

SOUTHEAST POLK COMMUNITY EDUCATION

Fall 2009 Programs



AQUATICS

Water Aerobics

Aquatic exercise is a great way to stay in shape and remain healthy without putting too much stress on your joints. Participants will enjoy improved flexibility, endurance, and muscle tone. You do not need to know how to swim to participate. Fitness provided in chest-level water. Water temperature is between 78-80 degrees.

Instructor: Pray

**No class October 15

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
121	HS Pool	12 & up	Mon./Thurs.	Sept. 21-Nov. 16	7-8 p.m.	\$51	Sept. 16

Small Fry Swimming

This program will focus on ways for you to enjoy the water with your little one! Parents will learn teaching methods for water adjustment and basic skills. An adult must accompany child in pool. The program is designed to make your child more comfortable in and enjoy being around water. It is not designed to teach your child how to swim. Water temperature is between 78-80 degrees. Please note: if your child is not potty trained, they must wear a swim diaper.

Instructor: Lynam

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
131	HS Pool	6 mos.-6 yrs.	Wednesdays	Sept. 30-Nov. 18	6:15-6:45 p.m.	\$31	Sept. 23
132	HS Pool	6 mos.-6 yrs.	Wednesdays	Sept. 30-Nov. 18	7-7:30 p.m.	\$31	Sept. 23

BUSINESS & FINANCE

Investing 101

The 10 Rules of the Road to investing will help participants learn the fundamental concepts of investing and potential strategies to help build their wealth. Participants will learn: the most common investing mistakes and how to avoid them, investing strategies to help reach their long-term goals, and what they can do now to prepare for retirement.

Instructor: Schroeder

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
301	HS Room N164	18 & up	Tuesdays	Oct. 20, 27	7-9 p.m.	\$19	Oct. 13

DANCE

Ballroom Dancing - Beginning

Learn to dance...it can be fun and is a skill that will last a lifetime! The classes will be taught at a slow pace for the beginning student. Dances include: Swing, Fox Trot, Waltz, and Salsa. This is an ideal class for couples of all ages, however no partner is needed. The instructor, Bette Lou Neal, from Leonard's Dance Studio, has taught in the Des Moines area for over 27 years.

Instructor: Leonard's Dance Studio

Program #501 no class September 30; Program #502 no class November 25

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
501	JH Cafeteria	14 & up	Wednesdays	Sept. 23-Oct. 28	7-8:30 p.m.	\$60	Sept. 16
502	JH Cafeteria	14 & up	Wednesdays	Nov. 4-Dec. 9	7-8:30 p.m.	\$60	Oct. 28

EXERCISE & FITNESS

Yoga - Mind, Body, Spirit

Strengthen, balance, and energize your body and mind! Combine relaxing poses with strength and core stability for every major muscle group. Breathing awareness and relaxation components to release stress. Calm the body and mind with a relaxation segment at the end of each class. Bring a mat and wear comfortable clothes.

Instructor: Antelman

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
601	Altoona Elem. East Gym	18 & up	Mon./Wed.	Oct. 5-Nov. 11	7-7:50 p.m.	\$49	Sept. 28

Tae Kwon Do

Foster principles of respect, patience, confidence, self-discipline, perseverance, and an indomitable spirit. Regardless of ability or previous experience/non-experience, you will find a family-like atmosphere with years of tradition and knowledge behind every Martial Arts lesson! The rewards of Tae Kwon Do are endless and this Martial Art is suitable for any individual who is willing to challenge themselves and experience firsthand the positive, life-long benefits. Whether you are looking for weight loss, self-discipline, stress relief, self-defense, or a great workout, you will find it all in Tae Kwon Do. Children benefit with the ability to focus on tasks, greater respect, confidence, self-discipline, greater athletic ability, and much more. Adults benefit through stress relief, increase in cardiovascular fitness, increase in flexibility and agility, and weight loss.

Instructor: Bond

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
602	Altoona Elem. East Gym	7 & up	Tues./Thurs.	Begins Oct. 15	6:45-8 p.m.	\$25**	Oct. 8
603	Altoona Elem. East Gym	7 & up	Tues./Thurs.	Begins Dec. 17	6:45-8 p.m.	\$25**	Dec. 10

**Cost is \$25 per student; \$12.50 each for third or more family member; first session is FREE to Southeast Polk district students

FOOD & NUTRITION

Healthy Eating Made Easy

If a clown, king or a kid named Wendy is planning your family meals it is time for a change! Join Elizabeth Pohlman, Registered Dietitian, for the Healthy Eating Made Easy Series. Learn easy tips to make your family meals quick and healthy. Discover a whole new way of shopping and slim down to a new healthier, happier you!
Instructor: Pohlman

<u>Program #</u>	<u>Location</u>	<u>Ages</u>	<u>Day(s)</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Deadline</u>
701	Altoona Hy-Vee Club Room	14 & up	Tuesdays	Oct. 6, 13, 20	6-7:30 p.m.	\$15	Sept. 29

HOME & GARDEN

Vegetable Garden Layout

Did you know that Fall is the best time to prepare for a Spring vegetable garden? Join Bill and Judy Goshorn, both Polk County Master Gardeners, as they show you techniques and tips on how to bring a successful garden to life! Topics covered include: garden location, soil preparation, choosing crops and the amounts to grow, and your garden layout.
Instructor: Goshorn

<u>Program #</u>	<u>Location</u>	<u>Ages</u>	<u>Day(s)</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Deadline</u>
903	ISU/Polk Co. Extension	18 & up	Thursday	Oct. 8	6-7 p.m.	FREE	Oct. 1

7th-12th GRADE

Test Preparation Presentation

Learn proven ACT strategies in this 90 minute, interactive presentation. Parents are encouraged to attend this opportunity and find out how they can help their child improve their test preparation skills.
Instructor: Sylvan Learning

<u>Program #</u>	<u>Location</u>	<u>Ages</u>	<u>Day(s)</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Deadline</u>
1101	HS Room N163	6-12 grade parents	Tuesday	Oct. 13	6:30-7:30 p.m.	FREE	Oct. 6

Test Taking Camp

"I always do badly on tests!" Does this sound familiar at your house? Learn ways to overcome the negativity when it comes to testing! During the test taking camp, students will develop techniques and learn strategies to become an overall better test-taker. They will create a personalized checklist for test preparation and adapt preparation methods to six different styles of tests.
Instructor: Sylvan Learning

<u>Program #</u>	<u>Location</u>	<u>Ages</u>	<u>Day(s)</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Deadline</u>
1102	HS Room N163	Grades 6-12	Tues./Thurs.	Oct. 20-Nov. 3	6-8 p.m.	\$99**	Oct. 13

**Cost is \$99 per student or \$149 for two students

MUSIC & THEATRE ARTS

Piano Lessons

The lessons are tailored to meet the learning needs and technical advancement of each individual student. Music theory, music history, and musicianship are all incorporated. In addition, various practice and performance techniques are covered to provide a comprehensive educational experience. Participants must bring their own lesson book to class.
Instructor: Walker

SESSION I - Cost is \$22 per 30 min. lesson or \$88 per session (four lessons)

<u>Program #</u>	<u>Location</u>	<u>Ages</u>	<u>Day(s)</u>	<u>Date</u>	<u>Time</u>	<u>Deadline</u>
1301	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	4-4:30 p.m.	Sept. 23
1302	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	4:30-5 p.m.	Sept. 23
1303	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	5-5:30 p.m.	Sept. 23
1304	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	5:30-6 p.m.	Sept. 23
1305	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	6-6:30 p.m.	Sept. 23
1306	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	6:30-7 p.m.	Sept. 23
1307	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	7-7:30 p.m.	Sept. 23
1308	HS Fine Arts Practice Room	9 & up	Wednesdays	Sept. 30-Oct. 21	7:30-8 p.m.	Sept. 23

SESSION II- Cost is \$22 per 30 min. lesson or \$88 per session (four lessons)

<u>Program #</u>	<u>Location</u>	<u>Ages</u>	<u>Day(s)</u>	<u>Date</u>	<u>Time</u>	<u>Deadline</u>
1309	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	4-4:30 p.m.	Oct. 21
1310	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	4:30-5 p.m.	Oct. 21
1311	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	5-5:30 p.m.	Oct. 21
1312	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	5:30-6 p.m.	Oct. 21
1313	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	6-6:30 p.m.	Oct. 21
1314	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	6:30-7 p.m.	Oct. 21
1315	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	7-7:30 p.m.	Oct. 21
1316	HS Fine Arts Practice Room	9 & up	Wednesdays	Oct. 28-Nov. 18	7:30-8 p.m.	Oct. 21

PARENTING

Adoption Options: Is adoption right for my family?

Adoption Options will provide participants with a general overview of adoption as well as specific information on four types of adoption: International, private, agency, and Department of Human Services. Angela Stark, Resource and Information Specialist for the Iowa Foster and Adoptive Parents Association, will lead the class. She has over 20 years experience in the adoption field. She has developed resources, training and materials for adoptive and foster families, as well as worked directly with adoptive families and children. Other panel members will provide expertise on the four types of adoption options.

Instructor: Stark

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
1401	Pleasant Hill Public Library	18 & up	Thursday	Oct. 8	6-7:30 p.m.	FREE	Oct. 1

PROFESSIONAL DEVELOPMENT

Grant Writing

This course will be an extensive overview of the grant making process. Objectives include how to locate grant sources, learn basic grant writing skills, and tips for successful grants. Denise Hotopp, Vice President of Operations for Visiting Nurse Services, has over 20 years of grant writing experience. Her work experience includes 15 years in writing grants and managing the bidding/selection process. She has also been an adjunct instructor at Upper Iowa University for 11 years and was awarded the Teacher of the Year Award in 2003-04. She has also taught courses at DMACC and University of Nebraska at Omaha. This is a great professional development opportunity for employees!

Instructor: Hotopp

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
1601	HS Room N164	18 & up	Thursdays	Sept. 24-Oct. 8	6:30-8:30 p.m.	\$79	Sept. 17

READING & WRITING

Book Club

Join the club! Here is your chance to share your thoughts and hear others' input on great books. Meet other community members and explore exciting genres. There is no cost for participating and the club reads one book per month. The club decides on the book a month in advance. The Pleasant Hill Library tries to supply the book for FREE for all participants. For more information, contact the Pleasant Hill Library at (515) 266-7815 or phlib@pleasanthill.lib.ia.us.

Program #	Location	Ages	Day(s)	Time	Cost
none	Pleasant Hill Public Library	18 & up	Fourth Monday of each month	7 p.m.	FREE

SPORTS & GAMES

Golf Lessons

Participate in a life-long activity! Learn stances, club grips, swinging, pitching, putting, the differences in clubs, and basic rules of the game. Instruction will begin on the driving range and participants will eventually practice on the course. Participants are encouraged to bring their own golf clubs, but extra clubs may be available. Please note when registering if you do not have clubs. In case of inclement weather, class will be made-up the following day (Tuesday).

Instructor: Bengfort

Program #	Location	Ages	Day(s)	Date	Time	Cost	Deadline
1901	Terrace Hills Golf Course	12 & up	Mondays	Sept. 14-Oct. 19	5:30-7:30 p.m.	\$59	Sept. 9

HOW DO I REGISTER?

In Person or By Mail

Office hours are 8 a.m. to 4:30 p.m., Monday through Friday.
Central Place
Family Resource and Community Education Center
6540 NE 12th Ave.
Pleasant Hill, IA 50327

By Fax

Fax a completed form with VISA, MasterCard or Discover card number and expiration date to 515-266-3056 between 8 a.m. and 4:30 p.m.

By Phone

Call in your program registration with your VISA, MasterCard or Discover number to 515-266-6795 between 8 a.m. and 4:30 p.m.

Online

Online registration is available 24/7 at www.centralplace.org or www.se-polk.k12.ia.us



Register Early

- Registration is required for all programs and is taken on a first-come basis.
- Some programs fill quickly, so please register early to ensure a spot. This also helps determine if there are enough participants to hold the program.
- If registering close to the start of program, call to confirm if space is still available.

Confirmations

- Registration and payment confirmations will be provided on request only.

Refunds and Cancellations

- Refund requests must be made before the next program session is held.
- There will be a \$5 administration fee per program on all refunds.
- Full fee returned if Central Place cancels the program.
- Central Place reserves the right to cancel programs. Programs will be cancelled if there is insufficient enrollment.

Supply Lists

- If a supply list is required for your program, please request list when registering.

Scholarships

- Scholarships may be available for youth programs. Call 515-266-6795 to learn more.

Questions?

- Please call Central Place at 515-266-6795 with questions or for more information about a particular program.