

# MPS Community Ed SPRING 2022 Flier

[www.mpscommunityed.com](http://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: January 11, 13, 18, 20, 25, 27, February 1, 3, 8, 10, 15, 17, 22, 24; Cost \$56.00 (14 Sessions); Time: 5:15PM-6:00PM; Location: Longfellow Gym; Instructors: Jennifer Kalmbach***

## **2. Fit at 50+: Session 2 (WELL)**

Same Description as #1.

***Tuesdays & Thursdays: March 15, 17, 22, 24, 29, 31, April 7, 12, 14; Cost \$36.00 (9 Sessions); Time: 5:15PM-6:00PM; Location: Longfellow Gym; Instructors: Jennifer Kalmbach***

## **3. Fit at 50+: Session 3 (WELL)**

Same Description as #1.

***Tuesdays & Thursdays: April 19, 21, 26, 28, May 3, 5, 10, 12, 17, 19; Cost \$40.00 (10 Sessions); Time: 5:15PM-6:00PM; Location: Longfellow Gym; Instructors: Jennifer Kalmbach***

## **4. Aqua Fit and Tone - Mondays: Session 1(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: January 24, 31, February 14, 28, March 7, 14, 21, 28; Cost \$32.00 (8 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Kristal Siembida & Sonja Weber***

## **5. Aqua Fit and Tone - Mondays: Session 2(WELL)**

Same Description as #4.

***Mondays: April 4, 11, 25, May 2, 9, 16; Cost \$24.00 (6 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Kristal Siembida & Sonja Weber***

## **6. Aqua Fit and Tone - Tuesdays: Session 1(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: January 11, 18, 25, February 1, 15, 22, March 1, 8, 15, 22, 29; Cost \$44.00(11 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors:Sonja Weber & Kristal Siembida**

## **7. Aqua Fit and Tone - Tuesdays: Session 2(WELL)**

Same Description as #6.

**Tuesdays: April 5, 12, 19, 26, May 3, 10, 17; Cost \$28.00(7 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors:Sonja Weber & Kristal Siembida**

## **8. 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: January 10, 17, 24, 31, February 7, 14, 28; Cost \$28.00 (7 Sessions)Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Julie Pettys**

## **9. Zumba®: Session 2(WELL)**

Same Description as #8.

**Mondays: March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16; Cost \$40.00 (10 Sessions)Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Julie Pettys**

## **10. Yoga (WELL)**

Yoga is a form of exercise that is accessible to all ages. This class will be a slower paced class for those just entering or reentering the world of fitness. During yoga classes we will be listening to our bodies, feeling our muscles working in every posture, building strength, flexibility, endurance, balance, and relaxation at a slower pace.

Supplies Needed: Yoga Mat, Water Bottle, Optional: Yoga Blocks

**Wednesdays: January 12, 19, 26, February 2, 9, 16, 23; Cost \$28.00 (7 Sessions)Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Janae Ronning**

## **11. Lift & Groove**

Lift & Groove is the class to focus on improving your muscle definition. A fat-blasting workout designed to condition and tone muscles using a mixture of light and heavy dumbbells, with focus on targeted muscle groups that deliver a total body workout.

Supplies Needed: 2 Light Weight dumbbells and 2 Heavy Weight dumbbells

**Thursdays: February 3, 10, 17, 24, March 3; Cost \$20.00 (5 Sessions)Time: 6:00PM-7:00PM; Location: Minot Adult Learning Center; Instructor: Chantel Fruhling**

## **12. Beginner Golf Lessons**

Learn the game of a lifetime! The emphasis will be on the fundamentals, and the rules & etiquette in preparation for playing the game. If you own your own golf clubs, bring them. Athletic shoes are appropriate footwear. Class is limited to 10.

***Mondays: April 4, 11, 25, May 2; Cost \$75.00 (4 Sessions) Time: 5:45PM-7:00PM; Location: Souris Valley Golf Course; Instructor: Steve Kottsick***

## **13. Sewing 101 (ART)**

Have you always wanted to learn how to sew? Or maybe you are a "haven't-sewn-in-years" sewer and just need a refresher? Either way, this class is geared towards you!

We'll start by covering the fundamentals such as basic terms, fabric choice, deciphering the pattern envelope, and instructions inside. We'll also learn about sewing machine basics. Our class project will be to complete an apron using the McCall's M6092 pattern.

***\*\*Supply list to be given once class fills! Space Limited to 6 individuals using machines provided.***

***Tuesdays/Thursdays: March 15, 17, 22, 24; Cost \$60 (4 Sessions); Time: 6:00PM-8:00PM; Location: Minot Adult Learning Center(Sewing Machines Provided); Instructor: Karen Ploof***

## **14. Finance: Rules of the Road(COMM)**

This class provides participants with 10 principles for sound investing and also discusses how to identify and avoid the most common investment mistakes. ***\*You must pre-register for this class- class size is limited! In order to register for this class you can either call(701-857-4488) and get on the list or email us (mpscommunityed@minot.k12.nd.us).***

***Tuesday: February 8, 2022; FREE; Time: 7:00-8:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones***

## **15. Finance: The Four Pillars of the New Retirement(COMM)**

This class explores how retirement is changing and the four pillars that can impact your quality of life during retirement. Explore each of these pillars, why they matter, and ways you can tend to each of them. ***\*You must pre-register for this class- class size is limited! In order to register for this class you can either call(701-857-4488) and get on the list or email us (mpscommunityed@minot.k12.nd.us).***

***Tuesday: March 15, 2022; FREE; Time: 7:00-8:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones***

## **16. Finance: Put Your Retirement Plan to Work (COMM)**

This class is designed to educate employees about the importance of saving for retirement and enrolling in their employer's retirement plan. ***\*You must pre-register for this class- class size is limited! In order to register for this class you can either call(701-857-4488) and get on the list or email us(mpscommunityed@minot.k12.nd.us).***

***Tuesday: April 5, 2022; FREE; Time: 7:00-8:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones***



### **17. Finance: The Entrepreneurial Equation (COMM)**

This class is designed to help educate business owners about tools and strategies to help make building, running, and preserving a business easier. ***\*You must pre-register for this class- class size is limited! In order to register for this class you can either call(701-857-4488) and get on the list or email us(mpscommunityed@minot.k12.nd.us).***

***Tuesday: May 3, 2022; 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!

<b>MPS Community Ed</b> 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. <b>Thank you!</b>		<b>Total:</b>
<b>Signature:</b>		

**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.

*Register for classes in person, by mail, and online at [www.mpscommunityed.com](http://www.mpscommunityed.com)*