

Eaton Rapids Public Schools Community Education

# Enrichment Classes for Adults and Children

Winter 2012

**Start the new year with us —**

Take a class or two that will help improve your diet, health, and budget.



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# YOUTH ENRICHMENT



## **Creative Art Classes**

Instructor Natalie Trotter will help children discover their creativity through art. Each class will explore different techniques to create a world of fun. Children will paint, draw, cut, and paste at each class.

## **Recycling Art**

See what you can make out of recycled materials found in your home. This class will give your children a creative experience plus teach them how to use recycled materials.

Date: Mon, 1/30

Class 1— Age 2-5 with parent	5:30-6:15 pm	\$10	Union Street Center
Class 2— Age K-5	6:30-7:30 pm	\$12	Union Street Center

## **Creative Color and Materials**

Discover the world of art by exploring colors, shapes and texture using a variety of materials.

Date: Mon, 2/27

Class 1— Age 2-5 with parent	5:30-6:15 pm	\$10	Union Street Center
Class 2— Age K-5	6:30-7:30 pm	\$12	Union Street Center

## **Nature Art**

Children will work with materials found in your backyard. Find out what you can make with rocks, leaves, flowers, and pinecones. The nature adventure is endless.

Date: Mon, 3/26

Class 1— Age 2-5 with parent	5:30-6:15 pm	\$10	Union Street Center
Class 2— Age K-5	6:30-7:30 pm	\$12	Union Street Center

## **Eaton Rapids Public Schools Early Learning Center at Union Street**



Are you looking for a safe, child-centered, and caring environment? Give us a call - we have openings in our childcare and preschool programs.

For more information, call Amy Allen at 663-2824.

# YOUTH ENRICHMENT

## **Sanchin-Ryu's Karate for Teens!** (Grades 9-12)

- Specifically designed to address personal-protection concerns, this program instructs a broad range of strikes, combinations, footwork and defense tactics.
- Receive specialized training on how to deal with, get out of, and counter a multitude of grabs and attack scenarios.
- Practicing many techniques and tactics will equip you with the confidence you need to defend yourself against any type of attacker.
- Learn how to use the whole body for power, making the most of your size and strength (regardless of athletic ability).
- Uniforms are available, but not required. Information will be provided the first night of class.

Session 1: Wed, 2/8-3/28 (8 weeks)

Session 2: Wed, 4/11-5/30 (8 weeks)

Time: 3:00-4:00 pm

Cost: \$30

Location: High School

Certified Sanchin-Ryu Instructor: Scott Jansen



## **Sanchin-Ryu's Karate for Kids** (Grades K-8)

This program combines two crucial courses into one, Sanchin-Ryu Karate & Self-Defense and Project Secure Child (child safety).

- Students will be trained with proven, age-appropriate techniques that are necessary for kids to protect themselves from attackers.
- This program is set in a fun, yet structured, environment which will give your child a positive outlook on learning a martial art. We focus on healthy attitudes vs. perfection!
- Participants will achieve great self confidence and leadership through the physical techniques, mental strategies, drills and exercises they are lead through.
- Instructors hold a ranking of at least 1<sup>st</sup> Degree Black Belt and maintain a continual (bi-monthly) certification to ensure the highest level of quality for their students.
- Uniforms are available, but not required. Information will be provided the first night of class.

Session 1: Thurs, 2/9-3/29 (8 weeks)

Session 2: Thurs, 4/12-5/31 (8 weeks)

Time: 6:00-7:00 pm

Cost: \$30

Location: Union Street Center

Certified Sanchin-Ryu Instructors: Dave Korman and Scott Jansen



The Mad Science After-School Program gives children a chance to see just how cool science can be! Watch for the flyer that will come home with students.

Register directly with Mad Science.

[WWW.MADSCIENCE.ORG/KALAMAZOO](http://WWW.MADSCIENCE.ORG/KALAMAZOO)

# YOUTH/ADULT ENRICHMENT

## **Baby Sign Language for Parent & Child**

Learn the benefits of teaching your young child sign language. Expand your learning, help reduce tantrums, and build a special bond with your child. Each session will consist of four sign language lessons using materials from *Baby Signing Time*. The classes are geared for ages birth-5 with a parent/caregiver/grandparent participating. In this class you will learn and practice signs together in a playful setting, and learn how to make signing a part of your daily life. The cost of the class includes a DVD, CD, and flash cards at a value of \$60.

Dates:

Session 1—1/24, 1/31, 2/7, 2/14

Session 2—2/21, 2/28, 3/6, 3/13

Session 3—3/20, 3/27, 4/3, 4/10

Time: 6:45-7:45 pm

Location: Union Street Center

Instructor: Dawn Tomlin

Cost: \$120 per session



## **Zumbatomic Parent and Child (3+)**

Zumbatomic is safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar. This is a parent participation class that will show kids that fitness is fun. This class is a combination of child appropriate Latin Rhythm dance moves and fitness games.

We keep everyone moving!

Date: Sat, 3/10-4/28

Time: 9:30-10:00 am

Location: Union Street Center

Instructor: Joanna Jennens

Cost: \$5 per class



## **Sanchin-Ryu's Karate for Families!**

A parent **AND** child program for ages 4+

- Set in a fun, non-competitive and informative atmosphere, this program allows parents to learn alongside their children.
- Physical techniques will be instructed along with drills and exercises, to help you have a positive experience with your self defense education.
- Sanchin-Ryu will teach you how to use your whole body, rather than just certain muscle groups, so size and stature are not an issue!
- Uniforms are available, but not required. Information will be provided the first night of class.

Session 1: Thurs, 2/9-3/29 (8 weeks)

Session 2: Thurs, 4/12-5/31 (8 weeks)

Time: 7:00-8:00 pm

Location: Union Street Center

Certified Sanchin-Ryu Instructors: Dave Korman and Scott Jansen

Cost: \$60

# ADULT ENRICHMENT

## **Selling on eBay**

This class will provide an introduction to selling on eBay, including creating a seller account, researching items, pricing strategies, creating listings, using PayPal, taking photos of items, monitoring your listing, getting paid, and shipping. You will leave this class ready to make money on those things you no longer need or want.

Date: Monday, 2/6  
Time: 6:30-8:30 p.m.  
Location: Union Street Center, Room 107  
Instructor: Carol Kamm  
Cost: \$30

## **Growing Strawberries for Profit**

Interested in making some extra cash? Then growing strawberries to sell at Farmers Markets may be for you. Learn about cultural practices, marketing and the economics of growing on a small scale.

Date: Wed, 2/22  
Time: 6:00-9:00 pm  
Location: Union Street Center, Room 107  
Instructor: Gary Heilig, Horticulturist  
Cost: \$30



## **Gold Fever**

Looking for an interesting hobby? Learn about prospecting for gold. Did you know that there is more gold being mined now than during the gold rush of the 1840s? Learn about where to look for gold, types and methods, tools and organizations to help you get started.

Date: Wed, 3/14  
Time: 7:00-8:30 pm  
Location: Union Street Center, Room 107  
Instructor: Gary Heilig  
Cost: \$20

## **Body/Cardio Sculpt (Ages 13 to Adult)**

Get Healthy and Fit! Excellent class for all fitness levels designed to help you strengthen your entire body. This class will incorporate a mixture of floor exercises, weights, and cardiovascular training for a total body workout. Body/Cardio-Sculpt is a great way to tone-up your physique and add a new variety your workout. Stick with this class and you will see results!

Dates:  
Class 1: Fri, 1/13-4/27 (no class 1/27)  
Class 2: Wed, 5/2-6/27  
Time: 7:30-8:15 pm  
Location: Union Street Center  
Instructor: Joanna Jennens  
Cost: \$4 drop-in



### **Don't walk in the cold — Walk the Halls!**

Union Street Center  
Tues & Thurs  
9:00-11:00 am

Eaton Rapids Middle School  
Mon, Tues, Wed, Thurs  
6:00-8:00 pm

The buildings are not available when school is not in session. For more information, call Brenda Stohr at 663-8169.

# ADULT ENRICHMENT

## "Family Matters" — Improve your family's diet and health!

Instructor Jesusa Vasquez has been a registered nurse for 35 years. She has a strong interest in diet and health. She has taught cooking classes, been a WIC counselor, and has raised three vegetarian children. Jesusa will share practical, inexpensive ideas to improve the diet and health of your family through a five-part series.

**All classes include samples, recipes, and door prizes — \$50 for all five classes or \$12 per class.**

### Dairy Free Diet

Need to eliminate dairy from your diet due to allergies, lactose intolerance or high cholesterol? This class will help you live well without dairy and maintain your calcium levels.

Date: Class 1—Tues, 1/24, 9:00-10:30 am  
Class 2—Thurs, 1/26, 7:00-8:30 pm  
Location: Union Street Center, Room 107  
Cost: \$12

### Eating Vegetables for Maximum Nutrition

Learn tasty ways to serve vegetables—raw and cooked. Introduce your children early to eating vegetables and improve your families vegetable intake.

Date: Class 1—Tues, 2/7, 9:00-10:30 am  
Class 2- Thurs, 2/9, 7:00-8:30 pm  
Location: Union Street Center, Room 107  
Cost: \$12



### Heart Smart

Heart disease continues to be the number one killer in America. This disease starts before age 21. Learn how to maximize foods which reduce and eliminate cholesterol from your diet.

Date: Class 1—Tues, 2/28, 9:00-10:30 am  
Class 2—Thurs, 3/1, 7:00-8:30 pm  
Location: Union Street Center, Room 107  
Cost: \$12

### Tips to Reduce and Prevent Childhood Obesity

Four easy surefire ways to prevent and reduce childhood obesity.

Date: Class 1—Tues, 3/13, 9:00-10:30 am  
Class 2—Thurs, 3/15, 7:00-8:30 pm  
Location: Union Street Center, Room 107  
Cost: \$12

### Basic First Aid for New Moms

Seeing your child suffer through any type of condition can be a heart-wrenching (and sometimes scary) experience. Arm yourself with information on conditions like cuts, bruises, rashes and choking.

Includes a First Aid Book.

Date: Class 1—Tues, 3/27, 9:00-10:30 am  
Class 2—Thurs, 3/29, 7:00-8:30 pm  
Location: Union Street Center, Room 107  
Cost: \$12

# ADULT ENRICHMENT

## **Getting Paid to Talk, Making Money with Your Voice** (An Introduction to Professional Voice Overs)

Have you ever been told that you have a great voice? This exciting class will explore the numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

Date: Tues, 5/8  
Time: 6:30–9:00 pm  
Location: Union Street Center, Room 107  
Instructor: Voice Coaches  
Cost: \$25

## **Zumba Fitness (Ages 13+)**

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. This class is an exhilarating, easy-to-follow, Latin-inspired fitness class that blends red-hot international music with calorie-burning dance moves. Zumba is moving millions of people of all shapes, sizes, and ages toward a healthier life-style. Bring a towel and water.

Denise Perkins, Instructor

Mondays and Thursdays

Dates: 1/9-6/28

Time: 5:30-6:30 pm

Location: Greyhound Central

Cost: \$5 at door



Joanna Jennens, Instructor

Class 1: Fri, 1/13-4/27 (No class 1/27)

Class 2: Wed, 5/2-6/27

Time: 8:15-9:00 pm

Location: Union Street Center

Cost: \$5 at door

## **Sanchin-Ryu's Karate for Adults** ( Age 14 & Older)

Set in a fun, non-competitive and informative atmosphere, this program is designed to empower today's adults with knowledge that can save your life! Students will learn a broad range of techniques including individual strikes, advanced combinations and more.

Session 1: Thurs, 2/9-3/29 (8 weeks) \$30

Session 2: Thurs, 4/12-5/31 (8 weeks) \$30

Time: 8:00-9:00 pm

Location: Union Street Center

Instructors: Dave Korman and Scott Jansen

## **Becoming a Better Photographer**

Instructor Paul Wegner will teach some of the techniques that can take your images from "this is where we were and this is what we did" to "let's hang this one on the wall." Find out how things like aperture, shutter speed, and ISO can effect a picture. Learn the techniques of good composition, including visual framing, depth of field, lighting, balance and the rule of thirds. We'll take lots of pictures (**you'll need your own digital camera**) and we'll evaluate the results together. You'll begin to "see" photos before you take them and learn how to best capture the image you want. Although it focuses on the basics, this course can help photographers at all levels.



Dates: Mon, 4/16-5/7 7:00-8:00 pm Union Street Center \$35

# AQUATICS

## Open Swim

Come for a Swim! Healthy, active fun! All swimmers must be 42" at the chin or accompanied by an adult in the water. You may bring your own floatation aide for young children, but it does not replace your close supervision. If no swimmers have arrived after 30 minutes from the start of Open Swim, the pool will close.

**Wednesdays 7:30-9:00 pm**

**Saturdays 1:00-3:00 pm**

Cost: \$4.00/ adult, \$3.00/ student  
\$7.00 for a family up to the 4 family members;  
\$1.00 for each additional member

## Special "No School" Open Swim

Anytime there is a planned "No School" day, there will be an open swim 1:00-3:00 pm

**Monday January 16**

**Friday January 20**

**Friday February 17**

**Monday February 20**

**Friday March 2**



## We love the POOL!



## Parent/Tot Splash Time

This open swim time is for our littlest swimmers and their buddy. Adult and child can swim without the big kids around, their own size toys and special music. Children who are not potty trained must wear a swim diaper and plastic cover.

Wednesdays

10:00-10:45 am

Cost: **FREE**

## Silver Sharks Swim Team

Ready to take swimming to the next level? Silver Sharks swimmers develop their swimming skills and stamina while making friends and learning sportsmanship. Swimmers should be age 7 and up, able to swim 4 lengths of the pool on their front, and have passed Level 4 of swim lessons.

**Winter Session - 1/3-3/29**

Tues & Thurs - 6:00- 7:30 pm

Cost: \$125

**Spring Session - 4/10- 5/31**

Tues & Thurs - 5:30 - 7:00 pm

Cost: \$70



# AQUATICS

Whatever your fitness level, adding a water workout to your weekly schedule can have great health benefits. The properties of water provide a no to low joint impact workout that can bring more calories than doing the same workout on land. If you already workout, adding swimming or water aerobics classes to your routine can help lessen injuries and muscle memory.

## Water Aerobics

This class is low to medium intensity and low joint impact. It is designed to give you some cardio conditioning while increasing strength and flexibility. These are drop-in classes and run year round. Come try us out! The first time is on us!

Mon, Wed, Fri            9:00-10:00 am  
Mon & Wed evening    6:30-7:30 pm

Cost: \$5.00 at the door  
Punch Cards: \$45 for 10 punches  
Senior Discount: \$37.50 for 10

## Lap Swim

Get out of the cold or just change up your routine with swimming. Use our kickboards, fins and other training aids to vary your workout. You can also use the *AquaJogger* equipment and "jog" your laps.

Mon & Wed            10:30 am-12:00 pm  
                              6:00-7:30 pm  
Sat                      10:00 am-12:00 pm

Cost: \$3.00 at the door  
Punch Cards: \$25 for 10 punches  
Senior Discount: \$20 for 10 punches



## Aqua Zumba (Ages 13-Adult)

This 45-minute long, group-fitness class follows the traditional Zumba format of Latin moves done to upbeat, shimmy-inducing tunes – it's done in the shallow end of a pool. Thanks to the resistance of the water, every salsa, merenge, and reggaeton step takes a bit more effort which helps your muscles work even harder.

Mon, 1/9 - 5/21  
Time: 7:45-8:30 pm  
Cost: \$5 drop-in

The pool will be closed for  
ER Boys Varsity Swimming  
Meets the evenings of

**Thurs 1/5**

**Tues 1/10**

**Thurs 1/19**

**Tues 1/24**

**Tues 1/31**

**Thurs 2/2**

**Come on out and support the  
team!!**



# AQUATICS



**American  
RedCross**

## American Red Cross “Learn to Swim” Lessons

One of the best things about living in Michigan is all the water related activities that are available. Learn to swim is important for safety as well as fitness. We have classes for all ages and skill levels. It's never too early or too late to LEARN TO SWIM!

### Preschool Aquatics (ages 4 & 5)

Level PS1—orienting children to the pool and water environment will help them be comfortable starting basic swimming skills like kicking, blowing bubbles, and putting their face in the water.

Level PS2—Helps children gain greater independence in their skills and develop more comfort in and around water while they improve their coordination skills.

### Learn to Swim (ages 6 & up)

Level 1—First lessons for children 6 and older, Students will explore putting their face in, floating, and moving through the water with help.

Level 2—Continued work on swimming with their face in the water, floating, kicking and arm movement on their fronts and backs.

Level 3 & 4—Students swim across the pool with rhythmic breathing. Additional strokes, diving and survival techniques are learned.

Level 5 & 6—Stroke Refinement and swimming skill for fitness. Call Aquatics Office for Level 5 & 6 class availability.

Cost for all classes is \$24 for 4 lessons. A \$4 discount is offered if you pre-registered before the first day of class. All classes must have 4 swimmers pre-registered to run. More detailed descriptions of the different levels is available on our website.

Saturdays	Level 1	1/7-1/28	10:05-10:35 am
	Level 3	1/7-1/28	10:45-11:25 am
	PS 1	1/7-1/28	11:30-12:00 noon
	Level 2	2/4-2/25	10:05-10:35 am
	Level 4	2/4-2/25	10:45-11:25 am
	PS 2	2/4-2/25	11:30-12:00 noon
	Level 1	3/10-3/31	10:05-10:35 am
	Level 2	3/10-3/31	10:45-11:25 am
	Level 3	3/10-3/31	11:30-12:15 pm
Tues & Thurs	Level 1	2/28-3/8	7:00-7:30pm
	Level 2	3/20-3/29	7:00-7:40pm
	Level 3	4/10-4/19	7:00-7:45pm

### Private Lessons - Adults and Children

If our schedule doesn't fit your schedule, we can work it out. Private lessons are built around your busy schedule and needs. From new swimmers to timid adults, or fitness swimmers wanting to improve their technique, we can help you be a better more confident swimmer. The cost is \$45 for 4 lessons. Call the Aquatics Office at 663-3484 to arrange lessons.

# AQUATICS - Swim Lessons

## Infant & Toddler Classes

The American Academy of Pediatrics now recommends that all children learn to swim. Not a big surprise. But they are saying that it is important that they be exposed to swimming between the ages of 1-4 yrs. Early lessons help them adjust to the new environment while they learn that swimming is FUN!



### Bugaboo Buddies (Ages 6 months-2 years)

Water adjustment for the youngest swimmers. Parent, grandparent, or caregiver must accompany child in the pool. Children who are not potty trained must wear a waterproof swim diaper.

Session 1	Sat	1/14-2/4	12:00-12:30 pm	\$24
Session 2	Sat	2/18-3/10	12:00-12:30 pm	\$24
Session 3	Wed	3/14-4/4	10:00-10:30 am	\$24

### Flipper Friends (Ages 2-4)

Water fun for parent and child. Parents will learn how to reinforce, encourage and strengthen swimming skills in their child. Parent must accompany child in the pool. Children who are not potty trained must wear a waterproof swim diaper.

Session 1	Sat	1/14-2/4	12:00-12:30 pm	\$24
Session 2	Sat	2/18-3/10	12:00-12:30 pm	\$24
Session 3	Wed	3/14-4/4	10:00-10:30 am	\$24

A \$4 discount is offered if you pre-registered before the first day of class.  
All classes must have four swimmers pre-registered to run.

## Pool Party

Are you looking for a unique and fun place to host your next party? Rent the **Eaton Rapids Community Pool**! The pool is perfect for birthday parties, service groups and family reunions. Great fun for every age!



Package includes:

- exclusive use of the pool for two hours
- games, underwater music
- use of special toys and equipment
- 2 fabulous lifeguards

After swimming, tables/chairs are available for your refreshments. Refrigerator with freezer available.

Cost is \$125 for 20 swimmers  
\$2 for each add'l swimmer

For more information, please call the Aquatics Office at 663-3484.

# REGISTRATION INFORMATION



**Online:** Go to: [www.erpsk12.org/communityeducation](http://www.erpsk12.org/communityeducation) and click on the registration link.

**By Mail:** Send a completed registration form with a check or money order to:  
Community Education, 501 Union Street, Eaton Rapids, MI 48827.  
Make checks payable to ERPS Community Ed.

**Class Cancellation Process:** Most classes require a minimum number of participants in order to be held. If a class is canceled due to low enrollment, we will contact you by phone within 24 hours of the first class and a refund will be issued.

**Refund Procedures:** To cancel a class registration, please call 663-8169. Class cancellations must be made 48 hours prior to the first class to receive a 100% refund. A 50% refund will be given if requested before the second class. No refund is available after the second class. In the case of a one-day workshop, no refunds are given after the first class. Refunds will be issued in approximately 30 days.

**Classes are canceled if school is closed due to the weather.**

Eaton Rapids Public Schools Community Education  
Registration Form

Name \_\_\_\_\_

Parent Name (if child enrolling) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Other Contact # \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Age (if child) \_\_\_\_\_

<u>Enrichment Classes</u>	<u>Session/Day</u>	<u>Cost</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Swim Classes **Aquatic class questions, please call Lori Chapman at 663-3484.**

Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_ Session \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_ Session \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_ Session \_\_\_\_\_ Time \_\_\_\_\_