

CANYONS SCHOOL DISTRICT

Community Education

2025 WINTER CLASSES

9800 SOUTH 800 EAST, SANDY, UT 84094 | 801-826-6689

PRINCIPAL-AMY BOETTGERI 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

801.633.8499



Indian Hills Middle School

1180 E Sanders Rd – Sandy

Rachel Afualo - 801.826.7146

****After-school programs are at various other locations, please see individual listing descriptions for location and contact details.****

How to read class listings

class #... days ... time ... dates... school location ...
of sessions ... cost

Online Registration Only

Registration Link:

<https://entrada.revtrak.net>

Payment is made by credit/debit card. Your statement will show "Entrada High School".

Registration Policies

- Online registrations will be accepted until the class is full or the class begins.
- Class payments need to be paid online at time of registration.
- All material fees must be paid directly to instructor at the first class.
- See individual class listing for the number of sessions.

Refunds & Cancellations

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

**For questions regarding community education, please contact the site coordinator, class teacher or Cheri Prince.
Please do not contact the schools directly.**

ADULT COMMUNITY EDUCATION

at CTEC - 825 East 9085 South, Sandy

Site coordinator: Cheri Prince 801-826-6689 cheri.prince@canyonsdistrict.org

Bug-Out Bag Workshop

Adult - Ages 18+ ... (No Refunds)

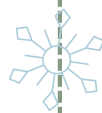


What would you do if there were a natural disaster and you were away from home? Come and discuss what goes into a Bug-Out or Get-Home bag and some resources and strategies you can use to reconnect with your family in case of an emergency.

Materials Fee \$50: Includes some basic kit items for your Bug-Out bag

#1609...Tu...6:00-8:30pm...12/10...CTEC...
1 Session...\$65

#1610...Th...6:00-8:30pm...12/12...CTEC...
1 Session...\$65



Home Repairs

Adult - Ages 18+ ... (No Refunds)



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.

There is a \$50.00 materials fee paid directly to the instructor.

#1610...Tu, Th... 6:00-8:30pm...4/15-4/24...
CTEC...4 Sessions...\$65



Creative Writing Workshop

Adult - Ages 18+ ... (No Refunds)



In this course we will learn the basics of writing short stories and other fiction works. We will learn to use AI appropriately to help with our writing. We will discuss plot, characters, motivation, and setting. Students will have the chance to have their work printed in our anthology collection.

There is a \$50 material fee paid directly to the teacher.

#1607...Tu... 6:00-8:00pm...1/14-2/4... CTEC...4
Sessions... \$125

Introduction to Woodworking

Adult - Ages 18+ ... (No Refunds)



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. We will build a "night stand sized" project together. If you have taken this class before, we will complete a different project.

Materials Fee \$150; includes safety equipment and project materials.

#1608...Tu, Th... 6:00-8:30pm...2/11-2/20...CTEC...
3 Sessions...\$125

#1609...Tu, Th... 6:00-8:30pm...3/4-3/13...CTEC...
3 Sessions...\$125

Non-Fiction Writing

Adult - Ages 18+ ... (No Refunds)



In this course we will learn the basics of writing essays and other non-fiction works. We will learn to use AI appropriately to help with our writing. We will discuss critical thinking, credibility, and creativity in our non-fiction work. Students will have the chance to have their work printed in our anthology collection.

There is a \$50.00 material fee paid directly to the teacher.

#1605...We...7:30-9:00pm...1/15-2/5...CTEC...3 Sessions... \$125



ADULT COMMUNITY EDUCATION

at CTEC - 825 East 9085 South, Sandy

Site coordinator: Cheri Prince 801-826-6689 cheri.prince@canyonsdistrict.org

Photography Workshop

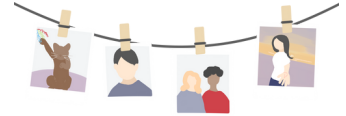
Adult - Ages 18+ ... (No Refunds)



Whether you're a beginner or looking to refine your skills, this class covers the essentials of photography, including camera settings, composition, lighting, and editing techniques. With personalized instruction and engaging practice exercises, you'll learn how to take stunning photos of landscapes, portraits, and everyday moments. Bring your camera and creativity, and leave with the confidence to capture the world through your lens!

There is a \$50.00 material fee paid directly to the teacher.

#1606...We...6:00-7:20pm...1/15-2/5...CTEC...1 Sessions...\$125



ADULT COMMUNITY EDUCATION

at Indian Hills Middle School - 1180 E Sanders Rd, Sandy

Site coordinator: Rachel Afualo 801-826-7146

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.



#1137...We...6:30-8:30pm...1/22-2/12...Indian Hills Middle...4 Sessions...\$35

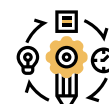
ADULT COMMUNITY EDUCATION

at Indian Hills Middle School - 1180 E Sanders Rd, Sandy

Site coordinator: Rachel Afualo 801-826-7146

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.



FACTS



MYTHS

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.



#1116...Mo..6:30-8:30pm...2/3-3/3...Indian Hills Middle...4 Sessions...\$40

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.

#1104...Mo...6:00-7:00pm...1/27-3/17...Indian Hills Middle...6 Sessions...\$69

#1105...Mo...7:00-8:00pm...1/27-3/17...Indian Hills Middle...6 Sessions...\$69

#1106...Mo...8:00-9:00pm...1/27-3/17...Indian Hills Middle...6 Sessions...\$69

Building Mindfulness & Gratitude Practice

Adult - Ages 18+



Practice
GRATITUDE

Mindfulness is paying attention to the present moment. Gratitude is the attitude of "I have" not "I want." We'll combine these two practices in this class. No experience necessary. We will sit on chairs. This is a 3 week course. Instructor Linnea Charnholm has her 100-hour mindfulness teacher training certification.

#1122...We...7:00-8:00pm...1/8-1/29...Indian Hills Middle...3 Sessions...\$30

Cocoa and Canvas

Adult - Ages 18+

Come paint with us! This adult only class will cover several painting techniques and color mixing using different mediums such as watercolor and acrylic. We will explore painting on canvas, wood, and watercolor paper. Share this common interest with others and meet new friends! We look forward to seeing you there!

#1117...Mo...6:00-7:00pm...1/13-3/17...Indian Hills Middle...3 Sessions...\$135

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!

#1128...Mo...6:00-7:30pm...3/12...Indian Hills Middle...1 Session...\$25

Crochet Adult-Intermediate I

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..

#1120...Mo...7:30-9:00pm...1/6-3/17...Indian Hills Middle...8 Sessions...\$50

Crochet 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 you'll be proud of. Materials to bring to class the first day: 1 skein of (4 ply) medium weight cotton yarn, Size H-8 (5.0mm) crochet hook, tapestry needle, scissors, and a binder for crochet handouts. \$5.00 material fee paid to the instructor on the first night of class.

#1119...Mo...6:30-7:30pm...1/6-3/17...Indian Hills Middle...8 Sessions...\$50

#1140...We...6:30-7:30pm...1/8-3/5...Indian Hills Middle...8 Sessions...\$50

Crochet

Crochet Adult - Intermediate II

Adult - Ages 18+



This course is designed to be a continuation of the Intermediate 1 crochet class. A solid foundation of crochet basics is recommended. In this five-week course, we will focus on making a granny square vest, introduce the Love Knot (or Solomon's Knot Stitch), the Tunisian Simple Stitch and Tunisian Knit Stitch, and take a closer look at the basics of crochet cabling. Materials to bring on the first day of class include a size K/10.5 (6.5 mm) Tunisian Crochet Hook (at least 6" long), 2 skeins of worsted weight yarn, scissors, a tapestry needle, and a folder to hold printed patterns. Class material fee: \$5.00

#1141...We...7:30-9:00pm...1/29-3/5...Indian Hills Middle...8 Sessions...\$35

Fake it 'till you Make it! Beginning Improv.

Adult - Ages 18+

Have you ever played the *imagination game*? Well here is your chance! Learn the basic rules of improvisational comedy and then let your imagination run wild by testing your new skillz through a variety of short-form improv comedy games. The best part is you literally do not need to prepare for this class, nor take ANY homework home! Plus, everyone gets an automatic A+ and maybe even an academy award, as well as a lucrative book deal. Wait... Sorry... I lost track there by playing the imagination game by myself. Anyway, come join a bunch of fun-seekers to have... um... fun! Pre-requisite: watch at least one episode of impractical jokers on YouTube, or don't but say you did - aka improvise!



#1121...We...6:00-7:30pm...1/8-2/12...Indian Hills Middle...
3 Sessions...\$40

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.

#1125...We...8:00-9:00pm...1/8-3/5...Indian Hills Middle...8 Sessions...\$35

Introduction to Fly Fishing **NEW!**

Adult - Ages 18+



This is an introductory course to the sport of fly fishing. If you have any experience, this is not the course for you. Over the course of 7 weeks we will be introducing, and practicing, casting techniques, basic knots to get started, fly line, leaders and tippet, different types of flies, and the basics of what to look for in a body of water. You will need to bring your own fly rod with line. You can find introductory rod/reel combos at Walmart, Sportsman's Warehouse, Cabela's, Smith and Edwards, Scheels, and Big 5. There might be other places also. We look forward to helping you get started and get out and enjoy the outdoors.

#1103...Mo...6:00-7:00pm...1/6-3/10...
Indian Hills Middle...7 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.

Classes will include:

- Cool season vegetable
- Warm season vegetable
- Container gardening
- Humming bird, bees, butterflies, and birds
- Less pests 101
- Less weeds 101
- 8 common mistakes with lawns



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

#1136...We...6:30-8:30pm...1/8-2/19... Indian Hills Middle...7 Sessions...\$40

Introduction to Computers

Adult - Ages 18+



This hands-on course is designed for adults looking to enhance their digital skills by learning the essentials of Google Drive, Docs, Sheets, and Slides. You'll also explore how these tools compare to their Microsoft Office counterparts-Word, Excel, and PowerPoint. Whether you're new to these programs or need a refresher, this course will help you become proficient in managing documents, spreadsheets, presentations, and cloud storage across both platforms, empowering you for personal and professional use. Computers will be provided.



#1129...We...6:00-7:30pm...1/8-3/5...Indian Hills Middle...8 Sessions...\$60

Italian - Beginning

Adult - Ages 18+

Grazie



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.

#1133...We...6:30-8:00pm...1/8-3/5...Indian Hills Middle...8 Sessions...\$50

PowerChess Introductory Adult Chess Program **NEW!**

Adult - Ages 18+



Embark on your chess journey with PowerChess. You'll start by learning to master fundamental chess principles including basic piece movements, check, checkmate, and stalemate. Then you'll delve into the advanced concepts that make chess one of the world's most exciting games: checkmating patterns, opening strategies, and middle-game and endgame tactics. Finally, you'll learn how to compete in tournament-style chess games.

#1123...We...7:00-8:00pm...1/8-2/12...Indian Hills Middle...3 Sessions... \$99

Seed Starting **NEW!**

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.

#1108...Mo...6:00-7:30pm...2/10...Indian Hills Middle...1 Session... \$25

#1127...We...6:00-7:30pm...3/5...Indian Hills Middle...1 Session... \$25

Shibashi - Qigong 18 Forms

Adult - Ages 18+

A moving meditation for health.

Combining Yang style TaiChi and traditional Qigong, this "modern" form was created in 1979 by Lin Housheng. In 1991, the United Nations Development Program recommended the promotion of Shibashi worldwide, leading it to become one of the most popular forms of qigong in the world.

In this 8-week series, you will learn the 18 movements and how to embody and practice them properly in a flowing sequence that brings vitality to the body, reduces stress and creates a feeling of well-being.

Shibashi is a simple, body-friendly, meditative form of Qigong that helps promote the body's natural healing energy. Its benefits range from greater range of movement, helping with back pain, to better blood circulation improving hypertension and respiratory problems.

Prerequisite: Be a regular Qigong practitioner or have already taken the Qigong for beginners course.

#1131...We...6:45-7:45pm...1/8-3/5...Indian Hills Middle...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.

#1112...Mo...6:30-7:30pm... 1/6-3/3...Indian Hills Middle... 6 Sessions...\$30

#1130...We...5:30-6:30pm... 1/8-3/5...Indian Hills Middle... 8 Sessions...\$35

Small Space Gardening for Apts/Condos **NEW!**

Adult - Ages 18+



Discover the joy of gardening, no matter how limited your space! This hands-on class is designed for urban dwellers and anyone looking to cultivate a green oasis in small areas. We'll explore innovative techniques for container gardening, vertical gardening, and maximizing limited sunlight.

Join us to transform your balcony, patio, or even windowsill into a lush, productive space that enhances your home and well-being. Perfect for beginners and seasoned gardeners alike, this class will inspire you to bring nature closer to home!

#1109...Mo...6:00-7:30pm... 3/3-3/10...Indian Hills Middle... 8 Sessions...\$25

Square Foot Gardening: 101



Adult - Ages 18+

This first class teaches the 10 basics of the SFG system. Participants leave with a pamphlet that highlights all the important topics covered in class. Where to place your gardens, putting together a box, how to build the perfect soil, how to construct a grid, common plant spacing, and crops to be grown are all discussed.

#1110...Mo...6:00-7:30pm...3/10...Indian Hills Middle...1 Session...\$25

#1126...We...6:00-7:30pm...2/12...Indian Hills Middle...1 Session...\$25

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

#1111...Mo...6:00-7:30pm...3/17...Indian Hills Middle...1 Session...\$25

Stained Glass-Intermediate* **NEW!**



Adult - Ages 18+

*Must take 'Stained Glass - Beginning' class first. "If you have attended this class before, and would like to return to work on another project with less instruction, please choose this registration. Materials are included, but you are encouraged to bring your own if you have them. Spaces are limited." You will need to come prepared with safety glasses and either an apron or a shirt you don't mind getting a little messy.

#1138...We...6:00-8:00pm...1/8-1/29...Indian Hills Middle ...8 Sessions...\$50

#1139...We...6:00-8:00pm...2/5-3/5...Indian Hills Middle...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!

#1115...Mo...6:30-8:00pm...1/6-3/17...Indian Hills Middle...8 Sessions...\$50

Stained Glass-Beginning



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!

#1134...We...6:00-8:00pm...1/8-1/29...Indian Hills Middle...8 Sessions...\$50

#1135...We...6:00-8:00pm...2/5-3/5...Indian Hills Middle...8 Sessions...\$50

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.

#1124...We...7:00-8:00pm...1/8-3/5...Indian Hills Middle...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!

#1114...Mo...7:00-8:00pm...1/6-3/17...Indian Hills Middle...8 Sessions...\$35

#1132...We...7:00-8:00pm...1/8-3/5...Indian Hills Middle...8 Sessions...\$35



YOUTH COMMUNITY EDUCATION

at Indian Hills Middle School - 1180 E Sanders Rd, Sandy

Site coordinator: Rachel Afualo 801-826-7146

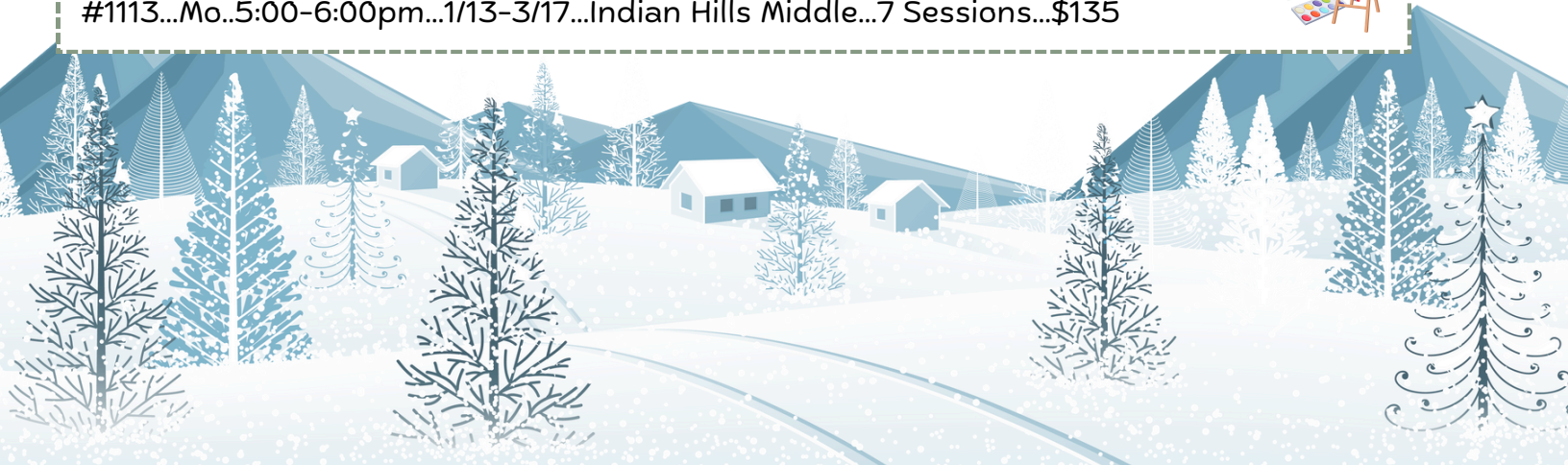


Art Haven - Winterful Art

Grades K-6th

Don't miss out on our Total Art Experience this WINTER. Art Haven has all new multi medium experiences every session, with both two- and three-dimensional art. This session experiments with a wide variety of materials. 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 their creativity and ability to produce beautiful works of art. Dress for mess, creativity and fun!

#1113...Mo...5:00-6:00pm...1/13-3/17...Indian Hills Middle...7 Sessions...\$135



CANYONS COMMUNITY ED WINTER 2025 AFTER-SCHOOL PROGRAMS



After-School Program Locations:

Alta View = Alta View Elementary - 917 E Larkspur Drive, Sandy

Altara = Altara Elementary - 800 E 11000 S, Sandy

Brookwood Elem = Brookwood Elementary - 8640 S Snowbird Drive, Sandy

Butler = Butler Elementary - 7000 S 2700 E, Cottonwood Heights

Crescent = Crescent Elementary - 11100 S 230 E, Sandy

Draper Elem = Draper Elementary - 1080 E 12660 S, Draper

Granite = Granite Elementary - 9760 S 3100 E, Sandy

Lone Peak = Lone Peak Elementary - 11515 S High Mesa Drive, Sandy

Oak Hollow = Oak Hollow Elementary - 884 E 14400 S, Draper

Park Lane = Park Lane Elementary - 9955 S 2300 E, Sandy

Peruv Park = Peruvian Park Elementary - 1545 E 8425 S, Sandy

Ridgecrest = Ridgecrest Elementary - 1800 E 7200 S, Cottonwood Hts

Silver Mesa = Silver Mesa Elementary - 8920 S 1700 E, Sandy

Sunrise = Sunrise Elementary - 1542 E 11245 S, Sandy

eMotion DS = eMotion Dance Studio - 9119 S Monroe Plaza Way, Sandy



For after-school class questions, DO NOT contact these schools directly. Instead, please contact the class providers, which are provided within the class descriptions or Cheri Prince at 801-826-6689 or cheri.prince@canyonsdistrict.org

Canyons Community Education
9800 S.800 E. - Sandy, UT
Cheri Prince | 801-826-6689 |
cheri.prince@canyonsdistrict.org

CANYONS COMMUNITY ED WINTER 2025

AFTER-SCHOOL PROGRAMS



Power Chess-Tournament/Intermediate Chess

Grades K-5th

The Tournament Chess 6-week After School Program is designed for students who have chess experience, knowledge of how all the pieces move, and an understanding of check, checkmate, and stalemate. In the Tournament Chess program students can expect to play in weekly chess tournament games and learn new tactical patterns that will enhance their knowledge of chess and game strategy. This program is geared toward students who know how to play chess and want to take their chess to the next level by practicing their skills against other students.



What is included with your student's registration:

- Premium 1hr weekly chess instruction from a trained PowerChess instructor
- Premium Membership to the world's largest children's chess website chesskid.com (a value of \$15.00)
- Ability to win weekly chess prizes
- Competition in weekly chess tournament games

Limited class size - 18 students only.

For questions, please contact Powell Walker, PowerChess, LLC at 602-989-5228 or walker@power-chess.com.



#3141...Fr...1:20-2:20pm...1/31-3/14...Peruvian Park Elementary...6 Sessions...\$119

#3149...Tu...3:00-4:00pm...1/28-3/11...Sunrise Elementary...6 Sessions...\$119

#3157...Mo...3:15-4:15pm...1/27-3/17...Butler Elementary...6 Sessions...\$119

PowerUp Chess

Grades K-5th

The PowerUp Chess Program is a FUN 6-Week introductory After-School Chess Program designed to help students learn the FUNdamentals of chess, including basic piece movement, checkmating patterns, and other foundational principles of the game in a dynamic and engaging environment. Chess instruction's documented benefits are improved critical thinking skills, increased math and verbal test scores, and a myriad of varied life skills. This program is a perfect fit for any student who wants to PowerUp their mind while having FUN and learning the basics of chess!

What is included with your registration:

- Premium 1-hr weekly chess instruction from a trained PowerChess instructor
- Premium Membership to the world's largest children's chess website, chesskid.com (a value of \$15.00)
- Ability to win weekly chess prizes

LIMITED CLASS SIZE - 14 STUDENTS ONLY - REGISTER TODAY

For questions, please contact Powell Walker, PowerChess, LLC at 602-989-5228 or walker@power-chess.com.



#3141...Fri...1:20-2:20pm...1/31-3/14...Pervian Park Elementary...6 Sessions...\$119

Soccer Stars

Ages K-5th Grade



Soccer Stars offers a fun, positive, and non-competitive environment where children will learn the fundamentals of soccer. Our coaches use positive reinforcement to teach skills, while building confidence. These classes will start with a warm-up, continue with skill building, and end with a small-sided scrimmage match.

At Soccer Stars, we use the soccer ball as the vehicle to help children not only improve their soccer skills, but develop self-confidence and physical literacy, improve gross motor skills, and hone socialization skills. Each week we will build on skills learned the previous week in our structured curriculum that has a new theme each week.

Cost of \$115 includes a t-shirt.



For questions, please contact Soccer Stars of Greater Sandy Utah - 801-695-9078 or greaterandy@soccerstars.com

#3165...Tu...3:15-4:15pm...1/28-3/11...Butler Elementary...8 Sessions...\$115

#3166...Fr...1:55-2:55pm...1/31-3/14...Lone Peak Elementary...8 Sessions...\$115

#3175...Th...4:00-5:00pm...1/30-3/13...Oak Hollow Elementary...8 Sessions...\$115

#3178...We...3:10-4:10pm...1/29-3/12...Peruvian Park Elementary...8 Sessions...\$115

#3183...Fr...2:00-3:00pm...1/31-3/14...Crescent Elementary...8 Sessions...\$115



Tennis Fundamentals for Youth

Grades k-5th



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 youth 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.

For questions, please contact:
Karl Ward | kawol3526@hotmail.com
801.368.6048



#3069...Tu...4:00-5:00pm...1/28-3/11...Oak Hollow Elementary...8 Sessions...\$96

#3072...Mo...3:10-4:10pm...1/27-3/17...Peruvian Park Elementary...8 Sessions...\$96

#3073...Th...3:15-4:15pm...1/30-3/13...Buler Elementary...8 Sessions ...\$96

#3077...We...3:10-4:10pm...1/29-3/12...Sunrise Elementary...8 Sessions...\$96



Art Haven-Multi Medium Visual Arts-Winter 2025

Grades K-5th

Multi Medium Art Classes

Don't miss out on our Total Art Experience this WINTER. Art Haven has all new multi medium experiences every session, with both two and three-dimensional art. This session experiment with a wide variety of materials. 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. Dress for mess, creativity and fun!

For questions, please contact Taska Williams at 801-885-9817 or taska@arthavenplace.org.

- #3054...Fri...1:20-2:20pm...1/31-3/21...Alta View Elementary...8 Sessions...\$135
- #3060...We...3:20-4:20pm...1/29-3/19...Park Lane Elementary...8 Sessions...\$135
- #3061...We...3:20-4:20pm...1/29-3/19...Altara Elementary...8 Sessions...\$135
- #3061...Th...3:10-4:10pm...1/30-3/20...Peruvian Park Elementary...8 Sessions...\$135
- #3062...Tu...3:35-4:35pm...1/28-3/18...Ridgecrest Elementary...8 Sessions...\$135
- #3063...We...3:35-4:35pm...1/29-3/19...Canyon View Elementary...8 Sessions...\$135
- #3063...We...3:10-4:10pm...2/5-3/19...Silver Mesa Elementary...8 Sessions...\$135
- #3064...Th...3:10-4:10pm...1/30-3/20...Sunrise Elementary...8 Sessions...\$135
- #3066...Fr...1:25-2:25pm...1/30-3/21...Butler Elementary...8 Sessions...\$135
- #3067...We...3:50-4:50pm...1/29-3/19...Crescent Elementary...8 Sessions...\$135
- #3072...Fr...2:00-3:00pm...1/31-3/21...Granite Elementary...8 Sessions...\$135
- #3075...Mo...3:45-4:45pm...1/27-3/31...Loan Peak Elementary...8 Sessions...\$135
- #3077...Th...3:45-4:45pm...1/30-3/20...Draper Elementary...8 Sessions...\$135



Bellucci Basketball Academy

Grades K-5th

Bellucci Basketball Academy is thrilled to have you join us for our fall basketball! This program is designed to provide young basketball enthusiasts with a unique and unforgettable experience filled with skill development, team-building, and lots of fun. Here is a glimpse into what our program has to offer:

Skill Development: Our BBA-certified and passionate coaching staff is dedicated to helping players improve their basketball skills. Whether your child is a beginner looking to learn the fundamentals or an advanced player aiming to enhance their game, our coaches provide personalized guidance in areas such as shooting, dribbling, passing, defense, and teamwork.

Daily Schedule: Players can expect a well-balanced schedule that includes a mix of skill---focused drills, team-building activities, and friendly scrimmages. We believe in creating a holistic experience that not only improves basketball skills, but also fosters personal growth and teamwork.

Specialized Clinics: Throughout the course, we offer specialized clinics focusing on specific aspects of the game to help players improve. We will have our coaches and former players share their insights and give certain tips and tricks to help our players on their journey as basketball players. These specialized clinics provide campers with a unique opportunity to learn from professionals and gain a deeper understanding of various basketball techniques that will set them up for future success on the court.

Fun and Recreation: While skill development is a key focus, we also understand the importance of having fun. Our program includes exciting games, contests, and team-building activities that create a positive and enjoyable atmosphere for all participants.

For questions, please contact Gabe Melmed at 207-991-4497 or collin@bba315.com or ben@bba315.com

- #3086..Mo...3:50-4:50pm...1/27-3/31...Crescent Elementary...8 Sessions...\$99
- #3087...Tu...3:50-4:50pm...1/28-3/18...Brookwood Elementary...8 Sessions...\$99
- #3089...Th...3:50-4:50pm...1/30-3/20...Lone Peak Elementary...8 Sessions...\$99
- #3090...Fr...1:20-2:20pm...1/31-3/21...Peruvian Park Elementary...8 Sessions...\$99



Game ON



Grades 1st-5th

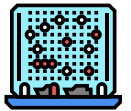
Join us for this NEW and EXCITING program where we provide self-esteem, physical activities, social and team building skills using games. Students will play a variety of games that are fun, interactive, and large scale. We will use resources such as board games, video games, games shows, physical and 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!

For questions contact Taska Williams at 801-885-9817 or taska@arthavenplace.org.

#3201...Tu...3:50-4:50pm...1/28-3/18...Crescent Elementary...8 Sessions...\$110

#3202...We...3:15-4:15pm...1/29-3/19...Butler Elementary...8 Sessions...\$110

#3204...Fr...1:20-2:20pm...1/31-3/21...Sunrise Elementary...8 Sessions...\$110



Mad Science - Science Surprise

Ages 5-11



Overview

Kids will unbox the surprising world of science as they discover a new STEM topic in each class! In this program, kids learn about several specialized areas of science, including forensics, geology, meteorology, entomology, and mechanical engineering. They gain foundational science knowledge to help them in future science endeavors.

Class Description

• Bugs!

- Kids engross themselves in entomology! They inspect authentic insect specimens, update their insect anatomy knowledge, and match insects with their habitats.

• Detective Science

- Kids play detective and help crack a case! They inspect fingerprints, mystery powders, ink samples, and teeth impressions. Then, they create a composite from memory.

• Earthworks

- Kids dig into Earth Science! They uncover rock samples and discover how they formed. They inspect fluorescing minerals, model the moving plates that cause bends and breaks, and learn how sediment stacks.

• Movie Effects

- Kids discover why science is the real star on the big screen. They create cool sound effects and toys with 3-D technology, make motion pictures come alive and sketch a short feature.

• Science of Toys

- What makes toys work? Kids learn about motorized toys and take a spin with kinetic tops. They balance a bird to reveal its center of gravity.

• Walloping Weather

- Kids become weather-wise and uncover the reason for seasons. They create three-day weather forecasts, stage a statically charged indoor storm, and spot the sun's invisible UV rays.

#3007...Fr...2:00-3:00pm...1/31-3/14...Oak Hollow Elementary...8 Sessions...\$114

#3017...Th...3:50-4:50pm...1/30-3/13...Crescent Elementary...8 Sessions...\$114

#3018...Tu...3:10-4:10pm...1/28-3/11...Peruvian Park Elementary...8 Sessions...\$114

#3019...Tu...3:50-4:50pm...1/28-3/11...Lone Peak Elementary...8 Sessions...\$114

#3020...We...3:15-4:15pm...1/29-3/12...Butler Elementary...8 Sessions...\$114

#3024...Mo...3:10-4:10pm...1/27-3/17...Sunrise Elementary...8 Sessions...\$114



Scales & Tails Utah presents "Reptile Basics"

Grades 1st-5th

Reptile Basics – Class Topics



- **Do Lizards make good Pets?** – Always do your research before you ever get a pet. Some lizards make great first-time pets, while others may not. Come learn about a variety of lizards in this fun class!
 - Animal handling opportunity: Small and Large lizards
- **Land vs Water** – Turtles, Tortoises & Amphibians – In this class we will discuss which of these animals live on land, on water or on both!
 - Animal handling opportunity: turtles & tortoises
- **Slimy or Shiny?** – Small Snakes – Did you know Egyptian royalty used to wear snakes like jewelry? Come learn about colubrids, small python and small boa species while we handle our smaller snakes.
 - Animal handling opportunity: Milksnakes, sand boas, ball pythons, etc.
- **Slither, Crawl, Scurry – Reptile Locomotion** – How do snakes move compared to turtles? In this class we'll study how different reptiles get from point A to point B.
 - Reptile handling opportunity: various smaller reptiles
- **Design & Building – Habitats** – We'll talk about reptile habitats in the wild and then learn about how to set up a one or two different types of typical pet reptile enclosures.
 - Animal handling: various small reptiles
- **Alligators, Crocodiles & Caiman, Oh My!** – We'll meet and greet with three cool species of crocodilian and learn about their history and benefits to society.
 - Animal handling opportunity: crocodiles, alligators and caiman (mouths taped)



Questions please contact: Rindy Richins at 801-577-7182 or rindy@scalesandtailsutah.com
Website: www.scalesandtailsutah.com

#3209...Mo...3:15-4:15pm...1/27-3/17...Butler Elementary...8 Sessions...\$228

#3211...We...3:10-4:10pm...1/29-3/12...Peruvian Park Elementary...8 Sessions...\$228



Holiday Workshop at Eastmont Middle



December 10th

Grades K-5th

Join us for this festive and fun 1.5-hour gift making workshop. Kids will get into the holiday gift giving spirit while creating a one-of-a-kind art project, worthy of displaying in your home. Parents, grandparents, friends, or neighbors will be excited to receive this priceless piece of art from your child. All projects come home gift wrapped and ready for gift-giving.

#4056...Tu...5:00-6:30pm...12/10...Eastmont Middle...1 Session...\$29



Ballet/Tap/Tumbling Combo

Ages 3-4, 4-5 or 5-7

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!

For questions contact 801-633-8499 or utahdanceworks@yahoo.com.

Ages 3-4

#3109...Tu...4:15-5:15pm...1/7-1/28...EMotion Dance Studio...8 Sessions...\$49

#3111...We...9:30-10:30am...1/8-1/29...EMotion Dance Studio...8 Sessions...\$49

#3116...Th...4:00-5:00pm...1/9-1/30...EMotion Dance Studio...8 Sessions...\$49

Ages 4-5

#3112...We...10:30am-12:00pm...1/8-1/29...EMotion Dance Studio...8 Sessions...\$73

Ages 5-7

#3110...Tu...5:30-6:30pm...1/7-1/28...EMotion Dance Studio...8 Sessions...\$49



Tumbling/Tumbling-Beginning/Tumbling and Intermediate

Ages 3-4, 4-5 or 8 and Up

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!

For questions contact 801-633-8499 or utahdanceworks@yahoo.com.

Ages 3-4

#3114...Th...10:15-11:00am...1/9-1/30...EMotion Dance Studio...8 Sessions...\$42

Ages 4-5

#3115...Th...11:00-11:45am...1/9-1/30...EMotion Dance Studio...8 Sessions...\$42

Ages 8 and Up

#3117...Th...5:00-6:00pm...1/9-1/30...EMotion Dance Studio...8 Sessions...\$49

#3118...Tumbling and Intermediate...Th...6:00-7:00pm...1/9-1/30...EMotion Dance Studio...8 Sessions...\$49



Tap and Tumbling

Ages 5-7

Rhythm/timing and tumbling fun will excite your dancer every week in this fun class! Wear clothes that are comfortable to move in, and bring a water bottle!

Must have tap shoes.

For questions contact 801-633-8499 or utahdanceworks@yahoo.com.

#3113...We...6:00-7:00pm...1/8-1/29...EMotion Dance Studio...8 Sessions...\$49



Jazz

Ages 9-14



JAZZ



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!

For questions contact 801-633-8499 or utahdanceworks@yahoo.com.

#3108...Mo...6:30-7:30pm...1/6-2/3...EMotion Dance Studio...8 Sessions...\$49



Musical Theater

Ages 6-9 or 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!

For questions contact 801-633-8499 or utahdanceworks@yahoo.com.

Ages 6-9

#3119...Th...6:00-6:45pm...1/9-1/30...EMotion Dance Studio...8 Sessions...\$42

Ages 9-14

#3120...Th...6:45-7:45pm...1/9-1/30...EMotion Dance Studio...8 Sessions...\$49

