

2022 Spring **Community Education** Classes

All Classes at Heritage High School

saginaw.revtrak.net

www.stcs.org/comed

(989) 797-1847

Information

- Online registration** Registrations are on a first-come first-serve basis. Registration paid in full is required for class participation. Adult classes are open to everyone age 18 and older. Online registration is at saginaw.revtrak.net
- Register by phone** Call Community Education at 989-797-1847 and use your credit card. Monday - Friday, 8 am - 4:30 pm.
- Register in person** Come to our office located in the Board of Education office at Heritage High School, 3465 N. Center Rd. Hours are Mon. - Fri., 8 am - 4:30 pm. Pay by cash, check, money order or credit card. Make checks payable to STCS.
- Confirmations** Once registration is completed, participants will only be notified if a class is cancelled or changed. If you are not notified in advance, the class will be held as scheduled.
- Refunds** Full refunds will be made if the class is cancelled by Community Education. Community Education is a self-supporting program. Classes cannot be run at a deficit. ALL refunds must be requested at least 3 days before the start of a class. A \$4 processing fee will be charged for dropped classes. Non-credit card refunds will be paid by check within 21 days.
- About our classes** | The majority of our Community Education classes are taught by instructors who would like to share a particular hobby, skill, or information. Please understand that the content disseminated in the classes is the opinion of the instructors, not content provided by Saginaw Township Community Schools or Community Education. Please contact Steve Elliott, Director of Community Services (saelliot@stcs.org or 989-399-8029) if you have any questions or comments about the classes you took!
- Classes with a supply fee** | Please pay the instructor the night of the class via cash or check.

INSTANT POT COOKING

Do you have an electric pressure cooker? Is it still in the box because you do not know what to do with it? Come learn some new cooking techniques and get a ton of great recipes and meal suggestions! No matter what brand your cooker is, you will learn new ways to use it. There are three class sessions: Appetizers, Dinners, and Desserts. You will leave with full knowledge of how to use, care for, and cook with, this kitchen miracle. Instructor: Lisa Brown.

Register by: April 21st

Days: Thursdays Dates: April 28th - May 12th
Time: 6 - 7 PM Class Fee: \$30



Register at saginaw.revtrak.net or call us at 989-797-1847



SCUBA DIVING 18+

Scuba diving! Wondering what all the excitement is about? What's the attraction that pulls divers into the aquatic world? Join Dive & Glide to try scuba and discover for yourself just what scuba diving can do for you! During the session, you'll don a full set of scuba gear under the guidance of Dive and Glide's professional scuba instructors. You'll learn a few basics and likely find a new passion. This event is open to everyone ages 18 and older. Each participant will need to bring their own swimsuit and towel. Dive & Glide will provide all other gear. Advanced registration is required. Dive & Glide Student Participation/Medical Form and Waiver must be completed prior to the session date and is to be submitted at <https://www.diveandglideinc.com/forms>. This class is one session long.

Instructor will be from Dive and Glide. Time: 6:30 - 9 PM Class Fee: \$30

Choose any of the 3 dates

Monday, April 25th: Register by April 19th
Thursday, April 28th: Register by April 21st
Monday, May 9th: Register by May 3rd

CHAIR YOGA

These classes will focus on balance, strength, flexibility, good breathing habits, concentration, and relaxation. You deserve all the benefits you will gain from Yoga. Wear loose, comfortable clothes. Props will be provided when needed. Everyone is welcome! Instructor: Anna Robles, RYT500 Certified Yoga Teacher with 20 years teaching experience.

Days: Tuesdays Dates: April 19th - May 24th Time: 5:15 - 6:05 PM Class Fee: \$48

NEW YOU YOGA

These classes will focus on balance, strength, flexibility, good breathing habits, concentration, and relaxation. You deserve all the benefits you will gain from Yoga. Wear loose, comfortable clothes. Props will be provided when needed. Everyone is welcome!

Instructor: Anna Robles, RYT500 Certified Yoga Teacher with 20 years teaching experience.

Days: Tuesdays Dates: April 19th - May 24th
Time: 6:30 - 7:30 PM Class Fee: \$58
Days: Thursdays Dates: April 21st - May 26th
Time: 6:30 - 7:30 PM Class Fee: \$58



EXPRESSIVE EMOTIONAL PAINTING

Have you ever wanted to try out emotional painting? Now is your chance in this three-week class! I will guide you through colors of emotions and have optional prompted sessions to help get you started in a wonderful way to express creativity, but also to let pent up emotions out. No artistic skills needed, and everything will be provided. We will be working in the medium of Acrylic on Canvas. Everyone needs some self-care sometimes, so come join me for an emotional good time! This class is three sessions long. Instructor: Katie Hollingsworth. Supply fee of \$30 payable to instructor first night.

Days: Thursdays Dates: April 28th - May 12th
Time: 6 - 8 PM Class Fee: \$30

SUBLIMATION 101

Are you a crafter? Do you primarily use vinyl and are tired of weeding? Or are you just looking for a new way to offer new products to clients and/or yourself? This is the class for you! Sublimation is a quick and easy way to permanently add images to items. I will give you the knowledge you need to make beautiful items. Please bring an iPad or laptop with you to class to use. Supply fee is for access to a stash of images, blank tumblers, puzzle pieces, and a shirt in your size. This class is two sessions long. Instructor: Quiesha Fuller. \$40 supply fee paid via cash or check. Time: 6 - 8 PM. Class Fee: \$24

Register by: April 19th

Days: Tuesday and Thursday

Dates: April 26th - April 28th

Where Does My Class Meet?

At Heritage, our night staff person has a schedule of rooms who will help you find your class!

Register at saginaw.revtrak.net or call us at 989-797-1847

BUDGETING 101

Get control of your money and tell it where to go instead of wondering where it went! Offer assistance on creating a financial plan for a defined period which should result in greatly enhancing the success of any financial undertaking. This class is one session long. Instructor: Brittany Mason.

Day: Tuesday Date: April 19th
Time: 6 - 7:30 PM Class Fee: \$18



INTRODUCTION TO FINANCIAL LITERACY

Learn about financial literacy and how to make better money decisions moving forward. Financial literacy is the confident understanding of concepts including saving, investing, and debt, that leads to an overall sense of financial well-being. This class is one session long. Instructor: Brittany Mason.

Register by: May 11th

Day: Tuesday Date: May 17th
Time: 6 - 7:30 PM Class Fee: \$18



MICROSOFT EXCEL FOR BEGINNERS

In this class, students will learn how to use basic formulas, tables and charts, filtering, and grouping of data in Excel. This class assumes that you have not worked with Excel in the past and are new to manipulating data. No additional requirements. This class is six sessions long. Instructor: Anthony Joles.

Days: Thursdays Dates: April 14th - May 19th
Time: 6:30 - 8 PM Class Fee: \$44

If you don't get a phone call from us after registering, it means your class is a go!
You will only hear from us if the class is cancelled.

After the registration deadline, you may still be able to register
by phone if a class is still running and space is available!