

Course Offerings Fall 2010

Special Interests

	<i>Date</i>	<i>Time</i>	<i>Fee</i>
Adult Mixed Media Art	Mon, Oct 4 – Nov 22	6:30 – 8:30 pm	\$64
Knitting for the True Beginner	Mon, Sept 27 – Nov 1	6:30 – 8:30 pm	\$44
Carrabba's	Mon, Oct 4 or Oct 18 Mon, Nov 1 or Nov 15	6:30 – 8:30 pm	\$12
CPR/AED Training	Mon, Sept 27 or Thurs, Oct 14	6:00 – 9:00 pm	\$24
Heartsaver First Aid Training	Tues, Oct 19	6:00 – 9:00 pm	\$19
Traveling on a Budget	Wed, Oct 20	6:30 – 9:30 pm	\$19
How to Use your New Digital Camera	Wed, Oct 13 – Oct 20	6:30 – 8:30 pm	\$19
Creative Photography	Mon, Oct 4 – Nov 1	6:30 – 8:30 pm	\$59

Computer Classes

Intro to Computers	Tues, Oct 5 – Nov 23	6:00 – 8:00 pm	\$89
Computer Virus Protection	Mon, Nov 8	6:30 – 8:30 pm	\$14
Intro to Photoshop Elements	Thurs, Sept 30 – Nov 18	6:30 – 8:30 pm	\$89

College Prep

College Planning (for parents)	Tues, Oct 5	6:00 – 7:00 pm	\$15 (family)
ACT Test Prep	Mon & Wed, Sept 27 – Oct 20	5:00 - 7:00 pm	\$89

Adult Ed - GED

Information on free opportunities including GED classes, learning to read or English for speakers of other languages call 224 -1363!

Retirement & Security

Living Trusts	Tues, Oct 19	6:30 – 8:30 pm	\$12
Basic Estate Planning and Wills	Tues, Oct 12	6:30 – 8:30 pm	\$12
Alphabet Soup of Medicare Insurance	Thurs, Oct 28	6:30 – 8:30 pm	\$12

Language Arts

Spanish: Step 1 – Beginners	Mon, Sept 27 – Nov 29	7:30 – 9:00 pm	\$66
Spanish: Step 2 – Intermediate	Tues, Sept 28 – Nov 30	6:00 – 7:30 pm	\$66
Spanish: Step 3 – Advanced	Tues, Sept 28 – Nov 30	7:30 – 9:00 pm	\$66
Spanish Conversation	Mon, Sept 27 – Nov 29	6:00 – 7:30 pm	\$66

Fitness

Basketball for Men	Mon, Sept 20 – Dec 6	7:00 – 9:00 pm	\$5 per night
Pilates	Mon or Wed Sept 22 – Dec 1	7:15 – 8:05 pm	\$64
Zumba for Women	Mon or Wed Sept 22 – Dec 1	6:20 – 7:15 pm	\$64
Power Yoga & Pilates (Pi-Yo)	Mon, Sept 27 – Nov 29	5:30 – 6:20 pm	\$64
Yoga	Tues, Sept 21 – Dec 7	6:15 – 7:00 pm	\$64

For Fitness Super Discounts call 224-1364 or e-mail rjacoby@bssd.net

Community Kidz

Kidz Co-Ed Basketball	Thurs, Oct 14 – Dec 9	6:00 – 7:30 pm	\$39
Dance! Dance! Dance!	For times and classes, for information please call 224-1364		
Acting Workshop	Mon, Sept 27 – Oct 25 <i>and/or</i> Mon, Nov 1 – Nov 29	7:00 – 8:15 pm	\$49

Messy Science

For information on this cool messy fun, call 224-1364 or e-mail rjacoby@bssd.net

Baby-Sitters Training	Mon, Oct 4 – Oct 18 or Thurs, Nov 4 – Nov 18	6:30 – 8:30 pm	\$29
Growing up Girls (ages 9-11)	Tues, Oct 19	6:30 – 8:30 pm	\$35
Growing up Young Women (ages 12+)	Tues, Nov 16	6:30 – 8:30 pm	\$35

Online Classes

Education to Go

For a complete listing of all courses, please go to: www.ed2go.com/bssdcomed

All Blue Springs Community Education course offerings and descriptions are available by phone, website or e-mail

Special Interests

ADULT MIXED MEDIA ART (ages 16+)

During this 8 week course, you will have the opportunity to experience several artistic platforms. Expand your drawing skills using pencil, pen & ink and pastels; learn water-based painting techniques; and how to assemble beautiful and unique collages from anything. Bring a #2 or HB pencil to the first class. Other supplies needed will be discussed.

Class # 501

Instructor: Deane McMillian

Mon, Oct 4 - Nov 22

8 sessions

6:30 - 8:30 pm

Hall-McCarter, Room 507

Fee: \$64

Deane has a BSE in Art Education and is a retired Art Teacher from the Kansas City and Independence School Districts.

KNITTING FOR THE TRUE BEGINNER

Knitting is the number one craze sweeping the nation! This class will teach you all the basics of knitting, so you can enjoy making projects and gifts with the personal touch. You will learn to read a pattern, cast on, bind off, purl, and other basics needed to enjoy this fun and relaxing art form. All supplies will be furnished for a \$12 supply fee payable to the instructor. Great stress reducer and fun hobby for the young or old, male or female.

This class fills up quickly, so call early. Limit: 8

Class # 529

Instructor: Joan Sickles

Mon, Sept 27 - Nov 1

6 sessions

6:30 - 8:30 pm

Hall-McCarter, Room 304

Fee: \$44

Joan learned to knit while living in England and has been knitting for 48 years. She has shared her talent by teaching others this art form for 25 years.

HOOKED ON CROCHET

Get ready to cozy up by the fire this winter with a crochet hook and some yarn. This beginners class will start by making two dish cloths to learn all the basic stitches... chain, single, double, half-double, and treble. From there, you will choose your own project and be on your way to making afghans, scarves, hats, dresses, baby clothes, purses, decorations, or whatever you can imagine. Starter supplies will be furnished for a \$12 supply fee payable to the instructor. Limit: 8

Class # 511

Instructor: Carrie Burlingame

Tues, Oct 5 - Nov 9

6 sessions

6:30 - 8:30 pm

Hall-McCarter, Room 304

Fee: \$44

Carrie has been crocheting for years and loves to share her talent with others. She learned how to crochet from her grandmother when she was a little girl.

MAKE MONEY MYSTERY SHOPPING!

Love shopping? Like to earn a little extra cash? Learn how to get paid for eating at great restaurants, staying in fine hotels, shopping at upscale department stores, and more! Almost anyone can fit mystery shopping into their time schedule. You will learn the step-by-step process of entering the business and getting mystery shopping assignments from the best-paying companies, plus how to get add-on jobs to increase your income! You will learn about the different job certifications, the actual job process, types of mystery shops, sample evaluation forms, pay and Paypal, how to do your own research to find the best paying companies, and Sherry's favorite companies to work for. Don't miss this exciting opportunity to learn about a rewarding career from someone who entered the business just like you.

Class # 327

Instructor: Sherry Coldsnow

Wed, Oct 6 & 13

2 sessions

6:30 - 8:30 pm

Hall-McCarter, Room 308

Fee: \$29

Sherry has been a mystery shopper for years and loves sharing her knowledge about this fun way to make extra money.

Special Interests



Carrabba's is back! Chris Booth, owner and manager of Carrabba's will be teaching you how to make another delicious dish we can tell you about when you call to enroll. At press time, Chris hadn't decided what he

wanted to do, but Carrabba's always delivers great recipes with great entertainment to go along with it! This is a fun, hands-on cooking class with plenty of food for everyone. **CALL EARLY!** First come, first served. Classes are limited to 15 and always fill up fast!
Hall-McCarter, Room 501 6:30 - 8:00 pm Fee: \$12/person

The following classes are reserved for those who have never taken a Carrabba's class before...

Class # 621 Mon, Oct 4 or **Class # 622** Mon, Oct 18

The following classes are open to everyone...

Class # 623 Mon, Nov 1 or **Class # 624** Mon, Nov 15

HOMEMADE ITALIAN GRINDERS & PASTA SALAD!

Back by popular demand! Hungry for Italian? Join Mama Renise in learning to make homemade Italian Grinders and pasta salad, similar to those made at Mario's Deli, formerly in Westport. The restaurant is gone, but not forgotten. Mouth-watering Italian sausage or meatballs, smothered in marinara sauce with mozzarella cheese on an Italian roll baked on a stone with a side of homemade pasta salad... sound delicious? Keep the tradition alive! Bring a healthy appetite and learn hands-on to make these favorites for your family. An \$8 supply fee will be payable to the instructor.

Class # 619 Instructor: Denise Haglund
Tues, Oct 12 6:30 - 8:30 pm
Hall-McCarter, Room 501 Fee: \$12 (+ \$8 supply fee)

Denise is a Registered and Licensed Dietitian, FACS teacher at Valley View High School and mom of four, who enjoys cooking.

CPR/AED TRAINING (ages 15+)

CPR can double a victim's chance of survival by maintaining vital blood flow to the heart and brain until more advanced care can be given. This course teaches basic techniques for adult and child cardiopulmonary resuscitation and obstructed airway. It includes information, signs and signals of heart attack, stroke, and first aid for choking. This is a participation class... come ready to perform techniques on provided individual manikins. American Heart Association Certification Card given upon successful completion of class.

Certified Instructor: Diana Arrowsmith
Classes held at Hall-McCarter, Room 209 6:00 - 9:00 pm Fee: \$24

Class # 806 Mon, Sept 27 or **Class # 807** Thurs, Oct 14

Diana is a Certified CPR Instructor and has been teaching CPR for the past 6 years.

HEARTSAVER FIRST AID TRAINING (ages 15+)

This course is for anyone wanting to be prepared to respond to emergencies and has been developed by the American Heart Association using the same evidence-based process as all AMA courses. It includes information, signs and signals of heart attack, stroke, first aid for choking, bleeding, and environmental emergencies. This is a participation class... come ready to perform techniques on provided individual manikins. American Heart Association Certification Card given upon successful completion of class.

Class # 805 Certified Instructor: Diana Arrowsmith
Tues, Oct 19 6:00 - 9:00 pm
Hall-McCarter, Room 209 Fee: \$19

Special Interests

TRAVELING ON A BUDGET

You don't need a lot of money to travel well. What you know is more important than what you have in your wallet. In this travel workshop, you will get hands-on experience researching the top travel blogs, travel message boards and on-line travel forums. You will find out the many ways to save money when traveling and get a better hotel room, lower air fares, fancier cruises, newer rental cars, and many other amazing bargains and travel secrets to get you the best travel experiences at the best prices. Learn how to have a 5 Star holiday on a 2 Star budget! Come have some fun and learn all the angles, strategies and details to save money and feel smarter when you are traveling. Basic computer and internet skills required.

Class # 312 Instructor: Sherry Coldsnow
Wed, Oct 20 6:30 - 9:00 pm
Hall-McCarter, Room 308 Fee: \$19

Sherry loves sharing her methods of having fun and saving money while traveling.

HOW TO USE YOUR NEW DIGITAL CAMERA

This class is the perfect place to learn basic camera skills in order to capture priceless memories. If that Christmas present or birthday gift is still in the box, you need this class! If you're not sure which end to point, you are not alone! Instead of just buying postcards for your scrapbook, take this *beginners* class and learn how to use a simple point and shoot to a single lens reflex camera. After exploring the camera and how to use it, students will learn basic terms, basic digital functions, and much more. Join us, and we promise to keep it simple. Please bring your camera and your instruction manual.

Class # 302 Instructor: Len Nevels
Wed, Oct 13 - Oct 20 2 sessions
6:30 - 8:30 pm Hall-McCarter, Room 305 Fee: \$19

Len will share years of experience from teaching and travel, both home and abroad. He has learned how to bend light thru a lens to create memories.

INTERMEDIATE DIGITAL: MAKE YOUR CAMERA REALLY ROCK!

If you are ready to take your digital camera skills to the next level of picture taking, this *intermediate* class is for you. Topics explored will include equipment, exposure modes, lens types, flash photography, shooting tips, and much more. As part of the learning process, shooting assignments will be required at home. We promise to keep it very informative and simple... while having fun! Please bring your camera, equipment and camera instruction manual.

Class # 311 Instructor: Len Nevels
Wed, Oct 27 - Nov 10 3 sessions
6:30 - 8:30 pm Hall-McCarter, Room 305 Fee: \$24

CREATIVE PHOTOGRAPHY

Shoot photos like a pro! This class is intended for the photography hobbyist who is interested in advancing to a new level of picture taking. **THIS IS NOT AN INTRODUCTORY CLASS.** A part of the learning process will be shooting assignments to practice and reinforce the topics discussed in class. Topics to be explored include depth of field and shutter speeds, white balance, RAW vs JPEG, HDR, an overview of Photoshop as a software imaging tool, and more. Please bring your film or digital camera and manual to class. Although not required, SLR equipment will allow for the most creativity. Limit: 12

Class # 322 Instructor: John Gasawski
Mon, Oct 4 - Nov 1 5 sessions
6:30 - 8:30 pm Hall-McCarter, Room 508 Fee: \$59

John has taught photography for years and has had prints exhibited at the Kansas City Art Institute.

Computer Classes

INTRO TO COMPUTERS

Baffled or intimidated by computers? This beginner class is designed to introduce the basics of the personal computer to those with little or no computer experience. You will learn basic terminology, an overview of applications and basic commands to help make your computer work for you, how to connect to the Internet, searching techniques, downloading, and more. You will also learn how to make Windows Vista a more friendly working environment. Learn how to find missing files or files you thought were lost; how to delete, copy and move files; work with the recycle bin; how to organize, maintain and troubleshoot your hard drive; how to add and remove items from your start button; work with the Start-Up group; how to create desktop icons; and other shortcuts to your favorite programs. Bring your questions... the instructor will cover whatever you are having trouble with. Students will receive hands-on experience and lots of practice. This class utilizes the new Windows Vista operating system.

Class # 101

Instructor: Bill Lawrence

Tues, Oct 5 - Nov 23

8 sessions/16 hours

6:00-8:00 pm

Hall-McCarter, Computer Lab

Fee: \$89

Bill has over 24 years training experience and specializes in teaching computer programs and database design. His unique training style maximizes learning in a relaxed and friendly atmosphere.

PROTECT YOURSELF FROM COMPUTER VIRUSES

This class will teach you how to protect yourself from computer viruses above and beyond the old traditional anti-virus software. It will teach you what to look for when surfing the web, reading e-mail and what to do about all of those pop-up messages you get while on the internet. Come and enjoy an evening of education that will equip you to deal with the tricks and tactics of tomorrow's virus writers and hackers.

Class # 112

Instructor: Philip Hannum

Mon, Nov 8

6:30 - 8:30 pm

Hall-McCarter, Computer Lab

Fee: \$14

Philip has 10 years of computer repair experience, along with a BSBA from the University of Central Missouri and Master of Science degree from the University of Phoenix. He works for On-Site Computer Repair, Inc., located in Blue Springs.

INTRO TO PHOTOSHOP ELEMENTS 6.0 for Digital Photo Editing

Creative editing is the key to great photography! This popular class will introduce you to the tools and editing capabilities of PhotoShop Elements... the perfect **hands-on** class to go along with your digital camera! Some of the topics included in this photo editing class will be tool usage, cropping, removing dust marks and scratches, adjusting colors, converting images to black & white, use of over 100 different filters and combinations, introduction to the use of powerful layers, adding text, borders, and much more. Software used will be PhotoShop Elements 6.0. **Students must have a good working knowledge of computers.** Limit: 10

Class # 107

Instructor: John Gasawski

Thurs, Sept 30 - Nov 18

8 sessions/16 hours

6:30-8:30 pm

Hall-McCarter, Computer Lab

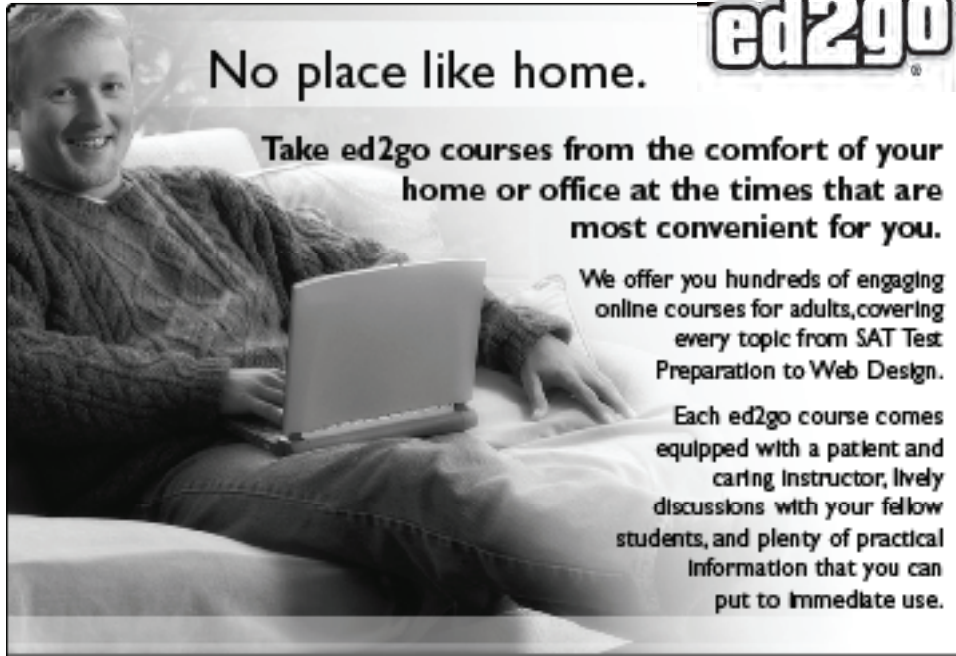
Fee: \$89

DISTRICT REFUND POLICY

Refunds are made if: 1) a class is filled to capacity before your registration is received; 2) a class is canceled due to low enrollment; or 3) a refund is requested at least 24 hours prior to the first class (minus a \$5 per person processing fee).

NO REFUNDS OR EXCHANGES ON THE FIRST DAY OF A CLASS OR AFTER A CLASS BEGINS. Students are responsible for the risk of changes in personal affairs or health. If you are unable to attend, you may send a friend or family member in your place.

Online Classes



No place like home.

Take ed2go courses from the comfort of your home or office at the times that are most convenient for you.

We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.



Think you don't have time to take a course? Think again! We can help you learn online! Learn at home with our unique instructor-facilitated online courses. All courses run for six weeks and consist of twelve lesson plans. Each lesson is supplemented with interactive quizzes, assignments, tutorials, live instructor support, and online discussion areas. Our online classrooms can be accessed over the Internet at any time of day or night. Most courses require nothing more than e-mail, a browser and Internet access.

For a complete listing of all courses and their requirements, please go to:

www.ed2go.com/bssdcomed

New classes begin the third Wednesday of each month... all year long!

More than 250 instructor-facilitated courses starting at \$79!

Class categories include:

- Accounting
- Art, History, Psychology, & Literature
- Basic Computer Literacy
- Business Administration
- Career Certification Programs
- Career Development
- Child Care & Parenting
- Computer Applications
- Courses for Teaching Professionals
- Database Management & Programming
- Digital Photography & Digital Video
- Entertainment Industry
- Grant Writing & Nonprofit Mgmt.
- Graphic Design
- Health Care, Nutrition & Fitness
- Languages
- Law & Legal Careers
- Math, Philosophy & Science
- PC Troubleshooting & Networking
- Personal Development
- Personal Enrichment
- Personal Finance & Wealth Building
- Sales & Marketing
- Start Your Own Business
- Test Prep
- The Internet
- Web & Computer Programming
- Web Graphics & Multimedia
- Web Page Design
- Writing & Publishing

Learning the way it was meant to be: enjoyable, uncomplicated, fast, and convenient.

College Prep

COLLEGE PLANNING...

WHAT EVERY PARENT NEEDS TO KNOW

The college search requires families to carefully consider career aspirations, assess educational goals, explore personal preferences, and evaluate financial obligations when pursuing higher education. Learn how to navigate the internet to research colleges, apply for scholarships and obtain financial assistance. Additionally, parents will be given resources regarding colleges and scholarships, as well as time line recommendations for each year in high school. This information is geared for parents with high school students from any school district. Plan to attend the College Fair immediately following class.

Instructor: Barb Legate, Counselor

Class # 919

Tues, Oct 5

Blue Springs High School, Fine Arts Media Center

6:00 - 7:00 pm

Fee: \$15/family

ACT TEST PREP

All four-year colleges in the state of Missouri require the ACT for college admission and automatic scholarships. The ACT score has become equally important as the rigorous classes taken in high school and is now accepted by all colleges in the United States! One additional point on the ACT score could mean the difference in getting a scholarship or being admitted into the college of choice. This ACT Test Prep class will be taught by experienced high school teachers with a proven track record in assisting students in increasing ACT scores. Students will review test questions, test-taking strategies and skills required for success on the English, Math, Reading, and Science sub-tests. Instruction will be divided as follows: English - 6 hours; Math - 6 hours; and Reading & Science - 6 hours. This course will not be offered for credit, but rather as preparation for the ACT test. This class is targeted for high school students (grades 10 - 12) and is open to students from any school district. This 16 hour class is timed to prepare students for the October 23, 2010 ACT test.

Instructor: Blue Springs School District Staff

Class # 920

Mon & Wed, Sept 27 - Oct 20

Blue Springs High School, Fine Arts Media Center

5:00 - 7:00 pm

Fee: \$89

Adult Ed - GED

Enroll in your future... get your GED!

The Blue Springs School District is pleased to offer these
FREE opportunities to adults in our community.

Call today! **816-224-1363**

All classes held at Hall-McCarter Education Center, 5000 NW Valley View Road

GED CLASSES

Monday through Friday mornings, 9:00 - noon OR

Monday and Thursday evenings, 6:00 - 9:00 pm

DO YOU WANT TO LEARN TO READ?

Join this adult literacy program to help improve your reading skills. It can make a real difference in your life!

ENGLISH for Speakers of Other Languages

This program is designed to help people from any culture become fluent in English. This program concentrates on the workplace environment and social communication.

Language Arts

SPANISH: STEP I - BEGINNERS

This class offers a basic introduction to the Spanish language. Structured for the true beginner, you will learn vocabulary, basic grammar structure and practice the language orally with the teacher and fellow classmates. Please bring a 2" 3-ring binder to first class for storing handouts.

Class # 701 Instructor: Adriana DeMonbrun
Mon, Sept 27 - Nov 29 10 sessions
7:30 - 9:00 pm Hall-McCarter, Room 205 Fee: \$66

Adriana was born and raised in Costa Rica. She has a Bachelors Degree in Communications and worked for Immigrations Attorneys translating from English to Spanish and from Spanish to English. She has taught Spanish for our program for the past 6 years.

SPANISH: STEP II - INTERMEDIATE

This class continues your introduction to the Spanish language. Structured for the near beginner, it builds on the foundation learned in Beginning Spanish, offering plenty of opportunity to practice the language orally. Please bring a 2" 3-ring binder to first class for storing handouts. Please bring a 2" 3-ring binder to first class for storing handouts.

Class # 702 Instructor: Adriana DeMonbrun
Tues, Sept 28 - Nov 30 10 sessions
6:00 - 7:30 pm Hall-McCarter, Room 205 Fee: \$66

SPANISH: STEP III - ADVANCED

This class will put to practice the Spanish skills you've already learned in the beginning and intermediate classes. Class will begin to focus on conversation in Spanish, practicing vocabulary, pronunciation, and developing your skills and comfort level. Please bring a 2" 3-ring binder to first class for storing handouts.

Class # 703 Instructor: Adriana DeMonbrun
Tues, Sept 28 - Nov 30 10 sessions
7:30 - 9:00 pm Hall-McCarter, Room 205 Fee: \$66

SPANISH CONVERSATION

Don't let the Spanish you've learned go to waste! This class is for those who have taken Spanish and want to practice the skills they've already learned. Class will focus on an advanced level of Spanish conversation.

Class # 704 Instructor: Adriana DeMonbrun
Mon, Sept 27 - Nov 29 10 sessions
6:00 - 7:30 pm Hall-McCarter, Room 205 Fee: \$66

Fitness

BASKETBALL FOR MEN

Recreational basketball for adult men who are wanting a way to exercise, but enjoy some friendly competition as well. The instructor will allow participants to free play and/or offer coaching to assist team members in improving their game. A popular class, so enroll soon! Not sure of your schedule... pay by the night!

Coach: John Theiss

Class # 1001
Mon, Sept 20 - Dec 6 12 sessions
7:00 - 9:00 pm Hall-McCarter, Gym

Fee: \$5 per night to instructor *or*
pre-register for \$49 and get 2 NIGHTS FREE!

John is a P.E. teacher at John Nowlin Elementary and enjoys coaching basketball.

Fitness

PILATES

Similar to yoga, pilates will reshape and tone your entire body to look longer and leaner. This class will flatten abs, while shrinking and firming buns, hips and thighs. The answer to your body make-over dreams! This class will also improve your posture, flexibility and overall health. Please bring a yoga mat. Limit: 22

Instructor: Michelle Smith

Class #1008	Mon, Sept 27 - Nov 29	10 sessions
7:15 - 8:05 pm	Hall-McCarter, Community Room	Fee: \$64*
Class #1013	Wed, Sept 22 - Dec 1 (No class 11/24)	10 sessions
7:15 - 8:05 pm	Hall-McCarter, Community Room	Fee: \$64*

ZUMBA FOR WOMEN

Dance the weight away! Zumba is a fast-paced, low-impact cardio workout that sculpts and tones the body. Zumba is dancing - fun and easy dance steps performed to high energy, motivating music, like salsa, merengue, tango, reggae, and calypso... all in one class! Zumba is not only great for the body, but great for the mind when you dance away your worries. Limit: 25

Instructor: Michelle Smith

Class #1016	Mon, Sept 27 - Nov 29	10 sessions
6:20 - 7:15 pm	Hall-McCarter, Community Room	Fee: \$64*
Class #1018	Wed, Sept 22 - Dec 1 (No class 11/24)	10 sessions
6:20 - 7:15 pm	Hall-McCarter, Community Room	Fee: \$64*

POWER YOGA & PILATES (PI-YO)

This exciting class combines exercises and poses from pilates and yoga and is designed specifically for group fitness classes. The class will move from pose to pose and exercise to exercise at a decent tempo. Some exercises are performed while seated and some from a standing position. A great way to strengthen muscles, develop muscle tone and increase flexibility. Limit: 22

Instructor: Michelle Smith

Class # 1000	Mon, Sept 27 - Nov 29	10 sessions
5:30-6:20 pm	Hall-McCarter, Community Room	Fee: \$64*

PILATES ON THE BALL

This class will add a new dimension to your pilates workout by including the use of an exercise ball. Exercises will flatten abs, while shrinking and firming buns, hips and thighs. The answer to your body make-over dreams! Please bring a yoga mat. Students will also be asked to bring an exercise ball to the second class. Instruction will be given at the first class on what size to buy. Limit: 20

Instructor: Michelle Smith

Class #1012	Wed, Sept 22 - Dec 1 (No class 11/24)	10 sessions
5:30 - 6:20 pm	Hall-McCarter, Community Room	Fee: \$64*

TOTAL TONING

A great workout focusing on light weights and high reps using dumbbells. Increase your strength, burn calories, boost your metabolism, and get sexy muscles. All levels welcome. Bring two sets of dumbbells: 1 light (3-5 lbs) and 1 medium weight (8-10 lbs). Wear comfortable clothing and bring a towel and water. Limit: 25

Instructor: Cindy Newland

Class # 1021	Tues, Sept 21 - Dec 7 (No class 11/2 & 11/16)	10 sessions
5:30 - 6:15 pm	Hall-McCarter, Community Room	Fee: \$64*

Fitness

YOGA

This Hatha Yoga style class integrates the postures, breathing exercises and relaxation to harmonize you on every level - body, mind and spirit. It is a restful, mindful and moving class. Let your stress melt away as your body releases tension and toxins. All levels welcome. Please bring a towel, water, strap, and (if necessary) blocks. Limit: 25

Instructor: Cindy Newland

Class # 1014 Tues, Sept 21 - Dec 7 (No class 11/2 & 11/16) 10 sessions
6:15 - 7:00 pm Hall-McCarter, Community Room Fee: \$64*

OUR FITNESS INSTRUCTORS... *Michelle* is an AFAA Certified Instructor and has been teaching fitness and aerobics classes for over 17 years. Her numerous certifications include pilates, piyo, aerobics, step-aerobics, and zumba. After a severe back injury, *Cindy* began to practice yoga and other forms of exercise. That, along with changing her diet, has led her to lose over 100 pounds! She is an AFAA certified instructor and personal trainer.

***FITNESS SUPER DISCOUNTS... Mix and match!**

Choose between Zumba, Pilates, Ball, Yoga, Total Toning, Aerobics, & Women's Basketball.

Pick... two classes/week (24 sessions) for \$99;

three classes (36 sessions) for \$130; or

four classes (48 sessions) for \$150!

Discounts apply to one student enrolling in more than one fitness class/week, marked by an *.

Pre-registration with payment is required. ENROLL EARLY as space is limited!

NO ADDITIONAL DISCOUNTS APPLY ON FITNESS CLASSES.

Community Kidz

KIDZ CO-ED BASKETBALL (ages 8 - 13)

Hey, Kids! Join this on-going class to learn the basics of basketball and practice your skills, while having fun in a relaxed, "noncompetitive" atmosphere. Doesn't matter if you already know how to play or not... this class is for anyone wanting to play the game and have a lot of fun. An extra 15 minutes has been added for more play time! Please bring your basketball if you have one. For beginner through intermediate levels.

Instructor: Angie Righi

Class # 2200 Thurs, Oct 14 - Dec 9 (no class 11/25) 8 sessions
6:00 - 7:30 pm Hall-McCarter, Gym Fee: \$39

Ms. Righi is a basketball enthusiast, who loves the sport and sharing her knowledge with others. She teaches league basketball for kids and adults.

DECORATE A FUN "SPORTS" CAKE!

Children will learn to decorate with icing by using a bag and tips to create their very own full-size cake! A \$7 per child supply fee will be payable to the instructor. **Due to space restraints and supplies, only those children pre-enrolled in the class will be able to participate. Class is limited to enrolled student plus one free adult.** Limit: 12/class

Instructor: Rita McGuire 6:30 - 8:00 pm
Hall-McCarter, Room 201 Fee: \$12/child (+ \$7 supply fee to instructor)

Class # 2043 (ages 4-6) Soccer Thurs, Oct 14

Class # 2041 (ages 7-10) Baseball Thurs, Oct 21

Ms. Rita has been baking since she was a little girl. She works with children on a daily basis at The Learning Gardens Day Care Center in

Community Kidz

DANCE! DANCE! DANCE!

Instructor, Cheri Crowley, is the owner of TaJazz School of Dance and has over 26 years experience as a dancer, teacher, choreographer, performer, and competition judge. Ms. Cheri and her staff will ensure your child has fun while learning new skills in dancing.

All class held at Hall-McCarter Education Center in the Community Room.

Tots & Kidz Dance Combo (ages 2.5 - 5) \$28 per 6 week session
A fun introduction to acrobats, jazz, ballet, cheerleading, & creative movement.

Class # 2025 Thursday, Sept 16 - Oct 21 5:30 - 6:15 pm *and/or*

Class # 2026 Thursday, Oct 28 - Dec 9 (no class 11/25) 5:30 - 6:15 pm

Baby Ballerinas (ages 2.5 - 5) \$28 per 6 week session
A basic introduction to ballet, teaching little ones grace and poise.

Class # 2019 Thursday, Sept 16 - Oct 21 6:20 - 7:05 pm *and/or*

Class # 2020 Thursday, Oct 28 - Dec 9 (no class 11/25) 6:20 - 7:05 pm

Dance Combo (ages 6+) \$28 per 6 week session
A fun introduction to acrobats, jazz, ballet, & hip hop.

Class # 2021 Thursday, Sept 16 - Oct 21 7:10 - 8:05 pm *and/or*

Class # 2022 Thursday, Oct 28 - Dec 9 (no class 11/25) 7:10 - 8:05 pm

ACTING WORKSHOP (grades 3 - 8)

Doesn't matter if you have acting experience or not, you will have loads of fun learning about the wonderful world of acting. Classes will include warm-ups, stage etiquette, stage terminology, memorization skills, blocking, improvisations, movement, vocal skills, concentration and relaxation techniques, and audition tips. The final night of each session will be an Open House for friends and family to see what the students have been working on. Don't miss this fun opportunity to expand your acting skills. Limit: 12

Instructor: Kittie Harden

5 week sessions 7:00 - 8:15 pm Hall-McCarter, Room 403 Fee: \$49

Class # 2009 Mon, Sept 27 - Oct 25 *and/or*

Class # 2010 Mon, Nov 1 - Nov 29

MESSY SCIENCE (ages 4 - 10)

No boring stuff here! Come have super cool and messy fun mixing, pouring and performing these **all new** science experiments using everyday kitchen ingredients! *Kids and parents work together* to engage in new and exciting hands-on activities, watch spectacular demonstrations, participate in inquiry-based discussions, and take home things they will make themselves. This program is so cool that your kids will forget they're ACTUALLY LEARNING something (but you won't!). A \$7 per child supply fee will be payable to the instructor. **Due to space restraints and supplies, only those children pre-enrolled in the class will be able to participate. Class is limited to enrolled student plus one free adult. Parent is responsible for any food allergies**

Limit: 12/class

Instructor: Theresa Meyer 6:30 - 8:00 pm

Hall-McCarter, Room 207 Fee: \$12/child (+ \$7 supply fee to instructor)

Ages 4 - 6 **Class # 2011** Thurs, Oct 7 or

Class # 2012 Tues, Oct 19

Ages 7 - 10 **Class # 2014** Tues, Oct 26

Ms. Meyer has a B.A. of Arts in Psychology from Rockhurst University and is currently the Director of The Learning Gardens Day Care.

Community Kids

BABY-SITTERS TRAINING (ages 11 - 13)

This fun and interactive class is designed to train young people to deal with various situations they may encounter while caring for a child. Topics include how to handle emergencies, first aid, holding, feeding, diapering, interacting with parents, entertaining children, and more. Upon completion of the class, students will receive a certificate of class completion.

Instructor: Marilyn Allen

6:30 - 8:30 pm 3 sessions Hall-McCarter, Room 302 Fee: \$29

Class # 2201 Mon, Oct 4 - Oct 18 *or*

Class # 2215 Thurs, Nov 4 - Nov 18

Ms. Allen has enjoyed over 20 years of working with children and their parents. She has a BS in Education and MA in Curriculum and Instruction.

GROWING UP GIRLS: CELEBRATING FEMININE CHANGES (ages 9 - 11)

Growing up can be an exciting time if both mother and daughter are prepared. Explore, with your daughter, the physical and emotional changes of puberty and menarche. This popular class is for mothers and daughters. Refreshments will be served. Mothers attend free. This class always fills up early, so enroll soon! Limit: 15

Class # 2206 Instructor: Jacque Carpenter, RNC, MS, PhD

Tues, Oct 19 6:30 - 8:30 pm

Hall-McCarter, Room 305 Fee: \$35

Mrs. Carpenter is an Associate Professor at Saint Luke's College of Nursing. She has been teaching the Growing Up Girls series of classes since 1991.

GROWING UP YOUNG WOMEN (ages 12+)

You asked for it and here it is... the Growing Up Girls class designed for older girls or for those wanting a continuation of the original Growing Up Girls class. This session will review the physical and emotional changes of menarche and the implications on sexuality, enhance communication relating to sexual issues, societal aspects of the female body and self-esteem. Be sure to enroll early! Mothers attend free.

Class # 2209 Instructor: Jacque Carpenter, RNC, MS, PhD

Tues, Nov 16 6:30 - 8:30 pm

Hall-McCarter, Room 305 Fee: \$35

POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY

The Blue Springs School District does not discriminate on the basis of disability in the admission or access to, treatment or employment in, its programs or activities. The Assistant Superintendent of Human Resources has been designated to coordinate compliance with the United States Department of Justice's regulations implementing the non-discrimination requirements contained in Section 504 of the Rehabilitation Act of 1973, Part B and Titles I and II of the Americans with Disabilities Act Amendments Act (ADAAA) (2008). The Director of Buildings and Grounds has been designated to coordinate compliance with the United States Department of Justice's regulations implementing the non-discrimination requirements contained in Section 504 of the Rehabilitation Act of 1973, Part C and Title III of the Americans with Disabilities Act Amendments Act (ADAAA) (2008). The Assistant Director of Special Education has been designated as the district coordinator of Section 504 of the Rehabilitation Act of 1973.

Inquiries may be directed to the above named individuals at 1801 NW Vesper, Blue Springs, Missouri 64015 or by calling 816-224-1300. Every effort has been made to make this publication accurate as of the publication date; however, all policies, procedures, tuition fees, and curriculum are subject to change anytime by appropriate action of the administration or the Blue Springs School District Board of Education.

This publication is not intended to be a contract, explicit or implied, and the district reserves the right to make changes regarding the information herein. There will be no classes January 18, February 15, March 8 - 14, April 2 - 4, May 31, 2010, or where noted by the instructor. The school district is not responsible for accidents or injuries that occur while classes are in session. The Blue Springs School District offers classes to the public for purposes of fun, information, instruction, enlightenment, and example only. Such classes are not to be construed as an endorsement. The school district is not responsible for accidents or injuries that occur while classes are in session.



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