CANYONS SCHOOL DISTRICT
Community Education
2022-23 WINTER

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

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 - Enrollment includes a free GED® practice test! The practice test checks your GED® readiness! If you would like to increase your score, you can take GED® preparation classes.

*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 Tuesday - 10:30 AM
- **Spanish**: 4th Tuesday - 10:30 AM
  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

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

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 ayudarle a prepararse para esta capacitación y examen.

Si tiene preguntas adicionales por favor, pongase en contacto con Jorge Mendez (801-931-9379)
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:
January 9-11, 2023
(Monday - Wednesday)
9:00 AM - 2:00 PM
Community Education Classes begin Monday, January 23, 2023*
*Please check individual class dates and times.

No Classes
• February 20, 2023 - President’s Day
• February 27-March 3, 2023 - Parent Teacher Conferences

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

Your Name: ____________________________________________________________

Mailing Address: ___________________________________________________________________________________________________

City, State & Zip: ___________________________________________________________________________________________________

Email: ___________________________________________ Phone: ____________________________

### ADULT CLASSES

<table>
<thead>
<tr>
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### YOUTH CLASSES

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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 it’s 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
Arts & Crafts

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 around two and a half (2.5) 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!

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.

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 allows 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.

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.

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!

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.

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.

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.

Contact:
Indian Hills Middle School - Marna Getz
(801) 544-1339 for questions.

Register Online - http://entrada.revtrak.net

Community Education Classes
Continued on Page 7 ...
The Entrada Greenhouse sale is coming this May!

Geraniums, Coleus, heirloom tomatoes, hot and sweet peppers, herbs, and assorted vegetables will once again be available. We hope to see you there.

Dates will be announced in April on the Entrada Facebook page, or call 801-826-6670 after April 15.
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 ... 6:30-7:30 PM ... 01/23 ... 8 Sessions ... $35  
#1104 - Indian Hills Middle School - Chantal Papillon  
Wednesday ... 7:00-8:00 PM ... 01/25 ... 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 ... 8:00-9:00 PM ... 01/25 ... 8 Sessions ... $35

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  
Wednesday ... 6:30-8:00 PM ... 02/22 ... 1 Session ... $25  
#1148 - Indian Hills Middle School - Jim Teahan  
Wednesday ... 6:30-8:00 PM ... 03/15 ... 1 Session ... $25

Gardening - Knowledge is Power - Part 1  
(Adult - Ages 18+)
In Gardening - Knowledge is Power - Part 1 - learn about cool-season vegetables, warm-season vegetables and the hints and tips to help both thrive. How to promote your garden while decreasing pests and weeds, container gardens and how to get the most of your yard regardless of the size.

Week 1: Cool Season Vegetables and the Real Dirt on Dirt  
Week 2: Warm Season Vegetables and the Real Dirt on Dirt  
Week 3: Less Pests and Less Weeds  
Week 4: Container Gardening & Getting the Most Out of Your Yard

$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 ... 01/25 ... 4 Sessions ... $40

Gardening - Knowledge is Power - Part 2  
(Adult - Ages 18+)
In Gardening - Knowledge is Power - Part 2 - learn about creating an edible garden and integrating vertical gardening. Learn common garden mistakes and how to diagnose them, along with how to care for your lawn. Finally, understand the relationship your garden can have with and how to promote butterflies, hummingbirds and bees.

Week 1: Edible and Vertical Gardening  
Week 2: Diagnostics 101  
Week 3: Lawns and Eight Common Mistakes  
Week 4: Butterflies, Hummingbirds and Bees

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

#1150 - Indian Hills Middle School - Jan Knold  
Wednesday ... 6:00-8:00 PM ... 02/22 ... 4 Sessions ... $40

Seed Starting (Adult - Ages 18+)  
A basic class on how to start seeds in your home and save money doing it! Learn the secret on how to save your seeds and keep them viable for up to 10 years! Participants learn how to put together a homemade light station, seed sprouting, how to care for seedlings, hardening-off and an alternative way to start seeds where no money is ever needed to buy plastic containers again. This is a fun and light class where people gain confidence in their ability and desire to grow whatever they want.

#1102 - Indian Hills Middle School - Jim Teahan  
Monday ... 6:30-8:00 PM ... 01/30 ... 1 Session ... $25  
#1122 - Indian Hills Middle School - Jim Teahan  
Wednesday ... 6:30-8:00 PM ... 03/01 ... 1 Sessions ... $25

Square Foot Gardening - 101  
(Adult - Ages 18+)
This class covers the advanced techniques of the Square Foot Garden (SFG) system. Participants must have attended the SFG 101 class. Topics include vertical gardening, building the proper upright frame (trellis), special spacing requirements, top hat usage and finally, protection which allows for much earlier and later harvests.

#1147 - Indian Hills Middle School - Jim Teahan  
Wednesday ... 6:30-8:00 PM ... 01/26 ... 1 Sessions ... $25  
#1144 - Indian Hills Middle School - Jim Teahan  
Monday ... 6:30-8:00 PM ... 03/27 ... 1 Sessions ... $25

Life Skills  
Three-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 accountability and the survival arc; adopting the three beliefs of resilient people; and discovering some simple ways to rewire our brain to improve your life.

Week 3: Understanding Self & Others: Explore the four different personality types and how this knowledge can benefit you in identifying, utilizing and building on people’s natural strengths and abilities, especially your own.

#1135 - Indian Hills Middle School - Karen Thomas  
Wednesday ... 6:30-8:30 PM ... 03/01 ... 3 Sessions ... $35

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 Charnholm  
Wednesday ... 7:00-8:00 PM ... 01/25 ... 6 Sessions ... $40

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
Four-Part Emergency Preparedness Series (Adult - Ages 18+)
Benefit from hundreds of hours of research designed to aid you in effectively preparing for disasters that could impact our area.

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: Hands-On First Aid: Learn and practice skills for rendering first aid in a disaster setting when professional medical help is unavailable, such as testing and treating broken bones, splinting techniques and best positions for various joints, caring for wounds, burns, etc. (The instructor will have some specialty items available for purchase at cost.) Discover how useful five dice can be in your disaster supply kit!

Week 3: Tips for Handling the Aftermath of a Disaster: Explore options for short-term self-sufficiency immediately following a disaster without power, running water, sewer, etc., including storing water and alternative sanitation. Which frozen and refrigerated foods are safe to eat for how long? What alternative cooking methods are safe indoors?

Week 4: 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.

#1109 - Indian Hills Middle School - Joyce Skidmore Monday ... 6:00-8:00 PM ... 01/23 ... 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.

#1121 - Indian Hills Middle School - Kari Romney Wednesday ... 6:30-9:00 PM ... 02/01 ... 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 ... 01/25 ... 8 Sessions ... $50

Technical Education
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 PM ... 01/25 ... 8 Session ... $120
#1605 - CTEC - Dalton Magee Tuesday & Thursday ... 7:30-9:30 AM ... 05/30 ... 8 Session ... $120
#1606 - CTEC - Dalton Magee Monday & Wednesday ... 7:30-9:30 AM ... 05/31 ... 8 Session ... $120

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 winter! 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 ... 01/23 ... 7 Sessions ... $119

Pencil Art for Children (Ages 9-14)
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 ... 5:00-7:00 PM ... 01/25 ... 7 Sessions ... $55

Miscellaneous
Qigong for Kids! (Ages 8-12)
Offer your child a valuable life changing tool! Qigong, a holistic Chinese practice that integrates posture, flowing movements and breathing, has many benefits in a child’s life. Studies show that children who practice Qigong seem much calmer, less agitated and more able to be attentive and concentrate. Just like for adults, Qigong helps to calm the mind, release stress, and lower the level of anxiety among others. No equipment is required. Wear comfortable clothes and shoes and bring your imagination!

#1115 - Indian Hills Middle School - Chantal Papillon Monday ... 5:30-6:30 PM ... 01/23 ... 8 Sessions ... $35
St. Anna Food Support Program

HELP FIGHT HUNGER

Food Collection Site
Serving Sandy Area Food Pantries

Donations are Collected
Every Tuesday from 10am - 6pm

Needed Food Items

- Canned meat / Tuna
- Instant Meals
- Canned chili / Stews
- Rice / Noodles
- Flour/ Sugar / Dry milk
- Peanut butter / Jelly / Jam
- Granola bars / Snacks
- Canned fruit / Canned veggies

Please drop off your donations in the big blue bin located outside at St. Anna Greek Orthodox Church
9201 South 1300 East
Canyons School District

SPRING CLASSES
2023

Register Now!
entrada.revtrak.net

- Select ‘Community Education’
- Select ‘After School Enrichment Programs’
- Select the Class of Interest
- Select ‘Click Here’ to Register
- Create an Account (or login to an existing account) & Pay

Please Note: Our policy does not allow parents to observe any classes. If you have questions about any of the classes, please contact individual providers directly!

Refunds will only be given for cancellations made before the second class meeting of any canceled class. To receive a refund, you will need to cancel 24 hours prior to the beginning of the second class. Enrollments canceled more than 72 hours after registering will incur a fee of $10/class per student.

Classes are offered in partnership with Canyons School District Community Education.
To register in person, please contact:
Canyons School District Community Education | Cheri Prince
cheri.prince@canyonsdistrict.org
9800 South 800 East - Sandy, UT 84094 | 801.826.6689
Multi-Medium Art Classes - *Don’t miss our Total Art Experience!*

Art Haven has all new multi-medium experiences every session, with both two and three-dimensional art. This session students will create masterpieces that will motivate and inspire their growing love of art. Discover principles and elements of design, 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.

**All materials included!  Dress for mess, creativity and fun!**

Contact: Teresa at 801.913.0233 or taska@arthavenplace.org

Register Now!  entrada.revtrak.net

If you have questions about any of the camps, please contact individual providers directly!
GAME ON!
Join us for this NEW and EXCITING program where we provide self-esteem, physical activities, social and team building skills using games. Students will play a variety of games that are fun, interactive, and large scale. We will use resources such as board games, video games, game shows, physical and recess activities, and sports as inspiration to build and create games of our own such as life-sized Hungry Hippos, Battleship, Capture the Flag, Backwards Charades, and Family Feud Kid Style, etc. During each class we will focus on a self-improvement skill such as social, emotional, and physical activities. Come be part of this fun class where the sky is the limit!

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MOTHER’S DAY
Join us as we celebrate the amazing mothers and/or caretakers in our lives. This 1.5-hour workshop will get you thinking about your fabulous Mom! Get ready to create a one-of-a-kind gift your mother will love! Kids will create a special handmade gift for Mother’s Day worthy of displaying in your home. All projects are gift wrapped in class and ready for gift-giving. Join us as we celebrate that awesome person who makes a difference in our lives!

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SPRING PAINTING
Spring is almost here! Flowers are blooming, birds are singing, and bees are buzzing. In honor of this wonderful season let’s capture these vibrant colors with paint. Join us, make new friends, and be inspired by your fellow artists during this evening of fun! As always dress for mess!

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Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone kindergarten through fifth. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards is the place for you!

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</tbody>
</table>

Register Now! entrada.revtrak.net
If you have questions about any of the camps, please contact individual providers directly!
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 February 20th, Presidents Day and February 27th thru March 3rd for Parent Teacher Conference. 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

<table>
<thead>
<tr>
<th>School</th>
<th>Day of Week</th>
<th>Start Date</th>
<th>End Date</th>
<th>Times</th>
<th>Fee</th>
<th># of Classes</th>
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<td>22-May</td>
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<tr>
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<td>Mon/Wed</td>
<td>15-Mar</td>
<td>24-May</td>
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<td>East Sandy</td>
<td>Tues/Thurs</td>
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<td>13-Mar</td>
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This class will have a student hitting a tennis ball on the first day of class despite their current athletic ability. Younger children will learn coordination skills of catching and hitting while the more experienced will learn how to hit topspin, aim at targets, and rally with other players. The main focus for this class is for the kids to have fun playing a game that they can play their entire life. This program is run by teaching professionals from the Salt Lake Tennis & Health Club who specialize in teaching youths ages 4-18 and follows the program and book written by David Archer “Eight Weeks to a Lifetime of Tennis.” For students wanting to compete, a Junior Grand Prix Tournament (for ages 12 and under) takes place at the club once a month.

<table>
<thead>
<tr>
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<tr>
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*Miss Two (2) Mondays Due to President’s Day & Teacher Parent Conferences

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Register Now! entrada.revtrak.net

If you have questions about any of the camps, please contact individual providers directly!
Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You’ll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

Summer Camps!
Schedules coming in January!
Please watch PeachJar for information or visit our website: entra.ada.revtrak.net

- Cartoon Blast
- Get Your “Game Face On”
- Kool-Aid and Canvas 2.0
- Planes, Trains, Horses & More
- Tropical Paradise

All materials included! Dress for mess, creativity and fun!

Camp GOTR combines the best of Girls on the Run with all the fun of camp! Girls will build friendships in a fun and inclusive setting that includes interactive games, being physically active, and expressing creativity through different outlets such as creating collages and storytelling. Camp GOTR will provide a one-of-a-kind opportunity for girls to develop self-confidence and learn life skills they can use now and as they grow! This year’s camp, called Girls have Heart, focuses on friendship. Throughout the week, girls will have fun exploring friendships with activities designed to discover what makes a good friend and how to be a good friend to others. Girls will build, create, write, discuss, connect, and laugh all while participating in games and activities that will leave them feeling confidence and appreciated by their teammates. Girls will receive: A camp t-shirt, water bottle, cinch bag, camp bracelet, and snacks each day!

Salt Lake Tennis & Health Club
If your child wants to try tennis, come learn from the best! The Salt Lake Tennis & Health Club in conjunction with the Canyons School District is hosting a 4-day, 3 hour each day camp that covers basic tennis skills for grades K-5. The curriculum includes all the basic tennis strokes taught in a way that promotes a love for a sport that children can play for the rest of their lives. This program is taught indoors with low compression balls and shorter nets, to help smaller legs and arms have success early in their tennis experience. Graduates from this program will be invited to join the Salt Lake Tennis & Health Club’s Fall Indoor Session.

Building Robotics Ages 6-8
Build, program and interact with LEGO WeDo 2.0 Construction Set and thousands of various bricks!

Building Robotics Ages 9-14
Basics of coding and engineering fundamentals as students work with LEGO Mindstorms EV3.

Contact: 801.633.8499 or utahdanceworks@yahoo.com

Salt Lake Dance Works
Summer Camps for ages 6-14!
- ENCA basis Sing & Dance Along
- Hip Hop & Tumbling Tricks
- Superhero Camp!

Contact: 801.633.8499 or utahdanceworks@yahoo.com

Kidokinetics GameFit Program is designed for children who just want to have fun. Each class the coaches introduce different activities to engage children in non-competitive teamwork, interactive group play, and fitness inspired movement. During each session multiple activities will be incorporated into an organized series of learning experiences while stressing skills development in agility, stretching, coordination, speed, balance, self-confidence, and stamina. The motivation is fun and team building!

Pencil Drawing & Journal Making classes too!
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/
Community Education is going paperless!  More details inside!

Mail Carrier: Please deliver January 2 - 7, 2023 - Thank You!

Diamond Ridge & Entrada High Schools

UTAH FOOD BANK

9800 South 800 East | Sandy, UT 84094

Hours!
Monday - Thursday*

*Closed Friday and Canyon School District Holidays

<table>
<thead>
<tr>
<th>Diamond Ridge High School</th>
<th>Entrada High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM - 12:00 PM</td>
<td>12:00 PM - 7:30 PM</td>
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</table>

Please use appropriate entrance during specified hours!

Please bring your own bags!