

Spring 2012



Continuing Education Program

Pattonville School District

www.psd3.org

314-213-8094

General Information

ADMISSION TO PROGRAM:

Classes are open to both residents and non-residents of Pattonville School District.

COURSE FEES:

Each class description includes a cost for the course. In some instances there are additional materials fees. These are extra and are not included in the course fee. Material fees must be paid separately at the time of registration unless otherwise stated in class description. Non-resident fees are not included in any discounts.

REGISTRATION:

You may register by mail, fax, or phone. Mail your completed registration form to our office at 11097 St. Charles Rock Road, St. Ann, MO 63074, or fax it to us at 213-8695. You may call our office at 213-8094 to register by phone. Each course requires a minimum number of participants in order for the class to be offered, so it is best to register at least ten days prior to the start of class. Registrations received less than 48 hours prior to the start of class are subject to a \$5 late registration fee.

PAYMENT

We accept Visa, MasterCard, Discover, and American Express or checks made out to "Pattonville School District". A separate check must be written for each class. Payment must be received prior to the start of class to avoid a 'late payment' fee.

REFUND POLICY:

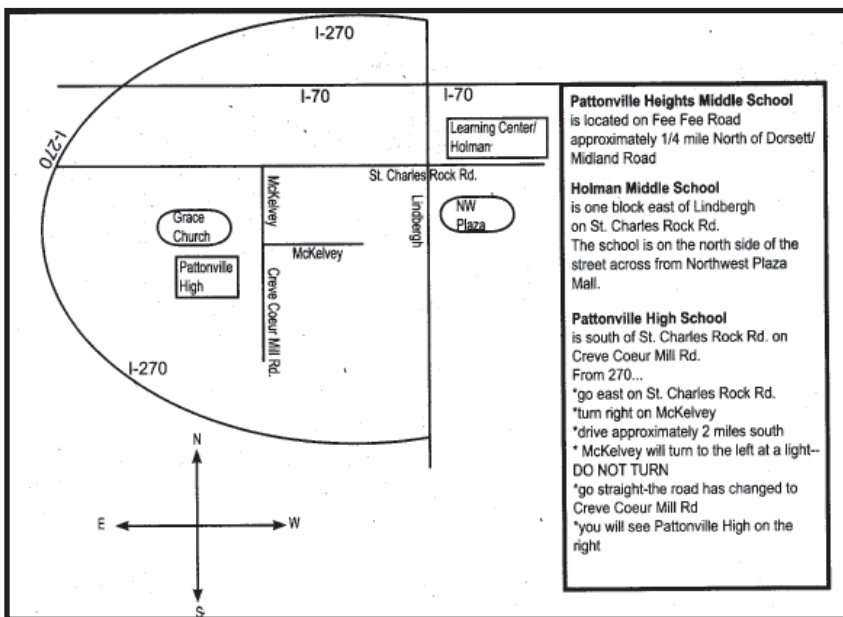
Fees are refunded when there is insufficient enrollment and the class must be cancelled. No refunds after class starts, and refunds are not made for classes missed by student. Refunds or credits will not be given for customer cancellations made less than seven days before the start of class. Customer-requested refunds of \$20 or less will be credited to the customer's account for future programs.

GOLDEN DISCOUNT:

Those age 55 and over are invited to enroll in many of the courses at a 50% discount. Material fees and non-resident fees are not included in this discount.

CANCELLATION OF CLASSES:

Classes will not be held if Pattonville Schools are closed or dismissed early because of inclement weather or emergency. If in doubt, call the Community Education Office, 213-8094 or 213-8095, or visit our website at www.psd3.org.



PATTONVILLE COMMUNITY EDUCATION

Spring 2012

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COMPUTER COURSES

INTRODUCTION TO WINDOWS 7

Learn the basics of the computer and Windows management: the mouse, toolbars, icons, scroll bars, window parts, menus, dialog boxes. You will learn how to access a folder and a file and discover how to organize your workspace by resizing, moving, and tiling windows, arranging icons, creating shortcuts, and adding gadgets. We will practice using the "Help" function. Get introduced to the new look and feel of Windows 7 and learn how to logon to the computer and tour the desktop, start menu, taskbar and standard icons. Daytime and evening sessions available.

April 3, 4, 5 (Tues, Wed, Thurs)
9:30-11:30 am #211
Learning Center M Reed
Feb 28, 29, March 1 (Tues, Wed, Thur)
6:00-8:00 pm #212
Learning Center J Gozdzialski
Fee: \$45 Non-resident \$50

WINDOWS 7 - INTERMEDIATE

Learn how to manage files and folders – create, delete, copy, find, rename and move functions. Access the Control Panel, and learn how to customize your desktop, taskbar and start menu. Learn how Libraries help you organize your folders and locate files quickly. Completion of the *Windows Introduction* class is required prior to taking this class. Daytime and evening sessions available.

April 10, 11, 12 (Tues, Wed, Thurs)
9:30-11:30 am #213
Learning Center M Reed
March 6, 7, 8 (Tues, Wed, Thur)
6:00-8:00 pm #214
Learning Center J Gozdzialski
Fee: \$45 Non-resident \$50

MICROSOFT OFFICE: WORD 2010-INTRODUCTION

Learn the basics of creating, editing, and saving a document using ribbon tabs and toolbars to perform word processing functions. You will learn how to customize the Quick Access Toolbar with frequently used icons and practice inserting pictures and clip art into documents. Students should take *Windows Introduction & Intermediate* prior to this class, or have experience working with computer files and folders. Discover the ease of making changes by moving, copying/cutting, and pasting text. Daytime and evening sessions available.

April 24, 25, 26 (Tues, Wed, Thurs)
9:30-11:30 am #221
Learning Center M Reed
March 26, 27, 29 (Mon, Tues, Thurs)
5:30-7:30 pm #222
Learning Center
Fee: \$45 Non-resident \$50

MICROSOFT OFFICE: WORD 2010-INTERMEDIATE

Learn more advanced Word 2010 editing techniques and how to create borders, headings, columns, tables, templates, envelopes, labels and a simple mail merge. Student should have knowledge or experience using Windows and Introduction Word prior to this class. Daytime and evening sessions available.

May 1, 2, 3 (Tues, Wed, Thurs)
9:30-11:30 am #223
Learning Center M Reed
April 2, 3, 5 (Mon, Tues, Thurs)
5:30-7:30 p.m. #224
Learning Center
Fee: \$45 Non-resident \$50



RESUME READY!

Compile employment resumes using the computer. If time permits, students will be able to create resume cover letters as well. Students should bring personal data necessary to complete their resume. Students should be familiar using the computer mouse and keyboard. Daytime and evening sessions available. Students can leave this class with resumes ready to handout to potential employers!

January 19 (Thursday)
9:30-11:30 am #230
April 20 (Friday)
9:30-11:30 am #231
Learning Center M Reed
Fee: \$5 Non-resident \$10

JOB SEARCH ON THE INTERNET

Use the Internet to search for job opportunities. Each student will have access to a high-speed computer and a list of popular search engines geared to job hunting. Students may apply for jobs online where appropriate. Students can query companies to see who are hiring and what they are looking for in a job candidate. Students should be familiar with computers and be able to use the computer mouse and keyboard.

January 24 (Tuesday)
9:30-11:30 am #232
Learning Center M Reed
Fee: \$5 Non-resident \$10

MICROSOFT OFFICE: EXCEL 2010-INTRODUCTION

Learn the basics of creating and modifying Microsoft Excel spreadsheets. Topics include spreadsheet navigation, pull-down menus, toolbars, basic formulas, spreadsheet formatting, and resources for help. No previous Excel experience is needed, but students should be proficient using Windows and the computer mouse. Daytime class available.

May 1, 2, 3 (Tues, Wed, Thur)
6:00-8:00 pm #240
May 15, 16, 17 (Tues, Wed, Thur)
9:30-11:30 am #241
Learning Center R Spilker
Fee: \$45 Non-resident \$50

MICROSOFT OFFICE: EXCEL 2010-INTERMEDIATE

This class builds upon previous Excel knowledge by exploring more advanced Microsoft Excel topics such as formulas, functions, charts, importing data, filtering data, and summarizing data using pivot tables. Previous Excel experience or enrollment in the Excel-Introduction class is required.

May 8, 9, 10 (Tues, Wed, Thur)
6:00-8:00 pm #242
Learning Center R Spilker
Fee: \$45 Non-resident \$50

MICROSOFT OFFICE: POWERPOINT 2010

Learn the basics of creating and maintaining dynamic presentations with Microsoft PowerPoint. After an introduction to the power point menus and toolbars available, you will learn how to format presentations, animate text and graphics, and insert sounds! Students should have experience using Windows and the computer mouse prior to this class. Basic keyboarding skills are helpful in this class.

April 16 & 17 (Mon & Tues)
6:00-8:30 pm #250
Learning Center R Spilker
Fee: \$45 Non-resident \$50

INTERNET BASICS

This course is a basic introduction to the Internet and some of the research tools that are available. Learn how to navigate and search the World Wide Web by using Internet features such as links, web addresses, directories, search engines, favorites, and set up an email account.

April 26 (Thursday)
6:00-9:00 pm #260
Learning Center J Gozdziwski
Fee: \$25 Non-resident \$30

DIGITAL CAMERA PHOTOGRAPHY

If you are planning on buying a digital camera or have a digital camera but just haven't figured out how to use it and what all the settings and switches are for, this class is for you. Get all those questions answered and more. The class will cover photographic terms and what makes up a properly exposed photo. You will also learn how to get those pictures off your camera and onto your computer and how to attach them to your email. If you have a digital camera, please bring the camera (plus cords, attachments, etc) to class.

April 23 & 24 (Monday & Tuesday)
6:00-8:00 pm #270
Learning Center R Spilker
Fee: \$35 Non-resident \$40

POWERSCHOOL FOR PARENTS

Would you like to track your student's academic progress and attendance using PowerSchool? This course is designed to give you hands-on practice accessing your student's information. Learn how to have your child's daily progress report emailed to you, along with school announcements. This class will enable you to be an informed parent! Each parent must have the PowerSchool login and password for their child prior to the start of class – you may get this information from your child's school. There is no charge for this class, but advance registration is required – space is limited. PowerSchool access is available for middle school and high school parents. To schedule an evening session, please call 213-8094.

January 10 (Tuesday)
10:00-11:00 am #280
(evening classes available by calling 213-8094)
Learning Center M Reed
Fee: free to parents with PowerSchool login and password

COMPUTER TROUBLESHOOTING: INTRODUCTION

This course is designed to give you an overview of maintaining and troubleshooting your personal computer. We will cover installation/removal of software, installation of hardware, computer maintenance, and computer protection. This class is a must for anyone who maintains the home computer.

April 10 (Tuesday)
6:00-9:00 pm #290
Learning Center C Mathieu
Fee: \$25 Non-resident \$30



PERSONAL ENRICHMENT

AMERICA'S BOATING COURSE (age 14 and up)

The Missouri Mandatory Boater Education Law states that any person born after January 1, 1984, must successfully pass a Missouri Boater Education class/test before operating any motorized vessel. This course meets these requirements. Topics include: introduction to boating, boating law, boat safety equipment, safe boating, navigation, boating problems, trailering, storing and protecting your boat. The Missouri Boater Certification test is included and details will be provided on how to obtain your certification card (\$15). Class meets for four weeks on Wednesdays. Students aged 14-18 must sign up with an adult.

Start Date: Wednesday, April 4
6:00-8:00 pm #310
Learning Center B Morris
Fee: \$40 Non-resident \$45
4 meetings on Wednesdays
(no discounts on this class)

BOOK DISCUSSION GROUP

Love to read? Come join our reading group as we discuss a current novel in an entertaining and relaxed atmosphere. This fun group meets once a month and will select future readings at the meetings. Expand your reading repertoire and share your thoughts and ideas with others while making new friends!

Tuesday, February 21
7:30-9:00 p.m. #320
Coffee House (at Lindbergh & Clayton)
L Lyles
Fee: \$15 Non-resident \$20
5 Meetings (3rd Tuesday of each month)
(No discounts for this class.)

CREATE & DESIGN PAPER- PLEASING FUN!

In this class, you will be introduced to Stampin Up! products and techniques to help you create your own cards, scrapbooking/craft projects and even home décor. The instructor will demonstrate how to do one card project and assist students in constructing 1-3 cards of their own. Learn how to fashion your own unique announcements, invitations, thank you notes and other cards while having fun. Please bring your favorite adhesive, if possible.

Thursday, March 29
6:00-8:30 pm #325
Learning Center C Fitzgerald
Fee: \$15 Non-resident \$20
(no discounts on this class)

THE JOY OF COOKING FOR BREAD LOVERS

Come and enjoy a variety of breads (dinner rolls, pop-overs, French tart, cinnamon rolls – all prepared by you! The beginning student will learn how to prepare the above items (possibly others) in small groups (2-3 people) in a warm and friendly environment. Bring your own Tupperware® to take samples of your dishes home or enjoy them in class.

Monday, April 2
6:00-8:30 pm #330
Location: Holman Middle School
Instructor: R Robinson
Fee: \$25 Non-resident \$30
(no discounts on this class)

THE JOY OF COOKING FOR SOUP LOVERS

Come and enjoy simple soups – all created by you! The beginning student will learn how to prepare soups and stock from scratch in small groups (2-3 people) in a warm and friendly environment. Bring your own Tupperware® to take samples of your dishes home or enjoy them in class.

Monday, April 9
6:00-8:30 pm #335
Location: Holman Middle School
Instructor: R Robinson
Fee: \$25 Non-resident \$30
(no discounts on this class)

BUY & SELL ON CRAIGSLIST

Learn the in's and out's of Craigslist, the local marketplace on your computer. You can buy and sell almost anything, and you can tailor your search for the St. Louis area. You can search for jobs – even temporary jobs while you are job hunting. Make money by picking up odd jobs or getting rid of your junk! If you are looking to buy, this is the place to go first to save money and get a good deal. Learn to list community events, services, housing, or join a discussion group. Students will have access to a computer if they wish to browse or set up a Craigslist account.

Monday, April 30
5:30-7:30 pm #340
Learning Center
Fee: \$15 Non-Resident \$20

HEARTSAVER CPR

Heartsaver CPR is a class designed to teach the potential rescuer the steps to follow in order to perform CPR in a life-threatening situation. Participants will be taught CPR techniques for adults, children, and infants. This class is ideal for anyone working in the field of daycare, in a school, or any other place of employment where first responders are needed. Skill performance is required for completion of this class, and upon successful completion, each participant will receive a card from the American Heart Association. Class can be completed in one meeting.

Tuesday, February 21
6:00-9:00 pm #345
Pattonville High School R Beckmann
Fee: \$40 \$45 Non-resident
(no discounts on this class)



JUST ONCE GUITAR FOR BEGINNERS

This class is for students who want to learn the guitar but simply find it difficult to find the time. In just three hours, learn enough about playing the guitar to get years of musical enjoyment. This course will teach you some basic chords and get you playing along with your favorite songs right away. Topics from "Just ONCE Guitar for Busy People" include: how chords work in a song, forming the three main types of chords, tuning your guitar, basic strumming patterns, how to play along with simple tunes, how to buy a guitar (things to avoid). For ages 18 and older, and students should bring an acoustic guitar to class.

Required materials fee of \$29 will be collected in class by the instructor for the workbook and practice DVD.

March 13 (Tuesday)
6:00-9:00 pm #350
Learning Center A Latina
Fee: \$25 Non-residents \$30
(no discounts on this class)
(\$29 materials fee is extra and payable to instructor)

JUST ONCE GUITAR BY EAR

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Just ONCE Guitar" class and is open to anyone who has a basic understanding of chords on any instrument. Prior experience with guitar chords recommended. Students will learn how to: find the starting note of a song, determine when chords change, predict the chord progression, learn songs from recordings in all keys, transpose, use the Circle of Fifths, and recognize the most common chord patterns.

Materials fee of \$29.00 for the How to Play Guitar by Ear Book and Practice CD will be collected in class by the instructor.

April 18 (Wednesday)
6:00-9:00 pm #355
Learning Center A Latina
Fee: \$25 Non-residents \$30
(no discounts on this class)
(\$29 materials fee is extra and payable to instructor)

MEDITATION TECHNIQUES

Meditation can lower stress levels and help maintain optimal health. This experiential workshop is an introduction to meditation techniques. Students will learn the basic meditative process and practice proper breathing, exercises and positions. After taking this class, students will be able to integrate meditation into their personal lives. Class meets for three days – Tuesday, Wednesday & Thursday. Students should wear comfortable clothing that allows for stretching, and bring a non-stimulating drink, (yoga) mat and a pillow or cushion.

February 21, 22, 23 (Tues Wed Thurs)
6:00-8:00 pm #360
Learning Center J Godzalski
Fee: \$35 Non-resident \$40

PHOTOGRAPHY - HOW TO USE YOUR CAMERA

Did you ever wonder what all the features on your camera mean? Become a better photographer by learning what ISO, shutter speed, aperture, sunlight, white balance, shutter priority and aperture priority do. Students learn benefits and tricks to composition and posing in picture taking. Students should bring their camera to class so you can learn what all the buttons on your camera do.

Wednesday, March 14
5:30-7:30 pm #370
Learning Center G Tindira
Fee: \$20 Non-resident \$25

PHOTOGRAPHY - TAKE GREAT PICTURES

In the current digital revolution, producing pictures, albums and many specialty items has become easier than ever. The real challenge is capturing quality images of your special moments. Even with quality automatic cameras, the composition is still a major factor controlled only by the photographer. Learn how to compose better pictures as you take your photos and how to salvage existing photos. Students should bring their camera to class.

Wednesday, March 28
5:30-7:30 pm #372
Learning Center G Tindira
Fee: \$20 Non-resident \$25

PHOTOGRAPHY – NATURE & VACATION PHOTOS

Tips, tricks and techniques for capturing better outdoor photographs. We will look at simple methods that will make your vacation photos come alive and look more like post card images. We will explore scenery, wildlife, people and architecture. Students may bring their camera to class.

Thursday, April 12
5:30-7:30 pm #374
Learning Center G Tindira
Fee: \$20 Non-resident \$25

PHOTOGRAPHY – CANDID PORTRAITS

Tips, tricks and techniques for capturing better photographs of friends and family will be explored. From newborn to long-time friends and family, you will learn how to preserve images for generations. With basic skills you can capture not just better images but the personality of your subject. Students may bring their camera to class.

Thursday, April 19
5:30-7:30 pm #376
Learning Center G Tindira
Fee: \$20 Non-resident \$25



JUST ONCE PIANO FOR BEGINNERS

You don't need years of weekly lessons to learn piano. In just three hours, learn enough secrets of the trade to get years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Students will learn how: chords work in a song, to get more out of sheet music by reading less of it, to form the three main types of chords, to handle different keys and time signatures, to avoid "counting", and to simplify over 12,000 complex chords. This class uses the "Just ONCE Piano for Busy People" teaching materials and keyboards are provided for class. For students age 18 and older.

Required materials fee of \$29 will be collected in class by the instructor for the workbook and practice CD.

Tuesday, March 6
6:00-9:00 pm #380
Learning Center A Latina
Fee: \$25 Non-residents \$30
(no discounts on this class)
(\$29 materials fee is extra and payable to instructor)

JUST ONCE PIANO BY EAR

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. Students will learn how to: find the starting note, determine when chords change, find the melody, and use the Circle of Fifths. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended.

See www.JustONCEClasses.com for more information.

Required Materials fee of \$29.00 for the How to Play Piano by Ear Book and Practice CD will be collected in class by the instructor.

Monday, April 16
6:00-9:00 pm #385
Learning Center A Latina
Fee: \$25 Non-residents \$30
(no discounts on this class)
(\$29 materials fee is extra and payable to instructor)

PROJECT MEDICAID – BRIDGING THE CRISIS

Medicaid is available to those over age 65, who require skilled nursing care and whose medical expenses exceed their income. An individual may also qualify for a cash grant in assisted living. Learn about options that reduce your dependency on Medicaid or help prevent spousal impoverishment. Reduce the confusion and time commitment associated with the application process. If you are a considering Medicaid or have a relative needing assistance, this seminar will be of great benefit to you.

Thursday, April 5
3-4 pm #390
Learning Center D Seitzer
Free to Pattonville residents
Non-residents \$5

PROJECT VETERAN AID

Learn about valuable Department of Veteran Affairs benefits available to wartime Veterans and their widows. The benefit is designed to help cover the cost of home health care aid, assisted living or skilled nursing care. You will learn what the benefits are and how to apply to receive them. Project Veteran Aid is a community service outreach program conducted by volunteers and Alpha Retirement Concepts, Inc. Our mission is dedicated to helping qualified Veterans and their widows receive the benefits they so richly deserve.

Thursday, April 5
4-5 pm #395
Learning Center D Seitzer
Free to Pattonville residents
Non-residents \$5

PRINCIPLES OF PROFESSIONAL SONGWRITING

Have you ever wanted to write your own songs? In just a few hours, you can learn the principles about what makes a song a hit. In this course, we will study popular songs and music theory and learn the craft and art of professional songwriting. Topics include: how to write "the hook", lyric writing, melody and chords, rhythm and tempo, musical form, arranging and refining, copyrighting, and marketing your music. Class limited to 15 students. Ages 13 and up.

Required materials fee of \$29 will be collected in class by the instructor for the workbook and practice DVD.

Monday, March 12

6:00-9:00 pm #388

Learning Center A Latina

Fee: \$25 Non-residents \$30

(no discounts on this class)

(\$29 materials fee is extra and payable to instructor)



FITNESS

GENTLE YOGA

This approach to yoga eases you into fitness and flexibility by learning the basics of yoga and understanding how breathing and postures are linked together. Create a more fluid body and reduce stiffness in your muscles and joints by learning proper alignment and lengthening your spine. This class makes yoga accessible to anyone. Students who are able to do floor poses should bring a yoga mat to class – chairs will be available to adapt poses for those who cannot get to the floor. This is a great class for senior adults. Class meets on Wednesdays for six weeks.

Session I: Wednesday, January 11
3:00-4:00 pm 6 weeks #521
Session II: Wednesday, March 7
3:00-4:00 pm 6 weeks #522
Learning Center Instructor: K O'Keefe
Fee: \$35 per session Non-resident \$40

KARATE (OKINAWAN)

Develop confidence, physical expertise and inner calmness, while improving flexibility and getting a superb workout! A 5th degree black belt instructor, who employs encouragement rather than intimidation, teaches hand and foot techniques including throwing and breaking holds. Safety is paramount! This self-defense style of karate is stressed as a martial art rather than a competitive sport. A uniform (gi) will be available for purchase at the first class. Attend Tuesdays and Thursdays for six weeks each session.

Session I: Tuesday, January 10
Ages 18+
All Ranks 8:00-9:00 pm \$53 #531
Session II: Tuesday, February 28
Ages 18+
All Ranks 8:00-9:00 pm \$53 #532
Session III: Tuesday, April 17
Ages 18+
All Ranks 8:00-9:00 pm \$53 #533
Instructor: S.A. Basinger,
5th Degree Black Belt
Pattonville Heights Middle School
Non-resident pay an additional \$5 per session
Note: optional testing and belt fees are extra

KICKBOXING

Complete an intense aerobic workout using muscle-sculpting kickboxing moves such as jabs, hooks, upper cuts, and martial arts kicks. You will improve cardiovascular endurance and toning of the muscles by high repetition workouts. Every class will include warm up, cool down, stretch, and an abdominal segment. This is a Total Body Workout! Class meets twice a week. Students may sign up for one day a week if they sign up for both sessions.

Session I: Tuesday, January 10
7:00-8:00 pm 6 weeks #541
Session II: Tuesday, March 6
7:00-8:00 pm 6 weeks #542
Session I & II: Tuesdays only
7:00-8:00 pm 12 weeks #543
Session I & II: Thursdays only
7:00-8:00 pm 12 weeks #544
Holman Middle School
Instructor: L Povia
Fee: \$60 per session Non-resident \$65

TRIM & TONE FOR WOMEN

A total body workout from cardio to vascular. Focus will be on trimming your tummy, hips and thighs. Stretching, toning and flexibility are accomplished through floor work twice a week. Bring a beach towel or a mat and water to drink. Wear clothes that let you move about freely. If you typically use resistance power bands and free weights, you may bring them to class. Class meets twice a week – Monday & Wednesday. This class will leave you feeling refreshed and limber. This low-impact workout is great for any fitness level.

Session I: Monday, January 9
6:00-7:00 pm 6 weeks #551
Session II: Monday, March 26
6:00-7:00 pm 6 weeks #552
Holman Middle School
Instructor: R Sansouci
Fee: \$50 Non-resident \$55

WOMEN'S SELF-DEFENSE

Okinawan Karate instructors will show you how to use leverage, momentum and vital striking points against an assailant – HANDS ON! Effective self-defense depends more on attitude and skill than size or strength. You will be taught easy-to-learn techniques including how to break free of an attacker's grasp. Learn how to fight back, escape and survive in seemingly indefensible situations. Wear loose pants and long-sleeved top (like sweats). Participants will remove shoes and jewelry in class. This is a great class for mother-daughter to attend together.

Friday, February 3
5:30-8:30 pm #560
Parkwood Elementary
S. Basinger, 5th degree black belt
Fee: \$25 Non-resident \$30

YOGA

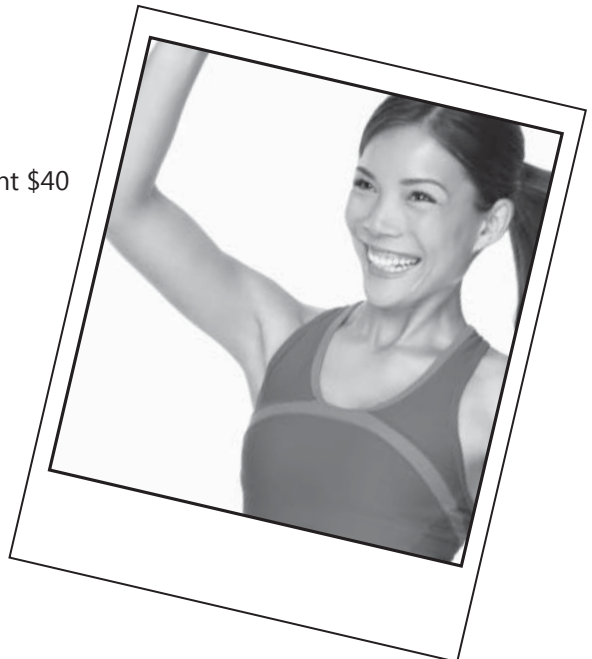
The instructor will be using a combination of yoga techniques including power yoga. Postures allow you to gain flexibility, tone muscles, and enjoy the flow of breath within your body. Students should bring a yoga mat to class. Class meets once a week on Wednesdays.

Session I: Wednesday, January 11
7:35-8:35 pm #571
6 weeks
Session II: Wednesday, March 7
7:35-8:35 pm #572
6 weeks
Holman Middle School
Instructor: L Pavis
Fee: \$35 per session Non-resident \$40

ZUMBA®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that is fun and easy to follow. The music, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Class meets twice a week on Mondays and Wednesdays. Students may register for one night a week if they sign up for both sessions. Beginners are welcome!

Session I: Monday, January 9
4:00-5:00 pm 5 weeks #581
Session II: Monday, February 27
4:00-5:00 pm 5 weeks #582
Session I & II: Monday only
4:00-5:00 pm 10 classes #583
Session I & II: Wednesday only
4:00-5:00 pm 10 classes #584
Holman Middle School
Instructor: V Sponsler
Fee: \$60 Non-resident \$65
(if more than 10 classes, fee will be \$6 per class)
(no discounts on this class)



YOUTH PROGRAMS

BASEBALL HITTING CLINIC

Do you want to be a slugger? Get ready for the upcoming season by improving your skills in our batting cages. Students should bring their own bats and gloves. Class meets on Thursday's for five weeks. Teams are welcome.

Start Date: Thursday, January 26
3rd grade
6:00-7:00 pm 5 weeks #601
4th & 5th grade
7:00-8:00 pm 5 weeks #602
6th, 7th & 8th grade
8:00-9:00 pm 5 weeks #603
Pattonville High School
Bill and Jay Davis
Fee: \$40 Non-resident \$45
\$70 for two children, same family

FREE BATON CLINIC GRADES K-12

This is your opportunity to check out the art of baton twirling. In this free clinic, participants will practice twirling a baton, learn a simple routine, perform for family and friends, and have fun! Students should wear comfortable clothing and tennis shoes and bring a water bottle. Clinic is free, but pre-registration is required. In case of inclement weather, clinic will be held on January 11.

Wednesday, January 4
6:00-8:15 pm #605
Bridgeway School
Instructor: Sugarettes Twirlers
Fee: FREE



BATON TWIRLING (BEGINNING OR INTERMEDIATE) GRADES K-12

Join the National Baton Twirling Champions coach of *The Sugarettes* and get professional instruction on the art of baton twirling. Students not having professional batons will be measured the first night of class, and batons will be available for a cost of \$22. Students will have the opportunity to advance their skills to perform and compete. Class meets on Wednesdays.

Session I: Wednesday, January 11
6:00-7:00 pm 7 weeks #606
Session II: Wednesday, March 14
6:00-7:00 pm 7 weeks #607
Bridgeway School
Instructor: Sugarettes Twirlers
Fee \$35 Non-resident \$40
(no discounts on this class)

CHESS grades 4-8 at Remington grades K-5 at Rose Acres & Willow Brook

Chess stimulates the brain and helps build cognitive skills such as focusing, visualizing, weighing options, analyzing, planning and abstract thinking. In this camp, students learn the game of chess and compete with peers to enhance chess skills. All equipment and supplies are provided, and beginning chess students are welcome. Learning to play chess has the benefits of increasing perception and the ability to concentrate, as well being a very enjoyable sport. Attendance in this camp satisfies the Cub Scout belt loop for chess.

Rose Acres Tuesday, February 7
3:40-4:40 pm 8 wks #610
Willow Brook Wednesday, February 8
3:40-4:40 pm 8 wks #611
Remington Thursday, February 9
3:00-4:00 pm 8 wks #612
Instructors: Chess Club and
Scholastic Center of Saint Louis
Fee: \$50 Non-resident \$55
(no discounts on this class)

FIXER-UPPER (age 9-11)

Children in fourth and fifth grade (ages 9 to 11) will learn first aid skills and how to handle emergencies with hands-on practice in the 2.5 hour course. This program meets first-aid badge requirements for Junior Girl Scouts and Webelos (troops and/or packs are welcome). American Heart Association Family and Friends First Aid course materials are used. Children will be trained on how to care for cuts and wounds, choking, poisoning, shock, sprains, fractures and a variety of other injuries. A completion award will be given. Parent volunteers are welcome!

Date: Friday, February 10
9:00-11:30 am #615
Location: Pattonville Learning Center
Instructor: Mercy Hospital St Louis
Fee: \$25 Non-resident \$30

HOME ALONE SAFELY (age 9-11)

This two-hour course prepares children ages 9 to 11 to be home alone safely for short periods of time. First aid, safety, and self-care techniques are taught. Topics include: entering and leaving the house safely; basic first aid; personal safety tips; fire safety and storm safety; answering the door and telephone; simple snacks; and appropriate activities. Children receive a home alone book and a completion award. Parents receive a safety checklist to review with their child. This class meets one time for two hours. Parent volunteers are welcome!

Friday, February 17
9:00-11:00 am #616
Location: Pattonville Learning Center
Instructor: Mercy Hospital St Louis
Fee: \$25 Non-resident \$30

GOLF CLINIC AT BERRY HILL (ages 9-14)

Four golf lessons will be given. They will include a combination of two swing lessons, a putting lesson and a chipping lesson. These lessons will give the student a well-rounded series of the basic fundamentals of golf to get started and enjoy of the game of golf. Play Days are offered at the end of the lessons on Saturdays, April 28 and May 5 to give students the opportunity to play, test their new skills and enjoy playing the game of golf. Lessons are taught by professional golf pros at Berry Hill Golf Course.

Wednesday, April 18
4:15-5:00 pm
(age 12-14) 4 weeks #620
5:00-5:45 pm
(age 9-11) 4 weeks #625
Location: Berry Hill Golf Course in
Bridgeton
Fee: \$36 Non-resident \$41

(Game days will be Saturdays, April 28 and May 5 - \$9 in green fees will be paid to Berry Hill on these game days and is not included in the registration fee. Tee times will be at approximately 3:15 pm on game days)



KARATE (OKINAWAN)

Develop confidence, self-control and a calmness that can overcome fears, while learning self-defense and having FUN! A 5th degree black belt instructor, who employs encouragement rather than intimidation, teaches hand and foot techniques including throws and breaking free of an attacker's grasp. Karate can help children improve concentration and appropriately channel their energy in every aspect of life. Safety is always paramount! This defense-oriented style of karate is stressed as a martial art rather than a competitive sport -- no tournaments, no trophies, NO LOSERS! Attend Tuesdays and Thursdays except as noted. Each session is six weeks. A uniform (gi) is required and available for purchase at the first class.

Session I: Tuesday, January 10
Ages 7-17 Apprentice & Beginning
5:00-6:00 pm \$33 (Tues. only) #631
Ages 7-17 Intermediate
6:00-7:00 pm \$53 #632
Ages 7-17 Advanced
7:00-8:00 pm \$53 #633
Thursday, January 12
Ages 4-6 All Ranks
5:00-6:00 pm \$33 (Thurs. only) #634

Session II: Tuesday, February 28
Ages 7-17 Apprentice & Beginning
5:00-6:00 pm \$33 (Tues. only) #635
Ages 7-17 Intermediate
6:00-7:00 pm \$53 #636
Ages 7-17 Advanced
7:00-8:00 pm \$53 #637
Thursday, March 1
Ages 4-6 All Ranks
5:00-6:00 pm \$33
(Thurs. only) #638

Session III: Tuesday, April 17
Ages 7-17 Apprentice & Beginning
5:00-6:00 pm \$33
(Tues. only) #641
Ages 7-17 Intermediate
6:00-7:00 pm \$53 #642
Ages 7-17 Advanced
7:00-8:00 pm \$53 #643
Thursday, April 19
Ages 4-6 All Ranks
5:00-6:00 pm \$33 (Thurs. only) #644
Location: Pattonville Heights Middle School
Instructor: S.A. Basinger, 5th Degree Black Belt
Non-residents pay an additional \$5 per session
note: rank testing and belt fees are extra

LIGHTNING CALCULATIONS! (GRADES 3-5)

Instantly add a column of 10 numbers! Multiply two two-digit numbers in your head faster than a calculator! Have someone call out a 3-digit number and you immediately tell if it's divisible by 11! Learn these feats and many more in Abra-Kid-Abra's new class, Lightning Calculations! Grade 3-5 students will learn a variety of lightning calculation feats, which hone their mental math skills. They'll receive props to take home each week. They will also develop their presentation skills and confidence as they present their new math abilities to others. The class culminates with the students putting on a lightning calculation demo for their families. Camp meets for six weeks on Tuesdays.

Willow Brook
Tuesday, February 21
3:40-4:40 pm 6 weeks #630
Instructors: Abra-Kid-Abra Staff
Fee: \$70 Non-resident \$75
(no discounts on this class)



MAD SCIENCE – PHYSICS! (K-5)

In ***Che-mystery***, watch water turn into juice and liquids turn into solids. Explore physical and chemical reactions with the *Dynamic Dish* kit. Investigate conductors, insulators, and other elements in the world of circuit electricity in ***Current Events***. Gravity, inertia and centripetal force are part of the fun in ***Fun-damental Forces***. Feel the pull of precession with the bike wheel gyroscope and strike the perfect balance with the *Gravity Game* kit. Discover the ***Science of Magic*** creating illusions, reading minds, and perform a Houdini-style escape. Discover the four forces that affect flight in ***Fantastic Fliers*** plus make and test various plane designs. Construct a structure from scratch with the *Bridge Basics* kit in ***Super Structures*** as we test out shapes for strength. Create a whirlwind with an Airzooka vortex generator in ***Under Pressure*** and launch foam rockets with the *Air Blaster* kit. In ***Wacky Water***, stimulate the effects of an ocean oil spill and develop creative techniques to clean it up while learning about water, waves and the environment. Camp meets for one hour after school. The four-week camps complete four of the above-mentioned experiments.

Willow Brook Monday, January 23
3:40-4:40 pm 8 wks #651
Remington Tuesday, January 24
3:00-4:00 pm 4 wks #652
Rose Acres Thursday, January 26
3:40-4:40 pm 4 wks #653
Instructors: Mad Scientists Staff
Fee: four-week camp \$52
Non-resident \$57
Fee: eight-week camp \$94
Non-resident \$99
(no discounts on this class)

SOCIAL SMARTS – MANNERS FOR TODAY'S KIDS (K-5)

Help your child promote productive/positive interactions with others by learning to recognize and respond to social cues. Through games and interactive play, children will improve interactive skills and become acquainted with different responses to social situations. Topics include: It's a manner of manners, social skills 4 life, repeating questions, and socially-accepted behaviors or not? This class meets Tuesday through Friday after school. Class is free, but advance registration is required as space is limited.

Drummond
Tuesday-Friday, March 6-9
3:40-4:40 pm #640
Instructors: Ranken Jordan Staff
Fee: free

ZUMBASTIC (K-5) #660

Come join the party! Zumbastic is a fun fusion of Latin, hip hop, jazz, international, and street style dancing set to music you will love! Students will learn simple dance moves such as Cha Cha, Salsa, and Merengue in routines designed to energize and invigorate for fun and fitness. No experience needed. Have a blast while discovering this Zumbastic program! Club KidFit programs incorporate wellness principles within the class content. Class meets for six weeks on Thursdays after school.

Start Date: Thursday, February 23
3:40-4:40 pm 6 weeks #660
Location: Willow Brook
Instructor: Club KidFit
Fee: Resident \$66 Non-resident \$71
(no discounts on this class)

COMMUNITY RESOURCES FOR FAMILIES

The Community Resources for Families link is a public service designed to share information about organizations that provide opportunities for students in our school community. It is on the Pattonville School District website under the COMMUNITY link: <http://www.ppsdr3.org/community/>

In this link, you will find other sports and leisure activities for youth in our geographical area. The organizations included in this link are independent of and not affiliated with, nor sponsored by the Pattonville School District or the Pattonville Board of Education.

MISCELLANEOUS

PARENTS AS TEACHERS PROGRAM

Pattonville's Parents As Teachers (PAT) is a parent education and family support program serving families throughout pregnancy until their child enters kindergarten, usually age five. Parents are supported by PAT-certified parent educators trained to translate scientific information on early brain development into specific *when, what, how* and *why* advice for families. By understanding what to expect during each stage of development, parents can easily capture the teachable moments in everyday life to enhance their child's language development, intellectual growth, social development and motor skills. All district residents are eligible for these services free of charge. For further information call (314) 213-8105.

GED/BASIC READING AND MATH SKILLS

Free GED and Literacy classes are available for anyone 17 years of age or older who is not currently enrolled in high school. Teachers and tutors can help you prepare for the GED exam or improve your reading, writing, and math skills. Night classes are held at **Pattonville High School** on Tuesdays and Thursdays from 5:30 to 8:30 pm. Morning classes are located at **Faith Baptist Church**, 12061 Natural Bridge Road in Bridgeton from 9:00 am to noon, Monday through Friday. Afternoon classes are available at **Fern Ridge High School**, 12:30-4:00 pm, Monday through Thursday. All books and materials are provided free of charge. To enroll and find out orientation dates, please call (314) 415-4940.

ENGLISH AS A SECOND LANGUAGE

Free Adult English as a Second Language classes are offered at **Faith Baptist Church**, 12061 Natural Bridge Road in Bridgeton, from 9:00 am to noon Monday through Friday. Afternoon classes are available at **Fern Ridge High School**, 13157 North Olive Spur Road, from 1-4 pm Monday through Thursday. Evening classes are available from 6:30-9:30 pm at **Fern Ridge High School** Monday through Wednesday. Classes include speaking, listening, reading, writing, grammar, vocabulary, and culture. Students may begin at any time during the year. To enroll, please call (314) 415-4940.

OASIS

OASIS is an intergenerational tutoring program that matches trained volunteer tutors with elementary school students with underdeveloped reading and language skills. Training sessions are free and take place in January and in the fall for people wanting to work in districts throughout the St. Louis area, including Catholic and Lutheran schools.

Pattonville is currently in its 20th year of OASIS tutoring and is always looking for more people. Tutors can work with kindergarten through third graders in any of the district's elementary schools. Those interested in working in Pattonville can call (314) 213-8025 for training dates and other information.

To register or for information about a different district, please call (314) 995-9506.

MISCELLANEOUS



TEACHERS AND CLASS SUGGESTIONS

In order to expand the Community Education Program with interesting opportunities, your suggestions would be appreciated. Tell us what interests you. Help us plan future courses. Email info to mreed@psdr3.org or fill out the form below and mail to:

Mary Reed
Pattonville Community Education
11097 St. Charles Rock Road
St. Ann, MO 63074

Name _____

Address _____

Email _____ Phone _____

I am qualified and interested in teaching the following courses:

If not interested in teaching - - do you have some course suggestions?
If so, please list below:

REGISTRATION INFORMATION

By Mail: Send registration form from this brochure with your credit card information or check made payable to Pattonville School District, to Community Education, 11097 St. Charles Rock Road, St. Ann, MO 63074. MasterCard, Visa, American Express and Discover are accepted.

By Telephone: You may register by telephone using a credit card by calling (314) 213-8094.

By FAX: You may register by fax using a credit card by dialing (314) 213-8695.

In Person: Completed registration forms may be dropped off at the Pattonville Learning Center between the hours of 8 am–4 pm or by appointment by calling 213-8094.

COURSE ACTIVITY: _____ COURSE NO: _____

NAME: _____

ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL: _____

CREDIT CARD # AND EXP DATE: _____

- PATTONVILLE RESIDENT
- NON-PATTONVILLE RESIDENT
- SENIOR CITIZEN (55+ YEARS)

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Pattonville School District Board of Education

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Jeanne Schottmueller, Vice President
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Cindy Candler, Director
Tami Hohenstein, Director
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Superintendent of Schools
Michael A. Fulton, Ed.D.

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213-8095
pgould@psdr3.org

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mreed @psdr3.org

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213-8096
tquinn@psdr3.org

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