

## The Morning Hangout for White Pine Middle School students!

For parents who need to drop off their middle school student ahead of the school day start time, the Morning Hangout is available starting at 7:45 AM. Students can be dropped off at the auditorium and there is White Pine staff supervision until students are released to head to class. There is no registration needed. Cost is \$2 per day payable at the door!

## Annual Family Dance for Valentine's Day



K-5 girls & boys! Invite your special adult for a night of music and dancing! Cost includes the DJ, refreshments and a photo booth for picture taking!

**Location: Heritage High School Cafeteria**

**Tuesday, February 14, from 7 - 8:15 pm**

**Photo booth is available starting at 6:45 pm.**

**\$29 for one child; \$19 for additional child**

**\*\*The event is limited to first 80 couples, so please register early!\*\***

**Register at [saginaw.revtrak.net](http://saginaw.revtrak.net) or call 797-1847!**

## Step-By-Step Preschool Child Development Center

Step by Step is a developmentally appropriate program for preschool children ages 3 - 5 years old, located at Arrowwood Elementary. It is licensed by the State of Michigan. There are two programs: a full day (7 am - 6 pm) year-long program (closed holidays) and school-year Enrichment from 8:30-11:30 (closed Fridays). Children must be toilet trained. Enrollment is limited to 35 Full time students and 20 Enrichment students. Current Rates are:

### Full Day

7:00 am - 6:00 pm

4 day minimum

5 Days: \$150

4 Days: \$120

### Enrichment

8:30-11:30 am (closed Fridays)

2 day minimum

4 Days: \$60

3 Days: \$45

2 Days: \$30

The **Open House** for the 2023-2024 Step By Step Preschool Center will be sometime in April. The date and times will be announced at a later date. Visit [www.stcs.org/comed](http://www.stcs.org/comed) or call 989-797-1847 after March 31!



## Community Education K-5 After School Activities Clubs

All five elementary schools have ASAC programs: a safe, fun place for students after school! The ASACs are licensed by the Michigan Department of Health and Human Services. All students must be pre-registered at least 2 days prior to the first attendance date. **Registration forms are at [stcs.org/comed](http://stcs.org/comed).** Each form can be printed out and completed and returned to the Community Education office. Forms are also available at the Community Education office. The address is 3465 N. Center Rd, Saginaw, MI 48603. We are located in the Board of Education office at Heritage High School (North Entrance). A registration fee is due at time of registration (\$25 for an individual; \$30 per family).

The Weekly Schedule and Payment form must be returned, with payment, at each of your individual child's center by 6 pm Thursday the week before attending. If online scheduling and payment is used, you will have until Monday by 8 am of that same week. There is a \$1.75 convenience fee to use online scheduling and payment.

Per Day Pickup Times	Per Day Rate per child
After School until 6 pm	\$10
Half Days	\$11 + Pickup Time fee
Full Days	\$26
Pre-Paid EZ-Passes are available for those who use the program on a periodic basis and have pre-registered their child. Passes may be purchased at the individual centers. EZ-Passes are good for emergencies also. Rates are listed below.	
After School Days:	\$15/day (can be used for any after school day, but not same day)
Half days - AM or PM:	\$25/day (can be used on special half-days of school)
Full days	\$31 (used on no school days when the center is open)

### After School Club - ASC- for White Pine Middle School students!

This club will be open after school until 6 pm each full day school day (not open on half-days of school.) Student are supervised by White Pine staff and can hangout until parent/guardian pick up by 6 pm. There is time to do homework if the student so chooses! Students will also be able to participate in other White Pine activities elsewhere on campus. Parents can schedule the days chosen on a weekly basis. To get details and/or enroll your middle school student, call Community Education at 797-1847. Students must be pre-registered in order to attend. Cost is \$8 per day, paid weekly.

### 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: January 20

Location:	Heritage High School	Days:	Thursdays
Dates:	Jan. 26 - Feb. 23	Time:	6:30 - 8 PM
Class Fee:	\$44		

#### Register by: March 9

Location:	Heritage High School	Days:	Thursdays
Dates:	Mar. 16 - April 20 (no class Mar. 30)	Time:	6:30 - 8 PM
Class Fee:	\$44		

Register at [saginaw.revtrak.net](http://saginaw.revtrak.net) or call us at 989-797-1847



To Register: <https://saginaw.revtrak.net> or call **989-797-1847**

### **Chair Yoga - Tuesday's class - 6 Week Session**

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. Instructor: Certified Yoga Instructor Anna Robles.

#### **Register by: January 19**

Location: Heritage High School Media Center      Day(s): Tuesday(s)  
Date(s): January 24 – February 28      Time: 5:15 – 6:05 PM  
Class Fee: \$48

### **New You Yoga - Tuesday's class - 6 Week Session**

Beat the pandemic doldrums by joining this gentle Yoga class designed to help you rejuvenate physically and mentally. We'll 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: January 19**

Location: Heritage High School Media Center      Day(s): Tuesday(s)  
Date(s): January 24 – February 28      Time: 6:30 – 7:30 PM  
Class Fee: \$58

### **New You Yoga - Thursday's class - 6 Week Session**

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: January 19**

Location: Heritage High School Media Center      Day(s): Thursday(s)  
Date(s): January 26 – March 2      Time: 6:00 – 7:00 PM  
Class Fee: \$58

## **POWER HOUR**

Power Hour is a class catered to everybody. We use a range from body weight to dumbbells to create resistance to build strength, making activities of daily life easier. This class works at the pace of the athlete with regressions and progressions, making it suitable for everybody. Wear comfortable clothing and shoes.

Instructor is Bailey Sieveke. **Register by: January 18**

Location: Sherwood Gym      Days: Tuesday(s)  
Dates: January 24 – February 14      Time: 6:00 – 7:00 PM  
Class Fee: \$35

## 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: January 26**

Location: Sherwood Gym

Days: Wednesday(s)

Time: 7:30 - 8:15 PM

Dates: February 1, 8, 15, 22

Class Fee: \$35

## 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: March 2**

Location: Arrowwood Conference Center

Time: 6 - 7 PM

Class Fee: \$38

Day(s): Wednesday(s)

Date(s): Mar. 8 - April 12

## MARTIAL ARTS FOR KIDS – AGES 6-10

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: January 26**

Location: Sherwood Gym

Date(s): February 1, 8, 15, 22

Class Fee: \$35

Day(s): Wednesday(s)

Time: 6:30 - 7:15 PM

## Community Lifesaving Skills

This class is a family and friend's version of CPR. The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. A \$20 certificate fee is payable to the instructor by cash, Paypal or Venmo the night of class which covers the cost of an e-card send by email.

**Register by January 16**

Location: Heritage High School

Date: January 23

Fee: \$60

Day: Monday

Time: 5:30-8:30 pm

Register at [saginaw.revtrak.net](http://saginaw.revtrak.net) or call us at 989-797-1847

Unlock Your Student's Potential with Doorway to College Foundation™

## **ZAPS® Focused Test Prep**

In this 6 - hour SAT seminar, students will get to:

- Learn tips to improve scores in all subtests
- Practice strategies to eliminate wrong choices
- Take short practice tests that mirror the real test experience
- Reduce test anxiety and gain confidence
- Receive extensive materials for home practice



Our strategy intensive seminar is the perfect companion to content-based test-preparation your student may be utilizing.

### **Register by February 9**

Location: Heritage High School Media Center  
Date: Saturday, February 18, 2023  
Time: 9 am - 3 pm (Doors open at 8:30 am; close at 8:50 am)  
Seminar Fee: \$110

Register at [www.doorwaytocollege.com](http://www.doorwaytocollege.com) or call 877-927-8378



Did you know that Saginaw Township Community Schools' facilities are available for rent through its Community Education Department? Elementary gyms, theaters, and cafeterias are available to small to large groups for week day events after 5:30 pm, as well as weekends. Visit [www.stcs.org/comed](http://www.stcs.org/comed) for details or call Steve Elliott at 989-399-8029!