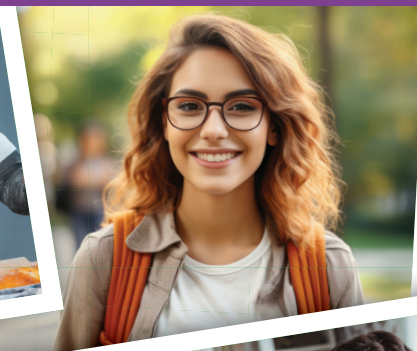




DAVIS SCHOOL DISTRICT Community Education



- Complete your high school diploma or GED
- Earn an ESOL certificate to show employers
- Transition to higher education
- Become a lifelong learner
- Create a hobby, increase personal knowledge and keep the mind sharp

Davis School District | Farmington, Utah
Program Administrator | Marci Flocken



WINTER/SPRING 2024 CLASS SCHEDULE

For more information visit -- <https://canyonheights.davis.k12.ut.us/> --or-- <https://www.signmeup.com/DCS>

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Davis School District Community Education
45 East State Street Box 588
Farmington, UT 84025



CANYON HEIGHTS ADULT LEARNING CENTER

525 East 300 South • Kaysville, UT

HIGH SCHOOL DIPLOMA AND GED PREP CLASSES FOR STUDENTS 16+

Do you need your high school diploma or GED to get a better job or to move on to post-secondary education? We can help you do it! Tuition is only \$100 per calendar year.

All new students must start with an in-person orientation (choose one date listed here) to find out if our program will work for you. We start on time, and late-comers will be referred to the next orientation date. Plan on staying for the entire 45 minute presentation in the cafeteria at Canyon Heights:

1/5/24 @ 9:00 am	2/23/24 @ 9:00 am
1/11/24 @ 6:00 pm	3/7/24 @ 6:00 pm
1/26/24 @ 9:00 am	3/15/24 @ 9:00 am
2/1/24 @ 6:00 pm	3/29/24 @ 9:00 am

Dates for 2024 may be found on our website:
<https://canyonheights.davis.k12.ut.us/high-school-completion>

ESOL CLASSES AT CANYON HEIGHTS

Please be on time and be prepared to stay 2 - 3 hours for registration and testing. All students must provide proof of Utah residency in the student's name and \$100 yearly fee which includes books. Late-comers will be asked to attend the next available registration date. No child care provided.

Registration for DAY classes:

1/4/24 @ 10:30 am,
1/5/24 @ 10:30 am
2/8/24 @ 1:30 pm

Registration for NIGHT classes:

1/22/23 @ 6 pm
Doors open at 5:30 pm
Bring proof of Utah residency
Wait list likely
Last night registration until Fall 2024

Additional registration dates for 2024 can be found on our website: register now and get started! <https://canyonheights.davis.k12.ut.us/esol>

EXCITING CAREER CLASSES ESPECIALLY FOR ESOL

PHLEBOTOMY PREP CLASS

Prepare for April 2024

Davis Tech Phlebotomy cohort

Classes will be held Wednesdays and Fridays 9 am-Noon beginning in January.

Classes included with Canyon Heights enrollment

No extra fees to enroll; application and minimum attendance required

Contact Darece Sperry dsperry@dsdmail.net for more information

ESOL CERTIFIED NURSING ASSISTANT CERTIFICATION CLASS

Students enroll with Canyon Heights and then Davis Tech

Needs based scholarship available for Davis Tech

Classes Mondays and Wednesdays 6:00-9:00 pm. Students will be able to enter the program in January 2024

For more information contact Darece Sperry dsperry@dsdmail.net

TEACHING ASSISTANT (TA) CERTIFICATION CLASSES

Certify to become a TA in Davis School District

Classes include internship and interview with DSD for TA position

For more information contact Darece Sperry dsperry@dsdmail.net

MICROSOFT OFFICE CLASS

Microsoft Operating systems: MS Word and MS Excel

Classes begin in January 2024 Mondays and Tuesdays from 1:30-3:00 pm

For more information contact Darece Sperry dsperry@dsdmail.net

Call ahead to see if space is available.

DAVIS COMMUNITY LEARNING CENTER

Wasatch Elementary (North Entrance) 210 E. Center Street • Clearfield, UT

Be on time and prepared to stay 2 - 3 hours for registration and testing. All students must provide proof of Utah residency in the student's name and \$100 yearly registration fee which includes books and the use of online software. Late-comers will be asked to attend the next available registration date. There are no evening ESOL classes at this location. No child care is provided.

Registration for DAY classes:

1/9/24 @ 1:00 pm
2/13/24 @ 1:00 pm
3/5/24 @ 1:00 pm
4/9/24 @ 1:00 pm

Registration dates for 2024 can be found on our website:
<https://canyonheights.davis.k12.ut.us/esol/dclc>



DAVIS COMMUNITY EDUCATION

WINTER/SPRING 2024 CLASS SCHEDULE

Welcome to the Winter/Spring 2024 schedule for the Davis Community Ed. program. These community classes are taught at various high schools throughout the county. 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, need a class supply list, or want details about the class, please contact the individual teacher. If you have general questions about the program or are requesting a refund, contact the Program Director David Hopkins at dhopkins@dsdmail.net.

CLASS REGISTRATION

ONLINE

Register and pay online at <https://canyonheights.davis.k12.ut.us/community-schools>. Pay securely online with Visa, Mastercard, American Express, Discover, or debit card. **THIS IS THE ONLY WAY TO REGISTER FOR COMMUNITY ED. CLASSES.**



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

REFUNDS

- You may receive a full tuition refund, less the credit card fee, if you notify the Program Coordinator via email at least 24-hours after the first class has ended.
- No refunds will be granted beginning 24-hrs after the first class has ended.
- No refunds will be given for students who sign up late for a class.

SESSION TRANSFERS

- Students cannot transfer their class enrollment to another session once the class has begun. For example: Fall Basketweaving class to Winter Basketweaving class.
- Students can transfer their enrollment from class to class within a session but cannot be reimbursed if there is a difference in price between the two classes.

SCHOOL CLOSURE

NO PRO-RATED REFUNDS WILL BE GRANTED IF IN-SCHOOL CLASSES CURRENTLY IN SESSION ARE CANCELLED BY THE DAVIS SCHOOL DISTRICT DUE TO PANDEMIC, WEATHER EVENT, OR NATURAL DISASTER.

SCHOOL CODES

LHS-Layton High School	FHS-Farmington High School
WX-Woods Cross High School	RA-Renaissance Academy
CHS-Clearfield High School	SDJH-South Davis Jr. High
BHS-Bountiful High School	SJH-Syracuse Jr. High

ACT PREP CLASSES

ACT PREP

Affordable ACT prep classes to all students interested in gaining extra practice under the guidance of certified and trained educators is available at Woods Cross High and Layton High. To see a 2023-2024 schedule, go to <https://canyonheights.davis.k12.ut.us/community-schools/act-prep>.

ART CLASSES

DIGITAL PHOTOGRAPHY FUNDAMENTALS

Learn how to use your camera settings for manual control of aperture, shutter speed, ISO, composition, exposure, color correction, and lighting to take beautiful photos. Taught at Bountiful High in Rm. 808 by Kristopher Springer kspringer@dsdmail.net. Directions: Travel east on Mill Street; classroom is one class east of Auto shop yard. Taught at Layton High by Scott Gianchetta scott@thephotobox.com owner and operator of The Photo Box Photography, established in 1999.

BHS 1/16 TU 6-8 pm \$89 6 wks.
 LHS 1/18 TH 6-8 pm \$89 6 wks.
 LHS 3/21 TH 6-8 pm \$89 6 wks.

PAINTING WITH ACRYLICS

Learn how to paint with acrylics

by exploring different techniques, materials used to apply this medium, methods of composition, and color theory. An expressive and enjoyable artistic experience for any level of student who wants to create multiple pieces of artwork. Price does not include supplies. Taught at Layton High by Sydney Bateman sydneybateman@mail.weber.edu who was a 2023 Sterling Scholar finalist in visual art and is an art student at Weber State.

1/18 TH 6-8 pm \$89 6 wks.
 3/21 TH 6-8 pm \$89 6 wks.

PORTRAIT DRAWING

Learn to outline and construct a human head with all the essential features and draw unique portraits using reference while discovering how to capture detail in facial features using construction methods, light, shadows, and basic anatomy. Taught at Layton High by Adam Campora madacamps@gmail.com.

1/17 W 6-8 pm \$89 6 wks.
 3/20 W 6-8 pm \$89 6 wks.

WATERCOLOR PAINTING

A beginning watercolor class that will teach value, color, washes, and composition by making pieces of

art. More experienced painters are welcome. Price does not include supplies. Taught at Woods Cross by Cindy Hepworth cindyjhep@gmail.com who is a Signature member Utah Watercolor Society with over 40 years of watercolor experience. Taught at Layton High by Shanell Day shday@dsdmail.net.

LHS 1/16 TU 6-8 pm \$89 6 wks.
 WX 1/18 TH 6:30-8:30 pm \$89 6 wks.
 LHS 3/19 TU 6-8 pm \$89 6 wks.

WATERCOLOR PAINTING: NEXT LEVEL

An advanced beginner watercolor class that will continue to build on watercolor techniques and composition and experiment with creating texture. Will complete several small paintings. Students should have knowledge of basic terms and techniques. Price does not include supplies. Taught at Woods Cross by cindyjhep@gmail.com who is a Signature member Utah Watercolor Society with over 40 years of watercolor experience.

3/21 TH 6:30-8:30 pm \$89 6 wks.

COMPUTER CLASSES

ADOBE PHOTOSHOP CC LEVEL 1

Learn how to change photo resolution for artwork, how to select a person in

an image and paste it on a different background scene. Taught online by Jeff Hutchinson jeffhutch@elearnlogic.com of eLearnLogic. Class includes PDF courseware download.

3/26 & 3/28 TU/TH 6-9 pm \$79

ARTIFICIAL INTELLIGENCE: INTRODUCTION

This course introduces various AI concepts such as clustering, tree-based models, and language models. Using examples and practice problems, AI should become less mysterious and more of a practical tool for you to utilize. Taught at Layton High by Parker Holzer parkerholzer.davisce@gmail.com who has a Ph.D. in Statistics & Data Science from Yale.

1/18 TH 7-9 pm \$89 6 wks.

DATA SCIENCE: INTRODUCTION

Become a part of the quickly emerging field of data science. This course is designed to introduce you to its fundamental principles ranging from data science ethics and exploratory data analysis to dimensional reduction and causal inference. Taught at Layton High by Parker Holzer parkerholzer.davisce@gmail.com who has a Ph.D. in Statistics & Data Science from Yale.

1/17 W 7-9 pm \$89 6 wks.

MS EXCEL365 LEVEL 1

Learn data entry techniques, creating formulas and manipulate columns/rows, managing worksheets and workbooks, and formatting techniques. Taught online by Jeff Hutchinson jeffhutch@elearnlogic.com of eLearnLogic. Class includes PDF courseware download.
2/7 & 2/8 W/TH 6-9 pm \$79

MS EXCEL365 LEVEL 2

Continue to improve your knowledge by learning formulas and functions including text, date, if logic, and VLOOKUP's. Taught online by Jeff Hutchinson jeffhutch@elearnlogic.com of eLearnLogic. Class includes PDF courseware download.
2/27 & 2/29 TU/TH 6-9 pm \$79

CRAFT CLASSES

CORSAGE AND BOUTONNIERE MAKING

Learn how to select and prep flowers for creating elegant corsages and boutonnieres. A great skill to have for dances, weddings, or any occasion. You will come home with both a corsage and boutonniere. Price includes supplies. Taught by Tiffany Hacker sitsyracuse@gmail.com a floral designer for 21 years.
LHS 1/17 W 6-7 pm \$39
WX 1/18 TH 6-7 pm \$39
LHS 3/20 W 6-7 pm \$39
WX 3/21 TH 6-7 pm \$39

ELECTRONIC BASICS AND MICROCONTROLLERS: BEGINNING

Learn the basic components of electricity, how to assemble, solder an electrical kit, how to program a microcontroller (Arduino) to control LED's, Nonpixel LED Strips, and motors. Price includes a \$59 supply fee for an Arduino microcontroller kit, an Arduino holder, and a soldering practice kit. Taught in room E2705 at Farmington High by Melvin Robinson merobinson@dsdmail.net.
1/18 TH 7:30-9 pm \$139 6 wks.
3/21 TH 7:30-9 pm \$139 6 wks.

ELECTRONIC BASICS AND MICROCONTROLLERS: ADVANCED

Take the learning of electronic basics and microcontrollers to the next level. Continue with the components of electricity, how to assemble, solder an electrical kit, how to program a microcontroller (Arduino) to control

LED's, Nonpixel LED Strips, and motors. Price includes a \$79 supply fee for an Arduino microcontroller kit, an Arduino holder, and a soldering practice kit. Taught in room E2705 at Farmington High by Melvin Robinson merobinson@dsdmail.net.
1/18 TH 6-7:30 pm \$159 6 wks.
3/21 TH 6-7:30 pm \$159 6 wks.

EVERYDAY FLOWER ARRANGING

Learn what to do with those grocery store flowers you bring home and how to think outside of the box when arranging them. Discover how to care for and arrange flowers you gather from your yard and how to arrange them in various types of containers. You'll come home with your own floral design in a cute vase! Price includes supplies. Taught by Tiffany Hacker sitsyracuse@gmail.com a floral designer for 21 years.
LHS 1/17 W 7:15-8:45 pm \$64
WX 1/18 TH 7:15-8:45 pm \$64
LHS 3/20 W 7:15-8:45 pm \$64
WX 3/21 TH 7:15-8:45 pm \$64

HANDMADE GREETING CARDS

Beginners through advanced crafters can make a cute set of 12 cards in just over an hour! Choose from multiple theme options in each class. Adhesive, tools, and all card supplies are provided, with additional kits available for purchase during class. Taught by Stefani Jones stefani_kay@hotmail.com a Creative Memories Advisor.
LHS 1/17 W 6:30-8 pm \$56
WX 1/18 TH 6:30-8 pm \$56
WX 3/26 T 6:30-8 pm \$56
LHS 3/27 W 6:30-8 pm \$56

JEWELRY & SMALL METALS MAKING

Craft jewelry using soldering techniques and coping saws to make rings and pendants. A variety of soldering techniques will be taught. For experienced students' class can be tailored to fit your needs. Silver cost extra. Taught at Clearfield High Rm. S204 by Brent Chase bchase@dsdmail.net who has a master's degree in education with over 25 years in the classroom. Park on the South side of the school.
1/17 W 7-9 pm \$99 7 wks.

OPEN SEW CLASS: BRING YOUR OWN PROJECTS

If you need help on a personal sewing project, regardless of your skill level this non-traditional class is for you. Spend

time working on any sewing project under the supervision of an expert seamstress. Laura will provide her expertise on any project you may have, from hemming clothing to quilting to sewing doll clothes to repairing holes in clothing...and anything in between! Bring your own machine, supplies, and project and get personalized help to complete your project. Taught at Layton High by Laura Smith laurasquilts@gmail.com who has been teaching adults and children for over 25 years.
1/18 TH 6-8 pm \$89 6 wks.

PHOTO SOS

If your digital or physical photos are overwhelming and you're unsure what to do with all the pictures on your phone or in boxes in the closet then this class will help. Learn how to take your photo mess and turn it into an organized digital collection of memories that you and your family will enjoy for generations. This is an online Zoom class taught by Skye Cranor Skye@ForeverMemorySolutions.com a Certified Lead Ambassador and Educator with FOREVER. Once you have registered for the class contact Skye for the Zoom link.
2/15 TH 7-8:30 pm \$24
3/25 M 7-8:30 pm \$24

QUILTING: BEGINNING

Make a panel quilt, Noah's ark themed, to learn basic machine quilting skills and techniques. You will sew quarter inch seams, learn how to layer a quilt, quilt the layers together, and add binding around the quilt. Bring your own sewing machine. Price includes a \$20 sewing kit. Contact the instructor for details and a supply list. Taught at Layton High by Laura Smith laurasquilts@gmail.com who has been teaching adults and children for over 25 years.
3/21 TH 6-8 pm \$109 6 wks.

SEWING FOR ADULTS: BEGINNING

Learn how to read basic sewing patterns and use the sewing machine while creating a variety of projects. Bring your own sewing machine and supplies. Price includes a \$15 sewing kit. Contact instructor supply list. Taught at Layton High by Laura Smith laurasquilts@gmail.com who has been teaching adults and children for over 25 years.
1/17 WED 6-8 pm \$104 6 wks

SEWING FOR ADULTS: INTERMEDIATE

Class is for those who have already taken the Adult Beginning Sewing class OR have 10+ hours sewing experience. Bring your own machine to class. Price includes a \$15 sewing kit. Contact instructor for details and supply list. Taught at Layton High by Laura Smith laurasquilts@gmail.com who has been teaching adults and children for over 25 years.
3/20 WED 6-8 pm \$104 6 wks.

WELDING

Make a project while learning arc welding, how to use the equipment, and gas cutting tools. A great class for beginners and those with experience. Price includes \$45 shop fee. Taught at Layton High by Shadd Allsup sallsup@dsdmail.net
1/18 TH 6-8 pm \$169 6 wks.

WOODWORKING: BEGINNING

Intro class that allows students to work on projects together while learning to use essential tools, machines, and craft. Price includes \$45 shop fee. Taught at Davis High by Bry Sorenson rsorensen@dsdmail.net. The shop is in the Applied Technology building kitty-corner to the northeast corner of the football stadium behind Davis High School.
1/17 W 7-9 pm \$179 7 wks.
3/20 W 7-9 pm \$179 7 wks.

WOODWORKING: ADVANCED

Class for students who want to use the shop equipment to build personal projects, under the direction of a master woodworker. Price includes \$45 shop fee. Taught at Davis High by Bry Sorenson rsorensen@dsdmail.net. The shop is in the Applied Technology building kitty-corner to the northeast corner of the football stadium behind Davis High School.
1/18 TH 7-10 pm \$189 7 wks.
3/21 TH 7-10 pm \$189 7 wks.

CULINARY ARTS & LIBATIONS CLASSES

BOHO RAINBOW CAKE CLASS

Unleash your creativity! Create a charming Boho Rainbow Cake with a fondant rainbow topper. Learn to select visually appealing color schemes and safely use dried florals. Master cake stacking, filling, and frosting. This class guarantees a delightful and delicious

5 • WINTER/SPRING 2024

masterpiece. Ideal for beginners. Price includes supplies. Taught at Layton High School by Kylie Holt cakely.utah@gmail.com owner of Cakely Custom Cakes and Treats.

4/11 TH 6-9 pm \$112

BRANDY TASTING 101

Participate in a fun and educational evening designed to help you learn more about brandy and specifically about The Hive brandy. During this guided exploration you will get to sample several varieties and compare the differences. Taught by Lori Yahne lori@thehivewinery.com at The Hive Winery & Spirits Company 1220 West Jack D Drive #2 Layton, Utah. Participants must be 21 years old, show valid Utah identification at the door, and pay a \$20 materials cost per person to the Winery the night of the class.

4/24 W 6:45-7:45 pm \$19

CHINESE/INDONESIAN COOKING

Add culture and spice to your meals learning to make Chinese food with an Indonesian influence. Price does not include food costs. Price includes \$15 kitchen fee. Class available to 16 students. Taught at Layton High by Mary Kadarusman marykadarusman@gmail.com.

1/18 TH 6-8 pm \$104 6 wks.

3/21 TH 6-8 pm \$104 6 wks.

COCKTAILS FOR ANY OCCASION

Spend an enjoyable evening making everyday cocktails. During the class make four different cocktail recipes using our winery produced alcohol and then sample the finished product. Taught by Lori Yahne lori@

thehivewinery.com at The Hive Winery & Spirits Company 1220 West Jack D Drive #2 Layton, Utah. Participants must be 21 years old, show valid Utah identification at the door, and pay a \$20 materials cost per person to the Winery the night of the class.

2/7 W 6:45-7:45 pm \$19

COUPLES GOURMET BAKING

Enjoy a night out with a friend, spouse, mom, or someone special. In the February class make spinach artichoke dip appetizer and chocolate dipped strawberries. We will package them up beautifully to give as a gift or keep for yourself! In the March class make homemade chips & salsa and mini-key lime pies. You will take home what you make! Cost is per couple and includes food. Taught at Layton High by Kate Gladwell kgladwell@dsdmail.net.

2/13 TU 6-8 pm \$79 per/couple

3/19 TU 6-8 pm \$79 per/couple

DATE NIGHT BAKING CLASS

Enjoy a night out with a friend, spouse, mom, or someone special making filled Choux pastries with fun toppings. Making these bite size delights with a loved one will give you some time together while making you feel like a master chef or the coolest baker on the street. Cost is per couple and includes food. Taught at Woods Cross High by Evelyn Prempeh vipersd78@gmail.com.

1/23 TU 6-8 pm \$79 per/couple

3/28 TH 6-8 pm \$79 per/couple

KAWAII CACTUS CAKE CLASS

Embark on a delightful beginner's journey creating an adorable fondant kawaii cactus cake. Learn to stack,

fill, frost, and cover any cake shape in fondant. Craft charming decorations to personalize your creation. No cake-making experience required - our step-by-step class ensures a fun, fuss-free experience. Recipes included! Price includes supplies. Taught at Layton High School by Kylie Holt cakely.utah@gmail.com owner of Cakely Custom Cakes and Treats.

3/7 TH 6-9 pm \$119

MODERN VEGAN COOKING

Say goodbye to boring and say hello to vegetables, legumes, and grains bursting with flavor! Discover the power bowls that layer the flavors. Be empowered with culinary skills that go beyond following recipes, instead making you the author of all things delicious. Even if you aren't vegan, join us for new combinations that will leave you forgetting you didn't eat meat. Price includes \$15 kitchen fee. Taught at Clearfield High in Rm. C102 by Natalie Knowlton nknowlton@dsdmail.net.

1/18 TH 6-8 pm \$104 6 wks.

SANGRIA MAKING

Spend an enjoyable evening making Sangria. During the class make four different Sangria recipes using wine produced at The Hive and then sample the finished product. Taught by Lori Yahne lori@thehivewinery.com at The Hive Winery & Spirits Company 1220 West Jack D Drive #2 Layton, Utah. Participants must be 21 years old, show valid Utah identification at the door, and pay a \$20 materials cost per person to the Winery the night of the class.

3/13 W 6:45-7:45 pm \$19

Davis School District/Farmington, Utah

SUCCULENT CUPCAKE CLASS

Discover how to create mouthwatering buttercream succulent cupcakes, even if you've never picked up a piping bag! This beginner-friendly course includes step-by-step hands-on instruction to create 6 beautiful succulent cupcakes. Also learn buttercream troubleshooting and expert piping tips and tricks along the way! Recipes included! Price includes supplies. Taught by Kylie Holt cakely.utah@gmail.com owner of Cakely Custom Cakes and Treats.

LHS 1/18 TH 6-8:30 pm \$79

WX 1/25 TH 6-8:30 pm \$79

WAFFER PAPER HEART CAKE CLASS

Share the love this Valentine's Day with a romantic wafer paper heart cake. Learn the secrets of wafer paper, from storing and coloring to attaching on a cake! This beginner-friendly class includes step-by-step guidance through cake stacking, frosting, and decorating. This class would be perfect for couples or besties to sign up together! Recipes included! Price includes supplies. Taught at Layton High School by Kylie Holt cakely.utah@gmail.com owner of Cakely Custom Cakes and Treats.

2/8 TH 6-9 pm \$112

DANCE CLASSES

BALLROOM/LATIN DANCING

Make it a date night and have more fun at upcoming parties, weddings, cruises, and social dance events. Learn easy, basic patterns in a variety of social dances, plus lead, follow, styling, and technique. Taught by Margene Anderson margene@dance-scene.com, a master teacher with over 30 years of professional teaching experience. Fee



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is per person. Renaissance Academy (RA) is located at 264 South 500 East in Kaysville.

WX 1/23 TU 6-7 pm \$69 6 wks.
WX 1/23 TU 7-8 pm \$69 6 wks.
RA 1/24 W 6-7 pm \$69 6 wks.
RA 1/24 W 7-8 pm \$69 6 wks.
WX 3/19 TU 7-8 pm \$69 6 wks.
RA 3/20 W 7-8 pm \$69 6 wks.

BELLY DANCING: LEVEL 1

Gain a new sense of confidence and self-expression learning a centuries-old art form that is fun, exciting, and suitable for all ages, body types and fitness levels. Taught at Velvetten Serpent Studio at 3559 S. 800 W. Bountiful, Utah 84010 by Katherine Diener kat@the-amazing-you.com.

1/18 TH 6-7 pm \$69 6 wks.

BELLY DANCING: LEVEL 2

Expand your exploration of this ancient art form. Learn to layer different isolations to create mesmerizing steps and moves in a fun, safe, and exciting way. This class is suitable for all ages, body types and fitness levels. Taught at Velvetten Serpent Studio 3559 S. 800 W. Bountiful, Utah 84010 by Katherine Diener kat@the-amazing-you.com.

3/21 TH 6-7 pm \$69 6 wks.

LINE DANCING

Learn the Electric Slide, Cupid Shuffle, Slap Leather 40 2-step, Boot-Scootin' Boogie, etc. with variations from low to high impact. All ages and dance levels welcome. Taught in Kaysville at Renaissance Academy 264 South 500 East by Heidi Robinson herobinson@dsdmail.net a licensed dance instructor with 17 years of teaching experience.

1/16 TU 6-7 pm \$69 6 wks.
3/19 TU 6-7 pm \$69 6 wks.

SWING DANCING

Hit the dance floor with confidence and style at upcoming parties, weddings, cruises, and social dance events. Learn basic swing dance patterns plus lead, follow, styling, and technique. Taught by Margene Anderson margene@dance-scene.com, a master teacher with over 30 years of professional teaching experience. Fee is per person. Renaissance Academy (RA) is located at 264 South 500 East in Kaysville.

WX 1/23 TU 8-9 pm \$69 6 wks.
RA 1/24 W 8-9pm \$69 6 wks.

WX 3/19 TU 8-9 pm \$69 6 wks.
RA 3/20 W 8-9pm \$69 6 wks

DOG TRAINING CLASSES

BASIC DOG MANNERS

Practice basic manners: sit, down, go to mat, settle, stay, come when called, no jumping up on people, and pulling on leash. For dogs 16-wks and older. Taught at Layton High by Astrid Smith, a Certified Trainer who can be reached at astrid66us@yahoo.com or text 760-271-0018 or visit www.adogsjourney.com. Dogs must be good with other dogs, people, and children.

LHS 1/16 TU 7:30-8:20 pm \$95 5 wks.
WX 1/18 TH 7:30-8:20 pm \$95 5 wks.
LHS 2/20 TU 7:30-8:20 pm \$95 5 wks.
WX 2/22 TH 6:30-7:20 pm \$95 5 wks.
LHS 3/26 TH 6:30-7:20 pm \$95 5 wks.

CANINE GOOD CITIZEN/ADVANCED MANNERS

The Canine Good Citizen (CGC) course is for dogs older than 6 months that have Basic Manners Class and are ready for the next step. CGC is designed to teach dogs good manners at home and in the community. Dogs must be good with other dogs, people, and children. This session includes a discount for the CGC evaluation (by appointment) by Astrid Smith, a Certified Trainer who can be reached at astrid66us@yahoo.com or text 760-271-0018 or visit www.adogsjourney.com.

LHS 1/17 W 7:30-8:20 pm \$95 5 wks.
WX 2/22 TH 7:30-8:20 pm \$95 5 wks.
LHS 3/26 TU 7:30-8:20 pm \$95 5 wks.

PUPPY MANNERS

Practice social skills and build confidence around people, other puppies, and objects. Learn how to address puppy biting, jumping up, beginning leash manners, basic stay, sit, down, and go to mat. Trouble shoot annoying puppy behaviors. For puppies 10-wks to under 16-wks. Taught by Astrid Smith, a Certified Trainer who can be reached at astrid66us@yahoo.com or text 760-271-0018 www.adogsjourney.com.

LHS 1/16 TU 6:30-7:20 pm \$95 5 wks.
WX 1/18 TH 6:30-7:20 pm \$95 5 wks.
LHS 2/20 TU 6:30-7:20 pm \$95 5 wks.

SCENT DETECTION: BASICS TO ADVANCED

Scent Work is currently the fasted

growing dog sport. Any breed, size and age of dog can attend, and it's recommended dogs are at least 5 months of age. Practice basic to advanced searches on any odor or food hides. Dogs must be food motivated. All dogs must be under control around people, children, and other dogs. Taught at Layton High by Astrid Smith, a Certified Trainer who can be reached at astrid66us@yahoo.com or text 760-271-0018 or visit www.adogsjourney.com.

LHS 1/17 W 6:15-7:30 pm \$150 8 wks.

SCENT DETECTION: HANDLER DISCRIMINATION NOVICE

Scent Work is currently the fasted growing dog sport. Any breed, size and age of dog can attend, and it's recommended dogs are at least 5 months of age. Dogs learn to find an item that belongs to their owner, Handler Discrimination. Dogs must be food motivated. All dogs must be under control around people, children, and other dogs. Taught at Layton High by Astrid Smith, a Certified Trainer who can be reached at astrid66us@yahoo.com or text 760-271-0018 or visit www.adogsjourney.com.

3/13 W 6:15-7:30 pm \$105 6 wks.

ENRICHMENT CLASSES

BIRDING IN DAVIS COUNTY

Birds! One of the coolest creatures on the planet. There are about 100 common species of birds in Davis County, and about 200 species that can be seen in the area during the year. If you have ever wanted to learn the basics of bird watching, then this is your chance. We'll cover the basics of bird identification, types of binoculars, field guides, helpful apps, and more. The first half of the session will be in class, the second half will be in the field as we visit the wetlands around Farmington Bay to test our birding skills. Taught at Farmington High by Adam Blundell ablundell@dsdmail.net a zoologist who teaches a full year birding class at Farmington High School.

4/20 SAT 8 am-1 pm \$64

CREATIVE WRITING

Awaken your creativity and turn ideas into stories. Whether it's novels, flash fiction, or overcoming writer's block, this class will help you set goals and craft compelling pieces, refine your words through workshops, and build writing

habits and routines. Taught at Layton High by debstevens@dsdmail.net a writer, editor, and teacher with over 12 years of professional experience. For more info, visit debstevenswordsmith.com.
1/16 TU 6:30-8:30 pm \$89 6 wks.
3/19 TU 6:30-8:30 pm \$89 6 wks.

CONSCIOUS PARENTING THROUGH POSITIVE DISCIPLINE WORKSHOP

This workshop aims to remove the fear and shame associated with punishment through teaching resiliency, mindfulness, and self-regulation. The intent is to empower parents with basic skills and essential guidance to help them better parent their children while finding more joy in parenting. Parents can purchase all classes in this workshop for \$79 or purchase each class separately for \$19. Cost includes both parents. Taught on Thursdays at Layton High from 7-8:30 pm by Nubia Murray numurray@dsdmail.net who is Parent Educator Certified by Positive Discipline Association (PDA)

1/18 Conscious Parenting
1/25 Brain Development-
Understanding Our Children
2/1 Childhood Trauma
2/8 Childhood Anxiety
2/15 Positive Discipline-What is it?
2/22 Parenting-Finding a Way
Through

CRYPTOCURRENCY 101

If you are new to cryptocurrency and curious about it, join this interactive three-session course where you'll become proficient in the basics of cryptocurrency. Begin acquiring knowledge and skills for secure and confident investments in this exciting digital world. Taught at Layton High by Rachel Laub rachellaub@yahoo.com who is a crypto investor and educator with 5 years of expertise.

1/16 TU 6:30-8:30 pm \$69 3 wks.
3/19 TU 6:30-8:30 pm \$69 3 wks.

DEATH INVESTIGATION & CRIME SCENE PROCESSING

If you've watched CSI and wondered how they do it, join this introductory class that will focus on investigating deaths and processing crime scenes. Learn the basic tasks involved in a death investigation, including the process of identifying, documenting, and preserving critical evidence. Taught at Layton High by Harv Jackson



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jacksonhj2007@yahoo.com, a retired homicide detective with the Salt Lake Police Department.

1/17 W 7:30-9 pm \$69 4 wks.
3/20 W 7:30-9 pm \$69 4 wks.

FAMILY HISTORY BASICS

Adventure awaits! This is your chance to be Sherlock Holmes—find clues and crack the case! Learn about how to search for records, dial in our skills on FamilySearch.org and Ancestry.com, get to know various websites and tools to help you in your research. Learning by doing and playing games. Bring your laptops, bring your family. We're on the case! Taught at Layton High by Katie Maudsley keller.katie@gmail.com who has been piecing families together since 2001.

1/18 TH 7-8:30 pm \$54 3 wks.
3/21 TH 7-8:30 pm \$54 3 wks.

FICTION WRITING: CREATE FUN SHORT STORIES & MEMORABLE NOVELS

Taught at Woods Cross High by Duane S. Crowther crowtherclasses@gmail.com. Learn valuable techniques and key ingredients that can start you on the way to becoming a noted storyteller and a published author. No matter whether you're a retired adult looking for a fun hobby or a high school senior wanting to polish the writing skills, this class will furnish you with writing tools you'll use throughout your life!

3/21 TH 7:30-8:45 pm \$74 5 wks

HOW TO WRITE & PRESERVE PERSONAL AND FAMILY HISTORIES

Taught at Woods Cross High by Duane S. Crowther crowtherclasses@gmail.com. Learn to design and write stories step by step. Helpful suggestions for interacting and preserving historical events with FamilySearch will be made. Review styles, grammar, and punctuation rules you learned but half-forgot years ago. If you're doing any kind of writing, you'll learn from and enjoy this class. Be aware—this is a “get-it-done” course—expect to be writing weekly.

1/16 TU 7:30-8:45 pm \$74 6 wks.
3/19 TU 7:30-8:45 pm \$69 5 wks.

INTERIOR DESIGN

Develop a talent for interior design and learn the techniques to style any

room. Explore furniture styles, color combinations using a color wheel, fabrics and wall texture, lighting, window treatments, arrangement, floor coverings, focal points, and accessorizing. Bring a 3-ring binder to class. Taught at Layton High by Jan Thomas janthomas@dsdmail.net.

1/17 W 6-7:30 pm \$79 6 wks.
3/20 W 6-7:30 pm \$79 6 wks.

JOURNALING

Explore a variety of fun techniques for journaling and recording memories, including enjoyable ways to make your journal more meaningful and stories easy to find. This fun and engaging class will help you reconnect to a lost art, while discovering a journaling style or two that fits your personality. Taught at Woods Cross High by Becky Paulson bpaolson@dsdmail.net an avid journal writer and creator.

1/16 TU 7-8:30 pm \$79 6 wks.
3/19 TU 7-8:30 pm \$79 6 wks.

MICROGREENS: GROW YOUR OWN AT HOME

Unleash your inner gardener and enjoy the benefits of homegrown microgreens. Learn how to cultivate these nutrient-packed superfoods right in your own space. This 1- hour course will guide you through the process, from seed to harvest, for a continuous supply of fresh, healthy microgreens. Price includes a \$75 microgreen kit. Taught at Layton High by Jennifer Whitney jenwhitney83@gmail.com, a Local Microgreens Farmer & Owner of Greens,Baby! Microgreens.

1/17 W 8-9 pm \$94
2/8 TH 7-8 pm \$94

MINDHUNTERS: SERIAL KILLERS EXPOSED

Examine the science of abnormal behavior, body language of lying, and forensic data using serial killer case studies. Taught at Layton High by Bena Martin martinbena49@gmail.com a retired Professor of Psychology at the University of Utah.

1/18 TH 6-8 pm \$89 6 wks.
3/21 TH 6-8 pm \$89 6 wks.

PRINCIPLES OF SELF DEFENSE

This course is all about the self-defense techniques that everyone should know! Learn blocking, striking, choke and bearhug defenses among other things.

All ages and abilities are welcome! Taught at Layton High by Cameron Wright cameronlyndonwright@gmail.com a certified Krav Maga instructor with Fortified Krav Maga.

1/18 TH 7:30-8:30 pm \$59 4 wks.
3/21 TH 7:30-8:30 pm \$59 4 wks.

REMARRIAGE SUCCESS

Learn valuable insights that will contribute to a satisfying and successful relationship with someone new. Explore interesting and meaningful subjects that will make the transition to a relationship that leads to remarriage easier. A wonderful class and a must attend for anyone who has been previously married. The MOST inclusive class of its kind in Utah. Taught at Layton High by Kaye Burgon kayeburgon@gmail.com, who has a Masters Degree in marriage counseling.

1/17 W 7-8:30 pm \$79 6 wks.
3/20 W 7-8:30 pm \$79 6 wks.

SELF DEFENSE FOR WOMEN

This course is designed to empower women in their own defense using hand-to-hand combat techniques! Striking, choke defenses, and bearhug defenses will be covered. Women of all ages and abilities are welcome. Taught at Layton High by Cameron Wright cameronlyndonwright@gmail.com a certified Krav Maga instructor with Fortified Krav Maga and a practitioner of various martial arts for 15 years.

1/18 TH 6:30-7:30 pm \$59 4 wks.
3/21 TH 6:30-7:30 pm \$59 4 wks.

SOCIAL MEDIA MARKETING

An essential class for those wanting to build a successful marketing presence to build your business. Learn how to attract followers to increase engagement in various forms of media such as Facebook, Instagram, Twitter, LinkedIn, and YouTube. Learn blogging and SEO tips to drive traffic to your website and social media networking for attracting jobs based on related skills. Please bring a laptop to class. Taught at Layton High by Samantha Bradley sabradley@dsdmail.net a Digital Marketing Educator and PR and Marketing Specialist for Ambition Nutrition.

1/16 TU 6-7 pm \$69 6 wks.

TAROT READING

Discover what Tarot really is, while

learning how to quickly read any card. Learn how to ask the right questions to gain clear and accurate guidance every time. Taught by Jami Lovell hello@jamilovell.com who has been reading and teaching the Tarot for the past 12 years. Students will need to come to class with a Rider-Waite Tarot deck available on Amazon.

LHS 1/16 TU 6-8 pm \$69 3 wks.
WX 1/18 TH 6-8 pm \$69 3 wks.
LHS 3/19 TU 6-8 pm \$69 3 wks.
WX 3/21 TH 6-8 pm \$69 3 wks.

VOICE-OVER

In what could be the most enlightening two hours you've ever spent, this class will show you how you can begin using your speaking voice for commercials, films, videos, and more. In this introductory class, learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. For more info contact Caitlin Deese caitlin@suchavoice.com.

LHS 2/7 W 6:30-8:30 pm \$29
WX 2/8 TH 6:30-8:30 pm \$29
WX 5/21 TU 6:30-8:30 pm \$29
LHS 5/22 W 6:30-8:30 pm \$29

FITNESS CLASSES

BOXING FITNESS

Get fit learning the basics of boxing from a Box 'N Burn certified personal trainer. Learn the jab, hook, the upper-cut, and many more boxing fundamentals. Taught at Layton High by Brittany Tryon brittanytryon@gmail.com

1/16 TU/TH 7-8 pm \$89 6 wks.
3/19 TU/TH 7-8 pm \$89 6 wks.

HIKING

Take a hike! Come experience all the benefits of hiking! Get to know fun, local trails while hiking in a group. We will practice hiking basics, Leave No Trace, and learn a few helpful tips each time we meet. There will be 6 hikes in Davis County and on average each hike will be 2 hours in length. Meet for the first class at Mountain High School 490 South 500 East in Kaysville. All experience levels welcome. Taught by

Tomee Call tcall@dsdmail.net.
3/23 SAT 11 am \$89 6 wks.

KARATE DO SHOTOKAN

Shotokan karate is a dynamic, anaerobic karate style that promotes courage, self-assurance, self-control, and patience, as well as calmness and concentration, strength and flexibility, fitness, and self-defense. Learn the basic concepts and notions of karate, as well as, its discipline, values, basic defensive and offensive techniques. Taught at Layton High by Patricia Muriel Manzano patrymurielmanzano@gmail.com is a black belt 2nd DAN, with more than 10 years practicing & teaching karate.

1/16 TU/TH 6-7 pm \$89 6 wks.
3/19 TU/TH 6-7 pm \$89 6 wks.

REFIT

This cardio-focused dance fitness class is effective and FUN -- perfect for beginners and challenging for fitness enthusiasts. Come get in shape by dancing to fun energetic music. All skill levels welcome. Modifications are offered. Taught in Kaysville at Renaissance Academy 264 South 500 East by Heather Lorimer hlorimer@gmail.com. who has been certified to teach REFIT since 2007.

1/18 TH 7-8 pm \$69 8 wks.
3/21 TH 7-8 pm \$69 8wks.

WEIGHTLIFTING

Learn how to lift weights safely and effectively to improve your overall health and fitness! The basics of

weightlifting, including the different types of exercises, proper technique, and safety will be taught. Learn how to set goals and design a weightlifting program that is right for you. For beginning to intermediate level students. Taught at Layton High by Samantha Bradley sabradley@dsdmail.net an online health coach and competitive powerlifter.

1/16 TU 7-8:30 pm \$79 6 wks.
3/19 TU 6-7:30 pm \$79 6 wks.

ZUMBA GOLD®

Zumba GOLD® is great for beginners, active older adults, and anyone who is looking for a lower-intensity, low-impact workout, but with all the Zumba® dance party flavor! Bring a water bottle. Wear supportive walking or dancing athletic shoes and be ready sweat and have fun! Taught at Woods Cross High by Jennifer Love grizzlyfan2@yahoo.com who holds certifications in Zumba® Basic 1, Zumba Gold®, and Plate by Zumba®.

1/16 TU 6:30-7:30 pm \$74 8 wks.
3/19 TU 6:30-7:30 pm \$74 8 wks.

FIREARM SAFETY CLASSES

FIREARM CLEANING & MAINTENANCE

Examine various products and methods for cleaning and maintaining a firearm, which is essential to being a proficient and responsible gun owner. Please DO NOT bring a firearm to this class unless you have a Utah Concealed Firearm Permit. All the firearms needed for the class will be provided. Taught at Layton High by Bruce Illum bruce.illum@gmail.com who is an NRA Training Counselor and Instructor with the USCCA.

2/7 W 6-8:30 pm \$39
4/23 TU 6-8:30 pm \$39

HANDGUN FUNDAMENTALS

The USCCA Basic Handgun course is for responsible persons who want to learn the proper way to use handguns safely and responsibly. Learn what to look for when purchasing a firearm, shooting fundamentals, gear and gadgets, and basic/advanced skills. At least 1 hour will be live fire on the shooting range at Red Dot in Layton. A USCCA certificate is issued upon completion of class. Owning a firearm is not required to take this course. The classroom portion will be taught at Layton High by Bruce Illum

bruce.illum@gmail.com who is an NRA Training Counselor and Instructor with the USCCA. Students will pay Red Dot for use of the range.

1/17 W 6-8:30 pm \$59
1/19 FRI 5-8 pm \$15
4/17 W 6-8:30 pm \$59
4/19 FRI 5-8 pm \$15

NRA PERSONAL PROTECTION IN THE HOME

Learn basic defensive shooting skills, strategies for home safety, and how to respond to a violent confrontation in the home and office. A great course for educators, office workers, or anyone who wishes to obtain their concealed permit. A \$15 NRA book is included in the price. Expect to shoot approximately 100-150 rounds of ammunition during the range session. Range and ammunition costs are not included in the price. Students do not need to own a firearm to take this course. Taught at Layton High by Bruce Illum bruce.illum@gmail.com who is an NRA Training Counselor and Instructor with the USCCA. Shooting will be done at Wasatch Shooting.

4/10 W 5-8:30 pm \$74
4/12 FRI 5-8 pm \$15

RELOADING

This course is for those individuals wishing to become familiar with reloading metallic cartridges for rifles and pistols. Course topics include reloading safety concerns, reloading equipment, ammunition components, ammunition types, ballistics, using reloading data, and the reloading process. Price includes an NRA book and supplies. Taught at Layton High by Bruce Illum bruce.illum@gmail.com who is an NRA Training Counselor and Instructor with the USCCA.

1/30 TU 6-8:30 pm \$64 2 wks.

RIFLE FUNDAMENTALS

Learn the fundamentals of shooting a rifle. Topics include firearm safety, parts and operation of the rifle, shooting fundamentals, ammunition, cleaning, and maintenance. Owning a firearm is not required to take this course. Please DO NOT bring a firearm to this class. The classroom portion will be held at Layton High and shooting portion at Red Dot in Layton. Price does not include the cost of the range, firearms, or ammunition. Firearms can be rented at Red Dot for

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an additional cost. Taught at by Bruce Illum bruce.illum@gmail.com who is an NRA Training Counselor and Instructor with the USCCA.

1/31 W 6-8:30 pm \$59
2/2 F 5-8 pm \$15

WOMEN'S DEFENSIVE PISTOL

Be introduced to many advanced topics, skills, and drills, including a detailed explanation of avoiding, escaping, and defending against an attacker. Learn methods of drawing a firearm from a holster or handbag and when to use legal force and self-defense under the law. Please DO NOT bring a firearm to this class unless you have a Utah Concealed Firearm Permit. The classroom portion will be held at Layton High with the shooting portion at Red Dot in Layton. Price does not include the cost of the range, firearms, or ammunition. Taught at by Bruce Illum bruce.illum@gmail.com who is an NRA Training Counselor and Instructor with the USCCA.

4/24 W 6-8:30 pm \$69
4/26 FRI 5-8:30 pm \$15

WOMEN'S HANDGUN FUNDAMENTALS

Take the next step to becoming a responsible handgun owner and improve your firearm skills and mindset with this welcoming and engaging class. Get guided training in the fundamentals of shooting, along with multiple layers of instruction for students who have never picked up a gun before, are brand new to firearms. Please DO NOT bring a firearm to this class unless you have a Utah Concealed Firearm Permit. The classroom portion will be held at Layton High with the shooting portion at Red Dot in Layton. Price does not include the cost of the range, firearms, or ammunition. Taught at by Bruce Illum bruce.illum@gmail.com who is an NRA Training Counselor and Instructor with the USCCA.

2/21 W 6-8:30 pm \$69
2/23 FRI 5-8 pm \$15
3/20 W 6-8:30 pm \$69
3/21 TH 5-8 pm \$15

HEALTH & WELLNESS CLASSES

6 WEEKS TO OVERCOMING ANXIETY, DEPRESSION, TRAMA, & GRIEF

Empower yourself to take control of

your mental well-being. This course focuses on brain health, offering insights into healing and transforming negative thought patterns. Gain practical tools to enhance your mental resilience and well-being. Price includes a workbook and pen for \$20. Taught at Layton High by Jennifer Whitney jenwhitney83@gmail.com a Licensed Brain-Trainer Holistic Health Coach and Owner @ ThriveYou Wellness.

1/17 W 7-8 pm \$89 6 wks.

EMOTIONAL EATING: HOW TO STOP

Learn lasting patterns for a healthy relationship with yourself and food in a unique, simple, and effective way. If you are interested in losing weight while increasing your mental health this is a class for you. Short lessons and group coaching to address your specific situation will be the focus of the class. Taught at Layton High by Vicki Zollinger vzollinger@gmail.com a LCS certified life coach. Learn more at vickizollingercoaching.com.

1/17 W 6:30-7:30 pm \$59 4 wks.
3/20 W 6:30-7:30 pm \$59 4 wks.

ESSENTIAL OIL BASICS: MAKE AND TAKE

A fun class that teaches how to make essential oils a part of your everyday life. Learn application techniques, usage of specific oils, and the science of essential oils. Everyone will leave the class with a free product and for \$15, paid to the instructor, students will be able to make their own essential oil roller blend. Taught by Becky Watson bewatson@dsdmail.net.

LHS 1/17 W 7-8:30 pm \$49 2 wks.
WX 1/18 TH 7-8:30 pm \$49 2 wks.
LHS 3/20 W 7-8:30 pm \$49 2 wks.
WX 3/21 TH 7-8:30 pm \$49 2 wks.

HERBALISM BASICS

Discover the fascinating world of herbalism and plant-based remedies. Learn the foundations of using herbs for healing, wellness, and vitality. Explore the benefits of various herbs and gain practical knowledge to enhance your holistic well-being. Price includes a \$25 supply fee. Taught at Layton High by Jennifer Whitney jenwhitney83@gmail.com, a Licensed Brain-Trainer Holistic Health Coach and Owner @ ThriveYou Wellness.

1/16 TU 7-8 pm \$84 4 wks.
3/19 TU 7-8 pm \$84 4 wks.

INTERMITTENT FASTING FOR HEALING

Many diets focus on what to eat, but intermittent fasting is all about WHEN you eat. Learn about this research-based approach to weight loss, diabetes management, hormonal regulation, and longevity. Taught at Layton High by Tami Supino tsupino@dsdmail.net.

1/16 TU 7-8 pm \$69 6 wks.
3/19 TU 7-8 pm \$69 6 wks.

IRIDOLOGY FOR BETTER HEALTH & NUTRITION

The eye is the window of the soul and body. Learn how the eye can help one understand more about better health and nutrition, leading to a more vibrant, joyous, and peaceful life. Taught at Woods Cross High by Kimball Jacobs kijacobs@dsdmail.net.

1/16 TU 6-8 pm \$69 3 wks.

MEDITATION

Learn the aspects of meditation, mindfulness, and the basics of a consistent practice. Interactively learn body and mind techniques, like video movement, breath work, attention, posture awareness, and intention which will prepare you for meditation. Discuss obstacles that may affect the ability to concentrate and focus and tips that help overcome those. Class will be taught in a seated posture with brief moments of standing. Chairs are available. Great for beginners through seasoned meditators. Taught at Renaissance Academy (RA) 264 South 500 East in Kaysville by Lita Silva karmicyogachick@gmail.com who is a Trained/Certified Yoga Teacher (RYT-500 hours) and Registered with Yoga Alliance since 2014.

3/21 TH 7:15-8:15 pm \$69 6 wks.

PRINCIPLES OF SELF DEFENSE

This course is all about the self-defense techniques that everyone should know! Learn blocking, striking, choke and bearhug defenses among other things. All ages and abilities are welcome! Taught at Layton High by Cameron Wright cameronlyndonwright@gmail.com a certified Krav Maga instructor with Fortified Krav Maga.

1/18 TH 7:30-8:30 pm \$59 4 wks.
3/21 TH 7:30-8:30 pm \$59 4 wks.

RADICAL SELF-CARE

If you are feeling drained emotionally

and physically, discover how radical self-care can renew your energy and help you find rest and relief. Learn simple and effective techniques and concepts that will lead to emotional resilience and nervous system awareness. Taught at Layton High by Vicki Zollinger vzollinger@gmail.com a LCS certified life coach. For more info visit vickizollingercoaching.com.

1/18 TH 7:15-8:15 pm \$59 4 wks.
3/21 TH 7:15-8:15 pm \$59 4 wks.

SELF DEFENSE FOR WOMEN

This course is designed to empower women in their own defense using hand-to-hand combat techniques! Striking, choke defenses, and bearhug defenses will be covered. Women of all ages and abilities are welcome. Taught at Layton High by Cameron Wright cameronlyndonwright@gmail.com a certified Krav Maga instructor with Fortified Krav Maga.

1/18 TH 6:30-7:30 pm \$59 4 wks.
3/21 TH 6:30-7:30 pm \$59 4 wks.

STOP EMOTIONAL EATING: APPLIED PRACTICE

Learn lasting patterns for a healthy relationship with yourself and food in a unique, simple, and effective way. If you are interested in losing weight while increasing your mental health this is a class for you. Short lessons and group coaching to address your specific situation will be the focus of the class. Taught at Layton High by Vicki Zollinger vzollinger@gmail.com a LCS certified life coach. Learn more at vickizollingercoaching.com.

1/17 W 7:40-8:40 pm \$59 4 wks.
3/20 W 7:40-8:40 pm \$59 4 wks.

STRESS MANAGEMENT

There is no such thing as a stress-free life! However, you can learn to manage stress by understanding the stress response, learning mental and emotional coping skills, and discovering ways to relieve pressure. Taught at by Lisa Astling lisaastling@gmail.com, M.Ed., RD, and based on the Stress Management course offered at Weber State University.

LHS 1/16 TU 7-8:30 pm \$79 6 wks.
LHS 3/19 TU 7-8:30 pm \$79 6 wks.
WX 3/21 TH 7-8:30 pm \$79 6 wks.



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Unlock the secrets to restful, rejuvenating sleep. Delve into the science and art of achieving quality sleep, while developing effective sleep hygiene habits. Say goodbye to restless nights and hello to the sleep of your dreams. Price includes a \$15 supply fee. Taught at Layton High by Jennifer Whitney jenwhitney83@gmail.com a Licensed Brain-Trainer Holistic Health Coach and Owner @ ThriveYou Wellness.

1/16 TU 8-9 pm \$74 4 wks.
3/19 TU 8-9 pm \$74 4 wks.

WORRY: LEARN TO KICK THE HABIT

Don't just live to survive but start thriving by learning to manage worry so it doesn't manage you. Understand what worry is, why we worry, and what we are trying to control when we worry. Each class will focus on specific strategies and practices to help stop being consumed with worry, in a way that will leave you feeling more calm, clear minded, and confident. Taught at Layton High by Vicki Zollinger vzollinger@gmail.com a LCS certified life coach. For more info visit vickizollingercoaching.com.

3/21 TH 6-7 pm \$49 3 wks.

YOGA: BEGINNING

Learn and experience developing a mind-body-spirit connection, proper breathing, core strengthening, flexibility, and balance. Bring your own yoga mat. Taught at Clearfield High School by Diana Schapiro diasch77@hotmail.com who is Reiki and RYT 200 Yoga Alliance certified.

1/22 M 7:30-8:45 pm \$104 13 wks.

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. Bring a Yoga mat. Taught at Woods Cross High School by Kate Thompson yogarocks.kt@gmail.com & Mary Tarbet marytarbet@hotmail.com

1/16 TU/TH 6-7 pm \$109 8 wks.
3/19 TU/TH 6-7 pm \$109 8 wks.

YOGA 1

In this slower paced class, explore basic yoga poses, alignment, and positioning principles, pose explanations, mindfulness, awareness of breath and connection to movement. Class will consist of varying gentle poses that are passive and active, seated, reclined and some standing to help bring flexibility and relaxation to mind and body. Appropriate for all levels; however, it is intended for those individuals that are new to yoga, beginners, or for those who just want to take it a little easier. Taught at Renaissance Academy (RA) 264 South 500 East in Kaysville by Lita Silva karmicyogachick@gmail.com is a Trained/Certified Yoga Teacher (RYT-500 hours) and Registered with Yoga Alliance since 2014.

1/18 TH 6-7 pm \$69 6 wks.
3/21 TH 6-7 pm \$69 6 wks.

YOGA: MULTI-LEVEL

If you are new to yoga, or if you've been practicing for many years, this class is for you! Be guided deeper inside of yourself where you can use the power of your breath to build strength, flexibility, and balance. Taught at Clearfield High School by Diana Schapiro diasch77@hotmail.com who is Reiki and RYT 200 Yoga Alliance certified.

1/24 W 7:30-8:45 pm \$104 13 wks.

KIDS CLASSES

ANIME

Improve illustration skills through

drawing Anime style. Learn coloring techniques, styles, poses, clothing, and creating characters in mediums like color pencils, markers, and watercolor. Ages 7+. Price includes a \$10 supply fee. Taught at Layton High by Annabel Hatfield ahminty@gmail.com.

1/20 SAT 11 am-Noon \$74 6 wks.
3/16 SAT 11 am-Noon \$74 6 wks.

ARTS & CRAFTS

Create crafts that can be worn, are useful, and decorative. The focus will be on having fun, learning new art skills, and trying new things. Each week make something new and exciting to share. Ages 6+. Price includes \$10 supply fee. Classes are taught at Layton High by Bella Hyde 24ihyde@go.dsdmail.net and at Woods Cross by Melissa Erickson melerickson@dsdmail.net who has an art degree from LDS business college.

LHS 1/20 SAT 9-10 am \$74 6 wks.
WX 1/20 SAT 10-11 am \$74 6 wks.
LHS 3/16 SAT 9-10 am \$74 6 wks.
WX 3/16 SAT 10-11 am \$74 6 wks.

BABYSITTING BASICS

Learn the basics of babysitting by examining the roles and responsibilities of babysitters, how to care for infants and young children, how to handle minor accidents, emergencies, and behavior issues, and ways to entertain without a screen. Students will leave this course with a certificate of completion and babysitters kit that they will be able to take with them on babysitting jobs. Price includes a \$10 supply fee. Age 8+. Taught at Layton High by Michelle Golightly mgolightly@dsdmail.net and Woods Cross High by Hannah Lehr diamondsof rarity@gmail.com.

LHS 1/20 SAT 9-10:30 am \$84 6 wks.
WX 1/20 SAT 9-10 am \$74 6 wks.
LHS 3/16 SAT 9-10:30 am \$84 6 wks.
WX 3/16 SAT 9-10 am \$74 6 wks.

BALLET

With an emphasis on proper technique, dancers will grow foundational skills at the barre, in center, and through classical ballet choreography. Classes prioritize encouraging dancers in a positive environment, where they can thrive and make new friends. The final class consists of a parent observation with a performance. Ages 6+. Taught at Layton High by Natalie Strong nastrong@dsdmail.net.

1/20 SAT 11 am-Noon \$64 6 wks.
3/16 SAT 11 am-Noon \$64 6 wks.

BOXING

Learn to stand, throw combos, and gain confidence in a non-competitive and friendly environment! All participants will engage in age and skill-level appropriate boxing and fitness drills, including coordination, cardiovascular and muscle strength, balance, and body control. All drills will help refine hand-eye connections, following directions, and the mental exercise of learning and applying new skills. For kids ages 10-14. Taught by Brittany Tryon brittanytryon@gmail.com.

1/20 SAT 10-11 am \$64 6 wks.
3/16 SAT 10-11 am \$64 6 wks.

CARTOONING

Practice constructing your favorite cartoon characters by learning to draw organic geometric shapes, adding shading, texture, posture, and differing movement poses. Learn proportions, and tactics for using cartoons in books, comics, and flip books! Ages 7+. Price includes \$10 supply fee. Taught at Layton High by Annabel Hatfield ahminty@gmail.com.

1/20 SAT 10-11 am \$74 6 wks.
3/16 SAT 10-11 am \$74 6 wks.

CHEERLEADING BASICS

In this introduction class, learn cheer techniques, jumps, simple stunts, and team building. Chants and choreography are designed to showcase students' personalities, skills learned in class, and individual talents. The final class includes a performance for family. Taught at Layton High by Natalie Strong nastrong@dsdmail.net.

1/20 SAT Noon-1 pm \$64 6 wks.
3/16 SAT Noon-1 pm \$64 6 wks.

CHESS CLUB

Join a chess club to meet and play

against boys and girls your age and level of experience. Rules and strategies will be taught to beginners with little to no experience. Strategies and advice will be discussed with more experience players in game situations. Ages 7+. Taught at Layton High by Rone Dodson atlascmd@gmail.com.

1/20 SAT 11 am-Noon \$64 6 wks.
3/16 SAT 11 am-Noon \$64 6 wks.

CODING

Use HTML 5 to learn how to code a basic website including the fonts, colors, and pictures. Ages 7+. Price includes a \$5 computer fee. Taught at Layton High by Rone Dodson atlascmd@gmail.com.

1/20 SAT 10-11 am \$69 6 wks.
3/16 SAT 10-11 am \$69 6 wks.

COOKING

This class will introduce kids to the fine art of cooking and explore using simple recipes, foods pair, food preparation, kitchen safety and baking. Go home each week with a fun recipe to prepare for your family. Aprons and chef hats available for sale upon registration. Ages 7-12. Price includes \$15 food fee. Taught at Layton High by Maddie Sopena scr_grl2@hotmail.com and at Woods Cross by Amy Smoot asmoot@dsdmail.net.

LHS

1/20 SAT 9-10:15 am \$84 6 wks.
1/20 SAT 10:30-11:45 am \$84 6 wks.

WX

1/13 SAT 9-10:15 am \$84 6 wks.
1/13 SAT 10:30-11:45 am \$84 6 wks.

LHS

3/16 SAT 9-10:15 am \$84 6 wks.
3/16 SAT 10:30-11:45 am \$84 6 wks.

WX

3/16 SAT 9-10:15 am \$84 6 wks.
3/16 SAT 10:30-11:45 am \$84 6 wks.

DRAWING

Learn the basics of traditional drawing and cartooning, including 3D perspective and form, shading and values, and blending colors by drawing realistic or caricatures your favorite animal or pet. More experienced artists are welcome. Price includes a \$10 supply fee. Ages 7+. Taught at Woods Cross High by Melissa Erickson melerickson@dsdmail.net who holds

art degree from LDS business college.

1/20 SAT 9-10 am \$74 6 wks.
3/16 SAT 9-10 am \$74 6 wks.

DRUMMING

Learning to drum is a great way to develop rhythmic, psychomotor skills, and playing together. Great for kids of all ages who want to develop a new hobby. A set of drumsticks are included in the price. Ages 7+. Taught by Tri Tran ttran@dsdmail.net who has 37 years of percussion performance. Taught at Woods Cross High by Ammon Campbell ammonbrock06@gmail.com.
LHS 1/20 SAT 10-11 am \$69 6 wks.
WX 1/20 SAT 9-10 am \$69 6 wks.
WX 3/16 SAT 9-10 am \$69 6 wks.
LHS 3/16 SAT 10-11 am \$69 6 wks.

DUNGEONS & DRAGONS DICE CLUB

Create a character and embark on a fantastic journey of imagination and dice rolls in this introductory tabletop roleplaying class for kids. Students will learn a simplified version of the popular Dungeons & Dragons game. Price includes a \$5 dice set. Ages 8+. Taught at Layton High by Rone Dodson atlascmd@gmail.com. Taught at Woods Cross High by Cambria Thorley cambriathorley@gmail.com.

LHS 1/20 SAT 10-11 am \$69 6 wks.
WX 1/20 SAT 10-11 am \$69 6 wks.
WX 3/16 SAT 10-11 am \$69 6 wks.
LHS 3/16 SAT 10-11 am \$69 6 wks.

GAME CLUB

Play Bananagrams, Mysterium, Skull King, and more! Discover new board games, card games, and word games! Or enjoy some old favorites in this casual game club for all ages. Parents are welcome to participate! Games will be provided. Taught at Layton High by Libby Dodson libbykdodson@gmail.com.

1/20 SAT 11 am-Noon \$64 6 wks.
3/16 SAT 11 am-Noon \$64 6 wks.

GUITAR

Develop musical ability while learning to play songs on the guitar! A guitar is needed for this class. Taught at Layton High by Greg Sales gds111@gmail.com.

Ages 7-9

LHS 1/20 SAT 9-10 am \$64 6 wks.

Ages 10+

LHS 1/20 SAT 10-11 am \$64 6 wks.

Ages 7-9

LHS 3/16 SAT 9-10 am \$64 6 wks.

Ages 10+

LHS 3/16 SAT 10-11 am \$64 6 wks.

HIP HOP DANCE

Development coordination, and muscle flexibility, and strength through fun and creative dances. This non-stop, action-packed class will have your kid movin' to the beats! Ages 6-12. Taught at Layton High by Andrea Holmes AHOLMES@dsdmail.net who has taught community and competitive dance for 25 years.

LHS 1/20 SAT 9-10 am \$64 6 wks.

IPAD CODING W/MBOTS

Learn the basics of coding by programming small robots using iPads. Make your mBot dance, zig zag, make noises, and follow fun commands. A show for parents will be performed on the last day of class. Price includes a \$5 computer fee. For grades 2-6. Taught at Layton High by Amy Conlan aconlan@dsdmail.net.

1/20 SAT 10-11 am \$69 6 wks.

3/16 SAT 10-11 am \$69 6 wks.

ILLUSTRATION

Learn new techniques to create beautiful illustrations of your favorite animals, people, or things using whatever medium you are most comfortable with! Price includes a \$10 supply fee. Ages 7+. Taught at Layton High by Piper Leishman piperthepiper2222@gmail.com a professional illustrator.

1/20 SAT 9-10 am \$74 6 wks.

3/16 SAT 9-10 am \$74 6 wks.

IMPROV

Learn to spark creativity, collaborate, think on the spot, and listen to each other while you play fun new games and create hysterical characters ending in a performance for family and friends the final week. For kids 8+. Taught at Layton High by Adam Hellewell adhellewell@dsdmail.net.

1/20 SAT 10-11 am \$64 6 wks.

3/16 SAT 10-11 am \$64 6 wks.

JAPANESE CRAFTS, CULTURE, & LANGUAGE

Learn simple Japanese while folding origami, eating yummy treats, exploring stories and songs as you discover a culture very different from your own. Price includes a \$10 supply fee. Ages 7+. Taught at Layton High by Allisha Larsen allarsen@dsdmail.net who has

lived in Japan and taught Japanese for the past 15 years.

1/20 SAT 11 am-Noon \$74 6 wks.

3/16 SAT 11 am-Noon \$74 6 wks.

KARATE

Learn the basic concepts of Shotokan karate, as well as its discipline, values, basic defensive and offensive movements, and techniques. Great class for beginners and those with some experience. Ages 6+. Taught at Layton High by Patricia Muriel Manzano patrymurielmanzano@gmail.com is a black belt 2nd DAN, with more than 10 years practicing & teaching karate.

1/20 SAT 11 am-Noon \$64 6 wks.

3/16 SAT 11 am-Noon \$64 6 wks.

LEGO: DESIGN & TECHNOLOGY

Students will engage in a LEGO® education class with Mr. Learnie curriculum which includes building bridges, a wheelchair, and super structures while exploring principles of design. Grades K-3. Taught at Layton High by Alyssa West alysaw272005@gmail.com.

LHS 1/20 SAT 10-10:55 am \$64 6 wks.

LHS 3/16 SAT 10-10:55 am \$64 6 wks.

LEGO: EXPLORE & CREATE

Take your building to the next level as we learn principles of balance, scale, symmetry, and creative design. Grades K-2. Taught at Layton High by Alyssa West alysaw272005@gmail.com and Woods Cross High by

LHS 1/20 SAT 9-9:55 am \$69 6 wks.

LHS 3/16 SAT 9-9:55 am \$69 6 wks.

MAGIC

Explore the exciting world of magic! Learn how to read people's minds, make objects appear and disappear, and make the impossible happen right before someone's eyes, using everyday objects you can find around the house. Magic helps you meet new people, impress friends, build confidence, and improve self-esteem. Students will perform for family and friends in the final week of the class. Ages 8+. Price includes a \$12 supply fee. Each class is limited to 10 students. More classes will be added as needed. Taught at Layton High School by David Corrigan magickpurple@yahoo.com a professional magician who has been doing magic shows for over 45 years.

1/20 SAT 10-11 am \$76 6 wks.
3/16 SAT 10-11 am \$76 6 wks.

MUSICAL THEATER

Get a taste of Broadway by learning songs and acts for a performance in front of family and friends on the final week. For kids 8+. Taught at Woods Cross by Hannah Lehr diamondsofrarity@gmail.com and at Layton High by Adam Hellewell adhellewell@dsdmail.net.
LHS 1/20 SAT 9-10 am \$64 6 wks.
WX 1/20 SAT 10-11 am \$64 6 wks.
LHS 3/16 SAT 9-10 am \$64 6 wks.
WX 3/16 SAT 10-11 am \$64 6 wks.

PARENT/CHILD ACTIVITY CLASS

If you find yourself waiting around with little ones who have nothing to do while your older children are in their classes, this is the class for you! Give your little ones something to do while you wait. Together with your child, we will sing songs, read stories, play games, play with toys, make art, and have lots of fun! Each adult registered for the class may bring up to two children ages newborn to 6. Taught at Layton High by Elisabeth Petty elisabethapetty@outlook.com.
1/20 SAT 9-9:55 am \$64 6 wks.
1/20 SAT 10-10:55 am \$64 6 wks.
3/16 SAT 9-9:55 am \$64 6 wks.
3/16 SAT 10-10:55 am \$64 6 wks.

PAPER PHOTO ALBUMS

Get ready to capture favorite memories and tell a story or two in your own photo album! Each student will choose an 8x8 Creative Memories Paper Album with matching stickers, as well as adhesive and a pen, to put together their book with photos, decoration, and journaling. Please bring 12 printed photos per person. Price includes a \$21 supply fee. Taught at Layton High by Stefani Jones stefani_kay@hotmail.com a Creative Memories Advisor.
3/2 SAT 9-11 am \$49
5/4 SAT 9-11 am \$49

PRE-BALLET

An enjoyable introduction to the art of ballet. Classes will focus on teaching basic ballet positions, simple steps, dancing with emotions, and encouraging creative movement using familiar music and interactive activities. Taught at Layton High by Natalie Strong nastrong@dsdmail.net.
1/20 SAT 10-11 am \$64 6 wks.
3/16 SAT 10-11 am \$64 6 wks.

SEWING: BEGINNING

Learn basic sewing skills, fabric quality, and how to use a machine while creating small projects. Bring your own machine to class. Price includes a \$10 sewing kit. Ages 8+. Taught by Laura Smith laurasquilts@gmail.com who has been teaching adults and children for over 25 years. Taught at Woods Cross High by Tammi Neese tneese@dsdmail.net.
LHS 1/20 SAT 9-10:30 am \$79 6 wks.
WX 1/20 SAT 9-10:30 am \$79 6 wks.
LHS 3/16 SAT 9-10:30 am \$79 6 wks.
WX 3/16 SAT 9-10:30 am \$79 6 wks.

SEWING: INTERMEDIATE

This class is for those who have already taken the Kids Beginning Sewing class OR have 10+ hours sewing experience. Before joining class, students should be able to identify fronts and backs of fabric, sew a straight seam, and know how to thread a hand sewing needle. Skills taught will include following basic patterns, sewing curved lines and adding elastic in a project. Bring your own machine to class. Price includes a \$15 sewing kit. Ages 8+. Taught by Laura Smith Laura Smith laurasquilts@gmail.com who has been teaching adults and children for over 25 years. Taught at Woods Cross High by Tammi Neese tneese@dsdmail.net.
LHS 1/20 SAT 10:30 am-Noon \$84 6 wks.
WX 1/20 SAT 10:30 am-Noon \$84 6 wks.
LHS 3/16 SAT 10:30 am-Noon \$84 6 wks.
WX 3/16 SAT 10:30 am-Noon \$84 6 wks.

SCIENCE EXPERIMENT

Fun class for curious budding young scientists! This hands-on class will teach critical thinking skills, how to conduct an experiment, and how to measure results, all in a screen-free setting. Learn two or three experiments each class that can be performed at home in front of family and friends. Price includes a \$15 supplies fee. Ages 8+. Taught at Layton High by Adam Hellewell adhellewell@dsdmail.net.
1/20 SAT 11 am-Noon \$79 6 wks.
3/16 SAT 11 am-Noon \$79 6 wks.

STICKERS & BUTTON MAKING

Become your own printmaker and publishing house by designing and creating your own stickers and buttons

based on different weekly themes. Price includes a \$10 supply fee. Ages 6+. Taught at Layton High by Alyssa West alyssaw272005@gmail.com.
1/20 SAT 11 am-Noon \$74 6 wks.
3/16 SAT 11 am-Noon \$74 6 wks.

STOP MOTION ANIMATION

Learn the basics of animation and storytelling while planning and creating their own short movies using stop motion! Price includes a \$5 computer fee. Ages 7+. Taught at Layton High by Piper Leishman piperthepiper2222@gmail.com who has over 5 years of animating experience.
1/20 SAT 11 am-Noon \$69 6 wks.
3/16 SAT 11 am-Noon \$69 6 wks.

TUMBLING

A great activity and source of exercise that gets kids over their fears and more in tune with their bodies. Class will begin with basic skills and progress to more advanced skills. Taught at Layton High by Ellorie Forsgren elforsgren@dsdmail.net.
Ages 3-6
1/20 9-10 am \$64 6 wks.
Ages 7+
1/20 10-11 am \$64 6 wks.
Ages 3-6
3/16 9-10 am \$64 6 wks.
Ages 7+
3/16 10-11 am \$64 6 wks.

TUMBLING: ADVANCED

This advanced tumbling class will build on basic skills so that students will be able to do complete passes. Learn how to condition in such a way as to make passes cleaner and technique crisper. Students need to know how to do a roundoff, a back walkover, and a cartwheel to take the class. Ages 7+. Taught at Layton High by Ellorie Forsgren elforsgren@dsdmail.net.
1/20 11 am-Noon \$64 6 wks.
3/16 11 am-Noon \$64 6 wks.

UKULELE FOR KIDS

Develop musical ability while learning to play songs on the ukulele! A great class for kids of all ages and levels. A ukulele is needed for this class. Taught at Layton High by Wendy Rentz wrentz@dsdmail.net a licensed music teacher with 9 years in the classroom. Taught at Woods Cross High by Gillian Simmons gillian.simmons12@gmail.com who has played and taught for 10+ years.

LHS 1/20 SAT 11 am-Noon \$64 6 wks.
WX 1/20 SAT 9-10 am \$64 6 wks.
LHS 3/16 SAT 11 am-Noon \$64 6 wks.
WX 3/16 SAT 9-10 am \$64 6 wks.

VIDEO GAME DESIGN

If you enjoy video games or simply want to learn how they are made, this is the class for you! Learn how to design a basic video game using an online application. Price includes a \$5 computer fee. Ages 7+. Taught at Layton High by Annabel Hatfield ahminty@gmail.com.
LHS 1/20 SAT 9-10 am \$69 6 wks.
LHS 3/16 SAT 9-10 am \$69 6 wks.

WATERCOLOR PAINTING

Learn the basics of watercolor including wet and dry techniques, fun textures, color mixing, layering, by painting your favorite animal or pet. Price includes \$10 supply fee. More experienced artists are welcome. Ages 6+. Taught at Woods Cross High by Melissa Erickson melerickson@dsdmail.net.
1/20 SAT 11 am-Noon \$74 6 wks.
3/16 SAT 11 am-Noon \$74 6 wks.

LANGUAGE CLASSES

ASL: BEGINNING Pt. 1

Learn functional American Sign Language (ASL) which is commonly used in everyday activities and interactions. Students will be able to establish and maintain social relationships with others who use ASL. The grammar and vocabulary of ASL will be learned within the context of communicative activities. Students will be taught through role-play situations, activities & in class presentations. Taught at Layton High by Elisha Jones elijones@dsdmail.net who has been teaching ASL in high school for 15 years.
1/20 SAT 9-10:30 am \$79 6 wks.
3/16 SAT 9-10:30 am \$79 6 wks.

ASL: BEGINNING Pt. 2

Continue to explore American Sign Language and Deaf culture, building on skills learned in the beginning class. Students will learn how to ask questions about health, locations of places and objects, and plans. Also, learn how handshapes can represent nouns in ASL. Completion of part 1 or prior knowledge is required for lateral learning. Taught at Layton High by Elisha Jones elijones@dsdmail.net who

has been teaching ASL in high school for 15 years.
1/20 SAT 11 am -12:30 pm \$79 6 wks.
3/16 SAT 11 am -12:30 pm\$79 6 wks.

ASL FUNDAMENTALS

Learn the basic principles of American Sign Language, including everyday vocabulary, general grammatical concepts, and Deaf culture norms and expectations. Learn how to have basic conversations while strengthening the confidence of those with some experience. Taught at Woods Cross High by Rachel Hainline rachelih0002@gmail.com has an Associate's Degree of ASL and Deaf Studies from Weber State University and is a current ASL tutor.
1/18 TH 7:30-8:45 pm \$79 6 wks.
3/21 TH 7:30-8:45 pm \$79 6 wks.

CONVERSATIONAL SPANISH

Hola! Learn the basics of reading, simple conversations, days, dates, and counting to 100+. A class especially for those with little to no Spanish background. Taught at Layton High by Ana Yslas ayslas@dsdmail.net and at Woods Cross by Jose Hernandez jhernandez@dsdmail.net.
LHS 1/16 TU 6:30-8:30 pm \$89 6 wks.
WX 1/18 TH 6-8 p \$89 6 wks.
LHS 3/19 TU 6:30-8:30 pm \$89 6 wks.
WX 3/21 TH 6-8 pm \$89 6 wks.

CONVERSATIONAL SPANISH: CONTINUING

Review basic introductions, days, dates, time, weather, and continue with adjectives, verbs, and sports/activities/ music. Get ready to start ordering from restaurants, markets, and more in "español." If you've had some basic Spanish and want to continue learning this class will be helpful. Taught at Woods Cross by Jose Hernandez jhernandez@dsdmail.net.
WX 1/16 TU 6-8 pm \$89 6 wks.
WX 3/19 TU 6-8 pm \$89 6 wks.

JAPANESE LANGUAGE AND CULTURE

Traveling to Japan? Love to watch anime? Want to learn how to make sushi? Join us for this fun beginner class that includes learning some Japanese and how to speak it politely (anime words often are not); ending with a party where you will roll your own sushi. Learn how to introduce yourself, find the nearest restroom, and be able to

ask how much something costs. Price includes a \$10 supply fee. Taught at Layton High by Allisha Larsen allarsen@dsdmail.net who has lived in Japan and taught Japanese for the past 15 years.
1/17 W 6:30-8:30 pm \$99 6 wks.
3/20 W 6:30-8:30 pm \$99 6 wks.

MUSIC CLASSES

GUITAR

Play songs on the guitar! Learn the fundamentals of guitar technique which include basic strumming, chord forms, finger exercises, and tablature reading. January class at Layton High taught by Mark DesLaurier mdgtr20@gmail.com. Contact Mark after registration to order your book for the class. Taught at Woods Cross High by Greg Sales gds111@gmail.com. Greg will also teach the March class at Layton High.
WX 1/16 TU 6-7 pm \$69 6 wks.
LHS 1/20 SAT 11 am-Noon \$69 6 wks.
LHS 3/16 SAT 11 am-Noon \$69 6 wks.
WX 3/19 TU 6-7 pm \$69 6 wks.

STREET DRUMMING

Street drumming, also known as bucket drumming, teaches basic sticking techniques, grooves, and note reading so you can start making your own grooves and beats. This is a good inexpensive introduction to drumming using objects you already around your house that you can hit with a stick. Bring drumsticks, 10 to 12-inch dowels, or chopsticks and a bucket. Taught at Layton High by Tri Tran tran@dsdmail.net.
1/18 TH 7-8 pm \$69 6 wks.
3/21 TH 7-8 pm \$69 6 wks.

UKULELE

Learn ukulele basics, and quickly dive into playing tunes. You'll learn chords, fretting, strumming, and tuning techniques. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA) and learn to play one of the most fun instruments out there. Taught Layton High by Marci Low mlow@dsdmail.net.
LHS 1/16 TU 8-9 pm \$74 8 wks.
LHS 3/19 TU 8-9 pm \$74 8 wks.

REAL ESTATE CLASSES

BECOMING A REAL ESTATE INVESTOR

Purchasing a home can be a complicated process. Simplify your next experience

and get answers to your next home purchase and mortgage questions. Class will cover tips on how to get your offer accepted, what you should look for in a real estate team, and questions you should ask when you are looking at mortgage financing options. Taught by Alan Blood alanblood@cfghomeloans.com, a mortgage professional with 25 years' experience in the mortgage industry.
LHS 1/18 TH 6-7 pm \$19
WX 1/30 TU 6-7 pm \$19
LHS 3/19 TU 6-7 pm \$19
WX 4/18 TH 6-7 pm \$19

BUYING YOUR DREAM HOUSE: THE BASICS

Review roles and steps involved in buying your dream house, and how they fit into the standard Utah Real Estate Purchase Contract. Taught at Woods Cross High by Carrie Murphy snertmurphy@hotmail.com a realtor for 6 years with Equity Real Estate Solid. Taught at Layton High by David Hopkins campworks@gmail.com a realtor for 4 years with RealtyPath.
LHS 1/24 W 6-7 pm \$19
WX 1/30 TU 7-8 pm \$19
WX 3/19 TU 7-8 pm \$19
LHS 4/11 TH 6-7 pm \$19

FIRST-TIME HOMEBUYER

Navigating the home buying process can be overwhelming. You must crunch the numbers to figure out what you can afford, find a home that fits your lifestyle and budget, choose a lender, and negotiate the best terms—the list goes on. If you're thinking about buying a house for the first time or reentering the housing market this class will teach you the process and give you the confidence to turn your dream of home ownership into a reality. Taught at Layton High by David Hopkins campworks@gmail.com a realtor for 4 years with RealtyPath.
1/30 TU 6-7:30 pm \$24
4/16 TU 6-7:30 pm \$24

REVERSE MORTGAGE LOANS

A reverse mortgage loan can be an important part of your retirement planning. This class will help you get answers to your Reverse Mortgage questions and find out whether a Reverse Mortgage may be right for you. We will cover topics including the requirements to qualify, the different

options available, how you can age in place in your own home or purchase a new home with a reverse mortgage and not have a monthly mortgage payment. Taught by Alan Blood alanblood@cfghomeloans.com, a graduate of the University of Utah College of Law with 25 years' experience in the mortgage industry.
LHS 1/23 TU 6-7 pm \$19
WX 2/6 TU 6-7 pm \$19
LHS 3/28 TH 6-7 pm \$19
WX 4/16 TU 6-7 pm \$19

SELLING YOUR HOME: THE BASICS

Review roles and steps involved in selling your home, and how it fits into the standard Utah Real Estate Purchase Contract. Learn tips on improving the value of your home, strategies for marketing it, and getting the most money for it, while protecting yourself legally and ethically. Taught at Woods Cross High by Carrie Murphy snertmurphy@hotmail.com a realtor for 6 years with Equity Real Estate Solid. Taught at Layton High by David Hopkins campworks@gmail.com a realtor for 4 years with RealtyPath.
WX 2/1 TH 7-8 pm \$19
LHS 2/6 TU 6-7 pm \$19
WX 3/21 TH 7-8 pm \$19
LHS 3/27 W 6-7 pm \$19

RELIGION CLASSES

HISTORY & GEOGRAPHY OF THE BOOK OF MORMON

Taught at Woods Cross High by Duane S. Crowther. crowtherclasses@gmail.com. This class will identify and discuss the major events and key individuals recorded in the Book of Mormon—providing a valuable overview based on very useful course outlines. The book's geography, as well as its history, will also be presented. The timelines provided will help you keep track of all the major happenings.
1/18 TH 6-7:15 pm \$69 6 wks.
3/21 TH 6-7:15 pm \$69 5 wks.

SPIRIT WORLD INSIGHTS: LIFE BEFORE AND AFTER MORTALITY

Taught at Woods Cross High by Duane S. Crowther. crowtherclasses@gmail.com. Many thousands of people worldwide have recorded experiences in which they've been shown views of pre-mortal and after-death happenings. The author of Life Everlasting: A Definitive Study

of Life After Death will share valuable insights recorded in the book while describing life in the Spirit World. Also, insights concerning pre-mortal spirit world experiences will be drawn from another excellent book source: Trailing Clouds of Glory. Have questions or had near-death experiences? Share them!

1/16 TU 6-7:15 pm \$69 6 wks.
3/19 TU 6-7:15 pm \$69 5 wks.

SENIOR CITIZENS CLASSES

CHAIR YOGA

This yoga class is for those with limited mobility that would benefit from the support of a chair. It is a gentle and safe practice to move and stretch the body. The chair is used for support and balance in all the poses. A great introduction to yoga for beginners, seniors, someone with limited mobility, and anyone that is simply seeking to mindfully increase range of motion, flexibility, strength, and relaxation. Taught at Renaissance Academy (RA) 264 South 500 East in Kaysville by Lita Silva karmicyogachick@gmail.com is a Trained/Certified Yoga Teacher (RYT-500 hours) and Registered with Yoga Alliance since 2014.

1/18 TH 7:15-8:15pm \$69 6 wks.

COMPUTERS FOR SENIOR CITIZENS

Learn all about computer basics! No prior knowledge or experience is required to be successful in this course. Topics that will be covered will be decided upon by the individuals who enroll. It's time to learn a new skill and get more comfortable with using this useful form of technology! Taught at South Davis Jr. High Rm. 106 by Kim Thompson kimthompson@dsdmail.net.

1/16 TU 5-6:30 pm \$59 4 wks.

ESTATE PLANNING

This 60-minute session will explore the basics of estate planning. Learn the differences between wills and trusts, essential elements of effective estate strategies, asset protection, and the optimal timing for addressing crucial questions. Gain straightforward insights to empower yourself in making informed decisions for a secure future. Taught by Ben Coles ben@awaplanning.com.

LHS 2/20 TU 7-8 pm \$19
WX 3/21 TH 7-8 pm \$19

MEDICARE 101

If you are confused and overwhelmed trying to understand your options with Medicare, this class will eliminate your stress and confusion. Learn the basics of Medicare so you can make informed choices. This class is for educational purposes. For accommodation of persons with special needs at the class, please call 435-881-2680, TTY 711. This is a stand-alone class. Taught by Lori Wiser loriwiserins@gmail.com, a Licensed Independent Agent

LHS 1/17 W 6-7 pm \$19
WX 2/8 TH 6-7 pm \$19
LHS 3/20 W 6-7 pm \$19
WX 4/11 TH 6-7 pm \$19

PLANNING YOUR FERS FEDERAL RETIREMENT

If you are a federal employee, to learn how to plan for and transition into your retirement. Discuss in detail a retirement income timeline as it relates to your retirement date and what needs to happen before and after you

get there. Attendees will also learn how your TSP, savings, FERS pension, and social security work together to provide you with income in retirement. Taught by Rhett Sorensen rhett@rockhousefinancial.com a CERTIFIED FINANCIAL PLANNER™.

WX 2/6 TU 7-8 pm \$19
LHS 4/17 W 7-8 pm \$19

NAVIGATING SOCIAL SECURITY

This 60-minute session will explore the fundamentals of Social Security, covering essential aspects, including eligibility, benefits, and filing options, and tax considerations related to Social Security benefits. Whether planning for the future or nearing retirement, gain valuable insights to make informed decisions regarding your Social Security journey. Taught by Ben Coles ben@awaplanning.com is a National Social Security Advisor Certificate holder.

WX 1/18 TH 7-8 pm \$19
LHS 4/30 TU 7-8 pm \$19

TAXES IN RETIREMENT

The tax code is over 7,000 pages long and Google has over 73 million search results for "retirement tax strategies". Taxes are likely the biggest expense throughout one's life and it's complex. Learn how to address common retiree tax traps and strategies to avoid them. Attendees will have actionable items to utilize as they consider their own retirement tax. Taught by Rhett Sorensen rhett@rockhousefinancial.com is a CERTIFIED FINANCIAL PLANNER™.

WX 3/21 TH 7-8 pm \$19

ZUMBA® GOLD CHAIR

Zumba® Gold Chair is a seated workout designed for those with limited mobility, balance issues, or anyone who wants a fun, seated exercise session. Get core, arm, leg, and brain workout - all without any standing movements. All the Zumba FUN - in a chair! Chairs provided. Wheelchairs welcome. Make sure to bring a water bottle, a smile, and be ready to get your Latin dance groove on! Taught at Woods Cross High by Jennifer Love grizzlyfan2@yahoo.com who holds certifications in Zumba® Basic 1, Zumba Gold®, and Plate by Zumba®.

1/18 TH 6-6:40 pm \$64 8 wks.
3/21 TH 6-6:40 pm \$64 8 wks.



SPORTS CLASSES

PICKLEBALL: BEGINNING

Develop the basic skills to play the game of pickleball. Technical skills include forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, and proper footwork. Winter classes taught at Syracuse Jr. High and spring at Layton High by Karen Jones jonseykaren@comcast.net.

1/17 W 5:30-6:30 pm \$69 6 wks.
1/17 W 6:30-7:30 pm \$69 6 wks.
1/17 W 7:30-8:30 pm \$69 6 wks.
4/24 W 5:30-6:30 pm \$69 6 wks.
4/24 W 6:30-7:30 pm \$69 6 wks.
4/24 W 7:30-8:30 pm \$69 6 wks.

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* Exceptions: Apprenticeship programs are 48 months while working a full-time job in the field.

