

Highland



Winter/Spring 2010 Course Catalog

The mission of Highland Community Education is to provide lifelong learning opportunities and personal enrichment, addressing the unique interests of individuals and meeting community needs.

Highland Local School District
3880 Ridge Road, Medina, OH 44256
330.239.1901, ext. 4245

Education Community

Winter/Spring 2010 Class Schedule

AFTER SCHOOL ENRICHMENT GRADES K-12

AFTER SCHOOL CHEERLEADING FUNDAMENTALS: GRADES 6-12

Classes will be held at Spirit Cheer and Dance Athletics, 2888 Nationwide Parkway #165 in Hinckley. In this brand-new class for middle school and high school students, you will learn motion techniques, motion placement, basic tumbling, sidelines, cheers, as well as dance techniques and routines.

Registration: \$60

ALL CLASSES: Thursdays, 3:00-4:00 PM

March 4, 11, 18, 25

AFTER SCHOOL JAZZERCISE: GRADES K-5

Jazzercise combines simple jazz-dance movements with carefully planned, effective exercise. Each class includes a warm-up, an aerobic segment followed by a cool-down, performance routine, and health and fitness education. New routines and today's music keep the program fresh! This is non-competitive, designed so that kids at all fitness levels can participate, fostering a sense of camaraderie.

Registration: 1 Session: \$35

2 Sessions: \$65

3 Sessions: \$95

ALL CLASSES: 3:30-4:30 PM

SESSION 1

Granger: Tuesdays, January 5, 12, 19, 26

Hinckley: Mondays, January 4, 11, 25, February 1

Sharon: Wednesdays, January 6, 13, 20, 27

SESSION 2

Granger: Tuesdays, February 9, 16, 23, March 2

Hinckley: Mondays, February 8, 22, March 1, 15

Sharon: Wednesdays, February 10, 17, 24, March 3

SESSION 3

Granger: Tuesdays, March 16, 23, 30, April 13

Hinckley: Mondays, March 22, 29, April 19, 26

Sharon: Wednesdays, March 17, 24, 31, April 14

AFTER SCHOOL MAD SCIENCE: GRADES K-5

Our Mad Scientists have been working overtime in the laboratory brewing up 6 action-packed classes including "Under Pressure," "Che-mystery," "Current Events," "Fundamental Forces," "Stunt Planes & Gliders" and "Super Structures." Enroll quickly as these classes tend to fill fast!

ALL CLASSES: 3:30-4:30 PM **Registration: \$95**

Hinckley: Tuesdays, February 16, 23, March 2, 9, 16, 23

Granger: Wednesdays, February 17, 24, March 3, 10, 17, 24

Sharon: Thursdays, February 18, 25, March 4, 11, 18, 25

Students not picked up will be sent to Latchkey for an additional charge.

AFTER SCHOOL YOUNG REMBRANDTS ART: GRADES K-5

Young Rembrandts After School Art is fun and exciting! Come and learn to draw! These classes are educational and teach foundational art skills that compliment the efforts of our art classes during the school day. Young Rembrandts view drawing – the fundamental skill of all visual arts – as a teachable skill that any child can learn. Plan to stay after school and create your own wonderful works of art with your friends!

ALL CLASSES: 3:30-4:30 PM

Registration: \$65

WINTER SESSION

Hinckley: Wednesdays, January 20, 27, February 3, 10, 17

Granger: Thursdays, January 21, 28, February 4, 11, 18

Sharon: Tuesdays, January 19, 26, February 2, 9, 16

SPRING SESSION

Hinckley: Wednesdays, March 3, 10, 17, 24, 31

Granger: Thursdays, March 4, 11, 18, 25, April 1

Sharon: Tuesdays, March 2, 9, 16, 23, 30

Students not picked up will be sent to Latchkey for an additional charge.

DRAMA CLUB 2010 – READERS RULE THE FUTURE: GRADES 2-5

Learn the secrets of the stage in this very popular class for aspiring actors and crew members. Students will discover how the magic of the stage happens, from the technical aspects, set production, acting workshops, mini-skits, costuming and make-up applications. The Family Night Theater performance will be an interactive educational experience for both students and parents. Parents will have the option of participating in the performance.

ALL CLASSES: 3:30-5:00 PM

Registration: \$75

Performance Family Night at the Theater:

Highland High School, Thursday, April 29 at 7:00 p.m.

Granger: Wednesdays, March 17, 24, 31, April 14, 21, 28

Hinckley & Sharon: Tuesdays, March 16, 23, 30, April 13, 20, 27

SATURDAY ENRICHMENT CLASSES AT HIGHLAND HIGH SCHOOL

BABYSITTING FOR STUDENTS IN GRADES 5-8

Do you want to earn a few extra dollars? Do you like to spend time with young children? Then join us for this amazing class where you will learn about safety for yourself and the children you care for, child development, simple first aid, baby care, communication skills and CPR for infants and children. Upon completion of the class, you will receive a certificate of attendance and an American Heart Association Heartsaver CPR Class Participation card.

Registration: \$55

Minimum 6 students/Maximum 15 students.

Classes: Saturdays from 9:00 AM-12:00 Noon

March 13 AND March 20

CLUB INVENTION – PASSAGE TO PLANET ROG: GRADES 1-3

This class will have your children traveling to distant Planet ROG and developing a number of different devices to help them solve



problems in space and on the planet. After landing on Planet ROG, they build an outpost and create communication, observation, and data-collecting devices. Next, children meet the inhabitants of Planet ROG! They use inquiry methods of classification to identify and name inhabitants and then create sculptures of planet creatures. After a game of washer mining, children identify and sort mineral deposits. Children complete their mission by creating a way to transport themselves and the minerals back to their spacecraft and home to Earth.

Registration: \$80

ALL CLASSES: Saturdays, 10:30 AM-12:00 Noon

January 23, 30, February 6, 13, 20

CLUB INVENTION – PHYSICS IN MOTION: GRADES 3-5

During the Phys. Ed: Physics in Motion class, children create games based on the work of scientists who helped answer questions about how and why objects move.

They incorporate the laws of gravity, energy, motion, and magnetism into their activities. Children first create games based on the work of Italian physicist Galilee. Next, they use Sir Isaac Newton's concept of center of gravity to balance an irregularly-shaped object. This leads to exploring Newton's First Law of Motion. Children then demonstrate the powerful effects of air pressure. Finally, children investigate the properties of magnets and magnetism.

Registration: \$80

ALL CLASSES: Saturdays, 9:00-10:30 AM

January 23, 30, February 6, 13, 20

FUN-DAMENTALS OF COOKING: GRADES 3-8

This popular class will teach you some cooking basics to prepare hearty, healthy foods. Learn something new and have a lot of fun along the way! Both boys and girls are welcome. Students are asked to wear a hat or bandana, bring an apron and a 3-ring binder to class. Limit 10 students.

ALL CLASSES: Saturdays, 9:00 AM-12 Noon

Registration: \$65

Lab fee: \$25, payable to the instructor at first class.

WINTER SESSION: January 23, 30, February 6, 13, 20

SPRING SESSION: February 27, March 6, 13, 20, 27

PRE-ENGINEERING: AGES 6-8

Explore, investigate and solve problems while learning about building blocks of engineering and simple machines. Students enjoy hands-on activities with levers, gears, wheels, axles and pulleys that incorporate math, science and creativity. Most of all, it's FUN!

Registration: \$135

ALL CLASSES: Saturdays, 9:00-10:30 AM

February 6, 13, 20, 27, March 6, 13, 20, 27

JUNIOR ENGINEERING II: AGES 8-14

In this hands-on engineering class, students work together to solve problems while developing their knowledge of physics, manufacturing processes, mechanical and pneumatic systems. The children use the Lego Mechanical Engineering Set to complete lessons. Topics include: simple and complex machines, steering systems, manual transmission, and challenges for points! Jr. Engineering I is recommended as a pre-requisite.

Registration: \$165

ALL CLASSES: Saturdays, 10:30 AM-12 Noon

February 6, 13, 20, 27, March 6, 13, 20, 27

HIGHLAND LACROSSE: GRADES 1-5

Boys and girls can learn to play one of the fastest growing sports in the United States. Lacrosse is action packed! The sport has elements of soccer, football, basketball and hockey. All equipment will be provided in this highly-instructional program. Players will receive instruction on the fundamentals, including passing and catching, fielding ground balls, cradling, spacing and positioning, and defense. Then they will be divided by gender and age to play fun game situational scrimmages, which will help them learn more and enjoy the fast-paced action of the game. Plastic sticks will be used and no checking, stick checking, or poking will be allowed. No helmets or shoulder pads will be used. Players should wear cleats and a mouth guard.

Registration: \$90

ALL CLASSES: Saturdays, 5:30-7:00 PM

Highland High School Practice Field (behind Highland Library)

April 17, 24, May 1, 8, 15, 22

HUMMINGBIRDS SOCCER: AGES 3-6

Your young child will have so much fun while learning the basics of soccer in this new class. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach fundamental skills, and low-key, non-competitive games. A professional instructor from Jump Start Sports will run the program, but parents are encouraged to assist in the coaching and are provided with practice plans and literature to aid them. Hummingbirds Soccer is a terrific introduction to soccer and organized sports and a fun and meaningful experience for the whole family!

Registration: \$60

ALL CLASSES: Saturdays, 1:30-3:30 PM

Highland High School Practice Field (behind Highland Library)

April 17, 24, May 1, 8, 15, 22

INTRODUCTION TO SPANISH: GRADES K-2

¡Bienvenidos! In this class your child will explore the Spanish culture and language. Learning numbers 1-20, the alphabet, colors, days of the week and the song "Cabeza y Hombros" (Head and Shoulders). Students will also learn about Spanish culture, food and about a day in the life of a student their age in Mexico. Open your child's eyes to a whole new culture!

Registration: \$45

ALL CLASSES: Saturdays, 9:00-10:00 AM

February 27, March 6, 13, 20, 27

INTRODUCTION TO SPANISH: GRADES 3-5

Hola! In this new class your child will be immersed in the Spanish culture. Learning greetings and salutations, numbers 0-20, the alphabet, colors, days of the week, and commonly used phrases. They will learn about a day in the life of a student their age in Mexico and discuss the lifestyle differences as well as Mexican culture and food.

Registration: \$50

ALL CLASSES: Saturdays, 10:00-11:00 AM

February 27, March 6, 13, 20, 27

PLEASE PASS THE MANNERS: GRADES 1-8

By Catherine Holloway, Cleveland's Premiere Children's Etiquette Coach. Your child will learn about:

- *First Impressions*
- *Thank You Notes*
- *Telephone Manners*
- *Special Graduation Dinner*

Your child will be taught how to act in everyday social situations at home and away. Something fun and new will be presented each week to help the students be the best they can be. Ms. Holloway believes that a child with a healthy self-esteem becomes a teenager with confidence and a positive sense of self. Minimum 6 students. **Registration: \$85**

Supply fee: \$15, payable to the instructor at the first class.

ALL CLASSES held on Saturdays

- **GRADES 1-4: 10:00-11:00 AM**
- **GRADES 5-8: 11:00 AM-12:00 Noon**

January 23, 30, February 13, 20, 27

TAE KWON DO: GRADES K-2

Tae Kwon Do is a Korean martial art similar to Karate. This class will cover the basic blocks and self-defense moves! Students are asked to wear sweats and tennis shoes.

Registration: \$45

ALL CLASSES: Saturdays, 9:30-10:15 AM

WINTER SESSION: January 23, 30, February 6, 13, 20

SPRING SESSION: February 27, March 6, 13, 20, 27

TAE KWON DO: FAMILY STYLE

This Korean martial art is similar to Karate. Students will learn basic to intermediate blocks and self-defense movements. Students are asked to wear sweats and tennis shoes. Adults and school-aged children welcome to enroll.

Registration: \$50 per person

ALL CLASSES: Saturdays, 10:15-11:15 AM

WINTER SESSION: January 23, 30, February 6, 13, 20

SPRING SESSION: February 27, March 6, 13, 20, 27



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SATURDAY TECHNOLOGY CLASSES BY FUNUTATION TEKADEMY AT HIGHLAND HIGH SCHOOL

Classes are designed for students in grades 3-10. If you have a child with learning disabilities or a condition that may inhibit the learning experience, please let us know before your child attends class so that our staff can make the appropriate accommodations. Funutation is going GREEN. Students can now download their finished projects from our web site: www.funutation.com. Funutation USB flash drives will be available for \$20. Students will work in teams on a computer. Parents are invited to attend student presentations during the last half-hour of final class.

3-D VIDEO GAME DESIGN WITH PANDA 3D

This course focuses on important aspects of 3D Video Game Design using a Command Line Interface (keyboarding). Students will use concepts learned from Scratch and Alice. Students will add their characters to a perspective scene, which appears real world. This 3D introductory course will give students a good idea of how video games are made. Limit 6 students.

Registration: \$190

ALL CLASSES: Saturdays, 10:00 AM-12 Noon

February 20, 27, March 6, 13, 20, 27

DIGITAL ART & ANIMATION

Students will use Alice to create a 3D programming environment to create animations for story telling or interactive games. Students will learn object-oriented programming concepts to populate a virtual world and then animate the objects within that world such as people, animals, and vehicles. Limit 6 students.

Registration: \$190

ALL CLASSES: Saturdays, 10:00 AM-12 Noon

February 20, 27, March 6, 13, 20, 27

DIGITAL VIDEO PRODUCTION

Learn the basics of using advanced digital video cameras. This course will cover techniques for producing a quality video. Editing software is used to add special effects, audio and graphics to the projects. Students will storyboard and then shoot short documentaries, ads and comedy sketch videos. Students work in teams of 4-6.

Registration: \$190

ALL CLASSES: Saturdays, 10:00 AM-12 Noon

February 20, 27, March 6, 13, 20, 27

WEB DESIGN WITH ANIMATION

Students will learn the basics of HTML programming, web design and web site animation. Next they will add text and images to their web site. Finally, they will learn the fundamentals of getting their site seen by search engines like Google and they will learn the fundamentals of creating a secure e-commerce web site. We will teach you how to be safe on the Internet. Limit 6 students.

Registration: \$190

ALL CLASSES: Saturdays, 10:00 AM-12 Noon

February 20, 27, March 6, 13, 20, 27

ADULT & STUDENT QUILTING CLASSES BY THE LITTLE RED QUILT HOUSE



ALL QUILTING CLASSES HELD AT THE
LITTLE RED QUILT HOUSE, 3616 RIDGE
ROAD, MEDINA, OH. General information

and rules: No tools or machines are required as we have everything you need to participate. If you prefer to bring your own machine, that is okay too! Students under the age of 15 are not allowed to use rotary cutters without parental supervision at The Little Red Quilt House.

BEGINNING QUILTING: AGES 10-14

This class is for those new to sewing and will teach you how to use a sewing machine, fabric selection, quilting terms and basic blocks used in quilting. Workbook included. Class project will be a lap quilt. Maximum 8 students per session. Supply fee: \$15, payable to the instructor at the first class.

Registration: \$50

ALL CLASSES: Saturdays, 1:00-3:00 PM

SESSION 1: February 6, 13, 20, 27

SESSION 2: March 6, 13, 20, 27

BEGINNING QUILTING: ADULTS & HIGH SCHOOL STUDENTS

This class will teach you how to use a sewing machine, fabric selection, quilting terms and basic blocks used in quilting. Workbook included. Maximum 8 students per session.

Registration: \$55

Supply fee: Variable, dependent on fabric selection/quilt size.

ALL CLASSES: Tuesdays, 6:00-8:00 PM

SESSION 1: February 2, 9, 16, 23

SESSION 2: March 2, 9, 16, 23

LEARN TO TIE DYE: ALL AGES WELCOME

Attend a class and learn various dye techniques. We will use various herbs and vegetables to dye our items as well as historical discussions of fabric dyeing. You can dye fabric to make a quilt or pajama pants or bring ready made clothes that you want to change the look of. White fabric and clothes work best and should be pre-washed and damp for class.

Registration: \$30

CLASS: Saturday, 1:00-4:00 PM

April 3

HONEY BUNNY QUILT: ALL AGES WELCOME

This class will teach strip piecing on foundation fabric using precut 1-1/2" strips of coordinating fabrics to create a quilt. The center motif will be a rabbit just in time for Easter! You should be familiar with a sewing machine for this class.

Registration: \$35

Supply fee: \$25, payable to the instructor at the first class.

ALL CLASSES: Mondays, 6:00-8:00 PM

SESSION 1: February 1, 8, 15

SESSION 2: March 1, 8, 15

HAVE YOUR CAKE AND QUILT IT TOO! ALL AGES WELCOME

This class will use a Layer Cake Fabric pack to make the quilt top. Pattern included matching your skill level. You should be familiar with a sewing machine for this class. Students will need to purchase Layer Cake Fabric Pack at the shop.

Registration: \$35

ALL CLASSES: Wednesdays, 6:00-8:00 PM

SESSION 1: February 3, 10

SESSION 2: February 17, 24

LONG ARM MACHINE QUILTING: AGES 12 & UP

Learn how to use a long arm quilting machine to finish your pieced quilt tops. This machine joins the top, batting and backing fabrics. We offer this as a two hour hands-on course and then each student has a private session to complete a project of their own. You will need to have a finished top, batting and backing fabric to quilt and schedule a one hour session to complete the course.

Registration: \$50

SESSION 1: February 24, 10:00 a.m.-12:00 p.m.

SESSION 2: February 24, 1:00-3:00 p.m.

SESSION 3: February 24, 6:00-8:00 p.m.

SESSION 4: March 25, 10:00 a.m.-12:00 p.m.

SESSION 5: March 25, 1:00-3:00 p.m.

SESSION 6: March 25, 6:00-8:00 p.m.

ADULT EVENING CLASSES HELD AT HIGHLAND HIGH SCHOOL

ADULT WEIGHT TRAINING

Enroll in this new class, taught by one of our own football coaches and start getting into shape! Students can expect to be introduced to all of the equipment in the Highland High School weight room. Learn the many different methods that can be used to weight train, including free weights, machines, bosu balls and rubber band training. You will be amazed at the results after only eight weeks of training!

Registration: \$75

ALL CLASSES: Tuesdays, 6:00-7:00 PM

February 2, 9, 16, 23, March 2, 9, 16, 23

BABYSITTING FOR STUDENTS IN GRADES 5-8

Do you want to earn a few extra dollars? Do you like to spend time with young children? Then join us for this amazing class where you will learn about safety for yourself and the children you care for, child development, simple first aid, baby care, communication skills, and CPR for infants and children. Upon completion of the class, you will receive a certificate of attendance and an American Heart Association Heartsaver CPR Class Participation card. Minimum 6 students / Maximum 15 students.

Registration: \$55

ALL CLASSES: Tuesdays, 6:00-9:00 PM

February 16 AND February 23

BASIC PHOTOGRAPHY I

Take this class before buying a new camera! If you already have a camera, enroll in this class and learn how to use your digital or film camera while learning some tricks of the trade. You will also learn how to create family photographs that were taken by a "professional." Students are asked to bring their digital or film camera and their owner's manual to class. Limit 10 students.

Registration: \$60

ALL CLASSES: Tuesdays, 7:00-9:00 PM

January 26, February 2, 9, 16, 23



BASIC CONTEMPORARY WEDDING PHOTOGRAPHY

Enroll in this popular class and have a professional photographer teach you some tricks of the trade in wedding photography. You will learn how to properly photograph the bride, the groom, the families

and the bridal party. Next you will discover tricks to capture the ceremony and family grouping photographs. We will learn how to take wedding party photographs outdoors and, finally, cover secrets to reception photography. Students are encouraged to bring their own camera and have some basic knowledge of their camera. Students are also encouraged to bring a tripod. Limit 10 students.

Registration: \$60

ALL CLASSES: Tuesdays, 7:00-9:00 PM

March 2, 9, 16, 23, 30

REIKI: LEVEL I

Reiki is a gentle but powerful hands-on healing art used in hospitals worldwide to benefit conventional therapies. Reiki has many attributes – increased energy, decreased stress/anxiety, alleviated pain, improved circulation, released tension, enhanced relaxation, quicker healing and improved sleep. Students will be shown self-Reiki hand positions and also how to offer Reiki to family and friends. Students are asked to bring a pillow and blanket to class. Limit 10 students.

Registration: \$70

ALL CLASSES: Tuesdays, 7:00-9:00 PM

February 2, 9, 16, 23, March 2, 9

SWING DANCE: LEVEL I

This class will begin with a quick brush-up on basics. Time and emphasis will be on pattern variations, lead, follow, spins, turns, and improvement on quality and execution. You will gain confidence and experience. Wear comfortable clothes and shoes. Partners recommended, but not required. Beginner Ballroom recommended, but not required.

Registration: \$45 Single / \$75 Couple / \$30 High Schoolers

ALL CLASSES: Tuesdays, 7:30-8:15 PM

January 19, 26, February 2, 9

SALSA DANCE – LEVEL I

This class will begin with a quick brush-up on basics. Time and emphasis will be on pattern variations, lead, follow, spins, turns, and improvement on quality and execution. You will gain confidence and experience. Wear comfortable clothes and shoes. Partners recommended, but not required. Beginner Latin recommended, but not required.

Registration: \$45 Single / \$75 Couple / \$30 High Schoolers

ALL CLASSES: Tuesdays, 7:30-8:15 PM

February 16, 23, March 2, 9

BEGINNING BALLROOM DANCE

This class is designed for the absolute beginner. This class slowly introduces the basics of Ballroom, a variation or two of the Foxtrot, Waltz and Swing. You will learn the basic steps, fundamentals of turns, and how to lead and follow. Learn how to combine dance elements and have a finished group of steps simple enough to help you get through any social gathering. Wear comfortable clothes and shoes. Partners recommended, but not required.

Registration: \$45 Single / \$75 Couple / \$30 High Schoolers

ALL CLASSES: Tuesdays, 6:45-7:30 PM

SESSION 1: January 19, 26, February 2, 9

SESSION 2: February 16, 23, March 2, 9

BEGINNING LATIN DANCE

Come and experience the fun Latin beat! CHA CHA, RUMBA, MERENGUE and SALSA! Learn the fundamentals of lead and follow, basic dance patterns, spins, turns, fun Latin moves, develop musicality, muscle coordination, poise and social skills. Students are invited to use this class as a brush-up class or repeat class to improve quality execution. Wear comfortable clothes and shoes. Partners recommended, but not required. Instructor Connie King will teach you how to combine dance elements so you will have a finished group of steps simple enough to dance at any event, club or cruise.

Registration: \$45 Single / \$75 Couple / \$30 High Schoolers

ALL CLASSES: Tuesdays, 6:00-6:45 PM

SESSION 1: January 19, 26, February 2, 9

SESSION 2: February 16, 23, March 2, 9

CORE CONDITIONING & STRENGTH TRAINING

Classes will be held at Spirit Cheer and Dance Athletics, 2888 Nationwide Parkway #165 in Hinckley.

This new class incorporates a variety of athletic drills with a focus on cardio endurance, resistance training, flexibility and strength.

Registration: \$60

ALL CLASSES: Thursdays, 7:30-8:30 PM

SESSION 1: February 4, 11, 18, 25

SESSION 2: March 4, 11, 18, 25



COLLEGE PREP CLASSES HELD AT HIGHLAND HIGH SCHOOL

A.C.T. & S.A.T. COLLEGE ADMISSION TESTS PREPARATION

Performance coaching by Mr. David Diciccio. Class time is all test-taking instruction covering English, vocabulary, math, reading, science and writing. Motivated students who attend every class hour and complete all assignments regularly increase their ACT scores by 2-3 points and their SAT scores by 150-220 points. These courses are primarily for juniors. Younger students and students with special testing needs should contact the instructor before registering. **BRING YOUR CALCULATOR!** *Questions about course content? Call 1-800-937-6388.* Minimum 12 students.

A.C.T. ONLY PREPARATION (for April 10 or later ACT) **Registration: \$189**

ALL CLASSES: Tuesdays, 6:00-9:05 PM

February 2, 9, 23, March 2, 9

A.C.T./S.A.T. PREPARATION (for April 10 or later ACT and May 1 or later SAT)

Registration: \$310

ALL CLASSES: Tuesdays, 6:00-9:05 PM

January 19, 26, February 2, 9, 23, March 2, 9

MANEUVERING THE COLLEGE MAZE FOR JUNIORS, SENIORS & PARENTS

Are you confused about where to start your search or do you need help unravelling the tangle of information that comes in the mail.? Instructor Hildegard Bender has decades of experience helping students and, especially parents, unravel the plethora of information that gets mailed to the house. Let her help you make some common sense out of your college options. Minimum 4 registrations.

Registration: \$30 per family

ALL CLASSES: Thursdays, 8:00-9:30 PM

February 4, 11

WRITING THE COLLEGE ESSAY

STOP right there! The winning college essays are not about your GPA, your awards or your class rank. Learn how to have YOUR essay stand out from the other thousands of essays that admissions officers read! Instructor is Hildegard Bender. Minimum 4 students.

Registration: \$50

ALL CLASSES: Thursdays, 6:30-8:00 PM

February 4, 11, 18, 25

Questions?

**Please contact Mary Fran Kudla,
Community Education Director, at
330.239.1901, ext. 4245 or via email
at mkudla@highlandschools.org.**

ADULT SEMINAR CLASSES HELD AT HIGHLAND HIGH SCHOOL

ADULT/CHILD/INFANT HEARTSAVER CPR

This class is designed for parents, grandparents, childcare providers or anyone interested in learning the steps to assist in saving a life. You will learn what to do in an emergency if someone stops breathing or their heart stops beating. You will also learn skills to assist a person if they are choking. This is a must-have class! Upon completion of the class you will receive an American Heart Association Heartsaver CPR 2-year certification. **Registration: \$45**

Class book fee: \$8, payable to the instructor at class.

CLASS: Thursday, January 28, 6:30-9:30 p.m.

ANGEL TALK

How does one talk to an Angel? You do not have to be psychic to hear messages from your Angels. From Angel stories to simple steps to guide you in communicating with them – this one-night seminar may be just what you have been waiting for. Angel Attunement included in this class.

Registration: \$35

CLASS: Tuesday, January 26, 7:00-9:00 p.m.

BAKING SEMINARS

Enroll in these exciting new seminars and learn techniques and secrets of baking from a professional baker. Register for several classes and receive a discount.

Registration: 1 Seminar: \$25 3 Seminars: \$65
2 Seminars: \$45 4 Seminars: \$85

Lab fee: \$5, payable to the instructor for each seminar.

ALL CLASSES: Tuesdays, 7:00-9:00 PM

- **YEAST BREADS:** Learn the basics to making the perfect loaf of homemade bread. Variations will include whole grains and fruits and nuts. Recipes included. **February 2**
- **DELICIOUS DINNER ROLLS:** Breakfast to dinner, serve your guests and family delicious homemade rolls. The class will explore a variety of fresh baked rolls, some plain and some with special fillings. Recipes included. **February 9**
- **COOKIES, COOKIES, COOKIES:** Bake cookies consistently delicious. Learn new skills in mixing, and choosing the best ingredients to bake great cookies every time. We will cover drop cookies, hand-rolled cookies and bar cookies. Recipes included. **February 16**
- **SPECIALTY BAKING:** This class will explore techniques used in specialty pastries such as nut rolls, poppy seed rolls, strudels and cheesecakes. Recipes included. **February 23**

LEARN THE BASICS OF SELLING ON eBAY

This Funutation Tekademy course is designed to introduce you to the exciting world of selling and shopping on eBay. During this slide show presentation you will learn the fundamentals of how to sell your items on eBay. This course will cover setting up an account, description, photos, pricing, payment (PayPal), shipping options and return policy. We will also cover the fundamental skills needed to bid on and purchase items. *Optional workshop notebook: \$20.*

Registration: \$75

ALL CLASSES: Saturdays, 9:00 AM-1:00 PM

February 6 AND February 13

THE YOUNG GIFTED CHILD

This seminar is designed to help parents of young children, ages 4-9, recognize early signs and domains of giftedness. This class will include an open discussion on ways parents can support their young gifted child.

Registration: \$25

CLASS: Thursday, February 4, 7:00-8:30 p.m.

WEIGHT LOSS SEMINAR

Nationally-Certified Clinical Hypnotherapist, Don Mannarino, M.A., will help you lose the weight you desire through the power of hypnosis! The creator of the national infomercial "Think and Lose" can help you stop compulsive eating, emotional eating, and regain your self-control, self-discipline, and self-confidence!

Registration: \$60

Materials fee: \$10, payable to instructor.

CLASS: 5:00-6:00 PM

Wednesday, February 3 **-OR-** Thursday, May 6

STOP SMOKING SEMINAR

Ready to become a "NON-SMOKER" again? You were born a non-smoker and one day you made the choice to smoke.

Through the mind power of hypnosis you will experience NO withdrawal, NO weight gain, and NO emotional change

with Nationally-Certified Clinical Hypnotherapist, Don Mannarino, M.A.

Registration: \$60

Materials fee: \$10, payable to instructor.

CLASS: 6:00-7:00 PM

Wednesday, February 3 **-OR-** Thursday, May 6



POSITIVE HYPNOSIS SEMINAR

Clinical Hypnosis is a primary alternative for relieving anxiety, fear, low self-esteem and stress! Don Mannarino, a Nationally-Certified Clinical Hypnotherapist with over 30 years of experience, will teach you to improve your health and regain the control of your destiny! Enroll in the new class and begin a new outlook on life!

Registration: \$60

Materials fee: \$10, payable to instructor.

CLASS: 7:00-8:00 PM

Wednesday, February 3 **-OR-** Thursday, May 6

Highland Community Education Class Registration Form

Please use this form to register multiple family members or to enroll in several different course offerings. **NOTE: We do NOT send registration confirmations.** If you do not hear from us, please assume that you are enrolled in the class of your choice. Questions? Contact Mary Fran Kudla, Director, at 330.239.1901, ext. 4245 or email her at mkudla@highlandschools.org.

Total Amount Enclosed: _____
 Check if payment submitted through Pyschools

Please mail completed form to: Highland Community Education, c/o Mary Fran Kudla, 3880 Ridge Road, Medina, OH 44256. Fee must accompany registration. If you have a Pyschools login, you may pay your registration online. Make checks payable to: HIGHLAND LOCAL SCHOOLS.

Name: _____ Class: _____ Session: _____

School: _____ Teacher Name: _____

Name: _____ Class: _____ Session: _____

School: _____ Teacher Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

WAIVER: All adult participants and/or parents of minor participants must sign.

I, the undersigned, understand that neither the course instructor nor the Highland Local Schools, will be held liable for any accidents or injuries sustained by me or my child while participating in Highland Community Education.

Signature: _____ Date: _____



Highland Local Schools
Community Education
3880 Ridge Road
Medina, Ohio 44256

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