

Red Lodge Public Schools



Community & Adult Education

2017 Spring Courses

- Registration deadline Thursday, March 2nd.
- Classes begin Monday, March 6th.
- 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.
- Visit our website: <http://redlodge.schoolwires.com/domain24>.
- Call Kandy Aleksich for more information: 406-425-0855.
- Register Early! Class size limits!**

Red Lodge Public Schools Adult Education Class Registration Form

Mail or Deliver Form & Payment to:

Red Lodge Public Schools
413 South Oakes
PO Box 1090
Red Lodge, MT 59068

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:

Beginning Stained Glass

Description: Learn the techniques to create a piece of beautiful stained glass. You will learn about various types of glass,safety, glass cutting, fitting, foiling, soldering and finishing. This is an extremely informative beginner class. By the end of the class you will have completed a beautiful piece of art. Supply Fee to be paid to instructor.

Class limited to 6 students.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|--|------------------------------|-------------------|--------------------------|--------------------------------|
| March 7, 14, 21, 28 April 4, 11, 18 | Tues. 10-noon or 7-9pm | Kandy Aleksich | 451 Upper Continental | Dependent upon project+\$25 |

Quilting Class

Description: Learn a new technique, mile-a-minute quilting. A new pattern by Wanda Thomas at Quilt Lodge, Fractured Palisades, features this technique using jelly rolls or 2 1/2 inch strips. Beginning quilters and those more experienced will enjoy completing this colorful quilt, it can be seen at Quilt Lodge. New quilting skills will be learned and tips for the more advanced quilters will be shared.

Basic quilting supplies and a sewing machine in good working order are needed. Fabric for the quilt can be purchased at Quilt Lodge or your own fabric can be used.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|---------------------------------------|------------------|-------------|--|------------------------|
| March 9, 16, 23, 30 April 6, 13 | Thurs 10-12pm | Gina Farnum | Instructor will contact students for location | Dependent upon need |

Glass Workshop

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. Supply fee. Dependent upon project + \$25

Basic glass cutting skills required. Class limited to 6 students.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|---|--|-------------------|--------------------------|--------------------------------|
| March 6, 13, 20, 27, April 3, 10, 17 OR March 8, 15, 22, 29 April 5, 12, 19 | Mon. 7-9pm or Weds 10-noon | Kandy Aleksich | 451 Upper Continental | Dependent upon project+\$25 |

Rubber Stamping: Birthday Balloons & Bunnies

Description: Join me for 3 weeks of fun rubber stamping as we create cards and gift containers using brand new Stampin Up products.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|-----------------|--------------------|-------------|----------------------------------|------------|
| March 9, 19, 23 | Thurs. 6:30-8pm | Cheri Davey | Roosevelt School 413 S. Oakes | \$10 |

Let's Make Socks on Circular Needles

Description: Learn to knit socks on 2 circular needles. Supplies: 2 - size 2 16" circular needles, 1 skien of sock or fingering yarn minimum 400 yards, stitch markers, size G crochet hook, tape measure, tapestry needle and scissors. I hope you will join me.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|-----------------------|------------------|----------------------------------|------------|
| March 8, 22, 29 April 5, 12, 19 | Weds. 6:30-8:30 pm | Judy Morseman | Roosevelt School 413 S. Oakes | None |

Introduction to Ceramics

Description: Would you like to make your own ceramic bowl? Or cup? This course focuses on introductory hand-building techniques for making unique, personalized ceramic pieces. Learn how to make cups, mugs and bowls, decorate and glaze them too!

Enrollment limit: 8 students

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|-------------------|-----------------|-------------------------------|------------|
| March 8, 15, 29 April 5, 12, 19 | Weds. 6-8pm pm | Joyce St. Clair | Clay Center 123 N Broadway | \$30 |

Furniture Painting Techniques

Description: This is a FUN beginner to intermediate level class! Students will be introduced to Chalk Paint®, a decorative paint by Annie Sloan. Students will learn how to apply several different finishes such as Two Color Distressed, Color Washes and Stains, Cracked Paint, Smooth Finishes, Single Color Distressed Finishes, Paint Layering and application and use of Soft Waxes. Chalk Paint® is designed for use on furniture and home décor items as well as fabrics, NOT to be confused with “chalkboard paint”. It is named “chalk paint” because it has a flat, matte finish.

Students will bring their own projects to class and sample boards will be provided when applicable. For more visuals and information on Chalk Paint®, please visit chalkpaint.com or go to Bunny’s Brush on Facebook. Chalk Paint® has been around for 26 years and is the leading brand of furniture and home décor paint.

Materials Provided: Workshop space, paintbrushes, wax brushes, buffing cloths, aprons, sample Boards

What you will need: You will need to purchase your Chalk Paint ® and Soft Wax® from Bunny’s Brush and this is available in a variety of sizes and 36 colors in my shop. I’m happy to help you figure out the quantity of paint and wax you’ll need for your project in class. Please wear comfortable clothes as they may get paint on them. Aprons are provided. You are welcome to purchase your own brushes at anytime during the classes however I will be providing use of my workshop brushes so you can enjoy testing them out first!

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|----------------|-------------|--------------------|------------|
| March 7, 14, 28 April 4, 11, 18 | Tues. 5-7pm | Dana Gordon | 206 South Broadway | None |

Furniture Refinishing

Description: Make that shabby antique into a beautiful, finished piece of furniture! Bring a notepad, a small sized project and your questions for the first evening. Mark will determine what your project needs are to complete the job. He will cover how to buy a piece, how to break it down without destroying it stripping techniques, prep work for refinishing, the gluing process and the actual refinishing techniques and supplies.

This combined skills class also offers solutions for more difficult problems like veneer repair, making and replace missing parts, repairing badly damaged parts, how to deal with damaged or missing carved pieces, and how to repair or replace broken turnings. Call Mark directly if you have questions. 406-598-8768. Two courses offered below. Supply Fee to be paid to instructor.

Class limited to 5 students.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|---------------|------------|---|--------------------|
| March 6, 13, 20, 27 April 3, 10 | Mon. 6-8pm | Mark Smith | Roosevelt Middle School 413 S. Oakes | Depends on project |

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|---------------------------------------|----------------|------------|---|--------------------|
| March 7, 14, 21, 28 April 4, 11 | Tues. 6-8pm | Mark Smith | Roosevelt Middle School 413 S. Oakes | Depends on project |

Yoga and Meditation

Description: All levels yoga! From beginner to advanced create an evening routine of yoga to help your strength, gain flexibility, relax your body, soothe your soul and calm your mind! You will learn what yoga entails through experiencing asana, pranayama and meditation. Yoga has been proven to help with heart disease, anxiety, depression, high blood pressure, back aches, stress and so much more. Supply Fee to be paid to instructor.

| Dates | Weekday/Time | Instructor | Location | Studio Fee |
|------------------------------------|--------------|-----------------------------|--|------------|
| March 8, 15, 22, 29 April 5, 12 | Weds 7-8pm | Summer Abbey Peterson | Mountain Town Yoga - Old Roosevelt School | \$15 |

Reiki Level I

Description: Reiki is a Japanese relaxation technique used to facilitate healing. This 2-day class will introduce you to the practice of Reiki and will be led by certified Reiki Master-Teacher Joyce Phillips, who has been practicing and sharing Reiki since 2004. Upon completion of class requirements you will receive your Reiki Level I certification.

| Dates | Weekday/Time | Instructor | Location | Studio Fee |
|---------------|-----------------------------|----------------|---|------------|
| March 13 & 14 | Mon. & Tues. 6:45-9:30pm | Joyce Phillips | Mountain Town Yoga - Old Roosevelt School | \$10 |

Line Dance with Lynn

Description: Welcoming new and returning dancers to "Kick The Dust Up"! Have fun learning many country and contemporary line dances, including basic steps and stylistic technique! Class will progress in difficulty, although anyone from previous classes or other dance styles will easily learn the steps. No partner needed. Please wear smooth-soled boots or dance/Zumba shoes that allow you to glide on the floor.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|--|-----------------|------------------|---|------------|
| March 10, 17, 24, 31 April 7, 14 | Fri 6-7:30pm | Lynn Sorensen | Roosevelt School Cafeteria 413 S. Oakes | None |

Country Western Dance

Description: Country Western Dance (couple-dancing) will be taught by former dance competitors Sharon Luloff and Robert Haskins.

The class is beginner-level (or refresher) couple dancing but a partner is not necessary to register. The basics and more of two-step, waltz, east-coast swing and cha-cha will be taught.

Contact Sharon at 861-3649 for more information.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|-------------------|---------------|-----------------------------|------------|
| March 9, 16, 23, 30 April 6, 13 | Thurs 7:00-9pm | Sharon Luloff | Old Roosevelt School Gym | None |

Zumba

Description: New to Adult Ed.....ZUMBA®!!! Offering a total workout, combining all elements of fitness-cardio, muscle conditioning, balance & flexibility, boosted energy and a serious dose of awesome each time you leave the class! It's exercise in disguise! Perfect for all ages, levels & sizes.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|---------------------|--------------------|---|-------------------|
| March 7, 14, 21, 28 April 4, 11 | Tues. 5:30-6:30 | Samantha Thomas | Roosevelt School Cafeteria 413 S. Oakes | None |

Essential Oils in Everyday Living

Description: In this class Joyce will teach the basics of using Essential Oils in your daily life. Learn which oils everyone should keep on hand and their application and benefit. Whether it is cooking, cleaning, stress relief or anti-bacterial applications, there's an oil for that!

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|--------------|---------------------|-------------------|--|-------------------|
| March 19 | Sunday 2-4pm | Joyce Phillips | Mountain Town Yoga - Old Roosevelt School | None |

Meditation

Description: Guided group meditation. Each of the six sessions are independent of each other – come one or all six. You will be allowed time for silent contemplation after the voice led journey to inner peace. Join us and add a little quiet reflection to your day.

| Dates | Weekday/Time | Instructor | Location | Studio Fee |
|-------------------------------|-----------------------------|-------------------|--|-------------------|
| March 6, 8, 13, 15, 20, 22 | Mon. & Weds. 12:15-12:45 | Joyce Phillips | Mountain Town Yoga - Old Roosevelt School | \$10 |

Festival of Nations Dance

Description: Learn Festival of Nations style dancing by focusing on traditional (and not-so-traditional dances of other countries. All skill, energy and age levels are welcomed and accommodated. The only requirement is a willingness to learn and move. Partners are not required but hard-soled shoes are recommended. Questions, call 446-2657.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|------------------|------------|---|------------|
| March 7, 14, 21, 28 April 4, 11 | Tues 7-8:30pm | Bob Holmen | Roosevelt School Cafeteria 413 S. Oakes | None |

Nia

Description: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. 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. For more information feel free to contact Samantha at 406-855-9024.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|------------------------------------|----------------|--------------------|---|------------|
| March 8, 15, 22, 29 April 5, 12 | Weds. 6-7pm | Samantha Thomas | Roosevelt School Cafeteria 413 S. Oakes | None |

Intermediate Spanish

Description: Have you taken Spanish classes and want to learn more? Used to speak Spanish but never have the opportunity now and want a refresher? Been traveling and want to learn more? This class will benefit you! Expand your brain while having fun!!!
Class is limited to 15 people.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|---------------------------------|------------------------------------|------------------|--|------------|
| March 21, 22, 23, 28, 29, 30 | Tues, Weds, Thurs. 5:30-7:30 | Stephanie Naftal | Roosevelt Middle School 413 S. Oakes | None |

Wild World of Food Fermentation

Description: Go on a journey through the discovery of food fermentation! Students will learn about 'good' bacteria, the benefits of probiotics and fermentation as a preservation method. This class is targeted at all interested in this ancient practice, those new to fermentation, the experts and returning students. This class will have you making your own ginger bug (for ginger beer and other beverages) , homemade ketchup, mix your own sauerkraut and of course taste amazing fermented foods. Listen to stories of how fermentation can make a positive change in your life. Each class will focus on a different type of fermentation including veggies, dairy and other beverages. A small fee will be collected for ingredients.

Class is limited to 15 people.

| Dates | Weekday/ Time | Instructors | Location | Supply Fee |
|---------------------------------|--------------------------|---|---------------------|---------------------|
| March 13, 20, 27 April 3, 17 | Mon 6-8pm | Martha Young Amanda LaPlante Janet Peterson | Community Church | To be determined |

Fly Fishing for Beginners and Intermediates

Description: Course Objectives: To teach the class for both beginners and intermediate fly fishers. The focus will be on fundamentals of fly fishing for trout and will include discussions on equipment, basic casting, fly selection and trout behavior for our western rivers.

Course description: The course will consist of two, 2 hour classroom sessions. The third class will be in the field as a casting clinic with student hands-on experience.

| Dates | Weekday/ Time | Instructor | Location | Supply Fee |
|-----------------------------------|--------------------------|-------------------|----------------------------------|-------------------|
| March 14, 21 + Field Class TBD | Tues. 6:30-8:30pm | Rand Herzberg | Roosevelt School 413 S. Oakes | None |

Beginning Spanish

Description: Because of demand, Spanish will be split into two levels for this spring session. Do you want to learn Spanish but have never taken a class? Want to travel but would like the basics first? It's been so long, you don't remember anything you learned?

Want to learn in a stress free environment with others in the same boat? This class will benefit you! Expand your brain while having fun!!!

Class limited to 15 people.

| Dates | Weekday/Time | Instructor | Location | Supply Fee |
|---------------------------|---------------------------------|------------------|--------------------------------------|------------|
| March 7, 8, 9, 14, 15, 16 | Tues, Weds, Thurs. 5:30-7:30 | Stephanie Naftal | Roosevelt Middle School 413 S. Oakes | None |

NRA Basic Personal Protection In the Home Course

Description: Prospective participants can demonstrate that they have the requisite knowledge, skills, and attitudes by completing both Phases I and II of the NRA Basics of Pistol Shooting Course, or passing a Pre-Course Assessment. (Class size limited to 10 students).

This course includes a pre-class orientation and material distribution, 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.

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

Contact Information: (406) 425-2684 or rod@montanacarry.com

**Firearm not required to participate in class – gun rental available. Bring unloaded firearm to class, no ammunition in classroom.*

| Dates | Weekday/Time | Instructors | Location | Supply Fee |
|---|------------------|--|--|---|
| March 29 April 5, 7, 10 Range Day April 9 | Various 6-9pm | Rod and Donna Bastian, Shawn Halvorsen | Montana Carry Classroom 320 S. Broadway | \$30 + Ammunition + Optional Gun Rental |

NRA Basics of Pistol Shooting – Phase 2

Description:

The NRA Basics of Pistol Shooting course teaches the basic knowledge, skills, and attitude necessary to use, clean, and store a pistol safely and responsibly. The class is now a two-part course consisting of an e-learning portion Phase 1 (completed online-at your own pace, usually 6 to 8 hours) and a hands-on practical portion Phase 2 conducted at a range under the guidance and supervision of an NRA-Certified Instructors. This course includes the morning followed by the Phase 2 range session. Gun rental available.

To participate in this course you must complete The Basics of Pistol Shooting Phase 1 available online at <https://onlinetraining.nra.org/> (this is the classroom portion of the course) before the Phase II class date. Upon successful completion of Phase 1 you will print your completion certificate and your Personal Identification Number (PIN) will be activated. You must have that activated PIN to participate in the Phase II portion of the course.

For this course, the NRA has a separate \$60 fee for the phase 1 online portion and is not applied towards the school registration fee or material fee for phase 2(above). Phase 2 fee does not include ammo or gun rental (available at range).

(Class size limited to 8 people - Student must have completed the NRA Basic Pistol Course Certificate)

Contact Information: (406) 425-2684 or rod@montanacarry.com

| Dates | Weekday/Time | Instructors | Location | Supply Fee |
|---------------------|--|--|--|---|
| March 8 March 25 | Weds. 6:30-7:30pm Sat 8am-4pm | Rod and Donna Bastian, Shawn Halvorsen | Montana Carry Classroom 320 S. Broadway | \$20 + Ammunition + Optional Gun Rental |

**Thank you for your
participation!**