

2022 FALL Community Education Classes

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.
- Waiting list** When a class reaches maximum capacity, participants will be placed on a waiting list. People on the waiting list will be contacted if space becomes available.
- 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. We encourage instructors to provide content pertinent to the class that will be of a benefit to the participants. 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.

SAGINAW TOWNSHIP COMMUNITY SCHOOLS FOUNDATION

Thanks to the generosity of parents, staff, area residents, and business owners each year, the STCS Foundation is able to **award grants** for projects that enhance educational opportunities for STCS students of all grades. It **funds enrichment projects** that cannot be included in the regular STCS budget. Students at all STCS schools benefit from these grants.



Please make your contribution to the STCS Foundation:

- online at <http://saginawfoundation.thankyou4caring.org/stcsf>
- through United Way by designating the Saginaw Township Community Schools Foundation

TAI CHI & QIGONG FOR HEALTH

Tai Chi and Qigong is beneficial for good health, energy and enjoyment. Transform your quality of life with Tai Chi and Qigong as millions of Chinese have. You will get a satisfying workout emphasizing balance, joint mobility, circulation, endurance, and a sensation of energy (Chi). It is a physical activity that you can easily maintain. It is believed the slow-paced "meditation in motion" of Tai Chi is a promising addition to regular heart care as an option for those unable to engage in other forms of physical activity. Wear comfortable clothing. Instructor is Jim Bush.

Register by: Sept 27

Location:	Arrowwood Conference Center	Day(s):	Wednesday(s)
Time:	6 - 7 PM	Date(s):	Oct. 5 - Nov. 9
Class Fee:	\$38		

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. Instructor: Anthony Joles.

Register by: Sept. 27

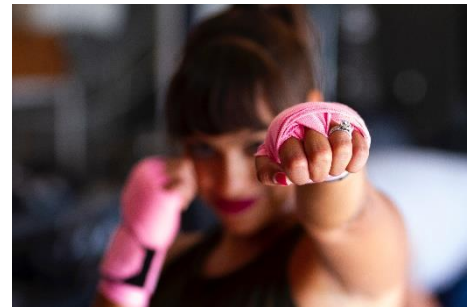
Location:	Heritage High School	Days:	Thursdays
Dates:	Oct. 6 - Nov. 3	Time:	6:30 - 8 PM
Class Fee:	\$44		

SELF DEFENSE FOR ADULTS

Learn basic self-defense techniques and a basic fitness regimen to boost your self-confidence. Wear loose-fitting clothing and comfortable shoes. Instructor is John Vasquez of Gold Medal Martial Arts who has years of experience teaching the martial arts.

Register by: Sept. 27

Location:	Sherwood Gym		
Days:	Thursdays	Dates:	Oct. 6 - Oct. 27
Time:	7:30 - 8:15 PM	Class Fee:	\$35



MARTIAL ARTS FOR KIDS – AGES 5-10

These classes will focus on self-defense, fitness and discipline. Instructor is John Vasquez of Gold Medal Martial Arts who has years of experience teaching the martial arts.

Register by: Sept. 27

Location:	Sherwood Gym		
Day(s):	Thursday(s)	Date(s):	Oct. 6 - Oct. 27
Time:	6:30 - 7:15 PM	Class Fee:	\$35

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by phone if a class is still running and space is available!

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GUIDED MEDITATION

Come join us with 20-30 minute guided meditation sessions. Sessions will not start exactly at 6:30, there will be a few minutes for participants to come in and get settled, but PLEASE BE ON TIME. Late comers are disruptive, and there need to be very minimal distractions for the benefit of the group. Wear comfortable clothing, bring own floor cushion or yoga mat, and a positive attitude. Instructor: Vanessa Salogar

Register by: October 13

Location:	Sherwood Theater	Days:	Wednesdays and Thursdays
October 19 & 20:	Pranayama meditation, music meditation		
October 26 & 27:	Pranayama meditation, chakra meditation		
November 2 & 3:	Pranayama meditation, mindfulness meditation		
November 9 & 10:	Pranayama meditation, visualization meditation		
Time:	6:30-7:30	Class Fee:	\$59

CHAIR YOGA

You've heard about all the benefits of yoga. If getting down on the floor is difficult for you, try CHAIR YOGA! In this modification of regular yoga, the moves and exercises are done entirely from the chair, hanging on to the chair and standing with the chair, with grace and ease. We will be working on breathing exercises, strength, balance, and flexibility. All of these factors are vital for functionality of the body, staying pain-free, and improving the quality of life. Everyone is welcome! Instructor: Anna Robles, RYT500 Certified Yoga Teacher with 20 years teaching experience. **Register by: Sept. 19**

Location:	Heritage High School Media Center	Days:	Tuesdays	Dates:	Sept. 20 - Oct. 25
Time:	5:15 - 6:05 PM	Class Fee:	\$48		

NEW YOU YOGA - Tuesday's class

Beat the pandemic doldrums by joining this gentle Yoga class designed to help you rejuvenate physically and mentally. We will practice the basic foundations of Yoga: proper alignment, breathing, sitting, standing, and reclining poses. You will master fundamental Yoga poses and you will stretch yourself out, breathe better and move more flexibly. Your energy, balance, and strength will increase to improve your daily life. Please wear loose, comfortable clothes and bring a Yoga mat to class.

Instructor: Certified Yoga Instructor Anna Robles

Register by: Sept. 19

Location:	Heritage High School Media Center	Day(s):	Tuesday(s)
Date(s):	Sept. 20 - Oct. 25	Time:	6:30 - 7:30 PM
Class Fee:	\$58	Min/Max:	8/18



NEW YOU YOGA - Thursday's class

You can wave goodbye to your bad backs, aching muscles and stiff bodies. This gentle, but awesome Yoga class will take two styles of Yoga and fuse them into one: Hatha Yoga and Yin Yoga. In this combined practice we will incorporate movement, breathing and stretching exercises designed to strengthen bodies, calm minds and reduce stress levels. You will leave class feeling energized and relaxed. Please wear loose, comfortable clothes and bring a Yoga mat to class. Instructor: Certified Yoga Instructor Anna Robles

Register by: Sept. 19

Location:	Heritage High School Media Center		
Days:	Tuesdays	Dates:	Sept. 20 - Oct.25
Time:	6:00 - 7:00 PM	Class Fee:	\$58

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You will only hear from us if the class is cancelled.



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.

Register by: October 6

Location: Heritage High School

Days: Tuesdays Dates: October 11 - 25

Time: 6 - 8 PM Class Fee: \$30

BEGINNING UKULELE

The ukulele is one of the happiest instruments to play and it's easy to learn. The primary objective of the class is to have fun while learning! This beginner-level course will cover basic ukulele techniques, chords, tuning, song accompaniment, and a lot of actually playing songs. You'll even know a few songs by the end of the first class. Students should bring a ukulele to the first class if they have one. We will talk about what to look for when buying a uke. SUPPLY FEE: \$10 paid to instructor first night of class. Instructor: Johnny Hunt, developer of the PEANUT ukulele curriculum (People Every Age Need Ukulele Training!)



19F117-1 Register by: Sept. 29

Location: Heritage High School

Day(s): Tuesday(s)

Date(s): Oct. 4 - Nov. 8

Time: 6:30 - 8:00 PM

Class Fee: \$79



WHOLE FOOD PLANT BASED LIFESTYLE...what's that all about?

Curious about what all the talk about eating a plant-based diet could do for you? Come learn what this way of eating consists of, why you want to adopt this lifestyle, and how to get started. Three sessions that will cover everything you need to know to move forward with improving your health and regaining your energy and stamina! Instructor: Teri Yunus, Health and Wellness Coach, Plant-Based Nutrition Certificate.

19F117-1 Register by: October 19

Location: Heritage High School

Day(s): Tuesday(s)

Date(s): Oct. 25 - Nov. 8

Time: 6:30 - 8:00 PM

Class Fee: \$79



RESUME WRITING COURSE

The resume writing course will be a resourceful tool for our community. This course will be divided into four, one hour, sessions targeting high school/college seniors, as well as those seeking career changes.

First, the course will educate on what a resume is and the importance of creating a resume. We will discuss how interviewers use resumes to fill job openings. Secondly, once we have a foundation of the basics, we will move into real life examples of resumes that have been submitted for jobs by real

people and critique for visual learners. Third, we will collectively review several current job postings and the job descriptions to discuss how this crucial step is necessary for both the company and job seeker.

The class allows for hands-on involvement. Therefore, we will put it all into action by creating a physical resume based on a real world current job's description posting. Then we will learn how to transform the resume we created, based on the roles and requirements of other positions as well.

This information is necessary for anyone seeking a job in a market as such. I am currently hiring and I view many resumes each day. Instructor: Erica Agbor recognize that there is a need for this course and I hope that you do as well. **Register by: Sept. 27**

Location: Heritage High School Days: Wednesdays
Dates: October 5 - 26 Time: 7 - 8 PM
Course Fee: \$120

FRENCH CONVERSATIONAL / FUNDAMENTALS

French conversation class/activities to develop your ability to speak French. Students will engage in listening and speaking activities in French to improve their comprehension and speaking fluency. For ages 15 and older.

Instructor: Majoline Noumi

Register by: September 28

Location: Heritage High School Day(s): Tuesday(s) & Thursdays
Date(s): Oct. 4 - Oct. 27 Time: 6:00 - 7:00 PM
Class Fee: \$49

GERMAN LANGUAGE AND CULTURE

German Language and Culture will give you a base level of German language knowledge to be able to communicate with German speakers, as well as using the culture of the German-speaking world to explore the language. No prior knowledge of the language is needed!. Instructor: Nolan Hamilton-Kraft.

Register by: October 12

Location: Heritage High School Day(s): Tuesday(s) & Thursdays
Date(s): Oct. 18 - Nov. 10 Time: 6:30 - 7:30 PM
Class Fee: \$49

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

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YOUTH CLASSES

MSPOOKY ART & FALL FUN

Bats & Pumpkins & Ghosts oh my! Nature art and fall creativity abound in this 7-session class! In this class, Ms. Amie Lynn will inspire and guide kids in creating fun seasonal art. In October, we will create 4 'spooky' themed projects using a variety of items to make 3D projects to add a little extra to your Halloween fun. In November we will create 3 nature inspired projects, using sticks, leaves, pinecones, and more. We will explore fun ways to use items in nature to create unique art! This class is best suited for kids grades K-5. A supply fee of \$15 is payable to the instructor the first night of class. Instructor: Amie Lynn.

Register by: Sept. 29

Location:	Sherwood Cafeteria		
Day(s):	Wednesday(s)	Date(s):	Oct. 5 - Nov. 16
Time:	5:30 - 6:30 PM	Class Fee:	\$35

ART & FALL FUN

Come join Ms. Amie Lynn in this 6-week class and create art in the styles of some well-known & classic children's book illustrations! In each class, I will read a story and then we will create a project using that style of art. I will demonstrate the materials and technique the artist used as well as provide other examples to draw inspiration from and then let the kids try their hand at using that style. We will be using scissors frequently so this class is best for children that are able to cut with minimal assistance. This class is best suited for kids grades K-5. A supply fee of \$10 is payable to the instructor the first night of class. Instructor: Amie Lynn.

Register by: Oct. 5

Location:	Sherwood Cafeteria		
Day(s):	Thursday(s)	Date(s):	Oct. 13 - Nov. 17
Time:	5:30 - 6:30 PM	Class Fee:	\$30

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