

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



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 3

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 3

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 3

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		

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: March 24

Location:	Sherwood Gym		
Days:	Wednesday(s)	Dates:	April 5, 12, 19, 26
Time:	7:30 – 8:15 PM	Class Fee:	\$35

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: **March 24**

Location:	Sherwood Gym	Day(s):	Wednesday(s)
Date(s):	April 5, 12, 19, 26	Time:	6:30 - 7:15 PM
Class Fee:	\$35		

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

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



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!