

Fall 2014



ANKENY COMMUNITY EDUCATION CATALOG

community) challenge) excellence) inspiration) leadership



EXCITING NEW CLASSES

ACT and PSAT/SAT Seminars

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Evening and weekend classes for all ages!

Registration is now underway!



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Dear Ankeny Community,

Fall is a great time to energize yourself and your family by taking a course to help develop a new skill, stay active and healthy, enhance yourself professionally, or just experience new things and make new friends! Ankeny Community Education offers courses in various locations, as well as online courses.

New courses this season include art classes in partnership with the Ankeny Art Center, new courses in babysitting, financial planning for families with special needs, Ham radio, Haidong Gumdo, jewelry, nutrition, PSAT/SAT and social media courses.

Simplify your experience by utilizing the quick find on this page in areas of adult, family and youth enrichment.

Whatever your motivation may be, we invite you to explore the pages of this booklet and sign up for classes today!



Ankeny Community Education
 306 SW School Street
 Ankeny, Iowa 50023
karen.norton@ankenyschools.org

Office Hours: Monday-Friday
 7:30 am to 4:30 pm

Adult Enrichment

Arts & Crafts



Autumn Watercolor Workshop

Autumn inspires this workshop focusing on creating leaves in watercolor. Enjoy learning about color and techniques while making a finished piece to take home. All art abilities welcome. Ages 14+. Instructor: Ankeny Art Center

101940-Class Code
Sat 10/18
10:00 am - 3:00 pm
Ankeny Art Center
\$60



Holiday Cards Watercolor Workshop

Make something special in this watercolor workshop celebrating the holidays. Make small artworks for cards and try a variety of theme ideas. Several completed cards will be made and ready to take home as gifts. Ages 14+. Instructor: Ankeny Art Center

101938-Class Code
Sat 12/6
10:00 am - 3:00 pm
Ankeny Art Center
\$60



Jewelry Creating Unique Pendants and Beads

Create beautiful pendants from glass tiles by adding pictures, stationary, dried flowers or other elements to design personal jewelry pieces that you take home. You will also be designing charms and beads out of different materials to make the finished piece unique. Instructor: Spooner

101935-Class Code
Wed 10/22
6:15 - 8:15 pm
Northeast Room 104
\$25



Jewelry Out of Flatware

Learn how to do it yourself. This type of jewelry is very popular right now, and it's very unique and personal once you learn to design your own. Create unique and beautiful treasured jewelry such as bracelets and pendants out of flatware that you take home. Instructor: Spooner

101928-Class Code
Sat 11/8
9:00 - 11:30 am
Northeast Room 104
\$35

Books

Intro to the Bible

Explore the central message of the Bible chronologically from the beginning of man to Christ, starting with simple truths. No previous Bible knowledge is necessary as you will use an easy but logical approach. Through your interpretation the Bible is allowed to speak for itself. Instructor: Lounsborough

101554-Class Code
Tu 9/9 - 11/11
6:30 - 8:30 pm
Northview Room 443
\$25
(Material included)

Cards

American Mah Jongg

Mah Jongg, a game that originated in China, is a fascinating rummy-like game that you will play with

tiles rather than cards. You are invited to be a part of a fun group as a beginner, intermediate or expert player. Instructor: Jarrell

100771-Class Code
M 10/13 - 11/10
6:30 - 8:30 pm
Neveln Room 106
\$10

Beginning Bridge

Looking to learn a fun new card game? Beginning bridge is geared for the absolute beginner, but also excellent review for one who has played for one or two years. Includes opening bids and responses, no trump bidding and responses and opening leads. Instructor: Kerrigan

100791-Class Code
M 9/15 - 11/3
7:00 - 9:00 pm
Neveln Room 204
\$35

Intermediate Bridge

Now that you know how to play bridge, you will experience lessons on all phases of bidding with emphasis on forcing and non-forcing sequences, review of basic, Stayman and play of the hand. Required two years playing experience. Instructor: Kerrigan

100799-Class Code
Tu 9/9 - 10/28
7:00 - 9:00 pm
Neveln Room 204
\$35

Computers and Technology



Introduction to Online Learning

Online learning has exploded in the past five years. But how does online learning really work? This in

person, instructor led class allows you to learn about the most popular platforms used for online learning. You will touch and experiment with digital cameras, Skype, webinars and other commonly used technologies. Perfect for retirees, recent high school grads, or anyone who wants to become familiar with online learning. Must bring laptop to class.

Instructor: Augustine

102117-Class Code

Th 10/16

6:00 - 7:30 pm

Prairie Ridge Lunchroom

\$50

(Laptop required)



Introduction to Social Media

Is “tweeting”, “updating my Facebook status” or “liking a post” foreign to you? This class gives an overview of the various social media platforms, including blogs, Facebook, Twitter, e-mail marketing, Instagram and YouTube. You will gain an understanding of what social media is, and the strengths of each platform.

Instructor: Augustine

102118-Class Code

M 9/15

6:00 - 7:00 pm

Prairie Ridge Lunchroom

\$50

(laptop required)

Dance

Ballroom Dancing - Beginning

Fretting over how you will look in that wedding video? Attending a class reunion and need to learn some new dance steps? You will experience the art of dancing at a slower pace for beginners. With over 55 years of teaching you will benefit in dances to include Swing,

Fox Trot, Waltz and Cha-Cha. No partner needed. Ages 14 to adult. Instructor: Leonard’s Dance Studio

100945-Class Code

Tu 9/16 - 10/14

7:00 - 8:30 pm

Parkview

Lunchroom

\$50 (individual)

100982-Class Code

Tu 10/28 - 11/25

7:00 - 8:30 pm

Parkview Lunchroom

\$50 (individual)

Ballroom Dancing - Intermediate/Advanced

So you think you can dance? You know the basics and now want to learn how to do more complex ballroom dances that were not offered in a beginning class. Come connect with fellow dancers and upgrade your skills in Swing, Fox Trot, Waltz, Cha-Cha, Tango and Rhumba. No partner needed. Ages 14 to adult.

Instructor: Leonard’s Dance Studio

100920-Class Code

M 9/15 - 10/13

7:00 - 8:30 pm

Parkview Lunchroom

\$50 (individual)

100927-Class Code

M 10/27 - 11/24

7:00 - 8:30 pm

Parkview Lunchroom

\$50 (individual)

Couples Dance

Let’s do this as a couple, together! Join in the excitement and see as partners how much fun and exercise you can get without sweating in an expensive gym! Long time studies have proven that not only is dancing good for the body it is also excellent for the brain. What type of dancing do you prefer? You will learn Fox Trot, Two Step, Swing,



Cha-Cha, Waltz, Rumba, Hustle and more.

Challenge your brain, meet other dancers, come to exercise and have lots of fun while learning. Questions will be answered by an instructor with 18 years of experience at

dancedsm@aol.com.

Instructor: Reynolds

101592-Class Code

Th 9/18 - 10/23

6:15 - 7:45 pm

Northeast Lunchroom

\$100 (couple)

101593-Class Code

Th 10/30 - 12/18

6:15 - 7:45 pm

***No class 11/13 & 11/27**

Northeast Lunchroom

\$100 (couple)

Family and Parenting

Smart Discipline

A fun-filled seminar packed with great ideas about discipline and self-esteem. If you are interested in a way to stop the fighting and bickering between your kids or, a way to get your kids to do what you ask the first time, then this nationally acclaimed workshop is for you. This is a positive system that gets kids self-motivated to follow the rules. Materials included in pricing. Instructor: Garnett

101600-Class Code

Tu 10/14

6:30 - 8:30 pm

Prairie Ridge Lunchroom

\$28 single/\$38 couple

Finance



Financial Planning for Families with Special Needs or Disabilities

Are you the parent of a child with a special needs and/or disabilities and have questions about their financial future? You don't know where to start or are worried that what you have already done makes sense? This can be overwhelming. A Life Care Plan may help with this uncertainty. A Life Care Plan is a coordinated program of future care planning, financial and legal strategies. Instructor: Burns.

101599-Class Code
Th 10/23
7:00 - 9:00 pm
Northeast Room 104
\$10

Foundation of Investing

Are you looking for information on how to provide security for your future? You will get geared up as you learn an overview of investing, including key terms and investment types. Basic features of bonds, stocks, mutual funds and asset allocation will be covered. Instructor: Trosper

101601-Class Code
M 10/27
6:30 - 7:30 pm
Northview Room 442
\$20

Fitness/Wellness



Haidong Gumdo/Art of Korean Sword

Learn the official Art of Korean Sword with a qualified master who trained in Asia with the best. Enjoy experiencing and sharing

exotic culture of the East with a teacher who lived, worked and toured many years in Korea, China, Japan, Thailand and Turkey. Uniform and testing are an extra cost. Please see instructor. Sibling discount of 20%. Ages 10+. Instructor: Wathen

101686-Class Code
Tu/W 9/16 - 11/5
6:15 - 7:15 pm
Ashland Ridge Lunchroom
\$60

Jogging/Walking

Participants may run or walk in self-directed pace and program. This class is open to adults only. Please call for access to the facility.

101603-Class Code
M-W-F 9/29 - 12/8
5:00 - 7:00 am
***No class 11/28**
Northview Balconies
\$25

Mini Core

Are you looking to strengthen the core of your body? During 20-minute meetings, this class will work the muscles of the torso, as well as, the muscles in your limbs - but always concentrating on the powerhouse and central core of the body as the origin of all movement. This class will draw on Pilates and other core-focused exercise models, while enabling you to increase functional muscle strength. This class may be taken by itself, or as a warm-up to the Wednesday 1:00 pm Yoga for Mind and Body class. Bring an exercise mat, a towel and water. Optional: light hand weights (one or two lbs.). Instructor: Walter-Ashby



Want to register for a class? See page 15 for instructions!

101604-Class Code
W 9/17 - 12/10
12:30 - 12:50 pm
***No class 10/22, 10/29 & 11/26**
Neveln Room 303
\$10

Mini Core/Yoga Stretch Combo

Join us for a class using two highly effective and complimentary regimens - a two-for-one! For the first 20-30 minutes of each class the focus will be on the powerhouse/ central core of the body, including abdominal muscles. Drawing on core-focused exercise models, this portion of the course enables participants to increase functional muscle strength. For the last 30-40 minutes of class, focus will be on using Yoga-based gentle stretches to release tension, gradually increase flexibility, and preparing the body and mind for five to 10 minutes of relaxation. Instructor: Walter-Ashby

101605-Class Code
M 9/15 - 12/15
10:15 - 11:15 am
***No class 10/13, 10/27, 11/24 & 12/8**
Neveln Room 303
\$30

Piloxing

Unleash your inner Rocky while feeling like you're in a scene from *Flashdance*! This latest Hollywood

craze is a non-stop, interval fusion style of standing PILATES, BOXING and DANCE that is a fat torching, muscle sculpting and calorie burning workout. Sculpt your muscles and increasing your ability to balance while improving overall flexibility. Maximize your work-out with optional weighted gloves which add to the workout by toning the arms and maximizing cardiovascular health. This class will leave you feeling sleek, sexy and powerful! Bring a mat or towel. Optional weighted gloves.
Instructor: Royal

101607-Class Code
Sat 11/1 - 12/13
8:15 - 9:15 am
***No class 11/29**
Prairie Trail Gym
\$36

Tae Kwon Do

What are the benefits of Tae Kwon Do for you and your family? Quite simply - tons! Physical fitness, weight control, increased concentration span, self-esteem, stress relief and personal protection skills. With an experienced instructor you will learn the art of traditional Tae Kwon Do, as well as, physical fitness, weight control, increase concentration span, self-esteem, stress relief and personal protection. Ages six and older. Family fun. This class will be held on Monday and Thursday unless communicated by instructor.
Instructor: Hass

101690-Class Code
M/Th 9/2 - 10/23
6:15 - 7:15 pm
Crocker Gym
\$60

101691-Class Code
M/Th 10/27 - 12/23
6:15 - 7:15 pm
***No class 11/10 & 11/13**
Crocker Gym
\$60

Tai Chi for Health

Many forms of exercise dissipate your energy and make you both tired and hyper at the same time. Tai Chi accumulates energy and leaves you refreshed and relaxed when you are finished. If you are looking for a way to reduce stress, increase your balance and flexibility, come join the cosponsored Arthritis Foundation class. You will experience a series of gentle, graceful movements linked together in a continuous sequence with each movement flowing into the next. A bonus feature included are the Tai Chi principles along with various QiGongs to add movement, challenge and deeper understanding.
Instructor: Johnston

101610-Class Code
M/W 9/8 - 10/29
9:00 - 10:00 am
Neveln Room 204
\$40

101611-Class Code
M/W 11/10 - 12/17
9:00 - 10:00 am
Neveln Room 204
\$30

101613-Class Code
M/W 9/8 - 10/29
10:30 - 11:30 am
Neveln Room 204
\$40

101642-Class Code
M/W 11/10 - 12/17
10:30 - 11:30 am
Neveln Room 204
\$30



101649-Class Code
Tu/Th 9/9 - 10/30
9:00 - 10:00 am
Neveln Room 303
\$40

101650-Class Code
Tu/Th 11/11 - 12/23
9:00 - 10:00 am
***No class 11/27**
Neveln Room 303
\$30

101653-Class Code
Tu/Th 9/9 - 10/30
6:00 - 7:00 pm
Neveln Room 204
\$40

101656-Class Code
Tu/Th 11/11 - 12/23
6:00 - 7:00 pm
***No class 11/27**
Neveln Room 204
\$30

Yoga - Chair Yoga

The gentlest form of yoga is available for you by an experienced instructor! If you have physical limitations that prevent you from easily moving up and down to the floor this class is for you. If you simply prefer not to get on the floor to exercise this is a class for you as well. From a chair, you will experience all the benefits of Yoga by incorporating similar relaxation, breathing techniques and gentle stretching. This technique may also be used at your work desk, in an airplane or anywhere you are seated.
Instructor: Walter-Ashby

101661-Class Code
M 9/15 - 12/15
9:00 - 10:00 am
***No class 10/13, 10/27, 11/24, 12/8**
Neveln Room 303
\$30

101663-Class Code
W 9/17 - 12/10
9:00 - 9:50 am
***No class 10/22, 10/29 & 11/26**
Neveln Room 303
\$26



Yoga - Easy Yoga and the Arts

Increase your strength and flexibility in the creative atmosphere of the Ankeny Art Center's gallery. This safe and easy exercise class includes a personal tour of the latest exhibit while enjoying a cup of herbal tea. Adults only. Instructor: Vance

101948-Class Code
Th 9/11 - 10/30
1:00 - 2:00 pm
Ankeny Art Center
\$35

Yoga - Gentle Yoga

Gentle flow yoga utilizes Hatha Yoga practices that encourages proper alignment of the body. You will receive excellent instruction for increasing flexibility, developing strength, improving body awareness, building concentration and calming the mind. Poses will be modified for many levels of ability although designed for mature students. Meditation, breathing techniques and energy centers will also be explored. Bring a thin yoga sticky mat and water bottle. Instructor: Vance

101951-Class Code
Tu 9/2 - 12/9
10:00 - 11:00 am
Neveln Room 303
\$45

101953-Class Code
F 9/5 - 12/12
9:00 - 10:00 am
*No class 11/28
Neveln Room 303
\$42

Yoga - Mind and Body

Yoga is perfect for today's busy lifestyle as it creates a mind-body connection by developing strength, concentration and flexibility. You will practice the basic poses while releasing physical and emotional stress to reach optimal physical

health, but to a state of peace. If you are a beginner or a regular this course will surely enhance your person growth. Bring water bottle, yoga sticky mat and blanket or towel. Optional: bring blocks, stretch strap or other props. Instructor: Walter-Ashby

101664-Class Code
W 9/17 - 12/10
1:00 - 2:00 pm
*No class 10/22, 10/29 & 11/26
Neveln Room 303
\$30

101665-Class Code
Sun 9/21 - 12/14
6:30 - 7:30 pm
*No class 10/5, 10/26, 11/23 & 12/7
Prairie Trail Lunchroom
\$27

Zumba®

You don't need a new year to make a change! Zumba® Fitness is the Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Since its inception in 2001, the Zumba® program has grown to become the world's largest and most successful dance-fitness program with more than 10 million people of all shapes, sizes and ages taking weekly Zumba® classes in over 90,000 locations across more than 110 countries. Come experience the zesty Latin music and the invigorating party-like atmosphere! Instructor: Royal

101670-Class Code
W 9/10 - 10/15
6:30 - 7:30 pm
Prairie Trail Gym
\$30

101671-Class Code
W 10/29 - 12/10
6:30 - 7:30 pm
*No class 11/12
Prairie Trail Gym
\$30

Zumba® Gold

Get grooving at your own pace! The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance-fitness class that feels fresh, and most of all, exhilarating. Zumba Gold® provides modified, low-impact moves by breaking down the Zumba® concept to address the anatomical and bio-mechanical needs of active older adults or the unconditioned beginner. Instructor: Walter-Ashby



101954-Class Code
F 9/12 - 12/12
10:15 - 11:00 am
*No class 10/3, 10/24, 11/7, 11/28 & 12/5
Outdoor Education Center
\$27

101672-Class Code
Sun 9/21 - 12/14
5:30 - 6:15 pm
*No class 10/5, 10/26, 11/23 & 12/7
Prairie Trail Lunchroom
\$27

Music

Instant Guitar

Have you ever wanted to learn to play the guitar but time and money for private lessons have kept you away? This one-time class will teach all the basics of playing the guitar so you can play your favorite songs right away. No past

experience with music or the guitar is required. Designed for beginners, the emphasis is on having the correct tools and instruction to have fun learning chords and strumming patterns, not technical perfection. This interactive class uses an easy instruction manual and plenty of hands-on experience to help you feel comfortable knowing you have the proper tools and instruction to enjoy your guitar for years to come. Ages 12 and up. Bring your acoustic guitar.

Instructor: Buntenbach

101673-Class Code

Tu 10/14

6:00 - 8:30 pm

Prairie Ridge Room 350

\$45

(\$25 class fee + \$20 required materials)

101674-Class Code

Tu 11/11

6:00 - 8:30 pm

Prairie Ridge Room 350

\$45

(\$25 class fee + \$20 required materials)

\$60

Special Interest



Ham Radio Basics

Join the world of amateur radio and study with licensed Ham Radio instructors. You as an operator will learn the use of amateur radio equipment for enjoyment, experimentation and public service. Members of the Des Moines Radio Amateurs Association (DMRAA) will guide you through the requirements for obtaining the entry level Technician Class License. Official "Level 1 - Ham Radio License Manual" is required. Copies available at first class for \$25.00. Ages 11+.

Instructors: DMRAA Members

101695-Class Code

Th 9/11 - 11/20

7:00 - 9:00 pm

*No class 10/16

Northview Room 443

\$10

Online Courses

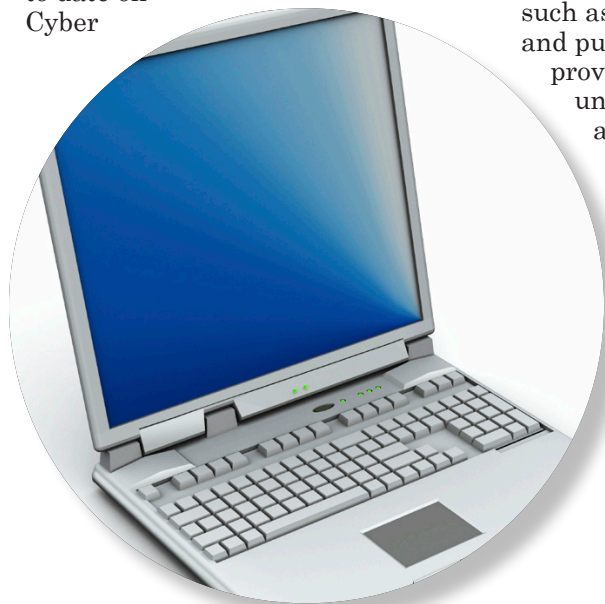
Online – Business

Business Research Certificate

Discover the specific knowledge needed to succeed in researching and utilizing the best and most appropriate data for decision making for your work organization. Get the skills needed to effectively communicate research results to a specific audience for maximum impact and effective decision making. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Cyber Security for Managers

Cyber security issues are all around us and reach nearly every part of our business and work, from online banking and education, to Facebook and Wi-Fi. Finally, you can get up to date on Cyber



Security basics and fundamentals. At the end of this course, you will have the knowledge needed to practice safer computing and safeguard your business and work information. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Entrepreneurship Certificate

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Media Buying Strategies

Discover a marketing planning process to clearly delineate the relationship between marketing and media-buying. Marketing functions are examined through case analysis to successfully integrate elements of the media-buying process. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Practical Math for the Workplace

For anyone interested in acquiring the skills needed to understand and perform common business activities such as payroll, banking, invoicing, and purchasing. This course provides a basic foundation for understanding the practical applications of mathematics in common workplace activities. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – Business Communication

Certificate in Customer Service

Customer service is essential for all organizations. Human interaction with customers becomes even more important with the increase of technology use. Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Certificate in Presentation Media

Presentation media are key to communication, sales, speeches and other effective presentations today. Whether your presentation is online or in-person, presentation media not only enhance your message but often make your message successful. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Certificate in Workplace Communication

Good communication in the workplace is critical to your career advancement and success. Prepare intensively and comprehensively with skills and techniques you can put to use on Monday morning. Take back a workable conflict management model, along with practical conflict management strategies. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Self Publishing eBooks

eBooks are becoming more popular, especially with the release of the iPad and other tablet computers. In addition to publishing fiction and non-fiction books, individuals and companies are using eBook

publishing as a way to market products, services and ideas. Come discover what makes a great eBook and how you go about creating, formatting and publishing your eBook. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – For Fun

Family Christmas

Ready for a Family Christmas Adventure? Experience many fun Christmas-focused activities for adults and children to “play” together. Explore a multitude of activities in your home, any time of the day or night. Put on some Christmas music and have some fun! Ages 5+. Tuition payment required at time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

101997-Class Code
11/26 - 12/26
\$40

Look to the Sky

Asteroids, comets and eclipses... oh my! Discuss the possibility of asteroids hitting the earth. View the rocks and ice and rock balls that rouse the curiosity. Eclipses are also amazing. Take some time now, look to the sky! Tuition payment required at time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

101998-Class Code
9/22 - 10/22
\$40

Science Made Interesting

Everything you always wanted to know about science....but

were afraid to ask. Experience science that is easy to understand, exploratory in nature, and interesting too! Learn about the nervous system, chemistry, volcanoes, tsunamis, electricity and more. Review interesting science one-on-one from the comforts of home. Tuition payment required at time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail.

Instructor: Barbara George

101999-Class Code
10/17 - 11/16
\$40

Online – Health

Dementia Care

As baby boomers age, the 21st century workforce is challenged to care for an exponentially growing population of persons with dementia. This course provides essential knowledge and understanding about neurological diseases that affect cognition and memory, and practical application of effective skills for supporting persons with dementia. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Dementia for Family Caregivers

Designed for family caregivers dealing with Alzheimer's Disease, vascular dementia, Lewy-Body Dementia or other conditions which cause significant memory problems. In addition to basic information about dementia, this four-week course will cover essential elements to address throughout the illness, common health complications, and tips from professional care providers who deliver person-centered care. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Spanish for Medical Professionals

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for health care professionals - will help you bridge that gap. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Spanish for Medical Professionals II

If you understand basic Spanish, or if you have successfully completed Spanish for Medical Professionals, Spanish for Medical Professionals II will help you expand your knowledge of the Spanish language. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – Human Resources

Business Coaching Certificate

Mentoring and coaching have come to be used more frequently in organizations to improve leadership competencies and provide employee support. It has benefits for the employer and employee. Develop skills in the development, implementation, and support of coaching and mentoring programs in your workplace. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**



Online – Leadership

Certificate in Leadership Development

Especially geared for future leaders in the Gen Y generation (born 1980-1999), the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society. Find out what it takes to become an effective leader. Discover your style of leadership. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – LEED Green Workplace

LEED AP + BDC

Discover the real-world application of Green Building Design and Construction practices on LEED projects. Prepare yourself for the LEED AP+BD&C accreditation exam that (after passing) will allow you to operate as a successful LEED practitioner on and off job sites. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – Management

Accounting and Finance

Every successful person in the workplace utilizes financial information to aid effective decision making. Get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Certificate in Non Profit Administration

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus, and staff need to be even more productive. Get the best training on revenue generation for non-profits, and program evaluation for non-profits, with our Certificate in Non-Profit Administration. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Interview Skills

Acquire new skills in job interviewing. If you want to improve your chances of being hired for a position, or if you are a leader who wants to improve your hiring practices, this course is for you! **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – New Media Marketing

eMarketing Essential Certificate

Come get a fundamental yet advanced introduction to eMarketing, including improving e-mail promotions, analyzing your website traffic, doing search engine optimization and how to successfully employ online advertising. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Google Analytics

If you are not reviewing your website statistics, then you are missing several key opportunities to profit from your website traffic. This course, aimed at non-technical users, will take you through all the key techniques and how to use website analytics using the world-standard Google Analytics, a free online tool. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – Training and Education

Best Practices in Event Management

For people interested in a solid orientation to event planning. Gain the key components of successful events to understand the planning cycle and anticipate the many challenges to creating a great event. Experienced planners can also gain more information by filling in gaps and refreshing their knowledge. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Certificate in Designing Webinars

Finally, you can acquire the best professional development in webinar design, presentations, planning, and marketing. Webinars are a popular format for delivering information. They can be very successful for your organization, IF you have good webinar presentations and good management and marketing. Discover the power of successful webinars for your business organization. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Certificate in Online Teaching

For those new to teaching online, or those already teaching online. Get the best instruction from the foremost authorities in online learning. Thousands of people have taken this fundamental yet advanced training in teaching online. **Register at www.yougotclass.org/catalog.cfm/Ankeny or call 1-800-678-5376.**

Developing Hybrid Courses

The rapid growth of online and other digital tools to deliver course materials has opened the door to

many possibilities for expanding regular face-to-face courses or developing new ones. This is a great opportunity to reach broader audiences and add rich resources and materials to the topics you want to teach. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – Training for K12 Teacher

Gender in the Classroom

Your female students learn differently than your male students. Discover how girls and boys learn. Take away 10 top tips for helping girls and boys learn more, and the 5 tips to help them succeed more. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Generational Learning Styles

Regardless of your age, it is always helpful to increase your understanding of how your current students learn and what your future students might need. Students learn in a variety of ways, this course will focus on the influence of generational characteristics on learning styles. Your students learn differently than you do. Come find out how to help your students learn more. And discover something new about yourself too! **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online Learning and Teaching

Discover the fascinating world of online learning and teaching. Specifically for K-12 teachers, you will find out why and how your students learn online. Find out about all the wonderful eTools being used, from drag-and-drop games to virtual labs. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Social Media and Online Tools

Facebook, Twitter, YouTube; it seems everyone is talking about how the Internet lets them stay in touch and see what others are doing. Are you curious if any of these tools might keep them engaged in your class? Do you ever wonder if there might be some time effective ways to communicate with their parents? GoogleDocs, Adobe ConnectNow, iGoogle, Flickr, animator, earth album, Teacher Tube, blogs, virtual labs and yes, even Facebook and Twitter can help you add dimension and interest to your class. Discover tips to use a variety of social media and online tools to help your students. For any teacher interested in social media, from beginners to advanced social networkers. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**



Students with Autism Spectrum Disorder

Today, every school in America has students who have been diagnosed with ASD (Autism Spectrum Disorder)—a neurological disorder on the autism spectrum. The effects of this disorder vary widely, but it is important for every teacher to understand how to recognize behaviors that may indicate Asperger's Syndrome. In this course, you take away strategies for working effectively with Asperger's students. And you will find out how to work effectively with parents to create the most positive learning environments for children and teens

with this disorder. Register at www.yougotclass.org/catalog.cfm/Ankeny.

Substitute Teacher Preparation

To be a substitute today it takes student respect, skills and a portfolio of ideas and workable presentations. You may get the first call but the successful substitute gets the second and third call to report. Register at www.yougotclass.org/catalog.cfm/Ankeny.

Youth Enrichment

Arts & Crafts

Art Exploration

Students will create finished art work to take home in drawing, painting and more! Basic skills will be taught to give your child solid fundamentals in a fun and supportive environment. Projects change each session and can easily be repeated.

Instructor: Ankeny Art Center

101961-Class Code (Grades K-4)

Sat 10/25 - 11/22

9:00 - 10:00 am

*No class 11/1

Ankeny Art Center

\$60

101963-Class Code (Grades 5-8)

Sat 10/25 - 11/22

2:00 - 3:00 pm

*No class 11/1

Ankeny Art Center

\$60



Iowa Circus Academy

Want to learn amazing new skills that will impress your friends and family? Come and learn circus arts from a real circus performer. You will try out fun activities like juggling, hooping, balancing, aerial and floor acrobatics, and even roll around in a human-sized hamster ball! Sign up today for an experience you won't find anywhere else! Grades 1-8. Website: iowacircusacademy.com. Instructor: Ernst

101701-Class Code (Grades 1-5)

Tu 9/23 - 10/21

3:30 - 5:00 pm

Northwest Gym

\$45

101703-Class Code (Grades 6-8)

Th 9/25 - 10/23

4:15 - 5:45 pm

Northwest Gym

\$45

Pottery Hand Building

In this exciting project-based class, your child will learn a variety of hand-building techniques while working with clay. Your child will love rolling out the clay, pressing stamps and creating sculptures! Students will explore combining clay techniques and glazing, as well as making functional pottery. Clay pieces will be glazed by students and then fired. Finished art is food safe, microwaveable and can be used outdoors. Grades K-4. Instructor: Ankeny Art Center

101986-Class Code

Sat 10/25 - 11/22

9:00 - 10:00 am

*No class 11/1

Ankeny Art Center

\$60

Pottery Wheel

Your child will learn the basics of working on a pottery wheel which includes: wedging, centering and creating a bowl. Children will

also work on several creative projects and learn about firing and glazing. Projects will be fired to take home. Clay projects are food safe, microwave safe and can be displayed out doors. Grades 5-8. Instructor: Ankeny Art Center

101987-Class Code

Sat 10/25 - 11/22

10:00 am - 12:00 pm

*No class 11/1

Ankeny Art Center

\$75

College Preparation

ZAPS Learning Company

In this competitive college environment, even a modest score increase is a significant advantage for admissions and scholarship opportunities. Students who complete a ZAPS seminar(s) and practice the tips and strategies at home typically raise their scores on the PSAT 5 to 15 points, SAT 50 to 150 points, and/or ACT two to four points.

In a five-hour ZAPS test-preparation seminar, your student will learn tips for improvement, practice strategies, prepare to write a well-organized persuasive essay, take shortened practice tests and reduce test anxiety while gaining confidence. Your student will also receive a comprehensive study guide and practice-test workouts.

Please bring two pencils and a calculator to the seminar. Full day seminars include a 30 to 45 minute lunch break; students are responsible for their own lunches. **If bringing a lunch to the facility, please be sure it is peanut-free.** Instructor: ZAPS Learning Company

See the test options you can register for on the next page.

ACT Seminar

101572-Class Code
M & W 9/15 & 9/17
4:00 - 6:30 pm
Ankeny Centennial High School
Rooms 1109 & 1110
\$90

101574-Class Code
M & W 9/15 & 9/17
7:00 - 9:30 pm
Ankeny Centennial High School
Rooms 1109 & 1110
\$90



PSAT/SAT Seminar

101584-Class Code
Sat 9/13
9:00 am - 3:00 pm
Ankeny High School
Rooms 1109 & 1110
\$90

Engineering and Architecture

Bricks 4 Kidz®

BRICKS 4 Kidz® offers project-based programs designed to teach principles and methods of engineering and architecture, as well as, concepts across a variety of subject areas including math, science and history using LEGO® bricks. Activities are designed to trigger children's lively imaginations and build self-confidence. We strive to foster creativity and problem solving, and enable children to learn not only by listening and observing, but also by using fine motor skills and spatial intelligence. Participants build a new project each week. Architectural concepts are taught while assembling the projects. Once the project is completed, children use the rest of their time to expand their gadgets and collaborate.
Instructor: Wyman

Bricks 4 Kidz® Black Diamond Model Building

Do you know a LEGO® enthusiast that is between the ages of 10 and 14? Are they advanced builders? Do you want them to have fun playing with LEGO® while still learning many basic S.T.E.M. principles? During our Black Diamond class, students will customize their builds and modify the model's performance by changing the gear ratios and/or axle placements. Problem solving, and thinking beyond the scope of the building plans, is what this class is all about! Ages 10+.

101720-Class Code
F 11/7 - 11/21
4:30 - 5:30 pm
Neveln Dining Room 106
\$35

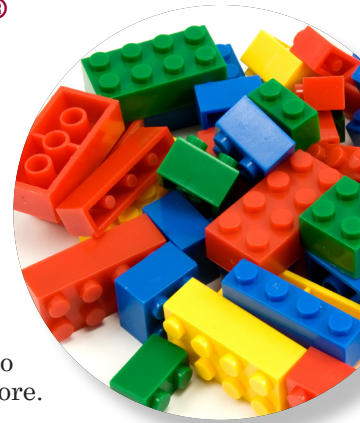
Bricks 4 Kidz® Comic Creator Night

Explore the artistic form of comic book design as you learn to create your personalized edition. Create your own characters, develop story lines and incorporate pictures of actual sets, all designed with Lego® Bricks! After creating various scenes, students will snap pictures and upload them, utilizing a software program to create their very own, one of a kind comic book. Along with honing story telling skills, this camp is sure to take your imagination to the next level. This will be the one class that if students would like to bring special mini-figure(s) from home please place them in a bag or container that is clearly labeled to ensure nothing is lost. All students will be mailed a PDF copy of their comic book, and the ones created by the other teams.
Ages 7+.

101721-Class Code
F 12/19
5:30 - 8:30 pm
Neveln Dining Room 106
\$40

Bricks 4 Kidz® Gadgets and Gizmos

This class is all about the fun of doing something with Bricks 4 Kidz® interactive models. From spinning tops to spin art and more.
Grades K-5.



101719-Class Code
F 10/3 - 10/31
4:30 - 5:30 pm
*No class 10/17
Neveln Dining Room 106
\$40

Bricks 4 Kidz® Mining and Crafting

Steve is jumping for joy as he introduces Bricks 4 Kidz® to his Minecraft world. Reward your child with the creativity and excitement this class has to offer. Your child will be challenged to bring their virtual mining and creating tool designs to life incorporating Lego® bricks. Are you up to the challenge?
Grades 1-5.

101715-Class Code
F 9/5 - 9/26
4:30 - 5:30 pm
Neveln Dining Room 106
\$40

Bricks 4 Kidz® Night Trick or Treat Lego® Fun

Kidz night out is high-energy evening full of Lego® entertainment for kids ages 6-12. We provide pizza, games, projects, and of course, loads of Lego® Bricks. For more information; Call Ingrid Wyman at (515)783-4476 or e-mail: iwyman@Bricks Kidz.com. Sibling discount of 20%. Grades 6+.

101733-Class Code
F 10/17
6:00 - 9:00 pm
Neveln Dining Room 106
\$30

Fitness/Wellness

Zumba Kids

Zumba Kids is a dance-fitness workout designed exclusively for kids that gets everyone moving and having fun! The class is NOT a mini adult Zumba class but designed especially for kids! Kids will enjoy learning basic routines, playing games and free-style dancing all designed to let kids max out on fun. It's an exciting exercise class for boys and girls! Parents love Zumba Kids because of the effect it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. No prior dance or fitness experience is needed! Instructor: Royal

101734-Class Code
Sat 11/1 - 12/13
9:30 - 10:30 am
***No class 11/29**
Prairie Trail Lunchroom
\$48

Nutrition



Super Food Snack Attack

Super Food Snack Attack is a fun, hands-on class that focuses on super foods: what they include and the health benefits from eating them on a regular basis. Includes tasting three recipes with a super food as the main ingredient in each snack. Recipe cards will be provided in addition to a worksheet that kids can do at home to enhance their nutrition knowledge. Grades 2-5. Instructor: Ankeny Prairie Trail Hy-Vee Dietitian

101988-Class Code
Sat 10/4
10:00 - 11:00 am
Prairie Trail Hy-Vee Tasting Room
\$20

101989-Class Code
Th 10/18
10:00 - 11:00 am
Prairie Trail Hy-Vee Tasting Room
\$20

Science

Mad Science Energy

Join Mad Science as they transform laboratory science into fun, interactive learning experiences for your kids! Spark your child's imaginative learning through demonstrations, hands-on activities, and real world discussion. Discover the wonders of electricity, marvel at the mysteries of magnets and so much more! Your child will feel like a junior scientist! These topics give a great foundation for understanding current energy sources and potential energy sources of the future. Grades 3-5. Instructor: Birkel

101990-Class Code
Th 9/11 & 9/18
4:00 - 6:00 pm
Neveln Dining Room 106
\$58

101991-Class Code
Th 10/23 & 10/30
4:00 - 6:00 pm
Neveln Dining Room 106
\$58

101992-Class Code
Th 12/4 & 12/11
4:00 - 6:00 pm
Neveln Dining Room 106
\$58

Mixed Mad Science

Oooze into gooey hours of sliming around! Discover the amazing properties of polymers and so much more! Join us to create a science experience for your child! These topics cover a nice, eclectic array of science, including optics, chemistry polymers, human senses, and atmospheric. Grades K-2. Instructor: Birkel

101993-Class Code
Th 9/11 & 9/18
4:00 - 6:00 pm
Neveln Dining Room 106
\$58

101994-Class Code
Th 10/23 & 10/30
4:00 - 6:00 pm
Neveln Dining Room 106
\$58

101995-Class Code
Th 12/4 & 12/11
4:00 - 6:00 pm
Neveln Dining Room 106
\$58

Special Interest



Babysitting Clinic

Help your child be a "rockin" great babysitter by expanding their skills and confidence to provide safe and responsible care when asked to babysit. Designed for students in 5th grade and above, this clinic teaches basic first aid, how to handle emergency situations, caring for infants and young children, meal prep, playtime, what parents expect and much more. Upon completion of the clinic, you will receive a Babysitting Clinic Certificate. Grades 5-12. Instructor: Martin.

101996-Class Code
Sat. 11/22
9:00 - 3:00 pm
Parkview Room 105
\$30

Don't wait - register now!

Four ways to register:

Online ...

You can access up-to-date program information 24 hours a day, 7 days a week. There are only a few steps to follow for easy, online registration. When you provide your e-mail, you will receive a registration confirmation.

- Step 1: Go to www.ankenyschools.org
- Step 2: Select Community Education
- Step 3: Click on the typing icon
- Step 4: Register by placing classes in the cart
- Step 5: Check out by using credit card

In person ...

Ankeny Community Education Office is at 306 SW School Street. Registration hours are Monday through Friday, 7:30 am to 4:30 pm. Checks payable to Ankeny Community Schools. Credit card payment online only.

By phone ...

Phone-in registrations are accepted at 289-3960. Please mail a check or drop check/cash by the Community Education Office once registered by phone. Credit card payment online only.

By mail ...

Ankeny Community School District
c/o Community Education
306 SW School Street
Ankeny, Iowa 50023

Register early!

- Registration is required for all classes and is taken on a first-come, first-served basis.
- Some classes fill quickly, so please register early to ensure you reserve a spot.
- If registering close to the start of class, call or check the website to confirm that space is still available.

Confirmation of registration

Once you have submitted your registration form, you are registered for the class unless notified otherwise. To help keep our classes reasonably priced, we do not send out confirmation notices by mail. If you register online, you do receive an e-mail confirmation.

Refunds

Request for refunds must be made before the second class session is held. There is a \$5 administration fee per class on all refunds.

Weather cancellations

Classes will automatically be cancelled on days when Ankeny Schools are closed due to weather. School cancellations are posted at www.ankenyschools.org. Classes cancelled because of weather will be made up whenever possible.

*Student Name					
*Address		*City, State		* Zip	
*Day Phone		*Cell Phone		*Evening Phone	
*E-mail			Birthdate		
How did you hear about us? Catalog Website Friend Flyer Other _____					
1. Class Name _____		Code _____		Class Begins ___/___/___ Fee \$ _____	
2. Class Name _____		Code _____		Class Begins ___/___/___ Fee \$ _____	
3. Class Name _____		Code _____		Class Begins ___/___/___ Fee \$ _____	
Total of fees \$ _____		*Please make checks payable to Ankeny Community School District.*			
Method of Payment					
Check No. _____					
Photo Permission					
Occasionally photos may be taken of participants in the classes for future marketing. Participants desiring their names/ photograph not to be used for marketing must notify Community Education in writing at the time of registration.					

Don't miss

American Mah Jongg

Page 3

Ham Radio Basics

Page 8

Instant Guitar

Page 7 & 8

Iowa Circus Academy

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Jewelry Out of Flatware

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Substitute Teacher Prep

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Tai Chi for Health

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Tae Kwon Do

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Yoga - Mind and Body

Page 7

Zumba

Page 7



Attention High School Sophomores:

The Ankeny Community School District needs your voice to help shape the future of our community! Share your opinions as a youth representative on the Community Education Advisory Council, and join community leaders in shaping programs and projects to meet the needs of Ankeny citizens. This committee meets on the fourth Thursday of each month. Pick up an application at your school guidance department when school starts! Questions? Call Ankeny Community Ed at 515-289-3960.

Community Education can be found at:

306 SW School Street Ankeny, IA 50023

Office Hours: 7:30 am to 4:30 pm Monday thru Friday

<http://community-education.ankenyschoolfusion.us/>

P: 515.289.3960 F: 515.965.4235 W: ankenyschools.org



**Register for
a class today!**

<http://ankeny.revtrak.net/tek9.asp>