

CANYONS SCHOOL DISTRICT

Community Education

2023 FALL



CANYONS
SCHOOL DISTRICT

Community Education

9800 South 800 East, Sandy, UT 84094 | 801.826.6689



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



Diamond Ridge High School
9800 South 800 East – Sandy
Cheri Prince – 801.826-6689



Indian Hills Middle School
1180 East Sanders Road – Sandy
Rachel Afualo – 858.952.9864

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

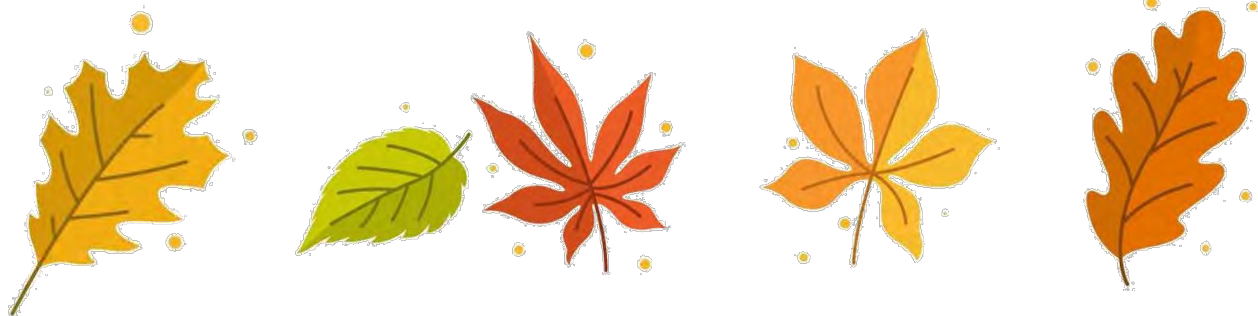
- Enrollment canceled more than 72 hours after registration will incur a fee of \$10/class/student.
- No refunds on camps and classes shorter than six (6) weeks unless canceled at least one week before first class meeting
- To receive a refund, you must withdraw from class at least 24 hours before the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

How to read class listings

Class Number – Location – Instructor

Day of Week – Time – First Class –

Number of Sessions – Price



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

Monday – Thursday

9:00 AM – 2:00 PM

9800 South 800 East
Sandy, UT 84094

Cheri Prince | 801.826.6689

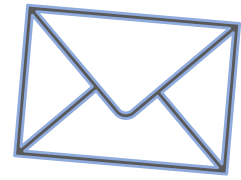


Mail

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	\$
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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

ADULT COMMUNITY EDUCATION

at CTEC – 825 East 9085 South, Sandy

Welding – Beginning

Adult – Ages 18+ ... (No Refunds)

There will be no refunds issued for the welding class!!!

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

The first night or day of class will run 30 minutes longer.

#1604 - CTEC - Dalton Magee ...
Monday & Wednesday ... 6:30-8:30 PM
... 10/23 - 11/15 ... 8 Sessions ... \$120

Home Repair Class **NEW!**

Adult – Ages 18+

There will be no refunds issued for home repair class!!!

Have you ever wanted to repair something in your home instead of hiring someone to do it but you just were not confident enough? This is the class for you. In this class we will learn to repair plumbing, electrical, drywall, and carpentry. It is a hands-on class where we will practice the skills we learn. We will also discuss how to make good decisions when you do have to hire a professional. \$50.00 materials fee paid to the instructor the first night of class.

Only 12 students per class, will fill quickly.

#1602 - CTEC – Nathan Hampton ...
Tuesday & Thursday ... 6:30-8:30 PM ...
9/12 – 9/21 ... 4 Sessions ... \$65

#1603 – CTEC – Nathan Hampton ...
Tuesday & Thursday ... 6:00-8:30 PM ...
10/3 – 10/12 ... 4 Sessions ... \$65



ADULT COMMUNITY EDUCATION

at Indian Hills Middle School – 1180 East Sanders Road, Sandy

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 on the first night of class.

#1123 – Indian Hills Elementary – Russ Anderson ... Monday ... 6:30-8:00 PM ... 9/11 – 11/6 ... 8 Sessions ... \$50

Utah History – Learn More About the State You Live In!

(Adult – Ages 18+)

Learn about the Anasazi and Fremont cultures, early explorers of European descent, 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. The instructor will keep you entertained with lots of fun stories!

#1124 – Indian Hills Elementary – Russ Anderson ... Wednesday ... 6:30-8:00 PM ... 9/13 – 11/8 ... 8 Sessions ... \$50

Building Mindfulness & Compassion Practice

NEW!

(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 Elementary – Linnea Lundgren Charholm ... Wednesday ... 7:00-8:00 PM ... 9/13 – 10/25 ... 6 Sessions ... \$40



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 on the first night of class.

#1107 – Indian Hills Elementary – Rick Kercher ... Wednesday ... 6:30-8:00 PM ... 9/13 – 10/11 ... 4 Sessions ... \$15

Basics for Life: Sleep and Nutrition

NEW! (Adult - Ages 18+)

Week 1: Sleep: Come learn simple shifts and things you can do to get a better night sleep. They make lots of sense and are easy to do!

Week 2: Nutrition: Learn what foods heal your body and what foods harm your body! "Let food be thy medicine, and let medicine be thy food." - Hippocrates

#1147 - Indian Hills Elementary - Daisy Lamb ...
Monday ... 6:00-8:00 PM ... 10/9 - 10/16 ... 2
Sessions ... \$35

Relationships: The Sweet Treasures of Life **NEW!**

(Adult - Ages 18+)

Week 1: Loving Self. I believe that we cannot love others more than we love ourselves. So therefore, the more you love yourself, the more love you have to share! Remember you are an important part of every relationship!

Week 2: Loving others. Where do they begin, and you end? What is yours and what is others? What do healthy relationships look like? Learn how to communicate and connect better with those you love.

Week 3: How to love hard people or deal with difficult situations. We all have tricky people to work with or hard situations show up in our lives. Addictions, health, and work challenges are just a few. Learn how to move forward and have tools to help you see and think clearly.

#1144 - Indian Hills Elementary - Daisy Lamb ... Monday ... 6:00-7:30 PM ... 9/11 - 10/2 ... 3 Sessions ... \$35



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 layout. 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. The 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.

#1142 - Indian Hills Elementary - David Paul ... Wednesday ... 6:00-9:00 PM ... 9/13 - 11/8 ... 8 Sessions ... \$85

#1143 - Indian Hills Elementary - David Paul ... Monday ... 6:00-9:00 PM ... 9/11 - 11/6 ... 8 Sessions ... \$85

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 audiobooks 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 Elementary - Joyce Skidmore ... Monday ... 6:00-8:00 PM ... 9/11 - 11/6 ... 8 Sessions ... \$50

4-Part Emergency Preparedness

NEW!

(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

Find out if you believe any of the common disaster myths. Discover the facts about disasters, recommended protective actions that could save your life, and 6 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 5 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: Your Preparedness Plan for Resiliency

View preparedness in a new paradigm based on 5 time periods and 8 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 Elementary – Karen Thomas
... Monday ... 6:30-8:30 PM ... 9/11 – 10/9 ... 4
Sessions ... \$40



4-Part Anticipating a Bright Future **NEW!**

(Adult – Ages 18+)



Learn skills to enhance your quality of life to better serve you and prepare you for the future.

Week 1: Creating Positive Change

Learn ways to empower change with lasting benefits through an understanding of:

- How the human brain works.
- The power of our words, thoughts, beliefs, and values.

Week 2: Life Skills

Discover some easy ways to rewire your brain, including:

- Understanding levels of consciousness and worldviews.
- Gratitude, forgiveness, and giving sincere compliments.
- Accepting accountability.



Week 3: Building Resilience

Develop strategies to improve your life through:

- Defining and focusing on your desires and life mission.
- Adopting the 3 beliefs of resilient people.
- Learn effective ways of handling challenging situations through understanding the survival arc and how the human brain responds to stress, fear and dread.

Week 4: Understanding Self and 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 Elementary – Karen Thomas
... Wednesday ... 6:30-8:30 PM ... 9/13
– 10/11 ... 4 Sessions ... \$35



Crocheting Adult 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 to practice the new stitches and skills taught during that class. Materials to bring to the 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 on the first night of class.

#1141 - Indian Hills Elementary - Jennifer Rima ... Monday ... 6:30-7:30 PM ... 9/11 - 11/6 ... 8 Sessions ... \$50

#1155 - Indian Hills Elementary - Jennifer Rima ... Wednesday ... 7:00-8:00 PM ... 9/13 - 11/8 ... 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!

A 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 Elementary - Kent Mayberry ... Wednesday ... 6:30-8:30 PM ... 9/13 - 10/25 ... 6 Sessions ... \$40

Crocheting Adult 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 the first class: Two skeins of any soft, medium-weight yarn (4-Ply) in different colors that will coordinate together for the 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 on the first night of class.

#1140 - Indian Hills Elementary - Jennifer Rima ... Monday ... 7:30-9:00 PM ... 9/11 - 11/6 ... 8 Sessions ... \$50



Introduction to Computers

(Adult - Ages 18+)

This is a crash course in the basics of Microsoft Excel, Word, and PowerPoint, as well as the Google Drive equivalents; Sheets, Docs, and Slides. Computers will be provided.

#1145 - Indian Hills Elementary - Kamil Harrison ... Wednesday ... 6:00-7:30 PM ... 9/13 - 11/8 ... 8 Sessions ... \$60



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 Elementary - Margene Anderson ... Monday ... 6:00-7:00 PM ... 9/18 - 10/30 ... 6 Sessions ... \$39

#1113 - Indian Hills Elementary - Margene Anderson ... Monday ... 7:00-8:00 PM ... 9/18 - 10/30 ... 6 Sessions ... \$39

#1114 - Indian Hills Elementary - Margene Anderson ... Monday ... 8:00-9:00 PM ... 9/18 - 10/30 ... 6 Sessions ... \$39

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.

#1102 - Indian Hills Elementary - Marna Getz ... Wednesday ... 8:00-9:00 PM ... 9/13 - 11/8 ... 8 Sessions ... \$35

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 Elementary - Marna Getz ... Wednesday ... 7:00-8:00 PM ... 9/13 - 11/8 ... 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 Elementary - Chantal Papillon ... Monday ... 5:30-6:30 PM ... 9/11 - 11/6 ... 8 Sessions ... \$35

#1104 - Indian Hills Elementary - Chantal Papillon ... Wednesday ... 7:00-8:00 PM ... 9/13 - 11/8 ... 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 lightweight toning sticks to enhance rhythm and tone all of their target zones. Including arms, abs, and thighs. This is the instructor's final Zumba session so if you've taken the class before, or if you are brand new to Zumba this class is going to be full of surprises to make sure it ends on a high note!

#1146 - Indian Hills Elementary - Mike Muniz ... Wednesday ... 7:00-8:00 PM ... 9/13 - 11/8 ... 8 Sessions ... \$35



Astrology Basics

(Adult - Ages 18+)

Did you know you have more than one zodiac sign? In fact - you have them ALL! Most people know what their sun sign is depending on the day of the year they were born. Some even know their top three (sun, moon and rising) but it goes even deeper than that!

In this introductory class we'll be learning about the signs, planets, and houses in Western Tropical Astrology. The modalities of the signs and rulership's of the planets. We'll go over the 12 houses and what they represent in your life, in the end we'll get to put everything together.

You'll get the chance to see your own natal chart (birth chart) with all 12 zodiac signs, if you can bring your date and place of birth along with the time, that's an important step. If you only understood about half of what I'm saying, this is the perfect class for you! I look forward to helping you learn the language of Astrology, and answering any questions you may have!

#1101 - Indian Hills Elementary - Amie Dickey ...
Wednesday ... 7:00-9:00 PM ... 9/13 - 11/8 ... 8 Sessions ... \$60

Gardening - Knowledge is Power Part 1

(Adult - Ages 18+)

In Gardening - Knowledge is Power, learn how to transition your garden from summer, to fall and into winter. Learn to prune like a pro, when to plant your perennials, winterizing your yard, prep for spring, and how to garden indoors during the cold winter months.

\$5 material fee paid on the first night of class .

Week 1 & 2: Pruning like a professional

Week 3: Perennials - Fall is the best time to plant

Week 4: Winterizing your yard

Week 5: Getting a jumpstart on Spring

Week 6: Houseplants and microgreens

#1131 - Indian Hills Elementary - Jan Knold ...
Wednesday ... 6:00-8:00 PM ... 9/13 - 10/25 ... 6 Sessions ... \$40

Business 101

(Adult - Ages 18+)



Start and grow your business with digital marketing. Explore fundamental business concepts, digital channels, website creation, SEO, social media, content and email marketing, paid ads, analytics, and conversion optimization. Develop a practical plan to thrive in the competitive digital landscape. Ideal for entrepreneurs, marketers and business owners seeking success in today's dynamic business environment.

#1138 - Indian Hills Elementary -
Caroline Lewis ... Monday ... 7:00-8:00 PM ... 9/11 - 11/6 ... 8 Sessions ... \$50

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. 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!

#1130 - Indian Hills Elementary -
Lena English ... Monday ... 6:00-8:30 PM ... 9/11 - 10/9 ... 4 Sessions ... \$50

#1130 - Indian Hills Elementary -
Lena English ... Wednesday ... 6:00-8:30 PM ... 9/13 - 10/11 ... 4 Sessions ... \$50

#1139 - Indian Hills Elementary -
Lena English ... Monday ... 6:00-8:30 PM ... 10/16 - 11/6 ... 4 Sessions ... \$50

#1139 - Indian Hills Elementary -
Lena English ... Wednesday ... 6:00-8:30 PM ... 10/18 - 11/8 ... 4 Sessions ... \$50

YOUTH COMMUNITY EDUCATION

at Indian Hills Middle School – 1180 East Sanders Road, Sandy

Art Haven – Children 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 in this session for creativity and fun! All materials included!

#1106 – Indian Hills Elementary – Art Haven ... Monday ... 6:00-7:00 PM ... 9/18 – 11/6 ... 7 Sessions ... \$119

Diamond Ridge & Entrada High Schools



9800 South 800 East | Sandy, UT 84094

Hours!

Monday - Thursday*

**Closed Friday and Canyon School District Holidays*

Diamond Ridge High School
8:00 AM - 12:00 PM

Entrada High School
12:00 PM - 7:30 PM

Please use appropriate entrance during specified hours!

Please bring your own bags!

WELCOME TO
CANYONS ONLINE
FOR YOU- ABOUT YOU



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



Build a safer world for children!

radKIDS

Personal Empowerment Safety Education

Bullying Prevention
 Home, School, Out-and-About & Vehicle Safety
 Internet Safety
 Good, Bad & Unwanted Touch
 Preventing/Stopping Predator Tricks

RadKIDS strikes back against the ABC's of Abduction:



Abduction



Bullying



Child Abuse & Neglect



Sexual Assault

Age	Start Date	End Date	Time	Class Length	Cost
Thursday Ages 6-11	09/07/23	11/09/23	3:00 - 4:00 PM	8 Weeks	\$60.00

Location:
 Sunrise Elementary
 1542 East 11245 South
 Sandy, UT 84092

Register Online!

- Go to <http://entrada.revtrak.net>
- Click 'Community Education'
- Select Class
- Click "CLICK HERE to Register for this Class"
- Create an account or login to pay and register
- Your statement will show 'Entrada High School'



Questions? Contact:
 Cheri Prince, Community Education
 Coordinator
cheri.prince@canyonsdistrict.org
 801.826.6689

ADULT COMMUNITY EDUCATION

at eMotion Dance Studio – 9119 S. Monroe Plaza Way, Sandy



Adult Ballet

Ages 18+

Work with our amazing ballet director who specializes in teaching the best technique. Our adult program is designed for students of all levels of training! Wear clothes that are comfortable to move in and bring a water bottle! Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499 or utahdanceworks@yahoo.com

#3125 – eMotion Dance - Utah Dance Works ... Monday ... 7:45-8:45 PM ...
9/11 – 10/2 ... 4 Sessions ... \$49



YOUTH COMMUNITY EDUCATION

at eMotion Dance Studio – 9119 S. Monroe Plaza Way, Sandy



Creative Dance

Ages 2-3

Join in the fun as we tap into your child's creativity and musicality through dance using games, props, movement and music. Wear clothes that are comfortable to move in and bring a water bottle!

Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499 or utahdanceworks@yahoo.com

#3110 – eMotion Dance - Utah Dance Works ... Tuesday ...
9:30-10 AM ... 9/5 – 9/26 ... 4 Sessions ... \$35



Ballet/Tap/Tumbling Combo

Ages 3-4 or Ages 4-5

Our Combo Class features songs and dance moves that are sure to have your little one asking for more! This class will introduce your preschooler/Kindergartener to jazz moves, ballet moves and tumbling skills. Wear clothes that are comfortable to move in and bring a water bottle!

Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499
or utahdanceworks@yahoo.com

Ages 3-4

#3121 - eMotion Dance - Utah Dance Works...
Thursday ... 4:00-5:00 PM ... 9/7 – 9/28 ... 4 Sessions ... \$49

Ages 4-5

#3115 - eMotion Dance - Utah Dance Works ...
Wednesday ... 10:30 AM-12:00 PM ... 9/6 – 9/27 ... 4 Sessions ... \$49

Ages 4-5

#3120 - eMotion Dance - Utah Dance Works ...
Thursday ... 12:30-1:30 PM ... 9/7 – 9/28... 4 Sessions ... \$49

Tumbling

Ages 3-4 or Ages 4-5 or Ages 7-14

Cartwheel and somersault through our fun class featuring tumbling skills, strengthening and stretching! We start with the basics and build up to more advanced tricks depending on ability level. Wear clothes that are comfortable to move in and bring a water bottle!

Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499
or utahdanceworks@yahoo.com

Ages 3-4

#3118 - eMotion Dance - Utah Dance Works ... Thursday ... 10:15-11:00 AM ... 9/7 - 9/28 ... 4 Sessions ... \$42

Ages 4-5

#3119 - eMotion Dance - Utah Dance Works ... Thursday ... 11:00-11:45 AM ... 9/7 - 9/28 ... 4 Sessions ... \$42

Ages 7-14 (option 1)

#3114 - eMotion Dance - Utah Dance Works ... Tuesday ... 6:15-7:15 PM ... 9/5 - 9/26 ... 4 Sessions ... \$49

Ages 7-14 (option 2)

#3116 - eMotion Dance - Utah Dance Works ... Wednesday ... 6:45-7:45 PM ... 9/6 - 9/27 ... 4 Sessions ... \$49



Jazz

Ages 8-14

During this fun class, we will be working on the fundamentals of jazz! Wear clothes that are comfortable to move in and bring a water bottle!

Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499 or
utahdanceworks@yahoo.com

#3113 - eMotion Dance - Utah Dance Works ... Tuesday ... 4:30-5:30 PM ... 9/5 - 9/26 ... 4 Sessions ... \$49



Disney Sing and Dance Along

Ages 4-5 or Ages 6-9

During this fun musical theater class, we will be working on singing and dancing! Wear clothes that are comfortable to move in and bring a water bottle!

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Contact: 801-633-8499 or
utahdanceworks@yahoo.com



Ages 4-5

#3111 - eMotion Dance - Utah Dance Works ... Tuesday ... 5:15-6:15 PM ... 9/5 - 9/26 ... 4 Sessions ... \$68

Ages 6-9

#3112 - eMotion Dance - Utah Dance Works ... Tuesday ... 4:30-5:30 PM ... 9/5 - 9/26 ... 4 Sessions ... \$49

Hip Hop

Ages 5-8 or Ages 9-12

This "jam-packed" camp offered by Utah Dance Works focuses on the fundamentals of hip hop and tumbling tricks! Dancers will love learning all the moves from the classics to the latest and the greatest! Wear clothes that are comfortable to move in and bring a water bottle!

Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499 or
utahdanceworks@yahoo.com

Ages 5-8

#3108 - eMotion Dance - Utah Dance Works ... Monday ... 5:45-6:30 PM ... 9/11 - 10/2 ... 4 Sessions ... \$42

Ages 9-12

#3109 - eMotion Dance - Utah Dance Works ... Monday ... 6:30-7:30 PM ... 9/11 - 10/2 ... 4 Sessions ... \$49

Tap

Ages 8-14

This fun tap class will be taught by one of the best! Students will learn tap steps beginning with the basics. Wear clothes that are comfortable to move in and bring a water bottle!

Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499 or utahdanceworks@yahoo.com

#3123 – eMotion Dance - Utah Dance Works ... Thursday ... 5:15-6:00 PM ... 9/7 – 9/28 ... 4 Sessions ... \$42

Ballet and Jazz Combo

Ages 5-8

Our combo class features songs and dance moves that are sure to have your little one asking for more! This class will introduce your dancer to jazz and ballet moves. Wear clothes that are comfortable to move in and bring a water bottle!

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Contact: 801-633-8499 or utahdanceworks@yahoo.com

#3122 – eMotion Dance - Utah Dance Works ... Thursday ... 4:00-5:00 PM ... 9/7 – 9/28 ... 4 Sessions ... \$49

Ballroom

Ages 8-14

During this fun class, we will be working on the fundamentals of ballroom! Wear clothes that are comfortable to move in and bring a water bottle!

Classes held at Emotion Dance Studio, 9119 S. Monroe Plaza Way, Sandy, UT

Contact: 801-633-8499 or utahdanceworks@yahoo.com

#3124 – eMotion Dance - Utah Dance Works ... Thursday ... 7:45-8:30 PM ... 9/7 – 9/28 ... 4 Sessions ... \$42

