

Red Lodge Public Schools

Community & Adult Education

2020 Spring Courses

- Register Early! Class size limits!
- Registration deadline Thursday, February 27th
- Classes begin Monday, March 2nd
- Classes held at Roosevelt Middle School (413 S. Oakes) unless otherwise noted.
- Minimum class enrollment of 4 students (registration refunded if class is cancelled.)
- Mail/Drop-off registration form and payment to Roosevelt Middle School, PO Box 1090, Red Lodge MT 59068.
- Visit our website: <http://redlodge.schoolwires.com/domain24>.
- Call Kandy Aleksich for more information: 406-425-0855.



Red Lodge Public Schools Adult Education Class Registration Form

Cost: \$15 per person per class. Separate supply cost is paid to instructor (*as indicated in course description*).

Please make checks payable to: Red Lodge Schools

Class(es) of Interest:

Name:

Mailing Address:

Email:

Phone:

Learning about Watercolor

Description: Come learn about watercolor with 20 year watercolor artist Dolly Frerichs. This session will deal with creating beautiful landscapes. All levels of watercolorists are welcome. Limited to 8 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 2, 9, 16, 23, 30, April 6	Mon 6-8pm	Dolly Frerichs	Strawberry Patch Frame Shop 109 E Maple, Roberts	\$35

Intro to Abstract Fluid Art

Description: Think you can't paint but wish you could? This abstract art class is for you! Acrylic Fluid Art (also known as pour art) is a fun, easy painting technique that can be used in multiple ways. We will create abstract art using non-traditional methods, no paint brushes required! You will learn basic fluid art techniques and create a unique project each week including wall art, journals, jewelry and more. Call Aimee 406-425-3390 for more info.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 7, 14, 21, 28, April 18, 25	Sat 9:30-12:30	Aimee Haran	Roosevelt Middle School 413 S. Oakes	\$60

Exploring Fluid Art- Creating Form from Abstraction

Description: This class is for those who have know the basics of acrylic painting or fluid art and are ready to try advanced styles. We will explore the fascinating world of abstraction and form using non-traditional techniques to create a unique piece of artwork each week including flowers, feathers, waves and more! Call Aimee 406-425-3390 for more info.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 7, 14, 21, 28 April 18, 25	Sat. 1-4pm	Aimee Haran	Roosevelt Middle School 413 S. Oakes	\$60

Beginning Cold Process Soap Class

Description: Take a beginning course in cold process soap! We have two, 3 week sessions. Each 3 week session is a complete class. Please indicate which session and dates you'd like on your registration. This class is required as the foundation for intermediate and advance soaping techniques to be offered in the future. Class limited to 4.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Session 1: March 21,18, April 4 Session 2: April 11, 18, 25	Sat 8:30-11am	Danielle Moore	Klean Karma Soap Studio 6.5 S Broadway	\$30

Beginning Melt & Pour Soap Class

Description: We are offering beginning courses in melt and pour soap techniques in two, 3 week sessions. Each 3 week session is a complete class. Please indicate which session and dates you'd like on your registration. This class is required to take future intermediate and advance soaping classes. Classes are limited to 4 students.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Session 1: March 22, 29, April 5 Session 2: April 12, 19, 26	Sun 8:30-11am	Danielle Moore	Klean Karma Soap Studio 6.5 S Broadway	\$30

Fused Glass 101

Description: Learn how to use different glass to create an image of beauty and brilliance by melting glass pieces together. Stained glass and mosaic projects are welcome. Enjoy the creative support that comes while working with others. Glass cutting skills are required. Class limit 6.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
April 9, 16, 23, 30	Thurs 1-4pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+ \$25

Intermediate Glass

Description: Complete a work in progress or start a new project. This workshop is for those who need a bit of help and have the desire to create in the company of others. Fused glass work and Mosaic projects are welcome. Enjoy the therapy that this class has to offer. Supply fee to be paid to the instructor. Class limited to 6 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
April 7, 14, 15, 21, 28	Tues 1-4pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+ \$25

Simple Sewing

Description: Learn or review basic sewing skills as we make a tote bag and a pillowcase. Easy but satisfying projects! The materials needed will be provided by the instructor. Sewing machines are also provided for class use. Limited to 5 people. Offering two, three week sessions.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 3, 4, 10, 11, 17, 18, 24, 25, April 1,2,8,9	Tues/Weds 6-8pm	Bonnie Blakely	Private workshop on West Bench	\$10

Furniture Refinishing

Description: We will go through all aspects of bringing your treasures back to life. We will evaluate all projects and go over supplies etc. Beginner students - strip, glue, and refinish project's only. No repairs. Advanced students you know the drill. Call and clear projects with Mark @ 406-598-8768. Class limit 5.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 2, 9, 16, 23, 30, April 6 OR March 3, 10, 17, 24, 31, April 7	Mon OR Tues 6-8pm	Mark Smith	Roosevelt School 413 S. Oakes	Depends on project

Ceramics: Hand-building & Sculpture

Description: An 8-Week class open to all levels will focus on beginning techniques. Students will learn the basics of shaping clay, specifically focusing on figurative and sculptural forms. RLCC instructors will assist students through demonstrations and hands-on learning. In addition, students will learn how to finish their work using clay slips, glazes, and other ceramic materials. This class includes one 25lb. bag of clay but does not include access to our 'open studio' hours. Limited to 10.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 3, 10, 17, 24, 31, April 7, 14, 21	Tues 6-8pm	Soojin Choi	RL Clay Center 123 S Broadway	\$70

Learn to Knit Entrelac

Description: Entrelac is a fun pattern to knit. The appearance is a diagonal basket weave. The project in this class will be a hat. Supplies: 350 yards sport weight yarn, 2 - 16" size circular needles, plastic ring stitch markers, tapestry needle, size C crochet hook, size H crochet hook

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 16, 13, 20 April 3, 10, 17	Fri 10-noon	Judy Morseman	207 Villard Ave S Senior Center	None

Homeopathy

Description: This is a guided study group to learn homeopathy basics for self-care. We use the book, Gateway I, written by Joette Calabrese, a practicing homeopath of 30 years. You will understand how homeopathic medicines are made, and learn specific, safe, gentle protocols for common illnesses and chronic disease.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 3, 17, 24, 31	Thurs 9:30-10:30am	Karen Clayson	207 Villard Ave S Senior Center	Provide own book

End of Alzheimer's

Description: Book Study on "The End of Alzheimers. The First Program to Prevent and Reverse Cognitive Decline." by Dr Dale Bredesen. We will review 1 chapter each week and develop a framework for individual health plans. There is HOPE now to prevent, treat and reverse early Alzheimers and Dementia.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 3, 17, 24, 31	Tues 11-noon	Karen Clayson	207 Villard Ave S Senior Center	Provide own book

Nia

Description: Combining dance, marital arts and mindfulness, Nia tones your body while transforming your mind. Generally done in bare feet, Nia is beneficial for all sizes, shapes, ages and abilities. The choreography is "tight but loose" allowing each participant to enJOY their body in their own unique way. Call Samantha (406) 855-9024 for info.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 4, 18, 25, April 1	Weds 5:30-6:30pm	Samantha Thomas	Roosevelt School Cafeteria 413 S. Oakes	None

Zumba

Description: Ditch the workout, join the party! Dance experience not required. Tonya has over 20 years teaching folk, Irish step and Scottish Highland dancing. This course follows rhythms of Zumba, and occasionally a little Celtic, Balkan, & folk-rock infusion. Bring a water bottle, athletic shoes, and comfortable workout clothes. Text/call 425-3974 or Facebook: <https://www.facebook.com/redlodgecelticzumbafusion/> for more info.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 3, 5, 10, 12, 17, 19	Tues & Thurs 4:15-5:15pm	Tonya Henry	Roosevelt School Cafeteria 413 S. Oakes	None

Intermediate/Advanced Spanish

Description: Used to speak Spanish, have a solid base, but never have the opportunity now and want a refresher? This class will benefit you! Expand your brain while having fun!!! I'll take this class where you want it to go. **This class will play with conversational Spanish, past tense verbs, reflexive verbs, and various other grammatical entanglements via practice, reading, writing, and games. It is not for first timers. Class limit 15 students.

Dates	Weekday/Time	Instructor	Location	Studio Fee
April 20, 21, 22, 23 & 27, 28	Various 5:30-7:30pm	Stephanie Naftal	Roosevelt Middle School 413 S. Oakes	None

NRA/USCCA Basic Pistol Shooting Course

Description: Teaches the basic knowledge, skills, and attitude for owning and operating a pistol safely. More Details: This course includes three (3) classroom sessions and one (1) range session learning to shoot revolvers and semi-automatic pistols. Students learn NRA's rules for safe gun handling; pistol parts and operation; ammunition; shooting fundamentals; range rules; shooting from the bench rest position, and two handed standing positions; cleaning the pistol; and continued opportunities for skill development. Students will receive the NRA Guide to the Basics of Pistol Shooting handbook, take a Basics of Pistol Shooting Student Examination and receive a course completion certificate. (Class size limited to 10 people). Classroom sessions in the evenings from 6-9:00pm. Range session date and time will depend on weather. Bring unloaded firearm to class - no ammunition in classroom. Contact Rod Bastian 406-425-2684 for more info.

Dates	Weekday/Time	Instructor	Location	Studio Fee
April 22, 24, 27 Range Day April 26	Various 6-9pm	Rod Bastian	320 S Broadway	\$35+ ammunition 200 rounds

Dance for Fun and Exercise

Description: Have fun and get some exercise by learning and dancing various dance forms like folk dance, waltz, polka, schottische, reel or jig and perhaps some contra. All skill and age levels are welcome. Partners are not required but hard-soled shoes are recommended. Questions or need more information? Call 446-2657.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 5, 12, 19, April 2, 9, 16	Thurs 7-8:30pm	Bob Holmen	Roosevelt School Cafeteria 413 S. Oakes	None

Belly Dancing

Description: Samantha Thomas is excited to offer "Bellydance 101"! This is a super basic class focusing on simple moves and easy choreography. Whether you're a first timer or seasoned dancer, she'll have something for everyone! Call Samantha (406) 855-9024 for info.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 5, 18, 26, April 2	Thurs 5:30-6:30pm	Samantha Thomas	Roosevelt School Cafeteria 413 S. Oakes	None

Strong by Zumba

Description: Strong by Zumba combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to music to match every move, squat, lunge, and burpee to help you make that last rep, and more. In a one hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Call Samantha at (406) 855-9024 for info.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 2, 16, 23, 30	Mon 5:30-6:30pm	Samantha Thomas	Roosevelt School Cafeteria 413 S. Oakes	None

Beginning Spanish

Description: Want to travel but would like the basics first? It's been so long, you don't remember anything you learned? This class will benefit you! Expand your brain while having fun!!! This is your class so I point it in the direction you want it to go. **Make sure to read the intermediate description to make sure you are enrolling in the appropriate class. Limited to 15 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 2, 3, 4, 5, 9, 10	Various 5:30-7:30pm	Stephanie Naftal	Roosevelt Middle School 413 S. Oakes	None

Intermediate Bridge Lessons

Description: Lessons emphasize better bidding and better play of hands. Students need to take their own notes.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 5, 12, 19, 26, April 2, 9	Thurs 10:30-12:30	Barb Ostrum	207 Villard Ave S Senior Center	None

Beginning Spanish

Description: Want to travel but would like the basics first? It's been so long, you don't remember anything you learned? This class will benefit you! Expand your brain while having fun!!! This is your class so I point it in the direction you want it to go. **Make sure to read the intermediate description to make sure you are enrolling in the appropriate class. Limited to 15 students.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 2, 3, 4, 5, 9, 10	Various 5:30-7:30pm	Stephanie Naftal	Roosevelt Middle School 413 S. Oakes	None

Intro to Yoga Therapy

Description: Yoga therapy uses movement, breathing, meditation, relaxation, and lifestyle change in an adapted and individualized way to support all aspects of health and wellbeing. Over 5 classes, we will explore strategies for posture, back care, sleep, fatigue, mood, and other health topics such as digestion, cardiovascular health, and pain management. At the end, students will have one-to-one sessions to address their unique interests. Class limited to 7. Call Martha 406-426-2858 for info.

Dates	Weekday/Time	Instructor	Location	Supply Fee
March 2, 9, 16, 23, 30 Individual Sessions TBD	Mon 5:15-6:30pm	Martha Johnson	1 South Broadway	\$20

Tai Chi

Description: The class will introduce the students to the first set of the traditional Yang Style Tai Chi and QiGong moves as they relate to Tai Chi. Students should wear loose clothing and low heeled or flat shoes. For more information, call Jim Smith 406-671-6289.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 3, 10, 17, 24, 31, April 7	Tues 6:30-7:30pm	Jim Smith	Roosevelt School Cafeteria 413 S. Oakes	None

Learn to Knit

Description: Learn the basics of knitting: how to read instructions, understand terms and even make a hat. Please join me for this fun informative class. Supplies: 2 (200 yard each) skeins of light colored yarn, 2 - 16" size 8 circular needles, size G crochet hook, stitch markers, stitch holders, cloth tape measure, yarn needle, small scissors, 3 ring binder and pen or pencil.

Dates	Weekday/Time	Instructor	Location	Studio Fee
March 3, 10, 17, 24, 31, April 14	Mon 10-noon	Judy Morseman	207 Villard Ave S Senior Center	None

Concealed Carry & Home Defense Fundamentals

Description: Prerequisite: Prospective participants must have completed the NRA Basics of Pistol Shooting Course, or pass a Pre-Course Assessment. (Class size limited to 10 students) Details: This course includes three (3) classroom sessions and one (1) range session. Students will learn basic defensive shooting skills essential to the safe and efficient use of a handgun for protection of self and family, strategies for home safety, how to avoid a criminal attack and responding to a violent confrontation, firearms and the law and how to choose a handgun for self-defense. Classroom sessions 6-9pm. Range date and time will depend on weather and possible snow conditions. Bring unloaded firearm to class - no ammunition in classroom. Contact Rod Bastian 406-425-2684 for more info.

Successful completion of course (attendance of all sessions required) meets firearms safety training requirements of Montana concealed weapons permit law.

Dates	Weekday/Time	Instructor	Location	Supply Fee
April 29, May 1, 4 Range Day May 3	Various 6-9pm	Rod Bastian	320 S Broadway	\$35+ ammunition 150 rounds

Classes fill quickly! Register Early!

Beekeeping 101

Description: You've heard the 'buzz'. Bees are critical to our ecosystem, and yet, they are in more danger than ever before. In this bee basics class, learn everything you need to know to start a hive, how and where to purchase bees, and how to inspecting your colony. You can be a part of saving the bees! Learn from Beekeeper, Lindsey Hoffmann. * This class will be similar to the Fall 2019 class with a few additional opportunities. All level beekeepers are welcome. Call 406-425-3734 for info.

Dates	Weekday/Time	Instructor	Location	Studio Fee
April 29 Field Trip TBD	Weds 5:30-7:30pm	Lindsey Hoffmann	Roosevelt School 413 S. Oakes	None