

# Salt Lake Community Education - Fall 2011

Volume 7 Number 3, August 2011

Registration Opens August 29

Most classes begin week of September 12

Register and pay  
securely on line at:  
<https://aal.slcschools.org/commed>



**SALT LAKE CITY**  
SCHOOL DISTRICT  
*Your Best Choice*



## Salt Lake Community Learning Centers

HIGH SCHOOLS	ADDRESS	PHONE	MANAGER	OFFICE HOURS	EMAIL
East Community Learning Center	840 South 1300 East, 84102	801-584-2901	Julia Balcom	2:00 - 8:00 M - Th	eastce@slcschools.org
Highland Community Learning Center	2166 South 1700 East, 84106	801-481-4891	Suzanne Hammond	2:00 - 8:00 M - Th	highlandce@slcschools.org
West Community Learning Center	241 North 300 West, 84103	801-578-8518	Brian O'Neal	2:00 - 8:00 M - Th	westce@slcschools.org
<b>OTHER</b>					
Extended Day Programs	440 East 100 South, 84111	801-578-8236	Nancy Watts	8:00 - 5:00 M-F	
Elementary Foreign Language	440 East 100 South, 84111	801-578-8275	Kathy Snow	8:00 - 5:00 M-F	

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# 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 Discover!*

**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 Any Community Education Site**

*Show up in person at the site you wish to attend and sign up.*

**4 Phone – Call Community Education where class is held**

*Use your Visa, MasterCard or Discovery to register. Please call Monday-Thursday from 12:00 pm to 8:00 pm.*

**PLEASE NOTE:** Fees listed are for tuition and material fees 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 refund if you notify us before the class starts. You may receive a credit voucher after the class has met. Material fees cannot be refunded once the class starts. If you pay by credit card, your card will be refunded. Refunds for checks are issued after the check has cleared. If a refund is \$10 or less, only a Voucher will be issued.

**CANCELLATIONS:** Sometimes a class is cancelled because people wait to register until the last minute. Sign up early!

## 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: \$ \_\_\_\_\_

Class: \_\_\_\_\_ Start Date: \_\_\_\_\_ School: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Class: \_\_\_\_\_ Start Date: \_\_\_\_\_ School: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

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**EAST COMMUNITY EDUCATION**

**NO classes:** Oct. 20, Nov. 23, 24  
**Office hours:** Mon-Thur, 2:00-8:00 pm  
 Friday, 10:00 am-1:00 pm  
**Phone:** 801-584-2901  
**E-mail:** eastce@slcschools.org  
**Website:** <https://aal.slcschools.org/commed>  
 All classes are held at East High School,  
 840 South 1300 East *(unless otherwise noted)*

**ART**

**POTTERY, HAND AND WHEEL**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 5:30 PM - 8:30 PM  
 PLACE:..... East  
 COST:..... \$100 (incl. \$15 material fee)  
 AGE:..... Adults  
 INSTRUCTOR:..... Sarah Cuvelier

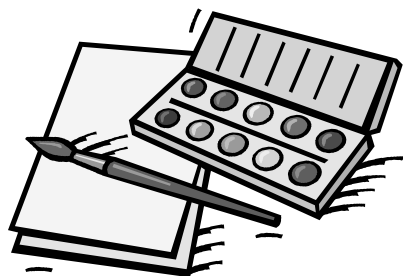
DATE:..... Sep. 14 to Nov. 2  
 DAY:..... W  
 TIME:..... 5:30 PM - 8:30 PM  
 PLACE:..... East  
 COST:..... \$100 (incl. \$15 material fee)  
 AGE:..... Adults  
 INSTRUCTOR:..... Sarah Cuvelier

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. An emphasis will be placed on improving skill and craftsmanship. Includes one block of clay.

**WATERCOLOR PAINTING (BEGINNING)**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... East  
 COST:..... \$75 (incl. some materials)  
 AGE:..... Adults  
 INSTRUCTOR:..... Linda Moffitt

Learn traditional watercolor techniques. A fun beginning class! Call 801 584-2901 or email eastce@slcschools.org for supply list.



**WATERCOLOR PAINTING (INTERMEDIATE)**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... East  
 COST:..... \$75 (incl. some materials)  
 AGE:..... Adults  
 INSTRUCTOR:..... Linda Moffitt

This is a continuation of the beginning watercolor class. Enjoy learning more advanced techniques. Work on individual projects and subjects. Bring photos you might like to paint.

**DANCE**

**ALL THINGS SWING**

DATE:..... Sep. 21 to Oct. 12  
 DAY:..... W  
 TIME:..... 5:30 PM - 6:30 PM  
 PLACE:..... East  
 COST:..... \$30  
 AGE:..... All  
 INSTRUCTOR:..... Margene Anderson  
 Discover how much fun swing dancing is and how it can be used in many dance settings. Explore different styles including East Coast Swing and West Coast Swing. Learn basic patterns plus lead, follow, styling, and technique and hit the dance floor in style! Couples and singles welcome. Taught by a highly-trained professional Ballroom, Swing, and Salsa instructor with 25+ years teaching experience.

**BALLET**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... East  
 COST:..... \$65  
 AGE:..... Adults  
 INSTRUCTOR:..... Maura Hahnenberger  
 Class is for all levels of experience! Focus is on improving your basic ballet technique and terminology as well as increasing flexibility and strengthening your arms, legs, and core. Barre and center work will be combined to give a great ballet workout in a relaxed environment. Whether you are an experienced dancer looking to improve technique, or want to try Ballet for the first time, this class is right for you.

**BALLROOM AND LATIN DANCE**

DATE:..... Sep. 19 to Oct. 10  
 DAY:..... M  
 TIME:..... 5:30 PM - 6:30 PM  
 PLACE:..... East  
 COST:..... \$30  
 AGE:..... All  
 INSTRUCTOR:..... Margene Anderson  
 Basics of Foxtrot, Waltz, Swing, and Cha-Cha will be taught in this fun, easy beginning level class. Learn patterns plus lead, follow, styling, and technique to help you become a stylish, confident dancer today. Couples and singles welcome. Taught by a highly trained professional Ballroom, Swing, & Salsa instructor with 25+ years teaching experience.

**BELLY DANCE (ALL LEVELS)**

DATE:..... Sep. 14 to Nov. 2  
 DAY:..... W  
 TIME:..... 7:45 PM - 8:45 PM  
 PLACE:..... East  
 COST:..... \$55  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Shelby Rickart  
 Learn both the art and the health benefits of belly dancing. All ages, body shapes and experience levels welcome.

**BELLY DANCING FOR BABY BOOMERS**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 7:45 PM - 8:45 PM  
 PLACE:..... East  
 COST:..... \$55  
 AGE:..... 40 and up  
 INSTRUCTOR:..... Shelby Rickart  
 Build body strength, core strength and flexibility. Learn Middle-Eastern techniques, veil work and joint care. Absolutely NO EXPERIENCE is necessary. Must be 40 or older to join this class.

**BIG BAND SWING DANCING (BEGINNING)**

DATE:..... Sep. 13 to Oct. 4  
 DAY:..... T  
 TIME:..... 8:00 PM - 9:00 PM  
 PLACE:..... East  
 COST:..... \$20 (\$40 couple)  
 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 so let us know if you need a partner.

**BIG BAND SWING DANCING (CONTINUATION)**

DATE:..... Oct. 25 to Nov. 15  
 DAY:..... T  
 TIME:..... 8:00 PM - 9:00 PM  
 PLACE:..... East  
 COST:..... \$20 (\$40 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Mike Lucero  
 This is a continuation of the beginning class. We will add fun, new moves. Beginners are welcome. Plenty of singles are looking for partners, let us know if you need a partner.

**HIP HOP (BEGINNING)**

DATE:..... Sep. 15 to Nov. 10  
 DAY:..... Th  
 TIME:..... 7:30 PM - 8:45 PM  
 PLACE:..... East  
 COST:..... \$60  
 AGE:..... Adults  
 INSTRUCTOR:..... Moana Aiono  
 Have fun while you get a great workout. Start with the basics and learn how to move in a new way!

**SALSA AND MERENGUE DANCE**

DATE:..... Oct. 19, Oct. 26  
 DAY:..... W  
 TIME:..... 5:30 PM - 6:30 PM  
 PLACE:..... East  
 COST:..... \$15  
 AGE:..... All  
 INSTRUCTOR:..... Margene Anderson  
 Basics of Salsa and Merengue will be taught in this fun, easy beginning level class. Learn patterns plus lead, follow, styling, and technique to help you become a stylish, confident dancer today. Couples and singles welcome. Taught by a highly trained professional Ballroom, Swing, & Salsa instructor with 25+ years teaching experience.

**ENRICHMENT****6-3-4 FEED A FAMILY MEAL PLAN**

DATE:..... Sep. 22 to Oct. 13  
 DAY:..... Th  
 TIME:..... 7:15 PM - 8:15 PM  
 PLACE:..... East  
 COST:..... \$30  
 AGE:..... All  
 INSTRUCTOR:..... Sheryl McGlochlin  
 Make meals from scratch in just 6 minutes costing less than \$3 per meal with enough to feed 4 adults. This cooking method reduces food costs while providing delicious, healthy meals without cutting coupons! Includes a 6-3-4 Cookbook.

**AUTO BODY**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... East  
 COST:..... \$120 (incl. \$25 material fee)  
 AGE:..... Adults  
 INSTRUCTOR:..... Ben Bailey  
 Need a new paint job? Maybe you need to fix rust, dents, or do some welding on your vehicle - We have the equipment and instruction, you supply the vehicle and materials. Materials you supply include: sandpaper, grinding discs, masking paper, body filler, primer, etc. Vehicles cannot be left at the school overnight. Overnight arrangements can be made for painting. \$25 additional cost for painting.

**BIRDING 101**

DATE:..... Sep. 13  
 DAY:..... T  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... East  
 COST:..... \$20  
 AGE:..... 10 and up  
 INSTRUCTOR:..... Heidi Ferguson  
 An introduction to America's fastest growing participant activity. Class will focus on basic principles of bird identification, use of binoculars, birding by ear, etc. An optional morning class will be offered to take the principles into the field. Participants should bring their own binoculars.

**BODY LANGUAGE**

DATE:..... Sep. 12 to Oct. 3  
 DAY:..... M  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... East  
 COST:..... \$78  
 AGE:..... All  
 INSTRUCTOR:..... Yolaunda Keith  
 Words comprise only 7% of communication. Wouldn't it be nice to understand the other 93% of what is being communicated? And wouldn't it be nice to know what messages you are sending to others through your own body language? This class will teach you how to read body language and facial expressions, crucial skills that will improve your relationships.

**BUDGET TRAVEL**

DATE:..... Sep. 14 to Oct. 5  
 DAY:..... W  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... East  
 COST:..... \$65  
 AGE:..... Adults  
 INSTRUCTOR:..... Kim Bouck  
 Do you dream of visiting the Eiffel Tower, cruising the glacial waters of Alaska, or going island hopping in the tropics, but don't feel you can afford it? If you are looking at the prices in a glossy travel brochure, you're probably right. Let a budget travel expert teach you skills and techniques to make traveling the world affordable and enjoyable on any budget!

**CARD MAKING AND SCRAPBOOKING**

DATE:..... Sep. 20 to Oct. 11  
 DAY:..... T  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... East  
 COST:..... \$35 (incl. \$5 material fee)  
 AGE:..... Adults  
 INSTRUCTOR:..... Rhonda Feragen  
 Each week you will make 3 cards. Different themes will be used including birthday, thank you, get well, sympathy, etc. 8 1/2 x 11 scrapbook pages will also be provided with various themes and designs. Some supplies provided.

**FENG SHUI**

DATE:..... Sep. 15 to Nov. 10  
 DAY:..... Th  
 TIME:..... 7:30 PM - 8:45 PM  
 PLACE:..... East  
 COST:..... \$60  
 AGE:..... Adults  
 INSTRUCTOR:..... Nu Dang  
 Feng Shui is the science of harnessing good energy for harmonious living. Learn practical tips for home and office. Use this knowledge to enhance your own path.

**GARDENING YEAR ROUND**

DATE:..... Sep. 15  
 DAY:..... Th  
 TIME:..... 7:30 PM - 8:30 PM  
 PLACE:..... East  
 COST:..... \$45  
 AGE:..... All  
 INSTRUCTOR:..... Sheryl McGlochlin  
 Learn to grow your own organic fruits, herbs and vegetables year round. Acquire "hands on" experience. Learn about creative, family-friendly, urban, patio and community gardens. No experience required. Everyone receives a wide variety of harvest for one year from 3 acres of gardens in 5 Salt Lake Valley locations. Minimum of 25 hours of garden work is required over a 12 month period. Flexible hours Monday-Saturday. Weekly attendance is not required. Garden Tours in Holladay.

**GREEN HOUSE CLEANING**

DATE:..... Sep. 20, Sep. 27  
 DAY:..... T  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... East  
 COST:..... \$25  
 AGE:..... Adults  
 INSTRUCTOR:..... Tamara Fox  
 Green clean your house using the best safe Eco-friendly strategies and cleaners. Keep your family healthy and happy with these quick and easy alternatives to common chemical cleaners. A must if you have children or pets!

**GREEN TECHNOLOGY**

DATE:..... Sep. 26, Oct. 3  
 DAY:..... M  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... East  
 COST:..... \$25  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Rod Olsen  
 Going GREEN? Learn about rain water collection, solar heating, radiant heating, energy saving water heaters and boilers, gray water systems, and underground drip irrigation.

**HOUSE CLEANING LIKE A PRO**

DATE:..... Oct. 4, Oct. 11  
 DAY:..... T  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... East  
 COST:..... \$25  
 AGE:..... Adults  
 INSTRUCTOR:..... Tamara Fox  
 Cut your cleaning time in half and get a sparkling clean home! Learn tips and tricks from a local professional with 10 years experience in the cleaning industry.

## EAST COMMUNITY EDUCATION

### KNITTED CHRISTMAS ORNAMENTS

DATE:..... Oct. 25 to Nov. 1  
DAY:..... T  
TIME:..... 7:00 PM - 9:00 PM  
PLACE:..... East  
COST:..... \$30  
AGE:..... All  
INSTRUCTOR:..... Heidi Ferguson

Jump into felting by starting with two simple ornaments. Knit small mittens and socks and embellish them with buttons and embroidery to add heirloom quality. Bring fingering weight 100% wool yarn (not superwashed) and size 7 or 8 double pointed needles.

### KNITTING 101

DATE:..... Sep. 14 to Oct. 12  
DAY:..... W  
TIME:..... 7:00 PM - 9:00 PM  
PLACE:..... East  
COST:..... \$45  
AGE:..... 14 and up  
INSTRUCTOR:..... Heidi Ferguson

Do you know there are only two stitches in knitting? Join us and learn how easy it is to create wonderful unique projects like scarves, dish clothes, mittens and more. Bring #6 needles and worsted weight wool yarn of your choice. Some needles and sample weight yarn will be provided for practice.

### KNITTING IN THE ROUND

DATE:..... Oct. 19 to Nov. 9  
DAY:..... W  
TIME:..... 7:00 PM - 9:00 PM  
PLACE:..... East  
COST:..... \$45  
AGE:..... All  
INSTRUCTOR:..... Heidi Ferguson

Choose a hat or fingerless mittens for the first project. Bring #6 double pointed needles and worsted weight yarn.

### KNITTING SOCKS

DATE:..... Sep. 20 to Oct. 18  
DAY:..... T  
TIME:..... 7:00 PM - 9:00 PM  
PLACE:..... East  
COST:..... \$45  
AGE:..... 14 and up  
INSTRUCTOR:..... Heidi Ferguson

Must have knowledge of knit and purl. Improve your skills by knitting in the round. Participants will also learn about short rows and right & left angled decreases. Bring sock yarn (enough for two socks) and size 3 or 4 double pointed needles - wood or bamboo work best.



### MARRIAGE REVIVAL

DATE:..... Sep. 15 to Oct. 6  
DAY:..... Th  
TIME:..... 7:00 PM - 8:30 PM  
PLACE:..... East  
COST:..... \$85 (\$147 couple)  
AGE:..... All  
INSTRUCTOR:..... Yolaunda Keith

Even the best marriage needs to be revitalized occasionally and this class can help you do just that! Learn some secrets to help any couple - from the newlywed to those celebrating an extraordinary number of years together - redefine what is important in your relationship and build a plan to achieve the relationship you always knew was possible! Class will provide tools you can use to achieve a new level of awareness in your marriage.

### MUSIC THEATRE WORKSHOP

DATE:..... Sep. 12 to Oct. 5  
DAY:..... M/W  
TIME:..... 6:30 PM - 8:00 PM  
PLACE:..... East  
COST:..... \$60  
AGE:..... 8 and up  
INSTRUCTOR:..... David Rishton

Sing the songs from Broadway shows. Learn basic dance steps to great musicals. Explore improvisation. Instructor has performed with Ballet West, several California academies, and studied under Bruce Marks and Toni Lander Marks.

### NEVER PAY RETAIL FOR ANYTHING

DATE:..... Oct. 12 to Nov. 2  
DAY:..... W  
TIME:..... 7:00 PM - 8:30 PM  
PLACE:..... East  
COST:..... \$65  
AGE:..... Adults  
INSTRUCTOR:..... Kim Bouck

Live well for less! Learn how to slash your costs for groceries, clothes, furniture, entertainment, eating out, electronics, toys and more. Armed with these tips and techniques, you will never pay retail for anything ever again!

### QIGONG FOR WOMEN

DATE:..... Sep. 15 to Nov. 10  
DAY:..... Th  
TIME:..... 5:30 PM - 6:30 PM  
PLACE:..... East  
COST:..... \$50  
AGE:..... 12 and up  
INSTRUCTOR:..... Kimberly Wagstaff, RN, Certified Holistic Nurse and Qigong instructor

Suffering with PMS, cramps, mood swings, hot flashes, insomnia, menopause, weight gain? Experience ancient, gentle, and powerful movements that bring balance to body, mind, and heart. Women of all ages welcome. Wear comfortable clothing.

### REIKI

DATE:..... Sep. 15, Sep. 22, and Sep. 29  
DAY:..... Th  
TIME:..... 6:30 PM - 8:00 PM  
PLACE:..... East  
COST:..... \$40  
AGE:..... All  
INSTRUCTOR:..... Susan Maclan

Reiki is an energy healing technique with a philosophy similar to Tai Chi. Reiki is for anyone who wants to heal and help others heal on a physical, emotional, mental and spiritual level.

### REIKI (CONTINUATION)

DATE:..... Oct. 27, Nov. 3, and Nov. 10  
DAY:..... Th  
TIME:..... 6:30 PM - 8:00 PM  
PLACE:..... East  
COST:..... \$40  
AGE:..... All  
INSTRUCTOR:..... Susan Maclan  
Beginning Reiki is a prerequisite for this class.

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## FINANCIAL

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### FIRST-TIME HOME BUYER

DATE:..... Sep. 21  
DAY:..... W  
TIME:..... 6:30 PM - 8:30 PM  
PLACE:..... East  
COST:..... \$10 (\$15 couple)  
AGE:..... Adults  
INSTRUCTOR:..... Spencer Stott

DATE:..... Oct. 18  
DAY:..... T  
TIME:..... 6:30 PM - 8:30 PM  
PLACE:..... East  
COST:..... \$10 (\$15 couple)  
AGE:..... Adults  
INSTRUCTOR:..... Spencer Stott

The perfect guide to buying your first home! Learn about FHA, VA, and Conventional as well as down payment options! Learn the step-by-step process on how to purchase your first home all the way to the closing table!

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## JOB TRAINING/CAREERS

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### CAREER SUCCESS TOOLBOX (BEGINNING)

DATE:..... Sep. 15 to Oct. 6  
DAY:..... Th  
TIME:..... 6:00 PM - 9:00 PM  
PLACE:..... East  
COST:..... \$50  
AGE:..... 16 and up  
INSTRUCTOR:..... Janet Richardson

Create compelling super-power statement resumes. Learn financially beneficial core strengths. Establish your values before the interview. Strategize interviews with win-win propositions and learn how to manage salary negotiations.

**CAREER SUCCESS TOOLBOX (INTERMEDIATE)**

DATE: . . . . . Oct. 13 to Nov. 10  
 DAY: . . . . . Th  
 TIME: . . . . . 6:00 PM - 9:00 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$50  
 AGE: . . . . . 16 and up  
 INSTRUCTOR: . . . . . Janet Richardson

Learn ways to transform “just another job” into the job of your dreams. Learn tools that may help maximize your salary. Develop interview skills. Discover how to quickly discern which employers are good matches for you. Create partnerships for mutual success. Acquire career management skills. Discuss methods for different personality types. Continuation of beginning class.

**LANGUAGES****CHINESE (BEGINNING)**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 6:00 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$67  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Bill Huang

Learn Chinese pinyin, four tones of Chinese pronunciation, 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 is available through bookstores and online.

**CHINESE (ADVANCED BEGINNING)**

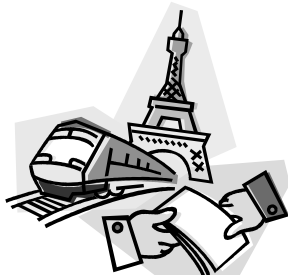
DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 7:40 PM - 9:10 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$67  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Bill Huang

This class is a continuation of the beginning class.

**FRENCH (BEGINNING)**

DATE: . . . . . Sep. 14 to Nov. 2  
 DAY: . . . . . W  
 TIME: . . . . . 6:00 PM - 7:15 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Nu Dang

Introductory class will focus on learning basic grammar, vocabulary and sentence structure.

**FRENCH FOR TRAVEL (BEGINNING)**

DATE: . . . . . Sep. 14 to Nov. 2  
 DAY: . . . . . W  
 TIME: . . . . . 7:30 PM - 8:45 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . All  
 INSTRUCTOR: . . . . . Nu Dang

Tailored for travelers. Will focus on speaking and listening by role playing and reading basic signs and directions. Basic grammar will be taught throughout the course. Students will learn about telling time, the weather, getting around, asking for directions, and ordering food.

**FRENCH FOR TRAVELERS (ADVANCED BEGINNING)**

DATE: . . . . . Sep. 15 to Nov. 10  
 DAY: . . . . . Th  
 TIME: . . . . . 6:00 PM - 7:15 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Nu Dang

This is a continuation of the beginning class.

**GERMAN (BEGINNING)**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 6:00 PM - 7:00 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Antonella Flammia-Miller  
 Students will learn numbers, alphabet, basic vocabulary, etc. Class will cover basic conversation, grammar and beginning reading.

**ITALIAN (BEGINNING)**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 7:10 PM - 8:10 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Antonella Flammia-Miller  
 Students will learn numbers, alphabet, basic vocabulary, etc. Class will cover basic conversation, grammar and beginning reading.

**PORTUGUESE (BEGINNING)**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 6:00 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . Adults  
 INSTRUCTOR: . . . . . Wendy Jensen  
 Learn Portuguese speaking skills a tourist would need on a vacation/trip to a Portuguese speaking country. Students will learn the most commonly used Portuguese words and verbs, develop an understanding of basic grammar and be able to hold short conversations with Portuguese speaking natives.

**RUSSIAN (BEGINNING)**

DATE: . . . . . Sep. 14 to Nov. 2  
 DAY: . . . . . W  
 TIME: . . . . . 6:00 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . Adults  
 INSTRUCTOR: . . . . . Adrian Ruiz

Students will learn alphabet, basic vocabulary, and basic rules governing case endings. Class will cover basic conversations, rules of grammar, etc.

**RUSSIAN (INTERMEDIATE)**

DATE: . . . . . Sep. 14 to Nov. 2  
 DAY: . . . . . W  
 TIME: . . . . . 7:30 PM - 9:00 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . Adults  
 INSTRUCTOR: . . . . . Adrian Ruiz

This Class takes off where the Beginning Class ended and will move into more complex forms of speech and verb usage.

**SPANISH (BEGINNING)**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 7:00 PM - 8:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . 16 and up  
 INSTRUCTOR: . . . . . Tatyana Davis  
 Students learn numbers, alphabet, basic vocabulary, etc. The class will cover basic conversation, grammar, and beginning reading. 10 student minimum. Pre-registration is appreciated.

**SPANISH (ADVANCED BEGINNING)**

DATE: . . . . . Sep. 14 to Nov. 2  
 DAY: . . . . . W  
 TIME: . . . . . 6:00 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . 16 and up  
 INSTRUCTOR: . . . . . Tatyana Davis  
 Class requires some knowledge of using verbs in the present tense and also some basic vocabulary. The class will cover basic conversation, grammar and reading. 10 student minimum. Pre-registration is appreciated.

**SPANISH (INTERMEDIATE)**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 5:30 PM - 7:00 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$60  
 AGE: . . . . . 16 and up  
 INSTRUCTOR: . . . . . Tatyana Davis  
 This class continues from the Beginning Spanish Classes. Students should have knowledge of present tense and some knowledge of past tense. The class will cover conversation, grammar and reading of easy stories. 10 student minimum. Pre-registration appreciated.

**MARTIAL ARTS**

**AIKIDO (INTRODUCTION)**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 6:30 PM - 7:30 PM  
 PLACE:..... East  
 COST:..... \$65  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Veera Kasicharernvat  
 Aikido will help centering while continually moving. This class offers fun, excitement, and protection for everyone. Introductory class is for first time students. Instructor is ranked Yondan, 4th degree black belt, with Aikikai Foundation, Tokyo, Japan and teaches in Professor Cheng Man-Ching's Yang-style form.

**AIKIDO**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 7:30 PM - 8:30 PM  
 PLACE:..... East  
 COST:..... \$65  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Veera Kasicharernvat  
 Some previous experience with Aikido required.

**KARATE - ADULTS**

DATE:..... Sep. 14 to Dec. 14  
 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:..... Sep. 14 to Dec. 14  
 DAY:..... W  
 TIME:..... 5:30 PM - 6:10 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. 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:..... Sep. 14 to Dec. 14  
 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  
 Must hold yellow belt or above.

**KUNG FU (BEGINNING)**

DATE:..... Sep. 12 to Nov. 3  
 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. All ability levels welcome.

**TAE KWON DO (ALL LEVELS)**

DATE:..... Sep. 12 to Nov. 3  
 DAY:..... M/Th  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... East  
 COST:..... \$65 (\$45 1 time a week)  
 AGE:..... 10 and up  
 INSTRUCTOR:..... Elaine Raber and Roger Hoffman, 4th Degree Black Belts  
 Class is open to all students, beginning to advanced. Korean art of self defense teaches mental and physical discipline. Learn hand/foot fighting including kicks, flying kicks, strikes, blocks, joint locks, throws and sweeps. Chang Han patterns. \*Additional testing fees may apply at end of quarter.

**TAI CHI CHUAN**

DATE:..... Sep. 14 to Nov. 2  
 DAY:..... W  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... East  
 COST:..... \$50  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Tracy Mark Foster  
 Old Northern Yang Long style (an ancient Chinese classic for health). This form of meditation in motion uses slow and graceful movements. Focus is on visual/mental concentration. Tai Chi is a martial art, but this class teaches the form movements more from an exercise perspective.

**TAI JI (INTRODUCTION)**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 5:30 PM - 6:30 PM  
 PLACE:..... East  
 COST:..... \$65  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Veera Kasicharernvat  
 Tai-Ji will help centering while continually moving. This class offers fun, excitement, and protection for everyone. Introductory class is for first time students. Instructor is ranked Yondan, 4th degree black belt, with Aikikai Foundation, Tokyo, Japan and teaches Tai-Ji in Professor Cheng Man-Ching's Yang-style short form.

**MUSIC**

**GUITAR (BEGINNING)**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 6:00 PM - 7:00 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 (BEGINNING CONTINUATION)**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 7:00 PM - 8:00 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:..... Sep. 15 to Nov. 10  
 DAY:..... Th  
 TIME:..... 5:30 PM - 6:30 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.



**RHYTHM AND SONG**

DATE: . . . . . Sep. 15 to Oct. 6  
 DAY: . . . . . Th  
 TIME: . . . . . 6:30 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$35  
 AGE: . . . . . 5-8 years  
 INSTRUCTOR: . . . . . Debbie Rebaza  
 Learn about rhythm while singing along with favorite children's songs and using rhythm instruments.

**PHOTOGRAPHY****PHOTOGRAPHY-DIGITAL (BEGINNING-ADVANCED BEGINNING)**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 6:00 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$80 (incl. \$5 material fee)  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Cathryn Linford  
 Learn: how to choose the right digital camera for specific needs; how to use the SLR digital camera and utilize most of the functions; about composition, lighting, memory and quality; and basic photo organization software and techniques to enhance images. There will be a series of fun "assignments" with feedback given. Camera required, USB flash drive recommended.

**PHOTOGRAPHY-DIGITAL (INTERMEDIATE)**

DATE: . . . . . Sep. 14 to Nov. 2  
 DAY: . . . . . W  
 TIME: . . . . . 6:30 PM - 8:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$80 (incl. \$5 material fee)  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Mark Smith  
 Camera required. More advanced Photoshop techniques using software to act as a digital darkroom. More advanced photographic principles and assignments. Prepare to be challenged. Learn darkroom principles with a digital twist. Digital imaging will also be covered to convert photos to editable images; cropping, color balance, image quality, etc. All the things to make a presentation or gallery type piece of work from your digital camera or digitized image. Recommend USB Flash Drives.

**PHOTOSHOP (ADVANCED)**

DATE: . . . . . Sep. 15 to Nov. 10  
 DAY: . . . . . Th  
 TIME: . . . . . 6:30 PM - 8:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$80 (incl. \$5 material fee)  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Mark Smith  
 Techniques to use Photoshop using digital images from digital cameras. Learn image evaluation, correction, manipulation, tricks to maximize images. General knowledge of computers, file handling, and a

good working knowledge of your camera is required. Students must have intermediate to advanced knowledge of photoshop CS/CS2/CS3/CS4/CS5. Students are encouraged to have USB flash drives for bringing images into the classroom environment. Questions? Email instructor at digiphot2009@yahoo.com and request syllabus.

**PHOTOSHOP CS5 ( BEGINNING-ADVANCED BEGINNING)**

DATE: . . . . . Sep. 12 to Oct. 31  
 DAY: . . . . . M  
 TIME: . . . . . 6:00 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$80 (incl. \$5 material fee)  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Cathryn Linford  
 Introduction to image correction and image manipulation. Students will learn how to make an image print worthy along with many special effects. Color modes, filters, selecting, cropping, layers and special typing techniques will be taught. Students need to bring their own images on a thumb (flash) drive to work with each week.

**RECREATION/SPORTS****BODY CONDITIONING (WOMEN)**

DATE: . . . . . Sep. 12 to Nov. 2  
 DAY: . . . . . M/W  
 TIME: . . . . . 6:30 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$65  
 AGE: . . . . . 14 and up  
 INSTRUCTOR: . . . . . Pat Hill  
 For women of all ages from 14 to 90! Pump it up in a more comfortable environment! Use our weight machines and free weights to tone or build muscle, depending on your workout goals. Learn proper techniques and form a workout plan.

**CIRCUIT TRAINING FOR WOMEN**

DATE: . . . . . Sep. 12 to Nov. 2  
 DAY: . . . . . M/W  
 TIME: . . . . . 5:30 PM - 6:15 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$65  
 AGE: . . . . . All  
 INSTRUCTOR: . . . . . Kathy Butler  
 Short on time? Got 30 minutes? Want a great cardiovascular and strength training workout? Come join the fun! Circuit training burns 30 percent more calories than a typical weight workout. It sculpts every muscle group and blasts fat as it combines resistance training and high-intensity aerobics. It is designed to be easy to follow and targets strength building as well as cardiovascular and muscular endurance.

**HIKING**

DATE: . . . . . Sep. 17 to Nov. 5  
 DAY: . . . . . S  
 TIME: . . . . . 8:00 AM - 11:30 AM  
 PLACE: . . . . . Register at East Comm. Ed.  
 COST: . . . . . \$35  
 AGE: . . . . . Adults  
 INSTRUCTOR: . . . . . Sheryl McGlochlin  
 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. Questions? Call 801-584-2901

**HULA HOOPING**

DATE: . . . . . Sep. 22 to Nov. 17  
 DAY: . . . . . Th  
 TIME: . . . . . 6:00 PM - 7:00 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$35  
 AGE: . . . . . All  
 INSTRUCTOR: . . . . . Sheryl McGlochlin  
 "Hooping" is popular again! It's a great core workout and tons of fun! We provide the hoops for you. Get ready to "hoop" to some fun music while shrinking your waistline, hips and arms. Even if you have NEVER hooped before, it's easy to learn!

**YOGA**

DATE: . . . . . Sep. 13 to Nov. 1  
 DAY: . . . . . T  
 TIME: . . . . . 6:00 PM - 7:45 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$63  
 AGE: . . . . . 18 and up  
 INSTRUCTOR: . . . . . Leah Hatzithanasiou  
 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.

**YOGA (KUNDALINI)**

DATE: . . . . . Sep. 14 to Nov. 2  
 DAY: . . . . . W  
 TIME: . . . . . 6:00 PM - 7:30 PM  
 PLACE: . . . . . East  
 COST: . . . . . \$65  
 AGE: . . . . . Adults  
 INSTRUCTOR: . . . . . George Coles  
 This class offers the ancient system of Kundalini yoga as brought to the US and taught by Yogi Bhajan. It offers a combination of Pranayam (breathing), Kriyas (yogic 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.

**ZUMBA**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 5:30 PM - 6:30 PM  
 PLACE:..... East  
 COST:..... \$65  
 AGE:..... All  
 INSTRUCTOR:..... Marsha Pabalis

DATE:..... Sep. 15 to Nov. 10  
 DAY:..... Th  
 TIME:..... 5:30 PM - 6:30 PM  
 PLACE:..... East  
 COST:..... \$65  
 AGE:..... All  
 INSTRUCTOR:..... Marsha Pabalis

Zumba is a Latin/International dance and music based aerobic workout. It's not just a work out; it's a lot of fun! Many Latin dance steps: Merengue, Cumbia, Salsa, Samba, Reggeaton (hip hop) are taught and other simple dance steps, such as Calypso, Bellydance, and African are thrown into the mix. After the cardio dance workout, class finishes out with core strengthening exercises and Yoga based stretches. Don't worry about the dance steps, just come have FUN and join the party!

**HIGHLAND COMMUNITY EDUCATION**

**NO classes:** Oct. 20, Nov. 23, 24  
**Office hours:** Mon-Thur, 2:00-8:00 pm  
 Friday, 10:00 am-1:00 pm  
**Phone:** 801-481-4891  
**E-mail:** [highlandce@slcschools.org](mailto:highlandce@slcschools.org)  
**Website:** <https://aal.slcschools.org/commed>

All classes are held at Highland High School, 2166 South 1700 East  
*(unless otherwise noted)*

**ACADEMIC SUPPORT FOR ADULTS**

**ONE-ON-ONE/SMALL GROUP TUTORING**

DATE:..... By Appointment  
 DAY:..... M/T/W/Th  
 TIME:..... Call for Info  
 PLACE:..... Highland  
 COST:..... \$7 (per 1/2 hour)  
 AGE:..... All  
 INSTRUCTOR:..... Staff  
 Tutoring available in all academic areas. Two sessions (1 hour) of tutoring must be scheduled and prepaid at time of registration. Call 801 481-4891 for appointment. Cancellation policy: must cancel 1 hour in advance or will be charged.

**ACADEMIC SUPPORT FOR YOUTH**

**ONE-ON-ONE/ELEMENTARY-HIGH SCHOOL TUTORING**

DATE:..... By Appointment  
 DAY:..... M/T/W/Th  
 TIME:..... Call for Info  
 PLACE:..... Highland  
 COST:..... \$7 (per 1/2 hour)  
 AGE:..... 1st-12th grade  
 INSTRUCTOR:..... Staff  
 Is your child in need of academic assistance? Call and schedule a one-on-one session in our Tutor School. Cancellation policy: must cancel 1 hour in advance or will be charged.

**ART**

**ACRYLIC PAINTING LANDSCAPE**

DATE:..... Sep. 19 to Oct. 24  
 DAY:..... M  
 TIME:..... 4:00 PM - 5:30 PM  
 PLACE:..... Highland  
 COST:..... \$70  
 AGE:..... 7-16 years  
 INSTRUCTOR:..... Pasha Pasalic  
 Acrylic painting can be exciting with our instructor at your side! Receive basic instruction and help at your level. Supply list will be given first night of class.

**EXPLORING COLOR WITH WATERCOLOR**

DATE:..... Sep. 21 to Oct. 26  
 DAY:..... W  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$58 (incl. \$3 material fee)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Emily Willis  
 Color expresses your individuality! In painting, color indicates mood, light and feeling. Understanding color leads to the beginning of creative expression and fun alleviating frustration and building confidence in painting. Class covers glazing/layering color, choosing a color palette, color design principles and artist's color schemes. Experience with water color is preferred. Call 801 481-4891 for supply list

**POTTERY, HAND AND WHEEL**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 6:15 PM - 8:45 PM  
 PLACE:..... Highland  
 COST:..... \$100 (incl. \$10 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. An emphasis will be placed on improving skill and craftsmanship. Includes one block of clay.

**PRINT MAKING**

DATE:..... Sep. 13 to Nov. 1  
 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! Cut one linoleum block and one wood block, and try color reduction. 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 supply list given the first night of class.

**SOFT PASTELS**

DATE:..... Sep. 22 to Nov. 3  
 DAY:..... Th  
 TIME:..... 4:00 PM - 5:30 PM  
 PLACE:..... Highland  
 COST:..... \$70  
 AGE:..... 7-16 years  
 INSTRUCTOR:..... Pasha Pasalic  
 Drawing with soft pastels leads you to the real painting experience more than simple drawing. The teacher will guide you step-by-step in pastel painting techniques. Bring your own soft pastel set: 19" x 24" or 11" x 14".

**STAINED GLASS WINDOW WITH PAINT**

DATE:..... Sep. 19 to Oct. 24  
 DAY:..... M  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$70  
 AGE:..... 7-16 years  
 INSTRUCTOR:..... Pasha Pasalic  
 This class is an absolute must for anyone who likes to explore new ways of using paint such as painting on aluminum instead of glass. The class includes a section on how to use glass point, tracing, matting and much more. Stained glass point sets can be purchased at any art store. After the project is done the aluminum foil is taken off so it can be hung on windows, mirrors, walls, or any other smooth surface. Supply list will be given the first night of class.

**WATERCOLOR AND OIL**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 6:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$55  
 (does not include materials)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Tera Hunter  
 Class is open to all levels of ability. Painting instruction for beginning students will be given the first part of the class or come paint on your own with teacher assistance. Bring your own materials first night. For detailed supply list call 801 481-4891.

**COMPUTERS**

**BASIC COMPUTER SKILLS FOR SENIORS:  
GETTING ACQUAINTED**

DATE:..... Sep. 13 to Sep. 22  
 DAY:..... T/Th  
 TIME:..... 3:00 PM - 4:30 PM  
 PLACE:..... Highland  
 COST:..... \$35 (incl. \$3 material fee)  
 AGE:..... 40 and up  
 INSTRUCTOR:..... Lorna Parkinson

Make your computer your best friend! Course covers: computers are easier than they look; how to get started; software and hardware; controlling your mouse; when a computer is too old; MS Windows vs windows; setting up your Desktop; introduction to program applications; email; and the Internet.

**BASIC COMPUTER SKILLS FOR SENIORS  
(BEGINNING)**

DATE:..... Sep. 27 to Oct. 6  
 DAY:..... T/Th  
 TIME:..... 3:00 PM - 4:30 PM  
 PLACE:..... Highland  
 COST:..... \$35 (incl. \$3 material fee)  
 AGE:..... 40 and up  
 INSTRUCTOR:..... Lorna Parkinson

Let's do it! Course covers: what equipment you need to get started; basics of MS Windows; organizing your Desktop; files and folders; beginning MS WORD; getting acquainted with windows; continued studies into program applications; email; and the Internet.

**BASIC COMPUTER SKILLS FOR SENIORS  
(INTERMEDIATE)**

DATE:..... Oct. 11 to Oct. 25  
 DAY:..... T/Th  
 TIME:..... 3:00 PM - 4:30 PM  
 PLACE:..... Highland  
 COST:..... \$35 (incl. \$3 material fee)  
 AGE:..... 40 and up  
 INSTRUCTOR:..... Lorna Parkinson

Continuing course covers: review of MS Windows; review of windows; more tricks with MS WORD; more on the Internet; some more fun websites to visit; working with clip art and photos; and buying a computer. Introduction to PowerPoint and Excel.

**BASIC COMPUTER SKILLS FOR SENIORS  
(ADVANCED)**

DATE:..... Nov. 1 to Nov. 10  
 DAY:..... T/Th  
 TIME:..... 3:00 PM - 4:30 PM  
 PLACE:..... Highland  
 COST:..... \$35 (incl. \$3 material fee)  
 AGE:..... 40 and up  
 INSTRUCTOR:..... Lorna Parkinson

You are on your way! Course covers: review of MS Windows; review of windows; introduction to PowerPoint; and Publisher. More tricks with emails; setting up an Internet home page and favorites list; researching; online purchasing; online banking; online bill pay; and online security.

**MICROSOFT EXCEL**

DATE:..... Oct. 19, Oct. 26, and Nov. 2  
 DAY:..... W  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$45 (incl. \$3 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Jon Howe

**MICROSOFT POWERPOINT**

DATE:..... Sep. 14 to Oct. 12  
 DAY:..... W  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$50 (incl. \$3 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Jon Howe

**MICROSOFT WORD**

DATE:..... Nov. 9, Nov. 16, and Nov. 30  
 DAY:..... W  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$45 (incl. \$3 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Jon Howe

The Microsoft Office 7 series will be available as three component classes. Students can mix and match components. Projects and practice of skills learned in class include a 5 slide PowerPoint presentation, a quarterly report in Excel, and a resume project in Word. Email submission of assignments and personalized counsel are important in each class.

**WEB DESIGN & MARKETING**

DATE:..... Sep. 15 to Oct. 27  
 DAY:..... Th  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$70 (incl. \$3 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Jon Howe

Proven graphic theory to guide the eye will help participants to produce several Blogs and Websites using HTML based programs. The most recent versions of Dreamweaver CS3 and Photoshop CS3 will be an important part of skill development for this class. Cutting edge marketing using the Internet is also emphasized.

**DANCE**

**BALLET (INTERMEDIATE)**

DATE:..... Sep. 20 to Nov. 8  
 DAY:..... T  
 TIME:..... 8:15 PM - 9:15 PM  
 PLACE:..... Highland  
 COST:..... \$70  
 AGE:..... 15-19 years  
 INSTRUCTOR:..... Tatiana Bakshaeva

For dancers with previous ballet experience. Develop and improve your pirouettes, large and small jumps, and other techniques. Whatever your skill level, the instructor can help you advance.

**BALLET-CHILDREN'S (3-4)**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 5:15 PM - 6:00 PM  
 PLACE:..... Highland  
 COST:..... \$55  
 AGE:..... 3-4 years  
 INSTRUCTOR:..... Alexandra Monjar

This class is a 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.

**BALLET-CHILDREN'S (5-7)**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 6:15 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 5-7 years  
 INSTRUCTOR:..... Alexandra Monjar

This 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.

**BELLY DANCE-AMERICAN TRIBAL STYLE  
(ATS)**

DATE:..... Oct. 31 to Dec. 12  
 DAY:..... M  
 TIME:..... 7:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$55  
 AGE:..... 13 and up  
 INSTRUCTOR:..... LaRa Zorn

Beginning with a Yoga/Pilates-based warm up, to increase strength and flexibility, participants will continually gain in-depth body awareness by learning to layer body isolations with shimmies, steps, various embellishments, and zills. Level 1-2 ATS vocabulary will be the focus for improvisational dance. Class will cover basic ATS formations, cueing, the responsibilities of both leading and following, as well as dancing as a unit. Performance opportunities may be available for those interested.

**BELLY DANCE-DRILLS FOR CARDIO & CORE  
STRENGTH**

DATE:..... Sep. 12 to Oct. 24  
 DAY:..... M  
 TIME:..... 7:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$55  
 AGE:..... 13 and up  
 INSTRUCTOR:..... LaRa Zorn

If you are new to belly dance, looking for a fun way to exercise, this ALL LEVEL class is for you! It is easy to follow, easy to remember, and FUN! Your heart will be pumping with a Yoga/Pilates warm up and take off from there!! Come with a smile.

**FOLK-CHARACTER DANCE**

DATE:..... Sep. 22 to Nov. 17  
 DAY:..... Th  
 TIME:..... 5:00 PM - 5:45 PM  
 PLACE:..... Highland  
 COST:..... \$70  
 AGE:..... 15 and up  
 INSTRUCTOR:..... Tatiana Bakshaeva  
 Introductory course in basic character dance (Barre and center exercise). Learn elements of folk dance from different countries such as Mexico, the Philip-pines, and Argentina. Express yourself through dance with inspiring Gypsy music, Hungarian Chardash, Moldavian or Polish Mazurka, Russian Cadrille, or even the Spanish Jota. Wear modern dance shoes, or character shoes, or flats with a small heel.

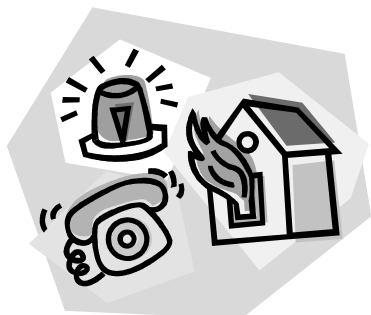
**SCOTTISH COUNTRY DANCING**

DATE:..... Sep. 15 to Nov. 17  
 DAY:..... Th  
 TIME:..... 7:15 PM - 9:15 PM  
 PLACE:..... Highland  
 COST:..... \$50 (\$90 couple)  
 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**

**ANIMAL COMMUNICATION**

DATE:..... Oct. 5, Oct. 6  
 DAY:..... W/Th  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$40  
 AGE:..... 15 and up  
 INSTRUCTOR:..... Patty Rayman  
 Use skills you already have in different and effective ways to connect with your pets. Class emphasizes developing awareness and focus, visualization, creating expectations and using positive and negative emotions to set behavioral boundaries. Techniques are based on creating meaningful partnership of cooperation rather than control. Strategies to change specific behaviors like barking, housbreaking issues and bolting will be discussed. Bring a picture of your animal to class.



**BEEKEEPING (BEGINNING)**

DATE:..... Oct. 5 to Nov. 2  
 DAY:..... W  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$75  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Annette Hansen  
 Learn how to care for honeybees. Bees provide a pollination service to their immediate neighborhood and reward their keepers with delicious honey. Held Indoors, this class aims to help participants become more comfortable with these insects; Decide if beekeeping is right for you; and learn the basics of managing a bee colony. Optional text available for \$4.

**BREAD BAKING**

DATE:..... Oct. 4, Oct. 11, and Oct. 18  
 DAY:..... T  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... House of Bread  
 COST:..... \$75  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Lynne Aoyama  
 Learn to make white, whole wheat, crusty and flat breads. Fee includes supplies and bread to take home. Class is held at House of Bread located at 2005 East 2700 South.

**COMMUNICATIONS/ANGER MANAGEMENT SEMINAR**

DATE:..... Sep. 13 to Oct. 4  
 DAY:..... T  
 TIME:..... 7:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$60 (\$80 couple)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Dr. Victoria Burgess  
 Learn how to really listen without the typical communication roadblocks, effective confrontation and assertiveness training, problem solving methods and how to resolve values collisions.

**COMMUNITY EMERGENCY RESPONSE TEAMS (C.E.R.T.)**

DATE:..... Sep. 15 to Nov. 3  
 DAY:..... Th  
 TIME:..... 6:30 PM - 9:30 PM  
 PLACE:..... Highland  
 COST:..... \$5  
 (does not include materials)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Charlie Eckhart  
 C.E.R.T. is a preparedness class for individuals, families, and neighborhoods. Class will teach organization skills, disaster identification, fire suppression, medical emergency treatment, search and rescue skills, and terrorism prevention. Must register at Highland Community Education AND preregister and pay online for materials at [www.slcgov.com/em](http://www.slcgov.com/em)

**COOKING: BOUNTIFUL BREAKFASTS II**

DATE:..... Oct. 17  
 DAY:..... M  
 TIME:..... 6:00 PM - 9:30 PM  
 PLACE:..... Highland  
 COST:..... \$60 (incl. \$20 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Miriam Bagully  
 Breakfast is the most important meal of the day: this is a great way to learn easy and impressive meals to spice it up. Learn how to make oven-baked frittatas, delicious muffins and quick breads, fun breakfast quiches, and simple sauces. Must cancel the week before class is held, or material fee will be forfeited.

**COOKING: LOW CARB AND LOVING IT**

DATE:..... Oct. 10  
 DAY:..... M  
 TIME:..... 6:00 PM - 9:30 PM  
 PLACE:..... Highland  
 COST:..... \$60 (incl. \$20 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Miriam Bagully  
 Whether you are on a low-carb diet for medical or health reasons, or you just want fantastic recipes without carbs and sugars, this class is for you! Focus is on great tasting, healthy and simple recipes that are easy on the wallet and the waistline. Must cancel the week before class is held, or material fee will be forfeited.

**COOKING: CELEBRATE THE HARVEST**

DATE:..... Nov. 7  
 DAY:..... M  
 TIME:..... 6:00 PM - 9:30 PM  
 PLACE:..... Highland  
 COST:..... \$60 (incl. \$20 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Miriam Bagully  
 Learn to make delicious foods based around seasonal fruits and vegetables, including apples, grapes, various squash and corn. Must cancel the week before class is held, or material fee will be forfeited.

**COOKING: MEDITERRANEAN BASICS II**

DATE:..... Sep. 12, Sep. 19  
 DAY:..... M  
 TIME:..... 6:00 PM - 9:30 PM  
 PLACE:..... Highland  
 COST:..... \$95 (incl. \$25 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Miriam Bagully  
 Take a tour of the Mediterranean – starting in Morocco and making stops in Spain, France, Turkey, Greece, Italy Egypt, Lebanon and Tunisia. Discuss food history and the most common flavors and tools used in this popular cuisine. Come make some amazing dishes. Must cancel one week before class is held, or material fee will be forfeited.

**COOKING: THANKSGIVING MADE EASY**

DATE:..... Nov. 14  
 DAY:..... M  
 TIME:..... 6:00 PM - 9:30 PM  
 PLACE:..... Highland  
 COST:..... \$60 (incl. \$20 material fee)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Miriam Bagully

Everyone stresses out during Thanksgiving. Learn easy, incredible recipes for Turkey-day dinner. Get recipes for sides, salads and desserts, as well as proven tips for how to make the perfect turkey. Must cancel the week before class is held, or material fee will be forfeited.

**COPING WITH THE LOSS OF A PET**

DATE:..... Oct. 13  
 DAY:..... Th  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$29 (\$50 couple)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Patty Rayman

Are you grieving the loss of a pet? Do you keep reliving events surrounding your animal's death or do you feel stuck and unable to move through the grief process? Loss of a pet is the loss of a family member and produces real emotions. We discuss the stages of grief and explore specific techniques to ease the pain of your loss. This workshop is for everyone who has ever loved an animal and been separated from them, either recently or many years ago. Bring a photo of your animal to class.

**CREATIVE CAKE DECORATING**

DATE:..... Sep. 14 to Oct. 12  
 DAY:..... W  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$65  
 (does not include materials)

AGE:..... 16 and up  
 INSTRUCTOR:..... Nancy Rindlisbach  
 From simple to elaborate - unleash your creativity and achieve new heights of imagination with an innovative experience in the art of cake decorating! Learn techniques for frosting, fondant, gum paste, chocolate work, borders, and unique cake designs from a culinary expert! Includes baking techniques to assist you at home. Call 801 481-4981 for supply list. Questions? Email instructor: nanbach2006@msn.com



**CRUISING TRAVEL TIPS**

DATE:..... Sep. 22  
 DAY:..... Th  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$10 (\$15 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Ryan Rowland

Dream of cruising? Learn how to find the best value, which cruise line is best for you, where to cruise, how to prepare to cruise the world, and info about life aboard a cruise ship. Those new to cruising and experienced cruisers as well will love this class!

**ENERGY SAVINGS: LOWER UTILITY BILLS**

DATE:..... Sep. 14, Sep. 28  
 DAY:..... W  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$35  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Greg Libeccci,  
 SLCS D EnergyManager

Tired of high utility bills? Save money on your utility bills while adding comfort to your home and becoming a better steward of the earth. Efficiency and renewable energy options will be discussed. Learn to read and track electric and gas bills and determine energy usage. Learn about the many incentive programs which will partially pay for these improvements.

**GRIEF - HOW TO DEAL WITH GRIEF**

DATE:..... Sep. 20 to Oct. 4  
 DAY:..... T  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$30 (\$45 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Dr. Victoria Burgess

Help for those who are experiencing grief-your own or that of friends or family. Understand the grief reactions of different age groups and the symptoms of grief: emotional, cognitive, physical and spiritual. Find ways to deal with your grief.

**JEWELRY BASICS**

DATE:..... Oct. 4  
 DAY:..... T  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... String Beads  
 COST:..... \$25 (includes materials)  
 AGE:..... Adults  
 INSTRUCTOR:..... Dinah Ihle

Learn the tools and techniques used to make all kinds of bracelets, earrings, and necklaces. Over 25,000 components to choose from including glass, stones, metals, castings, wire, cord, and synthetics. Design and create jewelry. Class is taught at String Beads, 2223 S. Highland Drive.

**MEDICARE MAZE**

DATE:..... Oct. 19 to Nov. 16  
 DAY:..... W  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$10 (\$15 couple)  
 AGE:..... 60 and up  
 INSTRUCTOR:..... Darren Hotton

All Medicare beneficiaries need to be actively involved in their healthcare. This class will: cover Medicare part A, B, D, and Medicare Advantage Plans (part C); discuss Social Security, Medicare Supplement Plans, helpful tips for Long Term Care Insurance, and how to prevent Medicare Fraud. Class open to Medicare beneficiaries, retirement age people and care givers. Optional computer enrollment assistance from 8:00 – 9:00.

**ORGANIZING SOLUTIONS**

DATE:..... Sep. 21  
 DAY:..... W  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$25 (\$40 couple)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Jamie Tabish

Overwhelmed with paper and clutter? Struggle with time management? Learn solutions and steps to become better organized. Share your organizational barriers (bring photos) and help yourself GET ORGANIZED!

**OVERCOMING WORRY**

DATE:..... Sep. 13, Sep. 20, and Sep. 27  
 DAY:..... T  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$45 (\$80 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Richard Smart

Are you worried? Do you find yourself 'stuck' due to worry or anxiety? Learn how to free yourself from the bondage of worry and move forward.

**POSITIVE THINKING & AFFIRMATIONS**

DATE:..... Oct. 4, Oct. 11, and Oct. 18  
 DAY:..... T  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$45 (\$80 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! Learn to adjust your thoughts to become a happier more successful person.

**POSITIVE THINKING: INTERNALIZING THE LAWS OF SUCCESS**

DATE:..... Oct. 25, Nov. 1, and Nov. 8  
 DAY:..... T  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$45 (\$80 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Richard Smart

Are you ready to catapult into the High-Success arena, to reap rewards that will bring incredible success yet being held back? Learn the laws which govern success, how they work, and how to implement them. This power-packed class is designed to help you learn, apply and reap the rewards that come from implementing the laws of success! Pre-requisite: Positive Thinking and Affirmations.

**PSYCHIC ENERGY AWARENESS FOR WOMEN**

DATE:..... Sep. 15 to Oct. 27  
 DAY:..... Th  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$40 (\$60 couple)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... JoAnna Timmins

Feel like you are being watched when you are alone? Learn how to identify your abilities and talents, connect with your psychic senses and become aware of the energies all around us. A fun, hands-on experience that will show you how to recognize, use and expand your own psychic abilities-everyone has them, but we are taught to ignore them as mere childish imagination or coincidence. Heal your past, live your present and plan your future!

**PSYCHIC ENERGY AWARENESS: ONE STEP BEYOND**

DATE:..... Nov. 3  
 DAY:..... Th  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$10 (\$15 twosome)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... JoAnna Timmins

**PSYCHIC ENERGY AWARENESS: ONE STEP BEYOND**

DATE:..... Nov. 10  
 DAY:..... Th  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$10 (\$15 twosome)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... JoAnna Timmins

DATE:..... Nov. 17  
 DAY:..... Th  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$10 (\$15 twosome)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... JoAnna Timmins

Using knowledge from Psychic Energy Awareness, you'll participate in various activities including past event, past life, and afterlife visitations, and sending and receiving energy. An amazing personal experience! You MUST pre-register and you MUST be on time. Late arrivals will be turned away.

**RESTORING YOUR ARTS AND CRAFTS HOME**

DATE:..... Sep. 14 to Oct. 26  
 DAY:..... W  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$80  
 AGE:..... Adults  
 INSTRUCTOR:..... Laura Zurligen

Do you own a home built between 1900 and 1930? Re-discover the charm of the Arts and Crafts era bungalow and learn what to do (and what not to do!) to return this beloved home-style to its original glory. Class covers exteriors, interiors, floor plans, textiles, accessories, and more.

**TAPPING INTO YOUR INTUITION**

DATE:..... Oct. 12  
 DAY:..... W  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$29  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Patty Rayman

Everyone is intuitive, and increasing your awareness can help you communicate more effectively and develop deeper relationships. Tapping into your intuition is a skill and it can be improved with practice. Learn how intuition works and focus on using intuition as an important part of your decision making process. Class will help you develop your innate Sixth Sensory abilities with fun and easy to use techniques. Intuition can help every part of your life.

**TARTAN, HERALDRY AND CLANS OF SCOTLAND**

DATE:..... By Appointment  
 DAY:..... M/T/W/Th  
 TIME:..... 6:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$25 (\$3 for 1 night intro)  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Richard D. M. Barnes

Learn basic principles of design, human figures, color and metals, division of fields, and how to read a "blazon" as they relate to heraldry and coats of

arms. Basic depth of field and two-point perspective skills will be taught. Class is for builders, Scottish and family history enthusiasts, and anyone who would like a basic course in geometric drawing and painting and using a straight edge and a compass. Fee includes basic acrylic paint set and paper. Questions? Contact instructor at 801-573-7929.

**TIBETAN BUDDHIST MEDITATION AND THE 7 POINTS OF MIND TRAINING**

DATE:..... Sep. 14 to Nov. 2  
 DAY:..... W  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$55  
 AGE:..... 17 and up  
 INSTRUCTOR:..... Ven Lopon Osel, Professor of Buddhist Philosophy and Meditation

Mind training from Kadampa Geshe Chekpa trains the mind to develop bodhicitta (the wish for enlightenment). This introductory course fosters compassion and love for all beings. If we don't learn this basic practice, then our loving compassion is like a summer rainbow: where it appears but suddenly disappears. Learn the steps to cultivate true compassion and foster wisdom. Covers Shamatha and Vispasana meditation. Learn more at: [www.welcomingbuddhist.org](http://www.welcomingbuddhist.org)

**UPHOLSTERY (BEGINNING)**

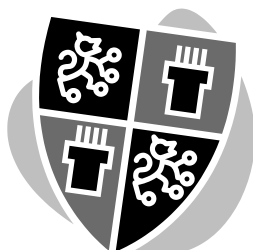
DATE:..... Sep. 21 to Nov. 2  
 DAY:..... W  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$140 (incl. \$30 material deposit)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Roly Pearson

Beginning class students will all make an ottoman and learn the basic skills required to re-upholster couches and chairs.

**UPHOLSTERY (INTERMEDIATE)**

DATE:..... Sep. 22 to Nov. 3  
 DAY:..... Th  
 TIME:..... 6:30 PM - 9:30 PM  
 PLACE:..... Highland  
 COST:..... \$140 (incl. \$30 material deposit)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Roly Pearson

Class is for students who have taken the Beginning Upholstery class and have re-upholstery experience. Bring furniture the first night of class.



**WELDING/METAL ARTS**

DATE:..... Sep. 13 to Nov. 8  
 DAY:..... T  
 TIME:..... 5:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$200  
 (does not include materials)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Denise Fuentes

DATE:..... Sep. 15 to Nov. 17  
 DAY:..... Th  
 TIME:..... 5:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$200  
 (does not include materials)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Denise Fuentes

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 for those who are interested. Students are responsible for supplying own metal. Shop tools and equipment are provided. NO shorts, NO open toed shoes.

**WRITING ANATOMY**

DATE:..... Oct. 25, Oct. 27, and Nov. 1  
 DAY:..... T/Th  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Rebecca Guevara

We'll play with the bones of writing and see how they fit with the writer's goals and the reading market. Subjects will include character development, imagining plot twists, language power, limits and advantages of outlining, revising techniques, critique groups and finding a market.

**XERISCAPE 101: THE FUNDAMENTALS OF SUSTAINABLE LANDSCAPES**

DATE:..... Sep. 15  
 DAY:..... Th  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$35 (\$50 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Franci DeLong,  
 Landscape Designer

Learn basic principles of designing and installing sustainable landscape with tips that will minimize more than just water usage - the impact on you and our environment. The end result will be an interesting, low maintenance garden that is beautiful year round!

**XERISCAPE: GARDEN TOUR**

DATE:..... Sep. 17  
 DAY:..... S  
 TIME:..... 9:00 AM - 12:00 PM  
 PLACE:..... Highland  
 COST:..... \$25 (\$40 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Franci DeLong

If you are looking for ways to create a beautiful landscape that requires a minimum amount of water and maintenance, come with us for a Saturday morning tour of 5-6 local gardens that have been converted to xeric landscaping. You'll see many wonderful drought-tolerant plants and unique designs you can use in your own landscape. We will meet you in Highland High School parking lot and carpool to various gardens.

**FAMILY/PARENTING**

**PARENTING: PRACTICAL WISDOM FOR PARENTING YOUR TODDLER AND PRESCHOOLER**

DATE:..... Sep. 12 to Nov. 7  
 DAY:..... M  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$135 (\$215 couple, includes \$15 material fee)  
 AGE:..... Adults  
 INSTRUCTOR:..... Laura Gaynard, PHD, CCLS and Mary Stanley, MPS, ATR-BC

Had a day you wished Supremanny would swoop in and show you all the answers to your parenting questions? We don't have Supremanny; we have a child life expert and an art therapist with a combined total of more than 50 years working with families. Cover topics from eating to bedtime to play - apply this to your real-time parenting in a group with other parents, and gain support and insight. The greatest gift you can give your child is you!

**PROTECTING YOUR CHILDREN FROM SEXUAL ABUSE**

DATE:..... Sep. 13  
 DAY:..... T  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$30 (\$40 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Dr. Victoria Burgess

Class is directed toward prevention of victims and perpetrators. Fee includes the book "How to Protect Your Children Against Pedophilia", written for parents, educators, law enforcement workers, and mental health workers.

**FINANCIAL**

**401K HELP**

DATE:..... Oct. 11  
 DAY:..... T  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$10  
 AGE:..... All  
 INSTRUCTOR:..... Bret Tillman

This class is designed to answer the questions most have about their 401k plans. Questions such as: what are my investment options; how do I pick my investments; how much should I contribute; how will my 401k grow; and who do I trust for advice will be discussed.

**5 KEYS TO SOCIAL SECURITY PLANNING**

DATE:..... Sep. 20  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$20 (\$30 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Shad Evans, CFS

When is the best time to retire and how will that decision affect your Social Security payments? Is it better to begin receiving Social Security as early as possible or is it better to delay as long as possible? This course will help you get the maximum benefit possible from Social Security. It will help you understand how benefits are calculated; what the lifetime value is; how to coordinate your spousal benefits to maximize income; how to minimize taxes; and how divorce impacts Social Security.

**ESTATE PLANNING**

DATE:..... Sep. 20, Sep. 27  
 DAY:..... T  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$20 (\$25 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 in your situation; how to care for special needs children; how to provide for minor children if both parents die; how to avoid and protect against estate emergencies; and how the probate process works in Utah.



**FOR SALE BY OWNER**

DATE:..... Sep. 13  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$15 (\$20 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Dave Openshaw/Bob Cusick

DATE:..... Oct. 4  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$15 (\$20 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Dave Openshaw/Bob Cusick

DATE:..... Oct. 25  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$15 (\$20 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Dave Openshaw/Bob Cusick

DATE:..... Nov. 15  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$15 (\$20 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Dave Openshaw/Bob Cusick  
 This class focuses on the mechanics of selling your home. It covers the process of preparing, marketing and showing your home, as well as qualifying your buyers, negotiating the deal, the contracts you need and the laws you need to know and understand to make your selling experience successful.

**HOME BUYING 101**

DATE:..... Sep. 27  
 DAY:..... T  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$10 (\$15 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Kathy Jensen

DATE:..... Oct. 27  
 DAY:..... Th  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$10 (\$15 couple)  
 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.

**MONEY MASTERY**

DATE:..... Oct. 4 to Oct. 25  
 DAY:..... T  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$20 (per person or family)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Money Mastery Staff  
 Scared about the economy and your finances? Learn techniques to tap resources you already have. Build wealth on any income. Discover why extra money is already sitting in your wallet; how to get out of all debt (mortgage included) in less than 9 years; and how to triple your retirement income. Class Includes FREE forecasting software, tracking tools, reference materials and personal consultation.

**REAL ESTATE INVESTING**

DATE:..... Sep. 28  
 DAY:..... W  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$15 (\$20 couple)  
 AGE:..... All  
 INSTRUCTOR:..... Alan Blood  
 This course covers the strategies of purchasing a home-from your first purchase to multiple investment properties. Learn how to avoid common pitfalls of real estate and save and make money from purchases. Learn how real estate can work for you by applying concepts taught, including how to choose and finance a solid purchase opportunity as well as ways to improve your credit rating. Learn strategies to decrease your income taxes and build wealth to provide for retirement.

**RETHINK RETIREMENT PLANNING**

DATE:..... Sep. 15, Sep. 22  
 DAY:..... Th  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$20 (\$30 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Shad Evans, CFS  
 DATE:..... Oct. 18, Oct. 25  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$20 (\$30 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Shad Evans, CFS  
 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.

**JOB TRAINING/CAREERS**

**ACCOUNTING FOR BUSINESS OWNERS**

DATE:..... Sep. 13 to Nov. 10  
 DAY:..... T/Th  
 TIME:..... 7:00 PM - 8:30 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!

**CAREER CHANGE-EASE THE WAY**

DATE:..... Oct. 25 to Nov. 3  
 DAY:..... T/Th  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$50  
 AGE:..... 40 and up  
 INSTRUCTOR:..... Tim Rice  
 Class is targeted to dislocated workers, mature workers 40+, and those transitioning to new careers. Issues addressed will be re-entering the job market, marketing tools, skills identification, handling the "overqualified" issue, separating older worker myths from truths, promoting the age advantage, crafting cover letters, resumes, using references, and developing powerful interview techniques.

**POWER RESUME CRAFTING**

DATE:..... Oct. 4 to Oct. 13  
 DAY:..... T/Th  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$50  
 AGE:..... 40 and up  
 INSTRUCTOR:..... Tim Rice  
 Market yourself using proven "branding" principles. Craft an identity; create resume "sight bites" that become powerful interview "sound bites." Target cover letters; use newest resume building tools, techniques and strategies. Leave with a working resume draft, personally edited example and effective advice from an expert.

**SMALL BUSINESS TUNE-UP**

DATE:..... Sep. 26 to Oct. 5  
 DAY:..... M/W  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$69 (\$100 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Martin Townsend  
 Has the spark gone out of your business? Seem to be hitting a road block? This class will help you analyze your needs and create systems that will enable you to achieve your desired goals. The class as well as professional business mentors will be available to provide you with information on financing, marketing, management and exit strategies.

**START YOUR OWN BUSINESS**

DATE:..... Sep. 13 to Sep. 22  
 DAY:..... T/Th  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$69 (\$100 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Martin Townsend  
 This class can change your life! Learn how to research, plan, finance and market your own business. This course is geared to anyone who wants to start a small business. In the end you will have a plan and a support team that will enable you to take the next step.

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

DATE:..... Nov. 7  
 DAY:..... M  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$35  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Such A Voice Staff  
 Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films and videos, one would think that it would be next to impossible to break into this field. NOT SO! Learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business!

**LANGUAGES**

**ITALIAN (BEGINNING)**

DATE:..... Oct. 18 to Dec. 13  
 DAY:..... T  
 TIME:..... 5:15 PM - 6:15 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... Adults  
 INSTRUCTOR:..... Barbara Hood  
 Students will learn numbers, alphabet, basic vocabulary, etc. Class will cover basic conversation, grammar and beginning reading.

**ITALIAN (INTERMEDIATE)**

DATE:..... Oct. 18 to Dec. 13  
 DAY:..... T  
 TIME:..... 6:30 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... Adults  
 INSTRUCTOR:..... Barbara Hood  
 This class is for those who are not happy with just "phrase book" Italian and are ready to tackle more in depth the intricacies of the beautiful Italian language. The teacher is a native speaker. In addition to covering basic grammar and following the required textbook, she will give you useful information on food, travel, and culture. Additional handouts and worksheets given out in class every week.

**LATIN (BEGINNING/INTERMEDIATE)**

DATE:..... Sep. 13 to Nov. 1  
 DAY:..... T  
 TIME:..... 3:30 PM - 5:00 PM  
 PLACE:..... Highland  
 COST:..... \$50  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Becky Bennion  
 Et tu Brute? Join Brutus in an introduction to speaking with Caesar. Learn to read Latin and understand grammar and vocabulary. Minimum of six students required to hold the class.

**MARTIAL ARTS**

**KARATE FOR CHILDREN (BEGINNING)**

DATE:..... Sep. 13 to Nov. 3  
 DAY:..... T/Th  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$45  
 AGE:..... 5-12 years  
 INSTRUCTOR:..... Jeff Ruiz  
 Class teaches VAIRUA style Karate (Spirit of Survival). Learn to master grappling, strikes, and weapons versus one or multiple opponents. Simple concepts teach how to survive in any fight and are easy for anyone to learn.

**KARATE FOR CHILDREN (INTERMEDIATE)**

DATE:..... Sep. 13 to Nov. 3  
 DAY:..... T/Th  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$45  
 AGE:..... 5-12 years  
 INSTRUCTOR:..... Jeff Ruiz  
 Continues from beginning class. Class teaches VAIRUA style Karate (Spirit of Survival). Learn to master grappling, strikes, and weapons versus one or multiple opponents. Simple concepts teach how to survive in any fight and are easy for anyone to learn.

**KARATE/SELF DEFENSE**

DATE:..... Sep. 13 to Nov. 3  
 DAY:..... T/Th  
 TIME:..... 8:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$50  
 AGE:..... 13 and up  
 INSTRUCTOR:..... Jeff Ruiz  
 Class teaches VAIRUA style Karate (Spirit of Survival). Learn to master grappling, strikes, and weapons versus one or multiple opponents. Simple concepts teach how to survive in any fight and are easy for anyone to learn.

**TAE KWON DO (BEGINNING)**

DATE:..... Sep. 12 to Dec. 14  
 DAY:..... M/W  
 TIME:..... 6:30 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$75 (ask for family discount)  
 AGE:..... 6 and up  
 INSTRUCTOR:..... Bill Dubbeld,  
 7th degree Black Belt  
 Class focuses on basic self defense and fundamental exercises.

**TAE KWON DO (INTERMEDIATE-ADVANCED)**

DATE:..... Sep. 12 to Dec. 14  
 DAY:..... M/W  
 TIME:..... 7:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$75 (ask for family Discount)  
 AGE:..... 6 and up  
 INSTRUCTOR:..... Bill Dubbeld,  
 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 USTF.

**TAI CHI CHUAN 108**

DATE:..... Sep. 14 to Dec. 7  
 DAY:..... W  
 TIME:..... 7:15 PM - 8:15 PM  
 PLACE:..... Highland  
 COST:..... \$50  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Paula Smith  
 Tai Chi Chuan helps with relaxation and balance and involves slow movements and breathing. The Yang Style Tai Chi Chuan 108, as taught by Sam Masich, can be learned as meditation for health or as a martial art. Class includes relaxation techniques and the purpose of the movements. On request, class can also include qigong, push hands and self defense.

**MUSIC**

**7 EASY STEPS FOR SINGING LIKE A PRO!**

DATE:..... Sep. 22 to Oct. 13  
 DAY:..... Th  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... \$59  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Beth Lawrence  
 Skills for EVERY LEVEL! Join an award-winning author and voice diva, Beth Lawrence, as you learn 'The Lawrence Vocal System' that will change the way you think about singing! Everyone can sing! You'll see how EASY it is as you learn professional singing secrets and overcome limited beliefs about your voice. As you progress through the class, you'll discover an ease of singing that you never dreamed possible! Sing Pop, Standards and Jazz.

**BAND-PHOENIX JAZZ AND SWING BAND**

DATE:..... Ongoing  
 DAY:..... W  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... Call for Info  
 AGE:..... 60 and up  
 INSTRUCTOR:..... Dick Anderson  
 Audition required. Questions? Call Dick Anderson at 801 277-9585.

**BAND-SALT LAKE SCOTS PIPE**

DATE:..... Ongoing  
 DAY:..... W  
 TIME:..... 7:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... Call for Info  
 AGE:..... All  
 INSTRUCTOR:..... Call For Info  
 Audition required. Questions? Call the Celtic Center at 801 484-7733.

**BAND-SALT LAKE SYMPHONIC WINDS**

DATE:..... Ongoing  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... Highland  
 COST:..... Call for Info  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Call for Info, or email cearl@dsdmail.net  
 Audition required. Questions? Information at: www.sls.w.org.

**GUITAR (BEGINNING)**

DATE:..... Sep. 14 to Nov. 2  
 DAY:..... W  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$65  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Miles Biddulph  
 This class is for beginners. Come learn to read and play music. Students must bring their own guitar.

**GUITAR (ADVANCED BEGINNING)**

DATE:..... Sep. 14 to Nov. 2  
 DAY:..... W  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$65  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Miles Biddulph  
 This class is for all who have played in the past or know the basics. Students must bring their own guitar.

**GUITAR (INTERMEDIATE)**

DATE:..... Sep. 14 to Nov. 2  
 DAY:..... W  
 TIME:..... 8:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$65  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Miles Biddulph  
 Learn chords, strum patterns, and music theory to be able to play songs on the guitar.

**GUITAR - SWING MUSIC (BEGINNING)**

DATE:..... Sep. 19 to Nov. 14  
 DAY:..... M  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$50  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Bim Oliver  
 Play simplified versions of songs like *Hey Good Lookin'*, *Don't Get Around Much Anymore*, *Over the Rainbow* and more. This is a fun relaxed class for anyone who wants to play western swing or music with swing (jazz) chords. Comfort with basic chord changes is helpful.

**MUSIC STUDIO**

DATE:..... Sep. 19 to Oct. 24  
 DAY:..... M  
 TIME:..... 3:30 PM - 5:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 13 and up  
 INSTRUCTOR:..... Steve Auerbach

**MUSIC STUDIO**

DATE:..... Sep. 19 to Oct. 24  
 DAY:..... M  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 13 and up  
 INSTRUCTOR:..... Steve Auerbach  
 Learn to use a PC for song creation, multi-track audio and MIDI recording using Sony® Music Studio® software in a school computer lab or on your laptop PC. Start composing, mixing and mastering CDs, MP3s or video soundtracks- even if you've never written a song or played an instrument. Class is for all styles and levels of acoustic and electric music for composers, songwriters, filmmakers and DJs with PC skills. The recording and production theory and techniques apply to all modern recording and production. Materials needed: 4 GB flash drive or larger and headphones with 3.5 mm jack.

**PIANO**

DATE:..... Sep. 20 to Nov. 8  
 DAY:..... T  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Kathleen Slagle  
 Try one of the Salt Lake City School District's piano labs. Learn the fundamentals of piano in a group setting. 8 student minimum.

**RECORDER (GROUP INSTRUCTION) AND JAM SESSION**

DATE:..... Oct. 26 to Nov. 9  
 DAY:..... W  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$30 (class \$10 night. jam session \$5 night)  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Richard D. M. Barnes  
 Learn to play the alto recorder, or improve your soprano recorder skills. Class features basic-advanced instruction followed by a jam session. Class is for all musicians (bring your own instrument) and singers. Scottish ballads and folk songs will be highlighted.

**VIOLIN-GROUP (BEGINNING)**

DATE:..... Sep. 12 to Nov. 14  
 DAY:..... M  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$70  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Jennifer K. Zeleny  
 This class is intended for the student with no previous experience in music or playing the violin. Students will study solo and ensemble playing in classical and fiddle styles. Students will learn how to tune and care for their instruments. Basic music theory, as it pertains to the violin, will also be taught. Students will be expected to provide their own books and violin. See www.jenniferzeleny.com or call 801-481-4891 for a complete book list, syllabus and advice on obtaining a violin.



**VIOLIN-GROUP (INTERMEDIATE)**

DATE:..... Sep. 12 to Nov. 14  
 DAY:..... M  
 TIME:..... 8:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$70  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Jennifer K. Zeleny  
 This class is a continuation of Beginning Group Violin. Second and third position and vibrato will be covered in this class. Students will also study solo and ensemble playing in classical and fiddle styles, as well as how to tune and care for instruments, and basic music theory. Students should be able to play Chapter 1 in *Tune A Day Book 3* prior to enrolling. All students will be required to provide their own violin. See [www.jenniferzeleny.com](http://www.jenniferzeleny.com) for local retailers that rent/sell violins. Call 801 481-4891 for a book list.

**PHOTOGRAPHY**

**PHOTOSHOP CS3**

DATE:..... Sep. 15 to Nov. 3  
 DAY:..... Th  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Highland  
 COST:..... \$70 (incl. \$3 material fee)  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Cathryn Linford  
 Introduction to image correction and image manipulation. Students will learn how to make an image print worthy along with many special effects. Color modes, filters, selecting, cropping, layers and special typing techniques will be taught. Students need to bring their own images on a thumb (flash) drive to work with each week.

**RECREATION/SPORTS**

**AEROBIC DANCE**

DATE:..... Sep. 12 to Dec. 7  
 DAY:..... M/W  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Marilyn Pack

**AEROBIC DANCE**

DATE:..... Sep. 12 to Dec. 8  
 DAY:..... M/W/Th  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$65  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Marilyn Pack  
 Fun dance steps, some weight training and stretching.

**AEROBICS-LOW IMPACT**

DATE:..... Sep. 12 to Dec. 7  
 DAY:..... M/W  
 TIME:..... 5:00 PM - 6:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Marilyn Pack  
 Fun dance steps, some weight training and stretching.

**AYURVEDIC YOGA**

DATE:..... Sep. 19 to Oct. 24  
 DAY:..... M  
 TIME:..... 7:30 PM - 8:45 PM  
 PLACE:..... Highland  
 COST:..... \$45  
 AGE:..... Adults  
 INSTRUCTOR:..... Larisa Kats  
 Healing yoga - Learn Ayurvedic principles of healthy diet, life style, yoga practice, and meditation for your particular ayurvedic body type. Bring yoga mat and yoga strap.

**BODY CONDITIONING/WEIGHT TRAINING (WOMEN)**

DATE:..... Sep. 12 to Dec. 14  
 DAY:..... M/W  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Karri Hoyt and Jeanne Shaw  
 Learn the proper way to lift weights and use machines. Strengthen and shape your muscles, get a good workout, have fun and make new friends all at the same time.

**GOLF (BEGINNING/INTERMEDIATE)**

DATE:..... Sep. 12 to Oct. 3  
 DAY:..... M  
 TIME:..... 5:00 PM - 6:00 PM  
 PLACE:..... Bonneville Golf Course  
 COST:..... \$50  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Greg Cayias, PGA Golf Professional

DATE:..... Sep. 12 to Oct. 3  
 DAY:..... M  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... Bonneville Golf Course  
 COST:..... \$50  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Greg Cayias, PGA Golf Professional  
 Class teaches basic golf skills: grip, stance, set up, posture, and swing fundamentals. Bring own clubs or request clubs when you register. Register with Highland Community Education at 801 481-4891. Class held at Bonneville Golf Course, 954 S. Connor St.

**WEAPONS PERMIT CLASS FOR STATE CONCEALED WEAPONS PERMIT**

DATE:..... Sep. 15  
 DAY:..... Th  
 TIME:..... 6:00 PM - 9:00 PM  
 PLACE:..... Highland  
 COST:..... \$60  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Scott Peck

DATE:..... Oct. 27  
 DAY:..... Th  
 TIME:..... 6:00 PM - 9:00 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 (HATHA)**

DATE:..... Sep. 12 to Oct. 31  
 DAY:..... M  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$65  
 AGE:..... 15 and up  
 INSTRUCTOR:..... Dawn Young

A Hatha based yoga class that will help you join your breath with your movement. This class is for any level yoga student, whether you've been practicing yoga for years, or just beginning. We'll cover many basic yoga postures, and how to go deeper. We'll learn some new postures and why they're beneficial. You'll be encouraged to try new things and listen to your body. Come learn a little more about yoga, and learn a little more about yourself.

**YOGA (KUNDALINI)**

DATE:..... Sep. 13 to Nov. 15  
 DAY:..... T  
 TIME:..... 7:15 PM - 9:15 PM  
 PLACE:..... Highland  
 COST:..... \$80  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Jim Jacoby

Class offers the ancient system of Kundalini yoga as brought to the US and taught by Yogi Bhajan. It is a combination of Pranayam (breathing), Kriyas (yogic 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 FOR FAMILIES**

DATE:..... Sep. 13 to Oct. 4  
 DAY:..... T  
 TIME:..... 7:15 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$40 (first 2, \$5 each addl.)  
 AGE:..... 4 and up  
 INSTRUCTOR:..... Dawn Young

**YOGA FOR FAMILIES**

DATE:..... Oct. 11 to Nov. 1  
 DAY:..... T  
 TIME:..... 7:15 PM - 8:00 PM  
 PLACE:..... Highland  
 COST:..... \$40 (first 2, \$5 each addl.)  
 AGE:..... 4 and up  
 INSTRUCTOR:..... Dawn Young

Explore how to have fun as a family. Families will enjoy some fun and familiar yoga postures and try some new postures, together. Learn fun and easy breathing exercises that can help during the rest of the day, at work or school. Family yoga is fun because families work together to problem solve. Learn how fun it can be to trust each other through some partner poses. Expect some falling over and laughing! Parent must attend with child.



**WEST COMMUNITY EDUCATION**

**NO classes: Oct. 20, Nov. 23, 24**  
**Office hours: Mon-Thur, 2:00-8:00 pm**  
**Friday, 10:00 am-1:00 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 ADULTS**

**UTAH HIGH SCHOOL COMPLETION DIPLOMA PREPARATION (FORMERLY GED)**

DATE:..... Ongoing  
 DAY:..... M/Th  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$25 (per quarter)  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Aaron Gardner

This class begins with individual assessments. This will identify your strengths and weaknesses as they relate to the Utah High School Completion Diploma (formerly GED) requirements. The teacher will better understand each individual's needs and will work with you to learn what you'll need to successfully pass the GED exam. This class prepares students to pass the five-part GED exam that includes Language Arts Reading & Writing Skills, Science, Social Studies and Mathematics

**ACADEMIC SUPPORT FOR YOUTH**

**ONE-ON-ONE/ELEMENTARY-HIGH SCHOOL TUTORING**

DATE:..... By Appointment  
 DAY:..... M/T/W/Th  
 TIME:..... Call for Info  
 PLACE:..... West  
 COST:..... \$7 (per half hour)  
 AGE:..... All  
 INSTRUCTOR:..... Staff

Is your child in need of academic assistance? Call and schedule a one-on-one session in our Tutor School. Cancellation policy: must cancel 1 hour in advance or will be charged.

**ENRICHMENT**

**BEADED JEWELRY**

DATE:..... Sep. 14 to Oct. 5  
 DAY:..... W  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... West  
 COST:..... \$30  
 AGE:..... All  
 INSTRUCTOR:..... Angela Rohr

DATE:..... Oct. 26 to Nov. 16  
 DAY:..... W  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... West  
 COST:..... \$30  
 AGE:..... All  
 INSTRUCTOR:..... Angela Rohr

This class will teach the basics of making beaded jewelry. You will learn how to make two types of bracelets, a necklace and earrings. Come prepared to get started with your creations on the very first day! You will need to bring: Round and flat nose pliers, side cutters, and enough beads of your choice to make an 18" necklace, two 7" bracelets and earrings. In addition, bring a package of crimp beads, head pins, one roll of tiger tail or flex-rite and clasps (your choice). Questions? Call school site where class is held.

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

DATE:..... Sep. 21 to Nov. 9  
 DAY:..... W  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$65  
 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 supplies.

**CAKE DECORATING BASICS**

DATE:..... Sep. 22 to Oct. 13  
 DAY:..... Th  
 TIME:..... 6:30 PM - 7:30 PM  
 PLACE:..... West  
 COST:..... \$45 (does not incl. materials)  
 AGE:..... All  
 INSTRUCTOR:..... Andrea Gamble

Learn how to decorate cakes and cupcakes, from a former pastry chef. Learn the basics: borders, shells, zigzags, flowers, writing and basic fondant. This is a fun hands-on class! A list of materials needed will be provided before the first day of class.

**COOKING: CARIBBEAN CREOLE CUISINE**

DATE:..... Oct. 4 to Oct. 25  
 DAY:..... T  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... Cosmopolitan Academy  
 COST:..... \$65  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Wes Huggins  
 Come and learn the wonderful secrets of what makes Caribbean Creole cooking so delicious and nutritious. This hands-on class will teach you which herbs, vegetables and meats combine to make popular dishes such as authentic Creole gumbo, black bean and veggie burgers, soups and Jamaican golden curry. Fee includes dinner each week. Class is held at the Cosmopolitan Academy, located at 26 East 600 South in SLC.

**CREATIVE WAYS TO SPEND LESS**

DATE:..... Oct. 6 to Nov. 17  
 DAY:..... Th  
 TIME:..... 7:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$35  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Jordan Page  
 Come learn all things fun, cheap, or free! Come get 100's of saving ideas. From recipes and meal planning, to travel tips, free vacationing, family activities, shopping secrets, coupon sites, low-cost crafting, home remedies, budgeting and finance tips, with even a fun contest or two, your life will be forever changed for the better after this class!

**FORAGING (LOOKING FOR) EDIBLE WILD FOODS IN UTAH**

DATE:..... Sep. 12 to Oct. 3  
 DAY:..... M  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$45  
 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.

**INTRODUCTION TO MEDITATION**

DATE:..... Sep. 22 to Oct. 27  
 DAY:..... Th  
 TIME:..... 6:45 PM - 8:00 PM  
 PLACE:..... West  
 COST:..... \$45  
 AGE:..... 14 and up  
 INSTRUCTOR:..... Anna Zumwalt  
 You exercise your body - Exercise your mind! Meditation offers Strength Training (Focus) and Flexibility exercises for your mind. This class will give you the basics of meditation for stress reduction, for better focus, and for flexible thinking. It will center around the 'hands-on' experience of meditation with time for discussion and Q & A.

**MAKE YOUR OWN BODY CREAM**

DATE:..... Sep. 15  
 DAY:..... Th  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... West  
 COST:..... \$50 (incl. \$20 material fee)  
 AGE:..... 13 and up  
 INSTRUCTOR:..... Sandra Guzman  
 Learn to make your own body cream from theory to practice, step by step, as guided by the instructor. Use professional materials and even end up with your own body cream. This course is taught in Spanish and translated to English.

**MAKE YOUR OWN SHAMPOO**

DATE:..... Sep. 22  
 DAY:..... Th  
 TIME:..... 6:00 PM - 8:00 PM  
 PLACE:..... West  
 COST:..... \$50 (incl. \$20 material fee)  
 AGE:..... 13 and up  
 INSTRUCTOR:..... Sandra Guzman  
 Learn to make your own shampoo from theory to practice, step by step, as guided by the instructor. Use professional materials and even end up with your own shampoo. This course is taught in Spanish and translated to English.

**FOOD HANDLERS TRAINING PROGRAMS**

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

Classes can now be held at your place of business with a minimum of 30 students.

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

**FOOD HANDLER'S PERMIT (ENGLISH)**

DATE:..... Ongoing  
 DAY:..... T\*  
 TIME:..... 3:30 & 6:00  
 PLACE:..... West  
 COST:..... \$15 (cash)  
 AGE:..... All  
 \*Held every Tuesday, except on holidays.  
 Note: Please arrive 20 minutes early to register.

**FOOD HANDLER'S PERMIT (SPANISH)**

DATE:..... Ongoing  
 DAY:..... T\*  
 TIME:..... 6:00  
 PLACE:..... West  
 COST:..... \$15 (cash)  
 AGE:..... All  
 \*Held every Tuesday, except on holidays.  
 Note: Please arrive 20 minutes early to register.

**CLASES DE PERMISO PARA MANIPULAR ALIMENTOS**

FECHA:..... Clase corriente  
 DIA:..... Martes  
 HORA:..... 6:00  
 LUGAR:..... West  
 COSTO:..... \$15 (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. *Se pueden fijar clases en el sitio de su restaurante o negocio también, con un mínimo de 30 personas. No se permite niños. No excepciones. Nota: Por favor de llegar 20 minutos antes de la clase para inscribirse. Personas que llegan tarde no se les admitirá a la clase.*

**FOOD HANDLER'S PERMIT- FOR CHILD CARE WORKERS (ENGLISH\*)**

DATE:..... Ongoing  
 DAY:..... W\*  
 TIME:..... 7:00  
 PLACE:..... West  
 COST:..... \$15 (cash)  
 AGE:..... All  
 \*NOTE: Held every 2nd Wednesday of the month for child care workers only, except holidays. Please arrive 20 minutes early to register.

**\*\*LATE-COMERS WILL NOT BE ADMITTED IN CLASS\*\***

**SILVERSMITHING FOR FINE JEWELRY**

DATE:..... Sep. 13 to Oct. 18  
 DAY:..... T  
 TIME:..... 6:00 PM - 9:00 PM  
 PLACE:..... West  
 COST:..... \$85  
 AGE:..... 17 and up  
 INSTRUCTOR:..... Amanda Besterfeldt

Class focuses on technique for sterling silver fabrication of jewelry. This includes sawing, soldering, piercing, and bezel setting stones. A \$35 materials and tool fee will be collected the first day of class. All tools and materials for one project will be provided. No experience needed. All levels welcome and will be challenged.

**WRITING FICTION: THE FOREST THROUGH THE TREES**

DATE:..... Sep. 21 to Nov. 9  
 DAY:..... W  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$45  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Xhenet Aliu

This class will explore the ways in which the little white lies of fiction can bring you to the emotional truth of a story. By teasing out the big picture through the little moments—flashes of imagery, snippets of dialogue—your fiction will become more dimensional, satisfying, and “real.” Students will participate in in-class writing and reading exercises which will be shared and discussed in a round-table format; those who wish to share any at-home writing projects with their peers can choose to have their stories or novel excerpts discussed in a traditional workshop environment.

**FINANCIAL**

**HOW TO BUY YOUR FIRST HOME**

DATE:..... Sep. 15  
 DAY:..... Th  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$10 (\$15 couple)  
 AGE:..... Adults  
 INSTRUCTOR:..... Spencer Stott

The perfect guide to buying your first home! Learn about FHA, VA, Conventional and down payment options! Learn the step-by-step process on how to purchase your first home all the way to the closing table!



**REVERSE MORTGAGE 101**

DATE:..... Oct. 6  
 DAY:..... Th  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$10  
 AGE:..... All  
 INSTRUCTOR:..... Alan Blood

Is a reverse mortgage right for me? How can I eliminate my monthly mortgage payment and still live in and own my home? Is my home equity safe with a reverse mortgage? Do I risk losing my home? Get answers to these and all your reverse mortgage questions from an attorney and mortgage loan specialist. Sort the facts from the fiction of reverse mortgage lending and get the tools and information to decide if a reverse mortgage loan is right for you.

**SOCIAL SECURITY STRATEGIES**

DATE:..... Oct. 4  
 DAY:..... T  
 TIME:..... 7:00 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$25 (\$30 couple)  
 AGE:..... 55 and up  
 INSTRUCTOR:..... M'Recia Elfervig

Maximize your Social Security Payments! This workshop will help baby boomers become aware of the MANY alternatives that can be utilized to enhance retirement income. It will cover: 5 factors to consider when deciding when to apply for benefits; when it makes sense to delay benefits, when it does not; why you should always check your earnings record for accuracy; how to coordinate benefits with your spouse; and how to maximize your social security payments. CHOOSE WISELY for a future lifetime of maximum Social Security income.

**JOB TRAINING/CAREERS**

**INTRODUCTION TO THE FOOD SERVICE INDUSTRY**

DATE:..... Sep. 13 to Oct. 4  
 DAY:..... W  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... Cosmopolitan Academy  
 COST:..... \$60  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Wes Huggins

Are you interested in learning how to satisfy your customers and improve your tips? This class will teach you the mannerisms, ethics, etiquette and passion necessary to be successful in the food service industry. It uses a hands-on approach to teach you the professionalism that your clients will appreciate. The class is held at the Cosmopolitan Academy (located at 26 East 600 South in SLC) and is extended to both individuals and businesses. It can also be taught at your location. Call West Community Education for more information.

**NETWORK MARKETING PRO**

DATE:..... Sep. 22 to Oct. 13  
 DAY:..... Th  
 TIME:..... 6:30 PM - 9:00 PM  
 PLACE:..... West  
 COST:..... \$40  
 AGE:..... Adults  
 INSTRUCTOR:..... Jim Olsen

Whether you are currently involved in Network Marketing, or just interested to see how it could work for you, this class will introduce you to the proven 3-Step Success System that will turn your efforts into success. We will utilize an online assessment tool to learn what you do and don't know. With help from a simulator you will learn about and practice: High Yielding Questions, Team Building, Personal Development, and Leadership skills. Jim Olsen is a certified trainer with RI Training.

**PERSONALITY SCIENCE (FACE READING)**

DATE:..... Oct. 11, Oct. 18  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$35 (incl. \$5 for handouts)  
 AGE:..... 18 and up  
 INSTRUCTOR:..... Sharon Crandall  
 'Ahotā'a'e'iloa

See the face and know the person behind it. Genetically based personality traits show in facial features to tell you how to approach your client to set up an immediate rapport. Since genetic personality trait patterns are estimated to be about 80% of behavior this truly gives you the leading edge in working with others in business in any capacity. You will learn about your client's perspective on money, time, privacy, issues, confidence, gullibility, communication, & more. You will also learn how your own traits impact others.

**START AN ONLINE BUSINESS (BEGINNING)**

DATE:..... Sep. 22 to Nov. 17  
 DAY:..... Th  
 TIME:..... 6:00 PM - 7:30 PM  
 PLACE:..... West  
 COST:..... \$65  
 AGE:..... All  
 INSTRUCTOR:..... Brett Morris

Learn how to start an e-commerce business with no up-front investment required. Any person can have a web site, drive traffic to that site, and learn how to convert their web site traffic into income. Marketing skills covered include affiliate marketing and drop shipping, and how utilizing these skills helps develop a successful online business.

**LANGUAGES**

**SAMOAN (BEGINNING)**

DATE:..... Sep. 19 to Nov. 7  
 DAY:..... M  
 TIME:..... 6:30 PM - 8:00 PM  
 PLACE:..... West  
 COST:..... \$60  
 AGE:..... 16 and up  
 INSTRUCTOR:..... Fa'Alafua Auva'a  
 Students will learn the alphabet, vocabulary, basic grammar, and conversation skills in the Samoan language.

**SPANISH-CONVERSATIONAL (INTRODUCTION)**

DATE:..... Sep. 20 to Oct. 25  
 DAY:..... T  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... West  
 COST:..... \$55  
 AGE:..... Adults  
 INSTRUCTOR:..... Susana Clar  
 Don't get left behind! Spanish is the third most widely used language in the world and has become the unofficial second language in the US. The instructor is a dynamic teacher that engages the student in learning Spanish. Have you tried to learn Spanish before and failed? Give this method a try!

**TONGAN (BEGINNING)**

DATE:..... Sep. 21 to Nov. 9  
 DAY:..... W  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... West  
 COST:..... \$60  
 AGE:..... 16 and up  
 INSTRUCTOR:..... TBA  
 Students will learn the alphabet, vocabulary, basic grammar, and conversation skills in the Tongan language.

**MUSIC**

**GUITAR (BEGINNING)**

DATE:..... Sep. 15 to Nov. 10  
 DAY:..... Th  
 TIME:..... 6:00 PM - 7:00 PM  
 PLACE:..... West  
 COST:..... \$65  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Miles Biddulph  
 This class is for beginners. Come learn to read and play music. Students must bring their own guitar.

**GUITAR (ADVANCED BEGINNING)**

DATE:..... Sep. 15 to Nov. 10  
 DAY:..... Th  
 TIME:..... 7:00 PM - 8:00 PM  
 PLACE:..... West  
 COST:..... \$65  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Miles Biddulph  
 This class is for all who have played in the past or know the basics. Students must bring their own guitar.

**GUITAR (INTERMEDIATE)**

DATE:..... Sep. 15 to Nov. 10  
 DAY:..... Th  
 TIME:..... 8:00 PM - 9:00 PM  
 PLACE:..... West  
 COST:..... \$65  
 AGE:..... 12 and up  
 INSTRUCTOR:..... Miles Biddulph  
 Learn chords, strum patterns, and music theory to be able to play songs on the guitar.

**RECREATION/SPORTS**

**DEER AND ELK HUNTING FOR MEAT**

DATE:..... Sep. 13 to Oct. 11  
 DAY:..... T  
 TIME:..... 6:30 PM - 8:30 PM  
 PLACE:..... West  
 COST:..... \$60  
 AGE:..... 15-70 years  
 INSTRUCTOR:..... Dan Potts  
 Class covers: differences in ecology and behavior between the two species; needed equipment in the field and at home; rifles and archery; clothes; field dressing; food and water; "The Plan"; dos and don'ts; licenses; applications; hunting seasons; technologies; regulations; land ownership and trespass laws; dealing with other hunters; and other hunting and gathering opportunities. Instructor is avid hunter with 36 years of experience, has harvested 77 deer and elk and has routinely guided hunts, all for the meat. No equipment or materials required!



**CLASES EN ESPAÑOL**

**HAGA TU PROPIO CREMA CORPORAL**

FECHA:..... Sep. 15  
 DIA:..... J  
 HORA:..... 6:00 PM - 8:00 PM  
 LUGAR:..... West  
 COSTO:..... \$30  
 EDAD:..... 13 y mayores  
 MAESTRO/A:..... Sandra Guzman  
 Aprenderás hacer tu propio crema corporal desde la teoría hasta la práctica paso a paso guiado por el instructor. Usarás materiales profesionales y te llevarás tu propio crema. Favor de traer \$20 al clase para los materiales. Curso en español y traducido al inglés.

**HAGA TU PROPIO SHAMPOO**

FECHA:..... Sep. 22  
 DIA:..... J  
 HORA:..... 6:00 PM - 8:00 PM  
 LUGAR:..... West  
 COSTO:..... \$30  
 EDAD:..... 13 y mayores  
 MAESTRO/A:..... Sandra Guzman  
 Aprenderás hacer tu propio shampoo desde la teoría hasta la práctica paso a paso guiado por el instructor. Usarás materiales profesionales y te llevarás tu propio shampoo. Favor de traer \$20 al clase para los materiales. Curso en español y traducido al inglés.

**PREPARESE PARA PASAR EL EXAMEN GED**

FECHA:..... Continúa  
 DIA:..... L/J  
 HORA:..... 6:30 PM - 8:30 PM  
 LUGAR:..... West  
 COSTO:..... \$25 (per quarter)  
 EDAD:..... 16 y mayores  
 MAESTRO/A:..... Aaron Gardner  
 Esta clase empieza con evaluaciones individuales. Esto identificara sus habilidades y flaquezas como se relacionan con los requisitos para recibir la Diploma de Preparatoria en Utah (anteriormente GED). La maestra entenderá mejor las necesidades individuales y trabajara con usted para que aprenda lo que necesita para pasar el examen. Esta clase prepara a los alumnos para pasar las 5 partes el examen GED que incluye lenguaje, lectura y escritura, ciencia, estudios sociales y matemáticas.

**PLAN NOW.....**

**to display YOUR artwork at the**



***Art work must be brought to  
the Highland Community Education office prior to show,***

***Date: To be announced***

***All forms of art and crafts created in Community Education  
classes will be accepted.***

***Plan NOW to display YOUR work!***

**For more information call 801 481-4891**

## EXTENDED DAY — DISCOVERY CLUB EXTENDED

CALL 801 578-8236 for details



**DAY: Monday - Thursday**

**TIME: After school until 6:00 pm**

**COST: \$9 per day**

**DAY: Friday (or any 1/2 day)**

**TIME: After school until 6:00 pm**

**COST: \$16 per day**

- For 1st - 6th graders
- Educational
- Nurturing Environment
- Developmentally Appropriate
- \$50 Non-refundable registration fee
- Attendance billed monthly

**Must register in person at:  
COMMUNITY EDUCATION  
DISTRICT OFFICE  
440 East 100 South,  
Suite 210**

**SALT LAKE CITY SCHOOL DISTRICT  
SALT LAKE CITY COMMUNITY EDUCATION  
801 578-8275**

**440 EAST 100 SOUTH  
SALT LAKE CITY, UTAH 84111**

**POSTAL  
CUSTOMER**

**PERIODICAL**