

Canyons School District

Community Education

Fall 2022



📍 *we've moved* 📍

Community Education
9800 South 800 East | Sandy, UT 84094
801.826.6689

Did you know that Utah is one of only a few states where an adult can go back to school to earn a high school diploma?
If you or someone you know never finished high school, it's not too late to graduate!
Whether it's one or 24 credits, you can earn the credits you need by attending in-person classes and/or completing at-home packets.

Don't wait! Call us today! 801.826.6675

Entrada Adult High School - Education for Life!



Adult High School Completion | Adult Basic Education (ABE) | English as a Second Language (ESL) | GED® Prep

GED®, Adult Education and ESL* Information

1. Attend an orientation (GED® and Adult Education Only)
2. Register and complete entrance exam/pre-test.

GED® Students - This test can qualify you for a free practice GED® test to check your GED® test readiness! If you would like to increase your score, you can take a GED® preparation class.

*English as a Second Language classes are designed for speakers of other languages to improve their English language skills.

Fees

Tuition
\$50/Semester
Books
GED® - \$20 (If Needed)
ESL - \$30

Schedule for Food Handlers Permits

- **English:** 2nd and 4th Tuesday - 10:30 AM and 12:00 PM
- **Spanish:** 2nd and 4th Wednesday - 12:00 PM

Fee: \$30/Card

At Your Location!

On-site Class Options

- **15 Participants, Minimum, or Additional \$50 Fee**
- **If more than 50 participants, please inform the instructor in advance!**

Food Handler Permit Question?

Contact Jorge Mendez - 801.931.9379

Formación y examen de gerentes de alimentos en español.

Las personas interesadas deben inscribirse en estas clases en entrada.revtrak.net. Pago con cheque o efectivo se paga en nuestra oficina. Una vez que se haya registrado, recibirá instrucciones adicionales para ayudarlo a prepararse para esta capacitación y examen.

Si tiene preguntas adicionales por favor, pongase en contacto con Jorge (801-694-0678)

Call today!

NEW LOCATION! 9800 South 800 East - Sandy, UT 84094 | 801.826.6675

CANYONS COMMUNITY EDUCATION CLASSES

9800 South 800 East - Sandy, UT 84094 | 801.826.6689

Principal - Amy Boettger | Program Assistant - Cheri Prince - cheri.prince@canyonsdistrict.org

Class Locations & Site Coordinators



CTEC

825 East 9085 South - Sandy
Cheri Prince - 801.826.6689
cheri.prince@canyonsdistrict.org



Entrada High School

9800 South 800 East - Sandy
Cheri Prince - 801.826.6689
cheri.prince@canyonsdistrict.org



Indian Hills Middle School

1180 East Sanders Road - Sandy
Michelle Lacross - 616.706.7504
michelle.lacross@canyonsdistrict.org

How to Read Class Listings

Class Number - Location - Instructor

Day of Week - Time - First Class - Number of Sessions - Price

IMPORTANT DATES:

Walk-In Registration Begins:

August 29-31, 2022

(Monday - Wednesday)

9:00 AM - 2:00 PM

Community Education Classes begin Monday, September 19, 2022*

*Please check individual class dates and times.

No Classes - School Locations Only

- September 26-29, 2022 - Parent Teacher Conferences
- October 17-21, 2022 - Fall Break
- November 21-25, 2022 - Thanksgiving

Registration Policies

- Online and mail registrations will be accepted until the class is full or the class begins.
- Checks, money orders or credit/debit cards accepted.
- Make checks payable to: CANYONS SCHOOL DISTRICT.
- No phone registration accepted.
- All material fees must be paid directly to instructor at the first class.
- See individual class listing for number of sessions..

Refunds & Cancellations

- Enrollment canceled more than 72 hours after registration will incur a fee of \$10/class/student.
- No refunds on camps and classes shorter than six (6) weeks unless canceled at least one week before first class meeting.
- To receive a refund, you must withdraw from class at least 24 hours before the beginning of the second class.
- Please contact your site coordinator to cancel enrollments.
- Students cannot attend class until registration and payment is complete.



Online Registration

Registration Link:

<http://entrada.revtrak.net>

Payment is made by credit/debit card.

Your statement will show
'Entrada High School'.



Walk-In Registration

August 29-31, 2022

9:00 AM - 2:00 PM

9800 South 800 East

Sandy, UT 84094

Cheri Prince | 801.826.6689



Mail

Mail Registration Form
and check/money order to:

Community Education Registration

9800 South 800 East

Sandy, UT 84094



Mail-In Registration Form

Canyons School District
Community Education Registration
9800 South 800 East
Sandy, UT 84094
801.826.6689 | FAX: 801.826.6679

Date: _____

Your Name: _____

Mailing Address: _____

City, State & Zip: _____

Email: _____ Phone: _____

ADULT CLASSES

Student Name	Class Number	Class Name	Day	Time	Class Cost

YOUTH CLASSES

Student Name	Class Number	Class Name	Day	Time	Class Cost

Please list any allergies or behaviors the Youth Class Instructor should know: _____

Name AND phone of person picking up Youth from classes: _____

Please make checks payable to CANYONS SCHOOL DISTRICT.

TOTAL DUE:

**Multiple participants from the same family may use the same form. | No refunds after the second class.
Enrollments cancelled more than 72 hours after registering may incur a fee of \$10 per class per student.
Please retain a copy of this form as your receipt and proof of enrollment.
Youth picked up after class more than 15 minutes late may be dropped from the class without a refund.**

Canyons Community Education Release & Indemnification

RELEASE AND INDEMNIFICATION: I hereby recognize and acknowledge that my/my child's participation in recreational activities may involve bodily and/or emotional injury to me and/or my child. In consideration of being permitted to participate in such activities, I, for myself, my child, my heirs, my executors and administrators, hereby voluntarily and knowingly indemnify and hold harmless, defend release, waive and discharge Canyons School District, and its officers, employees, and volunteers from any and all suits, claims or liability, including negligence, based on any injury except that caused solely by the willful misconduct of Canyons School District, that may result from my or my child's participation in Canyons School District Community Education activities. In addition, I agree that I or my insurance company will pay for medical, hospitalization, and any other expenses resulting from my or my child's participation. EMERGENCY TREATMENT/PHOTOS: I hereby authorize Canyons School District employees or volunteers to act on my behalf in accordance with their reasonable judgement in case of emergency involving me or my child. I agree to assume full responsibility for all expenses, medical or otherwise, that may arise from any such emergency. I understand and agree that I or my insurance company may be billed for such treatment. I also understand that registration in this program constitutes permission for Canyons School District to use photos and videos taken during the course of business in promotional materials. I agree to abide by and cooperate with Canyons Community Education policies. (Please see CSD website for policies.)

I have carefully read the above release and authorizations and sign it with full knowledge of its contents and significance.

Signature

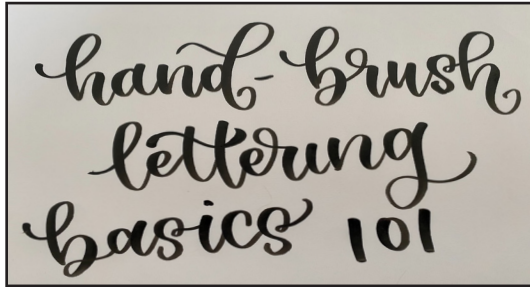
Printed Name

Date

ADULT COMMUNITY EDUCATION

Adult classes are age 18+, unless otherwise indicated.

Arts & Crafts



Hand-Brush Lettering Basics (Adult - Ages 18+)

Have you ever wanted to learn brush and hand lettering? Now is your chance! Learn all the basic skills to hand letter. This is a beginning level class. \$35.00 material fee paid to the instructor the first night of class. Provided materials include lettering sheets, markers and pens.

#1304 - Entrada High School - Heather Larsen
Tuesday ... 7:00-8:00 PM ... 09/13 ... 3 Sessions ... \$30

Old European Figure Carving (Adult - Ages 18+)

This is a carving class for anyone who would like to learn about Old World historic whittling from Sweden and wood carving from the German Alps. Learn some of the history of wood carving from Europe. Learn how to choose a subject, find the proper local carving woods and do the figure lay out. You will be given instructions on how to use gouges and knives. Learn how to sharpen your tools. You will also be shown how to whittle or carve and paint your figure carvings. Instructor was taught in Munich Germany and the Bavarian Alps in 1971-72, and has been a commercial wood carver, designer, craftsman and sculptor for over 30 years. For a required tool list and information call David Paul at (801) 571-6095.

#1143 - Indian Hills Middle School - David Paul
Monday ... 6:00-9:00 PM ... 09/19 ... 8 Sessions ... \$85
#1142 - Indian Hills Middle School - David Paul
Wednesday ... 6:00-9:00 PM ... 09/21 ... 8 Sessions ... \$85

Beginning Stained Glass (Adult - Ages 18+)

Come learn a fun new hobby at Beginning Stained Glass! You will learn the Tiffany-style of production and come away with a small piece of your own creation! Each class will be a around two (2) hours long. You will need to come prepared with safety glasses and either an apron, or a shirt you don't mind getting a little messy. Looking forward to seeing you there!

Beginning Stained Glass

#1130 - Indian Hills Middle School - Lena English
Wednesday ... 6:00-8:20 PM ... 09/21 ... 5 Sessions ... \$50

Cooking & Sewing Crochet - Beginning (Adult - Ages 18+)

In this beginning crochet class, students will learn the basics of crochet including slip knots, chain stitching, single crochet stitching, half double crochet stitching, double crochet stitching, triple crochet stitching, crocheting in the round, reading basic patterns, learning the basic structure of a granny square and creating simple projects that will make you proud! Each week, a new and simple crochet project is introduced, which gives students an opportunity to practice the new stitches and skills taught during that class.

Materials to bring to first class: One skein of (4-Ply) medium weight cotton yarn, Size H-8 (5.0mm) crochet hook, tapestry needle, scissors and a folder for crochet handouts. \$5.00 material fee paid to the instructor the first night of class.

#1141 - Indian Hills Middle School - Jennifer Rima
Monday ... 6:30-7:30 PM ... 09/19 ... 8 Sessions ... \$50

Crochet - Intermediate (Adult - Ages 18+)

This class is designed for those who have a solid understanding of the basics of crochet. In this course, we will focus on pattern reading skills for intermediate level patterns, as well as learning the Bobble Stitch, Chevron Stitch, Cluster Stitch, Daisy Stitch, Shell and V-Stitch. The structure for a basic granny square, floral granny square and sunburst granny square are also taught. Aside from creating samplers of the stitches and granny squares listed above, other projects that are introduced in this class include an infinity scarf, a mandala, a market/beach bag, a granny stripe blanket and an adorable amigurumi octopus!

Materials to bring to first class: Two skeins of any soft, medium weight yarn (4-Ply) in different colors that will coordinate together for Infinity scarf. A size I-9 (5.5mm) crochet hook, a tapestry needle, scissors and a folder for crochet handouts. \$5.00 material fee paid to the instructor the first night of class.

#1140 - Indian Hills Middle School - Jennifer Rima
Monday ... 7:30-9:00 PM ... 09/19 ... 8 Sessions ... \$50

Dutch Oven Cooking - Six Weeks (Adult - Ages 18+)

Come learn from one of the 99 World Champion Dutch Oven Cooks, Kent Mayberry! He and his partner are the Authors of American West Dutch Oven Cooking. In six weeks you will learn to buy, season and care for your Dutch Ovens. You will also learn to make breads, main dishes, side dishes and desserts! In this class you will learn tips and tricks of cooking! Materials fee of \$20 helps offset the cost of food that is cooked each week and yes, students get to eat the wonderful creations!

#1120 - Indian Hills Middle School - Kent Mayberry
Monday ... 6:30-8:30 PM ... 10/10 ... 6 Sessions ... \$40

Dance, Fitness & Sports Ballroom (Adult - Ages 18+)

Fun date-night activity! Learn simple, stylish moves and have more fun on cruises, at parties, weddings and social dance events. Be comfortable and confident on the dance floor! Taught by Margene Anderson; a highly-trained professional ballroom, Latin, salsa and swing instructor, with over 30 years of experience. You've always wanted to, so come join the fun! Call (801) 544-1339 for questions. Class fee is per person, but you MUST register with a partner.

#1112 - Indian Hills Middle School - Margene Anderson
Monday ... 6:00-7:00 PM ... 09/19 ... 6 Sessions ... \$39/Person
#1113 - Indian Hills Middle School - Margene Anderson
Monday ... 7:00-8:00 PM ... 09/19 ... 6 Sessions ... \$39/Person
#1114 - Indian Hills Middle School - Margene Anderson
Monday ... 8:00-9:00 PM ... 09/19 ... 6 Sessions ... \$39/Person

Drums Alive (Age 16+)

Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program. Drums Alive combines traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire mind, body and spirit! Wear comfortable shoes and bring a water bottle.

#1147 - Indian Hills Middle School - Mike Muniz
Monday ... 7:00-8:00 PM ... 09/19 ... 8 Sessions ... \$35

Gentle Yoga (Adult - Ages 18+)

This class is for those who want to relax, stretch and meditate. Most poses will be done on the floor. This class will focus on mind, body and spirit. A yoga mat is required.

#1106 - Indian Hills Middle School - Marna Getz
Wednesday ... 8:00-9:00 PM ... 09/21 ... 8 Sessions ... \$35

Community Education Classes
Continued on Page 7 ...



2022-23 CREDIT RECOVERY PACKETS!

Please read and understand the following process! Questions?! Call Diamond Ridge at 801.826.9900.

- 1. Complete Form (Below)** - Courses are for Credit Recovery ONLY!
- 2. Have your current high school counselor approve courses/quarters and sign form.**
(If packets are purchased without a counselor signature, Diamond Ridge High School is not responsible for any incorrect courses or quarters purchased. No refunds or exchanges!)
- 3. Bring your form to Diamond Ridge High School Monday, Tuesday or Wednesday from 3:00 - 5:00 PM.** Packets are \$35/each. **CASH ONLY!** One Packet = .25 Credit. Packets are nonrefundable.
- 4. Complete Packet and Register to Test** - Visit drhs.canyonsdistrict.org or use QR Code above.
- 5. When arriving to test, bring completed packet and a picture ID.** No tests without identification!
(If you do not pass the test, you're allowed a retake, which may have to be scheduled another date/time.)
- 6. Diamond Ridge will post your credit to your Canyons School District Transcript.**

AVAILABLE CREDIT RECOVERY PACKETS

* Please check our website for additional packets! They will be added as they become available! *

<u>Language Arts</u>	
English Language Arts 9	Q1 Q2 Q3 Q4
English Language Arts 10	Q1 Q2 Q3 Q4
English Language Arts 11	Q1 Q2 Q3 Q4
English Language Arts 12	Q1 Q2 Q3 Q4
Creative Writing	Q1
<u>Science</u>	
Biology	Q1 Q2 Q3 Q4
Earth Science	Q1 Q2 Q3 Q4
Human Anatomy	Q1
Zoology	Q1 Q2

<u>Math</u>	
Secondary Math I	Q1 Q2 Q3 Q4
Secondary Math II	Q1 Q2 Q3 Q4
Math of Personal Finance	Q1 Q2 Q3 Q4
<u>Financial Literacy</u>	
Financial Literacy	Q1 Q2
<u>Fine Arts</u>	
Art Foundation	Q1
Art History	Q1
Drawing 1	Q1

<u>Social Studies</u>	
Geography	Q1 AND Q2 (One Packet for Both Quarters, No Individual Quarter Packets)
US Government	Q1 Q2
US History	Q1 Q2 Q3 Q4
World Civilization	Q1 Q2
Psychology	Q1
World Religions	Q1
<u>Physical Education</u>	
Consumer Health	Q1 Q2

Please read and understand information listed above before purchase!

Course Name/Number:	Quarter:
Course Name/Number:	Quarter:
Course Name/Number:	Quarter:
Course Name/Number:	Quarter:

Student Full Name:	
Student Number:	Student Cell Phone Number:
Date:	Grade:
Home High School:	Counselor:

Diamond Ridge High School does not offer help or tutoring with packet content.
If you are struggling to complete a packet, please contact your school counselor for available assistance options. THANK YOU!

Yoga Flow Class (Adult - Ages 18+)

This class will be fun, energizing, fast and relaxing. You will be taken through a variety of yoga poses working the whole body, mind and spirit. A yoga mat is required.

#1105 - Indian Hills Middle School - Marna Getz
Wednesday ... 7:00-8:00 PM ... 09/21 ... 8 Sessions ... \$35

Qigong - Beginning (Adult - Ages 18+)

Qigong is a holistic Chinese practice that integrates posture, flowing movements, breath-work, self-massage and healing sounds to release stress, calm your mind, increase energy and improve health. Please wear comfortable clothes and shoes. No equipment is required.

#1103 - Indian Hills Middle School - Chantal Papillon
Monday ... 7:00-8:00 PM ... 09/19 ... 8 Sessions ... \$35
#1104 - Indian Hills Middle School - Chantal Papillon
Wednesday ... 6:00-7:00 PM ... 09/21 ... 8 Sessions ... \$35

Zumba | Zumba Toning (Adult - Ages 18+)

Zumba is a fitness program that combines Latin and international music and dance moves. Zumba Toning combines body-sculpting exercises and high-energy cardio work. Students learn how to use light-weight toning sticks to enhance rhythm and tone all of their target zones. Including arms, abs and thighs.

#1146 - Indian Hills Middle School - Mike Muniz
Wednesday ... 6:00-7:00 PM ... 09/21 ... 8 Sessions ... \$35

Foreign Language & ASL

Italian - Beginning (Adult - Ages 18+)

Come and explore the basics of Italian! Learn vocabulary that is common and useful and how to create sentences. This class will help you start a foundation that will help you to begin to communicate in Italian. Expect to learn helpful concepts for the beginning of your Italian adventure! \$10.00 material fee paid to the instructor the first night of class.

#1123 - Indian Hills Middle School - Russ Andersen
Monday ... 6:30-8:00 PM ... 09/19 ... 8 Sessions ... \$50

Gardening

Composting (Adult - Ages 18+)

Participants learn how to make the best fertilizer, utilizing free ingredients from their home and kitchen. You can buy compost anywhere, but you'll always be using an inferior product if you do! Like everything else, you can't buy as good as you can make - with no cost!

Composting

#1148 - Indian Hills Middle School - Jim Teahan
Wednesday ... 6:30-8:00 PM ... 09/21 ... 1 Session ... \$25
#1149 - Indian Hills Middle School - Jim Teahan
Monday ... 6:30-8:00 PM ... 10/10 ... 1 Session ... \$25

Gardening - Knowledge is Power (Adult - Ages 18+)

Learn about perennials, fall planting and how to prune for more fruit production. Also learn what and when to prune. How to winterize your yard and why it is so important. Learn more about the tools to use, safety and proper techniques. Learn more about xeriscaping. A well-designed xeriscape can decrease your water usage anywhere from 50 to 75 percent.

Week 1: Perennials - Shrubs, Trees and Plants - It is not too late to plant for spring! The ground is still warm and they will have a head start.

Week 2: Pruning 101 - This time of year is ideal for getting ready for spring!

Week 3: Yard Winterization - How and what to do, when and why to get your yard ready for winter.

Week 4: Xeriscaping - Most xeriscaping plants are perennials and if there is a warm autumn, you could start now when plants go on sale and plan for spring!

\$5.00 material fee paid to instructor the first night of class.

#1131 - Indian Hills Middle School - Jan Knold
Wednesday ... 6:00-8:00 PM ... 09/21 ... 4 Sessions ... \$40

Growing Microgreens at Home (Ages 18+)

This is a fun class learning how to grow these normally expensive greens at home. Microgreens are highly desirable by chefs at the most expensive restaurants in the country. Attendees learn the ins and outs and then participate in a hands on demonstration. Participants receive a free pamphlet which covers the main topics discussed in class, the most popular microgreens, where to get them and then a taste test of selected microgreens.

#1122 - Indian Hills Middle School - Jim Teahan
Wednesday ... 6:30-8:00 PM ... 11/16 ... 1 Sessions ... \$25

Hydroponics 101 (Adult - Ages 18+)

Have you ever wished that you could grow delicious and nutritious leafy greens, herbs or even microgreens inside of your house or apartment? You can, and it's easy! Hydroponics is the practice of growing plants without soil. Starting with a little information and an affordable and expandable growing station, you can be growing hydroponically in no time. This course teaches you the basics of selecting and starting seeds for your hydroponic system, building your own DIY hydroponic station, and how to maintain, or even expand, your home-based hydroponic operation. This course will actually help you build your first hydroponic garden for a fraction of the cost of a ready-made



Hydroponic Home System \$150 - Material fee paid to instructor the first night of class, if you want to make and purchase the hydroponic system. (Class can be taken without purchase.)

Included (Please note, table is NOT included!)

- Two Grow Lights
- Light Frame
- Light Timer
- 14-Gallon Tote
- Nutrient Solution
- Air Pump, Hose & Air Stone
- Seedling Tray

#1302 - Entrada High School - Dave Dau
Tuesday ... 6:30-8:30 PM ... 09/20 ... 3 Sessions ... \$60
#1303 - Entrada High School - Dave Dau
Tuesday ... 6:30-8:30 PM ... 10/25 ... 3 Sessions ... \$60

Life Skills

Two-Part Anticipating a Bright Future (Adult - Ages 18+)

Week 1: Life Skills: Learn skills to enhance your quality of life to better serve you and prepare you for the future. Topics include how the human brain works; the power of words, accountability, beliefs, gratitude and forgiveness; and defining and focusing on our desires and life mission.

Week 2: Building Resilience: Position yourself to more effectively handle challenging situations by learning how the human brain responds to stress, fear, and dread; understanding the survival arc; adopting the three beliefs of resilient people; and discovering some simple ways to rewire our brain to improve your life.

#1135 - Indian Hills Middle School - Karen Thomas
Wednesday ... 6:30-8:30 PM ... 11/02 ... 2 Sessions ... \$25

Building Mindfulness Practices

(Adult - Ages 18+)

This six week course will teach breath and mindfulness techniques for present moment awareness, self-compassion and kindness. Participants will sit on chairs. This is an educational course. Instructor Linnea Charnholm has her 100-hour mindfulness teacher training certification.

#1136 - Indian Hills Middle School - Linnea Chamholm
Monday ... 7:00-8:00 PM ... 10/05 ... 6 Sessions ... \$40

Effective Team Building

(Adult - Ages 18+)

Develop strategies for recognizing and utilizing people's natural strengths and abilities (including your own!) to create a positive, productive environment at home, in the workplace and in the community.

#1133 - Indian Hills Middle School - Karen Thomas
Monday ... 6:30-8:30 PM ... 09/19 ... 1 Session ... \$25

Three-Part Emergency Preparedness

Series (Adult - Ages 18+)

Week 1: Fact or Myth? Lifesaving Disaster

Responses: Do you believe any common disaster myths? Discover the facts about disasters, recommended protective actions that could save your life, and six areas of preparedness activities to ensure the well-being of your loved ones.

Week 2: Tips for Handling the Aftermath of a

Disaster: Learn recommendations for short-term self-sufficiency immediately following a disaster without power, running water, sewer, etc. Which frozen and refrigerated foods are safe to eat for how long? What alternative cooking methods are safe indoors? Explore tips for rendering first aid in a disaster setting when professional medical help is unavailable, including testing and treating broken bones, splinting techniques and best positions for various joints, caring for cuts, etc. (The instructor will have some specialty items available for purchase at cost.)

Week 3: Rebound in 72: You're Preparedness

Plan for Resiliency: View preparedness in a new paradigm based on five time periods and eight need areas. Learn how to customize a plan for your family and disaster supply kits for home, work, bedside, evacuation, etc. Explore many beneficial things you can do to prepare with minimal financial investment to increase your resilience and peace of mind.

#1134 - Indian Hills Middle School - Karen Thomas
Wednesday ... 6:30-8:30 PM ... 10/05 ... 3 Sessions ... \$35

Miscellaneous

Magic for Everyone

(Adult - Ages 18+)

Teachers, parents, grandparents, older students, and anyone who would like to learn astounding, but simple, magic effects! This four week class will teach routines using books, coins, napkins, newspaper, rings, rope, string and other common objects found around the house, along with a few uncommon props that will be supplied. These are not your typical magic set tricks! You will learn actual routines and techniques, many of which are performed constantly on stage and TV. These lessons will include a variety of basic pocket tricks, games you can't lose, mind reading, rules of magic, sleight of hand and enough stand-up magic to put on multiple shows! This will be fun! Rick Kercher has been performing and teaching magic for over 45 years. \$20.00 material fee paid to the instructor the first night of class.

#1107 - Indian Hills Middle School - Rick Kercher
Wednesday ... 7:00-8:30 PM ... 09/21 ... 4 Sessions ... \$15

Reader's Theatre (Adult - Ages 18+)

With script in hand (no memorization), we will be looking at Abbott and Costello's baseball classic, "Who's on First?", the touching disabled boy who asks, "Dad, do you think they'll let me play?" Ann Landers' worldwide demanding letters asking how to hang the toilet paper over or under and the humor found in Shakespeare. These are fun to read and audience pleasers to perform. Students will learn how to bring emotion, expression, meaning and action to words on the printed page. Reading audio books and reading voice-over training for anticipated employment as well as for future auditions and performances. Reading in rehearsals will enable students to be comfortable reading a script, telling a story and pleasing the listeners, resulting in a fun non-threatening way to build confidence and self-esteem. Taught by an experienced world performer, writer and director who began effective interpretation at age three in Sandy, Utah. Her latest book, All About Me, was just published, featuring the cover drawn by a Park Lane student.

#1109 - Indian Hills Middle School - Joyce Skidmore
Monday ... 6:00-8:00 PM ... 09/19 ... 8 Sessions ... \$50

Introduction to Reiki & Self-Healing

(Adult - Ages 18+)

Experience Reiki and learn life shifts that can be created with this practice. Learn how the mind works and how Reiki can assist with healing. Discover nature's plant medicine, moon cycles, chakras, power of cord cutting, crystals, meditation benefits, color, breathe work and the blessings of 'allowing'. Share in a Reiki Experience & Drum Circle. You are your creator of your true power! All you need is already with you! This four-week class includes practical and theory. Call Kari: (801) 558-4804 for more information. \$48.00 material fee paid to the instructor the first night of class.

Introduction to Reiki & Self-Healing

#1121 - Indian Hills Middle School - Kari Romney
Wednesday ... 6:30-9:00 PM ... 10/05 ... 4 Sessions ... \$40

Utah History - Learn More About the State You Live In! (Adult - Ages 18+)

Learn about the Anasazi and Fremont cultures, early explorers of European decent, Utah wars, the mining era, some of the geography of the state, historic sites and markers. There will be lots of interesting facts about people who passed through and lived in Utah as well as events that shaped our state. Instructor will keep you entertained with lots of fun stories!

#1124 - Indian Hills Middle School - Russ Andersen
Wednesday ... 6:30-8:00 PM ... 09/21 ... 8 Sessions ... \$50

Technical Education

Timber Framing (Adult - Ages 18+)

Have you ever wanted a pergola for your back yard? Come learn how to build one for yourself! Over five classes we will learn the skills and techniques to build a timber frame pergola. We will cover safety and tools. We will learn to sharpen tools. Finally, we will build a pergola together. You will walk away with the skills you need to convert any backyard space into a place where you want to live. There will be no refunds issued for the timber framing class!

#1602 - CTEC - Nathan Hampton
Tuesday & Thursday ... 6:30-9:00 PM ... 09/06 ... 5 Sessions ... \$85
#1603 - CTEC - Nathan Hampton
Tuesday & Thursday ... 6:30-9:00 PM ... 10/25 ... 5 Sessions ... \$85

Welding

You will be taught the basics of the following welding processes: SMAW(Stick), GMAW (MIG), GTAW (TIG). Mechanical cutting, plasma cutting and oxy-fuel cutting will also be covered. Each session you will be required to bring leather welding gloves, coveralls or welding jacket and safety glasses. Attendance at the first session is mandatory for safety training to be completed. The first night, class will go until 8:30 PM. Each session will start with basic information and demonstration of the process and the end with individual practice for the process demonstrated. Practice material will be provided. After the initial classes, time will be allotted for you to work on an individual projects of your own design or continue to improve your skills on practice material. Project material will not be provided. There will be no refunds issued for the welding class!

#1604 - CTEC - Dalton Magee
Wednesday ... 6:00-8:00 ... 09/21 ... 8 Sessions ... \$120

Register Any Time!

- Go to <http://entrada.revtrak.net>
- Click 'Community Education'
- Select Class Category
- Select Class
- Click 'CLICK HERE to Register for this Class'
- Create an account or login to pay and register

CANYONS COMMUNITY EDUCATION YOUTH CLASSES

YOUTH

Arts & Crafts

Art Haven - All New Multi-Medium Art Classes (Grades K-5)

Art Haven has all new multi-medium experiences every session, with both two and three-dimensional art. We'll experiment with materials such as sculpture, metal, printmaking, charcoal, watercolors, acrylic, pastels and more! Discover art history and culture as students use their imaginations to turn their ideas into reality. Combining fine art with sculpture and mixed media will provide each child with the knowledge and skills they need to unleash his or her creativity and the ability to produce beautiful works of art. Don't miss out on this Total Art Experience with Art Haven this fall! Dress for mess and join us this session for creativity and fun! All materials included!

#1106 - Indian Hills Middle School - Art Haven
Monday ... 6:00-7:00 PM ... 09/19 ... 7 Sessions ... \$104

Art Haven - Ghosts, Cats and Bats, Oh My! (Grades K-5)

Join us for some Spooktacular fun! One and a half (1.5) hour keepsake making workshop. We will create a Halloween-themed keepsake that is sure to impress! All materials included! Dress for mess! Questions? Contact Art Haven Director - Taska Williams - at taska@arthavenplace.org or 801-885-9817

#3055 - Entrada High School - Art Haven
Thursday ... 5:30-7:00 PM ... 10/27 ... 1 Sessions ... \$25

Art Haven - Winter Wonderland Workshop (Grades K-5)

Create artful gifts for the winter holidays! Join us for a special one and a half (1.5) hour workshop, as we create two handmade, fine art gifts that are sure to become keepsakes! Each project will be gift wrapped, ready for giving for the winter holiday season. Kids will have fun getting creative and enjoy getting into the gift-giving spirit! Gifts are always special when it is handmade. All materials included! Dress for mess! Questions? Contact Art Haven Director - Taska Williams - at taska@arthavenplace.org or 801-885-9817

#3054 - Entrada High School - Art Haven
Thursday ... 5:30-7:00 PM ... 12/15 ... 1 Sessions ... \$25

Pencil Art for Children (Ages 8-14)

Learn the process of drawing with graphite pencils to create an image using various techniques. \$10.00 material fee paid to the instructor the first night of class. Questions? Please call 801-623-7152.

#1125 - Indian Hills Middle School - Catherine Norwood
Wednesday ... 6:00-8:00 PM ... 09/21 ... 7 Sessions ... \$55

Register Any Time!

- Go to <http://entrada.revtrak.net>
- Click 'Community Education'
- Select Class Category
- Select Class
- Click 'CLICK HERE to Register for this Class'
- Create an account or login to pay and register

Miscellaneous

Magic for Young People (Age 8-18)

Do you want a solid foundation learning and performing serious magic effects? This two week class will teach all the basics you need to start performing for family, friends and school. These are not your typical magic set tricks. You will learn actual routines and techniques, many of which are performed regularly on stage and TV. You'll learn how to cut and restore string, make a rope penetrate your body, have things appear and disappear, read minds, predict your spectators' choices, transform one item to a different item, defy gravity, add columns of random numbers twice as fast as your teachers (and parents) and so much more! Rick Kercher has been performing and teaching magic for over 45 years and knows how to create a fun magic learning experience. \$10.00 material fee paid to the instructor the first night of class.

#1108 - Indian Hills Middle School - Rick Kercher
Wednesday ... 5:30-6:30 PM ... 09/21 ... 2 Sessions ... \$15

Fitness



Girls on the Run (Grade 3 - 6)

Girls on the Run is a 501(c)(3) nonprofit afterschool program that is designed to enhance the social, emotional and physical health of 3rd - 6th grade girls. By creatively integrating running into its curriculum, Girls on the Run encourages a lifelong appreciation of health and fitness while helping girls build confidence through accomplishment! Girls on the Run's fun and inclusive lessons meet the unique needs of each girl, no matter her circumstances, ability or background. During the 10-week program, trained volunteer coaches lead two practices each week starting the week of September 12. The season will culminate with a 5K event at Sugar House Park on November 19, 2022 that brings together family, friends and community members to celebrate the girls' growth throughout the season. *Note that there will be no practices held September 26-30 and October 17-21 for Parent Teacher Conference and Fall Break. It is no cost to the school to participate, and Girls on the Run will cover any fees associated with having a team at your school. Please email Program Director, Ivy Denihan, with any questions specific to the program and bringing it to your school: ivy@girlsontherunutah.org

#3319 - Brookwood Elementary - Girls on the Run
Monday & Wednesday ... 3:40-4:55 PM ... 09/12...
16 Sessions ... \$195

#3328 - Granite Elementary - Girls on the Run
Monday & Wednesday ... 3:40-4:55 PM ... 09/12...
16 Sessions ... \$195

#3334 - Peruvian Park Elementary - Girls on the Run
Monday & Wednesday ... 3:00-4:15 PM ... 09/12...
16 Sessions ... \$195



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- Stretching STEM learning skills
- Getting homework help
- Exploring curiosities independently and in groups
- Playing fun games indoors and outside

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Canyons Community Education is going paperless! Only one more paper catalog after this!

Beginning in the 2023-24 school year,
Canyons Community Education is going digital ...
A postcard will be mailed instead!

It will include the catalog's website address,
classes, registration dates, times and class beginnings!



WELCOME TO
CANYONS ONLINE
FOR YOU- ABOUT YOU



Lessons learned during the era of COVID-19 are driving innovations in online learning. Canyons School District has announced the launch of Canyons Online, a program for self-driven, organized students who want to get a jump on their studies, catch up on some credits, or seek an educational experience away from the traditional brick-and-mortar classroom. The program is open year-round to students in grades 9-12. **High-school-aged students can enroll in as many online courses as they want, when they want — even if they're taking in-person classes elsewhere. What's more: Students are able to move through the courses at their own pace and on their own time.**

Take a class today!

For more information, or to register, visit: <https://canyonsonline.canyonsdistrict.org/9-12/>

Canyons School District

Canyons Community Education

9361 South 300 East

Sandy, UT 84070-2998

801.826.6689

Mail Carrier: Please deliver August 22-26, 2022 - Thank You!



**Community Education
is going paperless!**

More details inside!