

*St. Clair Shores Adult &  
Community Education  
Winter 2010*



*SCSACE Offices*

Youth Enrichment  
Adult Enrichment  
Swim Lessons  
Trips & Tours  
**(586) 285-8880**

*Born Center*

North Lake High School  
High School Completion  
GED Preparation  
English Language  
**(586) 285-8780**



*Taylor  
Early Child  
Care Center*  
**(586) 285-8580**

Visit our Website  
[www.lakeshoreschools.org](http://www.lakeshoreschools.org)  
Click on Adult Education

*In cooperation with  
Lake Shore, Lakeview  
and South Lake School Systems*

*Registration Begins January 4, 2010*

NON-RESIDENTS WELCOME

**St. Clair Shores Adult and Community Education is..  
A Cooperative program sponsored by the Board of Education of ....  
Lake Shore, Lakeview and South Lake Schools**

Residents and Non-Residents are invited to attend.

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2009/2010**

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Joseph Claycomb  
Cathi Humphreys  
Veronica Morris  
Jerry Parker  
Donald Wheaton, Jr.

**SOUTHLAKE**

Lois Cardenas  
George Duditch  
Ellen Dunn  
Carolyn Kracht

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Becky Whitfield, Director

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- Kay Schoof, Coordinator: Adult/Youth/Enrichment, Swim Lessons, Trips & Tours Program
- Sharon Malinowski. Coordinator: SCS Child Care Services

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- Gary Diehl, Principal North Lake High School
- Kathy Archibald, Coordinator: ESL, GED, High School Completion, Homebound

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- Joanne Morris, Coordinator: Contract Training, Work First Program

**Christopher Loria, Superintendent, Lake Shore  
Karl D. Paulson, Superintendent Lakeview  
Deborah Thompson, Superintendent, South Lake**

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(586) 285-8580**

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**LEISURE & ENRICHMENT  
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### 1. MAIL

St. Clair Shores Adult Ed.  
23055 Masonic Blvd.  
St. Clair Shores, MI 48082  
(No Receipt Given)

### 2. PHONE

Phone-in registrations will be  
accepted using  
VISA or MasterCard  
(No Receipt Given)  
**PHONE: (586) 285-8880**



### 3. WALK-IN

St. Clair Shores Adult Ed. Center  
23055 Masonic  
Between Harper & Jefferson  
Monday-Thursday 8:30am - 5:00pm  
Friday 8:30am - 4:00pm

### 4. FAX

Faxed registrations are accepted  
Using VISA or MasterCard  
(No Receipt Given)

**FAX: (586) 285-8881**

## BUILDING CLOSURES

The Community Education Office will close for the holiday on Monday, December 21 and re-open on Monday, January 4. It will also close on Friday, February 12 & re-open Tuesday, February 16.

## REFUND POLICY/RETURNED CHECK FEES

Refunds must be requested **BEFORE** the second class meets. Tuition for one and two night classes are not refundable. If a class is cancelled due to low enrollment, a full refund will be given. **No Refunds** will be granted for **day trips** unless we are able to replace you with someone on a wait list if trip is filled. Check with tour company for refunds on extended trips. If cancellation protection is available and purchased, 24 hour notice of cancellation must be given in order to receive a refund. Please allow approximately 10 business days for your refund to be processed. **A \$7 processing fee will be deducted from all refunds.**

There is a \$25 fee for all checks returned from the bank for non-sufficient funds. **This fee must be paid in cash only.**

## INCLEMENT WEATHER

If Lake Shore school district closes due to bad weather, Community Education classes will be cancelled, even if the weather later improves. Every effort will be made to make up classes. In the event we are unable to schedule a make up class, refunds will not be granted. **Trips:** If the Lake Shore school district is closed and the trip description includes bus transportation the trip will be cancelled. All efforts will be made to reschedule the trip. You will be notified if we are able to reschedule. However, if we cancel the trip and tickets and lunch have already been paid for, you will only be reimbursed for transportation costs. Those trip descriptions that include motorcoach transportation will go as scheduled unless you are notified.

## SHARE YOUR SPECIAL SKILLS AND TALENTS!

Become an enrichment instructor with SCS Community Education.

Interested? Contact Kay Schoof at (586) 285-8880.

## MISSION and BELIEFS

*The mission of St. Clair Shores Adult & Community Education is to provide, in partnership with the community, all learners with opportunities to acquire the knowledge, skills, and experiences necessary to build meaningful and productive lives.*

**VISIT OUR WEBSITE [www.lakeshoreschools.org](http://www.lakeshoreschools.org)**

**CLICK ON: ADULT EDUCATION**

**BUILDING LOCATIONS**

SCS Adult & Community Ed. Buildings

**SCSACE** SCS Adult Ed. Center  
23055 Masonic  
(btwn Harper & Jefferson)

**BORN** Born Center/North Lake HS  
23340 Elmira  
(2 blocks North of 14 Mile  
btwn Harper & Jefferson)

**TAYLOR** Taylor Child Care  
30401 Taylor  
(W. of Harper, turn at traffic  
light btwn 12 & 13 Mile Rd.)

Lakeview School District

**LVHS** Lakeview High School  
21100 11 Mile Road  
(btwn Harper & Little Mack)

**PRINCETON** Princeton Elementary School  
20300 Statler  
(S. of Frahzo, W. of Little Mack)

**ARDMORE** Ardmore Elementary School  
27001 Greater Mack  
S. of 11 Mile, W. of Jefferson

Lake Shore School District

**LSHS** Lake Shore High School  
22980 13 Mile Road  
(btwn Harper & Jefferson)

**KMS** Kennedy Middle School  
23101 Masonic  
(btwn Harper & Jefferson)

**MH** Masonic Heights  
22100 Masonic  
(btwn Harper & Little Mack)

**RODGERS** Rodgers Elementary  
21601 L'Anse  
(Corner of Harper, btwn Martin  
& 12 Mile Rd.)

**VIOLET** Violet Elementary  
22020 Violet  
(E of Harper, N of 13 Mile Rd)

South Lake School District

**AVALON** Avalon Elementary School  
20000 Avalon  
(S. of 9 Mile, W. of Harper)

**SLHS** South Lake High School  
21900 Nine Mile Rd.  
(Btwn Harper & Greater Mack)

L'Anse Creuse School District

**LCMSS** L'Anse Creuse Middle School South  
34641 Jefferson  
(south of Shook Rd.)

**PANKOW** 24600 F.V. Pankow Blvd.  
(Off Gratiot S. of Hall Rd.)

**SCSACE REGISTRATION FORM**

St. Clair Shores Community Education 23055 Masonic Blvd. St. Clair Shores, MI 48082  
*Make checks payable to: St. Clair Shores Adult & Community Education (SCSACE)*

NAME \_\_\_\_\_ PARENT NAME(If Child) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

CLASS/TRIP # \_\_\_\_\_ CLASS/TRIP NAME \_\_\_\_\_ FEE \_\_\_\_\_

CASH \_\_\_ CHECK # \_\_\_\_\_ VISA/ MASTERCARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

••••• **SCSACE REGISTRATION FORM** •••••

St. Clair Shores Community Education 23055 Masonic Blvd. St. Clair Shores, MI 48082  
*Make checks payable to: St. Clair Shores Adult & Community Education (SCSACE)*

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CASH \_\_\_ CHECK # \_\_\_\_\_ VISA/ MASTERCARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

# ADULT ENRICHMENT CLASSES

## ARTS & CRAFTS

### **WOODCARVING** *Instructor: M. LePage, Master Woodcarver*

Beginner & advanced woodcarvers will learn the various techniques of wood carving using a knife or a Dremel tool. The class will be carving a popular bird, duck or animal. Knives and tools are available from instructor. *Material fee up to \$14. NO CLASS 2/15*

**1000 Mon. 1/25 6:30-9:15pm \$70 LSHS Room 117 7 Weeks**

### **ART FOR ALL MEDIAS-ACRYLIC, OIL, WATERCOLOR** *Instructor: V. Repen*

Enjoy your leisure by taking a class in painting. Learn and improve your basic art skills. All medias covered in class. *NO CLASS 2/15*

**1001 Mon. 1/25 12:30-3:00pm \$40 SCSACE Room 111 8 Weeks**

### **HARD SHELL GOURD-INDIAN DREAM CATCHER** *Instructor: C. Pawlik*

Learn how to transform a hard shell gourd into a one-of-a-kind Indian Dream Catcher Gourd. You will choose a gourd, burn the design into the gourd using a wood burning tool, decorate and seal your gourd. Gourds, tools, shells, beads and paint are available from the instructor. Please bring protective eyewear and a facemask to use when cleaning the gourd. *Material fee of \$20 paid to instructor first night of class.*

**1002 Tues. 2/2 6:30-8:30pm \$50 SCSACE Room 111 5 weeks**

### **HARD SHELL GOURD CRAFTING INTER-MEDIATE TO ADVANCED** *Instructor: C. Pawlik*

This class is designed for intermediate to advanced levels to continue to explore Hard Shell Gourd Crafting. Students will have their choice of project depending on your level of comfort. Several different techniques that can be used on gourds will be shown. A list of recommended tools is available a la cart from instructor. Please bring wood burning tool, along with protective eyewear and facemask. You can also bring your own gourd to class to work on.

**1003 Tues. 2/2 7:00-9:00pm \$50 SCSACE Room 111 8 weeks**

### **BASKET WEAVING** *Instructor A. Jorgensen*

Students will learn techniques and directions to make 3 baskets: inverse twill market, beaded open work basket and double walled tray. Bring to first class a dish pan, scissors, tape measure, pencil and 2 dozen clip clothespins. *Material fee of \$40 paid to the instructor on first night of class.*

*NO CLASS 2/15*

**1004 Mon. 1/25 6:30-8:30pm \$45 SCSACE Room 111 8 weeks**

### **BEGINNER QUILT CLASS** *Instructor: Cole (LC)*

Learn rotary cutting, piecing and machine quilting. Make a 60 x 60 Quilt. Fabric requirements given at time of registration. *\$5 pattern fee due to instructor at first class.* Please bring sewing machine to 2nd class.

**1005 Thurs. 2/18 6:30-8:30pm \$40 Pankow Room 202 4 Weeks**

### **CROCHET - BEGINNING** *Instructor: Marroso (LC) NEW*

Instruction for beginners and for those with limited knowledge of crochet. The class will consist of methodology in these areas: learn to read patterns, work independently and complete projects. Patterns are available free of charge. *Bring one "G" crochet hook and 1 skein of light solid color 4-ply yarn to first class.*

**1006 Tues. 1/26 7:00-9:00pm \$43 LCMSS Room 103 6 Weeks**

### **LEARN TO KNIT** *Instructor Hanna (LC) NEW*

Beginners, Intermediate & Advanced Knitters Welcome! Learn cast-on, knit, purl and bind-off. Beginners: Slippers or Hat will be the project. Others bring in project of choice. You will get assistance with stitches and reading patterns. Supply list given at time of registration.

**1007 Tues. 2/2 6:30-8:30pm \$43 LCMSS Room 114 6 Weeks**

**THE LAKESIDE PALETTE CLUB**  
**MEETS EVERY TUESDAY FROM 9:00-3:00 AT OUR ADULT ED.**  
**BUILDING LOCATED AT 23055 MASONIC**  
**COME VIEW THEIR ARTWORK IN OUR HALLWAYS.**

## CAREER/COMPUTERS *(Microsoft Office 2007)*

### CAREER

#### **PHARMACY TECHNICIAN** *Instructor: C.A.R. Training (LC) NEW*

There's a drugstore on every corner, and all of them employ Pharmacy Technicians! This is an excellent class for people who want to work in the health services field. Pharmacy technology is an area of employment that offers vast opportunities. Develop the skills needed to assist pharmacists in providing medications to doctors and the general public. Learn how to stock a pharmacy, create, update and maintain records, and distribute medications and treatments accurately and efficiently. Sign up and take the first step towards a bright future as a valuable member of a professional health care team. Instructor is a Pharmacy Technician. Certificate awarded upon successful completion of class. **PREREQUISITE:** Basic math and computer skills. *Book Fee: \$84 payable by check to C.A.R. Training at first class. NO CLASS 4/6*

**2000**    **Tues. 2/2**    **6:30-9:30pm**    **\$349**    **Pankow Room 203**    **12 Weeks**

#### **WRITING A GREAT RESUME TO WIN AN INTERVIEW** *Instructor: M. Kelly*

This 2 hour workshop will provide you with the tools to write a great professional-level resume designed to get you in front of the decision maker. Formatting, selling points, styles, cover letters, submittal tips, plus when and how to follow-up are a few of the topics covered.

**2001**    **Thurs. 2/18**    **6:30-8:30pm**    **\$35**    **SCSACE Room 104**    **1 Night**

#### **INTERVIEWING TO WIN THE JOB** *Instructor: M. Kelly*

This 3 hour workshop prepares you for the interview process and questions that even the best candidates often stumble over. Preparation for live and phone interviews, answering strategies, common questions, what questions you need to ask, body language, and how to end the interview are just some of the topics covered.

**2002**    **Thurs. 2/25**    **6:00-9:00pm**    **\$49**    **SCSACE Room 104**    **1 Night**

#### **SAVVY GUIDE TO WORK AT HOME** *Instructor: Working Savvy*

Jobs are scarce these days. Why not start a new career working at home? You'll save money on gas and earn right from your house. Opportunities are available and we will give you the tools you need to find legitimate openings. Everything you need to know is offered here so that you can go home and start earning money in a position you choose. *A \$15 materials fee for textbook with job descriptions, resources, and contacts is payable to instructor.*

**2003**    **Wed. 1/27**    **6:00-7:30pm**    **\$25**    **SCSACE Room 110**    **1 Night**

#### **SAVVY GUIDE TO ENTREPRENEURSHIP** *Instructor Working Savvy*

Have you always dreamed about starting your own business? Don't know how to start? Come and attend this seminar to help you get started on the right foot. The class covers business start-up, incorporating, filing taxes, accounting and so much more. This is an interactive class that will help you solidify your dreams of becoming a business owner! *A \$15 material fee for workbook and resources is payable to the instructor.*

**2004**    **Wed. 3/3**    **6:30-9:00pm**    **\$40**    **SCSACE Room 110**    **1 Night**

### COMPUTERS

#### **SLOW & EASY** *Instructor: M. Wilson*

This is a slower paced class where you can get an overview of just what programs are on the computer and learn about the very basics of getting started. We will take away some of the confusion and make you comfortable with just what the computer is all about. You will feel confident to take more in depth classes since you will have some experience with the mouse and know your way around the keyboard.

**2005A**    **Tues. 1/26**    **1:15-3:45pm**    **\$20**    **SCSACE Room 110**    **1 Day**

**2005B**    **Tues. 1/26**    **6:30-9:00pm**    **\$20**    **SCSACE Room 110**    **1 Night**

#### **BASIC COMPUTER SKILLS: Get to Know Your Computer** *Instructor: M. Wilson*

For beginners and those who have a bit of computer knowledge. This class will assist you to become more comfortable with using your computer and to learn just what your computer can do for you. Learn how to control the mouse through some fun and interactive lessons. Discover how to type text and then print. Understand the difference between hardware and software. Use Word Pad, Paint, and other basic programs already installed on your computer. Acquire other computer skills as time permits.

**2006A**    **Tues. & Thurs. 1/28**    **1:15-3:45pm**    **\$75**    **SCSACE Room 110**    **4 Classes**

**2006B**    **Tues. & Thurs. 1/28**    **6:30-9:00pm**    **\$75**    **SCSACE Room 110**    **4 Classes**

**DIGITAL CAMERA : For the Weekend Novice** *Instructor: M. Wilson*

Come learn the ABC's of digital cameras in a friendly environment. Instructor will demonstrate basic universal digital camera features. From there, the class will learn to edit, crop, and manipulate pictures in a basic photo editing program. We will explore print processing websites and learn to upload (send), and share pictures on-line. Instructor and class will download (receive) free pictures from the internet and explore relevant websites. No computer experiences needed but student should know how to use the mouse.

**2007**    **Thurs. 2/11**    **1:15-3:45pm**    **\$22**    **SCSACE Room 110**    **1 Day**

**LEARNING THE KEYBOARD FOR THE RECENT OR MATURE LEARNER** *Instructor: M. Wilson*

Every wonder what all the keys on your keyboard are for? Instructor and students will use Microsoft Word and the internet to explore the computer keyboard. The class will interact with on-screen keyboards, and gain understanding of proper hand placement and keystroke skills. Some typing exercises are involved. The class will also use certain keys to navigate through documents and files. Students will select and edit text in various ways. Instructor will also cover many shortcut keys. Other less-known keys will be discussed. Handouts will be given. This class does not focus on typing speed.

**2008A**    **Tues./Thurs. 2/16**    **1:15-3:45pm**    **\$40**    **SCSACE Room 110**    **2 Days**  
**2008B**    **Tues./Thurs. 2/16**    **6:30-9:00pm**    **\$40**    **SCSACE Room 110**    **2 Nights**

**INTERNET: For Beginners** *Instructor: M. Wilson*

Searching the internet can be frustrating because there is so much information out there. Learn how to narrow your search to get the information you want faster. Learn the toolbar features of Internet Explorer and explore websites geared to your interests through search engines like Yahoo, Google and other less known sites. Soon you will be able to find maps, calculate distances, verify trivia, shop on line, purchase airline tickets, and more with ease.

**2009A**    **Tues. & Thurs. 2/23**    **1:15-3:45pm**    **\$40**    **SCSACE Room 110**    **2 Days**  
**2009B**    **Tues. & Thurs. 2/23**    **6:30-9:00pm**    **\$40**    **SCSACE Room 110**    **2 Nights**

**HOW TO MAINTAIN YOUR COMPUTER:** *Instructor: M. Wilson*

Basic computer maintenance should be performed regularly to keep your computer running efficiently? This maintenance can be performed by almost anyone. Learn to delete temporary Internet files, delete cookies, defragment the hard drive, use scandisk & disk cleanup, uninstall unwanted programs, and more. Easy to follow handouts will be given with step-by-step instructions.

**2010A**    **Tues. 3/2**    **1:15-3:45pm**    **\$20**    **SCSACE Room 110**    **1 Day**  
**2010B**    **Tues. 3/2**    **6:30-9:00pm**    **\$20**    **SCSACE Room 110**    **1 Night**

**MICROSOFT WORD: Level 1** *Instructor: M. Wilson*

Learn the essentials of this popular word processing program that is part of Microsoft Office Package. Now that you are familiar with most of the features that are on your computer, you will use Word to learn how to create a variety of documents, letters, and signs. You will learn windowing techniques, how to format and edit text, cut, paste, work with paragraphs and more. You will be able to save documents as a file; and most helpfully, know how to find those documents again! Student needs no prior knowledge of Word, but should have beginning computer skills.

**2011A**    **Thurs. & Tues. 3/4**    **1:15-3:45pm**    **\$60**    **SCSACE Room 110**    **3 Classes**  
**2011B**    **Thurs. & Tues. 3/4**    **6:30-9:00pm**    **\$60**    **SCSACE Room 110**    **3 Classes**

**CREATING SIMPLE WEBSITES 1** *Instructor: J. Allison*

This class will teach students how to create a simple website using free tools such as Notepad and Microsoft Word. Text editing, adding images, and creating links to other websites will be covered as well as other topics. Students will also obtain free web hosting and have a live website at the end of the course. Familiarity with Microsoft Word and the Internet are suggested prerequisites for this course.

**2012**    **Mon. & Wed. 3/8**    **6:00-8:00pm**    **\$68**    **SCSACE Room 110**    **4 Classes**

**COMPUTERS FOR ESL- English as a Second Language** *Instructor: M. Wilson*

Learn about computer basics at a slower pace than our regular computer classes. Small class size allows for more individual help. Learn your way around the keyboard and use of the mouse. Become familiar with what your computer can do for you. **Must attend placement class on 2/26.**

**2013A**    **Fri. 3/12**    **9:00-11:30am**    **\$60**    **SCSACE Room 110**    **3 Classes**  
**2013B**    **Fri. 3/12**    **1:00-3:30pm**    **\$60**    **SCSACE Room 110**    **3 Classes**

**LEARN TO ORGANIZE PICTURES, FILES, FOLDERS & EMAILS** *Instructor: M. Wilson*

Are your files, digital pictures, emails, and information scattered everywhere on your computer? Learn to create folders and get organized. Instructor and class will create an orderly system for locating pictures and files. Discover how to download information from the Internet. Find out how to save files and projects on your computer, CDs, and flash drives, and easily find them. Class will also copy, move, and relocate files and folders. See a demonstration on arranging and deleting emails. Also search for misplaced files and locate them.

**2014A** Tues./Thurs. 3/16 1:15-3:45pm \$40 SCSACE Room 110 2 Classes  
**2014B** Tues./Thurs. 3/16 6:30-9:00pm \$40 SCSACE Room 110 2 Classes

**MICROSOFT WORD: Level 2** *Instructor: M. Wilson*

Building on skills from Word I, you will learn how to create impressive documents with ease. Divide pages into a variety of columns, create and modify charts and tables and adjust headers and footers. Use shading, grammar check, thesaurus and auto correct. Modify and use margins, tabs, bullets and templates. Learn to insert word art, graphics and symbols, and more as time allows.

**2015A** Tues. & Thurs. 3/23 1:15-3:45pm \$60 SCSACE Room 110 3 Classes  
**2015B** Tues. & Thurs. 3/23 6:30-9:00pm \$60 SCSACE Room 110 3 Classes

**CREATING ENVELOPES, LABELS & MAIL MERGE** *Instructor: M. Wilson*

Students will learn how to create envelopes and labels of various sizes using Microsoft Word software. The instructor and students will create shipping labels, badges, CD labels, stickers, tent cards, business cards, etc. The class will also use the Mail Merge feature to create reusable databases for mass mailing of letters, envelopes, and labels to mail to friends and acquaintances.

**2016A** Thurs. & Tues. 4/13 1:15-3:45pm \$40 SCSACE Room 110 2 Classes  
**2016B** Thurs. & Tues. 4/13 6:30-9:00pm \$40 SCSACE Room 110 2 Classes

**COOKING****SUPERBOWL 2010** *Instructor: P. Young (LC)*

The Super Bowl deserves super food, and you will score the winning point for your easy hearty dishes. We will make chicken wings that will be a touchdown favorite, stuffed pasta shells to stop any quarterback, white chili that can be made a week before the game, and of course sweets for the cheerleaders! This menu will be a favorite for winter gatherings even if you are not a football fan.

**3000** Wed. 2/3 7:00-9:30pm \$40 LVHS Room 104 1 Night

**CREATE GOURMET STUFFED CUPCAKES** *Instructor: Janssen (LC)*

These decadent "designer" cupcakes sell for \$4-\$7 each in specialty stores! Make and take home an assortment of 12 unbelievably delicious cupcake creations stuffed with a variety of sinfully sweet fillings, professionally decorated, and sprinkled with lots of yummy toppings.

*Request supply list at registration, approx. cost \$12-\$15*

**3001** Mon. 2/8 7:00-9:30pm \$30 Pankow Room 502 1 Night

**VALENTINES DAY DINNER** *Instructor: P. Young (LC)*

"The way to a man's heart is through the stomach", and with this menu it will be an expressway! We will make a complete dinner, from a warm antipasto, a sumptuous Florentine soup, chicken in a champagne sauce and of course chocolate dessert. Grab a friend and an apron and join us for an evening of fun and flavor.

**3002** Wed. 2/10 7:00-9:30pm \$40 LVHS Room 104 1 Night

**BORDER COOKING** *Instructor: P. Young (LC)*

It is the middle of winter and we need flavors that will keep us warm and toasty, not necessarily with hot peppers. Join us for an evening of sangria, salsa, southwestern salmon, tortillas, cornbread and of course Mexican shortbread. We will warm your spirits and not have you racing for the bottle of antacid. Come join the celebration.

**3003** Wed. 2/24 7:00-9:30pm \$40 LVHS Room 104 1 Night

**FLAVORS OF ASIA** *Instructor: P. Young (LC)*

The exotic flavors of Asia are in our menu tonight from curry, tandori, tahini, sesame seeds, ginger, jasmine and cardamon. We will make a complete meal to please the palate. Bring an apron and be ready for a taste of Asia.

**3004** Wed. 3/3 6:30-9:00pm \$40 LVHS Room 104 1 Night

**FLAVORS OF EUROPE** *Instructor: P. Young (LC)*

From southern Greece to Poland then east to France and south again to Spain we will taste them all: Spinach Pie, Dill Pickle Soup, Clafouti, Couscous, and more! Bring an apron and be ready for a taste of Europe.

**3005 Wed. 3/10 7:00-9:30pm \$40 LVHS Room 104 1 Night**

**SPRING APPETIZERS** *Instructor: P. Young (LC)*

Whether it is Easter, Passover or just getting together with friends, these appetizers will take away the winter gloom. Mini Quiches, Spinach Puffs, salmon and caper dip, and strawberry ribbons will wake up the taste buds

**3006 Wed 3/17 7:00-9:30pm \$40 LVHS Room 104 1 Night**

**SPRING BUFFET** *Instructor: P. Young (LC)*

Our spring buffet will be the hit of the season. Strawberry punch, portabella mushroom "caviar" on toast points, artichoke and spinach pie, a Mediterranean chicken on white and wild rice with pine nuts, and of course a dessert of more strawberries. Grab our apron and be ready to cook.

**3007 Wed. 3/24 7:00-9:30pm \$40 LVHS Room 104 1 Night**

## DANCE/MUSIC

**BALLROOM DANCE** *Instructor: S. McDonnell (New)*

Learn swing, salsa, foxtrot and waltz. Impress your friends and yourself at the next wedding, special event or ballroom dance you attend. Start with the basic steps, technique and styling and dance with confidence. No dance experience needed. Signing up with a partner is recommended but not necessary. Hard soled shoes required.

**4000 Tues. 1/26 6:30-7:50pm \$65 per person MH Cafe 6 Weeks**

**SWING DANCE** *Instructor: S. McDonnell (New)*

Begin with the basic steps, technique and styling of East Coast Swing, similar to jitterbug, and dance with confidence. Feel comfortable and confident dancing to familiar and well loved songs at parties, weddings, and special events or at ballroom studios and nightclubs. No dance experience needed. Signing up with a dance partner is suggested but not necessary. Hard soled shoes required.

**4001 Tues. 1/26 8:00-9:20pm \$65 per person MH Cafe 6 Weeks**

**TAP DANCE - BEGINNER/INTERMEDIATE** *Instructor: C. Noyes-Pagnucco*

Learn basic tap steps while coordinating these into a fun-filled routine. Students will gain knowledge in timing and rhythm which is a vital part of tap dancing. Great exercise to the latest music selections. Tap shoes and comfortable clothing are necessary. **NO CLASS 3/4**

**4002 Thurs. 1/28 7:15-7:55pm \$52 KMS Cafe/Stage 7 Weeks**

**BELLY DANCING** *Instructor: L. Paquin-Leet*

Students will learn basic and advanced bellydance movements for physical exercise, poise and self confidence. Classes will focus on proper stance and technique in implementing these moves. Those who are already familiar with bellydancing will also learn combinations of movements and choreography. Provided there is interest, props such as cane, veil and finger cymbals will be introduced.

**4003 Tues. 1/26 6:30-7:30pm \$70 Rodgers Small Gym 9 Weeks**

## MUSIC

**BEGINNING GUITAR 1** *(Ages 13 & up) Instructor: M. Bono*

Learning how to play guitar is a challenge. In this class you will cover string recognition and reading music notation. We will practice some single string exercises, 2 and 3 string songs and learn up and down pick techniques and 2 and 3 string chords. *Material fee of \$6.50 payable to instructor at first class.*

**4004 Wed. 1/27 7:00-7:55pm \$56 SCSACE Room 111 8 Weeks**

**BEGINNING GUITAR 2** *(Ages 13 & up) Instructor: M. Bono*

In Guitar 2 you will build on the skills learned in Guitar 1 and learn 2 - 4 string songs along with 3 and more string chords. You will also continue with pick techniques.

**4005 Wed. 1/27 8:00 - 8:55pm \$56 SCSACE Room 111 8 Weeks**

**PIANO KEYBOARD LESSONS "PLAY FOR FUN"** *Instructor: Evola Music*

Join the "Play for Fun" group and learn to play and read keyboard, piano or organ music in a fun group setting. *Book fee \$15 payable to instructor at first class.*

<b>4006A BEGINNERS</b>	<b>Wed. 1/27</b>	<b>1:00-2:00pm</b>	<b>\$30</b>	<b>SCSACE Rm 105</b>	<b>10 Wks</b>
<b>4006B INTERMEDIATE</b>	<b>Wed. 1/27</b>	<b>2:00-3:00pm</b>	<b>\$30</b>	<b>SCSACE Rm 105</b>	<b>10 Wks</b>
<b>4006C ADVANCED</b>	<b>Wed. 1/27</b>	<b>3:00-4:00pm</b>	<b>\$30</b>	<b>SCSACE Rm 105</b>	<b>10 Wks</b>

**BANJO FOR BEGINNERS - THE NEXT STEP** *Instructor: J. Allison*

This class covers basic roll patterns used in 3-finger picking style. It also covers basic licks, how to construct a break and playing up the neck. You must have completed the Banjo for Beginners course or have a basic knowledge of banjo fundamentals and banjo chords.

*Book fee \$15 payable to instructor.*

<b>4007</b>	<b>Tues. 1/26</b>	<b>7:00-8:00pm</b>	<b>\$56</b>	<b>SCSACE Room 106</b>	<b>8 Weeks</b>
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**SLOW JAM FOR BEGINNERS** *Instructor: J. Allison* **NEW**

Jams are considered to be an integral part of the learning experience. What it is, is a gathering of acoustic and stringed-instrument musicians for the purpose of meeting others with similar interests, playing with others using different instruments, learning from one another, and just plain having fun. Instruments limited to guitar, banjo, mandolin, fiddle, bass & ukulele. Music will be mostly country, bluegrass, gospel and folk.

<b>4007</b>	<b>Thurs. 1/28</b>	<b>7:00-8:30pm</b>	<b>\$56</b>	<b>SCSACE Room 106</b>	<b>8 Weeks</b>
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**FITNESS/HEALTH/RECREATION/SPORTS**

*(Ages 16 & Up)*

Every effort is made to keep the pool open, but if for some unforeseen reason we have to cancel a class, we may not be able to reschedule a makeup class or reimburse for that missed day.

**AQUAAEROBICS** *Instructor: D. Kirejczyk* **NO CLASS 2/15**

Use the latest water fitness techniques to stretch, strengthen and tone every muscle in the body to make you feel like a million bucks! We'll use fun music with lots of variety to relieve stress and tension. You will leave us with a smile (and you don't even have to know how to swim). All fitness levels welcome. **Bring two ½ gallon empty milk bottles and a "foam noodle".**

<b>5000A</b>	<b>Mon. 1/25</b>	<b>7:15-8:15pm</b>	<b>\$52</b>	<b>LVHS Pool</b>	<b>8 Weeks</b>
<b>5000B</b>	<b>Thurs. 1/28</b>	<b>7:15-8:15pm</b>	<b>\$52</b>	<b>LVHS Pool</b>	<b>8 Weeks</b>

**Price break for both days just \$65**

**AQUAAEROBICS** *Instructor: N. Naughton, Certified Instructor*

<b>5001</b>	<b>Wed. 2/3</b>	<b>6:00-7:00pm</b>	<b>\$46</b>	<b>SLHS Pool</b>	<b>7 Weeks</b>
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**AQUAAEROBICS** *Instructor: N. Naughton, Certified Instructor* **NO CLASS 2/13**

<b>5002</b>	<b>Sat. 1/30</b>	<b>9:00-10:00am</b>	<b>\$46</b>	<b>LSHS Pool</b>	<b>7 Weeks</b>
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**EXERMETRICS** *Instructor: D. Kirejczyk*

Each class includes a warm up with static (no bounce) stretches; floor work that uses protective back techniques, a monitored aerobic session and a cool down designed to reestablish a normal heart rate as well as resting muscle length. Wear proper aerobic shoes; bring mat or towel, 1-3# weights.

<b>5003A</b>	<b>Tues. 1/26</b>	<b>6:15-7:15pm</b>	<b>\$52</b>	<b>Taylor Gym</b>	<b>8 Weeks</b>
<b>5003B</b>	<b>Thurs. 1/28</b>	<b>6:15-7:15pm</b>	<b>\$52</b>	<b>Taylor Gym</b>	<b>8 Weeks</b>

**Price break for both days just \$65**

**PILATES** *Instructor: S. Hallam* **NO CLASS 2/15.**

Pilates can dramatically transform the way your body looks, feels and performs. Through controlled movements concentrating on abdominal muscles you can build strength without bulk, creating a sleek, toned body. Emphasis is on proper breathing, body alignment and working at your own comfort level. No matter what your age or condition, Pilates will work for you. Bring an exercise or yoga mat.

<b>5004</b>	<b>Mon.&amp;Wed. 1/25</b>	<b>6:15-7:15pm</b>	<b>\$65</b>	<b>Taylor Gym</b>	<b>8 Weeks</b>
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**FREE YOGA CLASS TUESDAY, JANUARY 19**  
**7:30pm at Taylor Building**

**LEVEL 1 YOGA** *Instructor: D. Clarke* **NO CLASS 2/15.**

Basic yoga poses done, optionally with the use of props and modified poses to better maintain the alignment of the body. Concentration on breath work, floor poses and standing balance poses. Participation: Multiple Levels. Bring a mat and wear loose comfortable clothing to class.

**5005 Mon.&Wed. 1/25 7:30-8:30pm \$65 Taylor Gym 8 Weeks**

**LEVEL 2 YOGA** *Instructor: D. Clarke*

More advanced poses (some inversions), flow series (sun salutations) and guided imagery for final relaxation. Participation: Experience with basic poses, good for advanced beginners and athletically fit individuals. Bring a mat and wear loose comfortable clothing to class.

**5006 Tues. & Thurs. 1/26 7:30-8:30pm \$65 Taylor Gym 8 Weeks**

**MORNING YOGA** *Instructor: M. Prezzato*

Start your day with a sun salutation! Morning Yoga class will energize you for the rest of the day with slow stretching and balance. Get your day off to a great start and join us.

**5007A Tues. 1/26 10:30-11:30am \$38 SCSACE Room 105 8 Weeks**

**5007B Thurs. 1/28 9:00-10:00am \$38 SCSACE Room 105 8 Weeks**

**YOGA FOR FULL FIGURED WOMEN** *Instructor: J. Charette*

Yoga is for everyBODY! This class is designed and taught by a plus size instructor who will help guide you to a greater sense of self confidence, empowerment and peacefulness through Hatha Yoga. You can find peace within your body as it is TODAY! Please bring a yoga mat, hand towel and blanket. Optional items to bring are a yoga strap and block.

**5008 Wed. 1/27 \$65 7:30-8:30pm Violet Gym 7 Weeks**

**20/20/20** *Instructor: Team Fit, Inc.*

Maximize your metabolism while improving your health. Lose those stubborn extra pounds with this whole body workout based on 20 minutes of cardio; 20 minutes of body sculpting using free weights and an incredible 20 minutes of core/abdominal/stretching segment. A fun way to lose weight and inches while increasing stamina and metabolism Great for all fitness levels and both genders. *Please bring hand held weights and exercise mat to class.*

**5009 Mon. & Wed. 1/25 \$61 6:30-7:30pm Ardmore Gym 6 Weeks**

**STEP AEROBICS AND TONING** *Instructor: Team Fit, Inc.*

What a great way to tone-up without the added bouncing and stress on your knees from traditional aerobic classes. Excellent cueing and break down of routines make this step aerobic class an overall success. Instructor's style is nothing fancy so it is easy to follow and enjoy. Build muscle and burn fat all at the same time. Class also works on upper body and abdominals for a total body workout. Great for all levels and teens are always welcomed! Steps and risers are provided. *Please bring exercise mat and hand-held weights to class.*

**5010 Mon & Wed 1/25 \$61 7:00-8:00pm Princeton Gym 6 Weeks**

**GUTS & GLUTES** *Instructor: Team Fit, Inc.*

Can you pinch more than an inch? Want to turn abs of flab into a chiseled torso? Does your butt need a lift? Blast your gut and shape your derriere with our safe, fun and effective no impact core strengthening exercise system. This class is packed with effective exercises for the abs, back, glutes and legs to tone and strengthen the mid section and lower body. Begin with a warm-up, alternately work targeted muscles (including intense abdominal conditioning), and finish with a refreshing stretch. Develop core strength and stability in this fun, but challenging class. *Please bring an exercise mat and bottle of water to class.*

**5011A Tues. 1/26 \$25 6:20-6:50pm Princeton Gym 6 Weeks**

**5011B Thurs. 1/28 \$25 6:20-6:50pm Princeton Gym 6 Weeks**

**Price break for both days just \$42**

**CARDIO KICKBOXING & STRENGTH TRAINING** *Instructor: Team Fit, Inc.*

A 60 minute total body class that caters to all fitness levels. You'll get the fat burning and heart pumping strengthening benefits of aerobics, plus the body shaping and lean muscle building benefits of toning. This class is designed to always keep your heart rate in the fat burning zone. Full range toning follows for the upper body and abdominals. A fun way to lose weight and inches while increasing stamina and metabolism. Please bring hand held weights, exercise mat and water to class. Great for all fitness levels and genders. Teens are always welcomed.

**5012 Tues. & Thurs. 1/26 \$61 7:00-8:00pm Princeton Gym 6 Weeks**

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### **ZUMBA!** *Instructor: Team Fit, Inc.*

Zumba is a fusion of Latin and International music and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba uses resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Great for all ages and fitness levels.

<b>5013A</b>	<b>Wed.</b>	<b>1/27</b>	<b>\$40</b>	<b>6:15-7:15pm</b>	<b>Violet Gym</b>	<b>6 Weeks</b>
<b>5013B</b>	<b>Sat.</b>	<b>1/30</b>	<b>\$40</b>	<b>9:00-10:00am</b>	<b>Rodgers Gym</b>	<b>6 Weeks</b>

**Price break for both days just \$70.00**

### **TAI CHI BEGINNING** *Instructor: Marchewitz, (LC)*

Wu's style of Tai Chi is being offered. Beginning class introduces 108 postures and forms. Regular Tai Chi practice relieves stress and improves health and flexibility.

<b>5014A</b>	<b>Mon.</b>	<b>1/25</b>	<b>\$69</b>	<b>6:00-7:30pm</b>	<b>LCMSS Gym</b>	<b>8 Weeks</b>
<b>5014B</b>	<b>Wed.</b>	<b>1/27</b>	<b>\$69</b>	<b>6:00-7:30pm</b>	<b>LCMSS Gym</b>	<b>8 Weeks</b>

**TAKE BOTH MONDAY & WEDNESDAY AND PAY \$115**

### **HEALTHY LIVING**

#### **INTRO TO METABOLISM** *Instructor: Speers (LC) NEW*

In this workshop you will learn the 3 key principles to "Optimal Fitness" - Diet/Nutrition, Cardiovascular Conditioning and Weight Resistance Training. You will learn to master your metabolism. Instructor is a certified nutrition and fitness trainer. Optional workbook (\$20 fee) available from instructor.

<b>5015</b>	<b>Tues.</b>	<b>2/2</b>		<b>7:00-9:00pm</b>	<b>\$40</b>	<b>LCMSS Room 123</b>	<b>1 Night</b>
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#### **METABOLISM 101** *Instructor: Speers (LC) NEW*

This 3 week class will take the "Intro to Metabolism" workshop to a whole new level. Here you will learn how to add practical applications to "Optimal Fitness". When you have completed this class you will know how to indulge in life and not have to pay for your sins the next day. Instructor is a certified nutrition and fitness trainer. *Work book required. \$30 fee payable to instructor on first night of class.*

<b>5016</b>	<b>Tues.</b>	<b>2/9</b>		<b>7:00-9:00pm</b>	<b>\$60</b>	<b>LCMSS Room 123</b>	<b>3 Weeks</b>
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#### **MEDITATION FOR STRESS MANAGEMENT, BETTER HEALTH & SPIRITUAL AWAKENING**

*Instructor: L. Dekun*

Doctors and psychologists recommend the healing power of meditation. Learn simple, effective ways to calm and clear your mind, recharge yourself with fresh energy, ideas, and fill your heart from the fountain of inner spiritual experience. These same techniques are taught at NASA and have been clinically proven to reduce blood pressure, release deep tensions within the body and get to the root causes of stress. Lorne Dekun has been a practicing mediator for over 35 years and teaches seminars on meditation, stress management and yoga exercise and philosophy.

<b>5017</b>	<b>Mon</b>	<b>3/15</b>		<b>6:30-8:30pm</b>	<b>\$60</b>	<b>SCSACE Room 105</b>	<b>2 Weeks</b>
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## **SELF ENHANCEMENT**

### **LANGUAGE**

#### **SPANISH FOR BEGINNERS** *Instructor: J. Ibanes (LC)*

Class is structured to familiarize you with the Hispanic culture and help you to learn the basics of the Spanish language. Emphasis will be given to conversation, pronunciation, learning every day language and expressions. *\$10 material fee payable to instructor at first class.*

<b>6000</b>	<b>Wed.</b>	<b>1/27</b>	<b>\$60</b>	<b>6:00-8:00pm</b>	<b>SCSACE Room 106</b>	<b>6 Weeks</b>
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#### **CONVERSATIONAL FRENCH** *Instructor: C. Panganiban (LC)*

Class will give you the basics in grammar and vocabulary but always focusing on the verbal aspect that allows you to communicate as soon as possible. You will enjoy learning a new language whether it is for travel or fun. Book provided.

<b>6001</b>	<b>Tues.</b>	<b>1/26</b>	<b>\$60</b>	<b>7:30-8:30pm</b>	<b>SCSACE Room 108</b>	<b>8 Weeks</b>
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### **FINANCIAL**

#### **HOW TO BEAT THE HIGH COST OF COLLEGE** *Instructor: Duggan (LC)*

For parents of students in grades 9-12. Learn how and when to begin the financial aid process. Become familiar with the FAFSA form. College savings can count against you, find out how to fix that. Learn how to select the colleges offering the best Financial aid and avoid disqualifying the student for financial aid and the difference between "needs based" and "merit based" financial aid. Each family is also eligible for a complimentary education funding analysis.

<b>6002</b>	<b>Tues.</b>	<b>1/26</b>		<b>7:00-9:00pm</b>	<b>\$15 per family</b>	<b>LCMSS Room 114</b>	<b>1 Night</b>
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**THE ABC'S OF BUYING A HOUSE** *Instructor: A. DePetro*

It's not too late qualify for the 10% (up to \$8,000) tax rebate being offered to first time home buyers. With this credit, you can get into a house for little or no money down. In this workshop, you will also learn about the home buying process from start to finish with time for questions. Previous attendees have indicated that, with the information provided, they saved thousands of dollars on their next home purchase.

**6003 Thurs. 1/28 7:00-9:00pm \$10 person/\$15 couple SCSACE Room 108 1 Night**

**HOW TO MANAGE YOUR INVESTMENTS** *Instructor: M. Foley NEW*

This course will teach you what to look for when selecting mutual funds, how to create a portfolio, where to find important reference materials so that you can do your own research, and the use of computers in your search and analysis. Learn the 3 common mistakes that many investors make.

**6004 Wed. 2/17 7:00-9:00pm \$10person/\$15couple KMS Rm 139 2 Nights**

**YOU MAY QUALIFY FOR A VETERANS PENSION** *Instructor: Duggan (LC)*

Are you a veteran or a widow of a veteran who served at least 90 days active duty with at least one day during a period of war, you may qualify for a tax free pension of up to \$23,396 per year. You do not have to be disabled, just 65 years of age or older. If you are a veteran's widow you need not be disabled and you can be younger than 65. If eligible, attendee will receive free assistance with the VA application.

**6005 Tues. 3/2 \$20/person or \$30/couple 7:00-9:00pm LCMSS Room 114 1 Night**

**HAVE YOU TAKEN A BUYOUT? CHANGED JOBS? RETIRED?** *Instructor: Stillwell (LC)*

Each time someone leaves a job they must decide what to do with their 401k or other employer sponsored retirement plan. Join us and learn how to take control of your money, increase your investments options, reduce the administrative costs and preserve the tax deferred status of your money. We will explain taxes and penalties associated with the choices at hand.

**6006 Mon. 3/8 \$20/person or \$30/couple 7:00-8:30pm LCMSS Media Center 1 Night**

**SAFETY****PREPARING FOR EMERGENCIES-WHAT TO KNOW AND DO** *Instructor: S. Sanderson*

9/11, Hurricane Katrina, hazardous materials fires and now the H1N1 Flu! How prepared are you really? This interactive course is jammed packed with information such as sheltering in place and evacuation, preparedness checklists, communication plan, emergency kits, training and volunteer opportunities in your community. Participants will take home their own Emergency Plan, a folder of informative handouts and also receive an item to include in their own Emergency Kits! Be in control of your response to any emergency or disaster!

**6007 Mon. 2/22 6:30-9:00pm \$25 SCSACE Room 110 1 Night**

**ADULT CPR W/AED AND INFANT/CHILD CPR** *Instructor: Live Safe Academy (LC)*

Be prepared when seconds count! Most emergencies happen in or near the home, which increases the probability that you will need to give care to someone you love. This American Red Cross program will help you to respond effectively to adult, child and infant cardiac and choking emergencies. Each student will have the use of their own mannequin to practice and demonstrate skills. Student will receive the First Aid/CPR/AED Participant Booklet and State of Michigan Good Samaritan Law. Certification cards will be issued upon successful completion of course requirements. PLEASE NOTE: You must arrive on time both nights to be certified, so please arrive early. *Material fee of \$15 payable to Live Safe Academy at first class.*

**6008 Mon. 2/22 6:00-9:30pm \$45 LCMSS Cafe 2 Weeks**

**REFUSE TO BE A VICTIM** *Instructor: Live Safe Academy (LC)*

Learn from this discussion course how to protect yourself from car-jackers, purse snatchers, home invaders and other professional aggressors. Topics will include the psychology of a criminal predator, mental preparedness, being safe in your home, shopping at the mall, driving defensively, identity theft and mail and technology security. *Material fee of \$5 payable to Live Safe Academy at class.*

**6009 Wed. 2/24 6:00-10:00pm \$25 SCSACE Room 110 1 Night**

**SELF-DEFENSE FOR WOMEN** *Instructor: Live Safe Academy (LC)*

Can you defend yourself against a violent attack? You don't have to spend years training in an expensive program. Learn valuable, life saving skills designed to increase your safety after only one class! Learning is best accomplished by doing. Our hands-on course teaches time tested, relevant and realistic skills that are easy to learn and retain under stress. Designed to be safe, this course instills confidence by building on success. No previous training required. A great stress reliever and lots of fun.

**6010 Tues. 3/9 6:00-8:00pm \$25 SCSACE 105 1 Night**

**HOME FIREARM SAFETY** *Instructor: Live Safe Academy*

With firearms found in about half of all American homes today, firearm safety is a must for everybody. This important workshop will teach you the essential principles of firearm safety, helping you to immediately identify unsafe behaviors and activities. Topics include the basic elements and rules of firearm safety, attitude, knowledge and skills, identifying and unloading different types of firearms, different types and uses of ammunition, firearm cleaning and care, firearm storage options and parent's guide to firearm safety. *Material fee of \$10 payable to Live Safe Academy at first class.* **DO NOT BRING FIREARMS OR AMMUNITION TO CLASS.**

**6011**    **Tues. 3/23**    **6:00-10:00pm**    **\$30**    **SCSACE Room 105**    **1 Night**

**SPECIAL INTEREST****HOSPICE EDUCATION, VOLUNTEER TRAINING, GRIEF AND LOSS EDUCATION AND SUPPORT** *Instructors: M. Parmentier & S. Gerrou*

Learn about hospice care and how it can benefit people during their end of life journey. This class also prepares you to be a certified Heartland Hospice volunteer, which enables you to provide companionship and support to families and patients with a limited life expectancy.

**6012**    **Thurs. 1/28**    **6:00-8:30pm**    **\$10**    **SCSACE Room 109**    **4 Weeks**

**UNDERSTANDING BRAIN BASED LEARNING** *Instructor: D. Lawrence*

Learn about current research on the brain and learning, as well as practical methods that help students of all ages get involved, motivated and retain more of what they learn. Keep your mind sharp and train your brain. *Ages 12 - adult*

**6013A**    **Wed. 2/10**    **10:00am-Noon**    **\$15**    **SCSACE Room 110**    **1 Day**

**6013B**    **Wed. 2/10**    **6:30-8:30pm**    **\$15**    **SCSACE Room 110**    **1 Night**

**EXPERIENTIAL ASSERTIVENESS TRAINING** *Instructor: M. Eady*

Do you want to communicate more effectively with family, friends or co-workers? Learn how to avoid misunderstandings, hurt feelings or the feeling of being taken advantage of. In this workshop you will be able to improve relations, learn how to handle criticism, become more assertive or passive as needed, improve listening skills and self confidence.

**6014**    **Tues. 2/2**    **6:30-8:00pm**    **\$62**    **SCSACE Room 104**    **5 Weeks**

**CITIZENSHIP CLASS**

Thinking about becoming a U.S. Citizen? Afraid that you won't be able to answer the questions properly? These classes will help prepare you for the process and give you the confidence you need. *Must be able to read & write English.*

**6015A** U.S. History    **Thurs. 1/28**    **6:30-8:30pm**    **\$45**    **SCSACE Room 109**    **4 Wks**

**6015B** U.S. Government    **Thurs. 3/4**    **6:30-8:30pm**    **\$45**    **SCSACE Room 109**    **4 Wks**

**6015C** Application & ?'s    **Thurs. 4/15**    **6:30-8:30pm**    **\$30**    **SCSACE Room 109**    **2 Wks**

**MYSTERY SHOPPER 101** *Instructor: R. Ackerson (LC)*

Can you imagine getting paid to shop, dine and travel? If you're a mystery shopper you can do just that. Mystery shopping is a fun way to supplement your current income while helping businesses improve their customer service.

**6016**    **Wed. 2/17**    **6:30-7:15pm**    **\$28**    **LCMSS Room 124**    **1 Night**

**MYSTERY SHOPPER II** *Instructor: R. Ackerson (LC)*

Are you an experienced mystery shopper? Have you taken a class or read a book about this field, you're still having difficulty getting assignments? Come to this class and get leads to other sites that will show you where to find more companies to apply to in addition to getting your other mystery shopper questions answered. **THIS IS NOT FOR BEGINNERS.** You must have some internet experience and some mystery shopping knowledge to take this class.

**6017** **Wed. 2/17**    **7:30-8:30pm**    **\$28**    **LCMSS Room 124**    **1 Night**

**SAVE \$10 TAKE BOTH CLASSES TO LEARN ALL YOU NEED TO KNOW AND MORE!**

**GARDENING****"GROW IT YOURSELF!" SUCCESS WITH HOUSE PLANTS** *Instructor: K. Collins*

Though Michigan's garden season is short outside, you can enjoy gardening all year round by growing house plants. Tropical house plants can add color and texture to any room and even help purify the air you breathe.

**6018**    **Tues. 2/23**    **7:00-9:00pm**    **\$15**    **SCSACE Room 108**    **1 Night**

**“GROW IT YOURSELF” HOME VEGETABLE GARDENING** *Instructor: K. Collins*

Are you worried about what commercial farmers are spraying onto your produce? Or maybe you just want a tomato that tastes good and fresh! Join many homeowners around the country as we delve into this aspect of gardening. We'll talk about how to be successful with a variety of vegetables and herbs, how to grow them without dangerous pesticides and harvest bountiful, flavorful home grown produce.

**6019**    **Tues. 3/2**    **7:00-9:00pm**    **\$15**    **SCSACE Room 108**    **1 Night**

**LANDSCAPE WORKSHOP: HISTORIC LANDSCAPE PLANNING** *Instructor: K. Collins*

Many of us like antiques, live in historic homes or dream about peaceful heirloom gardens. Why not bring a little of that interest into your own garden! If you live in an older home or historic district you can't miss out on this unique class. Bring some of that old-fashioned charm into your busy modern life as we discuss how to grow plants that graced your grandparents homes.

**6020**    **Tues. 3/9**    **7:00-9:00pm**    **\$20**    **SCSACE Room 106**    **1 Night**

**ALTERNATIVE****TAKE ALL 4 CLASSES FOR \$55****REINCARNATION** *Instructor: R. Taylor*

Take an in-depth look at the nature of the self and how the process of reincarnation works in relationship to the principle of Karma. An ancient Indian oracle will be used to explore your previous lives and your next 12 months.

**7000**    **Tues. 1/19**    **7:00-9:00pm**    **\$15**    **SCSACE Room 105**    **1 Night**

**2010 YOUR YEAR AHEAD** *Instructor: P. Hill Taylor* **NEW**

What's in the stars for you in 2010? Master astrologer Pamela Hill Taylor will reveal your cosmic course for the new year based on your planetary placements.

**7001**    **Tues. 1/26**    **7:00-9:00pm**    **\$15**    **SCSACE Room 105**    **1 Night**

**PSYCHIC POTPOURRI** *Instructor: R. Taylor* **NEW**

Enjoy an evening with Robert Taylor as you learn about various predictive techniques and experience a personal reading with a choice of 2 out of 3 methods.

**7002**    **Tues. 2/2**    **7:00-9:00pm**    **\$15**    **SCSACE Room 105**    **1 Night**

**MEDITATION AND MESSAGES** *Instructor: P. Hill Taylor* **NEW**

Enjoy a peaceful evening with psychic medium Pamela Hill Taylor. After a meditation period, Pamela will give everyone a message from the other side.

**7003**    **Tues. 2/9**    **7:00-9:00pm**    **\$15**    **SCSACE Room 109**    **1 Night**

**PETS**

Happiness is a Well-Trained Dog. Are you looking for a gentle modern approach to training? Using positive motivational techniques, Best Friends Dog Training will teach you how to raise the dog you want. Our methods are simple, quick, effective and above all, enjoyable for both the dog and owner. We focus on helping you train a dog who is happy, willing, responsive and obedient. [www.bestfriendsdogtraining.com](http://www.bestfriendsdogtraining.com)

**Bring proof of shots****PUPPY CLASS - Up to 5 months old**

**8000**    **Wed. 1/20**    **6:00-7:00pm**    **\$95**    **Avalon Gym**    **6 Weeks**

**BEGINNER CLASS - 5 1/2 months and older**

**8001**    **Wed. 1/20**    **7:15-8:15pm**    **\$95**    **Avalon Gym**    **6 Weeks**

## TRIPS & TOURS



**ALL TRIPS DEPART FROM/RETURN TO:**

**St. Margaret Church, 21201 13 Mile Road**

**between Harper and Little Mack**

**Plan to arrive 15 minutes prior to departure time.**

**Winter Trip Preview Show - Thursday, January 7, 1:00 pm.**  
**SCSACE 23055 Masonic, St Clair Shores**

### **00121 FORD ROUGE FACTORY TOUR & THE HENRY FORD MUSEUM**

**Thursday, January 21 Depart: 9:00 am Return: 5:45 pm Cost: \$53**

This tour is more than a walk along an assembly line. We will drive by automotive landmarks, see a powerful presentation on the history of Ford Motor Company then feel, hear and smell how vehicles are made in the multisensory theater. We will see a bird's-eye view of the factory complex and environmentally inspired innovations such as the "living roof" that insulates and purifies rainwater and produces oxygen. You'll enter the Dearborn Truck Plant and take a 1/3 mile stroll along an elevated walkway overlooking the floor of one of the most innovative assembly lines where the F-150 is built and, finally, tour the Legacy Gallery of special vehicles made at the Rouge. Lunch is on your own and then enjoy a visit to the twelve acre, remarkable Henry Ford Museum. Includes: Motorcoach, factory tour and museum admission and a remarkable day. Plan to do lots and lots of walking!

### **00127 MEADOW BROOK THEATRE presents "Boeing Boeing"**

**Wednesday, January 27 Depart: 11:00 am Return: 4:30 pm Cost: \$56**

Bernard, has three fiancées who are all stewardesses on different airlines. He keeps "one up, one down and one pending" and has the seventh day to rest until schedule changes bring all three to Paris at the same time. Be prepared for lots and lots of laughs as this comedy takes off for Paris. Includes: Bus, play, and lunch at Canterbury Castle.

*Please make entrée selection at time of registration: Grilled Reuben, Whitefish Sandwich, Tenderloin Tips or Roasted Chicken.*

### **00203 ACCIDENTAL MUMMIES OF GUANAJUATO** AT DETROIT SCIENCE CENTER

**Wednesday, February 3 Depart: 9:15 am Return: 4:00 pm Cost: \$58**

They were miners, fathers, soldiers, farmers and children. For the first time ever, they are coming to the Detroit Science Center for their world debut exhibit. Visitors will meet these accidental mummies, who over 100 years ago were naturally mummified in their crypts. Plus experience the largest 4-D Motion EFX Theater in the world. Featuring fast-paced, heart-pumping action that will literally take you for a kayak ride as you explore the fascinating world of engineering. Audiences will be rocked in their seats, as wind blows and water spritzes throughout this one-of-a-kind show. *Please make entrée selection at time of registration: Whitefish Sicilana or Chicken Piccata.*

Includes: Motorcoach, admissions to science center and theater, lunch at Andiamo Waterfront at the Renaissance Center, and a very different experience.

**00210 TROPICAL COSTA RICA w/ Collette Vacations**

9 days, Feb 5-14 \$2399ppdbl Includes: Airfare, San Jose, Poas Volcano, Negro Refuge Arenal Volcano Hot Springs, Monteverde Cloud forest, Guanacaste and more. See flyer.

**00211 "SPELLING BEE" AT THE ENCORE MUSICAL THEATRE**

**Thursday, February 11 Depart: 10:30am Return: 6:30 pm Cost: \$69**

The 25<sup>th</sup> Annual Putnam County Spelling Bee is a hilarious tale of six young people in the throes of puberty vying for the spelling championship of a lifetime. Overseen by grown-ups who barely managed to escape childhood themselves, they learn that winning isn't everything and losing doesn't necessarily make you a loser. Includes: Motorcoach, lunch in Dexter, performance of a fun play at a great new theater.

**00217 GULFSHORES, ALABAMA w/Shoreline Tours**

**February 17-25 \$1400ppdbl** See flyer for details. Includes: New Orleans, Perdido Beach Resort, Nashville, Biloxi, Bellingrath Gardens, dinner & accommodations overnight at Opryland Hotel, Pensacola Greyhound Dog Track, Mobile Carnival Museum, National Naval Aviation Museum & more.

**00224 THE PURPLE ROSE THEATRE PRESENTS..."GRAVITY"**

**Wednesday, February 24 Depart: 10:15 am Return: 6:30 pm Cost: \$72**

Issac Newton is considered by many to be one of the most influential men in human history. His discoveries in science and mathematics rocked the world during the seventeenth century. The man himself considered his most heralded achievements to be only fragments of the most important work of his life. Surrounded by jealous rivals and a mysterious patroness, Newton drives himself relentlessly in pursuit of truth, riding the delicate line between divinity and madness. Includes: Motorcoach, lunch at the Common Grill, tour of Jiffy Factory, performance, and chance to have fun while learning everything you ever wanted to know about Issac.

**00303 CORNWELL'S TURKEYVILLE PRESENTS "DIXIE SWIM CLUB"**

**Wednesday, March 3 Depart: 9:15 Return: 7:00 pm Cost: \$67**

This is a hilarious and touching comedy about five unforgettable women and their friendships that last forever. Each year the five southern women who met in college and were on the swim team get together in August for a long weekend to recharge their relationships. When fate throws a wrench into one of their lives, these friends rally around their own with strength and love that takes this comedy in a poignant and surprising direction. A must see! Includes: Motorcoach, turkey lunch with all the trimmings, performance, on-site shopping and a laughing-good-time.

**00312 "YOUNG FRANKENSTEIN" AT THE DETROIT OPERA HOUSE**

**Friday, March 12 Depart: 10:30 am Return: 4:30 pm Cost: \$64**

A wickedly inspired re-imagining of the Frankenstein legend follows bright young Dr. Frankenstein (that's Fronkensteen) as he attempts to create a monster-but not without scary and hilarious complications. You won't want to miss the sensational cast delivering all your favorite moments from the classic film, plus brand-new show stopping numbers. Includes: Bus, early lunch at Town Pump Tavern (burger, fries and beverage), performance and a very, very funny spoof of the old movie.

**00315 BELTERRA CASINO RESORT & SPA w/ Shoreline Tours****Mon-Wed, March 15-17 Depart: TBD Return: TBD Cost: \$259 pp dbl**

An oasis in the Indiana heartland that offers premier gaming and entertainment along with **4-star lodging**. Each room boasts spectacular views of the Ohio River, the rolling hills of Indiana or the golf course. Includes: Motorcoach, 2 nights @ Belterra Casino Resort, 2 breakfasts, 2 dinners, \$10 coin package, luggage handling and a travel escort. Optional tour to Louisville, KY to the Muhammad Ali Center and the Louisville Slugger Museum & Factory for an additional \$15 p.p. includes transportation and admissions. Detailed flyer available.

**00326 THE DETROIT SYMPHONY ORCHESTRA PLAYS BACH & BEETHOVEN****Friday, March 26 Depart: 9:30 am Return: 2:00 pm Cost: \$40**

Christian Zacharias will conduct and play the piano. Featuring “Overture, Scherzo and Finale” by Schumann, Bach’s “Concerto in D minor” and Beethoven’s “Symphony No.4.” Includes: Bus, seating in lower balcony, and a great musical morning. Note: This season, due to “belt tightening” at the DSO, there will be a small fee for coffee and pastries prior to the concert.

**00331 “ENCHANTED APRIL” AT MEADOW BROOK THEATRE****Wednesday, March 31 Depart: 10:30 am Return: 5:00 pm Cost: \$56**

A romantic comedy in which two frustrated housewives decide to rent a villa in Italy for a holiday away from their bleak marriages. Join us for the trip and experience all of the laughs. *Please make entrée selection at registration: Chicken Greek Salad, Chicken Picatta, Fish or Meat/cheese Ravioli.* Includes: Bus, lunch at Alfoccino Restaurant, performance and a sunny-funny day out.

**00406 CHICAGO w/Shoreline Tours**

**April 6-8** 2 nights lodging downtown at Palmer House Hilton , 2 breakfasts, Chicago Dine around Dinner, Navy Pier, Boat Cruise, Tour, Oprah Winfrey Store, Millennium Park \$589ppdbl , see flyer.

**00414 FIREKEEPERS CASINO PLUS PAW PAW WINERY****Wednesday, April 14 Depart: 8:00 am Return: 7:00 pm  
Cost: \$47**

This Vegas style casino located in Battle Creek opened in August, 2009 and has something for everyone... 78 tables 2,600 slots, Bingo and so much more. Includes: Motorcoach, water, juice and muffins en-route, wine tasting and tour, gaming package of \$20 in coin & \$5 food voucher. Join us for a fun day with a chance to win big. *Must register by April 5.*

***Inclement Weather***

*If Lake Shore school district is closed and the trip description includes bus transportation the trip will be cancelled. All efforts will be made to reschedule the trip. You will be notified if we are able to reschedule. However, if the trip is canceled and tickets and lunch have already been paid, you will only be reimbursed for transportation costs. Those trip descriptions that include motorcoach transportation will go as scheduled unless you are notified.*

**00422 NEW POP HIT MUSICAL “THE MARVELOUS WONDERETTES”****Thursday, April 22 Depart: 10:30 am Return: 4:30 pm Cost: \$68**

It’s jumpin’ at the Gem with Betty Jean, Cindy Lou, Missy and Suzy, four girls who will take you to their 1958 senior prom at Springfield High School and then back for their 10 year class reunion. These girls have hopes and dreams as big as their crinoline skirts and voices to match! As we learn about their lives and loves we are treated to the girls performing classic 50’s and 60’s songs. “The Marvelous Wonderettes” is a must-take musical trip down memory lane. Early lunch! *Please make entrée selection at time of registration: Pork Chop, Boneless Chicken Breast or Orange Roughy.* Includes: Bus, lunch, performance with great-view seating in the balcony, and a toe-tapping good time.

**00428 “OUR TOWN” AT THE PURPLE ROSE THEATRE****Wednesday, April 28 Depart: 9:30 am Return: 7:00 pm Cost: \$72**

This iconic giant in American dramatic history spans almost thirty years in the town of Grover’s Corners, a quintessential small community with characters reflecting the hopes and dreams, the failures and successes, of people everywhere. “This is the way we were in our growing up and in our marrying, and in our living, and in our dying.” 1938 Pulitzer Prize winner!!! Includes: Motorcoach, lunch at E.G Nicks in Plymouth, shopping time, performance of a classic play in a wonderfully intimate theatre.

**COMING UP:**

- 00505 May 5 HOLLAND** at Tulip Time, lunch, dinner, tour, shopping and costumed Volksparade \$77
- 00512 May 12 MEADOWBROOK “Breaking up is Hard to Do”** Lunch & play \$56
- 00514 May 14 “TOSCA” at Detroit Opera House** – dress rehearsal pricing \$44
- 00519 May 19 MISSISSIPPI RIVER CRUISE & Jumer’s Casino**, 2 nights \$399ppdbl
- 00523 May 23 CAPE MAY/Philadelphia & Lancaster**, 6 days \$999ppdbl
- 00611 June 11 MACKINAC ISLAND**, overnight on Island, lunch at Grand Hotel, tour, \$339ppdbl
- 00713 July 13 SHADES OF IRELAND**, 10 days, \$3199ppdbl, Airfare, Dublin Kilkenny, Limerick, plus
- 00803 August 3 AUSTRIAN DELIGHT**, 9 days, \$3999ppdbl, Airfare, Oberammergau Passion Play, plus
- 00930 Sept. 30 DISCOVER TUSCANY**, 10 days, \$2999ppdbl, Airfare, Rome, Assisi, Florence,
- 01003 Oct. 3 TRAINS AND CANYONS OF SOUTHWEST**, 10 days, \$2999ppdbl, Albuquerque Balloons

**Winter Trip Preview Thursday, January 7, 1:00 pm.**

**SCSACE 23055 Masonic, St Clair Shores**

## YOUTH ENRICHMENT PROGRAM ARTS & CRAFTS

### DRAWING SOMETHING GREAT

**Y8010** *Ages 6-up* **Sat. 2/6** **6 weeks** **10:00-10:55am** **Rodgers** **\$37**

With some instruction on various techniques such as perspective, composition, shapes, shading and light you will be creating some awesome drawings.

### CREATIVE ARTS

**Y8011** *Ages 6-up* **Sat. 2/6** **6 weeks** **11:00-11:55am** **Rodgers** **\$37**

Every week you will discover a new and creative way to make your "work of art" uniquely yours through design, texture and color.

## COOKING

### LITTLE CHEFS

**Y8020** *Ages 6-up* **Sat. 2/6** **6 wks** **9:00-9:55am** **Rodgers** **\$37+Material Fee**

For the budding junior chef who wants to learn independence in the kitchen. Fun, messy, hands on class. Basics in snacks, baking, cooking, recipe prep, proper cleaning and manners. Join in the fun! **\$7 material fee payable to the instructor at first class.**

### BEGINNER COOKING

**Y8021** *Ages 9-12* **Sat. 2/6** **6 wks** **10:00-11:15am** **Rodgers** **\$40+Material Fee**

This hands-on class will teach you about following recipes, measurements, planning a fun and balanced breakfast, lunch, and dinner; plus you will have a great time making and tasting new foods. Bring suggestions of dishes you would like to learn to make to first class. **\$10 material fee payable to the instructor at first class.**

### BAKING

**Y8022** *Ages 6-12* **Sat. 2/6** **6 wks** **11:15-12:30pm** **Rodgers** **\$40+Material Fee**

Eager to introduce your child to the joys of baking but fear the mess and chaos? Young minds and busy fingers get active in this baking class where they will learn how to bake and decorate their own colorful and tasty cookies, pizzas, cakes and more! Besides having fun in these baking classes, they will be exposed to the process of cooking, preparation and teamwork. **\$10 material fee payable to instructor at first class.**

## DANCE/CHEER/GYMNASTICS

### BALLET & TAP

**Y8030** *Ages 5-7* **Sat. 2/6** **6 weeks** **9:00-9:55am** **Rodgers** **\$37**

This class combines both basic ballet and tap steps. Dance routines are taught in a fun and energetic atmosphere. Your little dancer will learn shuffles, flaps, scuffles, balance, strengthening gross motor skills and much more. Leotard/tights and dance shoes required.

### TAP & JAZZ

**Y8031** *Ages 5-7* **Sat. 2/6** **6 weeks** **10:00-10:55am** **Rodgers** **\$37**

Dancers jazz it up by combining basic tap and jazz steps to the beat of today's music. Improved posture and coordination are just a part of the benefits derived from the action packed jazz routines. *This is a great class for boys, too.* Leotard/tights and dance shoes required.

### TAP/JAZZ/HIPHOP

**Y8032** *Ages 8-11* **Sat. 2/6** **6 weeks** **12:30-1:10pm** **Rodgers** **\$40**

This combination class is high energy and fun. Learn dance routines to the beat of today's music. Improve posture and coordination.

### CHEERLEADING

**Y8033A** *Ages 5-6* **Sat. 2/6** **6 weeks** **11:00-11:45am** **Rodgers** **\$35**

**Y8033B** *Ages 7-9* **Sat. 2/6** **6 weeks** **11:45-12:30pm** **Rodgers** **\$35**

This class will give you something to cheer about! Learn cheers, chants and dance routines in this fun and exciting class designed to improve coordination, flexibility and teamwork.

**BEGINNING GYMNASTICS**

**Y8034** *Ages 5-6* **Sat. 2/6** **6 wks.** **12:00-12:55pm** **Rodgers** **\$37**  
 Learn basic tumbling skills, forward, backward and straddle rolls, cartwheels, walkovers, and balance beam techniques. A perfect class for balance and coordination.

**MUSIC****VOICE**

**Y8040** *Ages 6-12* **Sat. 2/6** **6 weeks** **9:00-9:55am** **Rodgers** **\$37**  
 Discover the joy of singing! Express yourself through proper vocal techniques to popular songs from famous musicals and Disney movies. Family and friends are invited on the last day of class for a mini concert.

**PIANO**

**Y8041 LEVEL I** *Ages 7-12* **Sat. 2/6** **6 wks** **10:00-10:55am** **Rodgers** **\$37+Book**  
 An introduction to basic piano keyboard concepts. Students will learn musical terms and symbols, keyboarding skills, sight-reading, and theory. Learning sequence is carefully planned for steady progress and student enjoyment! Bring keyboard if you have one.  
**\$11.50 book fee payable to the instructor at 1<sup>st</sup> class.**

**GUITAR**

**Y8042A LEVEL I** *Ages 8-12* **Sat 2/6** **6 wks** **9:00-9:55am** **Rodgers** **\$37**  
**Y8042B LEVEL II** *Ages 8-12* **Sat 2/6** **6 wks** **10:00-10:55am** **Rodgers** **\$37**  
**Must complete Level I before enrolling in Level II.** This class will introduce strumming skills on one of today's most popular instruments. Learn chord and hand techniques as well as music reading. Advance at your own pace. Bring guitar to class.

**LEARNING IS FUN****BABY-SITTING**

**Y8050** *Ages 11-15* **Monday 2/1** **5:30-8:30pm** **SCSACE Room 110** **\$65** **2 Classes**  
 The newly revised American Red Cross Baby-sitter training program includes hands-on activities, exciting video, role plays and lively discussions. In this course youth ages 11-15 learn how to supervise children and infants; perform basic child-care skill such as diapering, feeding and dressing; choose safe, age-appropriate games and toys; handle bedtime and discipline issues; identify safety hazards and prevent injuries; care for common injuries and emergencies, including choking; communicate effectively with parents; how to find and interview for baby-sitting jobs. Each participant receives a full-color handbook filled with great information and resources, a compact reference booklet and CD-ROM with an electronic baby-sitters organizer, printable activity book, resume and business card template. Baby-sitter Essentials Kit with first aid supplies and disposable gloves \$5, payable to instructor.

**SELF DEFENSE FOR KIDS** *Ages 7-11 (LC)*

**Y8051** **Tuesday 3/9** **4:30-5:30pm** **SCSACE Room 105** **\$10** **1 Night**  
 If someone wants to hurt our kids, they won't choose a time or a place with witnesses. That means no parents, no teachers, no policemen, just our children and the predator. The safety of our children will depend on their ability to recognize a threat and respond effectively. These fun, interactive and age appropriate workshops teach essential, lifesaving information about the threats facing our children, strategies for prevention and real world techniques designed to reduce their risk of abductions, assaults and other forms of violence. But most of all, these programs teach students that they have the right to be safe, that no one has the right to hurt the them and that their life is worth protecting.

**EDDIE EAGLE GUN SAFE PROGRAM** *Ages 5-9* **NEW**

**Y8052** **Tuesday 3/23** **4:00-5:00pm** **SCSACE Room 105** **FREE** **1 Day**  
 With firearms in half of all American homes, it is essential that children learn to protect themselves from gun accidents. The Eddie Eagle Gun Safe Program is nationally recognized and teaches children in pre-K through third grade four easy lifesaving steps to protect their safety if they find a gun. This program started in 1988 and has reached more than 21 million children throughout all 50 states and was developed through the combined efforts of clinical psychologists, reading specialists, teachers, curriculum specialists, urban housing safety officials and law enforcement personnel. The program is fun, free and includes the use of workbooks, stickers and an animated video. **MUST PRE-REQUISITED FOR CLASS**

## SPORTS

### BASKETBALL

**Y8060A** *Ages 6-8* Sat. 2/6 6 weeks 12:00-12:55pm Rodgers \$37  
**Y8060B** *Ages 8-11* Sat. 2/6 6 weeks 10:00-10:55am Rodgers \$37

This class will stress skills in dribbling, passing, shooting, ball handling, teamwork, strategy and game playing. These classes are designed to provide basic instruction for the novice player, as well as to enhance coordination. This class is co-ed.

### INDOOR SOCCER

**Y8061** *Ages 6-8* Sat. 2/6 6 weeks 11:00-11:55am Rodgers \$37

Students will learn the basic techniques and fundamentals through practice in ball control, passing, heading and shooting on net.

### BASEBALL

**Y8062** *Ages 5-6* Thursday 2/4 6 weeks 6:00-6:45pm Rodgers Gym \$35

Introduction to baseball through developing the skills of catching, throwing, and swinging at the ball off a tee and pitched. The concept of base running, fielding and positions is explored and a "game" is played. Parents are welcome to participate. Coach Mike Fremont.

### NAAMA KARATE – Beginner Ages 5-12 NO CLASS 2/15

**Beginning Students** Mon&Wed 1/26 Rodgers Cafe 6:00-7:00pm \$5/Class  
**Continuing Students** Mon&Wed 1/26 Rodgers Cafe 7:00-8:00pm \$5/Class

**REGISTER AT FIRST CLASS.** This 10 week course will teach the fundamentals of Karate.

Emphasis on basic self-defense techniques as well as leadership skills like respect, discipline and confidence. Certified instructors incorporate anti-drug and danger awareness programs into the classes. These classes are on-going. Pay only for classes that you attend. \$20 registration fee payable to NAAMA at first class. Contact NAAMA with questions at (586) 263-9449.

## PRESCHOOLERS

### LITTLE SHOTS *Ages 3-5*

**Y8070A** Sat. 2/6 6 weeks 9:00-9:45am Rodgers \$35  
**Y8070B** Sat. 2/6 6 weeks 11:00-11:45am Rodgers \$35

For future basketball stars! This class teaches the ball handling skills of dribbling and shooting through drills and play. For maximum benefit parents should participate along with their child.

### KRAZY KICKERS

**Y8071A** *Ages 3-5* Sat. 2/6 6 weeks 10:00-10:45am Rodgers \$35  
**Y8071B** *Ages 3-5* Sat. 2/6 6 weeks 12:00-12:45pm Rodgers \$35

This fun and instructional soccer class teaches the ball handling skills of dribbling around obstacles, trapping, and shooting on net. For maximum benefit parents should participate along with their child.

### STRIKERS BASEBALL

**Y8072** *Ages 3-4* Thursday 2/4 6 weeks 5:00-5:45pm Rodgers \$35

Introduction to baseball through developing the skills of catching, throwing, and swinging at the ball off a tee and pitched. The concept of base running, fielding and positions is explored and a "game" is played. Parents are welcome to participate. Coach Mike Fremont.

### TAPPY TOES TAP *Ages 3-4*

**Y8073** Sat. 2/6 6 weeks 9:30-10:00am Rodgers \$20

Learn tap dance steps for little feet and movement to the beat of the music. This class is designed to help your child in coordination, balance, physical, and social development. Tap shoes required.

### TIPPY TOES BALLET *Ages 3-4*

**Y8074A** Sat. 2/6 6 weeks 9:00-9:30am Rodgers \$20  
**Y8074B** Sat. 2/6 6 weeks 10:00-10:30am Rodgers \$20  
**Y8074C** Sat. 2/6 6 weeks 10:30-11:00am Rodgers \$20

Learn the dance steps that little folks can comfortably handle. This class is designed to help your child in coordination, group learning and following directions. Leotard optional - ballet slippers required.

### TINY TUMBLERS *Ages 2-3*

**Y8075** Sat. 2/6 6 weeks 10:00-10:45am Rodgers \$35

Preschoolers learn and practice skills such as balance, coordination and large motor skills. For maximum benefit parents should participate along with their little gymnast.

**TUMBLIN TOTS**

**Y8076A** *Ages 3-4* Sat. 2/6 6 weeks 9:00-9:45am Rodgers \$35  
**Y8076B** *Ages 3-4* Sat. 2/6 6 weeks 11:00-11:45am Rodgers \$35

Preschoolers learn and practice skills such as balance, coordination and large motor skills. For maximum benefit parents should participate along with their little gymnast.

**BOUNCING BABIES** *Ages newborn to 18 mos.*

**Y8077** Thursday 1/28 6 weeks 9:00-9:45am SCSACE Room 105 \$50

Baby and caregiver will explore music through playing simple instruments, creative movement, baby massage & exercise, vocal play and more! The music is representative of traditions from around the world. **Free Demo Thurs, Jan 14 10:00am SCSACE**

**TUNES FOR TODDLERS** *Ages 18 mos. - 3 yrs*

**Y8078** Thursday 1/28 6 weeks 10:00-10:45am SCSACE Room 105 \$50

Child and caregiver will have a fun time learning musical concepts through playing simple instruments, being exposed to larger instruments, jam sessions, creative movement, pretend play and more! Music is taken from traditions around the world. **Free Demo Thurs, Jan 14 at 10:00am SCSACE**

**MUSIC FOR ALL** *Ages newborn - 7yrs*

**Y8079A** Thursday 1/28 6 weeks 11:00-11:45am SCSACE Room 105 \$50

**Y8079B** Monday 1/25 6 weeks 7:00-7:45pm SCSACE Room 105 \$50

Children will learn musical concepts while engaging with other children. We will play simple instruments, dance, sing, and much more! This class is great for families with children of different ages or families with one child who would like to have a social musical experience. The music is multicultural in nature and appealing for children and adults of all ages. **Free Demo Thurs, Jan 14 at 10:00am SCSACE**

**Discount of \$5 off per child for any additional children**

**STAY AND PLAY WITH MRS. Z** *Ages 18 mos. - 3 yrs. old*

**Y8080A** Wednesday 1/27 8 weeks 9:00-9:45am Taylor Room 1 \$36

**Y8080B** Tuesday 1/26 8 weeks 4:30-5:15pm Taylor Room 1 \$36

Young child and caregiver getting time for individual exploration in a classroom setting in an unstructured environment. Seasonal activities will be available for the individual discovery. A limited group, circle time will be shared during this class.

**MOM, ME & MRS. Z** *Ages 2 1/2 - 4*

**Y8081A** Wednesday 1/27 8 weeks 10:00-10:45am Taylor Room 1 \$40

**Y8081B** Tuesday 1/26 8 weeks 5:30-6:15pm Taylor Room 1 \$40

A great opportunity to spend time with your child in a friendly atmosphere of encouragement and discovery. Seasonal activities are planned to stimulate curiosity and exploration. Optional field trips will be scheduled.

**LEARNING WITH MOM & ME** *Ages 2 1/2 - 5*

**Y8082** Thursday 1/28 8 weeks New time 4:30-5:15pm Taylor Room 1 \$40

Mom, Dad, Grandparent or Caregivers are welcome to participate with child in an atmosphere of learning. Exposure to alphabet letters, colors, shapes and numbers with a seasonal theme. Optional field trips will be scheduled.

**LITTLE TYKES ADVENTURE TIME** *Ages 18 mos - 2 1/2 yrs.*

**Y8083A** Wednesday 1/27 8 weeks New time 11:00-11:45am Taylor Gym \$36

**Y8083B** Thursday 1/28 8 weeks 5:30- 6:15pm Taylor Gym \$36

This parent/tot class offers an opportunity for little ones to play with other children and for mom to make new adult friends. Your child will have unstructured play time, be introduced to circle time, parachute play that will stimulate physical development, and activities that will provide many new fun experiences exploring what the Taylor center has to offer.

**FUN WITH MRS. Z** *Ages 3-5* **2 DAY PRICE: \$125**

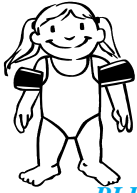
**Y8084A** Monday 1/25 8 weeks 9:30-11:30am TAYLOR Room 1 \$66

**Y8084B** Tuesday 1/26 8 weeks 12:30-2:30pm TAYLOR Room 1 \$66

**Y8084C** Thursday 1/28 8 weeks 12:30-2:30pm TAYLOR Room 1 \$66

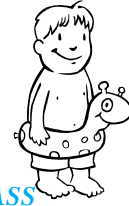
**Y8084D** Friday 1/29 8 weeks 9:30-11:30am TAYLOR Room 1 \$66

Help develop social, language, large & small motor skills in this child focused class. This class will include time for free play, circle time and art projects with a program that is flexible, energetic and promotes fun learning. Weekly rotating-parent-volunteer and snack provider needed; choose week at first class. Optional field trips will be scheduled. Must have "green" form as well as updated immunization records. **CHILD MUST BE 3 YRS OLD & POTTY TRAINED.**



## SWIMMING LESSONS

### NO CLASS SAT. 2/13 & MON. 2/15



PLEASE BRING MOST RECENT RED CROSS CARD TO FIRST CLASS

#### LEVEL 1 - INTRO TO WATER SKILLS (Ages 4-6)

LS-P5001A	Monday	2/1	6:30-7:15pm	\$41	7 weeks	Lake Shore
LS-P5001B	Monday	2/1	7:15-8:00pm	\$41	7 weeks	Lake Shore
SL-P5001A	Tuesday	2/2	6:30-7:15pm	\$41	7 weeks	South Lake
SL-P5001B	Wednesday	2/3	6:00-6:45pm	\$41	7 weeks	South Lake
LS-P5001C	Saturday	1/30	11:00-11:45am	\$41	7 weeks	Lake Shore
LS-P5001D	Saturday	1/30	11:00-11:45am	\$41	7 weeks	Lake Shore

Help students feel comfortable in the water and enjoy the water safely. Assisted elementary aquatic skills introduced. Buoyancy, breath control, kicking, alternating arm action and floating.

#### LEVEL 2 - FUNDAMENTAL SKILLS

LS-P5002A	Monday	2/1	6:30-7:15pm	\$41	7 weeks	Lake Shore
LS-P5002B	Monday	2/1	7:15-8:00pm	\$41	7 weeks	Lake Shore
SL-P5002A	Tuesday	2/2	6:30-7:15pm	\$41	7 weeks	South Lake
SL-P5002B	Wednesday	2/3	6:00-6:45pm	\$41	7 weeks	South Lake
LS-P5002C	Saturday	1/30	11:00-11:45am	\$41	7 weeks	Lake Shore
LS-P5002D	Saturday	1/30	11:45-12:30pm	\$41	7 weeks	Lake Shore

Learn how to float and swim using both arm and leg movements over short distances independently, primarily on front and back, without support.

#### LEVEL 3 - STROKE DEVELOPMENT

LS-P5003A	Monday	2/1	6:00-6:45pm	\$41	7 weeks	Lake Shore
SL-P5003A	Tuesday	2/2	7:15-8:00pm	\$41	7 weeks	South Lake
SL-P5003B	Wednesday	2/3	6:45-7:30pm	\$41	7 weeks	South Lake
LS-P5003B	Saturday	1/30	11:45-12:30pm	\$41	7 weeks	Lake Shore

Guided practice of skills with emphasis on rotary breathing while swimming on front. Underwater retrieval. Introduce first phase of butterfly. Introduction to diving and other deep water skills.

#### LEVEL 4 - STROKE IMPROVEMENT

LS-P5004	Saturday	1/30	9:45-10:30am	\$41	7 weeks	Lake Shore
SL-P5004	Tuesday	2/2	7:15-8:00pm	\$41	7 weeks	South Lake

Develop confidence and endurance by swimming the familiar strokes. Build on the butterfly and introduce the elementary backstroke, breaststroke, and sidestroke. Also, more deep water swimming, underwater swimming, and basic wall turns are introduced.

#### LEVEL 5 - STROKE REFINEMENT

LS-P5005	Saturday	1/30	9:00-9:45am	\$41	7 weeks	Lake Shore
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Coordinate and refine all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) with increased distances. Flip turns on the front and back introduced.

#### LEVEL 6 - SKILL PROFICIENCY

SL-P5006	Tuesday	2/2	6:00-6:45pm	\$41	7 weeks	South Lake
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Learn advanced skills to swim all strokes with more ease, efficiency, power and smoothness over greater distances. Must be able to swim continuously and demonstrate all turns and strokes.

## TEEN/ADULT SWIM LESSONS

#### PRETEENS AND TEENS Ages 9-17

LS-P5007	Monday	2/1	6:45-7:30pm	\$48	7 weeks	Lake Shore
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Does your older child feel uncomfortable in swim classes with younger children? This class is for the child with little or no swimming skills. Basic swimming and water safety skills will be taught.

**PRIVATE LESSONS AVAILABLE UPON REQUEST**  
CONTACT KAY SCHOOF (586) 285-8888

## TOTS POOL SCHOOL

Classes are designed to introduce your child to the pool and to help them become comfortable in the water. Children who are not potty trained must wear a swim diaper or rubber pants over diaper.

### **PARENT TOT - WATER PLAY** *Ages 6 mos-4 yrs*

**SL-P5000A**    **Tuesday**    **2/2**    **6:00-6:30pm**    **\$28**    **7 weeks**    *South Lake*

**LS-P5000A**    **Saturday**    **1/30**    **10:00-10:30am**    **\$28**    **7 weeks**    *Lake Shore*  
Learn together to increase child's comfort level in the water by emphasizing safety, water adjustment, and preparatory activities for swimming, fun and enjoyment for you and your child.

### **LITTLE SWIMMERS with parent** *Ages 3-5* **CHILD MUST BE 3 YRS. BY 1/30/10**

**LS-P5011A**    **Monday**    **2/1**    **6:00-6:30pm**    **\$31**    **7 weeks**    *Lake Shore*

**LS-P5011B**    **Saturday**    **1/30**    **10:30-11:00am**    **\$31**    **7 weeks**    *Lake Shore*

Introduction to some Level I skills. Class will help child adjust to the water while learning beginner skills through water exploration and games. Bobbing, floating, kicking and assisted movement.

**Please bring water wings to classes 4-7.**

### **BIG SWIMMERS without parent** *Ages 3-5* **CHILD MUST BE 3 YRS. BY 1/30/10**

**LS-P5012A**    **Monday**    **2/1**    **6:00-6:30pm**    **\$32**    **7 weeks**    *Lake Shore*

**LS-P5012B**    **Saturday**    **1/30**    **10:30-11:00am**    **\$32**    **7 weeks**    *Lake Shore*

This is child's first class without a parent. Introduction to some Level I skills. Class will help child adjust to the water while learning beginner skills through water exploration and games. Bobbing, floating, kicking and assisted movement. **Please bring water wings to all classes.**

## **OPEN SWIM DATES**

\$2 per person or \$5 per family

**Lake Shore High School**



**Wednesdays: 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24**

**Fridays: 1/29, 2/5, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26**

## **PLAN A POOL PARTY**

at the Lake Shore High School Pool

(13 Mile & Jefferson)

birthday parties   club gatherings   family get-togethers

Party Room Fee

\$35 + \$1 per swimmer

Wednesdays and Fridays

6:30 - 7:30 Swim Time

6:30 - 8:30 Party Room

**For Reservations**  
**Contact Kay Schoof**  
**(586) 285-8888**



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or

(586) 285-8786

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23340 Elmira  
St. Clair Shores 48082**

- Monthly testing
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(2 days per month)
- Vouchers Accepted
- \$200 Testing Fee
- Reduced Testing Fee for  
GED Prep Students if  
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met.

For More Information Call:  
**(586)285-8780**

## PLAN A POOL PARTY

at the Lake Shore High School Pool

(13 Mile & Jefferson)

birthday parties club gatherings family get togethers

Party Room Fee

\$35 + \$1 per swimmer

Wednesdays and Fridays

6:30 - 7:30 Swim Time

6:30 - 8:30 Party Room

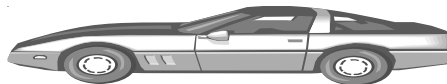
For Reservations  
Contact Kay Schoof  
(586) 285-8888



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ACHIEVE YOUR GOALS AND  
IMPROVE YOUR SKILLS**



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credit?*

*Are you looking for a  
unique learning  
environment?*

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need to help you reach  
your educational goals.

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**Interviews for the  
Winter Semester will  
begin in January  
2010**

North Lake High School  
23340 Elmira  
St. Clair Shores, MI 48082  
**(586) 285-285-8780**

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[www.lakeshoreschools.org](http://www.lakeshoreschools.org)

Click on Our Schools – Choose North Lake Alternative H.S.

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- **Standards-Based Curriculum**
- **1/2 Credit Earned per Course**
- **Classes Offered Throughout The  
School Year**

**Contact Your High School Counselor  
for Details**

**For More Information - Call  
(586)285-8780**

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Life Skills

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Citizenship

Civics

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See Citizenship Class pg. 14

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Enroll your 3 or 4 Year old in a licensed, half day, developmentally appropriate program that provides opportunities to work and play with others in a child friendly atmosphere.



<u>CLASS SCHEDULE</u>	
3 Yr. Olds Tues. & Thurs.	9:15 am - 11:45 am
4 Yr. Olds Mon, Wed & Fri	12:15 pm - 3:15 pm
Or Mon & Wed	12:15 pm - 3:15 pm

**For More Information Please Call  
(586) 285-8580**

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