

# SOUTHEAST POLK COMMUNITY EDUCATION

## Winter 2009-10 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. Participants must be 48 inches to the chin in order to stand on the bottom of the pool.

Instructor: Pray

\*\*No class January 14, 25

Cost	Ages	Location	Days
\$53.00	12+	HS Pool	Mon./Thurs.
Program#	Time	Date	Deadline
122	6:00 - 7:00 p.m.	Jan. 11 - March 11	Jan. 4
123	7:00 - 8:00 p.m.	Jan. 11 - March 11	Jan. 4

#### 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

Cost	Ages	Location	Days
\$31.00	6 months - 6 years	HS Pool	Wednesdays
Program#	Time	Date	Deadline
133	6:15 - 6:45 p.m.	Jan. 13 - March 3	Jan. 6
134	7:00 - 7:30 p.m.	Jan. 13 - March 3	Jan. 6

### ARTS & CRAFTS

#### Scrapbooking-Beginner

Get your creative juices flowing! Learn all of the basics of scrapbooking that will allow you to create beautiful hand-crafted scrapbook pages and gifts to share with family and friends. Participants will discover various inks, adhesives, themes, layouts and templates, stamping techniques, and more. Most importantly, everyone will have FUN! Participants will receive a great value with over 13 hours of classroom instruction!

Instructor: Workman

Cost	Ages	Location	Days
\$75.00	12+ (9-11 with parent)	HS Room #S107	Mondays
Program#	Time	Date	Deadline
201	6:30-8:00 p.m.	Jan. 11 - March 8	Jan. 4

\*Participants will be required to purchase supplies and will receive a supply list at the first class. Supplies will cost approximately \$24.00

### 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

Cost	Ages	Location	Days
\$19.00	18+	HS Room #N164	Tuesdays
Program#	Time	Date	Deadline
302	7:00 - 9:00 p.m.	Feb. 2, 9	Jan. 26

### LANGUAGES

#### Spanish

An introductory program for individuals and families to explore the Spanish language. Participants will learn basic words, phrases, greetings, conversation, food, and more. This program is applicable for all ages to learn. A great opportunity to learn something new and interact with others!

Instructor: Wilson

Cost	Ages	Location	Days
\$52.00 individual \$26.00 each (for third or more family member)	All	JH Outdoor Pod #3	Tuesdays
Program#	Time	Date	Deadline
1201	6:30 - 8:00 p.m.	Jan. 12 - Feb. 16	Jan. 5

### DANCE

#### Ballroom Dancing -Beginner

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

Cost	Ages	Location	Days
\$60.00 per person	14+	JH Cafeteria	Wednesdays
Program#	Time	Date	Deadline
503 (Session 1)	7:00 - 8:30 p.m.	Jan. 13 - Feb. 10	Jan. 6
504 (Session 2)	7:00 - 8:30 p.m.	March 24 - April 21	March 17

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### EXERCISE & FITNESS

#### 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! 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

Cost	Ages	Location	Days
\$25.00 Individual \$12.50 each (for third or more family member) FREE to SEP students (first session ONLY)	7+	Alt. East Gym	Tues./Thurs.

Program#	Time	Date	Deadline
603 (Session 1)	6:45 - 8:00 p.m.	Dec. 17	Dec. 10
604 (Session 2)	6:45 - 8:00 p.m.	Feb. 18	Feb. 11

#### 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. Practice 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

Cost	Ages	Location	Days
\$49.00	18+	Alt. East Gym	Mon./Wed.

Program#	Time	Date	Deadline
605	7:00 - 7:50 p.m.	Jan. 11 - Feb. 17	Jan. 4

### HEALTH & WELLNESS

#### Weight Loss

Lose weight the healthy way with Elizabeth, Registered Dietitian. Learn how to shop healthy, cook healthy and make healthy lifestyle changes that will sustain you for a life time. This ten week program will include a variety of topics, recipes, and samples of healthy foods. Register today and discover a healthier new you!

Instructor: Pohlman

Cost	Ages	Location	Days
\$107.00	18+	Alt. Hy-Vee Club	Thursdays

Program#	Time	Date	Deadline
801	6:00 - 7:00 p.m.	Jan. 7 - March 11	Dec. 31

#### Adult CPR/Child & Infant CPR/First Aid

This nine hour program prepares participants to respond to breathing and cardiac emergencies in adults, children and infants, as well as how to apply basic precautions to reduce the risk of disease transmission during and after providing care. The course is based on real life rescue scenarios and lessons that reinforce decision-making skills. In this course, participants learn to respond to cardiac and breathing emergencies using one and two person CPR, rescue breathing, and an automated external defibrillator (AED). The registration fee includes the reference book. An American Red Cross certificate will be provided upon completion of the program.

Instructor: Stiles

Cost	Ages	Location	Days
\$74.00	12+	HS Room #5177	Wednesdays

Program#	Time	Date	Deadline
802	6:00 - 9:00 p.m.	Jan. 27 - Feb. 10	Jan. 8

#### Mental Health First Aid

This is a valuable opportunity for community members to discuss mental health disorders, how to recognize symptoms and how to provide initial help. The aim of the course is to increase awareness and decrease the stigma of mental health concerns. The course is designed for lay people; it will not make you a mental health professional or therapist. It will provide you with basic knowledge and simple tools to address some of the mental health concerns we are experiencing in today's society.

Instructor: Wing, Sterk, and Strosahl

Cost	Ages	Location	Days
\$19.00	18+	HS Room #N165	Tues./Thurs.

Program#	Time	Date	Deadline
803	6:00 - 9:00 p.m.	Jan. 19 - 28	Jan. 12

### K - 6TH GRADE

#### Raising Readers

Reading with your child is critical to reading success. What if your child doesn't like to read, refuses to read, or is just plain reluctant to read? What can you do to encourage reading? Once a child begins to struggle with reading the less that child will want to read, and the less they read, the more they fall behind. The odds of your child becoming a successful reader if he/she already is not by the third grade, are very slim. It is vital to intervene at an early age! The answers to these questions and a wide variety of skills that parents can use will be provided in this program. This program is for parents of K-6 graders.

Instructor: Hinze

Cost	Ages	Location	Days
\$19.00	Parents of K-6	Cent. Media Center	Tuesdays

Program#	Time	Date	Deadline
1001 (Session 1)	6:30 - 8:00 p.m.	Jan. 19, 26	Jan. 12
1002 (Session 2)	6:30 - 8:00 p.m.	Feb. 23, March 2	Feb. 16

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### 7TH - 12TH GRADE

#### Childcare/Babysitter's Training

The new Babysitter's Training program has been updated, expanded and redesigned for today's babysitters. This program gives youth 11-15 years old\* the skills and confidence to be a great babysitter by learning how to: be a good leader and role model, make good decisions, care for and understand kids, respond in an emergency, perform basic child care and first aid, and write a resume and interview for a job. Upon successful completion of this course, the student will receive an American Red Cross Babysitter's Training certificate which is valid indefinitely. Please bring a sack lunch.

Instructor: McAllister

Cost	Ages	Location	Days
\$59.00	11-15	Altoona Campus	Saturday

Program#	Time	Date	Deadline
1105	9:00 a.m. - 4:00 p.m.	Feb. 13	Feb. 6

\*Youth under the age of 11 may enroll in the class but will not receive their certificate until their 11th birthday. Youth age 10 and under must be accompanied by a legal guardian.

#### Learning Styles

Learn information about the different ways that people learn and what that means for you, as a parent, as you work with your child. As a student, learn about the different ways that people learn and how to incorporate your preferred style into your everyday studies.

Instructor: Sylvan Learning

Cost	Ages	Location	Days
\$5.00	Parents/Students 6th Grade+	HS Room #N165	Wednesday

Program#	Time	Date	Deadline
1103	6:30 - 7:30 p.m.	Jan. 13	Jan. 6

#### ACT Prep

This comprehensive ACT preparation program includes an initial assessment and practice exam sessions, materials, registration, conferences, twenty-four hours of instruction, and access to on-line reviews/practices. The program also offers a full skills assessment in Reading, Math or Study Skills. This is a valuable opportunity to help to get your child into college and the overall assessment will be a strong indicator of their success!

Instructor: Sylvan Learning

Cost	Ages	Location	Days
\$429.00	Grades 9 - 12	HS Room #N164	Wednesday

Program#	Time	Date	Deadline
1104	6:00 - 9:00 p.m.	Jan. 13 - March 3	Jan. 6

\*The normal price at Sylvan is approximately \$600

### 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. Be sure to call for available times.

Instructor: Walker

Cost	Ages	Location	Days
\$20.00 per 30 min. \$80.00 per session	9+	HS Room #S126	Wednesdays

Program#	Time	Date	Deadline
(Session 1 - 4 lessons) Lessons are 30 min.	4:00 - 8:00 p.m. (call for available times)	Jan. 13 - Feb. 3	Jan. 6
(Session 2 - 4 lessons) Lessons are 30 min.	4:00 - 8:00 p.m. (call for available times)	Feb. 10 - March 3	Feb. 3

#### Voice 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. Be sure to call for available times. This program is open to all Junior High and Senior High students as well as adult community members.

Instructors: Helm and Purcell

Cost	Ages	Location	Days
\$22.00 per 30 min. \$132.00 per session	Junior High+	HS Room #S126	Session 1 Tues. Session 2 Wed.

Program#	Time	Date	Deadline
Sessions 1 or 2 - (6 30 min. lessons)	Noon - 3:30 p.m. (HS students only) 3:30 - 8:00 (JH, HS and 18+)	Jan. 19 - Feb. 24	Session 1 Jan. 12 Session 2 Jan. 13

### READING & WRITING

#### Book Club

Join the club! Here is your chance to share your thoughts and hear other's 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

Cost	Ages	Location	Days
FREE	18+	PH Library	Fourth Monday

Program#	Time	Date	Deadline
none	7:00 p.m.	Occurs Monthly	none

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### 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 of 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

Cost	Ages	Location	Days
FREE	18+	PH Library	Thursday
Program#	Time	Date	Deadline
1403	6:00 - 7:30 p.m.	Feb. 18	Feb. 11

### SPECIAL INTEREST

#### **Dog Obedience**

Are you having trouble with the come, sit, down, stay and heal commands? This fun and enjoyable program will help teach your dog all of these commands and more! You can make your dog a more enjoyable part of your family for years to come. Participants will be required to furnish a training collar. Training collars will be available for purchase for \$20.00 from the instructor at the first class.

Instructor: Childs

Cost	Ages	Location	Days
\$119.00	10+	JH Room #304 PH Doanes Park	Mondays at JH Sundays at Park
Program#	Time	Date	Deadline
1801	6:30 - 8:00 p.m.	Jan. 11, 18, 25 Feb. 1, 8, 14, 22 March 1, 8, 14	Jan. 4

### 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: A Family Resource and Community Education Center  
6540 NE 12th Ave, Pleasant Hill, IA 50327

#### **By Phone**

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

#### **Online**

Online registration is available at [www.centralplace.org](http://www.centralplace.org) or [www.se-polk.k12.ia.us](http://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/Refunds/Cancellations**

Registration and payment confirmations will be provided on request only.

- 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.
- Programs will be cancelled due to weather if school district closes schools.

#### **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 266-6795 to learn more.

#### **Questions?**

Please call Central Place at 266-6795 with questions or for more information.