



**AQUATIC CENTER**

- memberships
- swim lessons
- water aerobics
- water babies
- pool rental
- birthday parties

**COMMUNITY EDUCATION**

- arts & crafts classes
- computer & online classes
- fitness classes
- foreign language classes
- health/healthcare classes
- after-school clubs
- kids classes
- senior classes

**SCHOOL-AGE CHILD CARE**

- adventure club
- summer day camp
- non-school day



**PARK HILL SCHOOL DISTRICT**



**FALL 2019**



**SERVICES AVAILABLE**

2019/20 School Year

Adventure Club-K-5th grade  
Hours-6:30am-6:00pm  
Rates  
AM only —\$210 per month  
PM only —\$210 per month  
Both AM/PM —\$250 per month

Prime Time 6th –8th grade  
Hours –pm dismissal-6:00pm  
Rates  
PM only—\$250 per month

Non-School Day ONLY K-8th grade  
Hours— 6:30am-6:00pm  
Rates  
\$45 per day

## School-Age Child Care for Elementary and Middle School Students

Adventure Club for the elementary students and Prime Time for the middle-school students, provides a safe, happy, caring and structured environment where students have an opportunity to learn lifelong skills in recreation and social behavior. Students choose activities based on their interests and skill levels, with choices that include art, crafts, drama, science, indoor/outdoor games, homework opportunities and quiet time. These activities occur individually and in small- or large-group settings. Located at your child's elementary school and Plaza Middle school for Prime Time (Lakeview, Congress and Walden students will be transported to Plaza).

Registration and additional information is available online at [www.parkhill.k12.mo.us](http://www.parkhill.k12.mo.us)  
Go to School-Age Child Care under Parent Resources. Contact us at 816-359-5006  
\$50 registration fee due at time of enrollment. Space is limited so register early.



**Park Hill School District**

Building Successful Futures • Each Student • Every Day



Dr. Jeanette Cowherd

### DEAR PARK HILL COMMUNITY,

Back-to-school season is a great time to start thinking about learning something new!

Park Hill encourages everyone to be lifelong learners, and our Community Education program has some great courses for you to consider. Check out this catalog, which includes options such as women's self-defense, yoga, crochet, U.S. citizenship preparation, and financial and estate planning for families with special needs.

I encourage you to browse the courses and find something for your personal development this fall!

Sincerely,

Jeanette Cowherd  
Superintendent

Park Hill Community Services

Lisa McLaughlin  
Community Services Coordinator

Kami Young-Pierce  
Executive Administrative Assistant  
Community Education

Leslie Tudorowski  
Executive Administrative Assistant  
Community Services

Sherry Dowdy  
Executive Administrative Assistant  
School-Age Child Care



PARK HILL SCHOOL DISTRICT  
**PROFESSIONAL STUDIES**  
Connecting classroom learning with professional experiences.





## 2019 FALL CLASS LOCATIONS

### DISTRICT BUILDINGS

#### PARK HILL DISTRICT OFFICE-COMMUNITY EDUCATION

7703 N.W. Barry Road, Kansas City, MO 64153

#### GERNER FAMILY EARLY EDUCATION CENTER

8100 N. Congress Avenue, Kansas City, MO 64153

### ELEMENTARY SCHOOLS

#### CHINN ELEMENTARY

7100 N.W. Chatham Road, Kansas City, MO. 64151

#### ENGLISH LANDING ELEMENTARY

6500 N.W. Klamm Drive, Kansas City, MO. 64151

#### GRADEN ELEMENTARY

8804 N.W. 45 Highway, Parkville, MO. 64152

#### HAWTHORN ELEMENTARY

8200 N. Chariton Avenue, Kansas City, MO. 64152

#### HOPEWELL ELEMENTARY

6801 N. Line Creek Parkway, Kansas City, MO 64151

#### LINE CREEK ELEMENTARY

5801 N.W. Waukomis Drive, Kansas City, MO. 64151

#### PRAIRIE POINT ELEMENTARY

8101 N.W. Belvidere Parkway, Kansas City, MO. 64152

#### RENNER ELEMENTARY

7401 N.W. Barry Road, Kansas City, MO. 64152

#### SOUTHEAST ELEMENTARY

5704 N.W. Northwood Road, Kansas City, MO 64151

#### TIFFANY RIDGE ELEMENTARY

5301 N.W. Old Tiffany Springs Road, Kansas City, MO. 64154

#### UNION CHAPEL ELEMENTARY

7100 N.W. Hampton Road, Kansas City, MO. 64152

### MIDDLE SCHOOLS

#### CONGRESS MIDDLE SCHOOL

8150 N. Congress Avenue, Kansas City, MO 64153

#### LAKEVIEW MIDDLE SCHOOL

6720 N.W. 64th Street, Kansas City, MO 64151

#### PLAZA MIDDLE SCHOOL

6401 N.W. 72nd Street, Kansas City, MO 64151

#### WALDEN MIDDLE SCHOOL

4701 N.W. 56th Street, Kansas City, MO 64151

### OTHER LOCATIONS

#### BALLET NORTH

6308 N. Prospect Avenue, Gladstone, MO 64119

#### BENTLEY GUITAR STUDIO

7 Main Street, Parkville, MO 64152

#### GARDENS OF DELIGHT YOGA STUDIO

4821 N. Helena Avenue, Kansas City, MO 64151

#### GENERATION MAKER LAB

1420 NW Vivion Road, Suite 104, Kansas City, MO 64118

#### KANSAS CITY GYMNASTICS

116 N.W. Plaza Drive, Riverside, MO 64150

#### KICK MARTIAL ARTS

7683 N.W. Prairie View Road, Kansas City, MO 64151

#### RE: YOU DANCE FITNESS

7675 N.W. Prairie View Road, Kansas City, MO 64151

#### RESIDENTIAL STUDIO

8318 NW Hillside Drive, Weatherby Lake, MO 64152

#### SHACKELFORD BOTANICAL DESIGNS

6521 N. Cosby Avenue, Kansas City, MO 64151



Online classes in the comfort of your own home are offered at [www.ed2go.com/phcomed](http://www.ed2go.com/phcomed)

## CONTENTS






### ADULT CLASSES

|   |                                 |    |
|---|---------------------------------|----|
|    | ANIMALS                         | 7  |
|    | ARTS & CRAFTS                   | 7  |
|    | COMPUTER TRAINING               | 7  |
|    | DANCE                           | 8  |
|    | FINANCE                         | 8  |
|    | FITNESS                         | 9  |
|    | FOREIGN LANGUAGE                | 10 |
|    | HEALTH / HEALTHCARE             | 11 |
|   | ONLINE CAREER TRAINING PROGRAMS | 12 |
|  | MARTIAL ARTS & SELF-DEFENSE     | 12 |
|  | MUSIC                           | 13 |
|  | PHOTOGRAPHY                     | 13 |
|  | SEWING                          | 13 |
|  | SPECIAL INTEREST                | 13 |
|  | SPORTS                          | 14 |
|  | SWIM LESSONS                    | 15 |
|  | PRE-COMPETITIVE LESSONS         | 15 |
|  | WATER BABIES                    | 15 |
|  | WATER AEROBICS                  | 15 |

### CHILDREN'S CLASSES

|   |                                |    |
|---|--------------------------------|----|
|    | FAMILY: FITNESS                | 16 |
|    | ADAPTIVE CLASSES               | 16 |
|    | AMERICAN RED CROSS BABYSITTING | 16 |
|    | BALLET & DANCE                 | 16 |
|    | COOKING                        | 17 |
|    | DRIVER EDUCATION               | 17 |
|    | GYMNASTICS                     | 17 |
|    | MARTIAL ARTS                   | 17 |
|   | MIND AND BODY                  | 18 |
|  | PRESCHOOL                      | 18 |
|  | S.T.E.A.M.                     | 19 |

### AFTER SCHOOL CLUBS

|   |                                    |    |
|---|------------------------------------|----|
|  | ELEMENTARY - ART                   | 19 |
|  | ELEMENTARY - FOREIGN LANGUAGE      | 20 |
|  | ELEMENTARY - THEATRE               | 21 |
|  | EARLY RELEASE MINI CAMPS           | 21 |
|  | MIDDLE SCHOOL - AFTER SCHOOL CLUBS | 22 |

# INSTRUCTOR SPOTLIGHT

## DEBRA SVOBODA

**Debra Svoboda** has taught English as a Second Language (ESL) classes for the North Kansas City School District for the past 5 years. She has a passion for helping those wishing to become United States citizen and explains, "It's amazing how citizenship transforms not only the life of the new citizen, but their entire family. On the day of the ceremony, children can be seen beaming with pride at their parent's accomplishment. It's a day of celebration the whole family will never forget."

She offers a six-week prep course for adults interested in attaining U.S. citizenship. This class is designed to help eligible immigrants prepare for the naturalization interview and test.

*See page 14 for class offering(s).*



## NOELLE GALIC

**Noelle Galic** is a teacher from the Kansas City area with a passion for education and crocheting. She began crocheting at six years old when her mother signed her up for lessons with her friend's grandmother. From the first moment she picked up the yarn and hook, she was hooked and has been crafting ever since. Crocheting has blessed her life in so many ways and she is eager to share her passion, especially with those just starting out.

*See page 7 for class offering(s).*



## SHELBY SANDERSON

**Shelby Sanderson, DPT** is a physical therapist and certified Rainbow Kids and Families Yoga Teacher. Shelby is passionate about building strong family bonds and encouraging families to play, imagine, and grow together. These classes are a great chance for parents and children to learn new skills and create together.

*See page 16 for class offering(s).*



## LINA DICKSON

**Lina Dickson** is a native Chinese speaker who has taught Chinese for the past 7 years to individuals of all ages and fluency levels. She specializes in project-based and age-appropriate curriculum development, student engagement and language assessment with an emphasis on incorporating individual family situations, various technologies, and resources. As an active community member, she organizes and leads extracurricular cultural activities and projects to build and improve the interactivity among educators, students, parents as well as communities.

*See pages 10, 20 & 22 for class offering(s).*



# ADULT CLASSES

816-359-4060 <http://bit.ly/ParkHillCommunityEducation>



## ANIMALS

### CAREER OPTIONS FOR WORKING WITH ANIMALS New!

Would you like to spend time with animals AND get paid to do so? Explore the kind of career, such as veterinary clinic, pet store, boarding facility, horse stable or animal health company that is right for you.

**All classes are: 1 Session each Fee: \$39.00**  
**Instructor: Debra Nickelson, Park Hill District Office, Room 128**

|                 |          |                   |                          |
|-----------------|----------|-------------------|--------------------------|
| <b>AN7-19FA</b> | <b>T</b> | <b>9/17/2019</b>  | <b>6:30 PM - 8:30 PM</b> |
| <b>AN7-19FB</b> | <b>T</b> | <b>10/29/2019</b> | <b>6:30 PM - 8:30 PM</b> |



### CRASH - BANG - BOOM: HOW TO HELP YOUR DOG IN NOISY TIMES New!

Does your dog tremble, whine, hide (or worse) when fireworks go off, thunder roars or even when you run the vacuum? Learn what you can do to help your dog feel less anxious and cope with noises.

**Instructor: Debra Nickelson, Park Hill District Office, Room 128**

|                |                   |                          |
|----------------|-------------------|--------------------------|
| <b>AN6-19F</b> | <b>1 Session</b>  | <b>\$39.00</b>           |
| <b>Th</b>      | <b>10/10/2019</b> | <b>6:30 PM - 8:30 PM</b> |



## ARTS & CRAFTS

### BASIC FLORAL DESIGN

Students will learn to make projects using fresh and silk flowers. Learn to make a 1-sided triangle arrangement, a wreath and corsages/boutonnieres. You will learn to complete your design with confidence! Supply charges will depend upon the projects that you choose and will be payable to the instructor. Please bring the following to the 2nd class: knife, wire cutter, flower cutter, and container for flowers.

**Instructor: Shackelford Botanical Designs, Shop**

|                 |                             |                          |
|-----------------|-----------------------------|--------------------------|
| <b>ARFL-19F</b> | <b>6 Sessions</b>           | <b>\$60.00</b>           |
| <b>T</b>        | <b>9/10/2019-10/15/2019</b> | <b>6:00 PM - 9:00 PM</b> |

### CROCHETING FOR BEGINNERS New!

From scarves to hats, from storage baskets to dish clothes, crocheting is a great way to create items for your home or to give as gifts. In this adults only class, you will learn to crochet in rows and rounds, create several different stitches, read a pattern, and color change with two different yarns. See registration notification e-mail for a list of items to purchase. Please purchase these items prior to the first day of class.

**Instructor: Noelle Galic, Park Hill District Office, Room 223**

|               |                             |                           |
|---------------|-----------------------------|---------------------------|
| <b>CR-19F</b> | <b>5 Sessions</b>           | <b>\$50.00</b>            |
| <b>Sa</b>     | <b>9/21/2019-10/19/2019</b> | <b>9:30 AM - 11:30 AM</b> |

### PAINTING WITH WATERCOLORS

Experience the joy of watercolor painting with weekly projects, tips, and techniques for beginning and intermediate painters. The instructor will email you a list of required supplies. No children please.

**Instructor: Gayla Williams, Park Hill District Office, Room 127**

|                 |                             |                          |
|-----------------|-----------------------------|--------------------------|
| <b>ARWC-19F</b> | <b>6 Sessions</b>           | <b>\$69.00</b>           |
| <b>W</b>        | <b>9/25/2019-10/30/2019</b> | <b>1:30 PM - 4:00 PM</b> |

### FALL FUSED GLASS 6 X 8 TRAY

Learn glass fusing basics using crushed glass, stringer, and noodles to design your plate. Pick-up finished tray two weeks after class. A fee of \$25 for materials and firing is due to the instructor at the beginning of class. Ages 13+

**Instructor: Claudia McMichael, Residential Studio-8318 NW Hillside Drive**

|                 |                  |                          |
|-----------------|------------------|--------------------------|
| <b>GL11-19F</b> | <b>1 Session</b> | <b>\$25.00</b>           |
| <b>Th</b>       | <b>10/3/2019</b> | <b>6:30 PM - 8:30 PM</b> |

### FALL FUSED GLASS 8 X 8 PLATE

Fused glass basics using crushed glass, stringer, and noodles to design your plate. Pick-up finished plate two weeks after class. A fee of \$30 for materials and firing is due to the instructor at the beginning of class. Ages 13+

**Instructor: Claudia McMichael, Residential Studio-8318 NW Hillside Drive**

|                 |                  |                          |
|-----------------|------------------|--------------------------|
| <b>GL10-19F</b> | <b>1 Session</b> | <b>\$25.00</b>           |
| <b>Th</b>       | <b>9/19/2019</b> | <b>6:30 PM - 8:30 PM</b> |

### FALL OR WINTER 3D FUSED GLASS 6 X 12 ART PIECE

Learn to create a 3D art piece using crushed glass, stringer and noodles. Pick-up finished art piece two weeks after class. A fee of \$35 for materials and firing is due to the instructor at the beginning of class. Ages 13+

**Instructor: Claudia McMichael, Residential Studio-8318 NW Hillside Drive**

|                 |                   |                          |
|-----------------|-------------------|--------------------------|
| <b>GL12-19F</b> | <b>1 Session</b>  | <b>\$25.00</b>           |
| <b>Th</b>       | <b>10/17/2019</b> | <b>6:30 PM - 8:30 PM</b> |

### FUSED GLASS HOLIDAY ORNAMENTS

Make beautiful holiday glass ornaments using glass shapes, glass bits, stringer, noodles, and dots. Pick-up finished ornament(s) two weeks after class. A fee of \$6 per ornament for materials and firing is due to the instructor at the beginning of class. Ages 13+

**Instructor: Claudia McMichael, Residential Studio-8318 NW Hillside Drive**

|                |                  |                          |
|----------------|------------------|--------------------------|
| <b>GL9-19F</b> | <b>1 Session</b> | <b>\$25.00</b>           |
| <b>Th</b>      | <b>12/5/2019</b> | <b>6:30 PM - 8:30 PM</b> |

### WINTER FUSED GLASS 8 X 8 GLASS TRAY

Design a winter tray using crushed glass, stringer, and noodles. Pick-up finished tray two weeks after class. A fee of \$30 for materials and firing is due to the instructor at the beginning of class. Ages 13+

**Instructor: Claudia McMichael, Residential Studio-8318 NW Hillside Drive**

|                 |                  |                          |
|-----------------|------------------|--------------------------|
| <b>GL13-19F</b> | <b>1 Session</b> | <b>\$25.00</b>           |
| <b>Th</b>       | <b>11/7/2019</b> | <b>6:30 PM - 8:30 PM</b> |



## COMPUTER TRAINING

### INTRO TO EXCEL I

This course is recommended for those who have little to no experience with Excel. Students will become familiar with the basic functions used to format spreadsheets and have the opportunity to create their own workbooks. Students will need to bring a jump drive to class. The instructor will have some for purchase if needed.

**Instructor: Holly Harpst, Park Hill District Office, Computer Lab**

|                |                            |                          |
|----------------|----------------------------|--------------------------|
| <b>CM1-19F</b> | <b>4 Sessions</b>          | <b>\$59.00</b>           |
| <b>W</b>       | <b>9/11/2019-10/2/2019</b> | <b>6:00 PM - 8:00 PM</b> |



## INTRO TO EXCEL II

This course is designed for those who have completed Intro to Excel or already have an understanding of the navigation and basic functions in Excel. Students will learn how to sort & filter, create conditional formatting, create pivot tables, write advanced formulas (VLOOKUP, SUMIF), and various other functions such as concatenate and text to columns. Students will need to bring a jump drive to class.

**Instructor: Holly Harpst, Park Hill District Office, Computer Lab**

**CM219F**                      **3 Sessions**    **\$49.00**  
**W**                              **10/9/2019-10/23/2019**    **6:00 PM - 8:00 PM**

## 1 ON 1 COMPUTER TRAINING

Purchase one private 2-hr Session with a Personal Instructor. Learn a variety of the following applications: Windows 10, Word, Excel, PowerPoint, Google, email, tablets and more. Sessions other than Monday by special appointment. No children please.

**All classes are: 1 Session each, Mondays**    **Fee: \$49.00**  
**Instructor: Gayla Williams at the Park Hill District Office in the Computer Lab**

|                 |                   |                          |
|-----------------|-------------------|--------------------------|
| <b>CM3-19FA</b> | <b>9/9/2019</b>   | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FB</b> | <b>9/16/2019</b>  | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FC</b> | <b>9/23/2019</b>  | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FD</b> | <b>9/30/2019</b>  | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FE</b> | <b>10/7/2019</b>  | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FF</b> | <b>10/14/2019</b> | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FG</b> | <b>10/21/2019</b> | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FH</b> | <b>10/28/2019</b> | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FI</b> | <b>11/4/2019</b>  | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FJ</b> | <b>11/18/2019</b> | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FK</b> | <b>11/25/2019</b> | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FL</b> | <b>12/2/2019</b>  | <b>1:30 PM - 3:30 PM</b> |
| <b>CM3-19FM</b> | <b>12/9/2019</b>  | <b>1:30 PM - 3:30 PM</b> |



## DANCE

### ADULT BALLET

Not a scratch beginner class! If you are an adult who has had some previous ballet training "a while ago" and would like to take a class again, this is the class for you. This is a beginner to intermediate level, very gentle ballet class with a complete barre and also some center barre, some core work and maybe a few very small jumps or even simple turns. Recommended attire: leotards, tights, ballet shoes, and leg warmers. Body sweaters, skirts, body wrappers, etc., may also be worn. Please note: this is not a rehabilitation or therapy class. You should be injury free and should not have had any surgeries within the past 6 months. Ages 25+

**Instructor: Laura Reinschmidt, Ballet North**

**DA6-19F**                      **4 Sessions**    **\$50.00**  
**Th**                              **9/5/2019-9/26/2019**    **6:30 PM - 7:30 PM**

### ADULT BEGINNER TAP

This adult tap class is designed for those that want to dust off their old tap shoes from years ago or those that want to learn something new. You will learn basic tap steps, combinations, and fun choreography! Tap makes your feet and your mind happy! Let's dance!

**Instructor: Shauna Tomlin, Re: YOU Dance Fitness LLC, Studio**

**DA30-19F**                      **6 Sessions**    **\$80.00**  
**W**                              **9/11/2019-10/16/2019**    **7:00 PM - 8:00 PM**



## FINANCE

### 401(K) & RETIREMENT PLANS DISTRIBUTION & ROLLOVER OPTIONS

Don't let the IRS end up with more of your money than it should. Presenter: John Azodi, CPA. A CPA with over 30 years of tax & over 20 years of investment & insurance experience. If you plan to retire soon or have retired, you need to attend to learn about:

- Tax laws that can help you keep more of your retirement assets.
- Keep IRS from ending up with more of your assets than it should.
- Protect your retirement account from probate.
- Pass more assets to your heirs tax-free.
- Avoid pitfall of pension distribution & lump sum disaster
- Choose the right pension payment plan.
- Avoid penalty for early distribution from IRA's & 401(K) plans.
- Learn the 4 common myths of keeping your 401(K) after retirement & job separations.

Learning some of these rules directly affect the way that you will enjoy retirement & how much taxes you may pay or save.

**All classes are: 1 Session each**    **Fee: \$39.00**  
**Instructor: John Azodi at the Park Hill District Office**

|                  |           |                   |                           |                 |
|------------------|-----------|-------------------|---------------------------|-----------------|
| <b>FN14-19FA</b> | <b>T</b>  | <b>9/17/2019</b>  | <b>7:00 PM - 9:00 PM</b>  | <b>Room 129</b> |
| <b>FN14-19FB</b> | <b>T</b>  | <b>10/22/2019</b> | <b>7:00 PM - 9:00 PM</b>  | <b>Room 127</b> |
| <b>FN14-19FC</b> | <b>Sa</b> | <b>11/9/2019</b>  | <b>10:00 AM -12:00 PM</b> | <b>Room 223</b> |

### HOW TO MAXIMIZE SOCIAL SECURITY AND COMMON MISTAKES TO AVOID

Filing for Social Security benefits can be stressful. Failing to use the right strategy when choosing when and how to claim benefits can cost you a lot of money, and potentially put your surviving spouse at financial risk. Don't leave thousands of dollars "on the table" simply because you don't understand how to optimize your benefits. Join us for an informative and easy-to-understand seminar that explores how you can maximize your Social Security income. Gain the knowledge you need to make an educated and confident election decision. This seminar is designed to assist those who have not yet, but will soon begin receiving their Social Security retirement benefits, and those who have begun their payments within the past year. We will also discuss spousal benefits for current, ex, and deceased spouses.

**All classes are: 1 Session each**    **Fee: \$20.00**  
**Instructor: Jeff King at the Park Hill District Office, Room 128**

|                 |           |                   |                          |
|-----------------|-----------|-------------------|--------------------------|
| <b>FN2-19FA</b> | <b>T</b>  | <b>10/15/2019</b> | <b>6:30 PM - 8:00 PM</b> |
| <b>FN2-19FB</b> | <b>Th</b> | <b>11/7/2019</b>  | <b>6:30 PM - 8:00 PM</b> |

### ARE YOUR AFFAIRS IN ORDER?

The death and incapacity of a family member can present serious and difficult issues. Probate, Wills, Power of Attorneys, Trusts, Health Care Decisions, Estate Taxes....most of us plan to do "something" someday to get our affairs in order. Unfortunately, over 60% never establish a formal estate plan! This two-week course will help you understand the basics of estate planning: What are the important issues associated with death and incapacity? How can those issues be addressed? Learn how to eliminate probate, reduce taxes, and ease the burdens that will fall to your loved ones, designate guardians for minors...and much more.

**John Sanderford** is a Northland attorney working primarily in the field of estate planning for the last 30 years. He is a member of the Missouri Bar Association Probate and Trust Committee.  
**Instructor: John Sanderford, Park Hill District Office, Room 127**

|                 |                            |                          |
|-----------------|----------------------------|--------------------------|
| <b>FN21-19F</b> | <b>2 Sessions</b>          | <b>\$39.00</b>           |
| <b>T</b>        | <b>9/24/2019-10/1/2019</b> | <b>7:00 PM - 9:00 PM</b> |



### FINANCIAL & ESTATE PLANNING FOR FAMILIES WITH SPECIAL NEEDS

This workshop brings together several key issues that families with a child with special needs face regarding their financial goals as well as the legal planning need to make the transition from one generation to the next. In this comprehensive workshop, we'll dive into these three topics:

- 1. Financial Planning:** Adjusting the traditional financial planning and investment process to focus on the long-term care needs for your loved one with special needs.
  - 2. Legal Planning:** A discussion on special needs trusts and other legal documents necessary for the transition of you estate to beneficiaries and heirs.
  - 3. Transition Tools:** An overview of software used to help organize and transition your plan to the next generation of care.
- The workshop will be facilitated by Scott Adams, Vice President, Special Needs Planning, CFP®, ChSNC™, ChFC. Scott will share both his personal and professional experiences of planning for his own children with special needs.

**Instructor: Scott Adams, Park Hill District Office, Room 128**

**FN12-19F**                      **1 Session**    **\$20.00**  
**Th**                              **9/19/2019**    **4:30 PM - 5:30 PM**

### THE CHANGING FACE OF REAL ESTATE

The world of real estate is changing! What's new and what is still the same will be the focus of this class. It's intended to be refresher or for new home buyers/sellers.

**Edward Rippee**, CSP, WHS, CDPE has been a REALTOR® for over 19 years. While he began his career as a real estate agent in the Orlando, Florida area, he returned to his home state of Missouri where he started a family and became a REALTOR®. Ed has always been focused on helping people. He studied to be a Catholic priest and served in the Army as a Chaplain Candidate before beginning a career in real estate. He is now a specialist in new home sales and workforce housing and is a certified distressed property expert. Ed shares his experience in handling properties in both Kansas and Missouri.

**Instructor: Edward Rippee, Park Hill District Office, Room 128**

**FN15-19F**                      **2 Sessions**    **\$20.00**  
**T - W**                              **10/1/2019-10/2/2019**    **6:00 PM - 8:00 PM**



## FITNESS

### BASIC/RESTORATIVE YOGA

You will practice gentle but energetic and fun sequences that we will build on as the class progresses. The instruction includes breathing and restorative techniques for use outside the classroom. Wear comfortable loose clothing and bring your yoga mat.

**All classes are: 6 Sessions each**    **Fee: \$59.00**  
**Instructor: Rhonda Reeves, Park Hill District Office, Studio 2**

|                  |          |                              |                          |
|------------------|----------|------------------------------|--------------------------|
| <b>FTRY-19FA</b> | <b>T</b> | <b>9/10/2019-10/29/2019</b>  | <b>6:00 PM - 7:00 PM</b> |
| <b>FTRY-19FB</b> | <b>T</b> | <b>11/12/2019-12/17/2019</b> | <b>6:00 PM - 7:00 PM</b> |

### CHAIR YOGA

Gentle yoga class for anyone with limited mobility due to injury or illness or someone who simply wishes to ease into a yoga practice. Chairs are used for support and balance. Wear comfortable loose clothing and bring your yoga mat.

**All classes are: 6 Sessions each**    **Fee: \$59.00**  
**Instructor: Rhonda Reeves, Park Hill District Office, Studio 2**

|                  |          |                              |                           |
|------------------|----------|------------------------------|---------------------------|
| <b>FT14-19FA</b> | <b>T</b> | <b>9/10/2019-10/29/2019</b>  | <b>10:00 AM -11:00 AM</b> |
| <b>FT14-19FB</b> | <b>T</b> | <b>11/12/2019-12/17/2019</b> | <b>10:00 AM -11:00 AM</b> |

### TAI CHI - BEGINNER

A Chinese exercise that improves balance and increases circulation. Participants will learn some history and basic principles of Tai Chi as well as learn exercises known as Chi-Gong and rhythmic repeating movements called silk-reeling. Traditional warm-up exercises along with traditional ones from China are all covered in Tai Chi for Beginners. No experience required. The instructor is a long-time student of Tai Chi and has taught Tai Chi in the Kansas City area since 1993. Start learning the basics as a beginner and progress to intermediate Tai Chi for more fun!

**All classes are: 6 Sessions each**    **Fee: \$67.00**  
**Instructor: Master Gary Huff, Three Dragon's Way, at the Park Hill District Office, Studio 2**

|                 |           |                             |                          |
|-----------------|-----------|-----------------------------|--------------------------|
| <b>FT5-19FA</b> | <b>Th</b> | <b>9/12/2019-10/31/2019</b> | <b>6:00 PM - 7:00 PM</b> |
| <b>FT5-19FB</b> | <b>Th</b> | <b>11/7/2019-12/19/2019</b> | <b>6:00 PM - 7:00 PM</b> |

### TAI CHI - INTERMEDIATE

Build on the foundations and movements from the Beginner Tai Chi class. New transitional movements are added and helps put the beginning movements together for a short routine. Participants who have taken the beginner class at least once can enroll in both Beginner and Intermediate classes.

**All classes are: 6 Sessions each**    **Fee: \$67.00**  
**Instructor: Master Gary Huff, Three Dragon's Way, at the Park Hill District Office, Studio 2**

|                 |           |                             |                          |
|-----------------|-----------|-----------------------------|--------------------------|
| <b>FT6-19FA</b> | <b>Th</b> | <b>9/12/2019-10/31/2019</b> | <b>7:00 PM - 8:00 PM</b> |
| <b>FT6-19FB</b> | <b>Th</b> | <b>11/7/2019-12/19/2019</b> | <b>7:00 PM - 8:00 PM</b> |

### LABLAST BALLROOM DANCE FITNESS

LaBlast®, which was created by Dancing with the Stars' Louis van Amstel, is a "life-changing dance fitness program that inspires the mind and transforms the body while teaching the true skill of dance." Learn how to dance AND kick your week off right with a fun fitness program that teaches you ballroom dance steps while burning major calories! The "workout" is in disguise while you learn dances like Disco, Cha-cha, Salsa, Jive, Paso Doble, Samba, and many more... You will dance to music from many genres & eras. The LaBlast® program is the perfect balance between dance and fitness, and works for beginners & advanced dancers alike. NO partner is required. Louis' belief is that "if you can clap it, you can dance it™", even if you've never danced before! Wear what you would typically wear to workout & a water bottle is recommended, because even though this is fun, you will sweat. Are you ready to have a blast? Let's LaBlast!

**Certified LaBlast Instructor: Jaclyn Kotowski, Re: YOU Dance Fitness LLC, Studio**

**DA20-19F**                      **4 Sessions**    **\$52.00**  
**Su**                              **10/6/2019-10/27/2019**    **6:00 PM - 7:00 PM**

### RECHARGE FUN DANCE FITNESS

Are you tired of dreading your workout? Or not working out at all? Would you like to find a "workout" that you actually want to do? Are you ready for a fitness program that is based on FUN & enjoying life? If yes, then reCharge is for YOU! Learn how to dance while getting in a great workout. You will have the best time with this follow-along, non-stop cardio dance class that gets those endorphins flowing and that heart rate pumping for a sweat drenched dance party. This class can only be found at re:YOU & is choreographed by our instructors to your favorite pop songs. ReCharge is fitness made FUN! NO dance experience is needed, it for EVERY body.

**DA23-19FA**                      **4 Sessions**    **\$50.00**  
**W**                              **9/4/2019-9/25/2019**    **6:00 PM - 7:00 PM**  
**Shauna Tomlin**                      **Re: YOU Dance Fitness LLC, Studio**

**DA23-19FB**                      **4 Sessions**    **\$50.00**  
**T**                              **9/17/2019-10/8/2019**    **5:30 PM - 6:30 PM**  
**Victoria Newlove**                      **Re: YOU Dance Fitness LLC, Studio**

## RESHAPE STRENGTH TRAINING MADE FUN

This ultimate dance class is a combination of low impact cardio dance moves with slower weight training. A variety of hand weights are used throughout the class. Strength training is a key component to burning fat and fighting the clock. Our total body dance format makes the minutes fly by and keeps YOU coming back for more, which equals results. YOU will burn calories long after this class is finished. Now, that's REwarding for YOU! Join us for these self-emPOWERment sessions & see great results in just 10 weeks. YOU will need a towel and a water bottle for this challenging class. Weights & yoga mats provided.

**Instructor:** Kaleigh Kelso, **Re:** YOU Dance Fitness LLC, Studio

|                |                             |                          |
|----------------|-----------------------------|--------------------------|
| <b>DA7-19F</b> | <b>10 Sessions</b>          | <b>\$120.00</b>          |
| <b>Th</b>      | <b>9/12/2019-11/14/2019</b> | <b>6:30 PM - 7:30 PM</b> |

## REVITALIZE BALLET TONING AND FLEXIBILITY

This ballet inspired workout will help YOU build stronger, leaner, and longer muscles. It might be a low impact workout, but it packs a large punch for your muscles, flexibility, balance, and range of motion. We will use center barre ballet moves such as pliés to tone our lower bodies with high reps & small range of motion. This is a full body workout with an emphasis on toning your core, legs, & glutes. Each class will start & end with an all over body stretch to relieve tight muscles and tension while increasing overall flexibility. With your busy schedule, self-care often gets overlooked, so this reVITALIZING class is a wonderful way to realign, rejuvenation, and invest in YOU.

**Instructor:** Victoria Newlove, **Re:** YOU Dance Fitness LLC, Studio

|                |                            |                          |
|----------------|----------------------------|--------------------------|
| <b>DA4-19F</b> | <b>6 Sessions</b>          | <b>\$70.00</b>           |
| <b>Sa</b>      | <b>9/7/2019-10/12/2019</b> | <b>8:00 AM - 9:00 AM</b> |

## U-JAM FITNESS

U-Jam Fitness® is an athletic urban dance fitness workout combining dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat -- all while having FUN! Besides making exercising fun, U-Jam believes that dance should be approachable and easy-to-follow, no matter what level you are! We invite you to check out a class for yourself and you'll see every student have a great time while working up a sweat. All ages and fitness levels.

**Instructor:** Max Garcia **Re:** YOU Dance Fitness LLC, Studio

|                |                             |                          |
|----------------|-----------------------------|--------------------------|
| <b>FT1-19F</b> | <b>6 Sessions</b>           | <b>\$70.00</b>           |
| <b>T</b>       | <b>9/10/2019-10/15/2019</b> | <b>7:30 PM - 8:30 PM</b> |

## WERQ

Wanna have F-U-N while working out? Wanna find a fitness program that you want to stick with? Then YOU need to join Kylee for the wildly addictive cardio dance class, WERQ! WERQ (pronounced "work") is the fiercely fun dance fitness workout based on pop and hip hop music created by one of KC's own. Wear workout clothes and gym shoes to this hard-to-find ultimate fitness experience. Expect to SWEAT and burn around 500-900 calories each hour of WERQ! Our classes are in a friendly, low-pressure environment & all dance and fitness abilities are welcome. Are YOU ready to WERQ? Dance background not required to WERQ it.

**All classes are:** 6 Session each **Fee: \$65.00**  
**Certified WERQ Instructor:** Kylee Corbin, **Re:** YOU Dance Fitness LLC, Studio

|                  |           |                              |                            |
|------------------|-----------|------------------------------|----------------------------|
| <b>DA22-19FA</b> | <b>W</b>  | <b>9/4/2019-10/9/2019</b>    | <b>8:00 PM - 9:00 PM</b>   |
| <b>DA22-19FB</b> | <b>Sa</b> | <b>10/12/2019-11/16/2019</b> | <b>11:00 AM - 12:00 PM</b> |

## ZUMBA

Zumba® is a "total workout, combining all elements of fitness - cardio, muscle conditioning, balance, flexibility, & boosted energy." Low intensity & high intensity moves are mixed to help you burn serious calories. There are many Zumba® options, but Rachel's fun, caring spirit makes you feel comfortable & puts a smile on your face. She breaks down the moves, so beginners can catch on quickly & she keeps her playlist fresh with many of today's top hits. It's a party with health benefits! Whether you're a Zumba® pro or have never tried it before, this class is ideal for YOU! Rachel's Zumba® class is perfect for ALL ages & EVERY body!

**Instructor:** Rachel Fullerton, **Re:** YOU Dance Fitness LLC, Studio

|                  |                            |                          |
|------------------|----------------------------|--------------------------|
| <b>DA21-19FA</b> | <b>8 Sessions</b>          | <b>\$80.00</b>           |
| <b>Th</b>        | <b>9/5/2019-10/24/2019</b> | <b>5:30 PM - 6:30 PM</b> |

|                  |                           |                           |
|------------------|---------------------------|---------------------------|
| <b>DA21-19FB</b> | <b>5 Sessions</b>         | <b>\$55.00</b>            |
| <b>Sa</b>        | <b>9/7/2019-10/5/2019</b> | <b>9:00 AM - 10:00 AM</b> |

|                  |                             |                           |
|------------------|-----------------------------|---------------------------|
| <b>DA21-19FC</b> | <b>5 Sessions</b>           | <b>\$55.00</b>            |
| <b>Sa</b>        | <b>9/21/2019-10/19/2019</b> | <b>9:00 AM - 10:00 AM</b> |

## FOREIGN LANGUAGE

### INTRO TO SPANISH I

This course is an introduction to Spanish for practical, everyday use. Students will learn to speak, understand, read & write the basics.

**Instructor:** David Baer, **Park Hill District Office, Room 129**

|                 |                            |                          |
|-----------------|----------------------------|--------------------------|
| <b>FL16-19F</b> | <b>6 Sessions</b>          | <b>\$59.00</b>           |
| <b>Th</b>       | <b>8/29/2019-10/3/2019</b> | <b>6:30 PM - 7:30 PM</b> |

### INTRO TO SPANISH II

This class will build on Intro to Spanish I. Students will progress in their ability to understand and communicate. It is recommended that students review present tense verbs prior to taking this class.

**Instructor:** David Baer, **Park Hill District Office, Room 129**

|                 |                             |                          |
|-----------------|-----------------------------|--------------------------|
| <b>FL21-19F</b> | <b>6 Sessions</b>           | <b>\$69.00</b>           |
| <b>Th</b>       | <b>10/17/2019-12/5/2019</b> | <b>6:30 PM - 7:30 PM</b> |

## JAPANESE 101

Japanese 101 introduces basic Japanese grammar, vocabulary, greetings, and letters called "Hiragana". No previous knowledge is necessary. Come and enjoy learning a new language!

**Instructor:** Isoko Durbin, **Park Hill District Office, Room 127**

|                 |                            |                          |
|-----------------|----------------------------|--------------------------|
| <b>FL14-19F</b> | <b>12 Sessions</b>         | <b>\$129.00</b>          |
| <b>W</b>        | <b>9/11/2019-12/4/2019</b> | <b>6:00 PM - 7:00 PM</b> |

## TRAVEL IN CHINESE

Getting ready to travel to China? Students will learn fundamental vocabulary and basic Chinese sentences used in daily life by focusing on pronunciation and speaking and having real-life conversations and dialogues. Students will engage in conversations like meeting for the first time, asking for directions, going to the hotel, etc., to improve students' oral communication skills. For adults with little or no Chinese language foundation.

**Instructor:** Lina Dickson, **Park Hill District Office, Room 225**

|                 |                             |                          |
|-----------------|-----------------------------|--------------------------|
| <b>FL23-19F</b> | <b>10 Sessions</b>          | <b>\$100.00</b>          |
| <b>W</b>        | <b>9/11/2019-11/13/2019</b> | <b>6:30 PM - 7:30 PM</b> |

## HEALTH / HEALTHCARE

### AMERICAN RED CROSS: ADULT & PEDIATRIC (CHILD & INFANT) FIRST AID/CPR/AED

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

**All classes are:** 1 Session each, Saturdays **Fee: \$150.00**  
**Instructor:** American Red Cross at the Park Hill District Office, Board Room

|                 |                  |                          |
|-----------------|------------------|--------------------------|
| <b>ARC-19FA</b> | <b>9/28/2019</b> | <b>9:00 AM - 3:30 PM</b> |
| <b>ARC-19FB</b> | <b>11/9/2019</b> | <b>9:00 AM - 3:30 PM</b> |

### AMERICAN RED CROSS: ADULT & PEDIATRIC (CHILD & INFANT) FIRST AID/CPR/AED - BLENDED CLASS

ONLINE + CLASSROOM

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and meets OSHA/workplace requirements.

This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion MUST be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2 hours 5 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult First Aid/CPR/AED valid for two years.

**Instructor:** American Red Cross at the Park Hill District Office, Board Room

|                    |                  |                           |
|--------------------|------------------|---------------------------|
| <b>ARC-HYB-19F</b> | <b>1 Session</b> | <b>\$150.00</b>           |
| <b>Sa</b>          | <b>9/7/2019</b>  | <b>9:30 AM - 11:15 AM</b> |

### ABC'S OF MEDICARE INSURANCE

Are you or a loved one turning 65 or becoming eligible for Medicare due to a disability? Have questions about Part A and B? What is Plan F, Plan G and let's not forget the Part D prescription drug plan? How do Medicare supplement plans fill coverage gaps? Learn about Medicare PPO's and HMO's. This two-hour class will help you master the ABC's of Medicare Insurance.

**Instructor:** Jeff David, **CPCU, LUTCF at the Park Hill District Office, Room 225**

|                |                  |                          |
|----------------|------------------|--------------------------|
| <b>FN6-19F</b> | <b>1 Session</b> | <b>\$20.00</b>           |
| <b>T</b>       | <b>9/17/2019</b> | <b>6:30 PM - 8:30 PM</b> |

### CAREGIVERS GUIDE TO DEMENTIA CARE & VIRTUAL TOUR EXPERIENCE

#### Guiding Hands (GH)

Attend our Guiding Hands Course to gain a greater understanding of dementia and how it affects every day living. This class enables friends, families, and caregivers to explore the different classifications and phases of dementia, learn positive approaches and methods for providing more compassionate care, and identify common behaviors associated with dementia and how to help. This class is aimed at providing caregivers assistance with the entire dementia process.

#### Virtual Dementia Tour (VDT)

During a Virtual Dementia Tour experience, trained guides direct

participants outfitted with devices that alter their senses while they try to complete common everyday tasks and exercises. The tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care.

**Choose one or both classes.** The fee includes family members. Contact Community Education with the number of family members attending. No children please.

**All classes are:** 1 Session each **Fee: \$20.00**  
**Instructor:** Sara Meinking & Ashley Ollier at the Park Hill District Office, Room 230

|                     |          |                   |                          |
|---------------------|----------|-------------------|--------------------------|
| <b>DEM-19FGHA</b>   | <b>M</b> | <b>9/9/2019</b>   | <b>6:30 PM - 7:15 PM</b> |
| <b>DEM-19FGHB</b>   | <b>T</b> | <b>10/8/2019</b>  | <b>6:30 PM - 7:15 PM</b> |
| <b>DEM-19FGHC</b>   | <b>M</b> | <b>11/11/2019</b> | <b>6:30 PM - 7:15 PM</b> |
| <b>DEM-19FGHD</b>   | <b>T</b> | <b>12/3/2019</b>  | <b>6:30 PM - 7:15 PM</b> |
| <b>DEM-19FVDTA</b>  | <b>M</b> | <b>9/9/2019</b>   | <b>7:15 PM - 8:30 PM</b> |
| <b>DEM-19FVDTB</b>  | <b>T</b> | <b>10/8/2019</b>  | <b>7:15 PM - 8:30 PM</b> |
| <b>DEM-19FVDTC</b>  | <b>M</b> | <b>11/11/2019</b> | <b>7:15 PM - 8:30 PM</b> |
| <b>DEM-19FVDTD</b>  | <b>T</b> | <b>12/3/2019</b>  | <b>7:15 PM - 8:30 PM</b> |
| <b>DEM-19FBOTHA</b> | <b>M</b> | <b>9/9/2019</b>   | <b>6:30 PM - 8:30 PM</b> |
| <b>DEM-19FBOTHB</b> | <b>T</b> | <b>10/8/2019</b>  | <b>6:30 PM - 8:30 PM</b> |
| <b>DEM-19FBOTHC</b> | <b>M</b> | <b>11/11/2019</b> | <b>6:30 PM - 8:30 PM</b> |
| <b>DEM-19FBOTHD</b> | <b>T</b> | <b>12/3/2019</b>  | <b>6:30 PM - 8:30 PM</b> |



**Sara Meinking** has been specializing in senior care for over 30 years, emphasizing on those living with dementia. She is a certified Teepa Snow trainer, certified ALF assessor, and support group trainer. Sara has worked in all areas of senior care - independent living, assisted living, and memory care - in various capacities of marketing and administration. Sara feels it is important to ensure that families and friends, who are touched by dementia, are provided with the education and resources they need to be able to advocate for their loved ones. Sara's passion is to ensure that seniors are not only treasured for the people they once were, but also for the people they still are - they have a story we all should listen to and learn from.



**Ashley Ollier** was drawn to senior care through her personal experience with her mother, who was diagnosed with early onset Alzheimer's in 2005. With years of experience training in a corporate setting, she was eager to use her skills to make resources and information regarding dementia care easily accessible to the public. She is passionate about nurturing and educating those effected by Alzheimer's disease because she knows from experience how overwhelming it can be.

### OPTIMIZE YOUR PHARMACY BENEFITS

Pharmacy benefits can be complicated. During this interactive class, you will learn the basics of pharmacy benefits from the consumer perspective to help you make more informed decisions and prepare you for what may lie ahead. Become a more active member of your healthcare team, so that you can be sure you are getting the medication you need, when you need it, and for the best price. This class is for adults ages 18 and up with any type of health insurance plan that includes prescription coverage. Discuss pharmacy benefit tools - Discuss pharmacy benefit challenges and solutions - Discuss prescription savings methods.

**Instructor:** Heather Epps, **Pharm.D., Park Hill District Office, Room 128**

|                 |                  |                          |
|-----------------|------------------|--------------------------|
| <b>FN22-19F</b> | <b>1 Session</b> | <b>\$29.00</b>           |
| <b>Th</b>       | <b>9/26/2019</b> | <b>6:30 PM - 8:30 PM</b> |



## ONLINE CAREER TRAINING PROGRAMS AND COURSES

### ONLINE COURSES

We offer a wide range of highly interactive courses that you can take entirely over the Internet. All our courses are led by expert instructors, many of whom are nationally known authors. We offer 350+ online courses that are affordable, fun, fast, convenient, and geared just for you. To enroll or discover more online courses, visit [www.ed2go.com/phcomed](http://www.ed2go.com/phcomed).

#### Features:

- Courses can be completed entirely from your home or office, any time of the day and night.
- Courses fun for six weeks (with a 10-day grace period at the end).
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

#### Popular Courses (Beginning dates: August 14, Sept 11, Oct 16)

##### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

##### Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

##### Creating WordPress Website

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher.

##### Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

##### GRE Prep Series

With GRE Preparation – Part 1 (verbal) & Part 2 (quantitative), you'll be prepared for all aspects of the computerized GRE revised General Test.

##### Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

##### Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

To enroll or discover more online courses, visit [www.ed2go.com/phcomed](http://www.ed2go.com/phcomed)

### ONLINE CAREER TRAINING PROGRAMS

Prepare for a new career or advance within your current occupation. Learn new skills and prepare for industry-recognized certifications. Our programs are designed by a team of professionals from each respective field, providing you with effective web-based learning programs. Instructors/mentors are actively involved in your online learning experience, responding to any questions or concerns, as well as encouraging and motivating you to succeed. To enroll or discover more online courses, visit <https://careertraining.ed2go.com/phcomed>.

#### Features:

- Receive a certificate upon successful completion.
- Courses start anytime – begin when you wish.
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

#### Popular Programs:

**Adobe Certified Associate** (3 or 5 Vouchers Included) – 220 hours

**Certified Clinical Medical Assistant** (CCMA) (Voucher Included) – 540 hours

**Child Development Associate Training** – 120 hours

**Commercial Driver Training** – 120 hours

**CompTIA A+ w. ITIL Foundation** (Vouchers Included) – 310 hours

**CPC Medical Billing & Coding** (Voucher Included) – 340 hours

**Hotel Management w. Executive Housekeeper** – 160 hours

**Professional Bookkeeping w. QuickBooks 2018 w. Payroll Practice & Management** (Software Included) – 220 hours

**Professional Translator** – 100 hours

**The Complete Project Manager with CAPM® and PMP® Prep** – 250 hours

hours

To enroll or discover more online career training programs, visit <https://careertraining.ed2go.com/phcomed>



## MARTIAL ARTS & SELF-DEFENSE

### ADULT GRACIE JIU-JITSU

Gracie Combatives is our beginner program for adults. In this program, you will learn the 36 core techniques of Gracie Jiu-Jitsu (also known as Brazilian Jiu-Jitsu or BJJ) in a fun, safe, and cooperative environment. Each one-hour lesson addresses one standing and one ground self-defense technique, which are further broken down into simplified drills or "slices" to facilitate the learning process. You can start the program at any time and participate in any class without previous experience. Safety is our number one concern. There will be no competitive sparring in this program. Upon successful completion of the Gracie Combatives program, you will earn your Gracie Combatives Belt which will qualify you for advancement into the Master Cycle program. Price includes uniform.

**All classes are: 8 Sessions each Fee: \$125.00**  
**Instructor: Tiffany Holgerson at Kick Martial Arts**

|                  |               |                             |                          |
|------------------|---------------|-----------------------------|--------------------------|
| <b>MA20-19FA</b> | <b>M · W</b>  | <b>9/23/2019-10/16/2019</b> | <b>7:30 PM - 8:30 PM</b> |
| <b>MA20-19FB</b> | <b>T · Th</b> | <b>9/24/2019-10/17/2019</b> | <b>5:30 PM - 6:30 PM</b> |

### BEGINNER TAEKWONDO FOR TEENS AND ADULTS

Are you looking to learn a functional self-defense or improve your flexibility and coordination? Learning the art of traditional Taekwondo is your answer. It is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Price includes a uniform. Ages 13+  
**Instructor: Tiffany Holgerson at Kick Martial Arts**

|                |                             |                          |
|----------------|-----------------------------|--------------------------|
| <b>MA8-19F</b> | <b>8 Sessions</b>           | <b>\$115.00</b>          |
| <b>T · Th</b>  | <b>9/24/2019-10/17/2019</b> | <b>8:30 PM - 9:00 PM</b> |

### WOMEN'S SELF DEFENSE New!

You will learn the most common attacks ranging from having your hair grabbed to being pinned to the ground by a weapon-bearing assailant. Each one-hour Women Empowered lesson addresses two techniques. You can start the program at any time and participate in any class without previous experience. Unlike most self-defense

systems that rely heavily on strength, speed, and coordination, the techniques in the Women Empowered program employ leverage, technique, and timing, so anyone, regardless of age or athletic ability, can make them work against larger opponents. Price includes uniform.

**Instructor: Tiffany Holgerson at Kick Martial Arts**

|                 |                             |                          |
|-----------------|-----------------------------|--------------------------|
| <b>SI24-19F</b> | <b>8 Sessions</b>           | <b>\$125.00</b>          |
| <b>M · W</b>    | <b>9/23/2019-10/16/2019</b> | <b>8:30 PM - 9:30 PM</b> |

## MUSIC

### BEGINNING UKULELE

This class is a quick start to learning to play the ukulele. Students will learn basic chords, strumming patterns, and songs. Have fun playing together in groups or alone. Information will also be given on Uke clubs and where to participate. Book can be purchased at the studio for \$6.99. Ages 10 and up.

**Instructor: Mark Bentley, Bentley Guitar Studio**

|                |                           |                          |
|----------------|---------------------------|--------------------------|
| <b>AM5-19F</b> | <b>4 Sessions</b>         | <b>\$65.00</b>           |
| <b>T</b>       | <b>9/9/2019-9/30/2019</b> | <b>7:00 PM - 8:00 PM</b> |

### GUITAR FOR BEGINNERS

You will learn the basics: playing positions, chord chart reading, tab reading, and strumming. Skills will be applied to folk and popular songs. You may bring your own acoustic guitar or guitar rental is available. Come and get in touch with that inner musician! Students must purchase Hal Leonard's "Easy Pop Rhythms" available at Bentley's or other music stores.

**Instructor: James Kennel, Bentley Guitar Studio**

|                |                             |                          |
|----------------|-----------------------------|--------------------------|
| <b>AM1-19F</b> | <b>4 Sessions</b>           | <b>\$65.00</b>           |
| <b>Th</b>      | <b>10/3/2019-10/24/2019</b> | <b>7:00 PM - 8:00 PM</b> |



Photo by Brandon Bynum on Unsplash

## PHOTOGRAPHY

### PHOTOGRAPHY BASICS

Let us teach you how to "make" a photograph instead of just "taking" a picture. Become familiar with photographic terms and techniques. It doesn't matter if you use digital or film. Lessons are fun and simple to understand. Assignments will be given after the first four classes to reinforce the principles discussed in class. Learn photography from the people whose motto is "Where photography and fun are developed" Please bring your camera that has the ability to control aperture and shutter (exposure) settings and the instruction book (if available) to class.

**All classes are: 5 Sessions each Fee: \$82.00**  
**Instructor: Mitchell Pence, Park Hill District Office, Room 127**

|                 |          |                              |                          |
|-----------------|----------|------------------------------|--------------------------|
| <b>PH1-19FA</b> | <b>M</b> | <b>9/9/2019-10/7/2019</b>    | <b>7:00 PM - 9:00 PM</b> |
| <b>PH1-19FB</b> | <b>M</b> | <b>10/21/2019-11/18/2019</b> | <b>7:00 PM - 9:00 PM</b> |

### WHAT WILL YOUR DIGITAL SLR DO?

Learn about the functions and menus on your camera, what your camera can do, and how to get it to do what you want. Both a Nikon and Canon class are offered. Choose the class based on the brand of your DSLR.

**All classes are: 1 Session each Fee: \$42.00**  
**Instructor: Mitchell Pence, Park Hill District Office, Room 127**

|                      |           |                   |                          |
|----------------------|-----------|-------------------|--------------------------|
| <b>PH2-19F-CANON</b> | <b>Th</b> | <b>10/24/2019</b> | <b>7:00 PM - 9:00 PM</b> |
| <b>PH2-19F-NIKON</b> | <b>Th</b> | <b>10/3/2019</b>  | <b>7:00 PM - 9:00 PM</b> |



Photo by JESHOOOTS.COM on Unsplash

## SEWING

### MODERN APPAREL SEWING WITH KNITS

Sewing is a very rewarding craft, hobby, and skill. Recently, there has been a great resurgence of handmade crafting. If you have previously taken the Modern Sewing or another sewing class, or have some sewing skills and want to delve into apparel sewing, this is the next course for you. You will learn how to purchase, print, assemble, and read a PDF sewing pattern, buy apparel fabric, and sew knit apparel projects. Projects are beginner friendly, fit forgiving, and in a large range of sizes for every shape. You will finish the course with four projects, two tops and two bottoms. Students will need access, outside of class, to a computer with internet connection and a printer. Students will need a portable sewing machine that has either been recently serviced or is in good working order with all the necessary parts and accessories along with the ability to do a zig zag stitch. A \$12-\$15 supply fee is payable to the instructor at the first session. Additional project supplies will be discussed before each session and will need to be purchased before the next session. Ages 14+  
**Instructor: Lesley Latham, Park Hill District Office, Room 223**

|                  |                              |                          |
|------------------|------------------------------|--------------------------|
| <b>MKSEW-19F</b> | <b>5 Sessions</b>            | <b>\$140.00</b>          |
| <b>W</b>         | <b>10/16/2019-11/13/2019</b> | <b>6:00 PM - 9:00 PM</b> |

## SPECIAL INTEREST

### BASIC AUTOMOTIVE: A CLASS FOR DRIVERS OF ALL AGES

In this hands-on, interactive class students will learn basic car maintenance such as how to jump-start a car, change a tire, and what to do in an emergency. We will also cover basic under the hood tasks like checking and replacing fluids to the right levels and checking belts and hoses. This is a class for all ages!

**All classes are: 1 Session each Fee: \$39.00**  
**Instructor: Mark Puszczak, Park Hill District Office, Room 129**

|               |           |                   |                          |
|---------------|-----------|-------------------|--------------------------|
| <b>SI19FA</b> | <b>T</b>  | <b>9/10/2019</b>  | <b>6:00 PM - 9:00 PM</b> |
| <b>SI19FB</b> | <b>Th</b> | <b>10/10/2019</b> | <b>6:00 PM - 9:00 PM</b> |



## LAWN MOWER AND SMALL ENGINE MAINTENANCE & LAWN CARE

Fall is the best time to get your lawn and lawn mower ready for the next mowing season. Learn easy steps to care for your lawn and lawn mower. Whether you're a youngster mowing the neighbor's lawn, a new home owner, or retired, chances are you like the look of a healthy green lawn. This class provides basic tips for creating and maintaining a great looking lawn and key points for taking care of your lawn mower. Properly maintained lawnmowers can last for years. With some basic maintenance, a few tools, and a little mechanical knowledge you can keep your lawn in shape, your lawn mower in top operating condition, and save money.

**All classes are:** 1 Session each **Fee: \$29.00**  
**Instructor:** TKA Enterprises LLC Thomas Danner at the Park Hill District Office, Room 127

|          |    |           |                   |
|----------|----|-----------|-------------------|
| SI9-19FA | Th | 8/22/2019 | 6:30 PM - 8:00 PM |
| SI9-19FB | T  | 9/17/2019 | 6:30 PM - 8:00 PM |
| SI9-19FC | T  | 10/8/2019 | 6:30 PM - 8:00 PM |



## MAKE YOUR OWN PROBIOTICS - SAUERKRAUT, KOMBUCHA & KEFIR

We start off this fun and interactive class with samples of fermented sauerkraut, kombucha and milk kefir while talking about the many health benefits of eating probiotic foods. We learn how to make kombucha, milk kefir and chop our own vegetables for sauerkraut together. Everyone will take home a SCOBY, milk kefir grains and their own 16 oz jar of homemade sauerkraut. Bring your own cutting board and good chopping knife. A \$7 fee for materials is due to the instructor at the beginning of class.

**All classes are:** 1 Session each **Fee: \$29.00**  
**Instructor:** Lisa Pena, Park Hill District Office, Room 225

|          |    |            |                    |
|----------|----|------------|--------------------|
| PRO-19FA | Sa | 10/12/2019 | 9:00 AM - 11:00 AM |
| PRO-19FB | Th | 11/14/2019 | 6:00 PM - 8:00 PM  |

## ST. JOAN OF ARC - MYSTERY AND MISSION

Learn the historical context and political events regarding St. Joan of Arc and see photos of places where she lived and died. Discuss, ask questions, and explore what it means for pilgrimage.

**Instructor:** Debra Nickelson, Park Hill District Office, Room 128

|          |            |                   |
|----------|------------|-------------------|
| SI22-19F | 1 Session  | \$39.00           |
| Th       | 10/24/2019 | 6:30 PM - 8:30 PM |

## U.S. CITIZENSHIP PREPARATION New!

Achieving citizenship is an important, life-changing step for immigrants and their families. This class will give you an overview of the Naturalization Process and information about Application Form N400 including how to complete the application, fee information as well as questions you may be asked. Students will review Government, American History and Civics Questions and practice reading and writing.

**Eligibility:** MUST be able to read, write, and speak English without a translator, be 18+ years old, and a green card holder for at least 5 years (3 years if married to a U.S. citizen). NO CHILDREN PLEASE.

**Note:** This is a review course. The citizenship exam is given separately by U.S. Customs and Immigration Services.

**Instructor:** Debra Svoboda, Park Hill District Office, Room 129

|        |                      |                   |
|--------|----------------------|-------------------|
| US-19F | 6 Sessions           | \$35.00           |
| W      | 9/11/2019-10/16/2019 | 7:00 PM - 8:00 PM |



Photo by Elias Castillo on Unsplash

## SPORTS

### VOLLEYBALL FOR WOMEN

Plan on a fun evening of good physical activity and a great time with low - intermediate recreational volleyball. PLAYERS MUST BE 18 OR OVER AND NO CHILDREN/GUESTS PERMITTED.

**Instructor:** Kim Hill Kavita Card, Plaza Middle School, Gym (large and small)

|         |                      |                   |
|---------|----------------------|-------------------|
| SP1-19F | 10 Sessions          | \$79.00           |
| T       | 9/10/2019-11/19/2019 | 7:00 PM - 9:00 PM |



# AQUATICS

Log onto [http://www.parkhill.k12.mo.us/our\\_schools/aquatic\\_center](http://www.parkhill.k12.mo.us/our_schools/aquatic_center) for more class information



The Park Hill Aquatic Center offers public swimming 365 days a year! Our 6-lane pool is heated to 84 degrees. We offer lap lanes, open swim areas, diving boards, basketball, locker rooms, and a snack bar. Many classes are available to suit you and your families' aquatic needs! Qualified lifeguards are always on duty.

### AQUATIC CENTER ENROLLMENT OPTIONS WEBSITE [WWW.PARKHILL.K12.MO.US](http://WWW.PARKHILL.K12.MO.US)

Click on "Our Schools", and then choose the Aquatic Center! Here you may check out prices, enroll in classes, and find important announcements!

### IN PERSON OR BY PHONE (816) 359-4080

8am-9pm (Monday-Thursday) 8am-4pm (Friday)  
 9am-6pm Saturday 12-5pm Sunday

### FALL OPEN SWIM HOURS

Monday-Thursday 7am-1pm / 6:30-9pm  
 Friday 7am-1pm / CLOSED PM  
 Saturday 9am-6pm  
 Sunday 12-5pm

## SWIM LESSONS

### SWIM LESSON ENROLLMENT

Monday, August 19; 6:00-6:30pm for Saturday lessons. 6:30-7:00pm for Evening lessons. Registration is held at the Aquatic Center. Phone registrations will be accepted beginning Tuesday, August 20th.

### EVENING SWIM LESSONS Tuesday and Thursday nights

|                  |                            |      |
|------------------|----------------------------|------|
| 6:30-7 or 7-7:30 | (Preschool ages 4 & 5) AND |      |
| 7:30-8 or 8-8:30 | (Youth ages 6 & Up).       |      |
| September 3      | 4 weeks                    | \$48 |
| October 1        | 4 weeks                    | \$48 |
| October 29       | 4 weeks (No Class Oct. 31) | \$42 |
| December 3       | 3 weeks                    | \$36 |

### SATURDAY SWIM LESSONS Saturday Mornings

|                          |                            |      |
|--------------------------|----------------------------|------|
| 9-9:30am or 9:30-10am    | (Youth ages 6 & Up) AND    |      |
| 10-10:30am or 10:30-11am | (Preschool ages 4 & 5).    |      |
| September 14             | 6 weeks (No Class Sept 28) | \$30 |
| October 26               | 6 weeks                    | \$36 |

## PRE-COMPETITIVE LESSONS

This program is intended for those young athletes that are looking to develop their strokes. We ask that participants know how to swim freestyle, breaststroke, backstroke and have some understanding of butterfly.

### WEDNESDAY EVENINGS; 6:45-7:45PM OR 7:45-8:45

|             |                           |      |
|-------------|---------------------------|------|
| September 4 | 5 weeks                   | \$40 |
| October 9   | 5 weeks                   | \$40 |
| November 13 | 6 weeks (No Class Nov 27) | \$40 |

### SATURDAY AFTERNOONS; 11AM-12PM OR 1-2

|              |                            |      |
|--------------|----------------------------|------|
| September 14 | 6 weeks (No Class Sept 28) | \$40 |
| October 26   | 6 weeks                    | \$48 |

## WATER BABIES

As privileged stewards, parents and swim teachers, we strive to make swimming an uplifting, joyous experience. At least one parent is required to be in the water with their child. Water babies must be under 4 years old. Swim lessons are available for those 4 and older. Classes are limited to 10 babies.

### TUESDAY MORNINGS; 10-10:30 OR 10:30-11

|             |         |      |
|-------------|---------|------|
| September 3 | 4 weeks | \$24 |
| October 1   | 5 weeks | \$30 |
| November 5  | 4 weeks | \$24 |
| December 3  | 3 weeks | \$18 |

### THURSDAY MORNINGS; 10-10:30 OR 10:30-11

|             |         |      |
|-------------|---------|------|
| September 5 | 4 weeks | \$24 |
| October 3   | 5 weeks | \$30 |
| November 7  | 3 weeks | \$18 |
| December 5  | 3 weeks | \$18 |

### WEDNESDAY EVENINGS; 6:30-7 OR 7-7:30

|             |         |      |
|-------------|---------|------|
| September 4 | 4 weeks | \$24 |
| October 2   | 5 weeks | \$30 |
| November 6  | 3 weeks | \$18 |
| December 4  | 3 weeks | \$18 |

### SATURDAY MORNINGS; 10-10:30 OR 10:30-11

|              |                            |      |
|--------------|----------------------------|------|
| September 14 | 6 weeks (No Class Sept 28) | \$30 |
| October 26   | 5 weeks                    | \$36 |

## WATER AEROBICS

### AQUA FIT (BEGINNERS/SENIORS)

Burn fat and increase muscle strength in this shallow water class! This class utilizes the resistance of water to help boost your metabolism. It is a wonderful class for those new to water aerobics, individuals with arthritis, and individuals with mobility challenges. This instructor has 25 years' experience in teaching water fitness. She is an expert at helping you learn to use the water to your benefit. Join us for this fun class and discover a new form of exercise that will truly change your health! Available Tuesday/Thursday mornings as well as Monday/Wednesday evenings.

### AQUACISE (INTERMEDIATE)

H2O aerobics is a quick moving, fast-paced hour of fun! This course takes place in the shallow end of our 84-degree pool. H2O aerobics was designed for those individuals looking to improve their cardiovascular and muscular endurance. You will see the results! Increased strength, balance, power and range of motion. We aim to provide you the chance to find the level of fitness that you've been searching for. Instructor Mandy Vanzant will keep you active and entertained while getting you in shape! Available Monday/Wednesday/Friday mornings

### BODY BLAST (INTERMEDIATE/ADVANCED)

This high-energy class is designed to build and tone muscle strength. Body Blast is an hour-long class that includes a warm up, high intensity cardio, weight training, stretching, and a cool down. The class takes place in the shallow water so everyone can join in the fun. This class is considered to be a moderate to high intensity workout. Available Tuesday/Thursday and Saturday mornings.

### DEEP WATER POWER HOUR (INTERMEDIATE/ADVANCED)

Deep Water Power Hour provides all benefits of the toughest aerobics class or cross country run, with none of the impact on bones, tendons, and ligaments in this complete aerobics class. You may use an Aqua Belt (provided) or your own ability to float. Increase your flexibility, improve upper body strength, gain muscle tone and cardiovascular endurance while burning fat and toning muscle for a complete body workout with Deep Water Hour. Available Monday-Saturday mornings and Tuesday/Thursday evenings.



# CHILDREN'S CLASSES

816-359-4060 <http://bit.ly/ParkHillCommunityEducation>



## FAMILY: FITNESS

### FAMILY YOGA New!

This interactive class encourages adults and children to co-create activities based on building connections through yoga. Express yourself as we move together through familiar poses with a new and often silly twist. Then, finish the class with an introduction to meditation and breathing.

Wear comfortable loose clothing and bring your yoga mat. Fee is per student.

\*Parent/caregiver participation is required for this class. Younger siblings welcome, but activities are geared towards ages 3+.

**All classes are:** 4 Sessions each, Saturdays **Fee: \$20.00**  
**Instructor:** Shelby Sanderson, Park Hill District Office, Room 230

|           |                      |                   |
|-----------|----------------------|-------------------|
| YOFA-19FA | 9/14/2019-10/12/2019 | 9:30 AM -10:30 AM |
| YOFA-19FB | 11/2/2019-11/23/2019 | 9:30 AM -10:30 AM |

### PARENT/CHILD YOGA New!

The bond between parents and their children are unique and special. Celebrate the beauty and challenge of this relationship and the strength of this bond through partner yoga, meditation, and breathing in this intimate class. Wear comfortable loose clothing and bring your yoga mat. This class is recommended for children ages 11+. Fee is per pair of students.

**All classes are:** 4 Sessions each, Saturdays **Fee: \$120.00**  
**Instructor:** Shelby Sanderson, Park Hill District Office, Room 230

|           |                      |                    |
|-----------|----------------------|--------------------|
| YOPC-19FA | 9/14/2019-10/12/2019 | 10:45 AM -12:00 PM |
| YOPC-19FB | 11/2/2019-11/23/2019 | 10:45 AM -12:00 PM |



## ADAPTIVE CLASSES

### New! REMARKABLE KIDS AND TEENS - ADAPTIVE GROWTH THROUGH YOGA

In adaptive yoga, we will move through traditional yoga poses with the help of props, hands on support, and adapted poses to suit individual needs. Each class will be designed to fit the needs of the students who attend and may include games, music, movement, and ALWAYS fun! A typical class will include breath/mindfulness practice, physical movement, and lessons in self-regulation or social skills. All ages and abilities are welcome, but designed for kids & young adults. Instructor credentials: BS in Elementary Ed & CYT 200.  
**Instructor:** Kristen Ruth, Re: YOU Dance Fitness LLC, Studio

|         |                     |                   |
|---------|---------------------|-------------------|
| CF1-19F | 4 Sessions          | \$60.00           |
| W       | 9/18/2019-10/9/2019 | 4:30 PM - 5:15 PM |

### REMARKABLE KIDS OR TEENS - ADAPTIVE GROWTH THROUGH DANCE

This program will motivate ALL children to be active & dance through life. We believe all people, young & old, can benefit physically & mentally from dance, so we offer an inclusive FUN dance fitness class for your child with special needs to explore the world of dance & movement in a caring, safe environment. Our 30-minute classes focus on motivating children to be more active. Students are challenged with moves that cross mid-line. We have a number of assistants in each class to give your child the attention he or she deserves. Dance more! Play Harder! Live Happier!

**All classes are:** 8 Session each **Fee: \$65.00**  
**Instructor:** Betsy Sylvester, Re: YOU Dance Fitness LLC, Studio

|                   |    |                     |                    |
|-------------------|----|---------------------|--------------------|
| DA24-19F-Ages2-12 | Sa | 9/21/2019-11/9/2019 | 12:00 PM -12:30 PM |
| DA24-19F-Teens    | Sa | 9/21/2019-11/9/2019 | 12:30 PM - 1:00 PM |

## AMERICAN RED CROSS BABYSITTING

### AMERICAN RED CROSS BABYSITTING

Recommended for youth ages 11 and older, this course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. Students who successfully complete the course will receive a printable certificate as well as a handbook, CD-ROM and emergency response guide.

**Instructor:** American Red Cross, Park Hill District Office, Room 225

|         |           |                   |
|---------|-----------|-------------------|
| CH5-19F | 1 Session | \$150.00          |
| Sa      | 10/5/2019 | 8:30 AM - 4:00 PM |



## BALLET & DANCE

### PRE-BALLET 1B FOR 5 YEAR OLDS

As students grow and develop, they naturally gain abilities. This class moves slightly faster than Pre-Ballet 1 for 5 Year Olds and continues working on basic steps, good posture, and coordination with additional steps and movements.

Dress code: Girls - pink leotard, pink tights, and pink ballet shoes; Boys - white t shirt, black dance pants, and black ballet shoes. Students must be 5 years old by September 1, 2019.

**All classes are:** 4 Sessions each, Saturdays **Fee: \$40.00**  
**Instructor:** Laura Reinschmidt, Ballet North

|          |                      |                    |
|----------|----------------------|--------------------|
| CH8-19FA | 9/7/2019-9/28/2019   | 10:15 AM -11:00 AM |
| CH8-19FB | 10/5/2019-10/26/2019 | 10:15 AM -11:00 AM |
| CH8-19FC | 11/2/2019-11/23/2019 | 10:15 AM -11:00 AM |



## COOKING

### COOKING WITH KIDS

Children in K-5th grade will participate in a four week interactive course where they will learn to make new, quick and easy snacks and food items that they can make themselves. Spaces are limited! Come and Cook with Kids!

Want to learn some holiday recipes? Sign up for our HOLIDAY class!

\* Notify the Community Education office upon enrollment of any known food allergies so accommodations can be made. A \$25 supplies fee payable to the instructor the first night of class.

**All classes are:** 4 Sessions each, Tuesdays **Fee: \$39.00**  
**Instructor:** Danielle Reeder, Southeast Elementary, Cafeteria

|               |                      |                   |
|---------------|----------------------|-------------------|
| CO-19FA       | 9/10/2019-10/1/2019  | 6:30 PM - 7:30 PM |
| CO-19FB       | 10/8/2019-10/29/2019 | 6:30 PM - 7:30 PM |
| CO-19FHOLIDAY | 11/5/2019-11/26/2019 | 6:30 PM - 7:30 PM |



## DRIVER EDUCATION

### DRIVER EDUCATION

This course is designed to instruct students in proper techniques of drivers education. Topics will include bad weather driving, dealing with emergencies, texting/distractions, sharing the road, drinking and driving. Students will be given instruction on strategies and techniques for responsible vehicle operation. Permits are not required.

For an additional fee, students with a permit will have the opportunity to arrange behind the wheel instruction (optional).

**All classes are:** 1 Session each, Saturdays **9:00 AM -12:00 PM**  
**Instructor:** Dan Backhaus, Liberty Driving School **Fee: \$39.00**

|          |            |                                     |
|----------|------------|-------------------------------------|
| DR1-19FA | 8/31/2019  | Park Hill District Office, Room 225 |
| DR1-19FB | 9/14/2019  | Park Hill District Office, Room 223 |
| DR1-19FC | 10/19/2019 | Park Hill District Office, Room 230 |
| DR1-19FD | 11/16/2019 | Park Hill District Office, Room 223 |



## GYMNASTICS

### BEGINNER GYMNASTICS: AGES 5 - 10

Students will be introduced to the basic skills of gymnastics. Stretching, tumbling, beam, bars, trampoline, and vault are taught in a fun filled environment. This is a great way to introduce your child to roll, cartwheels, and bridges in the sport of gymnastics.

Dress code: Girls - leotard; Boys - athletic wear.  
**Laura Cashmore, Kansas City Gymnastics**

|         |                      |                    |
|---------|----------------------|--------------------|
| CH2-19F | 8 Sessions           | \$105.00           |
| Sa      | 10/5/2019-11/23/2019 | 12:15 PM - 1:10 PM |



## MARTIAL ARTS

### JR. GRAPPLERS: AGES 8 - 13

The Jr. Grapplers program focuses on 33 non-violent self-defense techniques that teach children to "neutralize and negotiate" with bullies. Verbal assertiveness strategies are a major portion of this curriculum. A child needs absolutely no experience to start and we guarantee a noticeable increase in your child's confidence within a few weeks! KiCK is dedicated to empowering your child with the confidence and self-esteem needed to succeed in everyday life. Price includes uniform.

**All classes are:** 8 Sessions each **Fee: \$125.00**  
**Instructor:** Tiffany Holgerson, Kick Martial Arts

|           |        |                      |                   |
|-----------|--------|----------------------|-------------------|
| MA12-19FA | M · W  | 9/23/2019-10/16/2019 | 6:30 PM - 7:15 PM |
| MA12-19FB | T · Th | 9/24/2019-10/17/2019 | 7:30 PM - 8:15 PM |

### KICK START: AGES 7-12

Learn the fundamentals of self-defense, taekwondo, and how to protect yourself. We also teach discipline, balance, coordination, and strong character development through our exclusive Character Counts program. KICK is dedicated to empowering your child with the confidence and self-esteem needed to succeed in everyday life. Price includes uniform.

**All classes are:** 8 Sessions each **Fee: \$115.00**  
**Instructor:** Tiffany Holgerson, Kick Martial Arts

|          |        |                      |                   |
|----------|--------|----------------------|-------------------|
| MA3-19FA | M · W  | 9/23/2019-10/16/2019 | 6:30 PM - 7:00 PM |
| MA3-19FB | T · Th | 9/24/2017-10/17/2019 | 5:45 PM - 6:15 PM |

### LITTLE CHAMPS: AGES 5 - 7

The Little Champs program uses our time-tested "Gracie Games". We teach the Little Champs basic self-defense techniques while instilling the foundational principles of leverage and control. The secret to the success of this program is that we make the lessons so fun that the kids beg for more! KiCK is dedicated to empowering your child with the confidence and self-esteem needed to succeed in everyday life. Price includes uniform. Ages 5 - 7.

**All classes are:** 8 Sessions each **Fee: \$125.00**  
**Instructor:** Tiffany Holgerson, Kick Martial Arts

|           |        |                      |                   |
|-----------|--------|----------------------|-------------------|
| MA11-19FA | M · W  | 9/23/2019-10/16/2019 | 5:30 PM - 6:15 PM |
| MA11-19FB | T · Th | 9/24/2019-10/17/2019 | 6:30 PM - 7:15 PM |

### LITTLE KICKERS: AGES 4 - 6

This class is full of energy and positive instructors who encourage students to do their best in everything. Little KiCKers focuses on strong character development, cognitive learning, following directions, balance, and personal victory! KICK is dedicated to empowering your child with the confidence and self-esteem needed to succeed in everyday life. Price includes uniform.

**All classes are:** 8 Sessions each **Fee: \$115.00**  
**Instructor:** Tiffany Holgerson, Kick Martial Arts

|          |        |                      |                   |
|----------|--------|----------------------|-------------------|
| MA2-19FA | M · W  | 9/23/2019-10/16/2019 | 5:15 PM - 5:45 PM |
| MA2-19FB | T · Th | 9/24/2019-10/17/2019 | 4:45 PM - 5:15 PM |

## MIND AND BODY

### CARVING PUMPKINS AND RELAXING YOGA New!

9:00 - 11:15 AM - This is a favorite kids event! Each child will have their own small pumpkin to decorate and carve for Halloween. Kids also learn how to make a yummy pumpkin custard dessert.

11:15 AM - 12:30 PM: Kids move to the Yoga Barn for a fun Halloween yoga class, complete with ghosts and goblins. The \$36 fee includes parent and siblings ages 4 and older.

**Instructor: Lynn Soulier, Gardens of Delight, Center for Natural Healing, Yoga & Meditation Barn**

|                |                  |                          |
|----------------|------------------|--------------------------|
| <b>MB4-19F</b> | <b>1 Session</b> | <b>\$36.00</b>           |
| <b>Sa</b>      | <b>10/5/2019</b> | <b>9:00 AM -12:30 PM</b> |

### FALL HIKE AND SCAVENGER HUNT New!

This is a great time of year, kids get to crunch through fall leaves, enjoy the chilly crisp air as we head over to the Park for a fun scavenger hunt. Afterwards kids will hike through the Nature Sanctuary and discover the plants and animals that live in the green spaces of Parkville. A snack will be provided at the end of the morning. The \$36 fee includes parent and siblings ages 4 and older.

**Instructor: Lynn Soulier, Gardens of Delight, Center for Natural Healing, Yoga & Meditation Barn**

|                 |                  |                          |
|-----------------|------------------|--------------------------|
| <b>MB14-19F</b> | <b>1 Session</b> | <b>\$36.00</b>           |
| <b>Sa</b>       | <b>11/2/2019</b> | <b>9:00 AM -12:30 PM</b> |

### HARVESTING AND COOKING CLASS WITH YOGA New!

9:00 - 11:15 AM: This is the time of year kids get to harvest veggies from the garden. They will also have a chance to learn how to can green beans, dehydrate herbs, and freeze tomatoes. A delicious salsa will be made as an afternoon snack.

11:15 AM - 12:30 PM: Kids move to the Yoga Barn to stretch, move, and relax after a fun gardening morning. Please dress kids for gardening. The \$36 fee includes parent and siblings ages 4 and older.

**Instructor: Lynn Soulier, Gardens of Delight, Center for Natural Healing, Community Garden**

|                |                  |                          |
|----------------|------------------|--------------------------|
| <b>C01-19F</b> | <b>1 Session</b> | <b>\$36.00</b>           |
| <b>Sa</b>      | <b>9/7/2019</b>  | <b>9:00 AM -12:30 PM</b> |

## PRESCHOOL

### CHESS CLUB: AGES 3 - 5

The Gerner Early Childhood Chess Club welcomes all young students to learn the royal game of chess. It is a great way to make new friends and strengthen your mind while having fun! Certified chess instructors from The Kansas City Chess Club use an age appropriate curriculum to teach the basics of chess at the preschool and Pre-K level. Research shows that chess improves test scores on Math, Reading, Memory, Critical Thinking, and more!

**Instructor: Ken Fee, Kansas City Chess Club, Gerner Family Early Education Center, Library**

|                  |                             |                          |
|------------------|-----------------------------|--------------------------|
| <b>CH9-19FGF</b> | <b>5 Sessions</b>           | <b>\$65.00</b>           |
| <b>M</b>         | <b>10/7/2019-11/11/2019</b> | <b>4:30 PM - 5:00 PM</b> |

### GYMNASTICS: AGES 3 - 4

Young children will be introduced to the sport of gymnastics. Come and have lots of fun jumping on trampolines, walking on beams, stretching, running, jumping, and rolling. Dress code: Girls - leotard; Boys - athletic wear.

**Instructor: Laura Cashmore, Kansas City Gymnastics**

|                |                             |                           |
|----------------|-----------------------------|---------------------------|
| <b>CH1-19F</b> | <b>8 Sessions</b>           | <b>\$95.00</b>            |
| <b>Sa</b>      | <b>10/5/2019-11/23/2019</b> | <b>12:15 PM - 1:00 PM</b> |

### PRE-BALLET FOR 3 YEAR OLDS

The beginning of ballet where students learn the basics from foot positions to how to hold the hands and work on core ideas like good posture, coordination, and motor skills. Dress code: Girls - white leotard, pink tights, and pink ballet shoes for girls; Boys - white t-shirt, black dance pants, and black ballet shoes.

**All classes are: 4 Sessions each Fee: \$35.00**  
**Instructor: Laura Reinschmidt, Ballet North**

|                  |           |                             |                          |
|------------------|-----------|-----------------------------|--------------------------|
| <b>CH15-19FA</b> | <b>Sa</b> | <b>9/7/2019-9/28/2019</b>   | <b>9:00 AM - 9:30 AM</b> |
| <b>CH15-19FB</b> | <b>Sa</b> | <b>10/5/2019-10/26/2019</b> | <b>9:00 AM - 9:30 AM</b> |
| <b>CH15-19FC</b> | <b>Sa</b> | <b>11/2/2019-11/23/2019</b> | <b>9:00 AM - 9:30 AM</b> |

### PRE-BALLET FOR 4 YEAR OLDS

This beginning level ballet class works further on coordination, balance, posture, and introduces additional steps beyond Pre-Ballet for 3 Year Olds. Dress code: Girls - pink leotard, pink tights, and pink ballet shoes; Boys - white t shirt, black dance pants, and black ballet shoes. Must be 4 years old by September 1, 2019.

**All classes are: 4 Sessions each Fee: \$40.00**  
**Instructor: Laura Reinschmidt, Ballet North**

|                  |           |                             |                          |
|------------------|-----------|-----------------------------|--------------------------|
| <b>CH16-19FA</b> | <b>Sa</b> | <b>9/7/2019-9/28/2019</b>   | <b>9:30 AM -10:15 AM</b> |
| <b>CH16-19FB</b> | <b>Sa</b> | <b>10/5/2019-10/26/2019</b> | <b>9:30 AM -10:15 AM</b> |
| <b>CH16-19FC</b> | <b>Sa</b> | <b>11/2/2019-11/23/2019</b> | <b>9:30 AM -10:15 AM</b> |

### PRESCHOOL SPANISH CLUB

The Language Project's full immersion programs for kids build foundational vocabulary in the new language through games, music, movement, sensory activities, and more. Using stories, songs, and circle time, The Language Project students develop the skills of listening and deciphering new sounds in the foreign language. The Language Project's engaging "play classes" not only aide in stimulation speech development but also strengthen the student's environmental and cultural awareness.

**Instructor: Sarah Greenwood, The Language Project, Gerner Family Early Education Center, Multi-purpose Room, upstairs**

|                 |                            |                          |
|-----------------|----------------------------|--------------------------|
| <b>FL20-19F</b> | <b>10 Sessions</b>         | <b>\$140.00</b>          |
| <b>M</b>        | <b>9/9/2019-11/18/2019</b> | <b>4:00 PM - 5:00 PM</b> |

### YOUNG REMBRANDTS: AGES 3 - 5

Young Rembrandts teaches preschool children the skills necessary to draw more complex images. As preschoolers learn to draw and color with our step-by-step method, they develop observations skills, increase fine motor skills, handwriting readiness and attention to detail. Our weekly program prepares them as learners for success in kindergarten. Participating in Young Rembrandts' creative and encouraging classes helps young children learn to follow directions, hold and use a pencil, and stay on task, all while having fun! The second session has all new projects so your child will not repeat a lesson and can continue to participate all year long.

**All classes are: 6 Sessions each Fee: \$75.00**  
**Instructor: Sarah Hirtzel, Young Rembrandts, Gerner Family Early Education Center, Multi-purpose Room, upstairs**

|                  |           |                             |                          |
|------------------|-----------|-----------------------------|--------------------------|
| <b>YR28-19FA</b> | <b>Th</b> | <b>9/12/2019-10/17/2019</b> | <b>4:15 PM - 5:00 PM</b> |
| <b>YR28-19FB</b> | <b>Th</b> | <b>11/7/2019-12/19/2019</b> | <b>4:15 PM - 5:00 PM</b> |

## S.T.E.A.M. (SCIENCE, TECHNOLOGY, ENGINEERING, ART, AND MATH)

### MAKER LAB: CHARACTER CREATOR 3D PRINTING

Generation Maker Lab provides guided interactive learning programs designed for the curious ages 5 and up to learn, design, create, and build. Join award winning instructor, Panaela Leung as she introduces skills in 3D modeling software, digital sculpting, and bringing your design to life. This class will focus on the design and creation of your very own monster or character figurine. Your creation will be ready to pick-up two weeks after class concludes. In-class materials provided.

**All classes are: 2 Sessions each Fee: \$89.00**  
**Instructor: Panaela Leung, Generation Maker Lab, Suite 104**

|                 |          |                              |                          |
|-----------------|----------|------------------------------|--------------------------|
| <b>ML7-19FA</b> | <b>M</b> | <b>10/7/2019-10/14/2019</b>  | <b>6:00 PM - 7:00 PM</b> |
| <b>ML7-19FB</b> | <b>M</b> | <b>10/21/2019-10/28/2019</b> | <b>6:00 PM - 7:00 PM</b> |

### MAKER LAB: CHECKMATE 3D PRINTING

Generation Maker Lab provides guided interactive learning programs designed for the curious ages 5 and up to learn, design, create, and build. Join award winning instructor, Panaela Leung as she introduces skills in 3D modeling software, digital sculpting, and bringing your design to life. This class will focus on the design and creation of your very own chess set. Your creation will be ready to pick-up two weeks after class concludes. In-class materials provided.

**All classes are: 2 Sessions each Fee: \$89.00**  
**Instructor: Panaela Leung, Generation Maker Lab, Suite 104**

|                 |          |                            |                          |
|-----------------|----------|----------------------------|--------------------------|
| <b>ML1-19FA</b> | <b>M</b> | <b>9/9/2019-9/16/2019</b>  | <b>6:00 PM - 7:00 PM</b> |
| <b>ML1-19FB</b> | <b>M</b> | <b>9/23/2019-9/30/2019</b> | <b>6:00 PM - 7:00 PM</b> |

## ELEMENTARY AFTER SCHOOL CLUBS - ART

### YOUNG REMBRANDTS DRAWING CLASS

Young Rembrandts teaches drawing, the foundational skill of all visual arts to children. Our unique proven method and guided curriculum foster a wealth of skills such as fine motor and attention to detail. Children taught using our method develop increased patience, discipline and focus as well as a host of artistic skills such as art vocabulary and history, drawing, art, expanded creativity, imagination and confidence. Every session has all new projects so your child can participate in our after school program all year long without repeating a lesson. Ages 6 – 12

**All classes are: 6 Sessions each, 3:35 PM - 4:35 PM Fee: \$84.00**  
**Instructor: Sarah Hirtzel, Young Rembrandts**

|                    |          |                             |   |
|--------------------|----------|-----------------------------|---|
| <b>YR26-19FCNA</b> | <b>W</b> | <b>9/11/2019-10/16/2019</b> | <b>Chinn Elementary, Art Room</b>           |
| <b>YR26-19FCNB</b> | <b>W</b> | <b>11/6/2019-12/18/2019</b> | <b>Chinn Elementary, Art Room</b>           |
| <b>YR26-19FELA</b> | <b>W</b> | <b>9/11/2019-10/16/2019</b> | <b>English Landing Elementary, Room 229</b> |
| <b>YR26-19FELB</b> | <b>W</b> | <b>11/6/2019-12/18/2019</b> | <b>English Landing Elementary, Room 229</b> |
| <b>YR26-19FGRA</b> | <b>M</b> | <b>9/9/2019-10/21/2019</b>  | <b>Graden Elementary, Art Room</b>          |
| <b>YR26-19FGRB</b> | <b>M</b> | <b>11/4/2019-12/9/2019</b>  | <b>Graden Elementary, Art Room</b>          |
| <b>YR26-19FHWA</b> | <b>M</b> | <b>9/9/2019-10/21/2019</b>  | <b>Hawthorn Elementary, K/1 Pod</b>         |
| <b>YR26-19FHWB</b> | <b>M</b> | <b>11/4/2019-12/9/2019</b>  | <b>Hawthorn Elementary, K/1 Pod</b>         |
| <b>YR26-19FHPA</b> | <b>W</b> | <b>9/11/2019-10/16/2019</b> | <b>Hopewell Elementary, Art Room</b>        |
| <b>YR26-19FHPB</b> | <b>W</b> | <b>11/6/2019-12/18/2019</b> | <b>Hopewell Elementary, Art Room</b>        |
| <b>YR26-19FLCA</b> | <b>T</b> | <b>9/10/2019-10/15/2019</b> | <b>Line Creek Elementary, Art Room</b>      |

|                    |          |                             |  |
|--------------------|----------|-----------------------------|--|
| <b>YR26-19FLCB</b> | <b>T</b> | <b>11/5/2019-12/10/2019</b> | <b>Line Creek Elementary, Art Room</b>         |
| <b>YR26-19FSEA</b> | <b>W</b> | <b>9/11/2019-10/16/2019</b> | <b>Southeast Elementary, Art Room</b>          |
| <b>YR26-19FSEB</b> | <b>W</b> | <b>11/6/2019-12/18/2019</b> | <b>Southeast Elementary, Art Room</b>          |
| <b>YR26-19FTRA</b> | <b>M</b> | <b>9/9/2019-10/21/2019</b>  | <b>Tiffany Ridge Elementary, Library</b>       |
| <b>YR26-19FTRB</b> | <b>M</b> | <b>11/4/2019-12/9/2019</b>  | <b>Tiffany Ridge Elementary, Art Room</b>      |
| <b>YR26-19FUCA</b> | <b>T</b> | <b>9/10/2019-10/15/2019</b> | <b>Union Chapel Elementary, Flex Room</b>      |
| <b>YR26-19FUCB</b> | <b>T</b> | <b>11/5/2019-12/10/2019</b> | <b>Union Chapel Elementary, Art/Flex Rooms</b> |

## ELEMENTARY AFTER SCHOOL CLUBS - BRICKS 4 KIDZ

### BRICKS 4 KIDZ EARLY ENGINEERS

\*\*New Unit and New Models\*\* Bricks 4 Kidz Early Engineers LEGO® Club is a fun, hands-on class where students build machines, vehicles, contraptions, and other motorized models out of LEGO® components including bricks, gears, axles, motors, etc. Emphasis is placed on the principles of Science, Technology, Engineering and Math (STEM). Students build a new project each week. Class begins with a teacher-led discussion related to the day's model and the science behind it. Students then build a motorized model illustrating that concept. This class provides the foundation for Bricks 4 Kidz robotics. Each child will receive a take-home mini-figure. Grades 1 - 5.

**All classes are: 6 Sessions each, 3:35 PM - 4:35 PM Fee: \$84.00**  
**Instructor: Mike Jobe, J.R. Brick Inc.**

|                   |          |                              |   |
|-------------------|----------|------------------------------|---|
| <b>LB1-19FEL</b>  | <b>M</b> | <b>11/4/2019-12/9/2019</b>   | <b>English Landing Elementary, Room 229</b> |
| <b>LB1-19FGR</b>  | <b>M</b> | <b>9/9/2019-10/21/2019</b>   | <b>Graden Elementary, Room 25</b>           |
| <b>LB1-19FHWA</b> | <b>T</b> | <b>9/10/2019-10/15/2019</b>  | <b>Hawthorn Elementary, 2/3 Pod</b>         |
| <b>LB1-19FHWB</b> | <b>T</b> | <b>11/5/2019-TBD</b>         | <b>Hawthorn Elementary, 2/3 Pod</b>         |
| <b>LB1-19FHP</b>  | <b>T</b> | <b>11/5/2019-12/10/2019</b>  | <b>Hopewell Elementary, Art Room</b>        |
| <b>LB1-19FLCA</b> | <b>W</b> | <b>9/11/2019-10/16/2019</b>  | <b>Line Creek Elementary, Library</b>       |
| <b>LB1-19FLCB</b> | <b>W</b> | <b>10/30/2019-12/11/2019</b> | <b>Line Creek Elementary, Library</b>       |
| <b>LB1-19FUCA</b> | <b>W</b> | <b>9/11/2019-10/16/2019</b>  | <b>Union Chapel Elementary, Library</b>     |
| <b>LB1-19FUCB</b> | <b>W</b> | <b>10/30/2019-12/11/2019</b> | <b>Union Chapel Elementary, Library</b>     |

## ELEMENTARY AFTER SCHOOL CLUBS - CHESS

### CHESS CLUB

Chess Club welcomes students from all levels, including beginner and expert alike. Learning our "Royal Game" is a great way to make new friends and strengthen your mind while having fun! The Kansas City Chess Club instructors will guide students from Pawn level up through King level with instruction and curriculum-based workbooks. Progress will be measured by a chess skills test taken at the end of each level. Students may participate individually or as a team against other schools at local chess tournaments and other events. Certified chess instructors from The Kansas City Chess Club will be teaching players about important rules, chess etiquette, strategy, openings, endgames, and tactics. Research shows that chess improves test scores on Math, Reading, Memory, Critical Thinking, and more! (K - 5th grades) **Session one** will consist of a chess lesson, challenge games, workbook exercises, tournament preparation and fun play. **Session two** is an extension of the first session and will consist of an additional chess lesson and bughouse, a fast-paced team play chess game.

**Instructor: Ken Fee, Kansas City Chess Club**



## SESSION 1

**CH20-19FCN** 12 Sessions \$135.00  
**F** 9/13/2019-12/13/2019 3:30 PM - 4:15 PM  
**Chinn Elementary, Library**

**CH20-19FEL** 12 Sessions \$135.00  
**F** 9/13/2019-12/13/2019 3:25 PM - 4:10 PM  
**English Landing Elementary, Room 229**

**CH20-19FGR** 12 Sessions \$135.00  
**W** 9/11/2019-12/11/2019 3:35 PM - 4:20 PM  
**Graden Elementary, Room 25**

**CH20-19FHW** 12 Sessions \$135.00  
**W** 9/11/2019-12/11/2019 3:25 PM - 4:10 PM  
**Hawthorn Elementary, K/1 Pod**

**CH20-19FHP** 12 Sessions \$135.00  
**M** 9/16/2019-12/16/2019 3:30 PM - 4:15 PM  
**Hopewell Elementary, Library**

**CH20-19FLC** 12 Sessions \$135.00  
**F** 9/13/2019-12/13/2019 3:25 PM - 4:10 PM  
**Line Creek Elementary, Library**

**CH20-19FPP** 10 Sessions \$135.00  
**F** 9/13/2019-12/13/2019 3:25 PM - 4:10 PM  
**Prairie Point Elementary, Library**

**CH20-19FRN** 7 Sessions \$80.00  
**T** 9/10/2019-10/22/2019 3:30 PM - 4:15 PM  
**Renner Elementary, Library**

**CH20-19FSE** 7 Sessions \$80.00  
**T** 10/29/2019-12/10/2019 3:30 PM - 4:15 PM  
**Southeast Elementary, Library**

**CH20-19FTR** 13 Sessions \$135.00  
**T** 9/17/2019-12/10/2019 3:30 PM - 4:15 PM  
**Tiffany Ridge Elementary, Library**

**CH20-19FUC** 12 Sessions \$135.00  
**M** 9/16/2019-12/9/2019 3:25 PM - 4:10 PM  
**Union Chapel Elementary, Flex Room**

## BOTH SESSIONS

**CH20-19FCNEXT** 12 Sessions \$185.00  
**F** 9/13/2019-12/13/2019 3:30 PM - 5:00 PM  
**Chinn Elementary, Library**

**CH20-19FELEX** 12 Sessions \$185.00  
**F** 9/13/2019-12/13/2019 3:25 PM - 4:55 PM  
**English Landing Elementary, Room 229**

**CH20-19FGREXT** 12 Sessions \$185.00  
**W** 9/11/2019-12/11/2019 3:35 PM - 5:05 PM  
**Graden Elementary, Room 25**

**CH20-19FHWEXT** 12 Sessions \$185.00  
**W** 9/11/2019-12/11/2019 3:25 PM - 4:55 PM  
**Hawthorn Elementary, K/1 Pod**

**CH20-19FHPEXT** 12 Sessions \$185.00  
**M** 9/16/2019-12/16/2019 3:30 PM - 5:00 PM  
**Hopewell Elementary, Library**

**CH20-19FLCEXT** 12 Sessions \$185.00  
**F** 9/13/2019-12/13/2019 3:25 PM - 4:55 PM  
**Line Creek Elementary, Library**

**CH20-19FPPEXT** 10 Sessions \$185.00  
**F** 9/13/2019-12/13/2019 3:25 PM - 4:55 PM  
**Prairie Point Elementary, Library**

**CH20-19FTREXT** 13 Sessions \$185.00  
**T** 9/17/2019-12/10/2019 3:30 PM - 5:00 PM  
**Tiffany Ridge Elementary, Library**

**CH20-19FUCEXT** 12 Sessions \$185.00  
**M** 9/16/2019-12/9/2019 3:25 PM - 4:55 PM  
**Union Chapel Elementary, Flex Room**

## ELEMENTARY AFTER SCHOOL CLUBS - FOREIGN LANGUAGE

### CHINESE CLUB New!

Students will learn fundamental vocabulary and basic Chinese sentences used in daily life through cultural activities, songs, rhymes, games, and engaging conversations in an immersion setting. Students will be introduced to pinyin, strokes, and writing orders. For students with little to no Chinese language foundation. Grades K - 5th.

**All classes are: 10 Sessions each, 3:30 PM - 4:30 PM Fee: \$140.00**

**Instructor: Lina Dickson**

**FL19-19FPP** **M** 9/16/2019-11/25/2019 **Prairie Point Elementary, Room 101**  
**FL19-19FTR** **F** 9/13/2019-11/22/2019 **Tiffany Ridge Elementary, Art Room**  
**FL19-19FUC** **W** 9/11/2019-11/13/2019 **Union Chapel Elementary, Room 33**

### SPANISH CLUB

Students will learn conversational basics and practice functional structures in the context of songs, drama, fun activities, competitive games and more! With The Language Project's 6 levels of Spanish, we ensure that students not only learn to listen and speak but read and write as well through adventure activities that require increasing levels of engagement and understanding over time, and that rewards students with a feeling of accomplishment!

Each complete level runs a full academic year for 30 weeks, broken down into 10 weeks sessions. Language learners are encouraged to complete the full 30-weeks for maximum retention and growth. New students will be accepted every session.

If you are unsure about which level your child should be placed, you may call (816) 599-1301.

**All classes are: 10 Sessions each, 3:35 PM - 4:35 PM Fee: \$140.00**

**Instructor: Sarah Greenwood, The Language Project**

**FL13-19FCH** **M** 9/9/2019-11/18/2019 **Chinn Elementary, Library**

**FL13-19FEL** **M** 9/9/2019-11/18/2019 **English Landing Elementary, Computer Lab**

**FL13-19FGR** **T** 9/10/2019-11/12/2019 **Graden Elementary, Room 25**

**FL13-19FHW** **T** 9/10/2019-11/19/2019 **Hawthorn Elementary, 4/5 Pod**

**FL13-19FHP** **F** 9/13/2019-11/22/2019 **Hopewell Elementary, Art Room**

**FL13-19FLC** **F** 9/13/2019-11/22/2019 **Line Creek Elementary, Art Room**

**FL13-19FRN** **F** 9/13/2019-11/22/2019 **Renner Elementary, Library**

**FL13-19FSE** **F** 9/13/2019-11/22/2019 **Southeast Elementary, Teachers Lounge**

**FL13-19FUC** **F** 9/13/2019-11/22/2019 **Union Chapel Elementary, Library**

## ELEMENTARY AFTER SCHOOL CLUBS - MAD SCIENCE

### MAD SCIENCE STEM

Your Mad Scientist will enjoy learning while having fun with experiments and building projects. Students will receive five of eight topics. Grades 1- 5.

#### Bugs

Welcome to the realm of insects! Learn about their fabulous flying abilities, unique eyesight, and how they defend against predators. See how camouflage works and investigate how bugs can be helpful to our environment. Build your own bug models to take home.

#### Detective Science

Step into the role of a detective and discover how forensic science plays a central role in solving crimes. Create and analyze fingerprints, examine dental records, make teeth impressions, and discover how written materials can be analyzed to help solve a crime. Find out if you would make a good witness when your observation skills are put to the test and take home an identification kit to record your fingerprints and other vital information.

#### Earthworks

Find out that the earth beneath your feet is more than meets the eye in this introductory program on earth science. Uncover the forces that create earthquakes and learn how mountains are formed. See minerals fluoresce before your very eyes!

#### Kitchen Chemistry

Take a hands-on look at the chemistry that goes on in your kitchen. Hunt for starch, sugar, and fats in foods and investigate a living organism that helps bread rise. Discover how the sun can help turn chemical reactions into a tasty snack and build your own mini solar cooker to take home.

#### Movie Effects

Sit in a director's chair and discover why science is the real star on the big screen! Discover how 3-D images are made, check out some red/blue anaglyph glasses and make your own anaglyph drawing. Finally, put your movie making skills to the test by creating your very own animation to take home!

#### MS Machines

Find out how simple machines make our lives easier. Try out different types of simple machines: levers, wedges, incline planes, wheels and axles, and pulleys. Assemble a catapult, investigate how inclined planes work and discover how a simple wedge can be a powerful tool. Rig a pulley system and build a Mad Science rocket racer to take home.

#### Science of Toys

Did you know that some of your favorite toys work using basic science principles? Use bouncing balls, yo-yos, and other classic toys to discover the science of motion through fun hands-on activities.

#### Waloping Weather

Welcome to the wild world of weather! Investigate why it rains, what causes lightning and even how weather can be predicted via a science called meteorology. Step into the shoes of a meteorologist and create some of your own regional weather forecasts. Finally, learn about the sun's energy and ultraviolet radiation and make a U.V. detector to take home.

**All classes are: 5 Sessions each, 3:35 PM - 4:35 PM Fee: \$79.00**  
**Instructor: Kathy Smythe, Mad Science**

**MS9-19FCN** **T** 10/1/2019-10/29/2019 **Chinn Elementary, Art Room**

**MS9-19FEL** **F** 11/1/2019-12/6/2019 **English Landing Elementary, Staff Lounge**

**MS9-19FGR** **T** 9/17/2019-10/15/2019 **Graden Elementary, Art Room**

**MS9-19FHW** **M** 9/16/2019-10/21/2019 **Hawthorn Elementary, 2/3 Pod**

**MS9-19FHP** **M** 11/4/2019-12/2/2019 **Hopewell Elementary, Art Room**

**MS9-19FLC** **W** 9/18/2019-10/16/2019 **Line Creek Elementary, Art Room**

**MS9-19FPP** **W** 9/18/2019-10/16/2019 **Prairie Point Elementary, Art Room**

**MS9-19FRN** **M** 11/4/2019-12/2/2019 **Renner Elementary, Art Room**

**MS9-19FSE** **F** 9/13/2019-10/11/2019 **Southeast Elementary, Art Room**

**MS9-19FTR** **M** 9/16/2019-10/21/2019 **Tiffany Ridge Elementary, Art Room**

**MS9-19FUC** **W** 11/6/2019-12/11/2019 **Union Chapel Elementary, Flex Room**

## ELEMENTARY AFTER SCHOOL CLUBS - THEATRE

### MUSICAL THEATER - BROADWAY BOUND

Students will join Musical Theater Heritage in a unique musical theater class that provides hands-on stage experience. Group work will include physical warm-ups, theater games and learning a musical medley from Broadway Musicals, all with a final parent performance experience.

**All classes are: 4 Sessions each, 3:35 PM - 5:05 PM Fee: \$100.00**

**Instructor: Andrea Boswell-Burns, Musical Theater Heritage**

**MT-19FHW** **W** 9/4/2019-9/25/2019 **Hawthorn Elementary, Room 4/5 Pod**

**MT-19FHP** **M** 8/26/2019-9/23/2019 **Hopewell Elementary, Stage**

**MT-19FSE** **M** 11/4/2019-11/25/2019 **Southeast Elementary, Library**

**MT-19FTR** **W** 10/2/2019-10/30/2019 **Tiffany Ridge Elementary, Library**

**MT-19FUC** **M** 9/30/2019-10/28/2019 **Union Chapel Elementary, Library**

## EARLY RELEASE MINI CAMPS

### YOUNG REMBRANDTS CARTOON CREATION - EARLY RELEASE

#### November 7

In this 2½ hour class, students will learn how to draw cartoon heads. We will examine how the shape and size of a head influences the personality, mood, and style of the character. We will also learn about proportion as we size and place the facial features on the head. This is also a great drawing exercise for creating different expressions. The last part of the class the students will design their own characters using what they learned.

#### December 12

In this 2 ½ hour class, the students will draw cartoon bodies. We will draw different bodies of all shapes and sizes. This is another wonderful lesson for learning about proportion as we demonstrate how to build a character's body from simple shapes. This is an excellent introduction to cartoon figure drawing as we compare body types and poses. The last part of class, the students will design their own character using their own details and imagination. Drawing cartoon heads/facial expressions will be reviewed at beginning of class.

**All classes are: 1 Session each, Thursdays 1:30 PM - 4:00 PM**  
**Instructor: Sarah Hirtzel, Young Rembrandts Fee: \$42.00**

**YR27-19FCNA** 11/7/2019 **Chinn Elementary, Art Room**

**YR27-19FCNB** 12/12/2019 **Chinn Elementary, Art Room**

**YR27-19FELA** 11/7/2019 **English Landing Elementary, Room 229**

|             |            |                                      |
|-------------|------------|--------------------------------------|
| YR27-19FELB | 12/12/2019 | English Landing Elementary, Room 229 |
| YR27-19FGRA | 11/7/2019  | Graden Elementary, Room 25           |
| YR27-19FGRB | 12/12/2019 | Graden Elementary, Room 25           |
| YR27-19FHWA | 11/7/2019  | Hawthorn Elementary, K/1 Pod         |
| YR27-19FHWB | 12/12/2019 | Hawthorn Elementary, K/1 Pod         |
| YR27-19FHPA | 11/7/2019  | Hopewell Elementary, Art Room        |
| YR27-19FHBP | 12/12/2019 | Hopewell Elementary, Art Room        |
| YR27-19FLCA | 11/7/2019  | Line Creek Elementary, Art Room      |
| YR27-19FLCB | 12/12/2019 | Line Creek Elementary, Art Room      |
| YR27-19FTRA | 11/7/2019  | Tiffany Ridge Elementary, Art Room   |
| YR27-19FTRB | 12/12/2019 | Tiffany Ridge Elementary, Art Room   |
| YR27-19FUCA | 11/7/2019  | Union Chapel Elementary, Art Room    |
| YR27-19FUCB | 12/12/2019 | Union Chapel Elementary, Art Room    |

## MIDDLE SCHOOL: AFTER SCHOOL CLUBS

### **New!** MIDDLE SCHOOL CHINESE IMMERSION

The course designed is to help students strengthen their listening and speaking skills with an emphasis on correct pronunciation, and build-up preliminary listening, speaking and reading skills. Topics include greeting and self-introduction, family members, parts of the body, numbers, age, dates and time, food and drink, animals, weather, directions, and much more. For students with little or no Chinese language foundation. Grades 6 - 8.

**All classes are: 10 Sessions each** **Fee: \$140.00**  
**Instructor: Lina Dickson**

**FL22-19FCG** **W** **9/11/2019-11/20/2019**  
**Congress Middle School, Art Room/Room 103** **2:45 PM - 3:45 PM**

**FL22-19FLV** **M** **9/16/2019-11/25/2019**  
**Lakeview Middle School, Art Room/Room 149** **2:45 PM - 3:45 PM**

**FL22-19FPL** **F** **9/13/2019-12/6/2019**  
**Plaza Middle School, Library** **2:45 PM - 3:45 PM**

### MIDDLE SCHOOL SPANISH IMMERSION

Give your child a one-up with Spanish. The Language Project's three level middle school program provides world-readiness by preparing students to participate in a multi-lingual environment that values other cultures, with the goal of developing proficiency in a second language. The Learning Project has developed comprehensible input based curriculum that enables students to use the new language in real life situations in an immersion setting.

**All classes are: 10 Sessions each** **Fee: \$140.00**  
**Instructor: Sarah Greenwood, The Language Project**

**FL12-19FLV** **W** **9/11/2019-11/20/2019**  
**Lakeview Middle School, Room 157** **3:00 PM - 4:00 PM**

**FL12-19FPL** **W** **9/11/2019-12/4/2019**  
**Plaza Middle School, Library** **3:00 PM - 4:00 PM**

**FL12-19FWL** **F** **9/13/2019-11/22/2019**  
**Walden Middle School, Library** **3:00 PM - 4:00 PM**

## SCHOLARSHIPS AND DISCOUNTS

Clay County residents 60 years old or older can receive up to \$30 off your class fees at the time of registration. A valid ID card/documentation is required, and the discount is limited to one per resident per catalog.

This opportunity is funded through the Clay County Senior Services' Levy Fund. Register early as funding is limited



Park Hill employees are entitled to a \$5 discount on class fees greater than \$15. This discount only applies to current Park Hill employees and does not extend to family members.



**Interested in working for School-Age Child Care or have a hobby, passion, or profession you'd like to share?**

We are searching for:

Instructors - Community Education  
Adventure Club Associate Teachers - School-Age Child Care  
Adventure Club Site Managers – School-Age Child Care

Call 816-359-4060/5006 or e-mail  
communityservices@parkhill.k12.mo.us

### REGISTER EARLY

- \* Classes require at least 2 days pre-registration.
- \* Each class has a minimum and maximum enrollment #.
- \* Unfortunately, classes cancel if it has not reached its minimum enrollment number, so ENROLL today!
- \* Take a class with a friend!
- \* Sometimes one or two people can make the difference between a class being offered or canceled.

### LATE REGISTRATIONS

Late registrations are accepted on a space available basis. Fees will not be pro-rated due to late enrollment into a class.

## 5 WAYS TO REGISTER FOR CLASSES

**ONLINE**  
bit.ly/ParkHillCommunityEducation

**ONLINE COURSES**  
www.ed2go.com/phcomed

**ONLINE CAREER TRAINING COURSES**  
careertraining.ed2go.com/phcomed

**MAIL THIS FORM**  
Park Hill Community Education  
7703 N.W. Barry Road  
Kansas City, MO 64153

**IN-PERSON**  
Park Hill Community Education  
7703 N.W. Barry Road  
Kansas City, MO 64153  
M – F: 6:30 AM – 5:00 PM

**FAX**  
816-359-4069

**PHONE**  
816-359-4060



## PARK HILL COMMUNITY EDUCATION

816-359-4060 Phone • 816-359-4069 Fax

PARENT/  
GUARDIAN NAME \_\_\_\_\_

Address \_\_\_\_\_

CITY \_\_\_\_\_

STATE / ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

I AM PAYING BY CHECK CHECK # \_\_\_\_\_  
*(payable to Park Hill Community Services)*

### OR

I AM PAYING BY CREDIT CARD

CREDIT CARD # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
EXPIRATION DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ CSV CODE \_\_\_\_\_  
NAME AS IT APPEARS ON CARD \_\_\_\_\_

*\* A non-refundable \$2.00 convenience fee will automatically be added to your transaction when paying by credit/debit card. You are not registered until fees are paid.*

### Refund Policy

Full Refunds Will Be Made Only For The Following Conditions:  
1. A Class Is Filled-To-Capacity Before Your Registration Is Received.  
2. A Class Is Canceled Due To Insufficient Enrollment. Registrants Will Be Contacted Via Phone Or E-Mail If A Class Is Canceled, So Please Notify Community Education If Your Contact Information Has Changed.  
Dropping A Class – A 24-Hour Notice Must Be Given To Community Education For A Refund To Be Processed. The Convenience Fee Is Non-Refundable.  
No Refund Will Be Given If The Class Is Dropped On Or After The Class Start Date.  
Students Are Responsible For The Risk Of Changes In Their Personal Affairs Or Health

| CLASS # | CLASS TITLE | NAME OF PARTICIPANT | BIRTH DATE | SCHOOL GRADE | FEE |
|---------|-------------|---------------------|------------|--------------|-----|
|         |             |                     |            |              |     |
|         |             |                     |            |              |     |
|         |             |                     |            |              |     |
|         |             |                     |            |              |     |
|         |             |                     |            |              |     |





**PARK HILL COMMUNITY EDUCATION**  
7703 N.W. Barry Road  
Kansas City, MO 64153

**AUGUST 12, 2019**

**Park Hill School District**

Building Successful Futures • Each Student • Every Day

**NON-PROFIT**  
U.S. Postage  
**PAID**  
Kansas City, MO  
Permit No. 11

The Park Hill School District is an equal opportunity employer. Information relating to notices of non-discrimination, human rights and accommodations is available for review on the Park Hill School District's web site.

ECRWSS  
RESIDENTIAL CUSTOMER

**Log onto**  
**<https://commed.parkhill.k12.mo.us>**  
**for more class information**

**SCHOOL-AGE CHILD CARE**  
**816-359-5006**

**COMMUNITY EDUCATION**  
**816-359-4060**

**AQUATIC CENTER**  
**816-359-4080**

