

CANYONS SCHOOL DISTRICT

Community Education

2024 WINTER

WINTER CLASSES are available!

Register Now!
entrada.revtrak.net



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



Utah Dance Works @ eMotion Dance Studio

9119 S. Monroe Plaza Way– Sandy
Karen Allen – 801.633-8499



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 or money orders 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

Thursday, January 4th &
Friday, January 5th

9:00 AM – 12:00 PM

9800 South 800 East
Sandy, UT 84094

Cheri Prince | 801.826.6689

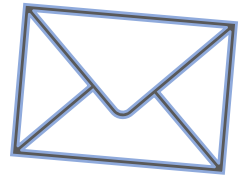


Mail

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+

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 ... 4/15/24 – 5/8/24 ... 4 Sessions ... \$120

Home Repair Class

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.

#1605 - CTEC – Nathan Hampton ... Tuesday & Thursday ... 6:30-8:30 PM ... 4/9/24 – 4/18/24 ... 4 Sessions ... \$65



Introduction to Woodworking

Adult – Ages 18+

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

Have you ever seen something on Pinterest and thought “I want to make one of those” but you were a little intimidated by power tools? This is the class for you. The first night we will go over basic power tools and how to safely use them. We will build a project together on the second night. Then you can choose from a list of projects and complete it over the next 2 nights. Materials Fee \$150; includes safety equipment and materials for 2 projects.

\$150 Materials and Supplies

- Safety Glasses, earplugs
- Basic toolkit
- 1 sheet of plywood/mdf for 2 projects
- 16 linear feet of hardwood
- Hardware for second project

First project is a Japanese Toolbox.

Second project is a choice between:

- Simple nightstand or end table with drawer
 - Laundry hamper or garbage can cabinet
- Only 12 students per class, will fill quickly.

#1602 - CTEC – Nathan Hampton ... Tuesday & Thursday ... 6:30-8:30 PM ... 1/23/24 – 2/1/24
... 4 Sessions ... \$65

#1603 - CTEC – Nathan Hampton ... Tuesday & Thursday ... 6:30-8:30 PM ... 2/20/24 – 2/29/24 ... 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 Middle – Russ Anderson ... Wednesday ... 6:30-8:00 PM ... 1/17/24 – 3/13/24 ... 8 Sessions ... \$50

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 – Russ Anderson ... Monday ... 6:30-8:00 PM ... 1/22/24–3/25/24 ... 8 Sessions ... \$50

Building Mindfulness & Compassion Practice

(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 – Linnea Lundgren Charholm ... Wednesday ... 7:00-8:00 PM ... 1/31/24 – 3/13/24 ... 6 Sessions ... \$40

Conversational Beginner Spanish

(Adult – Ages 18+)

Have you ever wanted to learn some basic Spanish conversations for everyday use and travel? Now is the perfect time to sign up for this basic conversation class focused on speaking, listening and reading with a tad bit of writing. Come make friends while communicating in Español.

\$10.00 material fee paid to the instructor the first night of class.

#1144 – Indian Hills Middle – Kim Mazza... Monday ... 6:00-7:30 PM ... 1/22 – 3/25 ... 8 Sessions ... \$50

Seed Starting

(Adult – Ages 18+)

A basic class on how to start seeds in your home and save money by 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, how to care for seedlings, seed sprouting, 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.

#1109 – Indian Hills Middle – Jim Teahan ...
Monday ... 6:30-8:00 PM ... 2/12/24 ... 1
Session ... \$25

#1130 – Indian Hills Middle – Jim Teahan ...
Wednesday ... 6:30-8:00 PM ... 2/21/24 ... 1
Session ... \$25

Square Foot Gardening 101

(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 spinach, lettuce, and other salad greens. All this is done learning a gardening system that requires no heavy digging, no hard work, 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.

#1147 – Indian Hills Middle – Jim Teahan ...
Monday ... 6:30-8:00 PM ... 3/11/24 ... 1
Session ... \$25

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 Middle – David Paul ...
Wednesday ... 6:00-9:00 PM ... 1/17/24 –
3/13/24... 8 Sessions ... \$85

#1143 – Indian Hills Middle – David Paul ...
Monday ... 6:00-9:00 PM ... 1/22/24 – 3/25/24
... 8 Sessions ... \$85

Square Foot Gardening 201

(Adult – Ages 18+)

This class covers the advanced techniques of the SFG system. Participants must have attended the 101 class so questions being asked don't take up unnecessary time. 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. Length: 90 minutes

#1138 – Indian Hills Middle – Jim Teahan ...
Monday ... 6:30-8:00 PM ... 3/18/24 ... 1
Session ... \$25

4-Part Emergency Preparedness

(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 Middle – Karen Thomas ...
Monday ... 6:30-8:30 PM ... 3/4/24– 3/25/24 ... 4
Sessions ... \$40

4-Part 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.

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 Middle – Karen Thomas ...
Monday ... 6:30-8:30 PM ... 1/22/24 – 2/12/24
... 4 Sessions ... \$40

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 Middle – Jennifer Rima ...
Monday ... 6:30-7:30 PM ... 1/22/24 – 3/25/24 ...
8 Sessions ... \$50

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 Middle – Jennifer Rima ...
Monday ... 7:30-9:00 PM ... 1/22/24 – 3/25/24 ...
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 Middle – Kent Mayberry ... Wednesday ... 6:30-8:30 PM ...
1/17/2024 – 2/21/24 ... 6 Sessions ... \$40

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 Middle – Kamil Harrison ...
Wednesday ... 6:00-7:30 PM ... 1/17/24 –
3/13/24 ... 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 Middle - Margene Anderson ... Monday ... 6:00-7:00 PM ... 1/22/24 - 3/11/24 ... 6 Sessions ... \$39

#1113 - Indian Hills Middle - Margene Anderson ... Monday ... 7:00-8:00 PM ... 1/22/24 - 3/11/24 ... 6 Sessions ... \$39

#1114 - Indian Hills Middle - Margene Anderson ... Monday ... 8:00-9:00 PM 1/22/24 - 3/11/24 ... 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 Middle - Marna Getz ... Wednesday ... 8:00-9:00 PM ... 1/17/24 - 3/13/24 ... 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 Middle - Marna Getz ... Wednesday ... 7:00-8:00 PM ... 1/17/24 - 3/13/24 ... 8 Sessions ... \$35

Qigong - Beginning

(Adult - Ages 18+)

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

#1103 - Indian Hills Middle - Chantal Papillon ... Wednesday ... 6:30-7:30PM ... 1/17/24 - 3/13/24 ... 8 Sessions ... \$35

#1104 - Indian Hills Middle - Chantal Papillon ... Monday ... 5:30-6:30 PM ... 1/22/24 - 3/25/24 ... 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 Middle - Michael Muniz ... Wednesday ... 7:00-8:00 PM ... 1/17/24 - 3/13/24 ... 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 Middle – Amie Dickey ... Monday ... 6:30-7:30 PM ... 1/22/24 – 3/25/24 ... 8 Sessions ... \$50

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 Middle – Jan Konold ...
Wednesday ... 6:00-8:00 PM ... 1/17/24 – 3/13/24 ... 8
Sessions ... \$40

Sewing for Newbies: First Thread Adventures

(Adult – Ages 18+)

In this Beginning Sewing Course, you'll learn the foundations of sewing, from selecting fabrics and reading patterns to sewing seams and creating basic projects! Some sewing basics you can bring include fabric shears, seam ripper, pins, and measuring tape. Extras will be provided for those who don't have the above items! Please bring your own sewing machine.

#1104 – Indian Hills Middle – Courtney Starr ... Wednesday ... 6:00-8:00 PM ... 1/17/24 – 3/13/24 ... 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 Middle – Lena English ... Wednesday ... 6:00-8:30 PM ... 1/17/24 – 2/7/24 ... 4 Sessions ... \$50

#1139 – Indian Hills Middle – Lena English ... Wednesday ... 6:00-8:30 PM ... 2/14/24 – 3/13/24 ... 4 Sessions ... \$50

Intro to the English Language for Non-English Speakers

(Adult – Ages 18+)

"Introduction to the English Language for Non-English Speakers" is a foundational class designed to empower individuals from diverse linguistic backgrounds with the essential skills to communicate effectively in English. This course covers the fundamentals of English, including vocabulary, grammar, and pronunciation, to build a strong linguistic foundation. Students will engage in interactive activities, language games, and real-life conversational exercises to enhance their speaking and listening abilities. Additionally, this class promotes cultural awareness, fostering a deeper understanding of English-speaking societies. Whether for personal, academic, or professional reasons, this course provides a supportive and engaging environment for non-English speakers to embark on their journey to English language proficiency.

#1147 – Indian Hills Middle – Kelsha Prince ... Monday ... 6:30-8:00 PM ... 1/22 – 3/25 ... 8 Sessions ... \$40

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 it as good as you can make it-with no cost!

#1144 – Indian Hills Middle – Jim Teahan ... Monday ... 6:30-8:00 PM ... 3/4/24... 1 Session ... \$25

#1139 – Indian Hills Middle – Jim Teahan ... Wednesday ... 6:30-8:00 PM ... 3/6/24... 1 Session ... \$25

YOUTH COMMUNITY EDUCATION

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

Pencil Art for Children

(Ages 10 – 14)

Learn the process of drawing with graphite pencils to create and image using various techniques. Questions call 385.434.8112 Materials fee \$10

#1125 – Indian Hills Middle – Catherine Norwood ... Monday ... 5:00-7:00 PM ... 1/22 – 3/11 ... 6 Sessions ... \$55

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 Middle – Art Haven ... Monday ... 6:00-7:00 PM ... 1/22/24– 3/18/24 ... 7 Sessions ... \$119

Coming in March!
Tabletop Seed-Starters
For more information contact Dave Dau at 801.826.6686



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

Diamond Ridge High School
8:00 AM – 4:00 PM

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

Please use appropriate entrance during specified hours!

WELCOME TO
CANYONS ONLINE
FOR YOU- ABOUT YOU



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

YOUTH COMMUNITY EDUCATION

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

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 (option 1): #3110 - eMotion Dance - Utah Dance Works... Tuesday ... 12:15-1:15 PM ... 1/9/24 – 1/30/24... 4 Sessions ... \$49

Ages 3-4 (option 2): #3121 - eMotion Dance - Utah Dance Works... Thursday ... 4:00-5:00 PM ... 1/11/24 – 2/1/24... 4 Sessions ... \$49

Ages 4-5 (option 1): #3115 - eMotion Dance - Utah Dance Works ... Wednesday ... 10:30 AM-12:00 PM ... 1/10/24 – 1/31/24 ... 4 Sessions ... \$49

Ages 4-5 (option 2): #3120 - eMotion Dance - Utah Dance Works ... Thursday ... 12:20-1:20 PM ... 1/11/24 – 2/1/24... 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: #3119 - eMotion Dance -Utah Dance Works ... Thursday ... 10:15-11:00 AM ... 1/11/24 – 2/1/24 ... 4 Sessions ... \$42

Ages 4-5 (option 1): #3119 - eMotion Dance -Utah Dance Works ... Thursday ... 11:00-11:45 AM ... 1/11/24 – 2/1/24... 4 Sessions ... \$42

Ages 4-5 (option 2): #3119 - eMotion Dance -Utah Dance Works ... Thursday ... 10:15-11:00 AM ... 1/11/24 – 2/1/24... 4 Sessions ... \$42

Ages 7-14 (option 1): #3114 - eMotion Dance -Utah Dance Works ... Tuesday ... 6:15-7:15 PM ... 1/9/24 – 1/30/24 ... 4 Sessions ... \$49

Ages 7-14 (option 2): #3116 - eMotion Dance -Utah Dance Works ... Wednesday ... 6:45-7:45 PM ... 1/10/24 – 1/31/24 ... 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!

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

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

Ages 4-5

#3111 – eMotion Dance - Utah Dance Works ... Tuesday ... 5:15-6:15 PM ... 1/9/24 – 1/30/24... 4 Sessions ... \$49

Ages 6-9

#3112 – eMotion Dance - Utah Dance Works ... Tuesday ... 4:30-5:30 PM ... 1/9/24 – 1/30/24... 4 Sessions ... \$49

Jazz

Ages 6-9 or 9-14

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

Ages 6-9

#3117 – eMotion Dance - Utah Dance Works ... Tuesday ... 5:15-6:15 PM ... 1/9/24 – 1/30/24 ... 4 Sessions ... \$49

Ages 9-14

#3113 – eMotion Dance - Utah Dance Works ... Tuesday ... 4:30-5:30 PM ... 1/9/24 – 1/30/24 ... 4 Sessions ... \$49

Musical Theater

Ages 9-14

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!

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

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

#3122 – eMotion Dance - Utah Dance Works ... Tuesday ... 6:15-7:15 PM ... 1/9/24 – 1/30/24 ... 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

#3018 – eMotion Dance - Utah Dance Works ... Monday ... 5:45-6:30 PM ... 1/8/24 – 2/5/24 ... 4 Sessions ... \$42

Ages 9-12

#3109 – eMotion Dance - Utah Dance Works ... Monday ... 6:30-7:30 PM ... 1/8/24 – 2/5/24 ... 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 ... 1/11/24 – 2/1/24... 4 Sessions ... \$42

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 ... 1/11/24 – 2/1/24... 4 Sessions ... \$42



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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

Thursday Ages 8-11	Start Date	End Date	Time	Class Length	Class Length	Location: Sunrise Elementary 1542 East 11245 South Sandy, UT 84092
	January 18, 2024	March 14, 2024	3:00 – 4:00 PM	8 Weeks	\$60.00	
	No class held on Feb. 29 th due to parent teacher conference.					