

Welcome to Kent Community Education

Love of learning and life-long learning are synonymous with Kent Community Education and Theodore Roosevelt High School. Challenge yourself, learn something new, expand your computer skills, get in shape and enjoy one or more of the enrichment classes for adults and teens. To enroll in a class listed below, or if you have a question, please call our Community Education Office (330-676-8740).

If you have a special interest or expertise and would like to teach a class for the '09-10 school year, contact Edna Hensel at 330-676-8740. Classes can be scheduled one-time only or once a week for up to eight weeks.

Thank you for your time and interest,

Brian Bachtel

Director of Career and Community Education, Kent City Schools

Registration Information

Please see the individual course descriptions for the starting dates, times and number of sessions of the course that you are interested in taking. Registration is complete once the registration form and payment are received. Registration should be mailed to Kent Community Education, 1400 N. Mantua St., Kent, OH 44240. **NO PHONE REGISTRATIONS WILL BE ACCEPTED. NO CONFIRMATIONS WILL BE SENT.** Deadline for registering is three-five (3-5) days prior to the beginning of the class.

Cancelled Classes: Registrants will be contacted if a class is canceled. Full refunds are given for canceled classes.

Refunds: Minimum registration numbers must be reached before a program can be offered. Because of this minimum, refunds will be given prior to the first class session **if minimum registration numbers** have not been reached. If canceling a registration causes the course to fall below the minimum registration numbers, no refund will be issued. Due to the nature and cost of our course offerings, **NO REFUNDS WILL BE ISSUED AFTER THE FIRST DAY OF THE COURSE.**

Location: Most classes will be held at **Roosevelt High School, 1400 North Mantua St., Kent, OH 44240, unless otherwise specified.** Central School/Roosevelt Annex is located at 200 North Mantua St. The Fitness Center is located behind Stanton Middle School off Roosevelt Drive.

Senior Citizens: Most classes are discounted 10% for those 65 and over.

Programs are subject to change in location, time and/or personnel. Kent City Schools reserve the right to terminate a course at less than the scheduled number of sessions. Pro-rated refunds will be granted under these unusual circumstances.

Classes will not be held on days Kent City Schools are closed due to inclement weather. Every effort will be made to make up postponed classes.

Accident or personal property insurance is not included in registration. No liability is assumed by the Kent City School District's Board of Education in the event of accident or loss of property on any school site or in any school facility in which an adult course is being conducted.

<u>Kent City Schools</u>	
<u>Fall 2009/Spring 2010 Registration Form</u>	
Name	
Home Phone	Work Phone
Email address	
Address	
City/State/Zip	
Course Name	
Course #	Session #
Date	
Fee\$	Senior Citizen y n
Check #	Receipt #
Mail registration to: Community Education, %RHS, 1400 North Mantua St., Kent, OH 44240	
Additional registration forms can be downloaded at kentschools.net	

<u>Kent City Schools</u>	
<u>Fall 2009/Spring 2010 Registration Form</u>	
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**Kent City Schools
Community Education Programs
2009-10**

Body Sculpting™ Weight Training

The fastest way to shape up

Monday and Thursday Evening Body Sculpting"

Session 1: 9/12-10/5/09 (No class 10/8)

Session 2: 10/12-11/09/09 (No class 11/2, 11/12)

Session 3: 11/16-12/14/09 (No class 11/26, 12/17)

Session 4: 1/4-2/1/10 (No class 1/18, 2/4/10)

Session 5: 2/8-3/8/10 (No class 2/15, 3/11/10)

Session 6: 3/15-4/15/10 (No class 3/29, 4/1/10)

Session 7: 4/19-5/13/10

Mon. & Thurs., 5:30-6:30 PM

or 6:30-7:30 PM

Room 508; \$55 per eight class term or \$130 any three terms

Special Saturday Body Sculpting™ Session

Session 1: 9/12/09-10/31 (no class 11/7/09)

Session 2: 11/14/09-1/30/2010 (no class 11/28, 12/19, 12/26, 1/2/2010, 2/6/2010)

Session 3: 2/6/2010-4/17/2010 (no class 2/13, 3/27, 4/3, 4/24/2010)

Saturday, 9:00-10:00 AM; Room 508; \$55/8 classes

Registration is through Body Sculpting™ at 330-650-3539 or register online at flexcity.com.

This one-hour strength training fitness workout combines flexibility and cardiovascular conditioning using a set of 5-pound dumbbells. No aerobics or dance moves used. Accommodates beginner to advanced fitness levels. Work out at your own pace. Classes are taught by a Certified Trainer. Bring a set of dumbbells, an exercise mat, a water bottle and a stretch band. Eight classes in each term. Class size is limited and advance registration must be made through Body Sculpting, Inc. at 330-650-FLEX or register online at flexcity.com. Visa and MasterCard accepted or send payment to: Body Sculpting, Inc. P.O. Box 637, Hudson, OH 44236. DO NOT PAY THE INSTRUCTOR. Classes are on going at Roosevelt through May 2008. Please visit our website at flexcity.com or call 330-650-FLEX for exact class session dates.

Phenomenal Abdominals®

The original 30-minute workout for the waist

Session 2: 10/12-11/09/09 (No class 11/2, 11/12)

Session 3: 11/16-12/14/09 (No class 11/26, 12/17)

Session 4: 1/4-2/1/10 (No class 1/18, 2/4/10)

Session 5: 2/8-3/8/10 (No class 2/15, 3/11/10)

Session 6: 3/15-4/15/10 (No class 3/29, 4/1/10)

Session 7: 4/19-5/13/10

Registration is through Body Sculpting at 330-650-3539;

Mon. & Thurs., 7:30-8:00 PM

Room 508; \$30 per eight class term

This 30-minute exercise class works the upper and lower abdominals as well as the sides of the waist. Bring an exercise mat, a stretch band and a water bottle. Classes are taught by a Certified Trainer. Eight classes in each term. Class size is limited and advance registration must be made through Body Sculpting, Inc. at 330-650-FLEX or register online at flexcity.com. Visa and MasterCard accepted or send payment to: Body Sculpting, Inc. P.O. Box 637, Hudson, OH 44236. DO NOT PAY THE INSTRUCTOR. Classes are on going at Roosevelt through May 2009. Please visit our website at flexcity.com or call 330-650-FLEX for exact class session dates.

**Kent City Schools
Community Education Programs
2009-10**

Osteoporosis Workshop

Room 508; 1 session; \$10 per person

FALL SESSION, 2009; Wed., 10/21/09 6:30-7:15 PM

SPRING SESSION, 2010; Wed., 3/24/10 6:30-7:15 PM

If you don't want the hump, you gotta' pump...iron that is! Learn how to ward off and help prevent osteoporosis just by working out with a set of weights. During this 45-minute presentation, our Certified Strength Trainer will demonstrate 15 primary strength-training exercises that will strengthen the spine, hips, wrists, and improve posture at the same time. Watch and learn; no participation needed. You're welcome to take notes and handouts of the exercises will be given. All ages and fitness levels welcome. Class size is limited and advance registration must be made through BodySculpting, Inc. at 330-650-FLEX or register online at flexcity.com. Visa and MasterCard accepted or send payment to: Body Sculpting, Inc. P.O. Box 637, Hudson, OH 44236. DO NOT PAY THE INSTRUCTOR.

Tai Chi #9934

Room 513; 5 classes; \$35; #9915

Instructor: Bill VandenBoom

Fall Session 2009 #1

Wed; 10/7-11/4; 5:30-6:30 PM

Fall Session 2009 #2

Wed., 11/11-12/16 5:30-6:30; (No class 11/25)

Fall Session 2009 #3

Wed:1/13/10-2/10/10; 5:30-6:30 PM

Spring Session 2010 #1

Wed: 2/17/10-3/17/10; 5:30-6:30 PM

Spring Session 2010 #2

Wed, 3/24/10-4/28/10; 5:30-6:30 PM

Spring Session 2010 #3

Wed, 3/24/10-4/28/10; 5:30-6:30 PM (no class 3/31)

Spring Session 2010 #4

Wed, 5/5/10-6/2/10; 5:30-6:30 PM

Learn a unique version of the Yang Style Tai Chi form. The movements are gentle and can be done by anyone of any age. Tai Chi is great for stress relief and promotes peace of mind. Tai Chi has been shown to improve balance and to increase the range of motion in the joints.

The Drawing of the 10,000 Things

Room 126; 8 sessions; \$65

Instructor: Linda Hutchinson

FALL SESSION, 2009 #9922

Thurs., 10/8-12/13/09 (No class 11/26)

6:30-9:00 pm

This session we will be using the Zen notion of drawing a great variety of everyday objects to explore the nature of drawing from reality and to draw conclusions that will hopefully, transfer to drawing anything at all. We will explore: values, perspective, texture, line and variety. Each session, we will probably draw 4-5 things with a given theme. Materials needed: Small pocket-sized sketchbook, variety of pencils, kneaded eraser, blending stump.

Watercolor Painting

Room 126; 8 sessions; \$75

Instructor: Linda Hutchinson

SPRING SESSION, 2010 — #9921

Thurs; 2/4/10-4/8/10 (No class 4/1/10); 6:30-9:00 PM

Express yourself with this versatile medium. Open to all skill levels. Students will explore various methods of using watercolor. We will begin with painting simple forms and progress to more complex layouts. Competent drawing skills a prerequisite and a definite advantage! One of our goals is increasing spontaneity while painting. Bring sketchpads and paints (if you already have them) to the first class. List of painting supplies will be discussed at first class meetings. Cost of supplies: approximately \$75, if you have never painted with watercolor before. A list will be sent to students upon registration. Students 12 and over are welcome to attend with permission of instructor.

Weight Control Seminar

Room 531; 1 session, \$50.

Instructor: Don Mannarino, M.A. Clinical Hypnotist

(\$10.00 materials fee paid directly to instructor)

FALL SESSION, 2009— #9923; Wed, 11/4/09; 5:00 -6:00 PM

SPRING SESSION, 2010— #9924; Tues, 3/2/10; 5:00-6:00 PM

Isn't it time to become and remain "THIN & SLIM" again! You used to feel good about yourself and then you changed your eating habits. The reasons no longer matter. Don has over 25 years experience and incredible success with his techniques of hypnosis for weight loss and he can most certainly help you. It's time to end compulsive and emotional overeating. Each participant receives a CD reinforcement copy of the hypnosis program as well as instruction on self-hypnosis for stress relief. There is a \$10.00 material fee payable directly to the instructor.

Stop Smoking Seminar

Room 531; 1 session, \$50

Instructor: Don Mannarino, M.A. Clinical Hypnotist

(\$10.00 materials fee paid directly to instructor)

FALL SESSION, 2009 - #9925; Wed, 11/4/09; 6:00-7:00 PM

SPRING SESSION, 2010 - #9926; Tues., 3/2/10; 6:00-7:00 PM

Isn't it time to become and remain a "NON-SMOKER" again! Through the mind power of hypnosis you will experience NO withdrawal, NO weight gain, and NO behavior or emotional change either. With more than 25 years of clinical experience, Don has become well known as the expert on smoking cessation. Each participant receives a CD reinforcement copy of the hypnosis program as well as instruction on self-hypnosis for stress relief. There is a \$10.00 materials fee payable directly to the instructor.

Guitar 101

Room 506; 18 sessions; \$70

Instructor: Jim Fox

FALL SESSION, 2009 - #9927; Mon.-Wed, 10/5-12/16; 6:30-7:30 PM

(no class 11/23, 11/25)

SPRING SESSION, 2010 - #9928; Mon.-Wed., 2/1/-4/19

Room 513; 19 sessions; (No class 2/15, 3/29, 3/31); 6:30-7:30 PM

No experience? No problem! This class covers the range from no experience to some experience. Emphasis on chords, scales, chord progressions, rhythm and technique. The approach is direct and basic. Open to everyone. Must have a guitar, either acoustic or electric.

Guitar 201

Room 506; 18 sessions; \$70

Instructor: Jim Fox (Bluestones Band)

FALL SESSION, 2009 - ##9929; Mon-Wed, 10/5-12/16; 7:30-8:30 pm

(No class 11/23, 11/25)

SPRING SESSION, 2010 - #9930; Mon-Wed., 2/1-4/19; 7:30-8:30 pm

(No class 2/15, 3/29, 3/31)

Experience is needed for this class. Students need to be familiar with scales, chords, and voicing. This is an advanced class. Come and enjoy playing while increasing your current guitar skills.

American Red Cross Babysitter's Training

Certified Red Cross Instructor; - #9937

\$55.00; Room 514; min. enrollment 6; max: 12

FALL SESSION, 2009; Sat., 11/7; 9:00 AM-4:00 PM

SPRING SESSION, 2010 – TBA- watch for January issue

Designed for 11-15 year olds, this training gives students the knowledge skills and confidence to care for infants through school-age children. Topics include first aid, injury prevention, basic child-care, choosing age-appropriate toys and games, along with decision-making skills. Students should bring a packed lunch, drink, and baby doll. Certification: Course completion certificate. (books and cd rom)

Don't Just Survive Motherhood: Live it!

Instructor: Sharon Nittinger

#9944; Room #510; 2 sessions; \$15.00

Fall Session; Tues.; 10/13-10/20/10; 6:00-7:30 PM

Spring Session; Tues., 2/2/-2/9/10; 6:00-7:30 PM

Motherhood is a great experience. It can also leave you feeling less than yourself. What happens when you stop considering your dreams because you are tending to everyone else's life? Learn balance, self-worth, how to deal with guilt and other life skills. Skills that will help you not just survive motherhood, but love it! This course is designed with the busy mom in mind. Using Sharon's book, rediscovering the Person You Lost: A Workbook for You, participants will complete sections of the workbook outside of class. During class, we'll further discuss topics for understanding which will help you reconnect to yourself and become whole, peaceful and happy again. Because your life is important too. \$15.00 material fee payable to instructor.

Managing Change and Resistance

Instructor: Sharon Nittinger

#9946; Room #510; 1 session; \$10.00

Fall Session; Tues; 11/10/09; 6:00-7:30 pm

Spring Session; Tues., 3/9/10; 6:00-7:30 pm

What we do to change or what we do with change affects our survival, growth and well-being. In fact, on a daily basis, most of us plan, attempt or at least wish to change things about ourselves, others or the situations that face us. However, managing change on a lasting basis is a difficult challenge. The purpose of this workshop is to improve participants' effectiveness at supporting and managing change.

What You'll Learn:

- 1) To effectively manage positive changes in your professional and personal life
- 2) To improve your understanding of and ability to work with resistance.

Sharon Nittinger is founder and presenter of Nittinger Seminars. Her professional work in training and development, combined with her Masters in Psychology and Masters in Management, has made her an expert facilitator and educator in the area of interpersonal communication effectiveness. Now with real life motherhood experience, Sharon offers moms skills and tools for living life with purpose and fulfillment.

Ohio Boating Education Course

Instructor: ODNR Division of Watercraft

#9934; Room 501; 3 sessions; \$10.00

Fall Session; Thurs. 10/6, 10/13, 10/20/09; 6:00-9:00 PM

Spring Session; Thurs., 4/6, 4/13, 4/20/10; 6:00-9:00 PM

Ohio Law mandates that all those born after January 1, 1982, need education certification to operate power vessels over 10 HP. This course will teach the basics of Ohio boating laws, including required equipment, operating regulations and rules of the road, trailering and launching. This course is approved by the National Association of Boating Law Administrators and recognized by the United States Coast Guard. Boat owners who complete this course will be certified to operate a power vessel and could be entitled to a 10%-20% discount on their boat insurance.

Zumba

Instructor: Josie Carlton

#9931; Room# TBA; 4 sessions; \$40.00 (returning customers will receive \$5.00 discount)

Fall Session #1; Mon., 10/19-11/9/09; 7:30-8:30 PM

Fall Session #2; Mon., 11/16-12/14/09 (No class 11/23)

Spring Session #1; Mon., 1/25/10-2/22/10 (No class 2/15); 7:30-8:30 PM

Spring Session #2; Mon., 3/1-3/22/10; 7:30-8:30 PM

Spring Session #3; Mon., 4/5-4/26/10; 7:30-8:30 PM

Looking to transform your shape and get super-sculpted? Zumba is based on the principle that a workout should be effective, fun and easy. It incorporates the Latin beats of Cumbia, Salsa, Samba, Meringue, and more, into the exercise routine. Josie, a certified Zumba instructor, makes it easy to do this high-intensity workout. Anyone can do it. Please bring a pair of good shoes, water bottle and towel to class.

Zumba Kids

Instructor: Josie Carlton

#9932; Room# 508; 4 sessions; \$40.00

Fall Session #1; Saturdays 10/3-10/24/09; 10:30-11:30 AM

Spring Session #1; Saturdays, 2/6-3/6/10; 10:30-11:30 AM (no class 2/13)

Kids love to dance, wiggle, and sing along to great songs. They will learn how to fuse the Zumba formula, the science behind children's exercise programs, and practical training to provide them with the basic skills needed. This is a class to help combat childhood obesity and encourage families to exercise together. It is made for children grade 3 and up, and adults to dance and exercise to current hip-hop, top 40, oldies, and Latin music hits.

Zumba Gold

#9933 Instructor: Josie Carlton

Room# 508; 4 sessions; \$40.00

Fall Session #1; Saturdays 11/7-12/5/09; 10:30-11:30 AM (no class 11/28)

Spring Session #1; Saturdays, 3/13-4/10/10; 10:30-11:30 AM (no class 4/3)

This course is designed for the active adult population or the true beginner (deconditioned) participants. Zumba Gold addresses the anatomical physiological needs specific to these populations. It also includes a Zumba chair workout.

Pay Less For College

Instructor: Ray Kline; #9936

Room#501; 1 session; \$25.00 material fee

Fall Session: Thurs., 10/8/09; 6:30-7:30 PM

Spring Session: Thurs., 2/11/10; 6:30-7:30 PM

How to Reduce Your Family's College Expenses by Thousands of Dollars

You don't have to pay the “sticker price” for college. Families who get educated and implement a customized college-funding plan have a high likelihood of reducing their college expenses by thousands of dollars. This session will expose you to various academic, financial aid, cash flow and tax reduction strategies that help you to minimize your out-of-pocket costs for college. Come learn about a type of specialty planning most families don't even know exists! This course is appropriate for parents with a college bound high school student, especially if you don't qualify for need-based financial aid.

This session will be taught by Ray Kline, a college funding consultant affiliated with Fox College Funding, LLC. He specializes in working with families in Ohio to help them significantly reduce their college expenses. Advisory services are offered through Securities America Advisors, Inc., a SEC Registered Investment Advisor, Ray Kline, Investment Advisor Representative.

Arabic Elementary I

Instructor: Malahat Malahfji; #9940

Room# TBA; 16 sessions; \$95.00; min: 5

Fall Session; Mon & Thurs., 10/5-12/3/09; 6:30-8:00 PM

Spring Session: Mon. & Wed., 2/1-4/12/10; 6:30-8:00 PM

Participants will be introduced to the Arabic alphabet. You will learn to read, write, and say the new sounds. They will also learn expressions of greetings, courtesy, and will be able to introduce themselves in Arabic and briefly talk about families. You will also be able to ask simple questions. Materials used: Alif Baa: Introduction to Arabic Letters and Sound by Mahmoud Al-Batal, Kristen Bustad. Comes with DVD.

Kent City Schools swimming pool offers children's swimming lessons Mondays through Thursdays, 5:15-7:15 PM and on Saturdays, 9:30 AM to 12:30 PM. Open Swim is offered on Saturdays from 1:00-5:00 pm Ongoing Adult Lap Swim is offered Mondays through Saturdays from 10:45 AM-12:45 PM and Mondays through Thursdays from 6:30-7:45 AM and 10:45 AM-12:45 PM.

Call the Kent City Schools Swimming Pool Office for rental information and complete schedule of classes at 330-673-9921.