Salt Lake Community Education - SPRING 2015

Volume 11 Number 1

Registration opens March 07
Classes begin week of March 16

Register and pay securely online at: https://aal.slcschools.org/commed
Salt Lake Community Learning Centers

<table>
<thead>
<tr>
<th>HIGH SCHOOLS</th>
<th>ADDRESS</th>
<th>PHONE 1</th>
<th>PHONE 2</th>
<th>MANAGER</th>
<th>OFFICE HOURS</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Community Learning Center</td>
<td>840 South 1300 East, 84102</td>
<td>801-584-2901</td>
<td></td>
<td>Julia Balcom</td>
<td>2:00 - 8:00 M - Th</td>
<td><a href="mailto:eastce@slcschools.org">eastce@slcschools.org</a></td>
</tr>
<tr>
<td>Highland Community Learning Center</td>
<td>2166 South 1700 East, 84106</td>
<td>801-481-4891</td>
<td></td>
<td>Kathleen Curry</td>
<td>2:00 - 8:00 M - Th</td>
<td><a href="mailto:highlandce@slcschools.org">highlandce@slcschools.org</a></td>
</tr>
<tr>
<td>West Community Learning Center</td>
<td>241 North 300 West, 84103</td>
<td>801-578-8518</td>
<td></td>
<td>Brian O’Neal</td>
<td>2:00 - 8:00 M - Th</td>
<td><a href="mailto:westce@slcschools.org">westce@slcschools.org</a></td>
</tr>
</tbody>
</table>

IF YOU HAVE QUESTIONS CONCERNING CLASSES, PLEASE CALL THE SCHOOL WHERE THE CLASS IS HELD.

BOARD OF EDUCATION • SALT LAKE CITY SCHOOL DISTRICT

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REGISTER ONLINE: https://aal.slcschools.org/commed
REGISTRATION IS EASY! 4 ways to register

1 ONLINE – https://aal.slcschools.org/commed
   The fastest, easiest way to register! Pay securely online with Visa, MasterCard, American Express or Discovery! Your credit card statement will show payment made to SLC-CE Clas.

2 Mail – Send check or money order with completed registration form to site where class is held. Consider yourself enrolled unless you are notified that the class is full.

3 In Person – At a Community Education site
   Show up in person during office hours at the site you wish to attend and sign up.

4 Phone – Call Community Education where class is held (school phone numbers above)
   Use your Visa, MasterCard or Discover to register. Please call Monday-Thursday from 2:00 pm to 8:00 pm.

PLEASE NOTE: Fees listed are for tuition and materials where applicable unless otherwise noted. Additional supplies or materials may be needed. There is a $20 charge for returned checks.

REFUNDS: If you cannot attend a class as planned, you may receive a full tuition refund if you notify the school where the class is held 1 business/working day(s) before the class starts. You may receive a credit voucher for half of the tuition after the first class starts and before the second class begins. Vouchers will not be given for 1 night classes. Material fees cannot be refunded once the class starts.

If Community Ed cancels a class, patrons will receive a full refund. If you pay by credit card, your card will be refunded minus the convenience fee. Refunds for checks are issued after the check has cleared. If a refund is $10 or less, only a voucher will be issued.

CANCELLATIONS: Sign up early! A class can be cancelled if people wait to register until the last minute.

REGISTRATION FORM

Make checks payable to SLCSD Community Education

Name

Email Address

Address

City / Zip

Home Phone

Cell Phone

( )

( )

Class: __________________________________ Start Date: _________ School: _____________ Amount: $ ______

Class: __________________________________ Start Date: _________ School: _____________ Amount: $ ______
## TABLE OF CONTENTS

### CONTENTS ARRANGED BY SUBJECT

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACADEMIC SUPPORT FOR YOUTH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-On-One/Elementary-High School Tutoring</td>
<td>West</td>
<td>16</td>
</tr>
<tr>
<td>Highland</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td><strong>ART</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acrylic Painting (Beg, Int)</td>
<td>East</td>
<td>4</td>
</tr>
<tr>
<td>The Paint Mixer</td>
<td>West</td>
<td>16</td>
</tr>
<tr>
<td>Experimenting With Pencil, Watercolor, Pastel...</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Painting What You See</td>
<td>West</td>
<td>16</td>
</tr>
<tr>
<td>Pottery, Hand And Wheel</td>
<td>East</td>
<td>4</td>
</tr>
<tr>
<td>Highland</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Print Making</td>
<td>Highland</td>
<td>9</td>
</tr>
<tr>
<td>Techniques For Seeing And Painting</td>
<td>West</td>
<td>16</td>
</tr>
<tr>
<td>Watercolor and Oil</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Watercolor Painting (Beg, Int)</td>
<td>East</td>
<td>4</td>
</tr>
<tr>
<td><strong>CLASES EN ESPAÑOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Como Comprar Su Primera Casa</td>
<td>West</td>
<td>16</td>
</tr>
<tr>
<td>Inicio Quickbooks</td>
<td>West</td>
<td>16</td>
</tr>
<tr>
<td>Quickbooks Avanzado</td>
<td>West</td>
<td>16, 17</td>
</tr>
<tr>
<td>Servsafe: Gerente De Restaurante</td>
<td>West</td>
<td>17</td>
</tr>
<tr>
<td>Highland</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td><strong>COMPUTERS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How To Start An Online Business</td>
<td>West</td>
<td>17</td>
</tr>
<tr>
<td>Microsoft Excel</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Microsoft Word</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>PC Computer Tutoring</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Search Engine Optimization (SEO)</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Social Media For Small Business</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Web Design</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Web Designs For Small Business</td>
<td>West</td>
<td>17</td>
</tr>
<tr>
<td><strong>DANCE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All Things Swing</td>
<td>East</td>
<td>4</td>
</tr>
<tr>
<td>Ballet</td>
<td>East</td>
<td>4</td>
</tr>
<tr>
<td>Ballet-Children's (6-12)</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Ballroom And Latin Dance</td>
<td>East</td>
<td>4</td>
</tr>
<tr>
<td>Ballroom Dance</td>
<td>West</td>
<td>17</td>
</tr>
<tr>
<td>Belly Dance</td>
<td>East</td>
<td>4</td>
</tr>
<tr>
<td>Highland</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Big Band Swing Dancing (Beg, Conf)</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Ethnic Folk Dance</td>
<td>Highland</td>
<td>10</td>
</tr>
<tr>
<td>Pre-Ballet-Children's (3-5)</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Salsa And Merengue Dance</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Scottish Country Dancing</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td><strong>ENRICHMENT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acting For Youth</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Auto Body (Beg)</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>B.L.A.S.T (Babysitter Lessons And Safety...)</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>B.L.A.S.T (Babysitter Lessons And Safety...)</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Bookbinding: The Art Of The Hand-Bound Book</td>
<td>West</td>
<td>17</td>
</tr>
<tr>
<td>Bridge Lessons (Beg)</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Cake Decorating Basics</td>
<td>West</td>
<td>17</td>
</tr>
<tr>
<td>Cpr Certification (Adults, Children And Infants)</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Electrical Wiring / Residential</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>Essential Oils: How Do I Use Them?</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>First Aid</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>First Aid CPR/AED</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Folk Art Wood Carving</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Folk Art Wood Carving (Hewing)</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Foraging (Looking For) Edible Wild Foods In...</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>Gardening Year Round</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>House Cleaning Like A Pro</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Intensive Vegetable Gardening</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>Interior Decorating For Your Personality</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Loving kindness Buddhist Meditation</td>
<td>Highland</td>
<td>11</td>
</tr>
<tr>
<td>Mommy &amp; Me Craft Night</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Pet First Aid &amp; Disaster Response</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Positive Thinking: Laws Of Success</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Positive Thinking: The Power Of Positive Self...</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Public Speaking 101</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Quilting For The Very Beginner</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Self Defense</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>Sewing (Beg)</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Silversmithing For Fine Jewelry</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>Small Engine Repair</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>Stop Wearing Red</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>The Healing Powers Of Essential Oils</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>The Un-Aging Process</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td>Travel Almost For Free</td>
<td>East</td>
<td>5</td>
</tr>
<tr>
<td>Upholstery (Beg, Int)</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Welding/Metal Arts</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Zen Meditation And Self-Hypnosis</td>
<td>West</td>
<td>18</td>
</tr>
<tr>
<td><strong>FAMILY/PARENTING</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Families In Addiction</td>
<td>East</td>
<td>6</td>
</tr>
</tbody>
</table>

**REGISTER ONLINE:**  https://aal.slcschools.org/commed
# TABLE OF CONTENTS

## CONTENTS ARRANGED BY SUBJECT

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FINANCIAL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baby Boomer 101: Retirement &amp; Medicare...</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>Baby Boomer 101: Retirement &amp; Medicare...</td>
<td>West</td>
<td>19</td>
</tr>
<tr>
<td>Estate Planning</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>First-Time Home Buyer</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>Guide To Investing</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>Hidden Facts About Medicare, And How Your...</td>
<td>Highland</td>
<td>12</td>
</tr>
<tr>
<td>Home Buying 101</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>How To Buy Your First Home</td>
<td>West</td>
<td>19</td>
</tr>
<tr>
<td>Medicare Made Easy</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>Rethink Retirement</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>Reverse Mortgage: Home Equity Conversion...</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>Savvy Social Security Planning</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>The Safe Retirement Summit</td>
<td>West</td>
<td>19</td>
</tr>
<tr>
<td>Understanding Social Security, Medicare...</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td><strong>JOB TRAINING/CAREERS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounting For Non-Accountants/Business...</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>Business Law Basics: What You Need To...</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>Quickbooks (Beg, Adv)</td>
<td>West</td>
<td>19</td>
</tr>
<tr>
<td>Servsafe: Restaurant Manager</td>
<td>West</td>
<td>19</td>
</tr>
<tr>
<td>Servsafe: Test Retake</td>
<td>West</td>
<td>19</td>
</tr>
<tr>
<td>Starting A New Business</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>You’re On The Air (How To Really Make It...)</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td><strong>LANGUAGES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Sign Language</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>Chinese (Beg)</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>English As A Second Language/ESL</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>French (Beg, Int)</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>French Conversation And Study Help</td>
<td>Highland</td>
<td>13</td>
</tr>
<tr>
<td>German (Beg)</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>Italian (Beg, Int)</td>
<td>East</td>
<td>6</td>
</tr>
<tr>
<td>Portuguese (Beg)</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Russian (Beg, Int, Adv)</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Spanish (Beg, Adv Beg, Int)</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td><strong>MARTIAL ARTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aikido</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Aikido (Intro)</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Chen Style Tai Chi Chuan: Beg, Adv</td>
<td>West</td>
<td>19, 20</td>
</tr>
<tr>
<td>Karate - Adults</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Karate - New Students</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Karate - New Students</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td>Karate - Returning Students</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Karate - Returning Students</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td>Kung Fu (Beg)</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Tae Kwon Do (Beg, Int-Adv, Adv)</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Tai Chi Chuan</td>
<td>East</td>
<td>7</td>
</tr>
<tr>
<td>Tai Ji (Intro)</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td><strong>MUSIC</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Band-Phoenix Jazz And Swing Band</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Band-Salt Lake Scots Pipe</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Band-Salt Lake Symphonic Winds</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Band-Young Artist Chamber Players</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Choir-Salt Lake Children’s Choir</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Choir-Salt Lake Symphonic Choir</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Guitar (Begin 1, 2)</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td>Guitar (Begin 1, 2, Int)</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Guitar (Begin, Adv Beg)</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td>Guitar For Kids (Beg)</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td>Guitar for Youth</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Ukulele (Begin, Adv Beg)</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td><strong>PHOTOGRAPHY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Photography And The Art Of Seeing</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td>Photography Basics</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td>Photography DSLR</td>
<td>Highland</td>
<td>14</td>
</tr>
<tr>
<td>Photography-Digital (Fundamentals To Int)</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td>Photography-Digital Point And Shoot</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td>Photoshop Cs5 (Begin-Adv Beg)</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td><strong>RECREATION/SPORTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body Conditioning/Weight Training (Women)</td>
<td>Highland</td>
<td>15</td>
</tr>
<tr>
<td>Core Strength And Stability Exercises</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td>Dance Conditioning Fitness</td>
<td>Highland</td>
<td>15</td>
</tr>
<tr>
<td>Fishing For Sport And Food</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td>Golf (Begin, Int, Adv)</td>
<td>Highland</td>
<td>15</td>
</tr>
<tr>
<td>Hatha Yoga</td>
<td>Highland</td>
<td>15</td>
</tr>
<tr>
<td>Hiking The Waterfalls</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td>Jr. Leopards Wrestling</td>
<td>East</td>
<td>8</td>
</tr>
<tr>
<td>Mountain Biking For Teens</td>
<td>Highland</td>
<td>15</td>
</tr>
<tr>
<td>Pilates</td>
<td>9th &amp; 9th</td>
<td>8</td>
</tr>
<tr>
<td>Scuba Experience (Begin)</td>
<td>Neptune Divers</td>
<td>15</td>
</tr>
<tr>
<td>Spin</td>
<td>9th &amp; 9th</td>
<td>9</td>
</tr>
<tr>
<td>Weapons Permit Class For State Concealed...</td>
<td>Highland</td>
<td>15</td>
</tr>
<tr>
<td>Yoga</td>
<td>East</td>
<td>9</td>
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<tr>
<td>Yoga</td>
<td>West</td>
<td>20</td>
</tr>
<tr>
<td>Yoga (Kundalini)</td>
<td>East</td>
<td>9</td>
</tr>
<tr>
<td>Yoga (Restorative)</td>
<td>East</td>
<td>9</td>
</tr>
<tr>
<td>Yoga For Fitness</td>
<td>East</td>
<td>9</td>
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<tr>
<td>Yoga For Kids</td>
<td>Highland</td>
<td>15</td>
</tr>
<tr>
<td>Zumba</td>
<td>East</td>
<td>9</td>
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<tr>
<td>Zumba</td>
<td>Highland</td>
<td>16</td>
</tr>
</tbody>
</table>

**REGISTER ONLINE:** [https://aal.slcschools.org/commed](https://aal.slcschools.org/commed)
ART

ACRYLIC PAINTING (BEGINNING)
DATE: . . . . . . . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 7:00 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $75
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . Toni Youngblood

ACRYLIC PAINTING (INTERMEDIATE)
DATE: . . . . . . . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 6:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $75
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . Toni Youngblood

ACRYLIC PAINTING (BEGINNING)
DATE: . . . . . . . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 7:00 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $75
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . Toni Youngblood

POTTERY, HAND AND WHEEL
DATE: . . . . . . . . . . . . . . Mar. 16 to May 11
DAY: . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . . 5:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $125 (incl. $25 material fee)
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . Sarah Cuvelier

WATERCOLOR PAINTING (BEGINNING)
DATE: . . . . . . . . . . . . . . Mar. 16 to May 11
DAY: . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . . 7:00 PM - 9:00 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $70 (incl. some materials)
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . Linda Moffitt

INSTRUCTOR: . . . . . . . . . Kevin Winn

DANCE

ALL THINGS SWING
DATE: . . . . . . . . . . . . . . Mar. 16 to Apr. 27
DAY: . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . . 6:00 PM - 7:00 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $45
AGE: . . . . . . . . . . . . . . All
INSTRUCTOR: . . . . . . . . . Margene Anderson

REGISTER ONLINE: https://aal.slcschools.org/commed
ENRICHMENT

AUTO BODY (BEGINNING)
DATE: Mar. 17 to May 07
DAY: T
TIME: 8:00 PM - 9:00 PM
PLACE: East
COST: $20 (couple $40)
AGE: Adults
INSTRUCTOR: Mike Lucero
Learn Big Band Swing. In a few weeks you'll be ready to hit the dance floor and look like a pro. Plenty of singles are looking for partners.

AUTO BODY (CONTINUATION)
DATE: Apr. 14 to May 05
DAY: T
TIME: 8:00 PM - 9:00 PM
PLACE: East
COST: $20 (couple $40)
AGE: Adults
INSTRUCTOR: Mike Lucero
Continuation of beginning class. Learn fun, new moves. Beginners welcome. Plenty of singles are looking for partners.

SALSA AND MERENGUE DANCE
DATE: Mar. 16 to Apr. 27
DAY: M
TIME: 8:00 PM - 9:00 PM
PLACE: East
COST: $45
AGE: All
INSTRUCTOR: Margene Anderson
Learn Salsa and Merengue basics including patterns, lead, follow, styling and technique to help you become a stylish, confident dancer. Couples and singles welcome. Taught by a highly trained professional Ballroom, Swing, & Salsa instructor with 25+ years experience.

B.L.A.S.T (BABYSITTER LESSONS AND SAFETY TRAINING)
DATE: Apr. 08
DAY: W
TIME: 4:00 PM - 6:30 PM
PLACE: East
COST: $25
AGE: 10-15 years
INSTRUCTOR: UEMTC Staff
The BLAST! Class is an interactive program designed to be exciting and fun while providing future babysitters all the tools necessary to be effective and dynamic. The class provides extensive training in pediatric first aid, household safety, and the fundamentals of childcare. The purpose of this class is to provide basic knowledge of babysitting safety to providers and families with children.

PUBLIC SPEAKING 101
DATE: Mar. 18 to May 13
DAY: W
TIME: 6:00 PM - 7:00 PM
PLACE: East
COST: $65
AGE: Adults
INSTRUCTOR: Isaac Holyoak
Public speaking is at the top of the list of things people most fear, but it is also one of the skills that people most desire. This is a skills-based, practical class that will help students become more confident speakers in whatever situation they find themselves, whether that be in the boardroom or a job interview, while sitting across the dinner table.

HARDY GARDENING YEAR ROUND
DATE: Apr. 08 to Apr. 29
DAY: W
TIME: 7:00 PM - 8:30 PM
PLACE: East
COST: $65
AGE: Adults
INSTRUCTOR: Kim Bouck
There is a secret group of people traveling the world for free. You can find them anywhere from the first class section of airplanes and 5 star luxury hotels to couch surfing with new friends in Timbuktu. Do you want to join this amazing group? Our resident frugal traveler, Kim Bouck, can show you how. Kim has flown more than 132,000 miles, stayed in world class hotels and treated her family to amazing vacations all for free. Sign up today and get started on your next VIRTUALLY FREE VACATION.
**FAMILIES IN ADDICTION**

This course is dedicated to those who have loved ones struggling with the disease of addiction. The 8 week course will address: Addiction as a disease. Who is an addict? Families in crisis. Figuring out finances. The co-occurring disorder. The genetic germ. Treatment does it work? Treatment without trying and where can it be found?

**DATE:** ............. Mar. 17 to May 12  
**DAY:** ............. T  
**TIME:** ............. 5:30 PM - 6:30 PM  
**PLACE:** ............ East  
**COST:** ............. $20  
**AGE:** .............. All  
**INSTRUCTOR:** ... Chris Haynes

**FAMILIES IN ADDICTION**

Whether you are investing in a company 401(k) plan, an individual IRA, your own brokerage account, or are interested in getting started, we will guide you in how to efficiently invest to achieve life goals. We will help you understand what your options are to best prepare yourself for maximizing your investments and having them work for you.

**DATE:** ............. Apr. 09, Apr. 16  
**DAY:** ............. Th  
**TIME:** ............. 6:00 PM - 7:30 PM  
**PLACE:** ............ East  
**COST:** ............. $20  
**AGE:** .............. Adults  
**INSTRUCTOR:** ... Steve Goalen

**REVERSE MORTGAGE: HOME EQUITY CONVERSION MORTGAGE (HECM)**

Do you want to retire but cannot rely solely on social security? Do you have questions about reverse mortgages? Learn how your home’s equity can let you have the freedom you desire during retirement and get honest answers to questions about whether a reverse mortgage is right for you.

**DATE:** ............. Apr. 09  
**DAY:** ............. Th  
**TIME:** ............. 6:30 PM - 8:30 PM  
**PLACE:** ............ East  
**COST:** ............. $10 ($15 couple)  
**AGE:** .............. Adults  
**INSTRUCTOR:** ... Spencer Stott

**UNDERSTANDING SOCIAL SECURITY, MEDICARE, LONG TERM CARE AND RETIREMENT OPTIONS**

Learn numbers, alphabet, basic vocabulary, basic conversation, grammar and beginning reading. The textbook “Teach Yourself Chinese” by Elizabeth Scurfield (2003 or more recent edition, no CD necessary), is used and available through bookstores and online.

**DATE:** ............. Apr. 19 to May 14  
**DAY:** ............. Th  
**TIME:** ............. 6:30 PM - 7:30 PM  
**PLACE:** ............ East  
**COST:** ............. $60  
**AGE:** .............. Adults  
**INSTRUCTOR:** ... Eric Milman

**ITALIAN (BEGINNING)**

This class is for those not happy with “phrase book” conversation, basic Chinese grammar and basic Chinese conversation for daily use. The textbook, “Teach Yourself Chinese” by Elizabeth Scurfield (2003 or more recent edition, no CD necessary), is used and available through bookstores and online.

**DATE:** ............. Mar. 18 to May 13  
**DAY:** ............. W  
**TIME:** ............. 6:00 PM - 7:00 PM  
**PLACE:** ............ East  
**COST:** ............. $60  
**AGE:** .............. 14 and up  
**INSTRUCTOR:** ... Camden Seeborg

**Italian (Intermediate)**

Learn numbers, alphabet, basic vocabulary, basic conversation, grammar and beginning reading. The textbook “Practice Makes Perfect, Basic Italian by Allessandra Viscinti (MacGraw Hill) is used and available through bookstores and online.

**DATE:** ............. Apr. 07 to Apr. 30  
**DAY:** ............. T/Th  
**TIME:** ............. 6:00 PM - 7:00 PM  
**PLACE:** ............ East  
**COST:** ............. $65  
**AGE:** .............. 14 and up  
**INSTRUCTOR:** ... Giuseppe Romanelli

**Italian (Beginning)**

Learn numbers, alphabet, basic vocabulary, basic conversation, grammar and beginning reading. The textbook “Practice Makes Perfect, Basic Italian by Allessandra Viscinti (MacGraw Hill) is used and available through bookstores and online.

**DATE:** ............. Apr. 07 to Apr. 30  
**DAY:** ............. T/Th  
**TIME:** ............. 7:10 PM - 8:10 PM  
**PLACE:** ............ East  
**COST:** ............. $65  
**AGE:** .............. 14 and up  
**INSTRUCTOR:** ... Giuseppe Romanelli

**Italian (Intermediate)**

This class is for those not happy with “phrase book”
ITALIAN (BEGINNING)
DATE: . . . . . . . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 6:00 PM - 7:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $67
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . Tatyana Davis, Linguistics Professor
Learn numbers, alphabet, basic vocabulary, basic conversation, grammar, and beginning reading. 10 student minimum. Pre-registration appreciated.

SPANISH (BEGINNING)
DATE: . . . . . . . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 7:00 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $67
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . Tatyana Davis, Linguistics Professor
Learn numbers, alphabet, basic vocabulary, basic conversation, grammar, and beginning reading. 10 student minimum. Pre-registration appreciated.

SPANISH (ADVANCED BEGINNING)
DATE: . . . . . . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 6:00 PM - 7:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $67
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . Tatyana Davis, Linguistics Professor
Requires some knowledge of using verbs in present tense and some basic vocabulary. Continue basic conversation, grammar and reading. 10 student minimum. Pre-registration appreciated.

SPANISH (INTERMEDIATE)
DATE: . . . . . . . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 5:30 PM - 7:00 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $67
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . Tatyana Davis, Linguistics Professor
Practice conjugation of verbs in all tenses. Continue to develop comprehension skills by listening and translating dialogues or stories.

MARTIAL ARTS
AIKIDO (INTRODUCTION)
DATE: . . . . . . . . . . . . . Mar. 16 to May 11
DAY: . . . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . 6:30 PM - 7:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $70
AGE: . . . . . . . . . . . . . 14 and up
INSTRUCTOR: . . . . . . Veera Kasicharernvat
Aikido is a Japanese martial art defined as the way of harmonious spirit. It is used to defend oneself while protecting the attacker from injury. Instructor is ranked Godan, 5th degree black belt. Introductory class is for first time students.

AIKIDO
DATE: . . . . . . . . . . . . . Mar. 16 to May 11
DAY: . . . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . 7:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $70
AGE: . . . . . . . . . . . . . 14 and up
INSTRUCTOR: . . . . . . Veera Kasicharernvat
Previous experience with Aikido required.

KARATE - ADULTS
DATE: . . . . . . . . . . . . . Mar. 18 to May 20
DAY: . . . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 7:00 PM - 9:00 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $7 (per class +$2 reg. fee)
AGE: . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . America's Youth Karate
Class offers self-defense and safety awareness. A complete goal oriented program, not just instruction. This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration, and coordination. Register the 1st day of class.

KARATE - NEW STUDENTS
DATE: . . . . . . . . . . . . . Mar. 18 to May 20
DAY: . . . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 6:15 PM - 6:55 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $7 (per class +$2 reg. fee)
AGE: . . . . . . . . . . . . . 5-18 years
INSTRUCTOR: . . . . . . America's Youth Karate
Class offers self-defense and safety awareness. A complete goal oriented program, not just instruction. Program is designed to promote a higher level of self confidence, self-esteem, discipline, concentration, and coordination. Register the 1st day of class.

KARATE - RETURNING STUDENTS
DATE: . . . . . . . . . . . . . Mar. 18 to May 20
DAY: . . . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 7:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $75
AGE: . . . . . . . . . . . . . 5-18 years
INSTRUCTOR: . . . . . . America's Youth Karate
Must hold yellow belt or above.

KUNG FU (BEGINNING)
DATE: . . . . . . . . . . . . . Mar. 16 to May 14
DAY: . . . . . . . . . . . . . . . . M/Th
TIME: . . . . . . . . . . . . . 7:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $75
AGE: . . . . . . . . . . . . . 14 and up
INSTRUCTOR: . . . . . . Matt Aldous
Focused on technique, flexibility, and fitness, Kung Fu generates enormous power. Students will develop excellent self-defense abilities while building self-confidence and awareness. Some Jiu-Jitsu also.

TAI CHI CHUAN
DATE: . . . . . . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 6:30 PM - 8:00 PM
PLACE: . . . . . . . . . . . . . East
COST: . . . . . . . . . . . . . $55
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . Tracy Foster
Tai Chi is an internal Chinese martial art form of meditation in motion using slow and graceful movements taught from an exercise perspective. It is practiced for both its defense training & its health benefits.

REGISTER ONLINE: https://aal.slcsgov.org/commed
EAST COMMUNITY EDUCATION

TAI JI (INTRODUCTION)
DATE: . Mar. 16 to May 11
DAY: . M
TIME: . 5:30 PM - 6:30 PM
PLACE: . East
COST: . $70
AGE: . 16 and up
INSTRUCTOR: . Veera Kasicharemvat
Tai-Ji is the philosophy of relaxation of the mind and body so the body’s natural energy can flow freely. It aims at well-being, including the attainment of grace and balance, the promotion of physical and emotional health and the development of energy flow. Instructor teaches in Professor Cheng Man-Ching’s Yang-style short form. Introductory class is for first time students.

PHOTOGRAPHY

PHOTOGRAPHY-DIGITAL (FUNDAMENTALS TO INTERMEDIATE)
DATE: . Mar. 18 to May 13
DAY: . W
TIME: . 7:30 PM - 9:00 PM
PLACE: . East
COST: . $80 (incl. $5 material fee)
AGE: . 14 and up
INSTRUCTOR: . Doug Sims
Own a DSLR camera? Want to maximize your camera knowledge? This course will teach you about composition, lighting, portraiture, ISO settings, white balance, shutter speed, F stops (aperture), and manual light metering, as well as how to take night photographs (timed exposures). Learn how to use your DSLR camera and enjoy all it has to offer.

PHOTOGRAPHY-DIGITAL POINT AND SHOOT
DATE: . Mar. 18, Mar. 25
DAY: . W
TIME: . 6:00 PM - 7:30 PM
PLACE: . East
COST: . $25
AGE: . 14 and up
INSTRUCTOR: . Doug Sims
If you have a point and shoot camera, not a DSLR, this class is for you! Covers composition, lighting, ISO setting, white balance, and portraiture.

PHOTOSHOP CSS (BEGINNING-ADVANCED BEGINNING)
DATE: . Mar. 18 to May 13
DAY: . W
TIME: . 6:00 PM - 7:30 PM
PLACE: . East
COST: . $25
AGE: . 11-14 years
INSTRUCTOR: . Nick Hamilton
Build your physical and mental toughness in one of the world’s oldest sports. Wrestling will hone you into an elite athlete. Sign up now to become a champion. Classes divided into two age levels.

PHOTOGRAPHY

PHOTOGRAPHY-DIGITAL (FUNDAMENTALS TO INTERMEDIATE)
DATE: . Mar. 18 to May 13
DAY: . W
TIME: . 7:30 PM - 9:00 PM
PLACE: . East
COST: . $80 (incl. $5 material fee)
AGE: . 14 and up
INSTRUCTOR: . Doug Sims
Own a DSLR camera? Want to maximize your camera knowledge? This course will teach you about composition, lighting, portraiture, ISO settings, white balance, shutter speed, F stops (aperture), and manual light metering, as well as how to take night photographs (timed exposures). Learn how to use your DSLR camera and enjoy all it has to offer.

PHOTOGRAPHY-DIGITAL POINT AND SHOOT
DATE: . Mar. 18, Mar. 25
DAY: . W
TIME: . 6:00 PM - 7:30 PM
PLACE: . East
COST: . $25
AGE: . 14 and up
INSTRUCTOR: . Doug Sims
If you have a point and shoot camera, not a DSLR, this class is for you! Covers composition, lighting, ISO setting, white balance, and portraiture.

PHOTOSHOP CSS (BEGINNING-ADVANCED BEGINNING)
DATE: . Mar. 18 to May 13
DAY: . W
TIME: . 6:00 PM - 7:30 PM
PLACE: . East
COST: . $25
AGE: . 11-14 years
INSTRUCTOR: . Nick Hamilton
Build your physical and mental toughness in one of the world’s oldest sports. Wrestling will hone you into an elite athlete. Sign up now to become a champion. Classes divided into two age levels.

RECREATION/SPORTS

CORE STRENGTH AND STABILITY EXERCISES
DATE: . Mar. 19 to May 07
DAY: . Th
TIME: . 7:00 PM - 8:00 PM
PLACE: . East
COST: . $25
AGE: . All
INSTRUCTOR: . Dr. Andrew Reheise
This is not your typical core exercise class full of crunches and sit-ups. We will focus on learning how to move properly while strengthening your whole core, helping to prevent injuries. You will learn how injuries occur, exercises that give you function to prevent those injuries and balance to tackle everyday challenges. Exercises are useful for everyone from the endurance athlete to the chronic low back pain sufferers; pain free movement is our goal. Bring a yoga mat and wear comfortable clothing.

HIKING THE WATERFALLS
DATE: . Mar. 21 to May 16
DAY: . S
TIME: . 8:00 AM - 11:30 AM
PLACE: . East
COST: . $25
AGE: . Adults
INSTRUCTOR: . Sheryl McDochlin
All abilities welcome. Guides are available for slower and faster hikers. Bring a water bottle and a good pair of shoes for hiking. Short orientation held before first hike at Park & Ride at 6200 S Wasatch Blvd. Hiking orientation EACH Saturday at 8:00 a.m. Leave for hike at 8:30 a.m. Questions? Call 801 584-2901.

MUSIC

GUITAR (BEGINNING)
DATE: . Mar. 17 to May 12
DAY: . T
TIME: . 6:30 PM - 7:30 PM
PLACE: . East
COST: . $65
AGE: . 12 and up
INSTRUCTOR: . Debbie Rebaza
Learn to play the guitar “just for fun.” Learn basic chords, strumming, and even finger picking without having to read a single note. Bring your guitar or rent one - call 801 688-2845 to reserve a guitar.

GUITAR (ADVANCED BEGINNING)
DATE: . Mar. 17 to May 12
DAY: . T
TIME: . 7:30 PM - 8:30 PM
PLACE: . East
COST: . $65
AGE: . 12 and up
INSTRUCTOR: . Debbie Rebaza
An extension of the first beginning class. Some knowledge of the basic chords and strumming is required. Bring your guitar or rent one - call 801 688-2845 to reserve a guitar.

GUITAR FOR KIDS (BEGINNING)
DATE: . Mar. 19 to May 14
DAY: . Th
TIME: . 6:30 PM - 7:30 PM
PLACE: . East
COST: . $65
AGE: . 7-11 years
INSTRUCTOR: . Debbie Rebaza
Learn the basics of the guitar. No music experience necessary. Bring your own guitar or rent one - call 801 688-2845 to reserve a guitar.

PHOTOGRAPHY

PHOTOGRAPHY-DIGITAL (FUNDAMENTALS TO INTERMEDIATE)
DATE: . Mar. 18 to May 13
DAY: . W
TIME: . 7:30 PM - 9:00 PM
PLACE: . East
COST: . $80 (incl. $5 material fee)
AGE: . 14 and up
INSTRUCTOR: . Doug Sims
Own a DSLR camera? Want to maximize your camera knowledge? This course will teach you about composition, lighting, portraiture, ISO settings, white balance, shutter speed, F stops (aperture), and manual light metering, as well as how to take night photographs (timed exposures). Learn how to use your DSLR camera and enjoy all it has to offer.

PHOTOGRAPHY-DIGITAL POINT AND SHOOT
DATE: . Mar. 18, Mar. 25
DAY: . W
TIME: . 6:00 PM - 7:30 PM
PLACE: . East
COST: . $25
AGE: . 14 and up
INSTRUCTOR: . Doug Sims
If you have a point and shoot camera, not a DSLR, this class is for you! Covers composition, lighting, ISO setting, white balance, and portraiture.

PHOTOSHOP CSS (BEGINNING-ADVANCED BEGINNING)
DATE: . Mar. 18 to May 13
DAY: . W
TIME: . 6:00 PM - 7:30 PM
PLACE: . East
COST: . $25
AGE: . 11-14 years
INSTRUCTOR: . Nick Hamilton
Build your physical and mental toughness in one of the world’s oldest sports. Wrestling will hone you into an elite athlete. Sign up now to become a champion. Classes divided into two age levels.

JR. LEOPARDS WRESTLING
DATE: . Mar. 17 to May 12
DAY: . T
TIME: . 6:45 PM - 7:45 PM
PLACE: . East
COST: . $25
AGE: . 6-10 years
INSTRUCTOR: . Nick Hamilton
Build your physical and mental toughness in one of the world’s oldest sports. Wrestling will hone you into an elite athlete. Sign up now to become a champion. Classes divided into two age levels.

PILATES
DATE: . Mar. 18 to May 06
DAY: . W
TIME: . 7:30 PM - 8:30 PM
PLACE: . 9th & 9th Pilates
COST: . $60
AGE: . All
INSTRUCTOR: . 9th & 9th Pilates
If you’re looking for a true core Pilates workout, this is the class for you. This mixed levels mat class is the best cross-training class to sculpt your waistline and/or improved performance. Props will be used to challenge your core while continuing to lengthen and strengthen muscles for a longer leaner look. We will supply yoga mats for this class but invite you to bring your own!

REGISTER ONLINE: https://aal.slc schools.org/commed

https://aal.slc schools.org/commed
hIKING THE WATERFALLS

will supply yoga mats for this class but invite you to bring a yoga mat and blanket (throw-size will work) with you to the first class.

YOGA FOR FITNESS

DATE: . Mar. 17 to May 12
DAY: . T
TIME: . 7:40 PM - 8:50 PM
PLACE: . East
COST: . $60
AGE: . Adults
INSTRUCTOR: . Maura Hahnenberger

In this class we will use yoga poses to strengthen and tone your muscles while also relaxing and gaining flexibility. We will focus on integrating breath with movement for a full mind and body workout. Dress comfortably and bring a mat to class.

ZUMBA

DATE: . Mar. 19 to May 14
DAY: . Th
TIME: . 5:30 PM - 6:45 PM
PLACE: . East
COST: . $65
AGE: . All
INSTRUCTOR: . Julia Garcia

Ditch the workout, join the party. An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party. Jam-packed with moderate dance steps, pulsating Latin and international rhythms and feel-it-to-the-core routines, this invigorating dance-fitness party will have you moving, rocking, and shaking the weight off.

YOGA (KUNDALINI)

DATE: . Mar. 18 to May 13
DAY: . W
TIME: . 6:00 PM - 7:30 PM
PLACE: . East
COST: . $65
AGE: . Adults
INSTRUCTOR: . Stephanie Treseder

Kundalini yoga is a combination of Pranayam (breathing), Kriyas (yoga exercises and postures), and meditation. The practice of these three things has the effect of balancing the glandular and nervous systems of the body, relaxing tension, developing a neutral perspective and intuition, and enhancing sensory awareness and flexibility.

YOGA (RESTORATIVE)

DATE: . Mar. 19 to May 14
DAY: . Th
TIME: . 5:30 PM - 6:30 PM
PLACE: . East
COST: . $60
AGE: . 15 and up
INSTRUCTOR: . Trixie Buckingham

Unwind, relax and rejuvenate your body and mind after a long day with the help of restorative yoga practice. This slow-paced gentle yoga is great for all levels and encourages emotional, mental, and physical relaxation by holding restful poses for longer periods of time with the occasional use of some props. Wear comfortable clothing and bring a yoga mat and blanket (throw-size will work) with you to the first class.

ACADEMIC SUPPORT FOR YOUTH

ONE-ON-ONE/ELEMENTARY-HIGH SCHOOL TUTORING

DATE: . Ongoing
DAY: . M/T/W/Th
TIME: . Call for Info
PLACE: . Highland
COST: . $12 (Per Half Hour)
AGE: . All
INSTRUCTOR: . Staff

Is your child in need of academic assistance? Call 801 481-4891 and schedule a one-on-one session in Tutor School. Cancellation policy: must cancel 1 business day in advance or will be charged. Ask about the Highland student discount.

ART

ACRYLIC PAINTS ON CANVAS

DATE: . Apr. 08
DAY: . W
TIME: . 7:00 PM - 9:00 PM
PLACE: . The Paint Mixer
COST: . $35
AGE: . 16 and up
INSTRUCTOR: . Paint Mixer Staff

Unleash your inner artist while learning the fundamentals of painting with acrylics on canvases. Step-by-step instruction will complete your project from start to finish & is geared toward the interested painter who wants to learn the fundamentals. Students will be led by a professional instructor through exercises designed to strengthen technical skills while creating a masterpiece. Our partner, The Paint Mixer, provides a fun, supportive and structured atmosphere. Materials include 16x20 canvas, paints and all the tools of the trade.

POTTERY, HAND AND WHEEL

DATE: . Mar. 17 to May 12
DAY: . W
TIME: . 6:30 PM - 8:30 PM
PLACE: . Highland
COST: . $125 (incl. $25 material fee)
AGE: . 16 and up
INSTRUCTOR: . Randi Lile

Explore a variety of wheel thrown and hand built pottery techniques. Utilize a selection of demonstrations tailored to the desires and abilities of the class to create functional and/or sculptural objects. Aspects of the ceramic process from making to glazing and firing will be discussed. Emphasis on improving skill and craftsmanship. Includes one block of clay.

PRINT MAKING

DATE: . Mar. 17 to May 12
DAY: . T
TIME: . 6:30 PM - 8:30 PM
PLACE: . Highland
COST: . $115 (incl. some materials)
AGE: . 16 and up
INSTRUCTOR: . Jaelene Myrup

What do Rembrandt and Andy Warhol have in common? They were both printmakers. Learn to make prints of your own! Choose two projects: linoleum or wood block or copper etching. Make multiple prints to frame or use as gift tags, cards, or logos. Learn design and display principles as well as elements of art. Class outline and materials list available first night of class.

REGISTER ONLINE: https://aal.slcschools.org/commed
WATERCOLOR AND OIL
DATE: . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . T
TIME: . . . . . . . 06:00 PM - 08:45 PM
PLACE: . . . . . . Highland
COST: . . . . . . $75 (Plus Materials)
INSTRUCTOR: . . . Tera Hunter
All painting styles, techniques and ability levels are welcome. General painting instruction for inexperienced students will be given at the start of class. Take advantage of weekly studio time to paint on your own. Bring your own materials and project the first night. Call 801-481-4891 or email highlandce@slcschools.org for materials list.

COMPUTERS
MICROSOFT EXCEL
DATE: . . . . . . . Apr. 07, Apr. 14
DAY: . . . . . . . T
TIME: . . . . . . . 06:00 PM - 08:45 PM
PLACE: . . . . . . Highland
COST: . . . . . . $75
INSTRUCTOR: . . . Ahmad Kareh
Class is designed to give you basic and intermediate knowledge of Excel and its capabilities to create charts, graphs, and databases, sort data and help manage and analyze it. Excel has many personal and business uses such as tracking income and expenses or setting up a household budget. To enroll, you should be comfortable in the Windows environment and have basic knowledge in MS Office applications.

Microsoft Word
DATE: . . . . . . . Apr. 28, May 05
DAY: . . . . . . . T
TIME: . . . . . . . 06:00 PM - 08:45 PM
PLACE: . . . . . . Highland
COST: . . . . . . $75
INSTRUCTOR: . . . Ahmad Kareh
Class will use a series of hands-on activities to give you a basic AND intermediate knowledge of MS Word. Learn basic and intermediate concepts required to produce personal and business documents. To enroll, you should be comfortable in the Windows environment and able to manage information on your computer. You will need to be able to open and close programs, navigate to information stored on the computer and manage files and folders.

PC COMPUTER TUTORING
DATE: . . . . . . . Mar. 17 to May 13
DAY: . . . . . . . T/W
TIME: . . . . . . . 05:00 PM - 08:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $18 (Per Half Hour)
INSTRUCTOR: . . . DeVaughn Simper
One-on-one computer help for PC users from beginning computer to intermediate. Geared to your needs, whether it’s email, surfing the internet or creating simple databases to help a small business. Call 801-481-4891 for appointment.

SEARCH ENGINE OPTIMIZATION (SEO)
DATE: . . . . . . . Apr. 30, May 07
DAY: . . . . . . . Th
TIME: . . . . . . . 06:00 PM - 08:00 PM
PLACE: . . . . . . Highland
COST: . . . . . . $85
INSTRUCTOR: . . . Ahmad Kareh
Gain the knowledge necessary to setup, monitor, and maintain a successful SEO marketing campaign and obtain better website search engine positioning on the world’s most popular search engines. Learn innovative concepts including researching keywords, creating copy, META tags, and reporting/analyzing techniques. Must be comfortable in the Windows environment and have basic knowledge in MS Office applications.

SOCIAL MEDIA FOR SMALL BUSINESS
DATE: . . . . . . . Mar. 19, Mar. 26
DAY: . . . . . . . Th
TIME: . . . . . . . 06:00 PM - 08:00 PM
PLACE: . . . . . . Highland
COST: . . . . . . $85
INSTRUCTOR: . . . Ahmad Kareh
Social media has recently taken center stage in contributing to the success of many small businesses. During this course you will be introduced to the most popular social media networks today. You will learn what social networking is and what it is not. You will also learn about which networks to pursue and which to ignore based upon your individual business goals. After completing this course you will have a clear understanding of the many social networking channels available to you and the appropriate uses of each.

WEB DESIGN
DATE: . . . . . . . Apr. 09, Apr. 16, and Apr. 23
DAY: . . . . . . . Th
TIME: . . . . . . . 06:00 PM - 08:45 PM
PLACE: . . . . . . Highland
COST: . . . . . . $95
INSTRUCTOR: . . . Ahmad Kareh
Learn the basics of using Dreamweaver to design websites, including toolbars, panels, text, images, links, tables, style sheets, frames and more, test the website and upload it to become a fully functional professional looking website.

DANCE
Ballet-Children’s (6-12)
DATE: . . . . . . . Mar. 19 to May 14
DAY: . . . . . . . Th
TIME: . . . . . . . 06:00 PM - 07:00 PM
PLACE: . . . . . . Highland
COST: . . . . . . $60
AGE: . . . . . . . 6-12 years
INSTRUCTOR: . . . . . . Aimee Swenson
Beginning class offers an introduction to ballet and creative dance. Ballet technique is a great foundation for all forms of dance. This class will help your child develop coordination, flexibility, strength, creativity, and love of dance.

Ethnic Folk Dance
DATE: . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . T
TIME: . . . . . . . 7:00 PM - 8:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $40
AGE: . . . . . . . Adults
INSTRUCTOR: . . . . . . Margaret Strickland
Learn folk dances from Bulgaria, Romania, Hungary and Russia.
PRE-BALLET-CHILDREN’S (3-5)
DATE: Mar. 17 to May 12
DAY: Th
TIME: 6:30 PM - 8:30 PM
PLACE: Highland
COST: $60
AGE: 3-5 years
INSTRUCTOR: Armee Swenson
This class is fun way for children to express themselves through movement. Children will be introduced to the love of dancing while building coordination, enhancing character and encouraging creativity.

SCOTTISH COUNTRY DANCING
DATE: Mar. 18 to May 13
DAY: W
TIME: 05:15 PM - 06:45 PM
PLACE: Highland
COST: $60 ($90 Couples)
AGE: 12 and up
INSTRUCTOR: Alice Drake
Come learn Scottish jigs, reels, and strathspeys to great Scottish music. Open to singles, couples, and family groups. All levels welcome. Wear comfortable clothing and soft, ballet-type shoes.

ENRICHMENT

ACTING FOR YOUTH
DATE: Mar. 18 to May 13
DAY: W
TIME: 06:00 PM - 07:30 PM
PLACE: Highland
COST: $60
AGE: 8-16 years
INSTRUCTOR: Maggie Smith
A fun and enriching acting seminar for young people, with an emphasis on character development techniques. Largely movement based, appropriate for all experience levels. Character work, monologues, and scene studies will be performed on the last day for parents and guests

B.L.A.S.T (BABYSITTER LESSONS AND SAFETY TRAINING)
DATE: Mar. 25
DAY: W
TIME: 04:00 PM - 06:30 PM
PLACE: Highland
COST: $25
AGE: 11-15 years
INSTRUCTOR: UEMTC Staff
The BLAST! Class is an interactive program designed to be exciting and fun while providing future babysitters all the tools necessary to be effective and dynamic. The class provides extensive training in pediatric first aid, household safety, and the fundamentals of childcare. The purpose of this class is to provide basic knowledge of babysitting safety to providers and families with children.

BRIDGE LESSONS (BEGINNING)
DATE: Mar. 19 to May 14
DAY: Th
TIME: 6:30 PM - 8:30 PM
PLACE: Highland
COST: $60 (ask for family discount)
AGE: 18 and up
INSTRUCTOR: Hal Farnsworth
Play the game of the rich and famous and discover the world’s most popular and challenging card game. Whether you’re new to the game or need a refresher this class is for you! Each class will include tips, encouragement and the fundamentals of Bridge. Come make new friends, improve your memory, and have a wonderful time. Great for couples, singles, and families.

ESSENTIAL OILS: HOW DO I USE THEM?
DATE: Apr. 07, Apr. 14, and Apr. 21
DAY: T
TIME: 7:00 PM - 8:30 PM
PLACE: Highland
COST: $18 ($25 couples)
AGE: 14 and up
INSTRUCTOR: Sue Burdett
What are essential oils, how and when do you use them? Are they safe? If you suffer from allergies, asthma, headaches, heartburn, depression, lack of energy, ADHD or more, you can save yourself from the side effects and cost of prescription and OTC drugs. This class could change your life. Class 1: What essential oils are and how to use them for common ailments. Class 2: Manage stress, depression, sleep disorders, etc. Class 3: Make oil blends to combat allergies, colds, bug bites.

FIRST AID CPR/AED
DATE: Apr. 29
DAY: W
TIME: 4:00 PM - 6:30 PM
PLACE: Highland
COST: $60
AGE: All
INSTRUCTOR: UEMTC Staff
Heartsaver First Aid CPR/AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

FOOL ART WOOD CARVING
DATE: Mar. 17 to May 12
DAY: T
TIME: 6:30 PM - 8:45 PM
PLACE: Highland
COST: $80 (plus materials)
AGE: 21 and up
INSTRUCTOR: Charles Brady
Learn the ancient skill of Folk Art Wood Carving from a master craftsman. Examples of this unique art are ship’s figureheads or a cigar store Indian. Instructor will help you design, carve, and paint something that has significance for you (probably an animal or a bird). Instructor provides wood. List of tools needed (about $60) given the first night of class.

FOOL ART WOOD CARVING (HEWING)
DATE: Apr. 07, Apr. 14
DAY: T
TIME: 6:00 PM - 7:30 PM
PLACE: Highland
COST: $35
AGE: Adults
INSTRUCTOR: Kristy Larsen, K.D. Design Consultant
What decorating style are you? Discover your unique style, learn the steps you need to take to complete your project, and receive design tips. Should you remodel, build a new space, or switch up your current living space? The design process should be fun so that when the project is finished, you can take joy in what you have created!

INTERIOR DECORATING FOR YOUR PERSONALITY
DATE: Apr. 07, Apr. 14
DAY: T
TIME: 6:00 PM - 7:30 PM
PLACE: Highland
COST: $35
AGE: Adults
INSTRUCTOR: Kristy Larsen, K.D. Design Consultant
What decorating style are you? Discover your unique style, learn the steps you need to take to complete your project, and receive design tips. Should you remodel, build a new space, or switch up your current living space? The design process should be fun so that when the project is finished, you can take joy in what you have created!

LOVINGKINDNESS BUDDHIST MEDITATION
DATE: Mar. 18 to May 13
DAY: W
TIME: 06:45 PM - 08:45 PM
PLACE: Highland
COST: $80
AGE: 16 and up
INSTRUCTOR: Thomi Liebich
This Workshop is based on Sharon Salzberg's book Lovingkindness: The Revolutionary Art of Happiness, which outlines and illuminates the basic teachings and practices of Lovingkindness Meditation. Lovingkindness Meditation is the extraordinary practice of awakening and strengthening within ourselves the four qualities of Lovingkindness, Compassion, Sympathetic Joy, and Equanimity, known as the Four Immeasurable Abodes or Brahma Viharas in Buddhist teaching.

REGISTER ONLINE: https://aal.slcshools.org/commed
HIGHLAND COMMUNITY EDUCATION

MOMMY & ME CRAFT NIGHT
DATE: . . . . . . . . May 06, May 13, and May 20
DAY: . . . . . . . . W
TIME: . . . . . . . . 6:00 PM - 7:00 PM
PLACE: . . . . . . Highland
COST: . . . . . . $60 (includes $45 material fee)
AGE: . . . . . . . . 1st-6th grade
INSTRUCTOR: . . . . Amelia McCurdy
Find something exciting and creative to do together! We will be working on a variety of craft projects that are fun for both kids and adults including painting, decorating, bead making, and more!

PET FIRST AID & DISASTER RESPONSE
DATE: . . . . . . . . Apr. 08
DAY: . . . . . . . . W
TIME: . . . . . . . . 4:00 PM - 6:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $60
AGE: . . . . . . . . All
INSTRUCTOR: . . . . UEMTC Staff
The Pet First Aid & Disaster Response Guide is designed to help pet owners provide temporary, urgent care to pets until they can reach a veterinary or emergency clinic. The text will teach readers to care for their animals before, during, and after an emergency including: bleeding, bite wounds, cardiac arrest, choking, burns, poisoning, trauma injury prevention and disaster preparation.

POSITIVE THINKING: LAWS OF SUCCESS
DATE: . . . . . . . . Apr. 28, May 05, and May 12
DAY: . . . . . . . . T
TIME: . . . . . . . . 6:30 PM - 8:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $45 ($80 Couples)
AGE: . . . . . . . . All
INSTRUCTOR: . . . . Richard Smart
There are laws that govern our success. Every success is connected to a law that is obeyed. You will strengthen your thought-processes toward your success, open you to unlimited resources & opportunities, increase your ability to attract success, enable you to keep moving when obstacles come your way and let go of the inhibitors that hold you back.

POSITIVE THINKING: THE POWER OF POSITIVE SELF TALK
DATE: . . . . . . . . Apr. 07, Apr. 14, and Apr. 21
DAY: . . . . . . . . T
TIME: . . . . . . . . 6:30 PM - 8:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $30 ($55 Couple)
AGE: . . . . . . . . All
INSTRUCTOR: . . . . Richard Smart
Join this powerful class! Learn how the power of your thoughts determines your actions. Learn to adjust your thoughts so you control the destiny of your success and become a happier more successful person!

QUITTING FOR THE VERY BEGINNER
DATE: . . . . . . . . Apr. 08, Apr. 15
DAY: . . . . . . . . W
TIME: . . . . . . . . 05:30 PM - 08:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $50
AGE: . . . . . . . . 14 and up
INSTRUCTOR: . . . . Virginia Lee
This fun class covers the very basics of quitting. Learn to piece, to quilt, tools of the trade and the language of quitting – so you know what your quitting friends are saying – and end up with a finished example. All materials included.

THE HEALING POWERS OF ESSENTIAL OILS
DATE: . . . . . . . . Apr. 16, Apr. 23
DAY: . . . . . . . . Th
TIME: . . . . . . . . 07:00 PM - 08:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $18 (Couples $25)
AGE: . . . . . . . . 16 and up
INSTRUCTOR: . . . . Sue Burdett
Do you suffer from, allergies, headaches, depression, digestive issues, ADHD, etc? Come learn, in a fun hands on class, how to use Essential Oils that are powerful, 100% natural, safe to use, and without side effects. We will make some oil blends to combat ailments. THEY ARE CHANGING PEOPLES LIVES

UPHOLSTERY (BEGINNING)
DATE: . . . . . . . . Mar. 18 to May 06
DAY: . . . . . . . . Th
TIME: . . . . . . . . 06:00 PM - 08:45 PM
PLACE: . . . . . . Highland
COST: . . . . . . $135 (Includes a $5 lab fee, materials extra)
AGE: . . . . . . . . 18 and up
INSTRUCTOR: . . . . Roly Pearson
Beginning class students will all make an ottoman and learn the basic skills required to re-upholster couches and chairs. Material fee includes all but final fabric and stool legs to finish.

UPHOLSTERY (INTERMEDIATE)
DATE: . . . . . . . . Mar. 19 to May 07
DAY: . . . . . . . . Th
TIME: . . . . . . . . 06:00 PM - 08:45 PM
PLACE: . . . . . . Highland
COST: . . . . . . $135 (Includes a $5 lab fee, materials extra)
AGE: . . . . . . . . 18 and up
INSTRUCTOR: . . . . Roly Pearson
This class is for students who have taken the Beginning Upholstery class and have re-upholstery experience. Bring furniture the first night of class. A large or complex piece of furniture may take more than one session to complete.

WELDING/METAL ARTS
DATE: . . . . . . . . Mar. 19 to May 14
DAY: . . . . . . . . Th
TIME: . . . . . . . . 05:30 PM - 08:00 PM
PLACE: . . . . . . Highland
COST: . . . . . . $200
AGE: . . . . . . . . 18 and up
INSTRUCTOR: . . . . Denise Hevner
Learn welding safety, use of metal shop tools, and basic fundamentals for creating small projects, such as yard art, tables, fire pits, etc. Several different welding processes are taught. Must provide own metal. Shop tools and equipment are provided. NO SHORTS, NO OPEN TOE SHOES.

FINANCIAL

ESTATE PLANNING
DATE: . . . . . . . . Apr. 07, Apr. 14
DAY: . . . . . . . . T
TIME: . . . . . . . . 6:30 PM - 8:30 PM
PLACE: . . . . . . Highland
COST: . . . . . . $20 ($30 Couple)
AGE: . . . . . . . . All
INSTRUCTOR: . . . . Nathan Miller, Attorney at Law
Course addresses wills, trusts, durable powers of attorney, medical powers of attorney, and living wills. Learn what happens when you die without an estate plan; what type of an estate plan is right for your situation; how to provide for minor children if both parents die; how to protect against estate emergencies; and how the probate process works in Utah.

HIDDEN FACTS ABOUT MEDICARE, AND HOW YOUR HEALTH AFFECTS YOUR WEALTH
DATE: . . . . . . . . Apr. 07
DAY: . . . . . . . . T
TIME: . . . . . . . . 6:30 PM - 8:00 PM
PLACE: . . . . . . Highland
COST: . . . . . . $9 ($15 couples)
AGE: . . . . . . . . 60 and up
INSTRUCTOR: . . . . Cliff Billingslea and Sue Burdett
A must attend course for seniors to help you get the most out of Medicare at the least cost. Medicare, the insurance industry, and your life situations are always changing. What was a good choice last year may not be the same this year. You may make changes to your Medicare each year. Do it right. Understand risk versus cost. Learn what Medicare does not cover. Understand the truth about annuities and life insurance. 70% of all seniors will need recuperative care: long term, short term, home care. You may be able to do this with not out of pocket cost.

REGISTER ONLINE: https://aal.slcschools.org/commed
to live on in retirement? After being told that Social Security is “going broke,” baby boomers are realizing that it will soon be their turn to collect. You will learn: 5 factors to consider before applying; how to coordinate spousal benefits; and how to maximize benefits and minimize taxes on Social Security benefits.

**JOB TRAINING/CAREERS**

**ACCOUNTING FOR NON-ACCOUNTANTS/BUSINESS OWNERS**

DATE: . . . . . . . . . . . . Mar. 17 to May 14
DAY: . . . . . . . . . . . . T/Th
TIME: . . . . . . . . . . . . 07:00 PM - 08:30 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $55
AGE: . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . . . . David Little
Understand the basics of the accounting process and financial statements. Use accounting principles and financial statements to make business decisions. Learn where all those numbers come from and what they really mean!

**SAVING SOCIAL SECURITY PLANNING**

DATE: . . . . . . . . . . . . Mar. 17
DAY: . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . 06:30 PM - 08:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $20 ($30 Couple)
AGE: . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . . . . John Engh, MBA, CFP
Will Social Security be there for me? How much can I expect to receive? When should I apply? How can I maximize benefits? Will Social Security be enough

**HOME BUYING 101**

DATE: . . . . . . . . . . . . Mar. 24
DAY: . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . 06:00 PM - 08:30 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $10 ($15 for couples)
AGE: . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . . . . Kathy Jensen
Buy right the first time! You will learn the steps of home buying, including the role of real estate agents, mortgage lenders, credit and interest rates, as well as down payment programs, closing costs and loan programs. Fee includes workbook.

**RETHINK RETIREMENT**

DATE: . . . . . . . . . . . . Apr. 07, Apr. 14
DAY: . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . 06:30 PM - 08:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $20 ($30 Couple)
AGE: . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . . . . John Engh, MBA, CFP
What are my best options in preparing for retirement? Once there, how do I turn what I have into an effective income stream that can withstand changes in interest rates, market fluctuations and tax rates? This class will introduce new ideas and show what has worked. Learn effective strategies to reduce volatility and provide flexibility in retirement. Use very real scenarios and case studies to help you through different economic cycles. THIS CLASS WILL DIG DEEP, not just scratch the surface.

**YOU'RE ON THE AIR (HOW TO REALLY MAKE IT IN VOICE-OVERS)**

DATE: . . . . . . . . . . . . Apr. 15
DAY: . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . 06:30 PM - 08:30 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $40
AGE: . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . . . . . . . Such A Voice Staff
YOU'VE HEARD BRIAN THON ON TV AND RADIO COMMERCIALS! Now hear Brian LIVE as he illustrates how YOU could begin using your speaking voice for commercials, films, and videos! The class will show you a unique way to cash in on one of the most lucrative full or part-time careers! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen.

**LANGUAGES**

**AMERICAN SIGN LANGUAGE**

DATE: . . . . . . . . . . . . Mar. 17 to Apr. 28
DAY: . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . 07:00 PM - 08:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $55
AGE: . . . . . . . . . . . . 14 and up
INSTRUCTOR: . . . . . . . . . . . . Krysta Hansen
Learn the fundamentals of ASL (American Sign Language), including elementary vocabulary, fingerspelling, and grammar. Basic information about the deaf community and culture will also be covered.

**ENGLISH AS A SECOND LANGUAGE/ESL**

DATE: . . . . . . . . . . . . Mar. 24 to May 14
DAY: . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . 06:30 PM - 08:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $10 ($15 for couples)
AGE: . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . . . . . . Staff
This class focuses on reading, grammar, and conversation. Questions? Call the school’s Community Education office.

**FRENCH CONVERSATION AND STUDY HELP**

DATE: . . . . . . . . . . . . Mar. 24 to May 12
DAY: . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . 06:30 PM - 08:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . $25
AGE: . . . . . . . . . . . . 9th-12th grade
INSTRUCTOR: . . . . . . . . . . . . Amelia McMurty
So you’re learning French, but are you using it? There is no better way to learn a foreign language than to use it outside of the classroom. Join us for French conversation, activities, and homework help!
**MARTIAL ARTS**

**TAE KWON DO (BEGINNING)**

DATE: February 16 to May 13  
DAY: M/W  
TIME: 6:15PM - 7:15PM  
PLACE: Highland  
COST: $75 (Half off second family member)  
AGE: 6 and up  
INSTRUCTOR: Bill Dubbled, 7th Degree Black Belt  

Class focuses on basic self defense and fundamental exercises.

**TAE KWON DO (INTERMEDIATE)**

DATE: February 16 to May 13  
DAY: M/W  
TIME: 7:15PM - 8:15PM  
PLACE: Highland  
COST: $75 (Half off second family member)  
AGE: 8 and up  
INSTRUCTOR: Bill Dubbled, 7th Degree Black Belt  

Intermediate and advanced classes focus on traditional Tae-Kwon Do as taught by the founder, General Choi Hong Hi. All instructors certified by the USF.

**TAE KWON DO (ADVANCED)**

DATE: February 16 to May 13  
DAY: M/W  
TIME: 8:15PM - 9:15PM  
PLACE: Highland  
COST: $75 (Half off second family member)  
AGE: 10-18 years  
INSTRUCTOR: Sam  

Audition required. Questions? Contact Becky Hesterman at hesterbunny@gmail.com

**MUSIC**

**BAND-PH OENIX JAZZ AND SWING BAND**

DATE: February 16 to May 13  
DAY: W  
TIME: 6:30PM - 8:00PM  
PLACE: Highland  
COST: $50  
AGE: 60 and up  
INSTRUCTOR: John Oshinski  
Audition required. Questions? Call Doug Buhler at 801 422-7007.

**BAND-SALT LAKE SYMPHONIC WINDS**

DATE: February 16 to May 13  
DAY: W  
TIME: 6:30PM - 8:00PM  
PLACE: Highland  
COST: $65  
AGE: 12 and up  
INSTRUCTOR: Miles Bidduel  

Learn chords, strum patterns, and music theory to be able to play songs on the guitar. Must bring own guitar.

**PHOTOGRAPHY**

**PHOTOGRAPHY DSLR**

DATE: April 07 to May 12  
DAY: Th  
TIME: 6:15PM - 7:15PM  
PLACE: Highland  
COST: $50  
AGE: 11-14 years  
INSTRUCTOR: Amelia McCurdy  

Absolutely no prior musical experience needed. They will begin to learn how to read sheet music and basic chords, play scales, name parts of the guitar, and have proper technique in a fun group setting. Class ends with a group performance! Students must provide their own guitars.
RECREATION/SPORTS

BODY CONDITIONING/WEIGHT TRAINING (WOMEN)

DATE: . . . . . . . . . . . . . Mar. 16 to May 13
DAY: . . . . . . . . . . . . . M/W
TIME: . . . . . . . . . . . . . 06:00 PM - 07:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . . $60
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . . Monica French

Strength training and body conditioning in a friendly environment. Increase your flexibility, strengthen and tone muscles in the shoulders, back, arms, belly, and legs. Receive help starting a personal work out program. Meet women who enjoy life and being active.

GOLF (INTERMEDIATE/ADVANCED)

DATE: . . . . . . . . . . . . . Mar. 16 to Apr. 13
DAY: . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . 6:00 PM - 7:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . . $50
AGE: . . . . . . . . . . . . . 12 and up
INSTRUCTOR: . . . . . . . Greg Cayias, PGA Golf Professional

DATE: . . . . . . . . . . . . . Apr. 20 to May 11
DAY: . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . 6:00 PM - 7:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . . $50
AGE: . . . . . . . . . . . . . 12 and up
INSTRUCTOR: . . . . . . . Greg Cayias, PGA Golf Professional

Instruction based on players' level of ability and potential for improvement. Recommended handicap: 15 or below. Bring own clubs. Class is held at Bonneville Golf Course, 954 S. Connor St.

HATHA YOGA

DATE: . . . . . . . . . . . . . Mar. 19 to May 07
DAY: . . . . . . . . . . . . . Th
TIME: . . . . . . . . . . . . . 07:00 PM - 08:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . . $60
AGE: . . . . . . . . . . . . . 15 and up
INSTRUCTOR: . . . . . . . Sylvia Wilcox

This class will include focused breathing; a wide variety of hatha yoga postures to warm, invigorate, and stretch the body; balancing postures; and relaxation at the end of class. Suitable for individuals with or without any yoga experience. Yoga mat required.

MOUNTAIN BIKING FOR TEENS

DATE: . . . . . . . . . . . . . May 07 to May 21
DAY: . . . . . . . . . . . . . Th
TIME: . . . . . . . . . . . . . 6:00 PM - 8:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . . $25
AGE: . . . . . . . . . . . . . 12 and up
INSTRUCTOR: . . . . . . . Connor Estes

Want to experience the abundance of natural beauty and fun that our local mountains have to offer? Our goal is to get youth outdoors and share with them an appreciation for nature, exercise, and mountain biking. Rides consist of 2-3 hour trips, meeting up to 14 youth at a given trailhead, and teaching them how to mountain bike. We provide the mountain bikes, transportation of bikes, water bottles, Cliff Bars, first aid, experience, and instruction.

SCUBA EXPERIENCE (BEGINNING)

DATE: . . . . . . . . . . . . . Apr. 07
DAY: . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 05:30 PM - 07:00 PM
PLACE: . . . . . . . . . . . . Neptune Divers 2445 South
900 East Salt Lake City, UT 84106
COST: . . . . . . . . . . . . . $20
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . . Collette Cornwall

DATE: . . . . . . . . . . . . . May 05
DAY: . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 05:30 PM - 07:00 PM
PLACE: . . . . . . . . . . . . Neptune Divers 2445 South
900 East Salt Lake City, UT 84106
COST: . . . . . . . . . . . . . $20
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . . Collette Cornwall

Have you always wanted to try scuba but unsure about wanting to complete the certification course without trying it first? Try this one night class, it is a great way to find out if SCUBA is right for you. You will watch a video and then do a class. The class taught in our Neptune Divers on-site pool, will teach you all the basics of SCUBA including clearing your mask and retrieving your regulator. All SCUBA equipment is provided and you get to feel the amazing sensation of flying and taking your first breaths under water.

WEAPONS PERMIT CLASS FOR STATE CONCEALED WEAPONS PERMIT

DATE: . . . . . . . . . . . . . Mar. 18
DAY: . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 05:45 PM - 08:45 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . . $60
AGE: . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . . Scott Peck

Anyone may take the class, but must be 21 years old to apply for the permit. No weapons allowed in class. Fingerprinting is included. After attending the class you must send the application to the state along with a notarized signature, passport photo, and state fee. Pre-registration required.

YOGA FOR KIDS

DATE: . . . . . . . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 06:45 PM - 07:00 PM
PLACE: . . . . . . . . . . . . Highland
COST: . . . . . . . . . . . . . $60
AGE: . . . . . . . . . . . . . 5-10 years
INSTRUCTOR: . . . . . . . Aimee Swenson

Yoga creates a unique space for children to make the connection between their mind and body and explore their creativity. This class will combine fun and play with learning useful tools like mindful breathing to empower kids to calm and center their own minds. Together we will weave movement, breath, stories, and songs to create a fun and interactive class; an outlet for self-expression and connection.

Homework assignments are given at each class—it is highly recommended you do your homework to get the most out of this class.
ZUMBA
DATE: . . . . . . . . Mar. 16 to May 13
DAY: . . . . . . . . M/W
TIME: . . . . . . . . 05:45 PM - 06:40 PM
PLACE: . . . . . . . . Highland
COST: . . . . . . . . $85
AGE: . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . . . Staff
DATE: . . . . . . . . Mar. 16 to May 11
DAY: . . . . . . . . M
TIME: . . . . . . . . 05:45 PM - 06:40 PM
PLACE: . . . . . . . . Highland
COST: . . . . . . . . $60
AGE: . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . . . Staff

If you have always been interested in trying multiple art mediums, this is the class for you. Class will introduce you to the art mediums of pencil, watercolor, pastel and image transfers. Learn basic elements of design, composition, and various elements of mixed media design, how to combine different mediums effectively on one canvas, as well as how to incorporate image transfers from photographs, magazine clippings and other print forms. A materials list will be provided the first day of class.

ART

EXPERIMENTING WITH PENCIL, WATERCOLOR, PASTEL AND IMAGE TRANSFERS
DATE: . . . . . . . . Mar. 17 to May 05
DAY: . . . . . . . . T
TIME: . . . . . . . . 6:00 PM - 8:00 PM
PLACE: . . . . . . . . West
COST: . . . . . . . . $65
AGE: . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . . . Jonathon Baker

Improve your observational skills and your ability to paint what you see. Come ready to paint photos, screenshots or objects you bring to the first class. Participants are encouraged to experiment with acrylics in order to expedite learning although watercolor and oil may be used. Class will begin with group instruction followed by individual assistance. Prior painting experience required.

PAINTING WHAT YOU SEE
DATE: . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . W
TIME: . . . . . . . . 7:00 PM - 9:00 PM
PLACE: . . . . . . . . West
COST: . . . . . . . . $65
AGE: . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . . . Kevin Marcoux

TECHNIQUES FOR SEEING AND PAINTING
DATE: . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . W
TIME: . . . . . . . . 6:30 PM - 9:00 PM
PLACE: . . . . . . . . West
COST: . . . . . . . . $65
AGE: . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . . . Kevin Marcoux

Develop your representational painting skills. Learning about observation, aerial perspective, contrast and color theory will enable you to better depict your chosen subjects. Class will focus on landscapes and still life. Participants are encouraged to experiment with acrylics although watercolor and oil may be used. Open to all levels.

WEST COMMUNITY EDUCATION

NO classes: March 30-April 03
Office hours: Mon-Thur, 2:00-8:00 pm
Phone: 801-578-8518
E-mail: westce@slcschools.org
Website: https://aal.slcschools.org/commed
All classes are held at West High School, 241 North 300 West
(unless otherwise noted)

ACADEMIC SUPPORT FOR YOUTH

ONE-ON-ONE/ELEMENTARY-HIGH SCHOOL TUTORING
DATE: . . . . . . . . By Appointment
DAY: . . . . . . . . Call for Info
TIME: . . . . . . . . Call for Info
PLACE: . . . . . . . . West
COST: . . . . . . . . $7 (per half hour)
AGE: . . . . . . . . 9th-12th grade
INSTRUCTOR: . . . . . . . . Staff
Is your child in need of academic assistance? Call 801 578-8377 and schedule a one-on-one session in Tutor School. Cancellation policy: must cancel 1 business day in advance or will be charged.

COMES EN ESPAÑOL

COMO COMPRAR SU PRIMERA CASA
FECHA: . . . . . . . . Apr. 09
DIA: . . . . . . . . Lunes/Miercoles
HORA: . . . . . . . . 7:30 PM - 9:00 PM
LUGAR: . . . . . . . . West
COSTO: . . . . . . . . $150
EDAD: . . . . . . . . 18 and up
MAESTRO/A: . . . . . . . . Caleb Oldner

Si ha adquirido quickbooks o están pensando en adquirirlo, pero necesitan ayuda para entender la forma de configurarlo para su pequeña empresa, entonces esto es para ti! Aprender una manera rápida y fácil de configurar un fichero de la empresa de quickbooks del ordenador, incluyendo a pie a través de los pasos básicos de la empresa, Clientes y proveedores, empleados y el centro de informes y conciliación bancaria. El quickbooks manual estará disponible a la compra del instructor de $30.

INICIO QUICKBOOKS
FECHA: . . . . . . . . Apr. 22, Apr. 27, and Apr. 29
DIA: . . . . . . . . Lunes/Miercoles
HORA: . . . . . . . . 7:30 PM - 9:00 PM
LUGAR: . . . . . . . . West
COSTO: . . . . . . . . $150 (Incluye QB libro)
EDAD: . . . . . . . . 18 and up
MAESTRO/A: . . . . . . . . Caleb Oldner

QUICKBOOKS ADVANZADO
FECHA: . . . . . . . . Apr. 08, Apr. 13, and Apr. 15
DIA: . . . . . . . . Lunes/Miercoles
HORA: . . . . . . . . 7:30 PM - 9:00 PM
LUGAR: . . . . . . . . West
COSTO: . . . . . . . . $120
EDAD: . . . . . . . . 18 and up
MAESTRO/A: . . . . . . . . Caleb Oldner

Quickbooks maestro! Aprender contable servicios, servicios públicos, la importación y la exportación, centro avanzado de nóminas, la presentación de...
informes y los impuestos, el banco web connect, auto las transacciones y las plantillas. Se basa en conceptos aprendidos en la introducción. El quickbooks manual estará disponible a la compra del instructor de $30. Si se ha adquirido el quickbooks Manual en el inicio curso, no es necesario volver a adquirirlo en el curso avanzado.

**QUICKBOOKS ADVANZADO**

FECHA: May 06, May 11, and May 13  
DIA: Lunes/Miercoles  
HORA: 7:30 PM - 9:00 PM  
LUGAR: West  
COSTO: $120  
EDAD: 18 and up  
MAESTRO/A: Caleb Oldner  
Quickbooks maestro! Aprender contable serviciios, servicios públicos, la importación y la exportación, centro avanzado de nóminas, la presentación de informes y los impuestos, el banco web connect, auto las transacciones y las plantillas. Se basa en conceptos aprendidos en la introducción. El quickbooks manual estará disponible a la compra del instructor de $30. Si se ha adquirido el quickbooks Manual en el inicio curso, no es necesario volver a adquirirlo en el curso avanzado.

**SERVSAFE: GERENTE DE RESTAURANTE**

FECHA: Apr. 14, Apr. 21  
DIA: Martes  
HORA: 5:30 PM - 9:30 PM  
LUGAR: West  
COSTO: $140 (incluye examen)  
EDAD: 18 and up  
MAESTRO/A: Heally Sandoval  
¿Quiere ser un gerente de restaurante? Usted necesita un certificado de Gerente de alimentos. Aprenda sobre las enfermedades transmitidas por los alimentos, cómo prevenirlas y cómo entrenar a los trabajadores de saneamiento del alimento adecuado. Ganar la certificación de seguridad de alimentos ServSafe nacionalmente acreditado de la National Restaurant Association. Debe asistir a 8 horas de clase y pasar la prueba para obtener el certificado. Registro de dos semanas de antelación para asegurar los materiales están disponibles.

**SERVSAFE: RETOMAR LA PRUEBA**

FECHA: Apr. 21  
DIA: Martes  
HORA: 7:30 PM - 9:30 PM  
LUGAR: West  
COSTO: $60 (incluye examen)  
EDAD: 18 and up  
MAESTRO/A: Heally Sandoval  
Esta clase es para aquellos que necesitan retomar el examen ServSafe. Registrar dos semanas antes de la clase para asegurar la prueba está disponible.

**COMPUTERS**

**HOW TO START AN ONLINE BUSINESS**

DATE: Mar. 16, Mar. 18  
DAY: M/W  
TIME: 6:00 PM - 8:00 PM  
PLACE: West  
COST: $75  
AGE: Adults  
INSTRUCTOR: Steve Heap  
Year after year more and more people jump online to research and buy more and more products and services. Year after year online retail boasts double-digit growth at nearly 20%. And this marketplace is still in its infancy. Learn how to claim your online real-estate and start an online business with little upfront investment required. Any person can have a website, drive traffic to their site, and learn how to convert that traffic into sales. The marketing skills covered include affiliate marketing, drop shipping, blogging, and other online revenue models. Claim your online real-estate today!

**WEB DESIGNS FOR SMALL BUSINESS**

DATE: Apr. 06, Apr. 08, and Apr. 13  
DAY: M/W  
TIME: 6:00 PM - 8:00 PM  
PLACE: West  
COST: $150  
AGE: Adults  
INSTRUCTOR: Steve Heaps  
Having a website is an essential asset for any small business trying to compete in today's markets. During this course you will learn the basics of web design while planning and designing effective web pages. This course will teach you how to enhance your web pages by following good page layout techniques, text formatting, graphic design, image manipulation, and multimedia best practices. Upon completion of this course you will have produced a working, functional, multi-page website for your business that is ready to be marketed to the world.

**DANCE**

**BALLROOM DANCE**

DATE: Mar. 18 to May 06  
DAY: W  
TIME: 6:30 PM - 8:00 PM  
PLACE: West  
COST: $50  
AGE: All  
INSTRUCTOR: Cameron Walker  
Are you ready to do more than watch Dancing with the Stars? Come learn the basics of ballroom dance? Learn how to lead/follow. Learn how to match a dance to popular music. Learn to move your hips without looking weird. Waltz, swing, salsa and more! Signing up with a dance partner is encouraged.

**ENRICHMENT**

**BOOKBINDING: THE ART OF THE HAND-BOUND BOOK**

DATE: Mar. 19 to May 14  
DAY: Th  
TIME: 6:30 PM - 8:30 PM  
PLACE: West  
COST: $85  
AGE: Adults  
INSTRUCTOR: Michel Rogerson  
Ever wondered how books are bound? Enroll in this class and learn how! This is a hands-on class!! Various styles of bookbinding will be explored; from simple, non-adhesive projects to more complicated hand-sewn, glued, and bound hardback books, using leather or cloth covers. Students may be required to purchase some materials.

**CAKE DECORATING BASICS**

DATE: Apr. 07 to Apr. 28  
DAY: T  
TIME: 6:30 PM - 8:30 PM  
PLACE: West  
COST: $105 (incl. $50 material fee)  
AGE: 18 and up  
INSTRUCTOR: Lynda Halls  
Join a fun hands-on class! Learn the basics of cake, cup cake and dessert decorating including cake baking, cake layer fillings, cake frosting and cake design decorating. Other fundamentals include rosettes, flowers and leaf designs, boarders, writing techniques and much more. Materials fee includes a complete Wilton Beginning Cake Decorating Kit, the 1st batch of frosting, frosting colors, cake board and several cake and frosting recipes. FUN DECORATIONS ARE THE ICING ON THE CAKE!
ELECTRICAL WIRING / RESIDENTIAL
DATE: Mar. 19 to May 19
DAY: M, 4 W
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $55
AGE: 16 and up
INSTRUCTOR: Michael Barnhurst
This class will introduce you to residential electrical wiring. You will receive instruction and hands-on experience with wiring various devices such as outlets, switches, light fixtures, bathroom outlets, and multiple light switches. You will also be taught basic techniques in safety and diagnostics. *After the first night, you will need to bring a meter, wire strippers, a utility knife, and a 4 in 1 screwdriver.

FORAGING (LOOKING FOR) EDIBLE WILD FOODS IN UTAH
DATE: Apr. 20 to May 18
DAY: M
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $50
AGE: 16 and up
INSTRUCTOR: Dan Potts
Foraging (looking for) wild food is becoming more and more popular as people become more interested in eating organic and local fresh food. Learn to identify, harvest, prepare, and eat wild foods found here in Utah - everything from numerous, good tasting edible wild mushrooms to roots and berries. Many foods can be found even inside the city limits!! Taught by a lifelong wild foods forager. Includes a foraging field trip and wild foods dinner.

INTENSIVE VEGETABLE GARDENING
DATE: Apr. 21 to May 19
DAY: T
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $50
AGE: All
INSTRUCTOR: Dan Potts
Grow the most food with the least space and work! Topics covered: the garden plan, recommended varieties, weeds & pests, watering schemes, different garden styles, companion gardening, catch-cropping, mulch & compost, equipment, fertilizing, sources of information, lots of tips & tricks, and questions & answers. There will be an informal intensive garden tour and potluck dinner. For questions about the class call Dan at 801 596-1536.

SELF DEFENSE
DATE: Mar. 16 to Apr. 13
DAY: M
TIME: 7:30 PM - 8:30 PM
PLACE: West
COST: $55
AGE: 18 and up
INSTRUCTOR: Dan Poughavongsay
In this unique class, you will learn how to defend yourself from various dangers in a variety of situations. Learn how to protect yourself whether you are on the ground or standing up. Instructor has 6+ years of teaching experience and military background. All genders welcome. Please wear comfortable clothing and bring water bottle.

SILVERSMAITHING FOR FINE JEWELRY
DATE: Mar. 19 to Apr. 30
DAY: Th
TIME: 6:00 PM - 9:00 PM
PLACE: West
COST: $115 (incl. some materials)
AGE: Adults
INSTRUCTOR: Amy Cox
Class focuses on technique for sterling silver fabrication of jewelry. This includes sawing, soldering, piercing, and bezel setting stones. All tools for one project will be provided. No experience needed. All levels welcome and will be challenged. Students will be expected to buy silver for a ring project prior to the second class.

SMALL ENGINE REPAIR
DATE: Apr. 07 to May 12
DAY: T
TIME: 6:00 PM - 8:00 PM
PLACE: West
COST: $80
AGE: 16 and up
INSTRUCTOR: Joseph Lenge
This course offers participants a hands on experience emphasizing small engine maintenance and troubleshooting. Instructional topics include internal combustion engine principles and operations; tune-up and maintenance procedures; diagnosis and repair instruction. Participants will learn the operation of two-cycle and four-cycle engines commonly found on lawn mowers, snow blowers, garden tillers, chainsaws, motorcycles and other equipment. Participants are encouraged to bring their own small engine equipment/motorcycle to class but will have to provide their own replacement parts if needed.

STOP WEARING RED
DATE: Apr. 07, Apr. 14, and Apr. 21
DAY: T
TIME: 6:30 PM - 7:30 PM
PLACE: West
COST: $65 (incl. $20 material fee)
AGE: All
INSTRUCTOR: Terese Clausen
A complete course on Acne including how to wash your face, what to wash it with, which foods make you break-out and which foods, herbs and essential oils can help your skin to heal and to be as beautiful as the kids in zit commercials. Understand why you get acne, how it forms, spreads and scars. Learn through Face Mapping what your body is trying to tell you, why your face and body continue to break-out and what you can do to stop it. Plus learn how to make your own face wash and moisturizer that won’t clog your pores.

THE UN-AGING PROCESS
DATE: Apr. 08, Apr. 15, and Apr. 22
DAY: W
TIME: 6:30 PM - 7:30 PM
PLACE: West
COST: $65 (incl. materials)
AGE: All
INSTRUCTOR: Terese Clausen
Finally make good on your New Year’s resolution to look good, feel good, lose weight and eat a healthier diet. A course on how to spiff up the outside from head to toe and clean out the toxins and waste’s trapped inside your body. Learn how to get rid of the chemical burden imposed upon you on a daily basis and use products that are actually healthy instead. It’s easier than you think to take back the years.

ZEN MEDITATION AND SELF-HYPNOSIS
DATE: Apr. 07, Apr. 14, and Apr. 21
DAY: T
TIME: 6:30 PM - 7:30 PM
PLACE: West
COST: $65 (incl. $20 material fee)
AGE: All
INSTRUCTOR: Anna Zumwalt
Dive into the exciting world of your subconscious mind! Discover the beauty and value of your own personal truths and powers, and have FUN! This class will give hands-on experience with meditation and other trance/hypnosis states. Students will learn and develop their own tools for personal empowerment such as: guided meditation/hypno-therapeutic experiences; an understanding and working knowledge of Self-Hypnosis and Meditation; practice writing affirmations for personal goals and self-hypnosis scripts.

REGISTER ONLINE: https://aal.slcschools.org/commed
FINANCIAL

BABY BOOMER 101: RETIREMENT AND MEDICARE STRATEGIES

DATE: . . . . . . . . . . . . . . Mar. 26
DAY: . . . . . . . . . . . . . . Th
TIME: . . . . . . . . . . . . . 6:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $10
AGE: . . . . . . . . . . . . . 50 and up
INSTRUCTOR: . . . . . . Mark Shnurwovych

This course is designed to help people nearing or in retirement understand Social Security and their retirement planning options. Learn when you should begin taking Social Security, when you should begin taking Medicare, how to protect yourself against losses due to Long Term Care expenses, and how to plan appropriately to make sure you never run out of money—no matter how long you live.

HOW TO BUY YOUR FIRST HOME

DATE: . . . . . . . . . . . . . . Mar. 18
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 6:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $10 ($15 per couple)
AGE: . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . Spencer Stott

This class is suitable for people of all ages. Learn about FHA, VA, conventional loans and down payment options! Learn the step-by-step process on how to purchase your first home all the way to the closing table!

THE SAFE RETIREMENT SUMMIT

DATE: . . . . . . . . . . . . . . Mar. 25
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . 6:00 PM - 7:30 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $10
AGE: . . . . . . . . . . . . . 25-50 years
INSTRUCTOR: . . . . . . Marc Rotbol

The purpose of this class is to provide education and resources on how to effectively save money, prepare for retirement, and create a tax free stream of income in retirement, while protecting your family along the way. The class will also teach you how to protect your money from market loss while allowing for significant growth. The best part is that in many cases people are able to create a retirement savings plan regardless of their income level and without drastically changing their lifestyles.

WEST COMMUNITY EDUCATION

JOB TRAINING/CAREERS

QUICKBOOKS (BEGINNING)

DATE: . . . . . . . . . . . . . . Mar. 18, Mar. 23, and Mar. 25
DAY: . . . . . . . . . . . . . . M/W
TIME: . . . . . . . . . . . . . 6:00 PM - 7:30 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $150 (Incl. QB manual)
AGE: . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . Caleb Oldner

INSTRUCTOR: . . . . . . . . . . . Mark Shnurwovych

If you purchased QuickBooks or are thinking about purchasing it but need help in understanding how to set it up for your business, then this is for you! Learn a quick and easy way to setup a QuickBooks company file on the computer including walking through the basic steps of company set up, customer/vendor center, employee and report center and bank reconciliation.

QUICKBOOKS (ADVANCED)

DATE: . . . . . . . . . . . . . . Apr. 08, Apr. 13, and Apr. 15
DAY: . . . . . . . . . . . . . . M/W
TIME: . . . . . . . . . . . . . 6:00 PM - 7:30 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $120
AGE: . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . Caleb Oldner

INSTRUCTOR: . . . . . . . . . . . Caleb Oldner

If you purchased QuickBooks or are thinking about purchasing it but need help in understanding how to set it up for your business, then this is for you! Learn a quick and easy way to setup a QuickBooks company file on the computer including walking through the basic steps of company set up, customer/vendor center, employee and report center and bank reconciliation.

SERVSAFE: RESTAURANT MANAGER

DATE: . . . . . . . . . . . . . . Apr. 09, Apr. 16
DAY: . . . . . . . . . . . . . . Th
TIME: . . . . . . . . . . . . . 4:00 PM - 8:00 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $140 (Incl. book & exam)
AGE: . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . Andrea Gamble

INSTRUCTOR: . . . . . . . . . . . Andrea Gamble

Want to be a Restaurant Manager? You need a Certified Food Manager Certificate. Learn about foodborne illnesses, how to prevent them and how to train employees in proper food sanitation. Earn the nationally accredited ServSafe Food Safety Certification from the National Restaurant Association. Must attend 8 hours of class and pass test to earn certificate. Register two weeks in advance to ensure materials are available.

SERVSAFE: TEST RETAKE

DATE: . . . . . . . . . . . . . . May 20
DAY: . . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 6:00 PM - 8:00 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $60 (Incl. exam)
AGE: . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . Andrea Gamble

INSTRUCTOR: . . . . . . . . . . . Andrea Gamble

This class is for those that need to retake the ServSafe test. Register two weeks before class to ensure test is available.

MARTIAL ARTS

CHEN STYLE TAI CHI CHUAN: BEGINNING

DATE: . . . . . . . . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . 6:10 PM - 7:00 PM
PLACE: . . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $65
AGE: . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . Zhengming Wang

INSTRUCTOR: . . . . . . . . . . . Zhengming Wang

This class teaches the First Form of Chen Style Tai Chi Chuan, the original style from which all contemporary tai chi styles derive. The First Form provides physical and mental exercise, body balance and coordination training, emotional equilibrium, development of body core strength and a foundation from which to learn advanced forms and martial art applications. This class is suitable for people of...
all ages, fitness levels and athletic abilities. Master Wang Zhengming is a direct lineage descendant of the famous Master Chen Fake through Li Jingwu and Wang’s master, Dr. Sun Xincheng.

CHEN STYLE TAI CHI CHUAN: ADVANCED
DATE: . . . . . . . . . . . . . . Mar. 17 to May 12
DAY: . . . . . . . . . . . . . . T
TIME: . . . . . . . . . . . . . . 7:10 PM - 8:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $65
AGE: . . . . . . . . . . . . . . 16 and up
INSTRUCTOR: . . . . . . . Zhengming Wang
This class is open to the students who have learned Chen style Tai Chi, or other types of martial arts, or have some applied knowledge of Tai Chi’s use as a martial art. Depending upon students’ level of training, this class will focus on proper body structure, power releasing, push-hands, chin-na, striking techniques and applications of the first and second Chen forms.

KARATE - NEW STUDENTS
DATE: . . . . . . . . . . . . . . Mar. 18 to May 20
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 6:15 PM - 7:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $7 (per class + $2 reg. fee)
AGE: . . . . . . . . . . . . . . 5-18 years
INSTRUCTOR: . . . . . . . America’s Youth Karate
Class offers self-defense and safety awareness. A complete goal oriented program, not just instruction. This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration, and coordination. Register the 1st day of class.

KARATE - RETURNING STUDENTS
DATE: . . . . . . . . . . . . . . Mar. 18 to May 20
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 7:15 PM - 8:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $7 (per class + $2 reg. fee)
AGE: . . . . . . . . . . . . . . 5-6 years
INSTRUCTOR: . . . . . . . America’s Youth Karate
Must hold yellow belt or above.

MUSIC
GUITAR (BEGINNING 1)
DATE: . . . . . . . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 6:30 PM - 7:30 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $65
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . Chris Mortensen
Learn the basics of the guitar. No music experience necessary. Bring your own guitar. Tuition includes music handouts.

GUITAR (BEGINNING 2)
DATE: . . . . . . . . . . . . . . Mar. 18 to May 13
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 7:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $65
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . Chris Mortensen
Learn chords, bar strum patterns, and music theory to be able to play songs on the guitar. Must bring own guitar.

UKULELE (BEGINNING)
DATE: . . . . . . . . . . . . . . Mar. 16 to May 04
DAY: . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . . 6:00 PM - 7:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $65
AGE: . . . . . . . . . . . . . . 10 and up
INSTRUCTOR: . . . . . . . Steve Butler
Learn to play the Ukulele! Learn basic chords, strumming techniques and fingerpicking. Learn songs of different genre including Hawaiian, Tin Pan Alley, Swing, Country, Rock, Gospel, and Pop. For soprano, concert and tenor ukuleles (G, C, E, A tuning). Bring your own ukulele or rent one. Call 801 510-2875 to reserve a ukulele.

UKULELE (ADVANCED BEGINNING)
DATE: . . . . . . . . . . . . . . Mar. 16 to May 04
DAY: . . . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . . . 7:00 PM - 8:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $65
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . Steve Butler
Want to advance your basic ukulele skills? Learn strumming patterns, picking, and more difficult chords to take your ukulele songs to a new level. Learners must have prior knowledge of basic strum and ukulele chords. Call 801 510-2875 to reserve a ukulele.

PHOTOGRAPHY
PHOTOGRAPHY BASICS
DATE: . . . . . . . . . . . . . . Mar. 16 to Apr. 27
DAY: . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . . 6:00 PM - 8:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $53 (incl. $3 material fee)
AGE: . . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . . Cecile G. Paskett
Basics of Photography will teach students the technical fundamentals of photography, including exposure control and composition. Both analog and digital photographers are welcome. This class is geared towards anyone who wants to learn photo basics, or who wants to switch from point-and-shoot photography to (DSLR) photography. Classes will include time for instruction and evaluation, and will include time in-class to practice and receive feedback. Students are required to bring an SLR or DSLR camera, or point-and-shoot with manual settings, to class. Please also bring your camera manual.

PHOTOGRAPHY AND THE ART OF SEEING
DATE: . . . . . . . . . . . . . . May 04, May 11, and May 18
DAY: . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . . 6:00 PM - 8:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $40
AGE: . . . . . . . . . . . . . . 18 and up
INSTRUCTOR: . . . . . . . Cecile G. Paskett
This course is for photographers who have already learned the fundamentals of camera operation and shooting (manual exposure, principles of composition, lighting quality, etc.), but who are looking to further develop their artistic eye, and to start developing their personal shooting styles. Throughout the course, students will work together, and with the instructor, to experiment with techniques and ideas, and to bring serendipity into their photographic work. Call 801-578-8377 for list of required equipment.

RECREATION/SPORTS
FISHING FOR SPORT AND FOOD
DATE: . . . . . . . . . . . . . . Mar. 16 to Apr. 13
DAY: . . . . . . . . . . . . . . M
TIME: . . . . . . . . . . . . . . 6:30 PM - 8:30 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $40
AGE: . . . . . . . . . . . . . . All
INSTRUCTOR: . . . . . . . Dan Potts
A great class for beginners and advanced anglers alike. Everyone will learn what they want to know about different fish, their biological behavior, fishing equipment, and techniques. Taught by an instructor who has been a lifelong Utah angler; was a professional Utah fishing guide for five years and has a Masters degree in Fish Ecology. A fishing trip is scheduled but is optional.

YOGA
DATE: . . . . . . . . . . . . . . Mar. 19 to May 14
DAY: . . . . . . . . . . . . . . Th
TIME: . . . . . . . . . . . . . . 7:00 PM - 8:00 PM
PLACE: . . . . . . . . . . . . West
COST: . . . . . . . . . . . . . $60
AGE: . . . . . . . . . . . . . . Adults
INSTRUCTOR: . . . . . . . Paul Overall
This unique class encourages flexibility, strength, and a sense of deep, peaceful ease in body, mind and spirit. All levels welcome. Bring a yoga mat and wear comfortable clothing.

Register online: https://aal.slcschools.org/commed
DISCOVERY CLUB SUMMER CAMP 2015

Field Trips, Community Service, Science, Drama, Arts, Recreation and More

PROGRAM DATES: Monday – Thursday, June 10th – July 30th, 2015
WHO: Children currently in Kindergarten through 5th grade
TIME: 7:45 a.m. – 5:45 p.m.
LOCATION: Mon.-Thurs. at Bonneville Elementary School, 1145 South 1900 East
COSTS: $30.00 per day

Following costs payable at registration:
$35.00 Non-refundable registration fee
$50.00 transportation fee (for daily field trips)
$240.00 deposit toward tuition (8 days)

- Students must be currently enrolled in a Salt Lake City School District elementary school Kindergarten thru 5th grade.
- Parents will be asked to complete an attendance calendar indicating all days the child will attend the summer program at registration.
- Parents will be responsible for dropping off and picking up children.

_We will be accepting registrations for this program beginning April 16, 2015 until full._

_For more information call 801 578-8275_

FOOD HANDLERS TRAINING PROGRAMS
Call 801 578-8518 ext. 233 for specific dates/times/fees
Held at: West High School, 241 North 300 West SLC 84103 in Cafeteria (North Entrance)

**NOTE:** PERSONAL CHECKS WILL NOT BE ACCEPTED (CASH OR MONEY ORDER ONLY!)

**FOOD HANDLER’S PERMIT (ENGLISH)**

DATE: . . . . . . . . . . . . Ongoing
DAY: . . . . . . . . . . . . T*
TIME: . . . . . . . . . . . . 6:00
PLACE: . . . . . . . . . . . West
COST: . . . . . . . . . . . . $30 (cash)
AGE: . . . . . . . . . . . . All
*Held every Tuesday, except on holidays.
Note: Please arrive 30 minutes early to register.

**FOOD HANDLER’S PERMIT (SPANISH)**

DATE: . . . . . . . . . . . . Ongoing
DAY: . . . . . . . . . . . . T*
TIME: . . . . . . . . . . . . 6:00
PLACE: . . . . . . . . . . . West
COST: . . . . . . . . . . . . $30 (cash)
AGE: . . . . . . . . . . . . All
*Held every Tuesday, except on holidays.
Note: Please arrive 30 minutes early to register.

**CLASES DE PERMISO PARA MANIPULAR ALIMENTOS**

FECHA: . . . . . . . . . . . . Clase corriente
DIA: . . . . . . . . . . . . Martes
HORA: . . . . . . . . . . . . 6:00
LUGAR: . . . . . . . . . . . . West
COSTO: . . . . . . . . . . . . $30 (efectivo)
EDAD: . . . . . . . . . . . . Todos

Para personas que entran o participan en la manufactura, preparación o manipulación de comida/ bebida o que esta empleada dentro o cerca de un establecimiento con alimentos. No se permite niños. No excepciones. _Nota:_ Por favor de llegar 30 minutos antes de la clase para inscribirse. Personas que llegan tarde no se les admitirá a la clase.

**SERVSAFE: RESTAURANT MANAGER**

DATE: . . . . . . . . . . . . April 9, 16*
DATE: . . . . . . . . . . . . May 7, 14*
DAY: . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . 4:00-8:00 PM
PLACE: . . . . . . . . . . . West
COST: . . . . . . . . . . . . $140
AGE: . . . . . . . . . . . . All
*NOTE: To pass the ServSafe class, students must attend both sessions (8 hours) during the month and pass the exam.

**SERVSAFE: TEST RETAKE**

DATE: . . . . . . . . . . . . Apr 16, May 14*
DAY: . . . . . . . . . . . . W
TIME: . . . . . . . . . . . . 8:00-8:00 PM
PLACE: . . . . . . . . . . . West
COST: . . . . . . . . . . . . $60
AGE: . . . . . . . . . . . . All
*NOTE: This class is for people that need to retake the ServSafe test.

_Pre-registration for ServSafe classes is required.
Call 801-578-8518 for more information._