

CANYONS COMMUNITY EDUCATION CLASSES

825 East 9085 South - Sandy, UT 84094 | 801.826.6689

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

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.

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

September 7-9, 2021

9:00 AM - 2:00 PM

825 East 9085 South

Room 107

Cheri Prince | 801.826.6689

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:

September 7-9, 2021 (Tuesday - Thursday)

9:00 AM - 2:00 PM

Community Education Classes begin Monday, September 13, 2021

No Classes - School Locations Only

- September 20-24 - Parent Teacher Conferences
- October 11-15 - Fall Break

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.

Arts & Crafts

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 1971-2, and has been a commercial wood carver, designer, craftsman and sculptor for over 30 years. This class has a required tool list. Please contact David Paul at (801) 571-6095 as soon as possible.

#1142 - Indian Hills Middle School - David Paul
Wednesday ... 6:00-9:00 PM ... 09/15 ... 8 Sessions ... \$85

Business, Computers & Technology

Beginning Microsoft Excel

(Adult - Ages 18+)

Learn Microsoft Excel basics to intermediate skills. Learn the tabs

and ribbons. Class moves at your own pace. Class has the use of the computer lab, personal computers are not needed. (12 Student Maximum)

#1635 - CTEC - Lezlie Harper
Tuesday ... 6:00-7:00 PM ... 09/14 ... 8 Sessions ... \$60

#1636 - CTEC - Lezlie Harper
Tuesday ... 7:00-8:00 PM ... 09/14 ... 8 Sessions ... \$60

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! 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 binder 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 ... 09/13 ... 8 Sessions ... \$50

Hooked on 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, Daisy stitch, Shell and V-Stitch. The basics of chart reading, seamlessly changing yarn colors and a variety of granny square patterns are also taught. New crochet projects are introduced each week in class, including a hat, an infinity scarf, a mandala, a market/beach bag, a granny stripe blanket and both a Floral and Sunburst granny square. 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 binder 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 ... 09/13 ... 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 ... 09/27 ... 6 Sessions ... \$40

Quilting 101 & 102 - Combined Class

(Adult - Ages 18+)

101 - If you've sewn or quilted a little, or have just always been interested in quilting and applique and need some help getting started, this class is for you. First week will be for planning; the next five weeks bring your own machine and get ready for the fun! Bring your own sewing machine the second night of class. Students need to have access to a sewing machine and prior sewing experience is recommended.

102 - Come, join in, and learn how to make a twister quilt, a heart stack-n-slash or work on your own project. It is a fun way to get a quilt made with the help of an instructor. First week will be for planning; the next five weeks bring your own machine and get ready for the fun! Previous sewing experience is required.

\$5 for materials paid to instructor the first night of class.

#1138 - Indian Hills Middle School - Debra Simons
Wednesday ... 6:00-9:00 PM ... 09/15 ... 6 Sessions ... \$50

Dance, Fitness & Sports

Ballroom (Adult - Ages 18+)

Fun date-night activity! Learn simple, stylish moves and have more fun at parties, weddings, cruises and social dance events. Be comfortable and confident on the dance floor! Taught by Margene Anderson; a highly-trained professional ballroom, Latin, swing and salsa instructor, with over 30 years of experience. Call Margene at (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 ... 09/27 ... 6 Sessions ... \$39/Person
#1113 - Indian Hills Middle School - Margene Anderson
Monday ... 7:00-8:00 PM ... 09/27 ... 6 Sessions ... \$39/Person
#1114 - Indian Hills Middle School - Margene Anderson
Monday ... 8:00-9:00 PM ... 09/27 ... 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 & Yolanda
Wednesday ... 7:00-8:00 PM ... 09/15 ... 8 Sessions ... \$35

Yoga - Active Flow (Adult - Ages 18+)

In this class, we will raise our heartbeat and warm up our bodies as we explore movement and lift our vibration. Yoga poses will flow together as we increase muscle and mind strength. Class will also include a deep relaxing Savasana after your yoga workout. Please bring a yoga mat, water bottle and wear comfortable clothing.

#1110 - Indian Hills Middle School - Kevin Shaw
Wednesday ... 6:00-7:00 PM ... 09/15 ... 8 Sessions ... \$35

Yoga - Reset & Relax | Gentle Yoga (Adult - Ages 18+)

This class will help you renew and revitalize your body, mind and spirit as you move slowly through calm yoga Asana and stretches. Let yourself feel more grounded and more fully alive as you reconnect with your whole self. Please bring a yoga mat, water bottle and wear comfortable clothing.

#1104 - Indian Hills Middle School - Kevin Shaw
Wednesday ... 7:00-8:00 PM ... 09/15 ... 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 ... 6:00-6:55 PM ... 09/15 ... 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 ... 09/13 ... 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!

#1149 - Indian Hills Middle School - Jim Teahan
Monday ... 6:30-8:00 PM ... 09/27 ... 1 Session ... \$25

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

Week 1: Diagnostic 101: Do you know the difference between a-biotic and biotic? Good bacteria and fungi and bad? Why are my plants doing this? And much more! Week 2: Organics: Sustainability and how to give back to Mother Earth, the importance of composting and why organic fertilizers. Do you know what mycorrhizae do? Week 3: Getting a Jump on Spring: Did you know that most spring weeds start germinating in November? If the plant companies can start seeds so can you! Week 4: Houseplants: If you want to get a jump on spring and are stuck in the house, then let's make it beautiful!

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

#1131 - Indian Hills Middle School - Jan Knold
Monday ... 6:00-8:00 PM ... 10/18 ... 4 Sessions ... \$40

Learn How to Grow Microgreens at Home (Adult - Ages 18+)

This is a very fun class learning how to grow these normally expensive greens at home! Microgreens are highly desirable to a chef's 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. Microgreen starter kit included. (20 Student Maximum)

#1116 - Indian Hills Middle School - Jim Teahan
Monday ... 6:30-8:00 PM ... 10/04 ... 1 Session ... \$25
#1122 - Indian Hills Middle School - Jim Teahan
Wednesday ... 6:30-8:00 PM ... 10/06 ... 1 Session ... \$25

Square Foot Gardening - Fall Crop

(Adult - Ages 18+)

How about a fantastic fall garden when your neighbors are putting theirs up for the winter? Learn how easy it is to have a fall garden filled with lettuce, spinach and other salad greens. All this is done learning a gardening system that requires no hard work, heavy digging, no thinning and no weeding. No kidding! In this class you'll learn the basics of the square foot gardening system by an instructor who was trained by the inventor of the system himself. Materials needed, soil components, spacing, and crop selection are all taught. Learn how to be a square foot gardener! Eat healthier. Enjoy better tasting food. Save money. Discover how to make gardening fun again!

#1115 - Indian Hills Middle School - Jim Teahan
Monday ... 6:30-8:00 PM ... 09/13 ... 1 Session ... \$25

#1148 - Indian Hills Middle School - Jim Teahan
Wednesday ... 6:30-8:00 PM ... 09/15 ... 1 Session ... \$25

Life Skills

Anticipating a Bright Future (Adult - Ages 18+)

Learn skills to enhance your quality of life to better serve you and prepare you for the future. Topics include the power of words, beliefs, gratitude and forgiveness; defining and focusing on our desires and life mission and making provisions for the future.

#1137 - Indian Hills Middle School - Karen Thomas
Wednesday ... 6:30-8:30 PM ... 10/27 ... 1 Session ... \$25

Building Mindfulness Practices

(Adult - Ages 18+)

Mindfulness is paying attention on purpose to the present moment without judgment, with curiosity and kindness. In this beginning mindfulness course, we will practice mindfulness exercises to help unwind the mind. This is an educational class, not therapy. Participants will sit on chairs.

#1136 - Indian Hills Middle School - Linnea Lundgrench
Monday ... 7:00-8:00 PM ... 09/13 ... 6 Sessions ... \$40

Building Resilience (Adult - Ages 18+)

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

#1135 - Indian Hills Middle School - Karen Thomas
Wednesday ... 6:30-8:30 PM ... 10/20 ... 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: Your 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 ... 09/15 ... 3 Sessions ... \$35

Miscellaneous

Fiction Writing (Adult - Ages 18+)

Everyone has a novel inside them! Come and discover how to get it out of your head and onto the page where it belongs! Learn how to structure your story for the greatest emotional impact, write believable characters, and create evocative settings in a fun, friendly and supportive atmosphere. Instructor was past president of Wasatch Mountain Fiction Writers; she is also a writer and editor. \$20.00 material fee paid to the instructor the first night of class.

#1126 - Indian Hills Middle School - Maureen Mills
Wednesday ... 6:00-8:00 PM ... 09/15 ... 8 Sessions ... \$50

Magic for Everyone (Adult - Ages 18+)

Teachers, parents, grandparents, older students, and anyone who would like to learn astounding, but simple, magic effects! Learn 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 a real show! 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 ... 6:30-8:00 PM ... 09/15 ... 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 ... 09/13 ... 8 Sessions ... \$50

Introduction to Reiki & Self-Healing (Adult - Ages 18+)

Come learn about Reiki and the life shifts that can be created with this tool. Learn about plant medicine, moon cycles, chakras, cord cutting, crystals, meditation benefits, color, breathe work and the blessings of 'allowing'. Share in a Reiki Experience & Drum Circle. You are your creator, you are your true power! 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.

#1121 - Indian Hills Middle School - Kari Romney
Wednesday ... 6:30-9:00 PM ... 09/29 ... 4 Sessions ... \$40

Utah History -

Learn More About the State You Live In!

(Adult - Ages 18+)

Learn about mountain men, early explorers, indigenous people, pioneers, Utah wars, mining era, and 20th century issues. Geography of the state will be covered as well as national parks and monuments, historic sites and markers. There will be lots of interesting facts about people who passed through and lived in Utah and 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 ... 09/15 ... 8 Sessions ... \$50

Welding

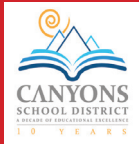
You will be taught the basics of the following welding processes: SMAW(Stick), GMAW (MIG), GTAW (TIG). Mechanical cutting, plasma cutting and oxy-fuel cutting will also be covered. Each session will start with basic information and demonstration of the process and the end with individual practice for 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! Each session you will be required to bring leather welding gloves, coveralls or welding jacket

and safety glasses. Attendance of the first session is mandatory so that safety training can be completed.

#1604 - CTEC - Dalton Magee
Wednesday ... 6:00-8:00 PM ... 09/15 ... 8 Session ... \$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



Online Registration

Registration Link:

<http://entrada.revtrak.net>

Payment is made by credit/debit card.

Your statement will show

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Walk-In Registration

September 7-9, 2021

9:00 AM - 2:00 PM

825 East 9085 South

Room 107

Cheri Prince | 801.826.6689

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 ... 7:00-8:00 PM ... 09/27 ... 7 Sessions ... \$104
#1648 - ONLINE ONLY - Art Haven
Monday ... 4:30-5:30 PM ... 10/04 ... 6 Sessions ... \$84
#1649 - ONLINE ONLY - Art Haven
Thursday ... 4:30-5:30 PM ... 10/07 ... 6 Sessions ... \$84
#1650 - ONLINE ONLY - Art Haven
Friday ... 2:30-3:30 PM ... 10/08 ... 6 Sessions ... \$84

Art Haven - Sprout with Art Preschool - Silly Circus (Ages 3-5)

In this exciting preschool class, kids climb under the big-top as they join the artistic circus. Juggling clowns, cotton candy and lions are all part of the program as kids mold, cut and paint their way through circus themed projects! Join us for this exciting adventure and be sure to put on your silly face, because it's going to be fun! Dress for mess! All materials included!

#1102 - Indian Hills Middle School - Art Haven
Monday ... 6:00-7:00 PM ... 09/27 ... 7 Sessions ... \$104

Pencil Art for Children II (Age 10-14)

This class is designed for students that have taken Pencil Art for Children I and are ready for a more advanced class. You will continue to use graphite pencils to draw, shade and shadow using different strokes. A variety of still life, portraits and perspective will be introduced. Please call Catherine Norwood (801) 623-7152 for any further questions. \$10.00 material fee paid to the instructor the first night of class.

#1125 - Indian Hills Middle School - Catherine Norwood
Wednesday ... 6:00-8:00 PM ... 09/15 ... 7 Sessions ... \$55

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