

granitepeaks

LIFELONG LEARNING

SPRING 2014

Jump for joy with classes this

SPRING

at Granite Peaks!

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Classes fill quickly

REGISTER NOW

385-646-5439 granitepeaks.org



PLAY



ARTS



HOME



WORK



YOUTH



EDUCATION



welcome



WELCOME TO THE GRANITE PEAKS CATALOG!

Jump for Joy Spring is here! Granite Peaks is offering many classes this spring. From learning how to play a new instrument – harmonica, anyone? – to keeping your home looking beautiful and organized, we have it for you. Spring is a wonderful time of the year to learn a new skill or re-kindle an old passion. Granite Peaks is partnering with a couple of fabulous organizations in addition to our amazing community education teachers. The Stable Place is offering our community a chance to hang out with their rescued horses. Engineering for Kids is teaching our youth how to build their own electronic games. We have a large variety of options for both the adults and youth in our community. Jump for Joy and register now!



REGISTER ONLINE

before March 10, 2014
using this promo code

JUMP4JOY

and receive a
\$5.00 discount
on your entire order.

PLAY

Eliminate stress through our exercise and relaxation classes. Play volleyball or experience yoga.

- 01 Health & Wellness
- 02 Outdoor Recreation
- 02 Sports & Fitness
- 03 Unique
- 22 Mill Hollow

ARTS

Enrich your life with the arts. Acquire a second language, write a book, paint a masterpiece.

- 05 Crafts
- 06 Dance
- 06 Languages
- 08 Music
- 09 Performing Arts
- 09 Visual

HOME

Improve your home, strengthen relationships and empower your mind with these courses.

- 10 Cooking
- 12 Family
- 12 Garden
- 13 Home Improvement
- 14 Personal Finances
- 14 Pets
- 14 Self

WORK

Prepare for a new career or improve your current one. Build up computer skills, manage finances.

- 16 Business/Career
- 17 Online Classes
- 18 Certifications
- 18 Finances
- 18 Food Handler Permit
- 19 New Skills
- 19 Real Estate
- 19 Technology

YOUTH

Inspire children to create and explore in a variety of classes including crafts, sports and dance.

- 21 Arts & Crafts
- 21 Performing Arts
- 22 Play
- 22 Special Events/Activities
- 22 Sports & Fitness

EDUCATION

Get your high school diploma or GED. Take English as a Second Language classes.

- 18 Adult ESL
- 24 Adult High School Completion



PLAY

Health & Wellness

ACEITES ESENCIALES—ESSENTIAL OILS EN ESPAÑOL

La instructora enseñará a la clase las habilidades terapéuticas que contienen los aceites esenciales, así como aliviar la fiebre, dolores de cabeza, deshacerse de emociones negativas, limpiar su hígado y el cuerpo de los tóxicos, entre otras cosas. También en la clase usted aprenderá sobre los beneficios de los aceites esenciales; como es que trabajan más rápido que las medicinas convencionales y sin efectos secundarios, como estos le ayudan a mantenerse saludable y ahorrará dinero en visitas al médico. Además la instructora le ayudará a elegir los aceites que debe mantener en su botiquín en caso de emergencia.

1	GRANGER	M	6:30 PM - 8:30 PM	1X	MAR 3	\$19
2	CONNECTION	M	6:30 PM - 8:30 PM	1X	MAR 17	\$19
3	HUNTER	M	6:30 PM - 8:30 PM	1X	APR 7	\$19

CONSCIOUS BREATHWORK *

New Conscious Breathwork is a dynamic breathwork that has ability to heal just about anything from stress, anxiety, trauma, fears, shame, guilt, anger as well as physical ailments and disease. It does not put a lid on the problem like some conventional medicines and therapies, but heals it from the root cause to create everlasting positive change. Based on the theory that all disease exists in toxic anaerobic conditions, where individual cells are starved of oxygen because we do not know how to breathe properly, Conscious Breathwork teaches us not only to breathe air, but energy and life force. By oxygenating cells in the right way, we can push out all negative energies and disease to bring about healing. The bottom line - disease and energy cannot exist in the same space at the same time. Those who have attended this class have healed many conditions - often in a single session. Please bring a sleeping bag and pillow as this class involves laying on the ground.

1	SAFETY BLDG	W	6 PM - 9 PM	1X	MAR 5	\$39
2	SAFETY BLDG	W	6 PM - 9 PM	1X	MAR 19	\$39
3	SAFETY BLDG	W	6 PM - 9 PM	1X	APR 9	\$39
4	SAFETY BLDG	W	6 PM - 9 PM	1X	APR 23	\$39

LAUGHTER FOR THE SOUL

Laugh and de-stress with The Laughing DJs and Spin-A-Grin while you're here. Laughter for the Soul generates sunshine from the inside out, making you feel oh-so much better after a session of laughing and playing together. It combines yogic breathing and laughter exercises to make a fun-for-all workout routine everyone will enjoy. Join us and connect with some awesome people and nurture your feeling of well-being. Top your chart with record breaking fun!

1	COTTONWOOD	W	7 PM - 8 PM	8X	MAR 5	\$59
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YOGA

Integrate your mind, body, and spirit through Yoga. Incorporate physical postures, breath control, and meditative techniques to lower stress levels, reduce pain, alleviate depression, boost the immune system and increase your flexibility. Work every muscle and every system of the body from inside out. Taught by Jamie Chandler. Bring yoga sticky mat, 6 ft. yoga strap, one yoga block, and a stiff blanket.

1	HUNTER	TU	7:15 PM - 8:45 PM	7X	MAR 4	\$49
2	TAYLORSVILLE	W	7:15 PM - 8:45 PM	7X	MAR 5	\$49

CORE YOGA FLOW

Fire up your center with fluid core work. Breathe, sweat, and move through a variety of yoga poses designed to build core strength. Core Yoga Flow uses fluid movement and balancing sequences that leave you feeling refreshed, in touch with your breath, and strong. With continued practice notice more tone in your entire body as well as increased range of motion, flexibility, circulation, posture, and abdominal strength. Taught by Kristin Liszkowski. Bring your yoga mat.

1	SKYLINE	TU	7:30 PM - 8:45 PM	7X	MAR 4	\$49
2	SKYLINE	TH	7:30 PM - 8:45 PM	7X	MAR 6	\$49

GENTLE YOGA

Gentle Yoga is a form of classical hatha yoga taught by Jamie Chandler. It is perfect for people of any size or any age or fitness level including pregnant women. Gentle Yoga is designed to alleviate fears or challenges you may have about doing yoga. The gentle poses and techniques reduce stress, assist with weight management, and produce greater health and well-being. Students need to be able to get up and down from the floor. A yoga mat and a blanket are required equipment.

1	TAYLORSVILLE	W	6 PM - 7 PM	7X	MAR 5	\$49
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GENTLE YOGA FLOW

Gentle Yoga Flow is designed to alleviate fears or challenges you may have about doing Yoga. The gentle poses and techniques reduce stress, assist with weight management, and produce greater health and well-being. Students need to be able to get up and down from the floor. Leave each class feeling relaxed, refreshed, and renewed. Bring your yoga mat (block and strap optional). Taught by Kristin Liszkowski.

1	SKYLINE	TH	6 PM - 7:15 PM	7X	MAR 6	\$49
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MASTERING THE ART OF SELF HYPNOSIS

Balance your emotions through self-hypnosis. Eliminate stress, jealousy, shyness, and other issues you may struggle with. Feel more confident, attain more energy, and find your inner power. We cover the process for self-hypnosis, hypnotic recall, the subconscious mind, hypnosis for change, and more.

1	TAYLORSVILLE	TU	6:30 PM - 8 PM	6X	MAR 4	\$55
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**For off site locations, please call*

385-646-5439

Outdoor Recreation

GEMS, MINERALS, FOSSILS & ROCK COLLECTING

This class is presented by ROCK, an educational organization made up of members with knowledge and skills in many areas such as geology, lapidary work, paleontology, and mineralogy. Learn a little about Utah's geological history, how and where to do collecting, identify and classify your findings. Discuss tools and equipment used for cutting, tumbling and polishing. Discuss safety in collecting rocks and current laws related to collecting. Receive handout materials on locations and contacts for local rock clubs, rock shows and rock shops. Build a collection in class with various specimens to take home.

1	CONNECTION	TH	5 PM - 7 PM	1X	MAR 20	\$29
2	HUNTER	TH	5 PM - 7 PM	1X	APR 24	\$29

GOLD PROSPECTING

Only 5% of the world's gold has been discovered. With gold trading at an all-time high of approximately \$1,700 an ounce, panning for gold has made a huge comeback. Our instructor, from ROCK, shows you how and where to find gold locally, and also demonstrates new methods of prospecting and panning gold that you can now implement throughout the year! Tuition also includes prospecting equipment you take home with you.

1	CONNECTION	TH	7 PM - 8:30 PM	1X	MAR 20	\$39
2	HUNTER	TH	7 PM - 8:30 PM	1X	APR 24	\$39



SPRING HIKING *

New Each week be introduced to a new spring trail in the Wasatch Mountains. Get better acquainted with Utah's beautiful outdoor playground. Have so much fun and forget about the great workout you are getting. It's perfect for all abilities and skill levels. Hikers new to the group must attend a 30 minute pre-hike orientation. Help us get better acquainted with you by sharing your hiking experience and knowledge, however, no experience or knowledge is required. At the orientation learn how to dress, what to expect, where to hike, what to bring, benefits of hiking, how to prepare, and especially how to customize a hike to suit your own needs and abilities. Hikes led by Sheryl McGlochlin. Call 385-646-5439 for orientation class information.

1	PARK & RIDE	SAT	8 AM - 11:30 AM	9X	MAR 1	\$35
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Sports & Fitness

ATHLETES FOR COLLEGE

Athletes for College is a professional organization that specializes in teaching student athletes and their parents what it takes to be eligible for NCAA, NAIA, and JUCO schools. Our certified instructor discusses all the rules and regulations you need to know in order to be eligible. Get started on the right track with the right information. This class is for student athletes in grades 7 - 11 and their parents.

1	CONNECTION	TU	6 PM - 7 PM	1X	MAR 11	\$19
2	COTTONWOOD	W	6 PM - 7 PM	1X	APR 16	\$19

BARRE FITNESS

Use Ballet Barre techniques to get a great core and lower body workout. If you want long and lean muscles, learn the elements necessary to tone and strengthen the entire body. No dance or ballet experience is necessary for this class. All levels are welcome. Super Stretch is held directly following this class. Sign up for both!

1	SKYLINE	TU	7:45 PM - 8:45 PM	6X	MAR 11	\$45
2	HUNTER	TH	8 PM - 9 PM	6X	MAR 13	\$45

SUPER STRETCH

Muscle flexibility is fundamental for all levels of fitness. Movements are based loosely on Yoga, Pilates, and dance. Great for someone that wants to get more flexible in a relaxed atmosphere. Please bring a mat or beach towel and water bottle.

1	SKYLINE	TU	8:45 PM - 9:15 PM	6X	MAR 11	\$29
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CAPOEIRA

Capoeira is a Brazilian martial art that combines elements of dance and music. Our teacher, Jay Clegg, instructs all students in the proper use of techniques and movements involved in the art of Capoeira. Learn the basics that create complex and quick moves used in this style of martial arts.

1	COTTONWOOD	W	8 PM - 9 PM	4X	MAR 5	\$29
2	COTTONWOOD	W	8 PM - 9 PM	4X	APR 9	\$29

EXTREME VOLLEYBALL – INTERMEDIATE TO ADVANCED

Got the winter blues? Block, set, and spike those blues away! Come play this favorite summer sport indoors. Get a workout and play with other adults of similar ability. A coach is available during play. Best fitness deal in town: \$5 per person per night starting April 10 through June. Bring a friend and join the excitement.

1	COTTONWOOD	TH	7 PM - 9 PM	1X	APR 10	\$5
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FENCING

Zorro studied the way of the sword and so can you. Learn the Olympic sport of fencing. Drills, games and competition are used to teach skills needed to enjoy a lifetime of fencing. This great sport has been described as an athletic form of chess. Both beginning and advanced courses are taught. All equipment is provided.

1	HUNTER	TH	7 PM - 9 PM	6X	MAR 6	\$45
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GOLF WITH A PGA MASTERS PRO *

Get in the swing! Join PGA Master Golf Professional and three-time Salt Lake County Teacher of the Year, Jeff Waters, as he guides you through The Ten Commandments of Golf. Improve your golf game whether you are a beginner, intermediate, or advanced player by learning the tools to succeed whether it be full-swing, short-game, putting, chipping, club-fitting, trouble shots, rules, etiquette, or on-course behavior. This class is held at Mick Riley Golf Course (421 East Vine Street). Price includes five hours of instruction, practice balls, and a download of his instruction book, The Ten Commandments of Golf, Proven Principles That Make Your Golf Game Better.

1	MICK RILEY	TU	6 PM - 7 PM	5X	APR 15	\$139
2	MICK RILEY	TH	6 PM - 7 PM	5X	APR 17	\$139
3	MICK RILEY	SAT	10 AM - 11 AM	5X	APR 19	\$139

*For off site locations, please call

385-646-5439

GOLF WITH A PGA PRO *

Professional golfer, Felton Lancaster, shares golf fundamentals and applies them to your individual capabilities. Classes held at Glenmoor Golf Course (9800 South 4800 West). All levels welcome. Focus is placed on grip, stance, posture, and swing. Tips and drills for using irons and woods, and for chipping and putting, makes a big difference in your game. Tuition includes range balls and green fee for a round of golf on the last day of class which is held at 6:30 pm. If you have clubs, bring them. People love this class, don't delay.

1	GLENMOOR	TH	6 PM - 7 PM	5X	APR 24	\$119
2	GLENMOOR	SAT	12 PM - 1 PM	5X	APR 26	\$119

HIP HOP FITNESS

'Hip, Hop, Ya' don't stop...' Working out has never been so fun. Listen to great music in this fun and relaxed atmosphere. Learn some great moves and create your own. Please bring a towel and water bottle. Make your head ring and your body sing.

1	CONNECTION	M	6:45 PM - 7:45 PM	6X	MAR 10	\$39
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JIU JITSU

Interested in learning a martial art from Japan? Jiu Jitsu consists of grappling and striking techniques. Practitioners build endurance, flexibility and learn time tested techniques.

1	TAYLORSVILLE	W	7:30 PM - 9 PM	4X	MAR 5	\$19
2	TAYLORSVILLE	W	7:30 PM - 9 PM	4X	APR 9	\$19

MODERN MARTIAL ART — AIKIDO

Defend yourself using this modern martial art. Aikido is a Japanese discipline focused on harmonizing with the situation, rather than using aggression or conflict. Use self-improvement techniques through the practice of mind and body unification. Practice physical techniques, to roll/fall safely, as well as breathing and meditation exercises.

1	COTTONWOOD	TH	7 PM - 8:30 PM	5X	MAR 6	\$25
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OPTI-STRETCH— BEGINNING

New Opti-Stretch is a program that teaches optimum therapeutic stretching. Core muscles of the body are known to remain in a state of partial spasm for long periods of time, even decades. The screening stretches detect chronically injured muscles that tend to be frequently evident in the upper and lower back and neck muscles. Abnormal body symmetry and back pain rehabilitation caused by muscle strains is the major goal of Opti-Stretch. Cost includes the book. Bring exercise mat to class.

1	CONNECTION	TU	7 PM - 8:30 PM	3X	MAR 4	\$59
2	CONNECTION	TU	7 PM - 8:30 PM	3X	APR 8	\$59

PARKOUR/FREERUNNING (AGES 16 — UP)

Ready for a new form of conditioning? Have fun, gain self-confidence, get in better shape, and make friends in our Parkour/Freerunning class! Parkour challenges one's physical and mental discipline to overcome obstacles in one's path quickly and fluidly. Condition to learn new movements to creatively and playfully interact with one's environment. Experience the fun and adventure of parkour!

1	HUNTER	W	6:45 PM - 8:15 PM	5X	APR 9	\$39
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ZUMBA GOLD

Have you ever wanted to try Zumba but were intimidated by the moves? Zumba Gold is not your typical class. All the moves are broken down and slower to allow you to learn at your own pace, while still getting a great workout. Zumba Gold is ideal for the new or unconditioned fitness fanatic, but everyone is welcome. Taught by a licensed Zumba instructor. Come fall in love with the Latin beats and dances like Cumbia, Regaetton, Salsa, and Merengue! Bring your water bottle, comfortable shoes, and dance your way to fitness!

1	COTTONWOOD	TH	5:30 PM - 6:30 PM	4X	APR 10	\$29
2	COTTONWOOD	TH	5:30 PM - 6:30 PM	4X	MAY 8	\$29

**For off site locations, please call
385-646-5439*

Unique

ANTIQUES ROAD SCHOOL — COSTUME JEWELRY

New Are you curious about a piece of costume jewelry you own? Wondering its age, origin, authenticity, or value? Granite Peaks Antique Road School helps answer these questions and gives students new knowledge of the interesting world of costume jewelry. Our costume jewelry specialist presents an initial class to help you understand how to identify various elements of costume jewelry. With your new knowledge select one piece of costume jewelry to share in our second class meeting. Each piece of costume jewelry is the focus of valuable commentary and appraisal information guided by our expert.

1	SKYLINE	TH	6:30 PM - 8:30 PM	2X	MAR 13	\$39
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FISHING IN WESTERN LITERATURE

New Traverse the shoreline of fishing found in Western American literature and 'cast-out' your own fishing story. Explore fishing through the words and stories of some of the great writers past and present. From Ernest Hemmingway to John Gierach engage in reading and discussing several great 'Fish Stories'. Then join your guide as you write your own 'Fish Story'. Discussion of local fishing and fishing techniques are encouraged. Reading materials are provided.

1	CONNECTION	TH	6:30 PM - 8 PM	4X	MAR 13	\$49
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It is the policy of Granite School District that no person shall on the grounds of race, religion, color, sex, national origin, or mental or physical disability be excluded from participation in, denied the benefits of, or be subject to discrimination in employment or services rendered.

GHOSTBUSTERS

Have you ever heard footsteps around, but nobody's there? Doors open and close on their own? Investigate haunted locations throughout the Wasatch Front with Granite Peaks' Ghostbusters. A flashlight is required. Nerves of steel a plus! Personal results may vary. Based on location, additional security fees may apply, Register early class fills quickly.

1 CONNECTION TU 6 PM - 9 PM 4X APR 8 \$45

INTRODUCTION TO EQUINE RESCUE AND REHABILITATION *

New Do you want to learn about horses or rekindle that old passion? Join us at The Stable Place where neglected, orphaned or abandoned horses are taken in and rehabilitated. Learn what it takes to care for horses, communicate with them, and to provide proper stewardship over them. Have the opportunity to do ground work as well as get in the saddle. Using rescued horses offers a unique experience for you but also provides riders with the opportunity to help these horses adjust to their new lives through rehabilitation. This healing symmetry is central to the philosophy and mission of The Stable Place, a non-profit equine rescue and therapeutic riding facility

1 STABLE PLACE SAT 4 PM - 5:30 PM 4X MAR 8 \$179
2 STABLE PLACE TH 5:30 PM - 7 PM 4X APR 10 \$179

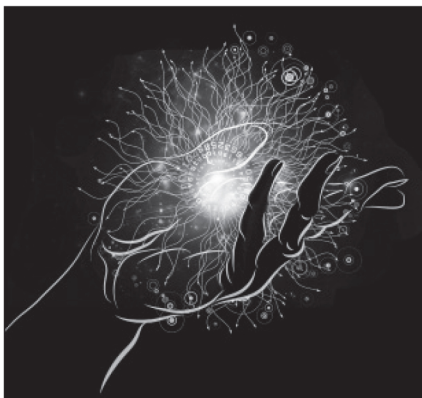


**For off site locations, please call
385-646-5439*

INTRODUCTION TO HOMEBREWING *

Be introduced to the basics of homebrewing. From equipment and ingredients, to hops and sanitation techniques, our knowledgeable brewers guide you through the process from beginning to end. Come one, come all, let the chaos, fun, and camaraderie of home brewing ensue! This class is held at The Beer Nut, 1200 South State. Must be 21 years or older. Please bring photo ID to first class.

1 THE BEER NUT SUN 6 PM - 8 PM 1X MAR 30 \$35
2 THE BEER NUT SUN 6 PM - 8 PM 1X APR 27 \$35



SIXTH SENSE

Your intuition is a valuable tool for living. Your sixth sense gives you information that seems to come from nowhere yet is often accurate. Psychic Medium Laurel Lowe comes from a family of psychics and she is delighted to share with you her psychic abilities and how she became a respected medium. She shares how to use different reading tools such as psychometrics to enhance psychic awareness, trusting your own intuition, opening up your Chakras (key energy centers in your body that help keep you strong), protecting yourself from negative energies, meditation, automatic writing, and channeling! Also learn how to communicate with your higher self, your Spirit Guides, and even loved ones who have crossed over. By the end of the class you will be able to give psychic readings of your own!

1 CONNECTION TU 6 PM - 8 PM 7X MAR 4 \$59
2 CONNECTION W 6 PM - 8 PM 7X MAR 5 \$59

STAND-UP COMEDY – FROM CLASSROOM TO LIVE STAGE PERFORMANCE

Ever wanted to do stand-up comedy but don't know where to begin? Understand the basic workings of doing stand-up comedy including putting together a routine, writing your own material, the ethics of the stage, stage presence and confidence. Opportunity is given to perform your routine at various local comedy spots with the final experience of being showcased at a local comedy spot in the show, Class Clowns: The Final Exam. This fun course promises to lead you down the right path in the local comedy scene. Note: Due to the content and places required to perform, students must be 21 years of age or older to attend.

1 TAYLORSVILLE TU 7 PM - 8:30 PM 6X MAR 11 \$59



THE HOBBIT – BEYOND THE MOVIE

New Interested in J.R.R. Tolkien's world of The Hobbit? Now is your chance to study the book with an expert guide, and compare it to the hit movie. Learn about the author, to speak the Elvish language, and celebrate this enchanting world and the man who created it. Great for students with book report assignments. Our instructor has studied Tolkien for over forty years and is excited to share her vast knowledge. A fun and interesting class for ages 12 and up.

1 SKYLINE TU 6 PM - 7 PM 8X MAR 4 \$49

VENTRILOQUISM

Speak without moving your lips. Throw your voice. Drink a glass of water while your character is singing. Using these techniques and voice development, create your own character. Our master ventriloquist teaches what you need to know to make your own character and how to write your own scripts.

1 TAYLORSVILLE W 6:30 PM - 7:30 PM 4X APR 9 \$35

Visit our website for Online Registration
granitepeaks.org



ARTS

Crafts

BALLOON ART – BEGINNING

In our two-hour workshop, twist balloons into all kinds of creations. Begin with the basic pinch and twist and advance to the hook twist and pop twist. It's a great adventure for your family to enjoy together. Your new skills bring delight to the young and old. The class is taught by award-winning balloonist, Sammy 'T' Clown. Be your own clown at the next birthday party. Balloons included. Sign up for all three Balloon Art classes for \$50.

1 GRANGER TU 6 PM - 8 PM 1X MAR 11 \$19

BALLOON ART – INTERMEDIATE

Ready for a little more? It's not just about creating simple poodles. Build upon what you did in Balloon Art - Beginning, and produce more complicated creations with other sizes and shapes. It's a fun hobby and a great way to entertain others. The class is taught by award-winning balloonist, Sammy 'T' Clown. Balloons included. Sign up for all three Balloon Art classes for \$50.

1 GRANGER TU 6 PM - 8 PM 1X MAR 18 \$19

BALLOON ART – ADVANCED

Now take your experience in balloon twisting and focus on specialty cartoon characters and complex balloon techniques. Wow your audience with balloon sculptures you have to see to believe. Entertaining routines are also taught. Pre-requisite: Intermediate level class or approval from instructor. Taught by award-winning balloonist, Sammy 'T' Clown. Balloons included. Sign up for all three Balloon Art classes for \$50.

1 GRANGER TU 6 PM - 8 PM 1X MAR 25 \$19

BEGINNING QUILTING

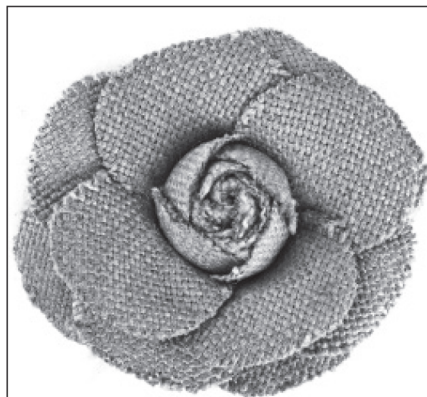
If you have ever been interested in learning how to piece a quilt, join Beginning Quilting. Our instructor has years of quilting experience and is eager to share the knowledge she has gained. Learn all the ins and outs of making an entire quilt in just three weeks. Pattern is included. Materials are separate and can be found on our website. Sewing machines provided.

1 TAYLORSVILLE W 6:30 PM - 8:30 PM 3X APR 23 \$45

CROCHET

Open to everyone - the young and the young at heart, beginners through advanced. Create works of art using yarn and crochet hooks with the instructor offering assistance and advice. Bring two ounce cotton yarn and size H crochet hook.

1 TAYLORSVILLE TU 7 PM - 8 PM 8X MAR 18 \$39



FABRIC FLOWERS

Learn how to make beautiful flowers out of fabric. Fabric flowers make great embellishments on hair clips, headbands, handbags and clothing. No experience required; all supplies provided. Participants get to take home their creations.

1 COTTONWOOD W 6:45 PM - 8 PM 1X MAR 19 \$19

GLASS ETCHING

Learn a new crafty skill and get a night out too! Learn the techniques and tricks on how to etch glass in this hands-on class. Etched glass makes a wonderful, personalized gift year round. Students get to take home their creations at the end of class. All supplies provided.

1 COTTONWOOD W 8 PM - 9 PM 1X MAR 19 \$19

**NO CLASSES
HELD**
MARCH 31-APRIL 4
SPRING BREAK

MAKE'N'TAKE WITH STYLE!

Create new projects to bring spring into your home! Bring your friends or just yourself for an evening of Pinterest style fun. Our professional crafter gives tips and tricks for creating and completing these projects. Go to makentakewithstyle.blogspot.com to check out these projects. Pay only for the cost of the project supplies.

1 TAYLORSVILLE TU 7 PM - 9 PM 1X MAR 4 \$0

MAKE'N'TAKE WITH STYLE!

Create new projects to bring spring into your home! Bring your friends or just yourself for an evening of Pinterest style fun. Our professional crafter gives tips and tricks for creating and completing these projects. Go to makentakewithstyle.blogspot.com to check out these projects. Supplies are an additional cost.

1 TAYLORSVILLE TU 7 PM - 9 PM 1X APR 8 \$99

KNITTING AND CROCHET

What would be more enjoyable on a cold winter's evening than gathering with friends and knitting? Learn how to complete knitting or crochet patterns. Take your skills to the next level whether you are a beginner or an intermediate knitter. Bring your needles and yarn the first night of class. Patterns are offered.

1 COTTONWOOD W 7 PM - 9 PM 6X APR 9 \$49

KNITTING KNOW HOW

Snuggle up with a warm creation on chilly nights. Cast on, knit, purl, calculate gauge, increase, decrease, and create basic stitch patterns. Get started on a new knitting project. Both beginning and intermediate students are welcome. Please bring a skein of yarn and needles with you to class. Patterns for several simple items are supplied.

1 TAYLORSVILLE TU 6 PM - 7 PM 8X MAR 18 \$39




NO SEW, RE-PURPOSED T-SHIRTS!

This fun craft night is great for beginners; there are no sewing or previous skills required. Just about everyone has at least one or two t-shirts lying around, that get no use. Sure you can cut it up and use it for rags, but if you are looking for new ways to get more mileage out of your old t-shirts, learn how to re-purpose them! Make a reusable grocery bag and cute headbands in class. Bring your own T-shirt(s) to re-purpose (any size).

1 COTTONWOOD W 5:30 PM - 6:30 PM 1X MAR 19 \$15

QUILT SMART BAG

 Enjoy a fun filled one night class and walk away with a cute simple bag you can make over and over again. This bag is the perfect size (approximately 8 inches by 11 inches) and can be used as a small purse or a kid's activities bag. Great for make-up or accessories too! Basic sewing skills necessary.

1 TAYLORSVILLE W 6:30 PM - 8:30 PM 1X MAR 19 \$25

WOODBURNING BASICS

Create beautiful homemade gifts that don't look homemade. Learn simple tricks and techniques to create beautifully wood burned pieces. Turn a plain wooden box into an artful conversation piece that you're happy to show off. Use our wood burning tools or bring your own. No experience necessary.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 1X APR 8 \$29

Dance

BALLROOM – BEGINNING

Looking for a great date night full of fun and laughter? Take Ballroom lessons. Learn fun, easy, beginning level patterns in a variety of dances plus lead, follow, styling, and technique so you can hit the dance floor in style. Class taught by Margene Anderson. Tuition is per couple.

1 COTTONWOOD TH 6:30 PM - 7:30 PM 6X MAR 13 \$59

385.646.5439
Please call for more information

BARRE FITNESS

Use Ballet Barre techniques to get a great core and lower body workout. If you want long and lean muscles, learn the elements necessary to tone and strengthen the entire body. No dance or ballet experience is necessary for this class. All levels are welcome. Super Stretch is held directly after this class. Sign up for both!

1 SKYLINE TU 7:45 PM - 8:45 PM 6X MAR 11 \$45

2 HUNTER TH 8 PM - 9 PM 6X MAR 13 \$45



SUPER STRETCH

Muscle flexibility is fundamental for all levels of fitness. Movements are based loosely on Yoga, Pilates, and dance. Great for someone that wants to get more flexible in a relaxed atmosphere. Please bring a mat or beach towel and water bottle.

1 SKYLINE TU 8:45 PM - 9:15 PM 6X MAR 11 \$29

BELLY DANCE – BEGINNING

Dismiss all those rumors you've heard about belly dancing. An ancient oriental style of dance, belly dancing has been around since biblical times. Used as a form of celebration at family events, it is a great way to improve your posture while getting in shape. If the gym just isn't your thing, try this unique and fun alternative.

1 TAYLORSVILLE W 8 PM - 9 PM 6X MAR 5 \$45

2 SKYLINE TH 6 PM - 7 PM 6X MAR 6 \$45

3 GRANGER W 6 PM - 7 PM 6X APR 9 \$45

BELLY DANCE – INTERMEDIATE

Our professional belly dance instructor incorporates more advanced movements and combinations for you to master. You are encouraged to work at your own level as you use beautiful moves for a great workout.

2 TAYLORSVILLE W 8 PM - 9 PM 6X MAR 5 \$45

1 GRANGER W 8 PM - 9 PM 6X APR 9 \$45

BELLY DANCE BURN

Shake up your heartbeat with the shimmy and other belly dance moves. Bring a friend and burn calories while having fun in this alternative to a traditional workout. A beginning level belly dance class is recommended before taking this class.

1 SKYLINE TH 7 PM - 8 PM 6X MAR 6 \$45

2 GRANGER W 7 PM - 8 PM 6X APR 9 \$45

SCOTTISH & ENGLISH COUNTRY

Have fun, get great exercise, and enjoy wonderful music while experiencing the traditional social dancing of Scotland and England. Like square and contra dancing, Scottish and English country dances are done in groups of couples (you don't need to attend class with a partner though) and are made up from a small vocabulary of basic figure moves that can be combined into limitless numbers of dances. We use dances over 200 years old and modern dances in traditional forms.

1 SKYLINE TU 7:15 PM - 8:45 PM 9X MAR 18 \$69

Languages

CHINESE – BEGINNING 1

Begin your journey of Mandarin Chinese, the most commonly spoken language in the world. Chinese has long been stigmatized as one of the hardest languages to learn. Many aspects of Chinese are actually quite easy. The instructor gives you all the necessary tools to begin understanding the aspects of the language that are genuinely difficult to master. Spend time working on pronunciation (Pinyin), tones, and syntax. Listening and speaking is our emphasis, reading and writing is not covered. Join us in this course and remember the words of the ancient philosopher Lao Tzu, 'The journey of a thousand miles begins with one step.'

1 COTTONWOOD W 6 PM - 7:30 PM 8X MAR 12 \$65

FRENCH – BEGINNING

Bienvenue! Welcome to French, the language of romance. Begin your study of French with the basics. Start off with an introduction to the alphabet and pronunciation, numbers, calendar, family, weather, and simple vocabulary. Be introduced to important key verbs and simple present tense. Practice simple questions, greetings and farewells in basic conversation. Specifically designed for those with no previous exposure to French or would like a continuation of French for Travelers class.

1 COTTONWOOD W 6 PM - 7:30 PM 8X MAR 12 \$65

FRENCH – INTERMEDIATE

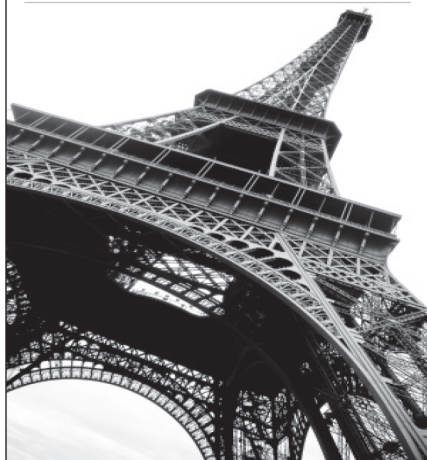
Continue to improve your conversational French. Emphasis is placed on more complex linguistic structures, reading, writing, and speaking skills. Use a Carnet des Petites Choses (tidbit journal). The instructor has lived in France multiple times and provides a cultural experience while teaching the language at an intermediate level.

1 COTTONWOOD W 7:30 PM - 9 PM 8X MAR 12 \$65

FRENCH FOR TRAVELERS

Obtain the speaking skills a tourist would need on a vacation or trip to a French-speaking country. Learn the most commonly used words and verbs with basic grammar taught throughout the course. Tailored for travelers, learn about greetings, the weather, getting around, asking for directions, and ordering food. A cheese tasting from different French towns is also included. This fun class is a quick way to learn basic French and conversation and even some traveling tips for those target destinations.

1 COTTONWOOD TH 7:30 PM - 9 PM 4X APR 10 \$39

**GERMAN – BEGINNING**

Did you know the official language of the U.S. was almost German in colonial times? Discover this language of rich history and tradition in a conversational approach to basic grammar and vocabulary. Great for travelers too.

1 CONNECTION W 6 PM - 7:30 PM 8X APR 9 \$65

GERMAN – INTERMEDIATE

Mein Deutsch ist nicht sehr gut. Is your German in need of some polishing? Refresh those language skills through speaking, writing, reading, and listening.

1 CONNECTION W 7:30 PM - 9 PM 8X APR 9 \$65

KOREAN – BEGINNING 2

Continue your studies of the Korean language at the beginning level. Our experienced instructor continues the learning process of the authentic Korean script and alphabet called, Hangul. Culture is incorporated into each lesson and new vocabulary words are added. Experience the Asian culture and language and see how fun it can be!

1 CONNECTION TH 7:30 PM - 9 PM 8X APR 10 \$65

KOREAN – BEGINNING

Learning the Korean language is not as hard as you think with the help of our experienced instructor. She uses different techniques to help the learning process. You start out learning the authentic Korean script and alphabet called, Hangul. Culture is incorporated into each lesson. Experience the Asian culture and language and see how fun it can be!

1 CONNECTION TH 6 PM - 7:30 PM 8X APR 10 \$65

SIGN LANGUAGE – BEGINNING

American Sign Language (ASL) is a beautiful visual language. Be introduced to conversational strategies, spatial referencing, constructive structure, and facial expression to teach the basics of conversation. Emphasis is on the development of expressive and receptive skills as well as awareness of the deaf culture.

1 HUNTER TU 7:30 PM - 9 PM 8X MAR 4 \$65

SIGN LANGUAGE – INTERMEDIATE

Strengthen your American Sign Language (ASL) skills from our first class. Practice more complexities of the language with advanced hand positions, facial expressions, and body posture. We also strengthen interpretation of others' expressions and movement.

1 HUNTER TU 6 PM - 7:30 PM 8X MAR 4 \$65

2 COTTONWOOD W 7 PM - 8:30 PM 4X MAR 5 \$39

SIGN LANGUAGE – ADVANCED

New American Sign Language (ASL) is a living language and is constantly evolving and adapting to meet the needs of the community and people it serves. Explore more advanced ways of communicating using ASL; with the vocabulary, facial expressions, and sentence structure learned. Emphasis is placed on student participation. Pre-requisite for this course is having taken and completed the Intermediate ASL.

1 COTTONWOOD W 7 PM - 8:30 PM 4X APR 9 \$39

SPANISH – BEGINNING 1

Begin your study of Spanish with the basics. Start off with an introduction to the alphabet and pronunciation, numbers, gender, adjectives, simple vocabulary, and colors. Be introduced to simple present tense. Practice greetings and farewells in basic conversation. This class is specifically designed for those who have no previous exposure or experience with Spanish.

1 GRANGER TU 6 PM - 7:30 PM 8X MAR 4 \$65

SPANISH – BEGINNING 1 & 2

Do you have a little experience with the Spanish language but don't feel you're ready for an intermediate class? This combination class was made with you in mind! Start off with an introduction to the alphabet and pronunciation, numbers, gender, and simple present tense. Once the basics have been taught, continue to improve those skills by adding upon what you've already learned. Build sentence structure with the simple present and the present progressive. Practice and understand conjugation with both regular and irregular verbs. Remember practice makes perfect in this level 1 and 2 combined Spanish class!

1 TAYLORSVILLE TU 6 PM - 7:30 PM 6X MAR 11 \$49



SPANISH – BEGINNING 2

Focus on improving on the basic skills you have already learned. Continue building sentence structure with the simple present and the present progressive. Practice and understand conjugation with both regular and irregular verbs. Pre-requisite: Spanish Beginning 1 or equivalent.

1 GRANGER TU 7:30 PM - 9 PM 8X MAR 4 \$65

SPANISH – INTERMEDIATE 1

Master your knowledge with the present tense as well as learning the future tense. While focusing on the conjugations, we continue to practice with prepositions and more intermediate grammar points. Ability to conjugate regular and irregular verbs in the present tense is required. An introduction of the past tense is integrated towards the end of the session. Pre-requisite: Spanish Beginning 2 or equivalent.

1 GRANGER W 6 PM - 7:30 PM 8X MAR 5 \$65

SPANISH – INTERMEDIATE 2

Now that you've studied reading, spelling, irregular verbs and regular verbs in present, past and future tenses, it's time to become comfortable with all areas of the past tense. These four areas are preterit, imperfect, past progressive and used to with the verb *sober*. In this class, practice makes perfect! Pre-requisite: Spanish Intermediate 1 or equivalent.

1 GRANGER W 7:30 PM - 9 PM 8X MAR 5 \$65

SPANISH – ADVANCED 1

Direct and Indirect objects are taught in their entirety in this class. As we take the time to learn this concept, we continue to practice present, past and future tenses. Pre-requisite: Spanish Intermediate 2 or equivalent.

1 GRANGER TH 6 PM - 7:30 PM 8X MAR 6 \$65

SPANISH – ADVANCED 2

Understand how to properly use the perfect tense. This is applied to all previously learned tenses: past, present and future. While learning the perfect tense, we continue to practice the direct and indirect objects and pronouns. Pre-requisite: Spanish Advanced 1 or equivalent.

1 GRANGER TH 7:30 PM - 9 PM 8X MAR 6 \$65

SPANISH – ADVANCED 3

Continue speaking, reading and writing in Spanish while learning the command and subjunctive modes. The verb *Gustar* is also introduced and practiced. Pre-requisite: Spanish Advanced 2 or equivalent.

1 CONNECTION M 6 PM - 7:30 PM 8X MAR 3 \$65

SPANISH – ADVANCED 4

Practice all that you have learned in your previous language experience, whether it is from living in another country or learning it in a class. Grammar, reading, spelling and writing skills are practiced. Culture is also added to this class to encourage proper use of the language. Students' individual needs are the focus of this class. It is taught entirely in Spanish. Pre-requisite: Spanish Advanced 3 or equivalent.

1 CONNECTION M 7:30 PM - 9 PM 8X MAR 3 \$65

*Music***BEHOLD THE HARMONICA**

Harmonica pro Evan Williams teaches introductory harmonica instruction, guiding students onto a new plane of confident musicianship. The harmonica is a pathway to learning basic music theory and understanding how to play along with other musicians. Few people are learning to play the harmonica these days; those who do are the last best hope for the survival of a wicked sound. A 10 hole diatonic Honer Harmonica in the key of C is required for the course.

1 CONNECTION W 6:30 PM - 8 PM 6X MAR 5 \$59



Visit our website for Online Registration
granitepeaks.org

BANJO – BLUEGRASS 1

Sit down with an experienced banjo player to practice the basic Earl Scruggs picking styles and techniques for the five-string banjo. We review tuning, roll-patterns, chords, and accompaniment techniques for beginning and intermediate-level songs. Bring a five-string banjo to class. Supplemental materials are offered.

1 GRANGER TU 6 PM - 7 PM 8X MAR 11 \$49

BANJO – BLUEGRASS 2

For the intermediate and advanced bluegrass enthusiasts that are looking for a little bit more, come jam with your fellow pickers and grinners. Build your circle of friends and your skills at the same time. Materials are offered but bring a five-string banjo.

1 GRANGER TU 7 PM - 8 PM 8X MAR 11 \$49

BANJO – BLUEGRASS 3

Are you an intermediate banjo player with the ability to read and play new tablatures at a glance? Explore string tricks and techniques as well as an in-depth study of the fingerboard and chord positions up and down the neck. Count on some great new songs that introduce improvisational concepts, kickers, tags and endings. Pre-requisite classes are Banjo 1 and 2. Bring a five string banjo and note taking materials to the first class. Supplemental class materials are offered.

1 GRANGER TU 8 PM - 9 PM 8X MAR 4 \$49

GUITAR – BEGINNING

Strum to your heart's content as you are introduced to tuning, chords, chord progression, strumming, picking and fingering. Build a foundation for intermediate and advanced techniques. No previous experience necessary or expected. Please bring your guitar, a guitar tuner, notebook, and pen to class. Supplemental materials are offered for practice.

1 COTTONWOOD TH 5:30 PM - 6:30 PM 8X MAR 13 \$49

2 GRANGER M 6 PM - 7 PM 8X MAR 17 \$49

3 GRANGER M 7 PM - 8 PM 8X MAR 17 \$49

GUITAR – INTERMEDIATE

Improve your skills with emphasis on musical interpretation, styles, chord theory, and key transformation. Be amazed weekly as your skills at picking and fingering continue to drastically improve. Please bring a guitar, a guitar tuner, notebook, and pen to class. Pre-requisite: Guitar - Beginning or approval from instructor.

1 COTTONWOOD TH 6:30 PM - 7:30 PM 8X MAR 13 \$49

GUITAR – BLUEGRASS 1

Study lead and rhythm guitar in a bluegrass setting. We cover the basics to intermediate bluegrass rhythms and backup styles of famous artists. All levels and styles welcome. It is not necessary to have taken the Guitar - Beginning class, however, some knowledge of chords and previous guitar experience is helpful. Bring your guitar.

1 GRANGER W 6 PM - 7 PM 8X MAR 12 \$49

2 GRANGER W 7 PM - 8 PM 8X MAR 12 \$49

Performing Arts**ACTING LESSONS**

Are you a star looking for a stage? Find your way with acting lessons! Focus on improving stage presence, method and building the confidence necessary to succeed in acting. Mark your calendar for the last session to perform skits for family and friends.

1 CONNECTION M 8 PM - 9 PM 6X MAR 10 \$45

Like us on Facebook Follow us on Twitter

If you like Granite Peaks on FaceBook or start to follow us on Twitter, get a **\$5 voucher** towards your next Granite Peaks class!

*Visual***ADOBE PHOTOSHOP BASIC INTRODUCTION**

Are you new to Photoshop? Have you heard how fabulous Photoshop is and want to get a introduction to its functions? Our professional teacher starts with the basics and works her way up to editing. Explore all the Photoshop functions, tools, and techniques that help turn your images into finished products. Learn how to resize and save your photos, remove flaws, and adjust color and levels, change color photos to black and white, and work with layers. By the end of class, understand the basics of Photoshop and be well on your way to making digital masterpieces. Earn re-licensure points for attending this class.

1 CONNECTION W 6:30 PM - 8:30 PM 3X MAR 5 \$79

DIGITAL PHOTOGRAPHY

Do you own a DSLR (digital single lens reflex) camera and only use it in the fully automatic mode? Wonder what all the other settings do? Discover the amazing things that you can do with your photography when you learn how to use the exposure settings including shutter speed, aperture, and ISO. Also, explore shooting modes, file management and types, rules of composition, depth of field and basic photo editing skills. Start a novice; end a ninja.

1 CONNECTION W 6:30 PM - 8:30 PM 4X MAR 19 \$69

PAINTING WITH ACRYLICS – MATERIALS AND TECHNIQUES

New Acrylic paints have come a long way since their creation in the 1950s. Learn some imaginative and fun ways they can be used. In this experimental class, explore various techniques such as glazing, scumbling, sgraffito, adding mixed media or digital images, and layering. For inspiration with our own paintings we look at the work of several modern and contemporary artists and at each other's. This class is open to all levels and no prior painting experience is required. Please bring the necessary supplies to the first class. Find supplies list on our website.

1 CONNECTION M 6:30 PM - 8 PM 6X MAR 3 \$89

PHOTOGRAPHY WITH DSLR CAMERA

Do you own a DSLR (digital single-lens reflex) or are planning to buy one in the very near future? Learn how to take your camera off 'auto' and put it into manual mode. Discover everything you need to know to take fantastic pictures using f stops, shutter speeds, ISO, white balance, lighting, lenses and filters. Composition also is covered by our expert teacher.

1 COTTONWOOD TH 7 PM - 9 PM 4X MAR 6 \$69

2 TAYLORSVILLE TU 7 PM - 9 PM 4X APR 8 \$69



PROCESS JOURNALING – A CREATIVE PATH TO SELF-CONNECTION

Dive below the surface of your everyday routine to make unexpected connections and have surprising insights by creating your own visual journal. Take this opportunity to playfully and creatively practice self-trust, self-discovery and self-kindness. Gather and collage images from a variety of sources including magazines, books, photos, junk mail, ticket stubs, and old receipts. With the guidance of the teacher, students spontaneously and creatively enhance and enrich pages with personal writings and art to make a treasured journal. No art experience necessary.

1 SKYLINE TU 6:30 PM - 8:30 PM 6X MAR 11 \$59



WATERCOLOR & OIL PAINTING *

Re-capture the wonder of nature in art. Create a memorable masterpiece using specific mediums that make your artwork come to life. Work at your own level with help and tips from our instructor. This class is for people that have some watercolor and oil painting experience. Taught by Earl Duerden at Millcreek Activity Center. Call 385-646-5439 for location address. Bring your own painting supplies.

1 MILLCREEK CTR TH 9:30 AM - 12:30 PM 6X APR 10 \$89

**For off site locations, please call
385-646-5439*

UNDERSTANDING CLASS DETAILS

1	TAYLORSVILLE	TU	6:30PM-7:30PM	1X	SEP 21	\$9
Session	School/Campus	Days	Time Class is being held	# of classes being held	Starting Date	Cost

E-BOOKS

Learn how to create your very own e-book. E-books are a great way to earn some quick cash, but they can also be a valuable incentive for your website members, and potential clients. E-books must be published in multiple formats to best fit the many devices being used to read e-books today. Learn how to do it right. (Windows Operating Systems Only) Prerequisite: Must have basic computer skills and be comfortable on a computer.

1 COTTONWOOD W 5:30 PM - 6:45 PM 1X MAR 26 \$19

EDITING YOUR BOOK – WRITERS WORKSHOP

Writing a book and need some direction? Bring your manuscripts (1-10 pages) to be work-shopped in a writers' circle. Our professional editor guides the process with feedback on clarity, mechanics, and cohesion in a friendly, caring environment. Please only submit G/PG-13 rated novels, short stories, and poetry.

1 SKYLINE TH 6:30 PM - 9 PM 6X MAR 6 \$69

WRITE YOUR MEMOIRS

Do you remember that story your mom used to tell you about her mom when you were young? What do you remember as a child, a teen, an adult? Maybe you think your life is nothing to write about. Well, you're wrong. You'll be surprised how the mundane transforms into a thought provoking statement. Dive into your past. No one has the same experience in the exact same way. We all feel, see, and interpret things differently. Our instructor offers ideas and techniques in organizing memories and putting your stories into words using maps, floor plans, and senses to create your own historical record. Your kids will appreciate it...your grandkids will love it...and your great-grandkids won't even believe it. The text, 'How to Write Your Own Life Story' is provided.

1 COTTONWOOD TH 6 PM - 7:30 PM 8X MAR 13 \$75



Cooking

CAKE DECORATING WITH WILTON – COURSE 2

Explore sophisticated ways to bring your cakes and desserts to life. Create breathtaking royal icing flowers such as pansies, lilies and the famous Wilton Rose, and then discover the secrets of arranging them in a beautifully balanced cake-top bouquet! Instructor contacts registered students with supply list. Pre-registration required.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 4X MAR 18 \$39

CAKE DECORATING WITH WILTON – COURSE 3

New The creme de la creme class. Perfect your cake decorating skills with Easter lilies, poinsettias, exotic flowers, and more. Our instructor shows you how to create an edible masterpiece with a two-tier cake. Must have taken courses 1 and 2 to take this class. Instructor contacts registrants with list of supplies needed for class. Pre-registration is required.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 4X APR 22 \$39

CAKE POPS

Get ready for the most stick-tacular treats that ever popped up at a party. It's time for cake pops. Goodies on a stick you'll love to dip, decorate and devour. Instructor contacts registered students with supply list. Pre-registration is required.

1 COTTONWOOD W 6 PM - 7 PM 1X MAR 12 \$19

ST.PADDY'S DAY CELEBRATION GLUTEN FREE/GRAIN FREE

New Don't miss out on some of the best Irish traditions because you are gluten/grain-free. It's time to bring this celebration into the classroom. Join professional gluten-free Pastry Chef, Trish Withus, as she shows you how to perfect the very simple pleasures of her family's Irish tradition. Menu: Irish Soda Bread, Sultana Scones. The Special Refund Policy applies to this class, see inside back cover for details.

1 CONNECTION TH 6:30 PM - 8:30 PM 1X MAR 13 \$49

GLUTEN-FREE LIFESTYLE SERIES PART 2

New This three week course is based on ten years of cooking and baking experience creating foolproof recipes for a gluten-free and grain-free diet. Chef Trish teaches the fundamental principles of cooking, as well as cooking tips, techniques, and approaches that are unique in the gluten-free/grain-free culinary world. Learn much more than how to cook: know how to create amazing, satisfying meals that meet all of your dietary requirements. The special refund policy applies to this class. Please see inside back cover for details.

1 CONNECTION M 6:30 PM - 8:30 PM 3X APR 7 \$99

MOTHER'S DAY BRUNCH GLUTEN FREE

New There's nothing like an easy spring brunch to celebrate Mother's Day. For this menu, Chef Trish has elevated the usual dishes for this special occasion, and thrown in plenty of spring's bounty. Learn how to create an easy and elegant brunch to celebrate Mom. Menu: Asparagus Frittata with Mint and Parmesan, Sweet Potato Hash and Soft Chestnut Crepes with Orange Marmalade. The special refund policy applies to this class. See inside back cover for details.

1 CONNECTION TH 6:30 PM - 8:30 PM 1X MAY 8 \$49

BREAKFAST TREATS GLUTEN FREE/GRAIN FREE

New Many of us associate breakfast with some form of sweet treats. Now there is no need to rely on the prepackaged or store bought mixes to satisfy that craving. Professional gluten-free Pastry Chef, Trish Withus, brings into the classroom some easy yet delicious treats just screaming breakfast. Menu: Perfect Waffles, Cinnamon Rolls. The Special Refund Policy applies to this class; see inside back cover for details.

1 CONNECTION M 6:30 PM - 8:30 PM 1X MAR 10 \$49



COFFEE CAKES GLUTEN FREE/GRAIN FREE

New A staple for breakfast, snacking and entertaining is the delectable coffee cake. Coffee cakes do not contain coffee; they are simply enjoyed while having a cup of coffee or tea. Join professional gluten-free Pastry Chef, Trish Withus, as she brings these delightful treats into the classroom. She brings all of her bakery secrets to show you how to make these treats easily and flawlessly every time. Menu: Sour Cream Coffee Cake, NY Style Crumb Cake. The Special Refund Policy applies to this class. Please see inside back cover for details.

1 CONNECTION TH 6:30 PM - 8:30 PM 1X APR 10 \$49

EASTER CELEBRATION GLUTEN FREE/GRAIN FREE

New Easter morning is not complete without the sweet treat of Easter Egg Bread and Hot Cross Buns. Don't let being gluten or grain-free keep you from enjoying the tradition. Join professional gluten-free Pastry Chef, Trish Withus, in the classroom as she teaches you how to make these treats perfectly. Menu: Easter Egg Bread and Hot Cross Buns. The Special Refund Policy applies to this class, see inside back cover for details.

1 CONNECTION TH 6:30 PM - 8:30 PM 1X APR 17 \$49

MAKING MARSHMALLOW FONDANT

Did you know you can make fondant from scratch? And not just any fondant, marshmallow fondant. Use it to cover cakes, cupcakes, petit fours, and more. Regular fondant is expensive, and very few people like the taste of it. Save your pocketbook and your friends taste buds and learn how to make and use marshmallow fondant. Students are advised to bring an apron. The special refund policy applies to this class. See inside back cover for details.

1 COTTONWOOD W 7:15 PM - 9 PM 1X MAR 12 \$25

CROCKPOT COOKING

Is your Crockpot collecting dust? Winter is the perfect time to pull it out of the cupboard and make delicious and hearty meals. Crockpot meals can save you loads of time and money. From appetizers to dinners and desserts use your crockpot for a variety of meals. Did you know you can even make breakfast in your crockpot? Discuss and sample a variety of crockpot meals. Learn how to get the most mileage out of your crockpot.

1 COTTONWOOD W 6:30 PM - 8:30 PM 1X APR 16 \$39



WHAT'S COOKING?

Learn how to make planning meals fun again. Life is so hectic it's time to simplify and plan your meals for the week. Planning enables you to save time and money. Learn some great new weeknight recipes that are sure to please everyone in your family. Students get a magnetic dry erase weekly meal planner and a menu idea book in class.

1 COTTONWOOD W 6:30 PM - 8:30 PM 1X APR 23 \$39

WHAT'S IN YOUR FREEZER?

Freezer meals can save you loads of time and money. The idea is to spend a few days each month cooking in bulk and freezing your meals so the rest of the month you have little to no meal prep. Discuss planning, recipes, methods and sample a variety of freezer meals. Learn all about how to prepare and use freezer meals.

1 COTTONWOOD W 6:30 PM - 8:30 PM 1X APR 9 \$39



WINE 101 *

New Get more out of each sip! If you are new to wine or want to increase your wine knowledge, this class is for you. Our knowledgeable instructor guides you through four basic wine styles - soft white wines, dry white wines, round red wines, and big red wines. We discuss wine production and wine and food pairing. Each week, we offer tastings from around the world in each of these wine styles. Must be 21 years or older. Please bring a photo ID to the first class.

1 FRATELLI RISTORANTE W 7 PM - 9 PM 4X MAR 12 \$149

WINES OF AUSTRALIA AND NEW ZEALAND *

New Focus on two of the major New World wine producers - Australia and New Zealand. Delve into wines found in the most popular regions of these two countries, and the history of wine in this area of the world. We offer tastings of a variety of wines from this region. Must be 21 years old to attend. Please bring photo ID to class.

1 FRATELLI RISTORANTE W 7 PM - 9 PM 1X APR 23 \$45

WINES OF CALIFORNIA *

New Focus on wines from the different regions of California, the history of wine and wine productions in California. We offer tastings from a variety of California wines. Must be 21 years old to attend. Please bring photo ID to class.

1 FRATELLI RISTORANTE W 7 PM - 9 PM 1X APR 9 \$45

WINES OF CHILE AND ARGENTINA *

New Learn about the Old World influence of wine production in Chile and Argentina. Discuss the value of great tasting wines from our neighbors to the south. We offer tastings from a variety of wines from this region. Must be 21 years old to attend. Please bring a photo ID to class.

1 FRATELLI RISTORANTE W 7 PM - 9 PM 1X APR 30 \$45

WINES OF WASHINGTON AND OREGON *

New Focus on wines from Washington State and Oregon. Discuss wine production and how wine has become a major agricultural product in the Pacific Northwest. We offer tastings of a variety of wines from this region. Must be 21 to attend. Please bring photo ID to class.

1 FRATELLI RISTORANTE W 7 PM - 9 PM 1X APR 16 \$45

Family

CHILD PARENT RELATIONSHIP (CPR)

New A strong parent-child relationship is the foundation for your child's future success. The demands of parenting often leave parents feel frustrated, out of control, and with little time to focus on relationship quality. Learn skills and techniques proven highly effective for helping you communicate with and discipline your children more effectively. This play-based approach not only helps you learn to manage your child's behavior successfully, it also provides you with keys to enhancing and strengthening the parent-child bond, while having fun.

1 TAYLORSVILLE W 7 PM - 9 PM 10X MAR 19 \$125

PARENTING WITH LOVE & LOGIC

Raise kids who are self-confident and motivated. Take advantage of this win-win approach to parenting. Help your children learn responsibility by solving their own problems. Establish healthy control without resorting to anger or nagging. Practice communication skills that work. Receive a certificate of completion for state license renewal for foster parents or home day care. Taught by a certified Love and Logic teacher. Couples/\$69, Singles/\$49. Please call to register for couples' discount.

1 COTTONWOOD W 7 PM - 8:30 PM 6X MAR 5 \$49

**For off site locations, please call*

385-646-5439

STAY HEALTHY – ESSENTIAL OILS FOR CHILDREN AND PARENTS

New Essential oils should be an essential part of your life. Oils can elevate your mood, relieve stress and anxiety, reduce pain and inflammation caused by arthritis and can keep you and your family healthy especially during spring as the weather changes. Essential oils can also help keep your children healthy while in school. Join us as we discuss how to use essential oils to improve your health.

1 SKYLINE TH 7 PM - 9 PM 1X MAR 6 \$29

2 SKYLINE TH 7 PM - 9 PM 1X APR 10 \$29

Garden

HERB GARDENING INTENSIVE *

It's spring again and time to plant those herbs. Choose the right soil and nurture them into beautiful and healthy plants to give a fresh taste to your cooking or create nature's healing cabinet. Taught by Merry Harrison, owner of Millcreek Herbs and Clinical Herbologist. Mother's Day Special: register both yourself and your Mom and you each get \$5 off of registration. Please call 385-646-5439 to receive this special. Class held at Millcreek Herbs, 3191 South 3300 East, westside lower level. Please pre-register. If you get lost please call 801-450-3137.

1 MILLCREEK HERBS SAT 12 PM - 3 PM 1X APR 12 \$35

RAPID TURNAROUND PARENTING CLASS

New Learn basic, straight-forward parenting tips and tricks to help parents with even the most difficult of child behaviors. Learn skills through demonstration each week to implement at home creating a calm, happy home environment.

1 CONNECTION TU 6:30 PM - 8:30 PM 8X MAR 4 \$79



TEACHER PROFILE



MERY LYCETT-HARRISON

Be introduced to the therapeutic value of herbs for diet and healthcare. Plant the seed of curiosity and learn great tips for using herbs in your food and for healthcare.

Mery Lycett Harrison is a trained clinical herbalist and owns Millcreek Herbs, LLC. She is a professional member of the American Herbalists Guild. She received her training in 1998 through an intensive course of study with Michael Moore of the Southwest School of Botanical Medicine. Her broad view of herbalism led her to complete the Master Gardener Program, and to also study ethnobotany at the Baca Institute of Ethnobotany and the science of essential oils at Purdue University.

Mery writes a monthly herb column for Catalyst and teaches classes in medicinal and culinary herbs, herb gardening, and leads summertime herb trips in the wild where she is certified as a Wilderness First Responder.

HERB GARDENING INTENSIVE.....PAGE 12
HERBAL PREPAREDNESS.....PAGE 13
MEDICINAL HERBS INTENSIVE.....PAGE 13

MEDICINAL HERBS INTENSIVE *

Mix pleasing preparations, read labels effectively, and use herbs safely and appropriately. Make a tincture and healing salve to take home with you. Botany, history and lore, harvest and preservation, essential oils, sacred plant medicine, and more are discussed. All materials included. Class held at Millcreek Herbs, 3191 South 3300 East, westside lower level. Please pre-register. If you get lost please call 801-450-3137. Note - This class is required before taking the Herbal Preparedness class.

1 MILLCREEK HERBS SAT 12 PM - 3 PM 1X MAR 15 \$35

**For off site locations, please call
385-646-5439*

HERBAL PREPAREDNESS *

Now that you know how to make herbal preparations and the basics of herbal medicine, learn what herbs are best to have on hand to keep your family healthy. We discuss herbs for ordinary illnesses, herbal first aid and also some useful culinary herbs. Class taught at Millcreek Herbs, 3191 South 3300 East. Call 801-450-3137 if you get lost. Pre-registration is required. Pre-Requisite: Medicinal Herbs Intensive class first.

1 MILLCREEK HERBS SAT 12 PM - 3 PM 1X MAR 29 \$35

Home Improvement

ACCESSORIZING DESIGN CLASS – SPRING

New Spring is in the air. Transition your homes from the cold winter season to something more warm and welcoming. Join us for our one night spring decorating class. Learn from a professional interior designer what trends are happening in spring 2014 and get some great ideas on how to accessorize your home for the new spring season.

1 COTTONWOOD TH 7 PM - 8:30 PM 1X APR 24 \$19

INTERIOR DESIGN – INTRODUCTION

New Give your home a facelift this spring. Discuss the most popular questions people have for their homes including space planning, understanding different styles of design, color ideas and accessorizing. Taught by an interior designer with over ten years of professional experience.

1 COTTONWOOD TH 7 PM - 8 PM 4X MAR 6 \$45

BASEMENT FINISHING

Save money and finish your own basement. Learn the tricks of the trade from a carpenter with over forty years of experience. Get all the tips needed to complete your basement project from the planning stages to the final touches.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 2X MAR 11 \$35

2 TAYLORSVILLE TU 6:30 PM - 8:30 PM 2X APR 22 \$35

CONCRETE STAINING

Learn how to properly stain interior and/or exterior concrete surfaces from a professional. Our instructor covers concrete stains, proper floor prep, and proper sealing. Our expert teacher demonstrates various stains and teaches you all you need to know to properly stain any concrete surface.

1 SKYLINE TU 6:30 PM - 8:30 PM 1X APR 15 \$19

2 SKYLINE TU 6:30 PM - 8:30 PM 1X APR 22 \$19

3 SKYLINE TU 6:30 PM - 8:30 PM 1X APR 29 \$19

ORGANIZE YOUR HOME SO IT STAYS ORGANIZED

New Professional organizer, Christi Youd, shows you how to organize your home and everything in it. Learn the seven steps and the seven strategies that keep your things to STAY organized. Break free of clutter and chaos. At the same time, break free from hours of maintaining that chaos. During class, watch Christi demonstrate how to organize your paperwork, clothing, toys, games, and more. Cut your time dealing with these things by 50%..

1 GRANGER TU 6 PM - 9 PM 1X MAR 25 \$39

2 COTTONWOOD TH 6 PM - 9 PM 1X APR 17 \$39



BASIC CONCRETE REPAIR

The first line of defense when taking care of concrete is to waterproof before it turns into a repair. Waterproofing stone, concrete, and countertops saves repairs in the future. Learn how to fill expansion joints properly using joint fill. Projects discussed include how to repair broken steps or porches, using simple foundation mudding to repair cracks, repair spalling on driveways and sidewalks, and properly fixing concrete decking and landings.

1 SKYLINE TH 6:30 PM - 8:30 PM 1X MAR 6 \$19

2 SKYLINE TH 6:30 PM - 8:30 PM 1X MAR 20 \$19

3 SKYLINE TU 6:30 PM - 8:30 PM 1X MAR 25 \$19

BASIC HOME REPAIR

Nervous to tackle basic home repair? Most people are nervous to tackle those pesky problems until they find out how simple it really is. Our handy-man instructor teaches how simple some repairs can be. Fix those problems before they become too big and costly. This hands-on class includes drywall repair, shingle replacement, plumbing repair (fixture replacement and stopping leaks), tile and grout, basic electrical and paint touch-up. Learn the steps through practical hands-on experience.

1 GRANGER TH 6 PM - 9 PM 3X APR 10 \$59

HELP! I WANT TO RETIRE IN 1 TO 4 YEARS

New Are you planning or just hoping you can retire in 1-4 years? Learn the things you need to be considering to help you prepare financially for this exciting day. Topics include retirement income planning, social security, structuring investments, and health care.

1 HUNTER TH 7 PM - 8:30 PM 2X APR 10 \$19



UNDERSTANDING SOCIAL SECURITY, MEDICARE AND LONG TERM CARE

If you are nearing retirement, or in retirement, understand how social security works and what your options are for retirement planning. Discuss when you should take social security, how Medicare works, how to protect yourself against losses due to Long Term Care expenses, and how to plan appropriately to make sure you never run out of money during retirement.

1 COTTONWOOD W 6:30 PM - 8:30 PM 1X MAR 12 \$9
2 TAYLORSVILLE TU 6:30 PM - 8:30 PM 1X MAR 18 \$9
3 SKYLINE TU 6:30 PM - 8:30 PM 1X APR 15 \$9
4 CONNECTION TU 6:30 PM - 8:30 PM 1X APR 29 \$9

Pets

PET CARE AT HOME FOR YOUR CAT *

Are you tired of getting charged extra by your groomer? Or, would you just like to increase your at home skills in caring for your pet in between grooming appointments? Our professional gives you one on one instruction on proper combing and brushing, home bathing, nail trimming, ear cleaning, eye care, and tooth brushing. Bring your cat for practice. Also, please bring any home tools and products you regularly use on your pet.

1 MEOWSER W 6 PM - 7 PM 1X MAR 12 \$35
2 MEOWSER W 7 PM - 8 PM 1X MAR 12 \$35
3 MEOWSER W 6 PM - 7 PM 1X APR 9 \$35
4 MEOWSER W 7 PM - 8 PM 1X APR 9 \$35

PET CARE AT HOME FOR YOUR DOG *

Are you tired of getting charged extra by your groomer? Or, would you just like to increase your at home skills in caring for your pet in between grooming appointments? Our professional gives you one on one instruction on proper combing and brushing, home bathing, nail trimming, ear cleaning, eye care, and tooth brushing. Bring your dog for practice. Also, please bring any home tools and products you regularly use on your pet.

1 MEOWSER TH 6 PM - 7 PM 1X MAR 20 \$35
2 MEOWSER TH 7 PM - 8 PM 1X MAR 20 \$35
3 MEOWSER TH 6 PM - 7 PM 1X APR 17 \$35
4 MEOWSER TH 7 PM - 8 PM 1X APR 17 \$35

**For off site locations, please call*

385-646-5439

Self

BODY LANGUAGE — A GUIDE TO NON-VERBAL COMMUNICATION

New Learn how to read body languages including your own and others. Gain an understanding of body positioning, movements and gestures. Develop your observational skills and become a better communicator.

1 SKYLINE TU 7:30 PM - 9:30 PM 1X APR 8 \$19

CHAKRA EN ESPAÑOL

¿Le gustaría aprender a deshacerse de los malos recuerdos y vibraciones negativas guardadas en cada uno de los centros de energía? Un ejercicio interior con aceites esenciales le ayudará a deshacerse de estas energías negativas, crear una energía positiva y mantenerse saludable. Cada una de las chakras tienen que ver con el bienestar y como mantener el cuerpo sano, en preservación del cuerpo, mente, espíritu y emociones.

1 GRANGER M 6:30 PM - 8:30 PM 1X MAR 10 \$19
2 CONNECTION M 6:30 PM - 8:30 PM 1X MAR 24 \$19
3 HUNTER M 6:30 PM - 8:30 PM 1X APR 14 \$19



SAVVY SOCIAL SECURITY PLANNING

What do baby boomers need to know to maximize retirement outcome? After being told for years that Social Security is going broke, baby boomers are realizing that it will soon be their turn to collect. This informative course covers the basics of social security and reveals strategies for maximizing your benefits. Learn the five factors to consider before applying, how to coordinate spousal benefits and how to minimize taxes on social security benefits.

1 HUNTER TU 6:30 PM - 8 PM 1X MAR 11 \$19
2 COTTONWOOD W 6:30 PM - 8 PM 1X APR 9 \$19
3 SKYLINE TH 6:30 PM - 8 PM 1X MAY 1 \$19

STOCK MARKET INVESTING BASICS

New Have you been intrigued by the stock market and want to participate as an active investor but haven't known how. Learn the basics of opening an account, how to buy and sell, the risks, and the potential returns for being a stock investor.

1 SKYLINE W 7 PM - 8:30 PM 1X MAR 12 \$19

LEGAL AVENUES FOR A MORE POSITIVE DIVORCE — ONLINE SERIES

What are your legal options with a divorce? This is an online series being offered by an experienced family law attorney to assist with the overwhelming aspects of divorce. This informative online course covers the divorce process including a review of the traditional divorce procedure and alternative approaches such as mediation and collaborative law. Learn what to expect in divorce, how to find an attorney, how to prepare financially and emotionally for divorce. This nine course will be available beginning March 3. You may enroll at any time throughout March and April. Once registered, students are given access codes to enter the class.

1 ONLINE OPEN ENROLLMENT IN MARCH/APRIL \$25

CREATING A POSITIVE DIVORCE – SESSION 1 THE LEGAL PROCESS

This three part series is being offered by an experienced family law attorney to assist with the overwhelming aspects of divorce. In Session 1, discussions center on the divorce process including a review of the traditional divorce procedure and alternative approaches such as mediation and collaborative law. Learn what to expect in divorce, how to find an attorney, and how to prepare financially and emotionally for divorce.

1 TAYLORSVILLE TU 6 PM - 8 PM 1X MAR 4 \$25

CREATING A POSITIVE DIVORCE – SESSION 2 FINANCES, PROPERTY, AND DEBT

This three part series is being offered by an experienced family law attorney to assist with the overwhelming aspects of divorce. In Session 2, discussions focus on financial issues including child support, alimony, property division, and debt allocation.

1 TAYLORSVILLE TU 6 PM - 8 PM 1X MAR 11 \$25

CREATING A POSITIVE DIVORCE – SESSION 3 CHILDREN AND DIVORCE

This three part series is being offered by an experienced family law attorney to assist with the overwhelming aspects of divorce. In Session 3, discussions focus on child-related issues including various custodial arrangements, parent-time schedules and the emotional needs of children during and after divorce.

1 TAYLORSVILLE TU 6 PM - 8 PM 1X MAR 18 \$25



DON'T STRESS OUT!

Do all the things going on in your life have you stressed? Relax. Stress impacts your mind and body and overall well-being so learn preventative skills to reduce the severity of stress and de-escalation techniques to manage it once it occurs.

1 TAYLORSVILLE TU 6:30 PM - 8 PM 1X APR 22 \$19

ENERGY ENHANCEMENT II

New Focus on meridians of the body to learn how to get your body's energy into great shape. Meridians of the body are energy pathways that, when balanced, can bring harmony and joy to the body's energy system. When blocked, meridians can cause imbalances that can make the body's energy haywire, creating disharmony and lack of joy. Learn the benefit of keeping the meridians of the body balanced while having fun. Energy Enhancement 1 is recommended, but not required.

1 CONNECTION W 6:30 PM - 8 PM 3X APR 9 \$39

ESSENTIAL OILS – BACK TO BASICS

Have you always wanted to learn how to use essential oils? Or do you have oils at home but don't know what to do with them? Learn how to choose the right oils and use them safely for you and your family. Dr. Vanessa Moon shares her experiences and expertise to help you get the most out of your oils.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 1X MAR 18 \$29

MAP OF YOUR INNER BEING ENJOY THE JOURNEY!

New Understand better the functions of the conscious and subconscious mind for personal growth and self-awareness. Empower yourself by understanding how the mind creates your identity and reality. Learn simple and effective words and patterns of language you can use to attain your goals in life. Discover the answers to some of the questions inside of you and enjoy the journey of accessing them.

1 SKYLINE TU 5:30 PM - 7:30 PM 1X MAR 11 \$19

2 SKYLINE TU 5:30 PM - 7:30 PM 1X APR 8 \$19

3 SKYLINE TU 5:30 PM - 7:30 PM 1X APR 29 \$19



MEDICARE BASICS

Are you confused with all the little, fine print and need someone to clarify questions? Let our expert show you everything there is to know about Medicare: the paperwork, the processes, the benefits. Find out what you and your family are entitled to and if you are eligible for benefits. Leave class with a plan to make it work for you.

1 HUNTER W 6 PM - 7:30 PM 1X MAR 12 \$9

2 COTTONWOOD W 6 PM - 7:30 PM 1X MAR 19 \$9

3 HUNTER W 6 PM - 7:30 PM 1X APR 16 \$9

4 COTTONWOOD W 6 PM - 7:30 PM 1X APR 23 \$9

OVERCOMING SELF-DEFEATING BEHAVIOR

Learn simple basic tools and skills to increase your intellect and self-esteem to help ward off depression and dependency in the day and age of emotional and civil upheaval.

1 HUNTER TH 7 PM - 8:30 PM 3X APR 10 \$39

POWER OF POSITIVE SELF TALK

This is a power packed class. Learn how to get rid of your negative thoughts, replacing them with positive ones. Empower your mind for success, overcome discouragement, and develop better relationships. Whether you want better grades in school or increase your job production, explore how to become the success you want to be.

1 CONNECTION W 7 PM - 9 PM 3X MAR 5 \$39



PUBLIC SPEAKING

Intimidated by speaking in front of a group? Discover avenues to aid your assurance, comfort zone, and effectiveness when appearing before groups of people. You can control and even lose your fears through several easy discussions about you and your audiences. Be a better communicator and capable public speaker and presenter. Our instructor has taught for over thirty years and creates a comfortable environment.

1 CONNECTION TU 7:30 PM - 8:30 PM 8X MAR 4 \$39



RELATIONSHIPS CAN BE FOREVER!

Be the very best person we can be to ourselves. People change from the inside out, and we are in charge of changing ourselves. The research and literature refers to activating, nurturing, strengthening and protecting our inner real self. Enjoy class activities for singles and couples who want to meet others with similar goals and values. Taught by Dr. Ken Hennefer. Each week is a different topic/class. Best deal for a weekly boost. Pay \$5 per week at the door, Room 209. Please park on the south side of Cottonwood High School.

1 COTTONWOOD W 7 PM - 9 PM 1X WEEKLY \$5

SUCCESSFUL MINDSET MAKING YOUR GOALS WORK FOR YOU

Do you ever wonder why achieving your goals is just out of reach or why everything seems to go your neighbor's way? Become empowered and achieve your life, career, and financial goals. Learn to effectively use goals and master the several laws of choice that set successful people apart. Learn to change your mindset and by doing so improve every aspect of your life; have healthier relationships, manage crisis more effectively, get ahead at work and in your personal life. Change your mindset - change your life!

1 TAYLORSVILLE TU 6:30 PM - 8 PM 1X MAR 11 \$19

TAROT CARD READING – INTRODUCTION

Interested in reading tarot cards? This course is designed to show you how to use the tarot cards for yourself. The first known tarot cards were created in northern Italy during the 15th century. The original purpose of tarot cards was for playing games, and then later became associated with mysticism and magic. Explore the history of tarot cards and learn how to read the cards for yourself. This is an informational, introductory class. Bring your deck of tarot cards the first night of class.

1 TAYLORSVILLE TU 6 PM - 7:30 PM 6X MAR 4 \$45

2 COTTONWOOD TH 6 PM - 7:30 PM 6X MAR 6 \$45

UNDERSTANDING ADDICTION AND TREATMENT OPTIONS

Addiction is revealing itself to be a complex medical condition which affects millions of people. Learn some of the basics about addiction from a clinical framework. Better understand a medical approach to addiction and the treatment options which are available. Learn, discuss, and share some of the challenges of addiction in a safe environment.

1 SKYLINE TU 7:30 PM - 9:30 PM 1X MAR 11 \$19

2 SKYLINE TU 7:30 PM - 9:30 PM 1X APR 29 \$19

**NO CLASSES
HELD**
MARCH 31-APRIL 4
SPRING BREAK

WORK

Business/Career

ACCOUNTING 1

While nationally, the employment arena is uncertain, Utah is still experiencing growth with new companies being formed every day. Take advantage of this unique market by acquiring a new skill in bookkeeping. Acquire the basic accounting functions needed that enable you to seek employment in general collections, accounts payable, accounts receivable, bookkeeping, or as a payroll clerk or office assistant. We progressively work through general collections, general ledger, assets, liabilities, debts, credits, bank reconciliation, and payroll entries. Become a candidate that an employer won't turn down.

1 TAYLORSVILLE TU 6 PM - 8 PM 6X MAR 4 \$59

BOOKKEEPING

Improve your skills in the workforce. Learn general bookkeeping information including debits and credits, accounting categories, general ledgers, cash basis and the accrual basis, and protecting your assets. Our knowledgeable instructor brings a wealth of knowledge and understanding to all aspects of bookkeeping.

1 TAYLORSVILLE TU 6 PM - 7:30 PM 8X MAR 4 \$59

CONSTRUCTION JOB COSTING FOR BOOKKEEPERS, ACCOUNTANTS AND OWNERS

Utah is filled with construction companies, large and small, who need qualified people working for them. Take your bookkeeping and accounting skills to the next level and become more marketable in the workforce. Learn general information, methods, and elements of job costing. Discuss the relationship between bookkeeping, accounting and job costing, accounts payable and accounts receivable, and learn how to best interpret those difference in your ledgers.

1 TAYLORSVILLE W 6 PM - 7:30 PM 4X MAR 5 \$45

Visit our website for Online Registration
granitepeaks.org



EXPLORING A CAREER IN REAL ESTATE – INVESTOR

Is a career in real estate right for you? Learn what it takes to be a successful real estate investor. Our real estate professional discusses all the topics you need to make an educated decision if real estate investing business is right for you. Topics include license requirements, types of investments, running a sales business, and income potential. Take both Exploring a Career in Real Estate classes and receive a 10% discount.

1	COTTONWOOD	W	6 PM - 8 PM	1X	MAR 26	\$25
2	SKYLINE	TH	6 PM - 8 PM	1X	APR 24	\$25

EXPLORING A CAREER IN REAL ESTATE – LICENSED AGENT

Is a career in real estate right for you? Learn what it takes to become a successful, licensed sales agent. Our real estate professional covers multiple topics including education and licensing, types of specialization, running a sales business, and income potential. If you've ever considered a career in real estate, now is the chance to ask all those questions you've been thinking. Take both Exploring a Career in Real Estate classes and receive a 10% discount.

1	COTTONWOOD	W	6 PM - 8 PM	1X	MAR 19	\$25
2	SKYLINE	TH	6 PM - 8 PM	1X	APR 17	\$25

ONLINE CLASSES

Granite Peaks offers a myriad of online classes!
Choose your schedule... online courses night and day.

Visit granitepeaks.org for class listings.
 Or call us for more information.

385.646.5439



MEDICAL BILLING & CODING CPT PRINCIPLES

Focus on researching CPT (Current Procedural Terminology) medical procedure codes for use in billing procedures in medicine with a professional coder. Enhance your ability to be hired in a medical practice. Coding class gives the information useful to help pass the National Coding Test with the American Academy Professional Coders. Two books are required: Step by Step Medical Coding (most current edition) by Carol Buck (manual, not workbook) and CPT Coding Manual (ISBN 978-1-60359-684-8). Pre-requisite: Medical Terminology & Basic Anatomy.

1 CONNECTION M 6 PM - 7:30 PM 9X MAR 10 \$115



MEDICAL TERMINOLOGY & BASIC ANATOMY

Want to work in the medical field? Memorize the medical vocabulary necessary to communicate with others. Those who finish the course receive a certificate of completion. Purchase Medical Terminology: A Short Course by Davi-Ellen Chabner 6th edition (ISBN 978-1437734409), Anatomy Coloring Book by Mosby (ISBN 978-0323019712), and Essential Atlas of Anatomy by Barrons (ISBN 978-0764118333). Bring books the first night of class.

1 HUNTER W 6 PM - 8 PM 8X MAR 5 \$85

PROGRAMMABLE LOGIC CONTROLLERS (PLC)

Programmable Logic Controllers AKA PLCs are self-contained computers used to control industrial automation operations. This course covers the basics of PLC control set-up, wiring, and RSX (Ladder Logic) programming. PLC training-simulation software is included in the course so students can practice and master the skills taught.

1 HUNTER TU 6 PM - 8 PM 4X MAR 4 \$59



ESL

ENGLISH AS A SECOND LANGUAGE

Granite Peaks offers multiple levels of English instruction. We place students in classes with the appropriate language level to help them succeed. Study grammar topics, learn life and work skills, improve reading, writing, listening and speaking.

Evening ESL

Connection High campus registration and testing every Wednesday and Thursday. from 5 p.m. – 7 p.m.

Classes are Mon-Wed from 6 – 8:30 p.m.

Granger High campus registration and testing every Monday, Tuesday and Thursday from 5 p.m. – 7 p.m.

Classes are Tues-Thurs from 6-8:30 p.m.

Daytime ESL

Connection High Campus registration and testing every Monday-Thursday from 8:30 a.m. – 10 a.m.

Classes are ongoing.
Call 385-646-4363 for more information.



RESUME CREATION AND INTERVIEW PREPARATION

Refine or create an effective resume. A well thought out and perfect resume helps obtain an interview with prospective employers. Learn tips regarding interview processes and how you can prepare yourself to have the best chance to get a job offer.

1 HUNTER TH 7 PM - 8:30 PM 3X MAR 13 \$39

Certifications


CONCEALED WEAPONS

Complete the requirements to apply for your Utah concealed firearm permit. We cover all of the training required by law as well as other important and interesting information that you may not receive elsewhere. Our knowledgeable instructors are retired police officers with more than 37 years of teaching, firearms, and law enforcement experience. They hold instructor certifications from the Utah Department of Public Safety (BCI), The NRA, and the Utah Police Academy. Fingerprinting, photograph, course materials and all required paperwork is provided as part of the class. Upon completion, you will send your paperwork with the \$46.00 fee to BCI for your permit. **DO NOT BRING GUNS, AMMUNITION OR FIREARMS TO CLASS.** You must be 21 years old to apply for a Utah Concealed Firearm Permit. *Please note that you must attend the entire session to obtain your signed and stamped application. Students arriving more than 20 minutes late will be required to reschedule for the next available class.

1 CONNECTION SAT 9 AM - 2 PM 1X MAR 1 \$49

2 CONNECTION SAT 9 AM - 2 PM 1X APR 12 \$49

HUNTER SAFETY EDUCATION

 Learn the safety rules for hunting in Utah. This class includes a manual, the hunter safety test, and a patch. Please purchase a Registration Certificate (\$10) before attending this class. You may purchase a certificate at any division office, licensed agent or online at <http://www.wildlife.utah.gov>. You must bring this certificate to your first day so that the instructor can complete the enrollment process. Parent will need to sign the voucher for anyone under the age of 18 taking the class. Parents pay half price if they attend with their child.

1 HUNTER MW 6 PM - 9 PM 6X APR 7 \$5

PHLEBOTOMY

Enter the medical field with a marketable skill. Our six week course teaches you all the essentials in the field of phlebotomy. Practice and perfect blood drawing techniques, safety standards, basic anatomy, physiology, and other factors involved in this profession. Upon completion, participate in an 'externship' in a real-work environment to receive your certification. Taught by a certified instructor from the Utah School of Phlebotomy.

1 COTTONWOOD W 5 PM - 7 PM 6X MAR 5 \$499

Finances

FINANCING YOUR COLLEGE EDUCATION

What are your options for financing your education? Where do you start to find financing for college? Our instructor takes the worry away by walking you through setting up your FAFSA (Free Application For Student Aid) and the differences in loans, grants and scholarships. Different savings options are also reviewed. If you are planning on attending college or your child is getting ready to go to college, this class is for you.

1 CONNECTION TU 7 PM - 8 PM 1X MAR 11 \$19

2 COTTONWOOD W 7 PM - 8 PM 1X APR 16 \$19

Food Handlers

CLASES DE PERMISO DEL MANIPULADOR DE ALIMENTOS – FOOD HANDLER PERMIT IN SPANISH

Obtenga su Permiso de Manejo de Alimentos el cual se requiere para trabajar en cualquier lugar de servicios de comida. Los permisos de manejo de alimentos son válidos por tres años. Ofrecemos una clase en español el primer y tercer lunes de cada mes a las 6 de tarde. No hay clases en los días de festivos.

1 CONNECTION M 6 PM - 7:30 PM 1X FEB 3 \$30

FOOD HANDLER PERMIT

Earn your Food Handler Permit, which is required for all food service workers. Effective July 1, 2013, Food Handler Permits are valid for three years. We offer classes on Mondays at Connection (formerly Granite Peaks Learning Center) and on Wednesdays at Taylorsville High. Classes are not held on legal holidays. Special child care permits are no longer required. On-site training for your organization can be arranged by calling 385-646-5439. Bring receipt to class. Picture ID is required. Call 385-646-4328 for more information.

1 TAYLORSVILLE W 3:30 PM - 5 PM 1X WEEKLY \$30

2 TAYLORSVILLE W 6 PM - 7:30 PM 1X WEEKLY \$30

3 CONNECTION M 3:30 PM - 5 PM 1X WEEKLY \$30

4 CONNECTION M 6 PM - 7:30 PM 1X WEEKLY \$30

New Skills

ANALYTICAL ELECTRONIC DIAGNOSTICS AND REPAIR – BASIC

Learn the skills needed to be able to diagnose most electrical and electronic problems. Focus on learning power-off reverse engineering skills. These skills mastered can be used to determine causes of electrical or electronic problems even when little or no technical data schematics for the item are available. This skill is a must have to progress in the electrical and electronic fields. All students receive training and practice software and a digital multi-meter to help them perfect their skills.

1 HUNTER W 6 PM - 8 PM 4X MAR 5 \$59

Real Estate

ABC'S OF HOME BUYING

Stay abreast of all the changes in the housing market. Make the market ups and downs work for you. Do you want to buy a home of your own but don't know where to start? We help you understand the simple steps of home buying. Explore options in finding a real estate agent and mortgage lender. Investigate how to obtain the best credit and interest rates. Analyze various down payment and loan programs. Lower your closing costs. Bring a partner for free!

1 COTTONWOOD TH 6:30 PM - 9 PM 1X MAR 20 \$19

2 COTTONWOOD W 6:30 PM - 9 PM 1X APR 9 \$19

3 TAYLORSVILLE TU 6:30 PM - 9 PM 1X APR 15 \$19

Technology

ADOBE ILLUSTRATOR – LEVEL 1 INTRODUCTION

Adobe Illustrator is a vector-based graphics program that allows beginners and experts alike to create professional quality print and web designs. Learn the skills that allow you to take advantage of Illustrator's powerful tools to create illustrations and type effects that can be used for both print and web graphics. Work with colors, gradients, layers, fonts, and photos to create eye-catching illustrations and text effects. Teachers can receive re-licensure points for this class.

1 CONNECTION TU 6 PM - 8 PM 2X APR 8 \$65

CLASSES FOR ADULTS WITH DISABILITIES

**CALL
385.646.4504**

WE SALUTE THOSE WHO LOVE TO LEARN!

*Wednesday Nights at the
NEW Hartvigsen Campus*

- Blast of Crafts
- Your Voice, Hartvigsen Style
- Bowling
- Yummies for Your Tummy
- Swimming for Fun
- Snack Attack
- Sparkle Up Your Jewelry
- iPads, SmartPhones, and Laptops OH MY!
- Let's Dance!
- Treasures of Hartvigsen
- Modge Podge of Art

BASIC COMPUTER SKILLS 1

Learn the basics of how to use a PC. Understand the difference between hardware and software, as well as how to use a mouse and extended keyboard. Discover where files are stored on your computer and how to find them when you need them. No experience is required.

1 SKYLINE TH 6 PM - 8:30 PM 2X APR 10 \$65

BASIC COMPUTER SKILLS 2

Improve your confidence with computers. Build on the skills you learned in Basic Computer Skills 1. We continue with a brief overview on word processing, spreadsheets, e-mail, and the internet. Understand what points to consider, whether you're a first time buyer or just want to upgrade. Pre-requisite: Basic Computer Skills 1 or teacher approval.

1 SKYLINE TH 6 PM - 8:30 PM 2X APR 24 \$65

BUILD A WEBSITE WITH HTML AND CSS

Ever wanted to know how to put up a website? Here is your chance to learn the basics of how to build a website and publish it for all your family, friends, and clients to see! Not only learn how websites are built, build one yourself during the course.

1 COTTONWOOD TH 7:45 PM - 9 PM 5X APR 10 \$69

BUILD A WEBSITE WITH WORDPRESS

Did you know that WordPress offers a full content management system for building websites? Learn how to use the popular CMS WordPress to build a fully developed website. Walk through all the steps needed, from domains and hosts to building your website and publishing it on the web. Prerequisite: Must have basic computer skills and be comfortable on a computer. This is not a blogging class.

1 COTTONWOOD TH 6:30 PM - 7:30 PM 4X APR 10 \$55

COMPUTER SKILLS FOR LIFE

Starting with the very basics, learn how to use the computer. Our patient and knowledgeable instructor guides you through understanding how to use a personal computer (PC). Discuss how to use a keyboard and mouse. Discover where files are stored on your computer and how to access them. No experience is necessary but a desire to become more familiar with the computer.

1 TAYLORSVILLE TU 6 PM - 7 PM 4X MAR 4 \$49

385.646.5439

Please call for more information



COMPUTER SKILLS FOR LIFE 2

Continuing on from Computer Skills for Life Part 1, learn a few more basic processes of using a computer. Improve your confidence and build upon the skills you already have. Discuss and practice word processing, spreadsheets, email and the internet. Limited experience with a computer would be helpful for this class.

1 TAYLORSVILLE TU 6 PM - 7 PM 4X APR 8 \$49

COMPUTER SKILLS FOR THE WORKPLACE – EXCEL 2010 – BEGINNING

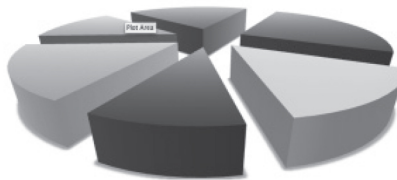
With Excel, you have a powerful tool to help you analyze data and find solutions. We cover the basics of spreadsheets, tables, numbers, formulas, charts and graphs. It is recommended that you have basic computer skills. No prior Excel skills required. Sign up for both Computer Skills for the Workplace and receive 10% discount.

1 TAYLORSVILLE TU 7 PM - 9 PM 4X APR 8 \$69

COMPUTER SKILLS FOR THE WORKPLACE – WORD 2010 – BEGINNING

Create, edit, and format your own professional looking documents. Using Microsoft Word 2010, choose spacing, font, font size, and more. After your document is finished, check for spelling or grammar errors, and then preview it before printing. Saving and retrieving documents also covered. Sign up for both Computer Skills for the Workplace and receive 10% discount.

1 TAYLORSVILLE TU 7 PM - 9 PM 4X MAR 4 \$69



EXCEL – QUICK TRACK BEGINNING

A fast paced class to get you going with MS Excel basics in just two weeks. Starting with definitions of the Excel components, we work through opening, modifying and saving worksheets and workbooks in this powerful spreadsheet application. Enter and edit various data types, as well as formatting the data for a professional looking worksheet. The class concludes with a short introduction to charts, and basic printing techniques. While it is recommended that you have some basic computer skills, no prior Excel skills are required.

1 SKYLINE TU 6 PM - 8:30 PM 2X MAR 4 \$65

EXCEL – QUICK TRACK INTERMEDIATE

Build on the knowledge you gained in the beginning class. Once you know about styles and conditional formatting and functions, focus on table and list data. Manage large groups of data including filters, subtotals, sorting and grouping data, as well as how to create pivot tables to present the data in a meaningful format. Customize a chart and explore several printing options to round out the class. Pre-requisite: Excel-Beginning, a general basic knowledge of Excel, or approval from instructor.

1 SKYLINE TU 6 PM - 8:30 PM 2X MAR 18 \$65

EXCEL – QUICK TRACK ADVANCED

The final part of the Excel Quick Track series is not for the faint of heart. Start out simple enough by discussing Workbook themes, how to insert other objects such as images and shapes and how to save time by using templates. Then we move into working with multiple files where you link data across other sheets and workbooks and combine data from multiple sheets into a single sheet. The Excel series climaxes when we cover advanced charting concepts, Macros and highly analytical functions to help with business analysis. Pre-Requisite: Excel - Intermediate, with a solid understanding of Excel principles, or approval from instructor.

1 SKYLINE TU 6 PM - 8 PM 2X APR 8 \$55

FACEBOOK 101

Confused about how to use the popular social media website FaceBook? Learn how to use Facebook today! Our patient and knowledgeable instructor takes you through all the steps, from setting up your profile, to posts and likes, and everything in-between. Facebook is a great way to keep in touch with friends and family members, as well as organize events, groups, and holidays. Businesses and Non-Profits are also encouraged to sign up. Learn about all the things you can do with social media; it's time to get connected!

1 COTTONWOOD TH 6:30 PM - 7:30 PM 2X MAR 13 \$29

EMAIL FOR BEGINNERS

Our patient and knowledgeable instructor guides you through all the steps necessary to create and use a Gmail email account. This class is for individuals that only want to learn Gmail, no other Google products. Start with the basics and go slow, grandparents and beginners don't be shy, sign up today! Those that have basic email knowledge are encouraged to sign up for Google 101 where we cover more Google products at a slightly faster pace.

1 COTTONWOOD W 7 PM - 9 PM 1X MAR 26 \$25

GOOGLE 101

Do you know about the power of Google? Not only is Google the most popular search engine today, but Google offers email, online documents, calendars, sharing, tools, apps and more! Learn about all the neat things Google can do for you! we start with the basics, so grandparents and beginners are welcome. Don't be shy, sign up today!

1 COTTONWOOD TH 7:45 PM - 9 PM 3X MAR 6 \$39

PC HEALTH, FIX YOUR COMPUTER!

Do you have a slow computer? Is your internet acting funny? Are there popups, or tool bars that you did not invite to your company? You may have a spyware or a virus! A virus can wipe out your entire hard drive, if you let it! Learn how to diagnose your computer problems, make simple repairs, and remove spyware and viruses from your PC yourself (Windows operating systems only). Prerequisite: Must have basic computer skills and be comfortable on a computer.

1 COTTONWOOD TH 6:30 PM - 8:30 PM 1X MAR 27 \$35



YOUTH

Arts & Crafts

DRAWING BASICS (AGES 8 AND UP)

New Learn to draw using a variety of mediums including watercolors, crayons, pencils, and felt tip markers. Each week receive individual guided instruction and leave with a masterpiece. Supplies included.

1 COTTONWOOD TH 6 PM - 7 PM 3X MAR 13 \$35

PAINTING (AGES 8 & UP)

Explore various painting techniques using acrylic paints including wash, color mixing, color theory and tonal arrangements while paying attention to drawing skills. Walk away with new skills as well as fine tune what you already know.

1 COTTONWOOD TH 6 PM - 7 PM 5X APR 10 \$45

Performing Arts

BALLET – BEGINNING (AGES 3–5)

Calling all little ballerinas! Get ready to pirouette, jete, and plié your way to the front of the stage! Improve your balance, flexibility, and confidence while you have fun learning these beautiful styles of dance. In addition to learning basic ballet skills, our tiny dancers learn to create and express through dance. Show off what you learn to family and friends on the last day of class. Ballet shoes are not required.

1 CONNECTION W 5:30 PM - 6:15 PM 6X MAR 12 \$35

2 COTTONWOOD W 5:30 PM - 6:15 PM 6X APR 16 \$35

BALLET – BEGINNING (AGES 6–8)

Calling all ballerinas! Get ready to pirouette, jete and plie your way to the front of the stage! Improve your balance, flexibility, and confidence while having fun dancing these beautiful styles. In addition to learning basic ballet skills, our dancers learn to create and express through dance. Show off what you learn to family and friends on the last day of class. Ballet shoes are not required.

1 CONNECTION W 6:15 PM - 7 PM 6X MAR 12 \$35

2 COTTONWOOD W 6:15 PM - 7 PM 6X APR 16 \$35

BALLET, JAZZ AND HIP HOP (AGES 4–7)

Sometimes it is hard to decide which kind of dance you are most interested in or which one suits you best. Explore three separate dance styles without having to choose your favorite. Take the opportunity to explore ballet, jazz, and hip hop. Each week brings a diversified lesson that allows you to explore the movement of the most popular dance styles. Come satisfy your hunger for dance!

1 SKYLINE TU 7 PM - 7:45 PM 6X MAR 11 \$35



DANCE (AGES 3–4)

Does your child get excited when music is playing? Encourage their physical development through dance. Our teachers provide basic creative dance steps in a fun, positive, and nurturing environment. No special clothing or shoes required.

1 SKYLINE TU 6 PM - 6:30 PM 6X MAR 11 \$29

2 SKYLINE TU 6:30 PM - 7 PM 6X MAR 11 \$29

3 HUNTER TH 6 PM - 6:30 PM 6X MAR 13 \$29

HIP HOP BEGINNING (AGES 5–8)

Shut down the computer, turn off the TV, and join other kids in this fun, energetic class. Enjoy great music while acquiring rhythm, balance, and coordination. Please wear comfortable clothes you can easily move in.

1 HUNTER TH 6:30 PM - 7:15 PM 6X MAR 13 \$35

HIP HOP BEGINNING (AGES 9–12)

Release some of that stress from homework. The music is playing and it's time to get up and dance. Move your feet and arms to the music of today's favorite artists such as Rihanna, Michael Jackson, and Beyonce. Who knows? You could be the next dance star.

1 HUNTER TH 7:15 PM - 8 PM 6X MAR 13 \$35

PHOTO EDITING/CREATING DIGITAL SLIDESHOWS

Turn photo prints and digital photos into long lasting fun slideshows. Learn how to import both physical and digital photos, prepare and edit as well as create interesting and exciting slideshows. These slideshows can be played back on a PC or burned to a DVD all with software that is probably already on your home computer. This is a great way to preserve family photos, weddings, vacations, and share them with your friends and family. So, bring a few photos and create memories! This class is for beginners.

1 HUNTER TU 6:30 PM - 8 PM 1X MAR 11 \$25

POWERPOINT 2010

Discover the intricacies of PowerPoint. Engage in hands-on techniques for designing effective PowerPoint presentations. Create custom slideshows with impact and appeal. Dazzle your audience with your presentation, from multimedia slides and charts to outlines and graphs. Pre-registration is required. Basic computer skills are necessary to be successful in this class.

1 SKYLINE TH 6 PM - 9 PM 2X MAR 20 \$69

SPYWARE/MALWARE & TOOLBAR REMOVAL

New Doesn't it seem like you can't go anywhere on the internet and not get a toolbar, spyware or malware? Learn how to get rid of those pesky programs and, more importantly, learn how to identify where they come from and how to avoid them. Our tech savvy instructor shows how to use free software to remove the problems and prevent them from coming back. Anyone who uses the internet finds this class helpful!

1 HUNTER TU 6 PM - 8 PM 1X MAR 18 \$39

WINDOWS 8

Learn everything about Windows 8 to effectively use this new operating system with ease. Bring a laptop if possible. This class is taught in presentation style because we don't have labs that support Windows 8. Delve into how the Windows 8 operating system works, discussing the advantages and disadvantages, customizing your operating system to fit your needs, and the differences between operating systems. Also learn how to install and un-install programs on your computer and the best ways to prevent viruses.

1 HUNTER TU 6 PM - 8 PM 1X MAR 25 \$25



MILL HOLLOW YURT

ENJOY THE COMFORT OF OUR COZY YURT!



Enjoy the winter outdoors at the Mill Hollow Yurt. Explore the Uinta Mountains during the day by snowshoe, skis or snowmobiles while spending the nights in Mill Hollow's Yurt. A wonderful way to enjoy the beautiful Utah winter!

**For information or to make reservations,
please call 385-646-4668**

ELECTRONIC GAME DESIGN (AGES 7 – 14)

New This is a great class for anyone who has ever dreamed of building their very own video game. Learn the basics of programming and coding in a fun, hands-on class. The two sessions of this class follows the evolution of the video game. Students taking classes that begin in March will create the classic Pong, a platform style game (think of your favorite plumber in a red jumpsuit) and a racing game. Students taking classes that begin in April will build the classic Breakout, space invader defense game, and a tower defense game. Students take all their games home at the end of the course. Students may also pay an optional material fee to purchase the software (at a discount compared to retail price) to create games at a home.

1	GRANGER	M	6 PM - 8 PM	4X	MAR 3	\$95
2	SKYLINE	TU	6 PM - 8 PM	4X	MAR 4	\$95
3	COTTONWOOD	TH	6 PM - 8 PM	4X	MAR 6	\$95
4	SKYLINE	TU	6 PM - 8 PM	4X	APR 8	\$95
5	GRANGER	M	6 PM - 8 PM	4X	APR 7	\$95
6	COTTONWOOD	TH	6 PM - 8 PM	4X	APR 10	\$95

THE ART OF MAGIC

New Build your imagination and confidence while learning a really cool skill - magic! Learn the art of magic as well as the basics of what it means to be a magician. Our instructor has been doing magic for over ten years. He shares many tips and tricks so you can perform sleight of hand and other magic tricks. Bring your family and friends the last night of class to show off what you learned. Abracadabra!

1	TAYLORSVILLE	TU	6:30 PM - 8 PM	4X	MAR 18	\$39
2	TAYLORSVILLE	TU	6:30 PM - 8 PM	4X	APR 29	\$39

Play

PARENT AND ME INTRODUCTION TO THE WONDERFUL WORLD OF HORSES (AGES 2 – 5) *

New Does your preschool age child always ask about horses? Do you want your child to know more about horses? Now is your opportunity to bond with your child while they are bonding with horses. Take that love of all things horses and participate together in the experience to get to know horses up close and personal. Learn the basics of how to properly care for, approach and groom a horse. Enjoy the sensory experience of being with horses and share in the joy of riding together in the safe guidance of an experienced trainer and seasoned schooling horse. As an added bonus, know you are giving back to the community by helping in the rehabilitation of rescued horses.

1	STABLE PLACE	SAT	2 PM - 3 PM	1X	MAR 22	\$45
2	STABLE PLACE	TU	5:30 PM - 6:30 PM	1X	APR 8	\$45

PLAY WITH ROBOTS

New Interested in robots and how they work? Join our robotics expert and play with robots! Use K'nex, Lego and other kits to learn robot design, construction and testing. Create a unique powered vehicle using Capsella kits which are snap together modules that allows for a variety of engines and transmissions. Complete your robot experience with learning how to drive VEX competition robots. A special performance by the Wolverine Robotics Team culminates your robot experience.

1	HUNTER	TU	6 PM - 8 PM	4X	APR 8	\$39
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Sports & Fitness

KARATE KIDS – BEGINNING (AGES 7 – 12)

Do you want to be like the Karate Kid? Improve basic punches, kicks, and blocks of multiple martial arts forms. Have fun doing this while building respect for yourself and others.

1	SKYLINE	TU	6:30 PM - 7:30 PM	6X	MAR 4	\$39
2	COTTONWOOD	TH	6:30 PM - 7:30 PM	6X	APR 10	\$39
3	TAYLORSVILLE	W	6:30 PM - 7:30 PM	6X	APR 16	\$39

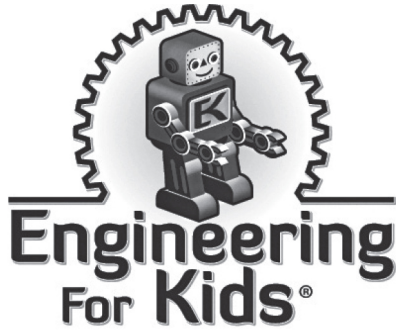
KIDS' VOLLEYBALL (AGES 7–14)

Learn this favorite summer sport by practicing indoors during winter. Join other kids, make new friends, and get a great workout. Our volleyball coaches provide a safe environment while teaching sportsmanship, volleyball rules, and helping you master those skills. Beginner and Intermediate students welcome.

1	COTTONWOOD	W	5:30 PM - 6:30 PM	4X	APR 9	\$29
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Visit our website for Online Registration
granitepeaks.org

TEACHER PROFILE



ENGINEERING FOR KIDS

Engineering for Kids

Engineering for Kids brings science, technology, engineering and math (STEM) to children ages four to fourteen in a fun and challenging way through classes, camps, clubs and parties. The teachers and owner of Engineering for Kids Utah are proud to inspire children to build on their natural curiosity by teaching engineering concepts through hands-on learning. Engineering is one of the fastest growing industries in the world..

ELECTRONIC GAME DESIGN.....PAGE 22

PARKOUR/FREERUNNING (AGES 4–7)

Do you have active kids who are ready for a new adventure? Girls and boys have fun, gain self-confidence, get in better shape, and make friends in our Parkour/Freerunning class! Parkour teaches kids a safe way to overcome obstacles, as well as learning how to creatively and playfully interact with one's environment. Parkour helps young people grow mentally and overcome fear through structured 'running around'. Experience the fun and adventure of parkour!

1 HUNTER	W	4:30 PM - 5:15 PM	5X	APR 9	\$39
2 SKYLINE	TH	4:30 PM - 5:15 PM	5X	APR 10	\$39

PARKOUR/FREERUNNING YOUTH (AGES 8–15)

Ready for a new adventure? Have fun, gain self-confidence, get in better shape, and make friends in our Parkour/Freerunning class! Parkour teaches discipline by learning how to overcome obstacles, as well as learning to creatively and playfully interact with one's environment. Parkour helps young people grow mentally and overcome fear through adventurous conditioning. Experience the fun and adventure of parkour!

1 HUNTER	W	5:15 PM - 6:45 PM	5X	APR 9	\$39
2 SKYLINE	TH	5:15 PM - 6:45 PM	5X	APR 10	\$39
3 SKYLINE	TH	6:45 PM - 8:15 PM	5X	APR 10	\$39

SOCCER SKILLS (AGES 3–5)

Soccer is a fun way for your child to develop their ability to interact and work together through teamwork. Watch your small one practice skills such as dribbling, shooting on goal, and passing, while developing small and large motor skills. Increase listening skills and self-confidence while playing various games with the ball. Bring a soccer ball if you have one.

1 HUNTER	M	4:30 PM - 5 PM	4X	MAR 3	\$25
2 HUNTER	M	4:30 PM - 5 PM	4X	APR 28	\$25
3 HUNTER	M	5 PM - 5:30 PM	4X	APR 28	\$25

SOCCER SKILLS (AGES 6–9)

Soccer is a fun way for your child to develop their ability to interact and work together through teamwork. Watch your child practice skills such as dribbling, shooting on goal, and passing, while developing small and large motor skills. Increase listening skills and self-confidence while playing various games with the ball. Bring a soccer ball if you have one.

1 HUNTER	M	5:30 PM - 6 PM	4X	APR 28	\$25
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TINY TIGERS (AGES 4–6)

Channel all that energy. Practice blocks, chops, kicks, and other karate moves in a safe and fun environment. With careful guidance, build self-confidence, leadership skills, and good manners. Acquire respect for others and for yourself. It's a great way to appreciate physical fitness while having fun.

1 SKYLINE	TU	5:30 PM - 6:30 PM	6X	MAR 4	\$39
2 COTTONWOOD	TH	5:30 PM - 6:30 PM	6X	APR 10	\$39
3 TAYLORSVILLE	W	5:30 PM - 6:30 PM	6X	APR 16	\$39



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LEARN MORE BECOME MORE



GRANITE PEAKS ADULT EDUCATION

Granite Peaks Lifelong Learning is an integral part of Granite School District providing a comprehensive program for adults to improve their academic skills, to earn their high school diploma or to prepare for the GED Test. Granite Peaks provides the most current and up-to-date learning programs for adult learners at all levels of academic proficiency.

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GRANITE PEAKS LIFELONG LEARNING WHERE EDUCATION IS:

- RELEVANT –
- EMPOWERING –
- INDIVIDUALIZED –

.....

To learn about all of Granite Peaks Adult Education programs and information on current options available, attend our orientation. This free, informational seminar is provided by the staff of Granite Peaks. There is no cost or obligation for attending the orientation. Once you have selected a program, there are modest registration and class fees.

Students must attend orientation and meet with a counselor before registering for class.

Orientations are held weekly beginning August 26 during the school year (not on legal holidays) at the following campuses:

Granite Connection High.....Mondays at 6:30 pm
(Formerly Granite Peaks Learning Center)
501 East 3900 South, Salt Lake City, Utah

Granger Campus.....Tuesdays at 6:30 pm
3580 South 3600 West, West Valley City, Utah

Hunter Campus.....Tuesdays at 6:30 pm
4200 South 5600 West, West Valley City, Utah



CAMPUS AND ADDRESSES

LOCATIONS

Cottonwood	5715 South 1300 East, SLC, UT 84121	Room 503
Granite Connection High	501 East 3900 South, SLC, UT 84107	Main Office <i>(formerly Granite Peaks Learning Center)</i>
Granger	3580 South 3600 West, WVC, UT 84119	Room K118
Hartvigsen	1510 West 5400 South, Taylorsville, UT 84123	Room 132
Hunter	4200 South 5600 West, WVC, UT 84120	Commons Area
Skyline	3251 East 3760 South, SLC, UT 84109	Room 158A
Taylorsville	5225 South Redwood Road, SLC 84123	Room F-101

REGISTRATION INFORMATION

1 ONLINE granitepeaks.org

The fastest, easiest way to register! Pay securely online with a Visa or MasterCard. A confirmation email is sent automatically upon registration.

2 PHONE 385.646.5439

Use your Visa or MasterCard to register. For personal assistance, please call Monday thru Thursday from 1pm to 9pm or Friday from 8am to 3pm.

3 MAIL Granite Peaks Learning Center

501 East 3900 South, Salt Lake City, Utah 84107. Send check or money order with completed registration form. Consider yourself enrolled unless you are notified that the class is filled.

4 FAX 385.646.4667

Fax your completed registration form. You will be called so you may privately relay your Credit Card information.

5 IN PERSON Any Campus Location

Show up in person and sign up at the campus you wish to attend. Campus addresses are found on page 24.


PLEASE NOTE: Fees listed are for tuition and material fees where applicable unless otherwise noted. Teacher salaries are funded by tuition.

REFUNDS: If you cannot attend a course as planned, you may receive a full refund if you notify us before the class starts. You may receive a credit voucher after the class has met. This credit voucher is good for one year from the date created. Material fees cannot be refunded once the class starts. If you pay by check or cash, refunds will be given as a check. Vouchers will be given for refunds less than \$10. If you pay by credit card, we will refund your credit card.

SPECIAL REFUND POLICY: Some classes require materials to be purchased by the instructor prior to the start of class based on the number of students enrolled. These materials generally are perishable or non-refundable. Therefore material fees cannot be refunded one week prior to the start of class.

DISCOUNTS: Senior citizens 60 and over and Granite School District employees may receive a 10% discount on community education classes. Registration for three or more people within the same transaction for the same class may receive a 10% discount. Discount is given on tuition not on material fee.

CANCELLATIONS: Sometimes a great class gets cancelled because people wait to register until the last minute. Sign up early and if you find you cannot attend the class, just call and we will be happy to give you a credit for a future class.

 **REGISTRATION FORM** Birthdate

Name

Address

City Zip

Email Address Male Female

Phone

Class

Start Date Amount \$

Campus

Class

Start Date Amount \$

Campus

Class

Start Date Amount \$

Campus

Make checks payable to Granite Peaks. 501 East 3900 South, Salt Lake City, Utah 84107

501 East 3900 South
Salt Lake City, Utah 84107

RESIDENTIAL CUSTOMER



ORGANIZE YOUR HOME SO IT STAYS
ORGANIZED



PAGE
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LAUGHTER FOR THE
SOUL



PAGE
01



BEHOLD THE
HARMONICA



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8

