

MPS Community Ed Fall 2021 Flyer

www.mpscommunityed.com

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

1. Fit at 50+ Session 1 (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 pounds works well for most people).

Tuesdays & Thursdays: September 14, 16, 21, 23, 28, 30, October 5, 7, 12, 19; Cost \$40.00 (10 Sessions); Time: 5:15PM-6:00PM; Location: Longfellow Gym; Instructors: Catherine Woodiwiss

2. Fit at 50+ Session 2 (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 pounds works well for most people).

Tuesdays & Thursdays: October 26, 28, November 2, 4, 9, 16, 18, 23, 30, December 2, 7; Cost \$44.00 (11 Sessions); Time: 5:15PM-6:00PM; Location: Longfellow Gym; Instructors: Catherine Woodiwiss

3. 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 and strength training in an easier environment? Water Fitness is a great way to exercise your body without the stress on the joints. 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 at the Pool!

Mondays: September 13, 20, 27, October 11, 18, 25, November 1, 8, 15, 22, 29, December 6; Cost \$48.00 (12 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Kristal Siembida & Sonja Weber

4. Aqua Fit and Tone - Tuesdays (WELL) 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 the pool floor. Want to reach new levels of fitness and have a blast? Come join us!

Tuesdays: September 14, 21, 28, October 12, 19, 26, November 2, 9, 23, 30, December 7, 14; Cost \$48.00 (12 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Sonja Weber & Kristal Siembida

Register for classes in person, by mail, and online at www.mpscommunityed.com

5. Zumba® (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: September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22 ; Cost \$44.00 (11 Sessions) Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Julie Pettys

6. Wheel Thrown Ceramics (ART) Designed for beginners or more advanced students! Create your own cups, bowls, mugs, and more! Class consists of 6 sessions(5 which are working): Nights 1, 2, and 3 you will make pottery on the wheel, night 4 you will finalize your pieces, night 5 you will glaze your pieces, and night 6 you will pick up your pieces!

Mondays: November 1, 8, 15, 22, 29, December 6; Cost \$150 (6 Sessions); Time: 6:00PM-8:00PM; Location: Magic City Campus Art Department; Instructor: Matthew Swenson

****You must be able to attend ALL class dates listed below- No makeup dates will be permitted.**

7. German for Beginners (ART)

More than 90 million people speak German, and you can be one of them. In this introductory course, the focus is on speaking and listening comprehension at a beginner level. Topics include German school and culture, greetings and goodbyes, introducing yourself and others, the alphabet, numbers, family and relatives, and traveling.

Tuesdays & Fridays: October 12, 15, 19, and 22; Cost \$60 (4 Sessions); Time: 6:00PM-7:30PM; Location: Minot Adult Learning Center; Instructor: Sylvia Fisher

8. Microsoft Excel Basics(TECH)

In this class, we will learn the very beginning basics of an Excel spreadsheet on a Windows system. We will discuss basic terminology, how to open and create new spreadsheets, how to change fonts, sizes, and colors, how to sort and filter the information on the spreadsheet, and learn a few basic formulas.

Thursday: November 4th; Time: 6:30PM-8:30PM; Cost \$25.00(1 session); Location: Minot Adult Learning Center; Instructor: Nadine Nelson

9. Standing Guard: Protect What You've Worked For(COMM)

Whether you are approaching retirement or recently retired, this class shares strategies to help you guard your most valuable assets and protect your pre- and post-retirement income. *You must pre-register for these classes- class size is limited! In order to register for these classes you can either call (701-857-4488) and get on the list or email us (mpscommunityed@minot.k12.nd.us). Our website does not allow \$0 purchases. Tuesday: September 28th; FREE; Time: 7:00-8:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones

10. Tax-free Investing: It's Not What You Make, It's What You Keep (COMM)

This class is a 35-minute educational program designed to inform individuals about the benefits and considerations of choosing investments that offer tax advantages.

***You must pre- register for these classes- class size is limited! In order to register for these classes you can either call (701-857-4488) and get on the list or email us (mpscommunityed@minot.k12.nd.us). Our website does not allow \$0 purchases. Tuesday: October 19th; FREE; Time: 7:00-8:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones**

11. What Happens After the Paychecks Stop: A Retirement Income Primer (COMM)

This is a 50-minute class that discusses income during retirement. We'll explore how to budget for retirement expenses, examine potential sources of retirement income, discuss strategies to provide for your goals and address potential risks. *You must pre- register for these classes- class size is limited! In order to register for these classes you can either call (701-857-4488) and get on the list or email us (mpscommunityed@minot.k12.nd.us).Our website does not allow \$0 purchases. **Tuesday: November 9th; FREE; Time: 7:00-8:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones**

12. Leave It, Move It, Roll It, Take It: Know Your Employer Retirement Plan Options (COMM)

This class is a 40-minute educational program that outlines the potential advantages and disadvantages of various retirement plan distribution options. *You must pre- register for these classes- class size is limited! In order to register for these classes you can either call (701-857-4488) and get on the list or email us (mpscommunityed@minot.k12.nd.us).Our website does not allow \$0 purchases. **Tuesday: December 7th; FREE; Time: 7:00-8:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones**

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-SERVE 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, 18 AND OLDER, 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 Process: In-Person & Mail-in.

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 separate 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

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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.