

MPS Community Ed

Fall 2019 Flyer

www.mpscommunityed.com

(WELL) Wellness (ART) Arts & Enrichment (COMM) Community (TECH) Career and Technology

1. Fit at 50+ (WELL)

As we age our bodies develop various limitations which affect our daily life. This class will help you become stronger and more flexible. It is not a competitive atmosphere but is a place to be encouraged to increase our physical abilities to give us a better quality of life. Supplies: You will need an exercise mat and a set of light weights (1-3# works well for most people).

Tuesdays & Thursdays: September 10, 17, 19, 24, 26, October 10, 15, 22, 24, 29, 31, November 5, 7, 19, 21, 26, December 3, 5, 10; Cost \$76.00 (19 Sessions); Time: 5:15PM-6:00PM ; Location: Longfellow Gym; Instructor: Karen Hamilton

2. Aqua Fit and Tone - Mondays(WELL)

Tired of going to the gym and getting hot and sweaty? Are your joints not able to keep up with fitness classes? Do you want cardio, strength training in an easier environment? Water Fitness is a great way to exercise your body without the stress on the joints. Even the CDC states that "Water-based exercise can help people with chronic diseases, improve mental health, and you can also exercise longer in water than on land without increased effort or joint or muscle pain" With so many benefits, why not try it! This class will combine a cardio workout along with muscle strength which can help you feel better and be as active as you can. We will provide the pool noodle, you provide the suit, towel, and determination to do your very best. If you would like to improve on your strength, you can also purchase Aqua Dumbbells and hand weights(1-3 Pounds) to help with muscle conditioning. These are not required. See you in at the Pool!

Mondays: September 9, 16, 23, 30, October 14, 21, 28, November 4, 18, 25, December 2, 9; Cost \$48.00(12 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Kristal Siembida & Sonja Weber

3. Aqua Fit and Tone - Tuesdays

Want a fun way to enhance cardiovascular fitness, improve flexibility, increase muscle endurance and burn calories while exercising in the water? Aqua Fitness is a blend of cardio, strengthening, muscle endurance, and resistance training that is low-impact and easier on your joints. While in the pool, participants will perform a range of easy to learn steps. We may use such tools as pool noodles, kickboards, etc which will be provided. No matter what your age, ability, or experience – this water workout is suitable for everyone!! No swimming experience is required –you just need to be willing to get wet and move to the music! Participants may use water shoes for better traction on pool floor. Want to reach new levels of fitness and have a blast? Come join us!

Tuesdays: September 10, 17, 24, October 1, 15, 22, 29, November 5, 12, 19, 26, December 3, 10; Cost \$52.00(13 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Sonja Weber & Kristal Siembida

4. Aqua Fit and Tone - Thursdays

Description same as #3.

Thursdays: September 5, 12, 19, 26, October 3, 10, 24, 31, November 7, 14, 21, December 5, 12; Cost \$52.00(13 Sessions)Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Sonja Weber & Kristal Siembida

5. Zumba® Session 1 (WELL)

Zumba® is a Latin, dance-based cardio class that includes a warm-up, workout and cool-down/stretch. The goal of the class is to have fun and dance while blasting calories. Join the fun and get your cardio on! Supplies to bring: water and cross-trainers.

Mondays/Wednesdays: September 23, 25, 30, October 2, 7, 9, 14, 16, 21, 23; Cost \$40(10 Sessions);Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Janae Ronning & Julie Pettys

6. Zumba® Session 2 (WELL)

Description same as #5.

Mondays/Wednesdays: October 28, 30, November 4, 6, 13, 18, 20, 25, December 2, 4, 9, 11; Cost \$48.00(12 Sessions);Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Janae Ronning & Julie Pettys

7. Watercolor Workshop (ART)

Two day watercolor class will include several small warm up activities and one larger (11x14 inch) painting. Warm-up activities will emphasize the use of salt and the various uses of tilting, spraying and working with the assorted grains sizes. In this class we will be creating the Koi with Water Lilies painting. This class will focus on composition and emphasize a special technique to create the Lilly pads.

****Supply List for this class- Please check with us!***

Saturday/Sunday; September 14 & 15; Cost \$120.00 (2 session); Time:9am-5:30pm (There will be a 1/2 hour for you to break for lunch); Location: Minot Adult Learning Center; Instructor: Judy Quill

8. Watercolor Workshop (ART)

Two day watercolor class will include several small warm up activities and one larger (11x14 inch) painting. Warm-up activities will emphasize the use of salt and the various uses of tilting, spraying and working with the assorted grains sizes. In this class we will be creating the Winter Wonderland painting. This class will teach proper use of masking fluid, blending washes and softening edges.

****Supply List for this class- Please check with us!***

Saturday/Sunday; October 19 & 20; Cost \$120(2 Sessions); Time:9am-5:30pm (There will be a 1/2 hour for you to break for lunch); Location:Minot Adult Learning Center; Instructor: Judy Quill

9. Rosemaling (ART)

Learn this beautiful Scandinavian painting technique under the guidance of a seasoned artist. This class is designed for the beginning painter and the experienced painter. The special project will use Rogaland Style Designs on a wooden Velkommen Sign. Payment for the Wooden sign will be paid first night of class. Supply list given first night of class.

Tuesdays: October 1st, 8th, 15th, 22nd, 29th, and November 5th; Cost \$75.00 (6 sessions); Time: 6:30PM-9:30PM; Location: Minot Adult Learning Center; Instructor: Joan Varty

10. Wheel Thrown Ceramics (ART)

Designed for beginners or more advanced students, this class covers the basics and explores more advanced concepts! Create your own cups, bowls, mugs, and more! Class consists of 5 sessions: Nights 1, 2, and 3 you will make pottery on the wheel, night 4 you will finalize your pieces, and night 5 you will glaze your pieces! Pickup for finished pieces will happen within 1 to 2 weeks after the final class!

Mondays: September 9, 16, 23, 30, and October 7; Cost \$135 (5 Sessions); Time: 6:30PM-8:30PM (September 30 will be ONE hour of class); Location: Magic City Campus Art Department; Instructor: Matthew Swenson

11. Wheel Thrown Ceramics (ART)

Designed for beginners or more advanced students, this class covers the basics and explores more advanced concepts! Create your own cups, bowls, mugs, and more! Class consists of 5 sessions: Nights 1, 2, and 3 you will make pottery on the wheel, night 4 you will finalize your pieces, and night 5 you will glaze your pieces! Pickup for finished pieces will happen within 1 to 2 weeks after the final class!

Mondays: October 14, 21, 28, November 4, 12(Tuesday); Cost \$135(5 Sessions);Time: 6:30PM-8:30PM (November 4 will be ONE hour of class); Location: Magic City Campus Art Department; Instructor: Matthew Swenson

12. Beginner DSLR Photography (ART)

Bring your own Canon, Nikon, or other brand DSLR! Designed for beginners or more advanced students, this fast paced, hands-on class covers the basics of DSLR operation, as well as more advanced concepts! Learn through a hands-on approach to shoot in different modes and lighting situations, capture moving subjects, compose images using popular techniques, and more! All 3 nights will involve lessons indoors as well as outdoors!

October 2nd, 3rd, and 4th; Cost \$45.00(3 sessions); Time: 6:30PM-8:30PM; Location: Magic City Campus Art Department;Instructor: Matthew Swenson

13. Acrylic Painting: Undiluted Painting(ART)

In this class we will be exploring acrylic paints which are quick, easy, and forgiving for the beginning or advanced artist. We will be experimenting with the art of color mixing as well as learning how to achieve textural, sculptural and impasto effects in painting. If you have ever thought about creating an abstract landscape painting this is the class for you- You will be given step by step instructions in order to complete your perfect first (or 100th) masterpiece! Supplies to be provided the first night of class. No art experience necessary.

Wednesdays: November 13, 20; Cost \$65.00(2 Session)Time: 6:00PM-9:00PM; Location: Minot Adult Learning Center; Instructor: Zhanna Widmayer

14. Acrylic Painting: Diluted Painting(ART)

Did you know you can create the look of watercolor with ease of acrylic paints? In this class you will be taught how to dilute your acrylic paints in order to create the effect of watercolor. Come join this class and embrace your artistic side and create the masterpiece you have always wanted to hang in your home. You will be given step by step instructions in order to complete your perfect first (or 100th) masterpiece! Supplies to be provided the first night of class. No art experience necessary.

Wednesdays: December 4 and 11; Cost \$65.00 (2 Sessions) Time: 6:00PM-9:00PM; Location: Minot Adult Learning Center; Instructor: Zhanna Widmayer

15. Windows Beyond the Basics(TECH)

So you know how to surf the web, send emails and perform word processing functions but want to do more. In this class we will learn how to personalize the desktop, download and organize photos into folders, utilize storage devices and save and back up data. (Bring a flashdrive). This course will cover many functions and computer tips for improved technical skills.

Saturday: November 9; Cost \$25.00; Time: 12:30PM-2:30PM; Location: Minot Adult Learning Center; Instructor: Judy Nelson

16. Microsoft Word (TECH)

Design a document with multi-columns, headers and footers, images and graphics, bullets, and page borders, page numbers. Put several word processing features into one professional document.

Saturday: November 9; Cost \$25.00; Time: 10:00AM-12:00PM; Location: Minot Adult Learning Center; Instructor: Judy Nelson

17. Microsoft Excel 1 (TECH)

Create spreadsheets and learn to organize worksheets and lists. This is an introductory class to learn basic concepts necessary to continue on to the next level. Explore elements of a spreadsheet and learn your way around the excel window. This class will include simple address lists and entry level add, subtract, multiply and divide.

Tuesday: October 15; Cost \$25.00; Time: 6:00PM-8:00PM; Location: Minot Adult Learning Center; Instructor: Judy Nelson

18. Microsoft Excel 2 (TECH)

Perform spreadsheet calculations. Step by step teacher led instruction and videos to help students understand each new concept. A worksheet for "hands on" practice will be utilized for each new lesson. Included will be creating formulas, profit and loss statements, calculate costs, statistics, and averages.

Wednesday: October 23; Cost \$25.00; Time: 6:00PM-8:00PM; Location: Minot Adult Learning Center; Instructor: Judy Nelson

19. Microsoft Excel 3 (TECH)

For those with previous training and knowledge of the basics. Continue on to further enhance productivity. Projects will include: Charts, Templates, sorting and filtering lists, pivot tables. All projects will include handouts and videos to enhance learning.

Tuesday: October 29; Cost \$25.00; Time: 6:00PM-8:00PM; Location: Minot Adult Learning Center; Instructor: Judy Nelson

POLICIES & PROCEDURES

- **WAIVER:** STUDENTS ARE ENCOURAGED TO READ OUR WAIVER BEFORE REGISTERING FOR OUR CLASSES
- **CLASS STATUS:** CHECK THE STATUS OF OUR CLASSES BY CALLING OUR OFFICE 701-857-4488.
- **SERVICE POLICY:** ALL COURSES ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS. REGISTRATION IS INCOMPLETE UNTIL YOUR CLASS FEE AND REGISTRATION FORM IS RECEIVED.
- **CLASS FEES & SUPPLY FEES (IF APPLICABLE):** MAY BE PAID BY CHECK, MONEY ORDER, CASH OR CREDIT/DEBIT CARDS ONLINE. WHEN REGISTERING FOR MULTIPLE CLASSES, PLEASE PAY FOR EACH CLASS WITH A SEPARATE CHECK. REFUNDS WILL ONLY BE GIVEN SEVEN DAYS PRIOR TO THE CLASS AND IN EMERGENCIES.
- **WHO MAY ATTEND:** ONLY PRE-PAID REGISTRANTS, 16 AND OVER, MAY ATTEND CLASSES.
- **CANCELLATIONS:** WE RESERVE THE RIGHT TO CANCEL CLASSES DUE TO CIRCUMSTANCES BEYOND OUR CONTROL. REGISTRANTS WILL BE NOTIFIED AND CLASS FEES RETURNED.
- **CLASS POSTPONEMENTS:** IF MINOT PUBLIC SCHOOLS CLOSE DUE TO WEATHER, OR MINOT POLICE DEPARTMENT ISSUES A NO TRAVEL ADVISED FOR THE CITY, OUR CLASSES WILL AUTOMATICALLY BE POSTPONED. IN OTHER EVENTS AN EFFORT WILL BE MADE TO NOTIFY YOU AT THE PHONE NUMBER YOU PROVIDED US

WAIVER, RELEASE AND INDEMNIFICATION

BY REGISTERING FOR ONE OF OUR CLASSES, BE AWARE THAT YOU WILL BE WAIVING, RELEASING AND INDEMNIFYING MPS FOR ANY DAMAGE TO THE FACILITY OR LIABILITY INCURRED AS A RESULT OF ITS USE. BY SIGNING YOU WILL HEREBY:

- 1) AGREE TO ASSUME ALL RISK OF DAMAGE TO THE FACILITY AS A CONSEQUENCE OF ITS USE;
- 2) WAIVE, RELEASE, AND DISCHARGE MPS, ITS AGENCIES, OFFICERS, EMPLOYEES AND VOLUNTEERS FROM ANY AND ALL LIABILITY THEY MAY INCUR RESULTING FROM THE USE OF THE FACILITY;
- 3) INDEMNIFY, SAVE AND HOLD HARMLESS MPS, ITS AGENCIES, OFFICERS, EMPLOYEES AND VOLUNTEERS FROM ANY AND ALL CLAIMS OF ANY NATURE INCLUDING COSTS, EXPENSES AND ATTORNEY'S FEES WHICH MAY IN ANY MANNER RESULT FROM THE USE OF THE FACILITY.

THIS WAIVER, RELEASE AND INDEMNIFICATION SHALL BE CONSTRUED BROADLY TO PROVIDE A WAIVER, RELEASE AND INDEMNITY TO THE MAXIMUM EXTENT PERMISSIBLE UNDER APPLICABLE LAW.

Three Step Registration

(If you are not wanting to register online)

Step 1: Print this registration form below and fill out the form completely.

Step 2: Make your check or money order payable to MPS.

Step 3: Drop off your registration form and tuition in the mail or at our office.

If you are registering for MULTIPLE classes-we will need a SEPARATE check for each class!

If you have questions on this please give us a call!

MPS Community Ed Minot Adult Learning Center 1609 4th Avenue NW Minot, ND 58703-2911		
Name		
E-Mail Address		
Phone #		
Address		
City & Zip		
Where did you hear about our classes?		
Course #	Course Title	Tuition (Payable to MPS)
Payment Method: (Cash, Check, or Credit/Debit Card) Please make seperate checks for multiple classes.		
Thank you!		Total:
Signature:		

By registering for this class, I understand that MPS or its instructors will not be held responsible for injuries or loss of property. See waiver release.*

*Waiver, Release and Indemnification

By registering for one of our classes, be aware that you will be waiving, releasing and indemnifying MPS for any damage to the facility or liability incurred as a result of its use. By signing below you will hereby:

- 1) Agree to assume all risk of damage to the facility as a consequence of its use;
- 2) Waive, release, and discharge MPS, its agencies, officers, employees and volunteers from any and all liability they may incur resulting from the use of the facility;
- 3) Indemnify, save and hold harmless MPS, its agencies, officers, employees and volunteers from any and all claims of any nature including costs, expenses and attorney's fees which may in any manner result from the use of the facility.

This waiver, release and indemnification shall be construed broadly to provide a waiver, release and indemnity to the maximum extent permissible under applicable law.