

Winter/Spring 2015



ANKENY COMMUNITY EDUCATION CATALOG

community) challenge) excellence) inspiration) leadership



EXCITING NEW CLASSES

Cupid's Creation

by Bulldog Ceramics

Cultures Around the World

by CultureALL™

Exploring STEM in Ankeny

by Boy Scouts of America

Group Ride - Spinning

by Prairie Trail Fitness World

Healthy Kids

by Ankeny YMCA

New Year New You

by Prairie Trail Hy-Vee

Play Guitar - No Really

by Stoner Music Inc.

Slow Cooker Meals

by Iowa State Extension Office

Evening and weekend classes for all ages!

Registration is now underway!



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

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

Dear Ankeny Community:

To meet your lifelong learning needs and interests, we connect you with community resources and offer affordable, close-to-home educational and life enhancing opportunities. We provide opportunities to develop skills, pursue new interests or become involved in your community.

Through our community partnership, we strive to enhance the quality of your life. You may have donated or received school supplies, prom dresses or warm clothing; attended the free teacher nErDcampIA on literacy; or you may be interested in signing your child up for Camp Invention, Exploring STEM in Ankeny, or Safety Town. All of these are accomplished with the help of a community with vision and leadership.

This year, Ankeny Community Education marks 35 years of quality community education for all. Community Education has the potential to foster life-long learning experiences that are meaningful and relevant to both youth and adults. Its philosophy advocates full use of public facilities by people of all ages in the community. Community Education also works to maximize use of available resources in the community in an effort to provide meaningful and accessible services.

To discover all the possibilities or visit our website at <http://community-education.ankeny.schoolfusion.us/>

Coming this summer:

Where big ideas become the next big thing.

ONLY AT CAMP INVENTION.

Camp Invention inspires confidence in curious children like yours. Not just for a day or a week, but for a lifetime.



Register at campinvention.org today!

Hosted by Ankeny Community Education at Ashland Ridge Elementary School
 June 22 - 26, 2015 from 9:00AM to 3:30PM

Adult Enrichment

Arts & Crafts

NEW! Beginner Pottery

Making artistic stuff from mud is nothing short of miraculous. The process and instruction is as simple as you need it to be, yet will challenge your imagination and creativity. We'll show you how to throw on the potter's wheel to get yourself centered! You will find that hand building, sculpture and dinnerware is the perfect meditation. Your skills will quickly develop and you'll have fun with other fellow adventurers! Ages 14+. Instructor: Ankeny Art Center

113827-Class Code
Tu 1/6 - 2/10
7:00 pm - 9:00 pm
Ankeny Art Center
\$95

NEW! Cupid's Creation

Valentine's Day is fast approaching! Treat yourself, or a loved one, by serving your favorite goodies on a large snack tray designed by you! Take home a special one of a kind gift. A project for both child and parent! \$18 material fee at class. Instructor: Bulldog Ceramics

113893-Class Code
Sat 1/31
1:00 pm - 3:00 pm
Bulldog Ceramics
\$5



113895-Class Code
Sat 2/7
1:00 pm - 3:00 pm
Bulldog Ceramics
\$5

NEW! Eggstraveganza

Maximize your creativity by discovering ceramics in a fun atmosphere! Custom painting an Easter egg box will ignite your imagination. Your personalized treasure will have a special spot in your home just before the bunny arrives. A project for both child and parent! An added material fee of \$12 assessed at class. Instructor: Bulldog Ceramics

113896-Class Code
Sat 3/21
1:00 pm - 3:00 pm
Bulldog Ceramics
\$5

113898-Class Code
Sat 3/28
1:00 pm - 3:00 pm
Bulldog Ceramics
\$5

NEW! Jewelry Out of Flatware

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

113901-Class Code
Sat 3/7
12:00 - 2:30 pm
Northeast Room 104
\$35

NEW! Pottery Hand Building

Explore limitless creativity using step-by-step processes that produce beautiful slab vessels. Learn to work with different states of clay, create art with good construction, explore textures and alternative techniques for finishes and glazing.

Ages 14+.
 Instructor: Ankeny Art Center

113899-Class Code
M 3/2 - 4/6
6:30 pm - 8:30 pm
Ankeny Art Center
\$110

Winterscape Watercolor Workshop

Find a new way to banish cabin fever by making a watercolor of a winter scene. Learn new techniques in watercolor and take home finished artwork at the end of the day. No experience needed. Instructor: Ankeny Art Center

113900-Class Code
Sat 2/21
10:00 am - 3:00 pm
Ankeny Art Center
\$60

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: Lounsbrough

113902-Class Code
Tu 1/13 - 3/31
6:30 - 8:30 pm
***No class 2/17 & 3/17**
Northeast Room 104
\$25
(Material included)

Dance

Ballroom, Country and Swing Couples Class

Step it up and take center stage, come join our beginner class! High quality instruction will inspire and train gentlemen to lead and ladies to follow. Working with three of the following dances in a six week session: Fox Trot, Two Step, three types of Swing, Night Club II, Cha-Cha, Waltz, Rumba, Hustle and more. Questions? Contact the instructor with 20 years of experience at dancedsm@aol.com. Couples preferred but singles are welcome. Instructors: Reynolds/Shedd



113903-Class Code
Th 1/8 - 2/26
6:15 - 7:45 pm
***No class 2/5 & 2/19**
Northeast Lunchroom
\$100 couple/\$50 single

113904-Class Code
Th 3/5 - 4/16
6:15 - 7:45 pm
***No class 3/19**
Northeast Lunchroom
\$100 couple/\$50 single

Ballroom Dancing - Beginning

Fretting over how you will look dancing 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

113905-Class Code
Tu 1/13 - 2/10
7:00 - 8:30 pm
Parkview Lunchroom
\$50 individual

113906-Class Code
Tu 3/3 - 4/7
7:00 - 8:30 pm
***No class 3/17**
Parkview Lunchroom
\$50 individual

113907-Class Code
Tu 4/14 - 5/19
7:00 - 8:30 pm
***No class 5/5**
Parkview Lunchroom
\$50 individual

Family and Parenting



How To Get Kids To Mind Without Losing Yours

Wouldn't it be great if there were a program that could get kids self-motivated to follow the rules the first time they are told? There is, and this is it! For over 15 years, Jim Garnett, nationally certified parent trainer, has been teaching parents, grandparents, childcare providers and educators how to do that very thing. This came as a result of using the program in his own home and seeing how easy, effective and emotion-free it was! Includes the training workbook (or other workbook of your choice)
 Instructor: Garnett

113908-Class Code
Tu 3/10
6:30 - 8:30 pm
Prairie Ridge Lunchroom
\$28 single/\$38 couple

Finance



Building Your Investment Income Foundation

Geared toward individuals who are nearing retirement and need a steady income stream during retirement. This class explores the three types of income: variable, reliable and rising. It also explores why an income stream is important and how to use the different types of income to build a sustainable and predictable income stream.
 Instructor: Edward Jones®

113909-Class Code
Tu 3/10
6:30 - 7:30 pm
Neveln Room 217
\$10

College: Getting There from Here

Geared for parents, grandparents and individuals who want to save for college education. You will learn questions to consider as you establish a college savings goal, saving strategies to help you reach your goal, and features benefits of 529 college savings plans.
 Instructor: Edward Jones®

113910-Class Code
Th 2/26
6:30 - 7:30 pm
Neveln Room 217
\$10

Financial Planning for Families with Special Needs or Disabilities

Are you the parent of a child with a special needs and/or disability 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? *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: Connect the Dots 4 Life

113911-Class Code
Th 1/15
6:30 - 8:00 pm
Parkview Room 105
\$10

NEW! **Understanding Social Security**

For years you have contributed to Social Security. Very few people approaching retirement understand the different opportunities to maximize their lifetime income, individually or as a couple. This workshop will help you understand how the Social Security formulas work and how to optimize the amount of lifetime income you can collect. Instructor: Connect the Dots 4 Life

113912-Class Code
Tu 1/20
6:30 - 9:00 pm
Parkview Room 105
\$20

114002-Class Code
Th 2/26
6:30 - 9:00 pm
Parkview Room 105
\$20

Fitness/Wellness

NEW! **Group Ride**

Everyone finishes first in *Group Ride!* Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a stationary bike. Motivating music, awesome instructors and an inspiring group environment lets you RIDE ON, all season long. Instructor: Fitness World Prairie Trail Spin Studio

114005-Class Code
M 1/26 - 3/2
10:00 - 11:00 am
Fitness World Prairie Trail
\$45

114009-Class Code
M 1/26 - 3/2
5:00 - 6:00 pm
Fitness World Prairie Trail
\$45

114010-Class Code
W 1/28 - 3/4
6:00 - 7:00 pm
Fitness World Prairie Trail
\$45

Jogging/Walking

Participants may run or walk in self-directed pace and program. This class is open to adults only. No instructor, "on your honor" participation. Please call for access to the facility.

114013-Class Code
M-W-F 1/5 - 3/13
5:00 - 7:00 am
Northview Balconies
\$25

Mini Core

Are you looking to strengthen the core of your body with a brief blast of abs and core exercise? 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. Drawing 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*



Want to register for a class? See page 19 for instructions!

Mind and Body class. Bring an exercise mat, a towel and water. Optional: light hand weights (one or two lbs.). Instructor: Walter-Ashby

114019-Class Code
W 1/14 - 3/11
12:30 - 12:50 pm
Neveln Room 303
\$9

114022-Class Code
W 4/1 - 5/20
12:30 - 12:50 pm
***No class 5/6**
Neveln Room 303
\$7

Mini Core/Yoga Stretch Combo

Join us for a class using two highly effective and complimentary regimens - a two-for-one! Participants will experience 30 minutes of abdominal/core exercise and 20 minutes of yoga stretch with preparing the body and mind for five to 10 minutes of relaxation. Instructor: Walter-Ashby

114072-Class Code
M 1/12 - 3/9
10:15 - 11:15 am
***No class 1/19**
Neveln Room 303
\$24

114075-Class Code
M 4/6 - 5/18
10:15 - 11:15 am
Neveln Room 303
\$21

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 increase 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

114078-Class Code
Sat 4/4 - 5/9
8:15 - 9:15 am
Prairie Trail Gym
\$36

Step Fusion

Interval step aerobic blocks, called steppers, fused with muscle toning using weights and resistance bands. Approximately 15 minutes warm-up/cool-down, ab work and stretch. Emphasis on fun and hard work without tricky moves. Benefits include fat burning, cardiovascular endurance and muscle endurance/toning. Steps provided. Please bring water, hand weights and resistance bands. Optional: Bring towel. Ages 10+. Instructor: Mosher

114089-Class Code
Sat 1/10 - 3/14
8:00 - 9:00 am
Northwest Gym
\$30.00



Strength & Conditioning/ Personal Training - Coaches

With advances in the science of human performance, nearly all coaches have come to recognize the advantages of conditioning in high-level competition. This course is aimed at coaches and others interested in learning more about creating a strength and conditioning program. At the end of this course, participants will have the resources to take the strength and conditioning certification exam. The certification is not part of this course. Optional additional cost for textbook and etc. to be paid at class. Ages 16+. Instructor: Krueger Chiropractic, Ashley Davison

114090-Class Code
M 1/5 - 3/30
6:00 pm - 7:00 pm
***No class 3/16**
Ankeny High School Room 2101
\$150

Tabata Bootcamp

Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high intensity exercises in a specific 20 seconds on, 10 seconds off interval. It may only take four minutes to complete a Tabata circuit, but those four minutes may well push your body to its absolute limit. An added \$9.99 web site fee is also required as part of the program, to be paid at the first class. Website participation is required for participation in this program. Website programming is entirely voluntary and can be cancelled immediately after the Bootcamp if desired. Bring a mat or towel. Ages 10+. Instructor: Mosher

114092-Class Code
M & W 1/6 - 1/28
6:30 - 7:15 pm
Northwest Gym
\$40

Tae Kwon Do

What are the benefits of Tae Kwon Do for you and your family? 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: Martial Arts America, Hass



114093-Class Code
M/Th 1/5 - 3/5
6:15 - 7:15 pm
***No class 2/16 & 2/19**
Crocker Gym
\$60

114095-Class Code
M/Th 3/9 - 4/30
6:15 - 7:15 pm
Crocker Gym
\$60

114096-Class Code
M/Th 5/4 - 6/25
6:15 - 7:15 pm
Class on 5/25 moved to 5/26
Crocker Gym
\$60

Tai Chi for Health/Arthritis - Advanced

Each session includes: warm up and cool down, with a continuation of the previously taught Tai Chi for health and arthritis form. This

class will continue with the practice of the form, exploring the Tai Chi principles along with introduction of QiGong moves to add challenge and a deeper understanding and performance of the form. Tai Chi is referred to as meditation in motion. Tai Chi will help you: reduce stress, increase balance and flexibility, feel relaxed and improve your overall mind, body and spirit. Arthritis Foundation co-sponsored. Instructor: Johnston

114620-Class Code
Tu/Th 3/10 - 4/16
9:00 - 10:00 am
Neveln Room 303
\$30

114621-Class Code
Tu/Th 3/10 - 4/16
6:00 - 7:00 pm
***Class on 3/10 moved to Room 303**
Neveln Room 204
\$30

Tai Chi for Health/Arthritis - Beginning

Each session includes: warm up and cool down, six basic core movements and six advanced extension movements, with direction changes to add challenge. These are a series of gentle, graceful movements linked together in a continuous sequence with each movement flowing into the next. Tai Chi is referred to as meditation in motion. Tai Chi will help you: reduce stress, increase balance and flexibility, feel relaxed and improve your overall mind, body and spirit. Arthritis Foundation co-sponsored. Instructor: Johnston

114649-Class Code
Tu/Th 1/6 - 2/26



9:00 - 10:00 am
Neveln Room 303
\$40

114651-Class Code
Tu/Th 1/6 - 2/26
6:00 - 7:00 pm
Neveln Room 204
\$40



Tai Chi for Health/Arthritis - Gold

The movement is slow, graceful and fluid. The effort is almost undetectable. Most people are wearing street clothes, and no one has special shoes. Could this really be exercise? Absolutely! Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures. Found in many community centers and health clubs in the United States, Tai Chi is lauded for its gentleness and accessibility. In fact, almost anyone can do it, even those with conditions that may exclude them from other forms of exercise. The *Tai Chi for Health* has been acknowledged by the CDC as a Fall Prevention program. Arthritis Foundation co-sponsorship. Instructor: Johnston

114660-Class Code
M/W 3/9 - 4/1
10:30 - 11:00 am
Neveln Room 204
\$10

114661-Class Code
M/W 4/6 - 4/29
10:30 - 11:00 am
Neveln Room 204
\$10



Total Body Conditioning

Get out of a workout rut, hold yourself accountable and condition your body with this class that focuses on building and maintaining cardiovascular endurance, strength, balance and coordination.

Want to register for a class? See page 19 for instructions!

The workout varies each week, keeping you challenged. You'll never be bored! Workout formats include Tabata, cardio kick box, functional training, circuit training and more! Each class ends with core conditioning, and many of the exercises can be learned and done independently. Modifications provided for beginner, intermediate and advanced exercisers. ALL FITNESS LEVELS welcome! Please bring hand weights, a mat and water bottle. Instructor: Ross

114671-Class Code
Th 1/8 - 2/26
6:30 pm - 7:30 pm
***No class 2/5 & 2/19**
East Gym
\$30

114672-Class Code
Th 3/5 4/16
6:30 pm - 7:30 pm
***No class 3/19**
East Gym
\$30

114673-Class Code
Th 4/23 - 5/21
6:30 pm - 7:30 pm
East Gym
\$25

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. You will be stretching and moving in a chair, as well as, standing next to it. This class is for anyone who cannot, or prefers not to exercise on the floor. You will incorporate relaxation, breathing techniques and gentle stretching. Yoga poses covered in other yoga classes will be done with the use of a chair. Instructor: Walter-Ashby

114674-Class Code
M 1/12 - 3/9
9:00 - 10:00 am
*No class 1/19
Neveln Room 303
\$24

114676-Class Code
W 1/14 - 3/11
9:00 - 9:50 am
Neveln Room 303
\$23

114677-Class Code
W 4/1 - 5/20
9:00 - 9:50 am
*No class 5/6
Neveln Room 303
\$18

114675-Class Code
M 4/6 - 5/18
9:00 - 10:00 am
Neveln Room 303
\$21

Yoga - Gentle Yoga

Gentle flow yoga utilizes Hatha Yoga practices that encourage proper alignment of the body. You will receive excellent instruction to include stretching, strengthening, body awareness, building concentration and calming the mind. Poses will be modified for many levels of ability. Meditation and breathing techniques will also be explored. Designed for deep relaxation and stress relief. Please bring a yoga mat and strap (an old belt or old tie).
Instructor: Vance

114678-Class Code
Tu 1/6 - 3/10

10:00 - 11:00 am
Neveln Room 303
\$30

114679-Class Code
F 1-9 - 3/13
9:00 - 10:00 am
Neveln Room 303
\$30

114680-Class Code
Tu 3/24 - 5/26
10:00 - 11:00 am
Neveln Room 303
\$30

114681-Class Code
F 3/27 - 5/29
9:00 - 10:00 am
Neveln Room 303
\$30

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 personal growth. Bring water bottle, yoga sticky mat and blanket or towel. Optional: bring blocks, stretch strap or other props.
Instructor: Walter-Ashby

114682-Class Code
Sun 1/11 - 3/1
6:30 - 7:30 pm
*No class 2/1 & 2/8
Prairie Trail Lunchroom
\$18

114683-Class Code
W 1/14 - 3/11
1:00 - 2:00 pm
Neveln Room 303
\$27

114684-Class Code
W 4/1 - 5/20
1:00 - 2:00 pm
*No class 5/6
Neveln Room 303
\$21

114685-Class Code
Sun 4/12 - 5/3
6:30 - 7:30 pm
Prairie Trail Lunchroom
\$12

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



114865-Class Code
W 1/7 - 2/11
6:30 - 7:30 pm
Prairie Trail Gym
\$30

114866-Class Code
W 3/4 - 4/15
6:30 - 7:30 pm
*No class 3/18
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

114867-Class Code
Sun 1/11 - 3/1
5:30 - 6:15 pm
*No class 2/1 & 2/8
Prairie Trail Lunchroom
\$18

114868-Class Code
Sun 4/12 - 5/3
5:30 - 6:15 pm
Prairie Trail Lunchroom
\$12

Language & Cultures



Cultures Around the World

Each month CultureALL™ will take you on an adventure to a different culture from around the world. Cultural ambassadors share their unique cultures through games, dance, creating a piece of art, music, instruments, storytelling or lifestyle without ever leaving Ankeny. Let's visit the Philippines, Latin American, India, Bosnia or Japan. Instructor: CultureALL™

Philippines
114896-Class Code
M 1/12 - (Grades 6-8)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

Philippines
114901-Class Code
M 1/26 - (Grades 1-5)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

Latin America
114912-Class Code
M 2/9 - (Grades 6-8)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

Latin America
114917-Class Code
M 2/23 - (Grades 1-5)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

India
115083-Class Code
M 3/9 (Grades 6-8)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

India
115085-Class Code
M 3/23 (Grades 1-5)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

Bosnia
115086-Class Code
M 4/13 (Grades 6-8)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

Bosnia
115087-Class Code
M 4/27 (Grades 1-5)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

Japan
115090-Class Code
M 5/11 (Grades 6-8)
6:15 - 7:15 pm
Parkview Lunchroom
\$25



Japan
115092-Class Code
M 5/18 (Grades 1-5)
6:15 - 7:15 pm
Parkview Lunchroom
\$25

German for Travelers

Sprechen Sie Deutsch? This class is intended for those who desire to learn the basics of the German language. As fast or slow as the group would like to go we will learn some basic conversational German, vocabulary, verb conjugation and a little about the German culture on the way. Who knows, you might even make a new friend! Supplies: German dictionary.
Instructor: Hobin

115095-Class Code
M 1/5 - 3/2
6:00 - 7:30 pm
*No class 2/16
Northwest Room 117
\$55

Music



Play Guitar - No, Really!

For beginning to intermediate students, this course will teach you basic guitar skills that can be used to accompany thousands of songs, from rock to country to folk and other styles. Emphasis is on actual useful guitar methods that you can use to entertain, or simply for your own enjoyment. Subjects covered will include tuning, chords, rhythm and strumming techniques, basic theory, capo use, practice tips and how you can apply these skills to play the music you love. Get that guitar out from under the bed and find out how easy it can be!
Materials needed: guitar tuner and capo. Otherwise materials can be purchased at class for \$30.00.

Ages 10+. Instructor: Stoner Music Inc.

115096-Class Code
Th 3/5
7:00 - 9:00 pm
Stoner Music Inc.
\$45

Nutrition

Slow Cooker Meals

There can be nothing more welcoming than the savory smell of food simmering in your slow cooker. It is possible to make an entire multi-course meal in the slow cooker!

Learn how to make low-cost, healthy meals. Save money and time with a slow cooker.

Demonstration and recipes! This program includes a 20-page cookbook. Instructor: ISU Extension Specialist Mary Krisco, RD

115097-Class Code
Tu 1/13
6:30 - 8:00 pm
Parkview Room 105
\$15



Online Courses

Online – Ancestry

What is Geneology? How to Use Internet. Course 1

Trace your family history. The instructor can work with you one-on-one. Those who prefer a faster pace are able to do so because the course is self-paced. What will I learn in this class? First charts, forms and how to acquire information for them, as well as, popular genealogical sites, surnames, search engine tips, mailing lists and photographs, organizing your data and comparing computer software. 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

115098-Class Code
1/5 - 2/4
\$40

Where to Find Specific Genealogical Information on The Internet Course 2

Find the “unusual” and “miscellaneous” information you need in this second step of your genealogical search. Discover new research tools and where to look in vital records for births, adoptions, marriages and deaths. Use census, tax, land records, and maps, gazettes, atlases, city directories, county histories and military records to trace lineage. Specific tips will be provided for searching Native American, African American, Hispanic and religious groups. 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

115099-Class Code
2/10 - 3/12
\$40

Advanced Genealogical Research Using the Internet Course 3

Learn how to access and utilize ship passenger lists, immigration and naturalization, American migration trails and homestead applications. Find mental patients, prisoners, school students, teachers, free mason and female ancestors, as well as, records from CCC and WPA workers, U.S. Marshals, F.B. I. and Secret Service officials. Tips will be provided for using family bibles, journals and diaries. You can study handwriting, plan family reunions, make scrapbooks and much more with this valuable information. 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

115100-Class Code
3/31 - 4/30
\$40

Online – Business

Female Bullying in the Workplace

Recently we have seen an upsurge of individuals claiming bullying in the workplace. The phenomenon of females being bullied by other females has been discussed in recent years in the media but little has been done to combat or try to deal with the problem. Both females and males need to understand about relational aggression in the workplace. This course is designed to not only help you understand this growing issue but to also help you to not become a victim of workplace bullying.

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. Business owners and managers will find this course particularly beneficial in providing a clear and understandable insight into the basic mathematical skills and processes needed to perform financial tasks required in the workplace. 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

Using Personality Profiles for Better Work Performance

Understanding yourself and others will increase your overall effectiveness at work, home and in all of your relationships. Learn how to improve your communication with others, convey your ideas effectively and improve your ability to understand what is important to those who don't share your same style. Course fee includes your own DiSC behavioral personality profile assessment and review.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

Online – Career Skills

Getting Started in Voice-Over

The demand for voice-over (VO) talent has boomed over the last decade, driven by more demand for content online, an increased demand for audiobooks and much

easier production requirements than ever before. The demand for that talent continues to grow.

All you need is a plan. Getting started in voice-over identifies every tool and skill you need to acquire to take advantage of this swelling need for voice-over artists.

When completed, this course will leave you with exactly the plan you need to get going.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

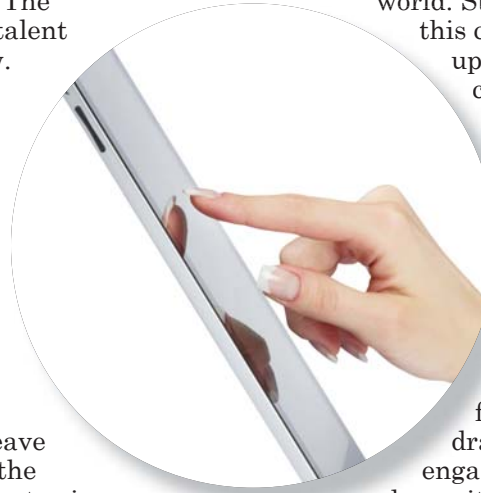
How to Setup, Protect and Maintain Your Windows 8 PC

Ever wonder how some people never seem to have any issues with their Windows PC? Learn the magic formula from an IT professional. You will be guided through installing and setting up your PC with the latest Windows 8 Operating System and desired software. Learn the minimum hardware requirements for today's software and operating systems and how to choose the right hardware configuration if you need to make a new purchase. Install the Windows Operating System from "bare metal", protect and secure your PC and keep it all running smoothly for the life of the equipment.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

Mastering Computer Skills for the Workplace

Must-have skills to succeed in the workplace include the ability to create, edit and manage presentations in MS PowerPoint, documents in MS Word, email and calendars in MS Outlook and spreadsheets in MS Excel. Microsoft Office Suite of applications is the



most used software tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of MS Office change over time. Master the most common uses so that you can work faster and more efficiently and can take your computer skills from plain and drab to exciting and engaging. You will leave class with a set of skills that are a workplace requirement in today's fast paced ever-changing environment and will enable your future career success.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

Mastering Microsoft Excel

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of Excel change over time. Examine the life of an Excel worksheet and workbook, from creation to presentation. Learn how an Excel worksheet is constructed, populated with content and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia. You will leave class with a set of skills that are in high demand and will be a deciding factor in your future success.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

Online – Collecting

Stamp Collecting - The Basics

Did you know that stamp collecting is one of the world's most popular hobbies, with millions of collectors in the United States?

Learn the basics of this hobby. You may want to work on a scout merit badge, start a new hobby or revitalize an old one. Completion certificates available upon request. 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



115102-Class Code
2/2 - 3/4
\$40

Online – Computer

How To Use The Internet - The Basics

Are you a “newbie” to the technological world of the Internet? A self-paced, basic, online course that is easy to follow in the comfort of your own home. Gain an introduction to cyberspace and learn the vocabulary of the internet etiquette and email. Learn to use search engines. It's never too late to learn how to use the Internet! Good for senior citizens to work one-on-one with the instructor. 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

115105-Class Code
2/10 - 3/12
\$40

Online – For Fun

Eyes of March

There are many things for the “eyes” of March to see. St. Patrick's Day is in March. But do you know about St. Patrick? Let your eyes visit sites about this famous man and his connection to shamrocks and the blarney stone. What is the Emerald Isle? Where do leprechauns live? What is the connection between rainbows and the pot of gold? The *Eyes of March* can show you! 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

115122-Class Code
2/2 - 3/4
\$40

Online – For Parents

A Parents Guide to the IEP

Help your child succeed in school. The federal *Individuals with Disabilities Education Act (IDEA)*, was put in place to make sure that every child with a diagnosed disability gets the help he or she needs throughout their education process. Parents have significant rights as advocates for their child, both before any evaluation is done, as well as, afterward if the child is determined to have special needs. Find about an *Individual Educational Program or Plan (IEP)*. Understand these rights and learn how to assure your child is receiving the accommodation she or he needs. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Parenting Gifted Children

Raising gifted children in an educational climate where the focus is on mass proficiency and “grade level outcomes” make it difficult to challenge students who are academically advanced. You will learn how to accommodate your children's academic and social-emotional needs both at home and school, while staying sane in the process.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

Success with Aging Parents

Know more about taking care of your loved one. Geared towards family and friends of an elderly person, including spouses/significant others, parent-child, elder-other relative, friends, even long-distance caregivers. You will get essential information that caregivers or care partners need to know as you care for an older adult. Learn how to prepare for changes in personal relationships when taking on caregiving roles. Improve your understanding of resources and the long-term care services and supports available. This course will also be useful for health program students and emerging professionals.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

Online – Health

Caregiving Tips

Are you facing the care of an elder person in your life? Gain tips on living arrangements, housing and transportation, health and nutrition, body changes and medication, government programs, insurance and legal affairs. Learn in the privacy of your own home. Tuition payment required at the time of registration. Once a

participant registers for a class, the web-based instructor will be in contact via e-mail.

Instructor: Barbara George

115126-Class Code

1/7 - 2/6

\$40

Online – Home & Garden

Composting

Water conservation and recycling awareness has made xeriscaping and composting very popular in the gardening and landscape arena. Beginners will learn about the composting process. Tuition payment required at the time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

115128-Class Code

3/19 - 4/18

\$40

Gardening 1: Groundwork

For new and old gardeners, Master Gardener hopefuls, and those folks who are “just plain interested”. Before becoming a successful gardener, you should have some groundwork knowledge. This course includes groundwork activities on: Beginning botany, soils and plant nutrition, insects and disease. Tuition payment required at the time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

115134-Class Code

2/16 - 3/18

\$40

Online – Management

Interview Skills

Acquire new skills in job interviewing. You should attend if you want to improve your chances for being hired for a position, as well as, if you are a leader who wants to improve the results of your hiring practices. A recent study by *The Society of Human Resource Management* (SHRM) found that up to 75% of employee performance issues can be directly identified during the interview process. This class will help you identify the “red flags” during the interview process so that you can avoid all the expenses and problems associated with a bad hire.

Register at www.yougotclass.org/catalog.cfm/Ankeny.



Online – Nature

Hummingbirds

Do you have an interest in hummingbirds? Learn about the life of hummingbirds and how nature has adapted to make these creatures unique little flying machines. Explore information about types of hummingbirds and their habitats. Read legends, stories and myths. Tuition payment required at the time of registration.

Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

115137-Class Code

4/20 - 5/20

\$40

Online – Photography

Digital Camera Basics

Explore different ways to use your digital camera utilizing one-to-one interaction with the instructor. Take pictures, transfer them to your computer, learn basic editing, uploading to the web and more. Get that camera out and lets have some fun! Tuition payment required at the time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

115139-Class Code

1/13 - 2/12

\$40

Online – Media Marketing

Google Apps for Business

Google has variety of web based applications and tools to help you become more productive, including Gmail, Google calendar, drive, hangouts, documents, spreadsheets, presentations and more. Move beyond the basic features you figured out on your own. Be able to use them to work corroboratively and increase productivity. Learn how to run online meetings and webinars. Learn the ins and outs of all the tools Google has to help you become more productive and improve your work communication skills. You will learn time saving tips and strategies to get more done in your work and personal life.

Register at www.yougotclass.org/catalog.cfm/Ankeny.

Online – Social Media for Business

Evernote

Save project inspiration you find online and in the real world with *Evernote*. Snap a picture, record audio, clip entire webpages. Save all kinds of information (documents, hand written notes, audio, images) in one place. Record meetings, store files, save receipts, scan contracts and store contracts. Create a digital file cabinet for all of your projects, documents and to-dos; add multiple layers of organization using notebooks, notebooks stacks and tags. Find what you need fast. Search by keyword or tag and quickly find what you are looking for (even typed and handwritten text inside of attached photos, images, PDFs, documents, spread sheets and presentation). **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Facebook for Business

Find out what goes on behind the scenes on Facebook pages and how to increase the chances that your message is seen and acted on.

Discover new tools and proven techniques to increase business and expand your reach. Discuss how to adapt your marketing message for the Facebook platform and how to integrate This is an advanced class and assumes you have started a page on Facebook.

Register at www.yougotclass.org/catalog.cfm/Ankeny.



Google +

Google+ has surpassed Twitter to become the second largest social network next to Facebook. Discover the best ways to use this popular and emerging social media platform to raise your online profile and connect with current and potential new contacts. You'll learn the advantages of using Google+, how it can help your organization to engage existing users, grow your base, sharpen your techniques and expand your knowledge in particular subject matter areas. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

LinkedIn for Business

LinkedIn is the most popular business social network and the webs site for professionals to network, build business relationships and provide or receive referrals. Most people rarely get beyond setting up a profile and therefore miss out on all the advanced features that have come to make LinkedIn so popular. Learn how to set-up your personal profile so that it gets noticed by others. Discover how LinkedIn can be used to generate leads, recruit new employees and find new jobs. This class will cover all the intricacies of LinkedIn to help you create, customize and optimize your presence on LinkedIn. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Twitter

Twitter is a hot social media platform these days – and everyone seems to be using it. Learn the best way to take advantage of the unique opportunities Twitter offers and discover the best ways to create relationships and network with your key constituents. You will find out the best and easiest techniques

for successful interactions in the Twittersverse. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Training and Education

Designing Successful Webinars

Webinars are a hot new meeting format that save money and reach more people than in-person meetings. Use them for customer education, staff meetings and training, presentations, virtual seminars and much more. The technology is simple, but good webinar presentation techniques are critical. Discover the power of successful webinars for your business organization. Then learn the four key strategies to make your webinars more successful. Acquire techniques and tips that will make your webinars winners with your audiences. **Register at www.yougotclass.org/catalog.cfm/Ankeny.**

Online – Travel

Luck O' the Irish

The next best thing to traveling the Emerald Isle is learning about it...virtual style! Explore famous places, Irish saints and legends, Irish tales, ballads, songs and Irish recipes. If you are planning a trip to Ireland, this online course is a must before leaving. Tuition payment required at the time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

115141-Class Code
2/17 - 3/19
\$40

National Parks

National Parks anyone? This is the next best thing to traveling/camping at each one. Take a virtual tour of national monuments, battlefields, military parks, historical parks and sites, lakeshores, memorials, parkways, preserves, reserves, recreation areas, rivers, scenic trails, seashores and more. This online course is a must prior to physically visiting any of these sites. Sit back, relax and enjoy some of the wonderful sights our country has to offer. Tuition payment required at the time of registration. Once a participant registers for a class, the web-based instructor will be in contact via e-mail. Instructor: Barbara George

115150-Class Code
3/19 - 4/18
\$40

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

115158-Class Code (Grades K-4)
Sat 3/14 - 4/4
9:00 - 10:00 am
Ankeny Art Center
\$60

115159-Class Code (Grades 5-8)
Sat 3/14 - 4/4
2:00 - 3:00 pm
Ankeny Art Center
\$60

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

115169-Class Code
Sat 3/14 - 4/4
9:00 - 10:00 am
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 outdoors. Grades 5-8. Instructor: Ankeny Art Center

115170-Class Code
Sat 3/14 - 4/4
10:00 am - 12:00 pm
Ankeny Art Center
\$70

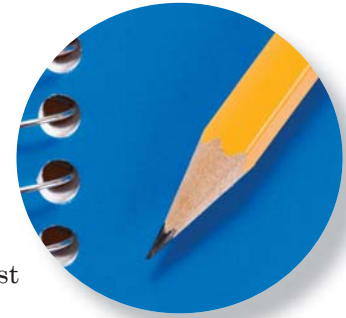
College Preparation

ACT Preparation Seminar

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 prep 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.



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

Session 1

115175-Class Code
Sat 3/28
9:00 am - 3:00 pm
Ankeny Centennial High School
Rooms 1109 & 1110
Part 1 & 2 covered
\$90

Session 2

115184-Class Code
Part 1-select a time
W 4/1
4:00 - 6:30 pm or 7:00 - 9:30 pm
Ankeny High School
Rooms 1109 & 1110

Part 2-select a time
Th 4/2
4:00 - 6:30 pm or 7:00 - 9:30 pm
Ankeny High School
Rooms 1109 & 1110
\$90

Entertainment Arts

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: Iowa Circus Academy



115200-Class Code (Grades 1-5)
M 2/9 - 3/23
3:30 - 5:00 pm
*No class 2/16 & 3/16
Northwest Gym
\$45

115213-Class Code (Grades 6-8)
Th 2/12 - 3/26
4:00 - 5:30 pm
*No class 2/19 & 3/19
Northwest Gym
\$45

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

115491-Class Code
Sat 4/4 - 5/9
9:30 - 10:30 am
Prairie Trail Lunchroom
\$48

Nutrition



Healthy Kids

Cultivating values to develop skills and relationships that lead to positive behaviors and better health is important in building strong, healthy families. The *Healthy Kids Program* helps families learn, grow, and thrive together. The twelve week session provides a foundation for a lifetime to Y members and non-Y members addressing critical gaps in family health management. You will be provided with weight management through increased daily physical activity, along-side meal plans with family-tested recipes. Non Y members will pay \$30 per session. Sessions described on website.
Instructor: Ankeny YMCA.
For questions about this program email emily.biala@dmymca.org
Register at www.dmymca.org

Tuesdays
6:15 - 8:15 pm
Northwest Gym

Thursdays
5:30 - 7:00 pm
Ankeny YMCA



New Year New You

Start off the New Year with new healthy habits for a better you. Includes tasting three recipes that focus on the *my plate system* and a fun hands-on activity. Worksheets and recipe cards will be provided. Grades K-5. Instructor: Ankeny Prairie Trail Hy-Vee Dietitian

115510-Class Code
Wed 1/7
5:00 - 6:00 pm
Prairie Trail Hy-Vee Tasting Room
\$20

115512-Class Code
Sat 1/10
5:00 - 6:00 pm
Prairie Trail Hy-Vee Tasting Room
\$20

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. Cost of the program includes lunch, as well as, some babysitting essential items. Grades 5-12. Instructor: ISU Extension Educators Michelle Maynes and Katie Martin.

115518-Class Code
Sat 2/28
9:00 - 3:00 pm
Parkview Room 105
\$30

S.T.E.M.-Science-Technology-Engineering-Mathematics

Energy Now and Future-Mad Science-Session 1

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 K-2. Instructor: Mad Science

Select one, two or three dates. The more you sign up, the bigger the discount! One date \$29, two dates \$55 and three dates \$75.

Static Electricity and Electric-Magnetism **Th 1/22**

Current Electricity and Harnessing Heat **Th 1/29**

Electromagnetic Wave Spectrum and Lasers **Th 2/5**

115341-Class Code
4:00 - 6:00 pm
Neveln Dining Room 106

Energy Now and Future-Mad Science-Session 2

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 K-2. Instructor: Mad Science

Select one, two or three dates. The more you sign up, the bigger the discount! One date \$29, two dates \$55 and three dates \$75.

Static Electricity and Electric-Magnetism **Th 2/19**

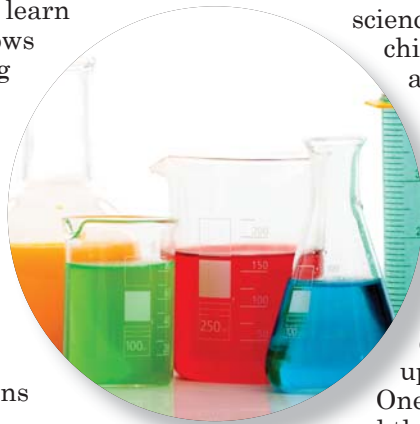
Current Electricity and Harnessing Heat **Th 2/26**

Electromagnetic Wave Spectrum and Lasers **Th 3/5**

115581-Class Code
4:00 - 6:00 pm
Neveln Dining Room 106

NEW! **Exploring STEM in Ankeny**

Build, move and learn as your child grows in understanding of (S.T.E.M.) Science, Technology, Engineering and Math. STEM is their future – the technological age in which they live, their best career options and their key to wise decisions. Second and third graders will focus on activities entitled: “SWING”, which centers on engineering principles of motion, weights, levers, pulleys and much more. Fourth and fifth graders will work on an activity entitled: “The Weatherman”, this will center around scientific “rules and principles” and their relation to weather and associated themes. Sessions will be limited to 30 youth for “SWING” and 30 youth for “The Weatherman”. Instructor: Boy Scouts of America



Want to register for a class? See page 19 for instructions!

115419-Class Code
Sat 3/7
9:00 - 12:00 pm
East Gym and Lunchroom
\$18

Mixed Mad Science-Session 1

Ooze 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 3-5. Instructor: Mad Science

Select one, two or three dates. The more you sign up, the bigger the discount! One date \$29, two dates \$55 and three dates \$75.

Makes Sense and Lights Fantastic **Th 1/22**

Lenses, Eyes and Where’s the Air **Th 1/29**

Tantalizing Tastes and Polymer Slime **Th 2/5**

115593-Class Code
4:00 - 6:00 pm
Neveln Dining Room 106

Mixed Mad Science-Session 2

Ooze 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 3-5.
Instructor: Mad Science

Select one, two or three dates. The more you sign up, the bigger the discount! One date \$29, two dates \$55 and three dates \$75.

Makes Sense and Lights Fantastic **Th 2/19**

Lenses, Eyes and Where's the Air **Th 2/26**

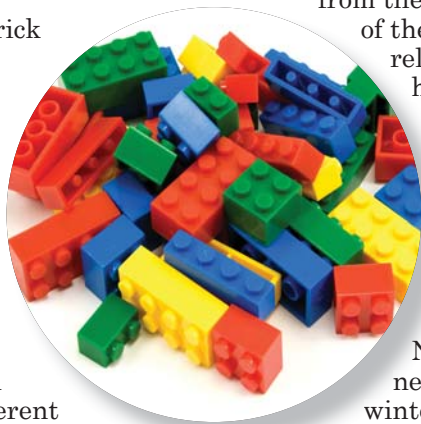
Tantalizing Tastes and Polymer Slime **Th 3/5**

115598-Class Code
4:00 - 6:00 pm
Neveln Dining Room 106

Model Designer-Bricks 4 Kidz®

How do LEGO® brick model-designers come up with their ideas? Where do they begin, and how do the ideas go from concept to completion? This class will explore the creative process of model design. Campers will learn the function of different LEGO® components and discover how those components can work together to create all kinds of solid structures and moving parts. Ages 10+. Instructor: Bricks 4 Kidz

115566-Class Code
F 2/13 - 2/27
4:30 - 5:30 pm
Neveln Dining Room 106
\$30



Ticket To Ride-Bricks 4 Kidz®

Delve into the history and mechanics of favorite amusement park rides in this imaginative unit. Students will construct a carousel swing, tilt a whirl, loop de loop ride, swing boat ride, or merry go round. Lessons incorporate principles of physics, described in a way children can understand, such as "g-force" inertia and momentum, as well as, math concepts such as "there are 360 degrees in a circle". These engaging lessons will give students an understanding of the physical forces they experience every day using Lego®. Ages 6+.
Instructor: Bricks 4 Kidz

115570-Class Code
F 4/3 - 4/24
4:30 - 5:30 pm
Neveln Dining Room 106
\$40

Winter Fun-Bricks 4 Kidz®

Don't get left out in the cold! Bring the winter fun indoors with interactive Bricks 4 Kidz® models of some popular winter activities from the hair-raising thrill of the luge to more the relaxing pace of the horse and sleigh. We'll build the all-business snowplow, as well as, the all-fun snow mobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem – all you need to create these winter memories are our Lego® and your imagination. Ages 6 +. Instructor: Bricks 4 Kidz

115572-Class Code
F 1/9 - 1/30
4:30 - 5:30 pm
Neveln Dining Room 106
\$40

Coming Soon

Safety Town 2015

Registration for safety town will be held at Kindergarten registration on February 5! Safety Town is a week-long opportunity for children, entering Kindergarten in the fall. Each session includes interactive instruction for biking, traffic, pedestrian, fire, 911, stranger danger, boating, camping, bus, poison, gun, internet, weather and personal safety. It's a fun and exciting way for children to learn about safety strategies!
Cost: \$50.

Session 1
June 8 - 12
9:00 - 11:30 am
1:00 - 3:30 pm
5:30 - 7:30 pm

Session 2
June 15 - 19
9:00 - 11:30 am
1:00 - 3:30 pm

New Class Ideas

If you have a class that you would like to take or teach that we do not currently offer, please contact our office at 515-289-3960 or e-mail us at karen.norton@ankenschools.org.

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: ankeney.revtrak.net/tek9.asp
- Step 2: Click on the typing icon
- Step 3: Click on enrichment link
- 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

ACT Preparation Seminar

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Babysitting Clinic

Page 18

Iowa Circus Academy

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Jewelry Out of Flatware

Page 3

Piloxing

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S.T.E.M.

Page 16 & 17

Tae Kwon Do

Page 6

Tai Chi

Page 6 & 7

Total Body Conditioning

Page 7

Yoga

Page 7 & 8

Zumba

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Class Locations

Ankeny Arts Center

1520 SW Ordinance Road

Ankeny Centennial High School

2220 NW State Street

Bull Dog Ceramics

200 SW State Street

East Elementary

710 SE 3rd Street

Neveln Center Inc.

403 SW School Street

Northview Middle School

1302 N Ankeny Boulevard

Parkview Middle School

105 NW Pleasant Street

Prairie Trail Elementary

1850 SW College Avenue

Stoner Music Inc.

502 SW 3rd Street

Ankeny High School

1155 SW Cherry Street

Ankeny YMCA

1102 N Ankeny Boulevard

Crocker Elementary

2910 SW Applewood Street

Fitness World Prairie Trail

1450 SW Vintage Parkway

Northeast Elementary

1705 NE Trilein

Northwest Elementary

1202 West First Street

Prairie Ridge Middle School

1010 NW Prairie Ridge Drive

Prairie Trail Hy-Vee

2510 SW State Street



**Register for
a class today!**

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