

2023 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.

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

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	Day(s):	Wednesday(s)
Time:	6 - 7 PM	Date(s):	Mar. 8 - April 12
Class Fee:	\$38		



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: March 1**

Location:	Heritage High School Media Center	Day(s):	Tuesday(s)
Date(s):	March 7 – April 18 (no class Mar. 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: March 1

Location:	Heritage High School Media Center	Day(s):	Tuesday(s)
Date(s):	March 7 – April 18 (no class Mar. 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: March 1

Location:	Heritage High School Media Center	Day(s):	Thursday(s)
Date(s):	March 9 – April 20 (no class Mar. 30)	Time:	6:00 - 7:00 PM
Class Fee:	\$58		

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: March 9

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



RESUME BUILDING COURSE

The resume writing course will be a resourceful tool within our community. This course will be divided into three, one hour, sessions targeting high school/college seniors, as well as those seeking career changes. This course will focus on what a resume is, why it's important, and how to transform your resume based on various job descriptions. We will take everything we have learned in this course and apply it to real world job postings to create a physical resume. It will also give you an opportunity to have your resumes critiqued and to ask questions

about what recruiters are looking to hire in today's job market. Instructor: Erica Agbor

Register by: February 22

Location: Heritage High School - Room 103
Dates: March 1 - March 15
Course Fee: \$30
Days: Wednesdays
Time: 6 - 7 PM

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

RESIN/EPOXY POUR

In this workshop we will teach you how to Resin/Epoxy Pour using alcohol ink and mica powders onto birch hardwood. The hardwood shapes are precut by laser, so the details are amazing! Rocks, crystals, shells, and other accessories are also available for a small fee at the workshop. Add-ons can also be purchased at the event, such as a 6-inch shape for \$15 or a keychain shape for \$5.

A Supply Fee is payable to the instructor at the night of the class. There are three different sizes to choose from: 15 inch for \$30, 18 inch for \$40, or 4 inch for \$43. A page of photos with nine (9) different choices to choose from can be located at www.stcs.org/comed

Call in advance to guarantee your specific size/shape by February 28. Instructor: Tammy-Jenial Walton

Register by: February 24

Location: Heritage High School
Dates: March 2
Class Fee: \$15
Days: Thursdays
Time: 6:30 - 9 PM

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 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 for details or call Steve Elliott at 989-399-8029!