any writer in their work. With a personalized learning environment, writers can tailor their time to their writing passions. Lessons available range from beginner to professional and are offered in poetry, personal essay/memoir, novel writing, and short story writing. Class will offer personal instruction, the benefits of a writing group, and student-paced lesson modules, to support and inspire you as you write. Will meet in person at Layton High School for

ONLY the first session, January 28, 2019. All other coursework will run online through Canvas, so that you can pursue your writing dreams on your own timetable.

Michelle has Master of Fine Arts Degree in Creative Writing from Antioch University LA, of the nation's most respected creative writing programs, and has published several pieces of work.

\$69 7 wks.  
Michelle Barney  
[michelle.a.barney@gmail.com](mailto:michelle.a.barney@gmail.com)

### **DANGEROUS PERSONALITIES**

This course examines about how to be alert to dangerous personalities. Learn to observe questionable people, their behaviors, things they say, how they make us feel, what's known about their past, and what others who've interacted with them have experienced and noted. Learn due diligence, objectively assessing what you and others observe, looking for significant indicators that someone may be toxic, unstable, or dangerous. Bena Morrill is a retired professor of Clinical Psychology at the University of Utah.

1/29 TU 7-9 pm \$55 6 wks.  
Bena Martin [benamorrellmartin@yahoo.com](mailto:benamorrellmartin@yahoo.com)  
Location: LHS

### **FORENSIC SCIENCE & CRIMINOLOGY**

Delve into the criminal mind using serial killer case studies to learn what makes a person kill. Examine abnormal behavior, the body language of lying, forensic information, childhood behaviors, and much more. Bena Morrill is a retired professor of Clinical Psychology at the University of Utah.

1/30 W 7-9 pm \$55 6 wks.  
Bena Martin [benamorrellmartin@yahoo.com](mailto:benamorrellmartin@yahoo.com)  
Location: LHS

1/31 TH 7-9 pm \$55 6 wks.  
Bena Martin [benamorrellmartin@yahoo.com](mailto:benamorrellmartin@yahoo.com)  
Location: WXHS

### **GENEALOGY RESEARCH STRATEGIES**

Learn the research skills needed discover those hard to find ancestors. This is NOT a Family Search class but focuses on strategic researching for digging deeper into primary sources, navigating adoption records, thinking outside the box to break down those brick walls. Julia has been a professional genealogist for 18 years. Visit her website at Ancestral Research by JULIA

1/29 TU/TH 6-8:30 pm \$49 2 wks.  
Julia Schacht [Julia.L.schacht@gmail.com](mailto:Julia.L.schacht@gmail.com)  
Location: WXHS

2/13 M/W 6-8:30 pm \$49 2 wks.  
Julia Schacht [Julia.L.schacht@gmail.com](mailto:Julia.L.schacht@gmail.com)  
Location: LHS

### **GET IT DONE! WRITE YOUR PERSONAL HISTORY**

A motivational how-to-do-it class with weekly writing goals and assignments. This class will discuss various types and lengths of personal histories, suggest appropriate contents and styles, show various examples, and make weekly preparation and writing assignments for you to fulfill (requiring 5-6 hours each week). Procrastinators beware: this class is designed to prod you to write much or all of your personal history—it will expect you to not just learn how, but to actually perform. (Just like your mom used to do: you can't go play till you get your chores done!) One thing's for sure: it will be a fun class!

3/28 TH 7:15-8:15 pm \$39 6 wks.  
Duane Crowther [crowtherclasses@gmail.com](mailto:crowtherclasses@gmail.com)  
Location: WXHS

### **HOW TO READ AND UNDERSTAND THE OLD TESTAMENT**

If you don't know the history and geography, it's tough to understand the Old Testament. This class will provide useful timelines, maps, historical summaries, in-depth charts, and explanations while highlighting key Old Testament individuals and major world powers. You'll enjoy the comprehensive information available in this "non-preaching"

class that introduces all 39 Old Testament books. Duane earned a Master's degree in Old and New Testaments from BYU, and he is the author of *Prophets and Prophecies of the Old Testament*, a comprehensive coverage of all the Old Testament prophets. He's also escorted numerous tours to Israel, Jordan, Egypt, and other areas involved in Old and New Testament history.

1/29 TU 6-7 pm \$39 6 wks.  
Duane Crowther [crowtherclasses@gmail.com](mailto:crowtherclasses@gmail.com)  
Location: WXHS

### **HOW TO WRITE FABULOUS FUN FICTION & FABLES**

This course will help you choose and outline a plot and begin writing. It will include lots of tips and quizzes to refresh your memory of basic writing skills. There will be some personal help and critiquing. On the first night of class, come prepared: bring and turn in a written list of 5 or more novel plots or short story outlines you might like to write. Also, bring 2 or 3 novels you think are well-written and in a style you might like to follow.

3/28 TH 6-7 pm \$39 6 wks.  
Duane Crowther [crowtherclasses@gmail.com](mailto:crowtherclasses@gmail.com)  
Location: WXHS

### **INTERIOR DESIGN**

Students will gain an understanding of the elements and principles of design. Learn to make appropriate selections of colors, fabrics, furnishings, lighting and furniture. Develop skills in architectural drafting and space planning, apply math calculations to scale rooms and create scaled floor plans for a variety of spaces.

1/29 TU 7-9 pm \$55 6 wks.  
Laneel Perry [perrylaneel@yahoo.com](mailto:perrylaneel@yahoo.com)  
Location: WXHS

1/30 W 7-9 pm \$55 6 wks.  
Laneel Perry [perrylaneel@yahoo.com](mailto:perrylaneel@yahoo.com)  
Location: LHS

### **KEYS TO UNDERSTANDING & ENJOYING THE NEW TESTAMENT**

If you're planning to read and study the New Testament in 2019, this class will be of significant value to you. It will cover the 11 periods in the life and ministry of Jesus Christ, found in the four gospels (Matthew, Mark, Luke, and John), placing them in their historical and geographical contexts. This "non-preaching" class will help you identify Christ's many parables, plus his 25 major discourses, and the many miracles he performed. It also will cover highlights from the Book of Acts and all the epistles of the various apostles. If you anticipate visiting the Holy Land in the years to come, this class will be extra value to you! Duane's *A Comprehensive Harmony of the Gospels* is filled with useful NT insights and is a useful guide to 414 events in the Savior's life and ministry.

1/31 TH 6-7 pm \$39 6 wks.  
Duane Crowther [crowtherclasses@gmail.com](mailto:crowtherclasses@gmail.com)  
Location: WXHS

### **MUSIC AND MEDICINE**

What can be learned about depression from the jovial pieces Haydn wrote while he was homeless? How did Felix Mendelssohn's brain aneurysm affect his famous violin concerto? How did Beethoven's hearing impairment impact his Ninth Symphony? While listening to some of the most famous musical pieces in history, discover the many ways in which music and medicine intertwine.

1/29 TU 7-8:30 pm \$45 6 wks.  
Alexander Knudson  
[alexanderknudson@gmail.com](mailto:alexanderknudson@gmail.com)  
Location: WXHS

### **NRA BASIC PISTOL SHOOTING COURSE**

This course introduces students to the knowledge, skills, and attitude necessary for owning and using a pistol safely. Students will learn about pistol parts and operation, ammunition, gun safety, and pistol shooting fundamentals. A great course for handgun beginners and experienced shooters who

wish to brush up on their knowledge and skills. Paul is an NRA certified instructor for Handgun, Rifle, Shotgun, and an NRA certified RSO at the Wasatch Shooting Academy since 1992. Range time and fee will be arranged on the first day of class.

### Winter

1/30 W 6:30-9 pm \$35 2 wks.  
Paul Roubinet [roubinet@xmission.com](mailto:roubinet@xmission.com)  
Location: LHS

### Spring

4/10 W 6:30-9 pm \$35 2 wks.  
Paul Roubinet [roubinet@xmission.com](mailto:roubinet@xmission.com)  
Location: LHS

### PARENTING & GRAND-PARENTING 101

Parenting and grand parenting is one of the most rewarding, challenging, exhausting, invigorating endeavors you can ever experience. Its importance cannot be measured. Come and sharpen your parenting and grand-parenting techniques and skills. Learn how to be a better parent and grandparent. Do it for the kids!

1/31 TH 7-8 pm \$39 6 wks.  
Becky Tripp [beckytripp007@hotmail.com](mailto:beckytripp007@hotmail.com)  
Location: WXHS

### PHOTO SOS

Are your digital or physical pictures overwhelming you? This class will help you take your photo mess and turn it into an organized digital collection of memories that your family will enjoy for generations. We will discuss how to initiate a plan for protecting the photos and documents that hold your one-of-a-kind memories. Participants are asked to bring a flash drive with 50-100 pictures on it to use for a hands-on activity using a free introductory online tool.

Class 1: Set-up your Photo Goals, learn the basics of online photo organization and learn methods to store photos safely.

Class 2: We will review more photo organization techniques and understand the basics for safely sharing photos.

1/29 & 1/31 TU/TH 6:30-9 pm \$35  
Skye Cranor [cmskye@gmail.com](mailto:cmskye@gmail.com)  
Location: WXHS

3/6 & 3/7 W/TH 6:30-9 pm \$35  
Skye Cranor [cmskye@gmail.com](mailto:cmskye@gmail.com)  
Location: LHS

### POETRY WRITING

Learn to use a variety of poetic strategies, such as metaphors, personification, hyperbole, synesthesia and much more. Experiment with several different poetic forms, such as sestina, villanelle, pantoum, and free verse. Each class will include both time for writing, as well as writing workshop to share each other's ideas.

1/31 TH 7-9 pm \$55 6 wks.  
Jonathan Midget [JMIDGET@dsdmail.net](mailto:JMIDGET@dsdmail.net)  
Location: LHS

### PUBLIC SPEAKING 101

Come learn the art of public speaking! In this hands-on, practical class, students will learn:  
1. How to communicate more effectively  
2. How to create a speech  
3. Strategies to overcome fears of public speaking  
4. Receive actual experience delivering a speech in front of a live audience. find your voice in a supportive, non-judgmental environment!

1/30 W 6-7:15 pm \$39 5 wks.  
Steven Reed [sreed@dsdmail.net](mailto:sreed@dsdmail.net)  
Location: LHS

### SIMPLE CIRCUITS: AN INTRODUCTION TO WEARABLE TECHNOLOGY

A unique combination of technology and needlecraft are used to teach the introductory concepts of circuits, electric energy, and computer science. Students will have the opportunity to make light-up greeting cards and bracelets that can be hacked to do more



than just look good. This is an introductory course to creating wearable technology that can lead to future projects limited only by your imagination. No prior experience necessary. Price includes material costs for the class.

1/29 TU 7-9 pm \$54 5 wks.  
Geoff Warren [GWARREN@dsdmail.net](mailto:GWARREN@dsdmail.net)  
Location: LHS

### **UTAH CONCEALED FIREARMS PERMIT**

This class meets the requirements for the Utah Concealed Firearms Permit. Arrangements can be made with the instructor for assistance with fingerprinting and passport pictures.

2/5 & 2/7 TU/TH 6:30-9:30 pm \$39  
Ivan Madsen [ivanhm48@gmail.com](mailto:ivanhm48@gmail.com)  
Location: WXHS

### **VOICE-OVER**

Learn a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This exciting and fun class could be the game changer you've been looking for! Learn from Wendy Shapero, a successful voice artist and actor, who has been heard on Robot Chicken (with Seth Green) on Cartoon Network shows and more!

2/7 TH 7-9 pm \$29  
Lisa Levine [ljl@suchavoice.com](mailto:ljl@suchavoice.com)  
Location: WXHS

2/9 SAT 10-Noon \$29  
Lisa Levine [ljl@suchavoice.com](mailto:ljl@suchavoice.com)  
Location: LHS

### **WRITING AND COMMUNICATION ESSENTIALS**

In this ten-week course, we'll cover the types of writing and communication that matters. From resumes to routine messages such as emails, letters, and reports to biography and narrative writing, we'll learn how to write the words that make up your personal and

professional life. Warning: this course will include grammar exercises.

1/29 TU 6-8 pm \$55 6 wks.  
Kayla Anderson [KAANDERSON@dsdmail.net](mailto:KAANDERSON@dsdmail.net)  
Location: LHS

### **WRITING SHORT STORIES**

In this class you will access and use information from a range of resources for different purposes. You will produce short story scenes that include use of imagery, characterization and elements of plot development. At the end of the 6 weeks you will compile all your work into a portfolio, other writer's short story scenes and present a portion to the class.

1/29 TU 6:30-8:30 pm \$55 6 wks.  
Whitney Banz [wbanz@dsdmail.net](mailto:wbanz@dsdmail.net)  
Location: WXHS

## **ART CLASSES**

### **BRUSH CALLIGRAPHY**

Hand-Lettering is all the rage these days! Learn more about this ancient-turned-modern art with the Beginner's Brush Calligraphy course. This class will introduce you to the basic calligraphy alphabet and teach you the beginning techniques for lettering. You'll learn about the tools and materials every beginner calligrapher needs to create beautiful lettering. Topics taught: Tools/Materials, Basic Lettering: Alphabet and Numbers, Mastering Your Strokes, and Flourishes and Embellishments.

1/29 TU 7-9 pm \$59 6 wks.  
Sarah Sorenson [sarahpsorenson@gmail.com](mailto:sarahpsorenson@gmail.com)  
Location: WXHS

### **COLORED PENCIL ILLUSTRATION**

Step into the world of creating beautiful art with colored pencils. We will cover some basic art information, learn how to apply that information with colored pencils, discover some techniques to use with colored pencils,

create your own art and have a “class gallery” show.

1/31 TH 7-8:30 pm \$49 6 wks.  
Pris Hardy [pencilsbypris@gmail.com](mailto:pencilsbypris@gmail.com)  
Location: LHS

### **DIGITAL DRAWING AND PAINTING**

Students will learn the tips and tricks of drawing with your device. Using students own personal devices, equipped with Autodesk Sketchbook (available for free) to create art. Through the coursework, students will learn, among other things, the ins and outs of digital drawing software, the benefits of drawing and painting digitally, and techniques to get the most out of your digital art. From graphic design to intricate portraits, this digital class will give you the tools you need for digital art success.

1/31 TH 7-8:30 pm \$53 6 wks.  
David Barney [dave.barney@mssd.com](mailto:dave.barney@mssd.com)  
Location: LHS

### **DIGITAL PHOTOGRAPHY FUNDAMENTALS**

Fundamentals of Digital Photography will teach students the technical aspects of photography, including exposure control and composition. Analog and digital photographers are welcome. Class is for people who want to learn photo basics or want to switch from point-and-shoot to (D)SLR photography. Classes will include time for instruction, evaluation, practice and feedback. Students will need a SLR or DSLR camera or a point-and-shoot camera with manual settings. Bring your camera manual to class.

#### **Winter**

1/29 TU 6-8 pm \$65 6 wks.  
George Pandoff [pandoffg@gmail.com](mailto:pandoffg@gmail.com)  
Location: LHS

#### **Spring**

3/26 TU 6-8 pm \$65 6 wks.  
George Pandoff [pandoffg@gmail.com](mailto:pandoffg@gmail.com)  
Location: LHS

### **DRAWING BASICS**

Learn the basics of drawing with pencil, pen, and charcoal using contour lines, shading, texture, and perspective. You will also learn how to compose your drawings and walk away with this amazing skill!

1/29 TU 6-8 pm \$59 6 wks.  
Kristina Richards [KRISBROWN@dsdmail.net](mailto:KRISBROWN@dsdmail.net)  
Location: WXHS

### **GRAPHITE PENCIL DRAWING**

This beginning class will help you discover your own personal style, develop imagination and technique, find perspective, the illusion of depth and texture, and of pattern and design. Learn to better express, create, and find yourself through the medium of graphite pencil. Outline will be taken from *Keys to Drawing* by Bert Dodson.

1/30 W 6-8 pm \$59 6 wks.  
Jill Locke [JLOCKE@dsdmail.net](mailto:JLOCKE@dsdmail.net)  
Location: LHS

### **MODERN CALIGRAPHY & WATERCOLOR FLORALS**

This course will focus on different styles of modern calligraphy and loose watercolor florals. We will be focusing on different methods and styles of modern calligraphy using brush and ink lettering. After reviewing the alphabet letters, participants of this course will get to choose their own quotes to translate into modern calligraphy and take home after each class! The other portion of this class, we will be learning how to create loose watercolor florals. The techniques that will be covered are perfect for beginners and the seasoned artist. Students can choose to incorporate these florals with their calligraphy or keep the two separate - the possibilities are endless. See some of Morgan's art at Instagram: @dreamydaffodil, #dreamydaffodil; Etsy: DreamyDaffodil

1/30 W 6-8 pm \$59 6 wks.  
Morgan Casteel [morg.casteel@gmail.com](mailto:morg.casteel@gmail.com)  
Location: LHS



### **PHOTOGRAPHY: MASTER MANUAL MODE**

Get out of auto and into manual by learning the fundamentals of analog and digital photography. Experience increased creativity and control in achieving the quality photos you intended. The fifth class will be a class photo shoot held on Saturday morning of that week. DSLR s recommended, but all cameras welcomed. Please bring your camera with you to class.

1/31 TH 6:30-8:30 pm \$65 6 wks.  
Jaclyn Black [jaclynstott@yahoo.com](mailto:jaclynstott@yahoo.com)  
Location: WXHS

### **PORTRAIT DRAWING**

Begin to draw using a clear and easy methodology built around the importance of shapes, values, edges and color to make portraits come to life. This class is open to all levels and will include demonstrations and instruction that will benefit artists of all experience. Please contact the instructor for a list of supplies.

1/29 TU 6:30-8:30 pm \$59 6 wks.  
Mike Dahlgren [thechumba@gmail.com](mailto:thechumba@gmail.com)  
Location: WXHS

1/31 TH 6:30-8:30 pm \$59 6 wks.  
Mike Dahlgren [thechumba@gmail.com](mailto:thechumba@gmail.com)  
Location: LHS

### **POTTERY: HAND & WHEEL**

Gain studio experience using wheel throwing and hand building to make mugs, vases, bowls, plates etc. with a focus on functional pottery. This class is limited 20 on the wheel and 10 for hand building. Price includes the clay.

1/30 W 6-8 pm \$79 6 wks.  
Shalise Marx [smarx@dsdmail.net](mailto:smarx@dsdmail.net)  
Location: LHS

### **WATERCOLOR PAINTING**

Learn tuitional watercolor techniques; including basics in color, washes, shadows and glazing. The class offers lots of support

and instruction for both people who have painted before and those with no experience who want to learn the craft. A fun beginning class! Contact the instructor for a list of supplies.

1/29 TU 6-8 pm \$59 6 wks.  
Chad Crane [ccrane@dsdmail.net](mailto:ccrane@dsdmail.net)  
Location: LHS

1/31 TH 6-8 pm \$59 6 wks.  
Kristina Richards [KRISBROWN@dsdmail.net](mailto:KRISBROWN@dsdmail.net)  
Location: WXHS

## **COMPUTER CLASSES**

### **ADOBE ILLUSTRATOR**

Learn to make Vector graphics, including logos, with Adobe Illustrator. Design principles and elements, as well as color scheme, will be discussed as we practice with the software.

1/29 TU 6-7:30 pm \$55 6 wks.  
Kristopher Springer  
[KSPRINGER@dsdmail.net](mailto:KSPRINGER@dsdmail.net)  
Location: BHS Rm. 808

### **MS EXCEL 2016: LEVEL 1**

It's easy to learn Excel 2016 in this fun, step-by-step course. Learn dozens of ways at setting up fully formatted worksheets quickly and efficiently and learn the mathematical formulas to automatically calculate statistics, loan payment, future value and much more. Contact instructor for textbook.

2/5 & 2/7 TU/TH 6-9 pm \$45  
Jeff Hutchinson [jeffhutch@elearnlogic.com](mailto:jeffhutch@elearnlogic.com)  
Location: WXHS

### **MS EXCEL 2016: LEVEL 2**

This course will teach students how to perform more advanced calculations and work with larger worksheets. This intermediate course will teach you how to: Perform Calculations on Data, Manage Worksheet Data, Reorder and Summarize Data, Combine Data from Multiple Sources,

Analyze Alternative Data Sets and Collaboration. Contact instructor for textbook.

2/19 & 2/21 TU/TH 6-9 pm \$45  
Jeff Hutchinson [jeffhutch@elearnlogic.com](mailto:jeffhutch@elearnlogic.com)  
Location: WXHS

### **PHOTOSHOP: LEVEL 1**

This course focuses on the fundamentals of using Photoshop. You will learn the tools and practices essential to improving your photographs. Editing skills include image enhancement, color correction, retouching, selective corrections, and how to combine elements from different photos. Students are encouraged to bring in their own digital files for assisted practice during class time.

#### **Winter**

1/29 TU 7:30-9 pm \$55 6 wks.  
Kristopher Springer  
[KSPRINGER@dsdmail.net](mailto:KSPRINGER@dsdmail.net)  
Location: BHS Rm. 808

1/31 TH 6-8 pm \$65 6 wks.  
George Pandoff [pandoffg@gmail.com](mailto:pandoffg@gmail.com)  
Location: LHS

#### **Spring**

3/28 TH 6-8 pm \$65 6 wks.  
George Pandoff [pandoffg@gmail.com](mailto:pandoffg@gmail.com)  
Location: LHS

### **PHYSICAL COMPUTING W/ARDUINOS**

Build your own digital thermometer, alarm clock, soil moisture monitoring for your plants, speedometer, guitar tuner or hundreds of other computer projects. This course will introduce you to the exciting world of physical computing using Arduinos software. Physical computing is constructing hardware and software that can sense and respond to the real world. No prior knowledge is required to take this course.

1/29 TU 6:30-8:30 pm \$69 6 wks.  
Ralph Brower [RBROWER@dsdmail.net](mailto:RBROWER@dsdmail.net)  
Location: WXHS

### **SOCIAL MEDIA FOR BUSINESS**

This course will explore using social media to build a credible reputation, attract potential clients or employers, connect with professionals, diversify your marketing efforts, re-purpose top content, drive traffic to your website/blog. Learn how to use social media tools like Facebook, Twitter, Instagram, Databases, Google Analytics, etc. to improve your business sales.

1/29 TU 7-9 pm \$69 6 wks.  
Bayly Clark [baclark@dsdmail.net](mailto:baclark@dsdmail.net)  
Location: WXHS

1/30 W 6-8 pm \$69 6 wks.  
Jenna Matsumura  
[jenna.matsumura@gmail.com](mailto:jenna.matsumura@gmail.com)

### **SOCIAL MEDIA SMARTS**

After opening social media platforms for personal use or business promotion, learn what images, language, and content is acceptable and unacceptable to post. Understand the role community norms, the law, and ethics play in personal messaging, posting, and business promotion. What is posted, talked about or liked today can haunt users tomorrow. This class is applicable to all social media users, not just those who use it for business.

3/11 M 6:30-8 pm \$49 3 wks.  
Robert Hicken [rhicken@dsdmail.net](mailto:rhicken@dsdmail.net)  
Location: LHS

## **CRAFT CLASSES**

### **FLORAL DESIGN: THE BASICS**

Learn to use basic floral tools as well as wiring, taping, bows and understanding principles/elements. Create arrangements including a boutonniere, bud vase, head wreath and center piece. Price includes cost of flowers.

1/31 TH 6-8 pm \$75 6 wks.

Niccole Morfin [NHASLAM@dsdmail.net](mailto:NHASLAM@dsdmail.net)  
Location: WXHS

### **FLY-TYING: INTRODUCTION**

Learn the basics of fly-tying including proportion, thread control, hook sizes, tying material and tying different types of flies. Materials: needed are a small vice, scissors, and a whip finisher and a basic fly-tying kit will get you started.

1/29 TU 6-7 pm \$35 5 wks.  
Chris Bertoldi [CBERTOLDI@dsdmail.net](mailto:CBERTOLDI@dsdmail.net)  
Location: LHS

### **HEMSTITCHED CROCHETING**

Learn to crochet around hemstitched burps and bibs using cotton threads and fluffy yarn. Also, learn to crochet face scrubbies. Contact instructor for supplies list.

2/2 SAT 9-10 am \$39 6 wks.  
Laura Smith [laurasquilts@gmail.com](mailto:laurasquilts@gmail.com)  
Location: LHS

### **JEWELRY & SMALL METALS MAKING**

This class is an introduction to jewelry making. Learn soldering techniques, how to use a coping saw, make rings, pendants, etc. If you have already taken this class, it can be tailored to fit your needs. Cost of supplies not included in the price.

1/30 W 7-9 pm \$59 6 wks.  
Brent Chase [bchase@dsdmail.net](mailto:bchase@dsdmail.net)  
Location: CHS

### **SEWING FOR ADULTS**

This is a great class for beginners or those who haven't sewn in a while. Learn how to read a pattern, basic sewing patterns, and use the sewing machine while creating a variety of projects. You need to bring your own machine to class as well as sewing supplies like thread, scissors, sewing machine pins, etc. Contact instructor for supplies list.

1/30 W 6:30-8:30 pm \$80 6 wks.  
Laura Smith [laurasquilts@gmail.com](mailto:laurasquilts@gmail.com)  
Location: LHS

### **WOODWORKING**

Learn to use power equipment, saw blades, woodcuts, and hand power tools or build projects under the guidance of a master woodworker. Glue sandpaper, and finishes will be provided. Student must provide own wood.

1/29 TU 6-9 pm \$135 6 wks.  
Jeff Chapman [jchapman@dsdmail.net](mailto:jchapman@dsdmail.net)  
Location: LHS

### **WOODEN HOME DÉCOR**

Create beautiful wooden crafts that make your home warm, inviting, and happy. It's recommended you buy crafts, decorations, and paint supplies from a specialty company like <https://woodcreationscrafts.com/> but regardless of where you buy, join us to receive instruction, support, and assistance from a seasoned professional. Craft and supplies will be provided by the instructor for \$30 for those who come without a project.

1/31 TH 6-7:30 pm \$53 6 wks.  
Janalyn Pearson [japearson@dsdmail.net](mailto:japearson@dsdmail.net)  
Location: LHS

## **CULINARY ARTS** **CLASSES**

### **CANDY MAKING**

Learn basic candy making tips and techniques so you can make your own at home. Instructor will discuss the properties of sugar and how to make and store various confections including caramels, toffees, fudge, peanut butter cups, basic chocolate techniques and more. Each class will include real hands-on instruction and ideas for the upcoming holiday season. At the end of the class, samples will be offered, and recipes provided.

1/29 TU 6-8 pm \$75 6 wks.  
Kristina Gessel [kmg272@gmail.com](mailto:kmg272@gmail.com)

Location: LHS

### **TEX-MEX COOKING**

Learn to cook Tex-Mex, which is characterized by its use of shredded cheese, meat, beans, peppers and spices, in addition to flour tortillas. Dishes such as Texas-style chili con carne, nachos, hard tacos and fajitas are all Tex-Mex inventions. Receipts included.

1/30 W 6-8 pm \$75 6 wks.

Amanda Garza [agarza@dsdmail.net](mailto:agarza@dsdmail.net)

Location: LHS

## **DANCE CLASSES**

### **BALLROOM/LATIN DANCE**

Fun date-night activity! Learn simple, basic moves in a variety of social dances (plus lead/follow, styling, and technique). Be a stylish, confident dancer today and have more fun at upcoming parties, weddings, cruises, and social dance events. Class taught by Margene Anderson (801.544.1339), a master teacher with over 30 years of professional teaching experience.

#### **Winter**

1/30 W 7-8 pm \$39 6 wks.

Location: LHS

1/31 TH 7-8 pm \$39 6 wks.

Location: WXHS

#### **Spring**

3/27 W 7-8 pm \$39 6 wks.

Location: LHS

3/28 TH 7-8 pm \$39 6 wks.

Location: WXHS

### **COUNTRY WESTERN LINE DANCING**

Get your country on by learning the original 40 2-step/Slap Leather, Achy Breaky Heart, Watermelon Crawl country western line dances until you are confident enough to perform them in any setting, at any time. A

new dance step will be taught each week, along with a review previous dances learned.

#### **Winter**

1/28 M 6-7 pm \$39 6 wks.

Barbara Packer [bpacker@dsdmail.com](mailto:bpacker@dsdmail.com)

Location: LHS

#### **Spring**

3/25 M 6-7 pm \$39 6 wks.

Barbara Packer [bpacker@dsdmail.com](mailto:bpacker@dsdmail.com)

Location: LHS

### **MODERN LINE DANCING**

Learn popular line dances like the Electric Slide, Macarena, Wobble, and Cleveland Shuffle until you are confident enough to perform them in any setting, at any time. A new dance step will be taught each week, along with a review previous dances learned.

#### **Winter**

1/28 M 7-8 pm \$39 6 wks.

Barbara Packer [bpacker@dsdmail.com](mailto:bpacker@dsdmail.com)

Location: LHS

#### **Spring**

3/25 M 7-8 pm \$39 6 wks.

Barbara Packer [bpacker@dsdmail.com](mailto:bpacker@dsdmail.com)

Location: LHS

### **SALSA/BACHATA DANCE**

Set the dance floor on fire! Learn fun, easy moves (plus lead/follow, styling, and technique) and hit the dance floor with confidence and style! Have more fun at upcoming parties, weddings, cruises, and social dance events! Classes are taught by Margene Anderson (801.544.1339), a master teacher with over 30 years of professional teaching experience.

#### **Winter**

1/30 W 6-7 pm \$39 6 wks.

Location: LHS

1/31 TH 8-9 pm \$39 6 wks.

Location: WXHS

### Spring

3/27 W 6-7 pm \$39 6 wks.  
Location: LHS

3/28 TH 6-7 pm \$39 6 wks.  
Location: WXHS

### SWING DANCE

Rhythm challenged? Got two left feet? Discover how fun and easy swing dancing is and how it can be used in many dance settings. Learn basic patterns plus lead, follow, styling, and technique then hit the dance floor with confidence and style! Have more fun at upcoming parties, weddings, cruises, and social dance events. Class taught by Margene Anderson (801.544.1339), a master teacher with over 30 years of professional teaching experience.

### Winter

1/30 W 8-9 pm \$39 6 wks.  
Location: LHS

1/31 TH 6-7 pm \$39 6 wks.  
Location: WXHS

### Spring

3/27 W 8-9 pm \$39 6 wks.  
Location: LHS

3/28 TH 8-9 pm \$39 6 wks.  
Location: WXHS

## DOG TRAINING CLASSES

### PUPPY TRAINING: LIFE SKILLS

Life skills are behaviors your puppy needs to become a well-mannered, happy pet for you and your family. This class will teach you how to train your puppy to improve its focus, walk on a leash, understand boundaries, build positive relationships with people and other dogs, build self-confidence, and greet others politely. This is a class that will enrich your dog's life. For

puppies between 10-16 weeks who have at least, two sets of shots. Astrid is a Karen Pryor Academy Certified Training Partner.

### Winter

1/29 TU 7-8 pm \$85 5 wks.  
Astrid Smith [astrid66us@yahoo.com](mailto:astrid66us@yahoo.com)  
Location: WXHS

2/25 M 7-8 pm \$85 5 wks.  
Astrid Smith [astrid66us@yahoo.com](mailto:astrid66us@yahoo.com)  
Location: LHS

### Spring

4/8 M 7-8 pm \$85 5 wks.  
Astrid Smith [astrid66us@yahoo.com](mailto:astrid66us@yahoo.com)  
Location: LHS

## FINANCE CLASSES

### RETIREMENT PLANNING

It's never too early to start planning for retirement. Learn more about Social Security, Medicare Planning, Estate Planning, Tax Planning in Retirement, Investing in Retirement, and Retirement Income Planning. Take this class as a series for \$39 or take each session individually for \$19. The class will be offered during winter and spring.

Winter-1/29 TU 6:30-8 pm \$39 3 wks.  
Spring-4/16 TU 6:30-8 pm \$39 3 wks.  
Tyler Peterson [tyler@firectire.com](mailto:tyler@firectire.com)  
Location: LHS

### Session 1-Social Security & Retirement Income Planning

Winter-1/29 TU 6:30-8 pm  
Spring-4/16 TU 6:30-8 pm

### Session 2-Estate & Tax Planning for Retirement

Winter-2/5 TU 6:30-8 pm  
Spring-4/23 TU 6:30-8 pm

### Session 3-Medicare & Health Care Planning for Retirement

Winter-2/12 TU 6:30-8 pm  
Spring-4/30 TU 6:30-8 pm

#### RETIREMENT PLANNING

It's never too early to start planning for retirement. Learn more about Social Security, Medicare Planning, Estate Planning, Tax Planning in Retirement, Investing in Retirement, and Retirement Income Planning. Take this class as a series for \$39 or take each session individually for \$19. The class will be offered during winter and spring.

Winter-2/19 TU 6:30-8 pm \$39 3 wks.  
Spring-3/28 TH 6:30-8 pm \$39 3 wks.  
Tyler Peterson [tyler@ficretire.com](mailto:tyler@ficretire.com)  
Location: WXHS

### Session 1-Social Security & Retirement Income Planning

Winter-2/19 TU 6:30-8 pm  
Spring-3/28 TH 6:30-8 pm

### Session 2-Estate & Tax Planning for Retirement

Winter-2/26 TU 6:30-8 pm  
Spring-4/11 TH 6:30-8 pm

### Session 3-Medicare & Health Care Planning for Retirement

Winter-3/5 TU 6:30-8 pm  
Spring-4/18 TH 6:30-8 pm

#### PURCHASING A NEW HOME & INVESTMENT PROPERTY

Purchasing a home can be a complicated process. This class will help to simplify your next experience and help answer your purchasing questions. We will cover:

how to prepare to buy your first (or next) home; credit scores & how you can work to improve your score; choosing between

different loan programs – available grant options & first-time home buyer assistance programs; Timing – Do you own a home now and need more space but don't know if it's the right time to sell or buy your next home or investment property; The Do's and Don'ts of getting ready to buy or sell. Alan has been teaching Home Buying classes for over 15 years as well as helped hundreds of Davis County residents purchase their homes.

2/12 TU 6-7 pm \$15  
Alan Blood [alanblood@cfghomeloans.com](mailto:alanblood@cfghomeloans.com)  
Location: WXHS

#### UNDERSTANDING REVERSE MORTGAGE LOANS

Reverse Mortgage Loans can be a part of your retirement planning. Do you have questions about what how reverse mortgage loans work or what it can do for you? Would you like to down-size but don't want to have a new monthly mortgage payment?

In this class we will cover how reverse mortgage loans work, what your options are with a reverse mortgage, and go over questions you should ask when deciding whether a reverse mortgage may be right for you. You'll learn about how to unlock the equity in your home to help provide additional non-taxable monthly disbursements, eliminate your current mortgage payment, or buy a new home without creating a new monthly payment. Get the information you need to make the right decision for you in your retirement.

Alan Blood has been teaching about Reverse Mortgages classes for over 12 years and is an implementation expert in structuring the right Reverse Mortgage for his clients. Alan holds a law degree from the University of Utah as well as over 22 years of experience in the mortgage industry.

2/19 TU 6-7 pm \$15  
Alan Blood [alanblood@cfghomeloans.com](mailto:alanblood@cfghomeloans.com)



Location: LHS

## **FITNESS CLASSES**

### **KUNDALINI YOGA & MEDITATION**

Kundalini yoga as taught by Yogi Bhajan – the Yoga of Awareness combines specific breath, mudras, eye-focus, mantras, and postures to strengthen the nervous system while bringing balance to the body, mind, and soul. Each class is an uplifting blend of kriya (exercise sets), meditation, and restorative gong bath relaxation. All levels welcome. Please bring a yoga mat/blanket and any pillows, cushions, or bolsters needed for comfort while sitting/kneeling.

1/31 TH 6:30-7:45 pm \$43 6 wks.  
Jen Jones [jenljones@dsdmail.net](mailto:jenljones@dsdmail.net)  
Location: LHS

### **RECREATIONAL PICKLEBALL**

A great way to get some exercise and make new friends! Pickleball is a paddle sport created for all ages and skill levels that combines the many elements of tennis, badminton and ping-pong into a simple game that is easy for beginners to learn. It can be developed into a quick, fast-paced, competitive game for experienced players or at a slower pace for the non-competitive person. Supplies provided, but you are encouraged to bring your own paddles.

#### **Winter**

Session 1: 1/30 W 6:30-7:45 pm \$43 6 wks.  
Session 2: 1/30 W 7:45-9 pm \$43 6 wks.  
Karen Jones [kjones@dsdmail.net](mailto:kjones@dsdmail.net)  
Location: LHS

#### **Spring**

Session 1: 3/27 W 6:30-7:45 pm \$43 6 wks.  
Session 2: 3/27 W 7:45-9 pm \$43 6 wks.  
Karen Jones [kjones@dsdmail.net](mailto:kjones@dsdmail.net)  
Location: LHS

### **REFIT**

REFIT is more than just fitness – it's a life-changing fitness experience. With the fitness

world – and the world at large – telling you to change or improve, REFIT is here to say that you are enough. REFIT combines powerful movements with positive music that will change your body, but your body is only the beginning. Bottom line: REFIT is a great workout that you'll feel great about. For more information about the program visit <https://refitrev.com/>.

1/31 TH 8-9 pm \$39 6 wks.  
Elisha Jones [ejones@dsdmail.net](mailto:ejones@dsdmail.net)  
Location: LHS

### **WEIGHT TRAINING: CO-ED**

Invest in yourself and learn group and individual strength and endurance concepts from an experienced professional, without the paying for a long-term gym membership. Tone, build, and strengthen your body with weight training. Look good, feel better, and live better! Scott has over 40 years of weight training experience and has been POST Certified in Physical Fitness and is a State and International Police Olympic Medal winner.

#### **Winter Only**

1/28 M/W 6-7 pm \$63 8 wks.  
Scott Gianchetta [sgianchetta@dsdmail.net](mailto:sgianchetta@dsdmail.net)  
Location CHS

#### **Spring Only**

3/25 M/W 6-7 pm \$63 8 wks.  
Scott Gianchetta [sgianchetta@dsdmail.net](mailto:sgianchetta@dsdmail.net)  
Location CHS

#### **Winter & Spring**

1/28 M/W 6-7 pm \$126 16 wks.  
Scott Gianchetta [sgianchetta@dsdmail.net](mailto:sgianchetta@dsdmail.net)  
Location CHS

## **HEALTH & WELLNESS CLASSES**

### **6 STRATEGIES FOR RELIEVING STRESS NATURALLY**

Stress! We all have it, it's a fact of life, especially in our fast-paced, hurried lives – or

is it? Learn how stress affects the body and six natural methods of stress relief that you can do yourself. Class is taught by Katherine Atkinson [mindbodyandsole@comcast.net](mailto:mindbodyandsole@comcast.net).

3/6 W 6:30-7:30 pm \$15  
Location: LHS

### **BIGGEST LOSER!**

Take the Biggest Loser Challenge! Learn how to lose weight and take care of your body for LIFE! This fun, judgment-free class will allow you to work with others who need to gain self-esteem by losing weight.

1/29 TU 6:30-8 pm \$49 6 wks.  
Kristin Walton [kwatson@dmail.net](mailto:kwatson@dmail.net)  
Location: WXHS

### **CANE FU SELF DEFENSE**

A great self-defense class for people of all ages. Protect yourself by learning how to use a wooden cane with a crook to prevent and counter attacks, block strikes and enable escapes.

A hardwood cane is required and can be purchased for \$30 at class OR you may bring your own. is a Cane Masters instructor whose experience was highlighted in the December 15, 2016 edition of the Standard Examiner.

1/30 W 6-7 pm \$39 6 wks.  
Al Hawley [hawleyf16@gmail.com](mailto:hawleyf16@gmail.com)  
Location: LHS

### **DISCOVERING THE DEPTHS OF JIN SHIN JYUTSU**

Jin Shin Jyutsu is a Japanese acupressure modality that is used as a practical healing tool, as well as, a means of understanding being and unification with the source of all life. In this hands-on class will teach you simple techniques to harmonize the energy of the depths. Class is taught by Katherine Atkinson [mindbodyandsole@comcast.net](mailto:mindbodyandsole@comcast.net).

2/13 W 6:30-7:30 pm \$15  
Location: WXHS

2/20 W 6:30-7:30 pm \$15  
Location: LHS

2/28 TH 7-8 pm \$15  
Location WXHS

### **FOOT ZONE THERAPY: AN INTRODUCTION**

Foot Zone Therapy is an advanced form of Reflexology that uses signals on the feet. Learn a few simple treatments that you can use to help yourself and your family in this fun, HANDS-ON, class. Come prepared to touch feet (yours)! Class is taught by Katherine Atkinson

[mindbodyandsole@comcast.net](mailto:mindbodyandsole@comcast.net)

2/21 TH 6:30-8:30 pm \$29  
Location: WXHS

2/6 W 6:30-8:30 pm \$29  
Location: LHS

### **GARDENING SERIES**

Get a jump on preparing your yard for the spring gardening season by taking these series of classes on seed starting, composting, basic organic gardening, square foot gardening, how to grow your own herbs, and edible landscaping. Taught by Beuna Tomalino, a master gardener, take the whole series for \$39 or individual classes for \$15.

2/5 TU 7-8 pm \$39 6 wks.  
Beuna Tomalino <https://gardeninspire.com>  
Location WXHS

#### **Class 1-Seed Starting**

Learn how to start your own seeds and save money by doing so. Starting your own seeds allows you to choose what varieties of herbs, vegetables, and flowers to grow and when to plant them.

2/5 TU 7-8 pm \$15  
Location WXHS

#### **Class 2-Composting**

Learn how to turn kitchen scraps and yard

trimmings into a nutrient-rich soil amendment.

### **Class 3-Basic Organic Gardening**

Whether for safety, environmental, or saving money there is more interest now in organic yard and garden care than ever before.

2/19 TU 7-8 pm \$15  
Location WXHS

### **Class 4-Square Foot Gardening**

Learn the gardening basics that teach methods using less time, water, money, effort, and space. Great for gardeners of all levels.

2/26 TU 7-8 pm \$15  
Location WXHS

### **Class 5-Grow Your Own Herbs**

Learn about growing herbs - indoors or out.

3/5 TU 7-8 pm \$15  
Location WXHS

### **Class 6-Edible Landscaping**

Learn what might already be growing that is edible and how to plant edibles in place of or in addition to ornamental plants.

3/12 TU 7-8 pm \$15  
Location WXHS

### **MANAGING ANXIETY & DEPRESSION**

People with anxiety and depression can live successful, productive and happy lives. Learn management strategies that will help you balance life to its fullest. Contact instructor for textbook.

1/28 M 6-8 pm \$59 9 wks.  
Maria Wuthrich [wuthrichmaria@gmail.com](mailto:wuthrichmaria@gmail.com)  
Location: LHS

### **TAI CHI**

This course explores the traditional Chinese exercise of Tai Chi. It provides for the development of basic skills and techniques that lead toward an integration of the mind-body-spirit trilogy. Various Chinese fitness exercises in relation to health are explored. Overall, the physical discipline and structure of Tai Chi movements are emphasized. All ages, experience, and fitness levels are welcome in the class.

#### **Winter**

1/31 TH 7:30-9 pm \$49 6 wks.  
Owen Smoot [osmoot6@smootclan.com](mailto:osmoot6@smootclan.com)  
Location: WXHS

#### **Spring**

3/28 TH 7:30-9 pm \$49 6 wks.  
Owen Smoot [osmoot6@smootclan.com](mailto:osmoot6@smootclan.com)  
Location: WXHS

### **TAIJI**

Chinese Taiji is a beloved martial art treasure in China. It combines the movements of Tai Chi with special fan techniques to create a fun low impact workout. Tai-Chi Kung-Fu Fan appeals to both adults and children and focuses on the martial arts offense and defense that can help relieve tension, develop grace improve strength and balance. Taught by Li LI [lili@dmail.net](mailto:lili@dmail.net) a visiting teacher from China.

1/28 M 6:30-8 pm \$49 6 wks.  
Li Li [lili@dmail.net](mailto:lili@dmail.net)  
Location: LHS

### **YOGA**

This non-competitive class will improve posture, strengthen core, relieve stress and you feel healthier while finding balance and tranquility. All skill levels welcome. Modifications are offered for beginners. Each participant works at their own level in a judgement-free zone. Bring a Yoga mat.

#### **Winter**

1/29 TU/TH 6-7 pm \$59 6 wks.  
Kate Thompson [yogarocks.kt@gmail.com](mailto:yogarocks.kt@gmail.com)

& Mary Tarbet [marytarbet@icloud.com](mailto:marytarbet@icloud.com)  
Location: WXHS

### Spring

3/28 TH 6-7:15 pm \$43 6 wks.  
Kate Thompson [yogarocks.kt@gmail.com](mailto:yogarocks.kt@gmail.com)  
& Mary Tarbet [marytarbet@icloud.com](mailto:marytarbet@icloud.com)  
Location: WXHS

### YOGA: BEGINNING

Yoga is a practice that is available to people of all ages, sexes, shapes and sizes. Learn and experience developing a mind-body-spirit connection, proper breathing, core strengthening, flexibility, and balance. Bring your own yoga mat (available at department and/or sporting goods store) and a thicker gym-style mat if you want to pad your knees. If you don't have a mat yet, there are some available for short-time use. The instructor is a Yoga Alliance certified RYT-200 and has been teaching yoga since 2006 and practicing since 2001.

### Winter

1/28 M 7:30-8:30 pm \$39 7 wks.  
Rebecca Fronberg [rafronberg@msn.com](mailto:rafronberg@msn.com)  
Location: CHS

### Spring

4/8 M 7:30-8:30 pm \$39 7 wks.  
Rebecca Fronberg [rafronberg@msn.com](mailto:rafronberg@msn.com)  
Location: CHS

### Winter & Spring

1/28 M 7:30-8:30 pm \$78 14 wks.  
Rebecca Fronberg [rafronberg@msn.com](mailto:rafronberg@msn.com)  
Location: CHS

### YOGA: MULTI-LEVEL

If you are new to yoga, or if you've been practicing for many years, this class is for you! The class will guide you to a deeper place inside of yourself where you can use the power of your breath to build strength, flexibility and balance. Work muscles you don't commonly use and stretch muscles that you use every day. The result is a powerful mind-body connection. The instructor is a

Yoga Alliance certified RYT-200 and has been teaching yoga since 2006 and practicing since 2001.

### Winter

1/30 W 7:30-8:30 pm \$49 9 wks.  
Rebecca Fronberg [rafronberg@msn.com](mailto:rafronberg@msn.com)  
Location: CHS

### Spring

4/10 W 7:30-8:30 pm \$49 8 wks.  
Rebecca Fronberg [rafronberg@msn.com](mailto:rafronberg@msn.com)  
Location: CHS

### Winter & Spring

1/30 W 7:30-8:30 pm \$98 17 wks.  
Rebecca Fronberg [rafronberg@msn.com](mailto:rafronberg@msn.com)  
Location: CHS

## KIDS CLASSES

### ARTS & CRAFTS

Kids join us for theme-based art and crafts fun that allows kids from K-5<sup>th</sup> grade a chance to imagine, create and build. This class will provide students with a creative, comfortable atmosphere to learn and create crafts that can be worn, useful, and decorative. They will focus on having fun, learning new art skills and trying new things. Each make something new and exciting to share.

Grade 3-5: 2/2 SAT 9-10 am \$39 6 wks.  
Grade K-2: 2/2 SAT 10-11 am \$39 6 wks.  
Melanie Miller [MEMILLER@dsmail.net](mailto:MEMILLER@dsmail.net)  
Location: LHS

### BABYSITTING CLINIC

Learn how to be a responsible babysitter, while making it fun for you and the children you watch. Review basic first aid and safety issues, while learning to make crafts, prepare simple food items, and play different games with the children. Not only will you be everyone's favorite sitter but be better prepared and more confident tending children of all ages. Price includes cost supplies for babysitting kit.

2/2 SAT 9-10:30 am \$59 6 wks.  
Kandy Borup [kborup@dsdmail.net](mailto:kborup@dsdmail.net)  
Location: LHS

### **CODING FOR KIDS**

Learn the basics of computer coding by using iPads to program small robots to follow lots of different commands.

Class 1: 2/2 SAT 9-10 am \$43 6 wks.  
Class 2: 2/2 SAT 10:15-11:15 am \$43 6 wks.  
Marlys Bauder [mbauder@dsdmail.net](mailto:mbauder@dsdmail.net)  
Location: LHS

### **COOKING FOR KIDS**

This class will introduce kids to the fine art of cooking and explore using simple recipes, foods pair, food preparation, kitchen safety and baking. Price includes cost of food for each class.

2/2 SAT 9-10:30 am \$59 6 wks.  
Kristina Gessel [kmg272@gmail.com](mailto:kmg272@gmail.com)  
Location: LHS

### **DANCING FOR KIDS**

This non-competitive dance class will teach mixed styles of ballet, jazz, and Irish soft shoe dance from an experienced dance teacher. Kids will learn coordination, following directions, get some exercise, and maybe try a new activity.

Grades K-2: 2/2 SAT 9-10 am \$39 6 wks.  
Grades 3-5: 2/2 SAT 10:15-11:15 am \$39 6 wks.  
Heather Newbold [hnewbold@dsdmail.net](mailto:hnewbold@dsdmail.net)  
Location: LHS

### **LEGO PRESCHOOL: BUILD, EXPLORE, LEARN!**

A fun class that teaches preschool age children their letters, numbers, colors and how to use their imagination using LEGO DUPLO blocks.

2/2 SAT 9-9:45 am \$33 6 wks.  
Jaclyn Black [jaclynstott@yahoo.com](mailto:jaclynstott@yahoo.com)  
Location: LHS

### **LEGO: AMAZING ANIMALS W/MR. LEARNIE**

Use LEGO Learning w/Mr. Learnie to learn about amazing animals that inhabit our world. Explore animal habitat, characteristics, foods they eat and much more.

2/2 SAT 10-11 am \$39 6 wks.  
Jaclyn Black [jaclynstott@yahoo.com](mailto:jaclynstott@yahoo.com)  
Location: LHS

### **LEGO: DESIGN & TECHNOLOGY W/MR. LEARNIE**

Students will engage in a LEGO® education class with Mr. Learnie curriculum which allows designing and build bridges, a wheelchair, and super structures while exploring principles of symmetry.

2/2 SAT 10:15-11:15 am \$39 6 wks.  
Jaclyn Black [jaclynstott@yahoo.com](mailto:jaclynstott@yahoo.com)  
Location: LHS

### **LEGO STORYSTARTER: FAIRY TALES**

Students will explore characteristics of fairy tales, and learn to tell stories using characters and scenes. Students will share their stories using news reports, diary entries and different points of view. Students will work on including details and descriptive language.

2/2 SAT 10-11:15 am \$43 6 wks.  
Pam Martinez [pmartinez@dsdmail.net](mailto:pmartinez@dsdmail.net)  
Location: LHS

### **SEWING FOR KIDS**

Learn basic sewing skills, fabric quality, and how to use a machine while creating small projects. Bring own machine to class. Price includes cost of food for each class.

2/2 SAT 10:30-Noon \$59 6 wks.  
Laura Smith [laurasquilts@gmail.com](mailto:laurasquilts@gmail.com)  
Location: LHS

# LANGUAGE CLASSES

## **AMERICAN SIGN LANGUAGE**

This introduction is designed to immerse students in the language and culture of the Deaf culture. As students are taught (immersed) in the language, they will learn how to introduce themselves, finger sign, express feelings, tell about calendar and activities. A great class for people familiar and unfamiliar with sign language.

1/31 TH 6-7:30 pm \$49 6 wks.  
Elisha Jones [elishamcJones@yahoo.com](mailto:elishamcJones@yahoo.com)  
Location: LHS

## **CHINESE**

This is a Chinese course for beginners includes an introduction to phonetics, daily expressions, and basic conversations of daily living. After taking this class, learners will begin to have a basic understanding of Mandarin Chinese and should be able to exchange personal information, asking about prices, introducing the city and the weather, etc.

### **Winter**

1/29 TU 6-8 pm \$59 6 wks.  
Li Li [lili@dmail.net](mailto:lili@dmail.net)  
Location: WXHS

### **Spring**

3/28 TH 6-8 pm \$59 6 wks.  
Li Li [lili@dmail.net](mailto:lili@dmail.net)  
Location: WXHS

## **ITALIAN**

In this beginning Italian language course, you will learn the four basic skills of speaking, listening, reading and writing. Learn words for basic things, conjugation, speech recognition and word pronunciation. By the end of the course you will be able to describe people, events and situations, both in the present and the past, and you will have

acquired the necessary vocabulary to begin to communicate about everyday situations.

1/29 TU 6-8 pm \$59 6 wks.  
Katie Francom [kfrancom@dmail.net](mailto:kfrancom@dmail.net)  
Location: LHS

## **JAPANESE**

Learn basic Japanese or "Nihongo" as it's called in Japan. This beginner course will help you take the first steps on the path of learning a new language. Basics like hello, goodbye, please and thank you, along with add vocabulary each week will be taught. Fun facts about Japanese culture will also be discussed.

1/31 TH 7-9 pm \$59 6 wks.  
Alisha Larsen [ALLARSEN@dmail.net](mailto:ALLARSEN@dmail.net)  
Location: LHS

## **LATIN**

Learn more about language by learning classical Latin. By studying the language's vocabulary, grammar, and syntax gain an appreciation for its intricacies and nuances. Learn about the calendar, western traditions, prefixes, suffixes and grammar, and begin writing. This class will not only help pass standardize tests, or better understand religious scripture, but it will challenge your mind!

1/31 TH 6-8 pm \$59 6 wks.  
Jose Hernandez [jhernandez@dmail.net](mailto:jhernandez@dmail.net)  
Location: LHS

## **PORTUGUESE**

Learn basic Portuguese in this interactive and fun class. This communicative based class emphasizes developing speaking, grammar, and listening for everyday life.

1/29 TU 6-8 pm \$59 6 wks.  
Marcia Goodrich [mgoodrich@dmail.net](mailto:mgoodrich@dmail.net)  
Location: LHS

## **SURVIVAL SPANISH**

Hola! Learn to speak, read and write basic Spanish in a fun class designed for beginners.



A great class for learning fundamentals of the language.

### Winter

1/29 TU 6-8 pm \$59 6 wks.

Sergio Tello Blanco

[stelloblanco@dsdmail.net](mailto:stelloblanco@dsdmail.net)

Location: WXHS

1/31 TH 6-8 pm \$59 6 wks.

Barbara Packer [bpacker@dsdmail.com](mailto:bpacker@dsdmail.com)

Location: LHS

### Spring

3/28 TH 6-8 pm \$59 6 wks.

Sergio Tello Blanco

[stelloblanco@dsdmail.net](mailto:stelloblanco@dsdmail.net)

Location: WXHS

3/28 TH 6-8 pm \$59 6 wks.

Barbara Packer [bpacker@dsdmail.com](mailto:bpacker@dsdmail.com)

Location: LHS

## MUSIC CLASSES

### BANJO

This beginning level five-string Banjo class will teach basic picking styles, tuning roll-patterns, chords, and chord progressions. Bring your Banjo to class.

1/29 TU 6-7 pm \$54 6 wks.

Arthur Hosmer [ahosmer@dsdmail.net](mailto:ahosmer@dsdmail.net)

Location: LHS

### GUITAR

Learn the fundamentals of guitar technique which include basic strumming, chord forms, finger exercises, and tablature reading. A great class for beginners.

1/29 TU 6-7:30 pm \$59 6 wks.

Andrew Arnold [anarnold@dsdmail.net](mailto:anarnold@dsdmail.net)

Location: WXHS

### GUITAR

Learn the fundamentals of guitar technique which include basic strumming, chord forms,

finger exercises, and tablature reading. A great class for beginners. Contact instructor for textbook.

1/30 W 6:30-7:30 pm \$54 8 wks.

Mark DesLaurier [mdgtr20@gmail.com](mailto:mdgtr20@gmail.com)

Location: LHS

### UKULELE

Learn to play the Ukulele! Learn basic chords, strumming techniques and fingerpicking. Learn songs from different genres like folk, pop, and classic Americana. Bring your own ukulele to class.

### Winter

1/31 TH 7-8:30 pm \$59 6 wks.

Doug Ingram [doug@douglasingram.net](mailto:doug@douglasingram.net)

Location: WXHS

1/31 TH 6-7 pm \$54 8 wks.

John Bollwinkel [johnbollwinkel4@gmail.com](mailto:johnbollwinkel4@gmail.com)

Location: LHS

### Spring

3/28 TH 7-8:30 pm \$59 6 wks.

Doug Ingram [doug@douglasingram.net](mailto:doug@douglasingram.net)

Location: WXHS

## SENIOR CITIZEN CLASSES

### COMPUTER BASICS FOR SENIOR CITIZENS

This class is designed especially for senior citizens who want to learn the basic daily functions of the computer.

1/29 TU 4:30-6 pm \$54 6 wks.

Karen Waters [KWATERS@dsdmail.net](mailto:KWATERS@dsdmail.net)

Location: LHS

1/31 TH 4:30-6 pm \$54 6 wks.

Ally Johns [aljohns@dsdmail.net](mailto:aljohns@dsdmail.net)

Location: WXHS

## **SOCIAL MEDIA FOR SENIOR CITIZENS**

This course is designed specifically for senior citizens who want to learn how to use social media to get and stay connected with family members and old friends. The course will be tailored based on interests and levels of those participating.

### **Winter**

1/31 TH 5-6 pm \$43 6 wks.

Sydney Morse [SMORSE@dsdmail.net](mailto:SMORSE@dsdmail.net)

Location: LHS

### **Spring**

3/28 TH 5-6 pm \$43 6 wks.

Sydney Morse [SMORSE@dsdmail.net](mailto:SMORSE@dsdmail.net)

Location: LHS