



## Garden

## INS AND OUTS OF STARTING A GARDEN

Do you enjoy visiting farmers' markets and secretly wish you could grow healthy, delicious produce in your own yard? Discover how to establish your first garden. We cover the basic fundamentals of gardening, identifying your soil type, amending that soil, garden methods, spacial planning, and choosing the correct plants and their placement.

1	SKYLINE	TU TH	6 PM - 8 PM	2X	MAR 12	\$59
2	TAYLORSVILLE	TU W	6 PM - 8 PM	2X	MAR 26	\$59
3	COTTONWOOD	TU TH	6 PM - 8 PM	2X	APR 16	\$59
4	TAYLORSVILLE	TU W	6 PM - 8 PM	2X	APR 23	\$59

## LIMITED SPACE GARDENING

Do you only have one small grow box and want to maximize your garden output? Do you think that living in an apartment limits your ability to grow a garden? Think again! Discover how to grow fresh, healthy food for you and your family. We explore space saving garden methods including square foot gardening, container gardening, and growing in plastic bags and buckets. We also discuss current garden products trends and their efficacy.

1	COTTONWOOD	TH	6 PM - 8 PM	1X	MAR 7	\$35
2	TAYLORSVILLE	W	6 PM - 8 PM	1X	MAR 13	\$35
3	SKYLINE	TH	6 PM - 8 PM	1X	APR 11	\$35

## STARTING YOUR OWN SEEDLINGS

Are you tired of paying the high prices for garden seedlings? Why not start your own? Together, we plant a 4-pack of veggie/herb starts, all while learning what you need to care for your seedlings in your own home. Discuss using the correct soil, container types, watering schedules and light requirements. We even cover timetables for early, mid and late season crops so you can keep your garden stocked all season long.

1	TAYLORSVILLE	W	6 PM - 8 PM	1X	FEB 27	\$35
2	TAYLORSVILLE	TU	6 PM - 8 PM	1X	MAR 5	\$35
3	COTTONWOOD	W	6 PM - 8 PM	1X	MAR 20	\$35

## GARDEN SERIES

Combine any three of our gardening classes for a discount! Interested in starting your own seedlings, learning the ins and outs of gardening and limited space gardening? This is the class for you. You choose the time and location for each of our three gardening classes that fit your schedule. Register for this Gardening Series class. We want to make sure we reserve a spot for you so call or email us with your preferred schedule. Call 385-646-5439 or email us at [mailto:granitepeaks@graniteschools.org](mailto:mailto:granitepeaks@graniteschools.org)

1X ANY THREE GARDENING CLASSES \$109

## HERB GARDENING INTENSIVE \*

**New** 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. 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 20 \$35

## 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 16 \$35

## 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 the ordinary illnesses, herbal first aid and also some useful culinary herbs. Class taught at Millcreek Herbs, 3191 East 3300 South. Call 801-450-3137 if you get lost. Pre-registration is required.

1 MILLCREEK HERBS SAT 12 PM - 3 PM 1X FEB 23 \$35

2 MILLCREEK HERBS SAT 12 PM - 3 PM 1X MAR 23 \$35

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

## TEACHER PROFILE



## CORINNE FUGAL

Corinne has always had a love of gardening so when she married the son of a Utah State University Master Gardener, she absorbed everything she could about gardening. As she learned about the acidity levels of tomatoes, the benefits of insects, and the preservation of the summer harvest her love of self-sufficiency grew. Her mother-in-law taught Corinne how to safely and deliciously can meats, dry herbs, and control insects with strategically spaced herbs and flowers.

Corinne has a thriving garden with over one hundred tomato plants, fifty pepper plants, and an abundance of onions, garlic, and herbs. She has made gardening more economical through edible landscaping, saving heirloom seeds, and starting seedlings indoors.

Today, Corinne is an owner of a successful home gardening and canning business raising an average of 1200 seedlings and bottling thousands of produce for family, friends and to sell each year. Corinne shares her passion for gardening with Granite Peaks teaching classes year-round because, as she says, "I love seeing people succeed at being more self-reliant through successful gardening."

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STARTING YOUR OWN SEEDLINGS ..... PAGE 1

## Cooking

## BARISTAS AT HOME

Learn the art of steaming, brewing and the pour of a great cup of express and coffee. Learn how to create gourmet coffee recipes at home. French press, stove top espresso and more techniques are modeled. Some tasting is involved. Special refund policy applies to this class. See inside back cover for details.

1 GPLC TU 6 PM - 8 PM 1X MAR 19 \$35



### 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! This class is Wilton Cake Course 2. Instructor will contact registered students with supply list. Pre-registration required.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 4X MAR 12 \$39

### CAKES - 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!

1 COTTONWOOD W 6:30 PM - 8:30 PM 1X FEB 27 \$25  
2 COTTONWOOD TU 6 PM - 8 PM 1X MAR 5 \$25  
3 GPLC SAT 12 PM - 2 PM 1X APR 13 \$25  
4 COTTONWOOD TU 6 PM - 8 PM 1X APR 23 \$25

### EASY AND DELICIOUS BREAD BAKING

There are many reasons to bake your own bread. It is cheap, easy, delicious and healthy. In Bread Baking, you learn to make two different types of yeast dough that can then be used to create a variety of breads- from standard loaves to pizza to morning buns. The techniques learned require minimal effort for a fabulous result. You will go home with a bread bucket and bread dough. Special refund policy applies to this class. See inside back cover for details.

1 SKYLINE TH 6:30 PM - 8 PM 1X MAR 21 \$29  
2 SKYLINE TH 6:30 PM - 8 PM 1X APR 25 \$29

### GLUTEN-FREE BREAD WORKSHOP

Come and join master gluten-free baker Trish Withus and learn the professional way to bake gluten-free breads from start to finish! Learn the techniques of mixing, proofing, shaping and baking delicious tasting gluten-free bread. By far one of her most popular classes of the season, and in it she touches on several different types of bread from yeast breads to sweet breads and everything in between! Learn the basic techniques and her bakery secrets to honing the art of making gluten-free breads. Menu can be found on our website. Special refund policy applies to this class. See inside back cover for details.

1 GPLC TH 6:30 PM - 8:30 PM 3X MAR 14 \$89

### GLUTEN-FREE CUPCAKE EXTRAVAGANZA

The cupcake phenomenon has reached the gluten-free world! Gluten-free baker, Trish Withus is back in the kitchen whipping up amazing cupcakes. In this class discover professional techniques and tips on how to perfect this delectable little treat. Cupcakes, perfect for any occasion! Special refund policy applies to this class. See inside back cover for details.

1 GPLC TH 6:30 PM - 8:30 PM 1X APR 11 \$29

### GLUTEN-FREE GOURMET

Designed for both the novice cook and seasoned home chef, this class empowers you to cook gluten-free with confidence. Gluten-Free Chef Trish Withus, focuses on classical culinary skills that are relevant to all home cooks, while still keeping it gluten-free. Menu: Spiced Potato Soup, Mushroom Bourguignon. Special refund policy applies to this class. See inside back cover for details.

1 GPLC TU 6:30 PM - 8:30 PM 1X MAR 19 \$29

### GLUTEN-FREE LIFESTYLE SERIES PART 2

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 GPLC TU 6:30 PM - 8:30 PM 3X APR 9 \$99



### HOMEMADE BABY FOOD 101

Learn the ins and outs of cooking, serving and storing homemade baby foods. Discuss how to introduce new foods safely, what foods to avoid and offer some great recipes to start with as well as all the basic food groups. Compare to commercial baby food discussing the health and economical benefits of making your own.

1 GPLC TU 6 PM - 8 PM 1X MAR 12 \$19

### VEGAN BAKING 101

Is someone in your family vegan? Or maybe you saw the movie 'Forks Over Knives' and decided to make a healthy life change? Don't know where to start? Come to Vegan Baking 101 to learn the techniques involved in baking without dairy, eggs or animal products of any kind. Learn to use ingredients specific to vegan baking and gain the confidence to adapt your favorite recipes to delicious vegan versions.

1 SKYLINE TH 6:30 PM - 8 PM 1X MAR 14 \$25  
2 SKYLINE TH 6:30 PM - 8 PM 1X APR 18 \$25

### Family

### BREASTFEEDING BASICS

Are you an expecting mother? Overwhelmed by the feeding options available to you? Come learn the basics of breastfeeding including holds, pumping, latching basics, and good gear options before your little one arrives. Our low-pressure, high-information class will help you make the decision that fits into you and your family's lifestyle.

1 SKYLINE TU TH 6 PM - 7 PM 2X FEB 26 \$25  
2 SKYLINE TU TH 6 PM - 7 PM 2X MAR 26 \$25

### NATURAL MEDICINE FOR YOU AND YOUR FAMILY

Are you running to the doctor's office any time you or your family gets sick? Would you like to know how to get better care at home for less money? Learn about some powerful yet safe essential oils from the plants ancient healers and physicians used before pharmaceuticals were invented. Put down the pills and start using what Mother Nature created for us. This informative class is taught by Dr. Vanessa Moon.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 1X MAR 26 \$29

385.646.5439  
Please call for more information



## 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. Couples/\$69, Singles/\$49. Please call to register for couples discount. Workbook is included in price.

1 COTTONWOOD TU 7 PM - 8:30 PM 6X MAR 26 \$49

### Home Improvement

## BASEMENT FINISHING

Get tips on finishing your basement on your own and save lots of money. Learn the planning stage to the finishing touches. Taught by a retired carpenter and superintendent with 40 years' experience in the construction field.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 2X MAR 12 \$35  
2 TAYLORSVILLE TU 6:30 PM - 8:30 PM 2X APR 16 \$35

## 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 MAR 14 \$45  
2 GRANGER TH 6 PM - 9 PM 3X APR 11 \$45

## ACCESSORIZING DESIGN CLASS - SPRING

**New** Spring is in the air and many people are looking to transition their 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 2013 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 MAR 28 \$15

## INTERIOR DESIGN - WORKSHOP

**New** Join us for a three week interior design class taught by an interior designer with over ten years of professional experience. Discuss the most popular questions clients have for their homes including color, space planning, and discovering your own design style. Come learn the tricks of the trade and learn how to give your home a little spring face lift!

1 COTTONWOOD TH 7 PM - 8 PM 3X MAR 7 \$39

### Personal Finances

## CASH PLANNING: CREATING SAVINGS & SPENDING PLANS

Do you cringe when people say the phrase 'Personal Finances'? Learn how to create and actually live on the dreaded 'B' word: budget! The most successful businesses all have a plan when it comes to their money and you should too. In this class, you finish your own personal budget with the guidance of our instructor. This is a 2-for-1 class, so bring your spouse because he/she gets in free!

1 GRANGER TU 4:30 PM - 6 PM 1X FEB 26 \$25  
2 GRANGER TU 4:30 PM - 6 PM 1X MAR 26 \$25  
3 GRANGER TU 4:30 PM - 6 PM 1X APR 23 \$25

## GET OUT OF DEBT

A recent study done by CNN said about half of Americans are now at poverty level. A big reason for this is because we've amassed a lot of debt. This class is taught from the perspective that debt is dumb. This course changes your perspective on how to view debt while teaching you the fundamentals of getting out and staying out of debt in order to build some wealth. This class does not go over wealth building.

1 TAYLORSVILLE W 5 PM - 6 PM 4X APR 10 \$39

## HELP! I WANT TO RETIRE IN 1-2 YEARS

Are you planning or just hoping you can retire in 1-2 years? Come 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, health care and more.

1 COTTONWOOD TH 7 PM - 8 PM 2X APR 11 \$19

## REAL ESTATE INVESTING - WITHOUT THE HASSLES

Would you like to invest in real estate without the hassles of finding renters, choosing the right property, dealing with property managers, having large down payments, or having to qualify for loans? Learn the power of investing in Real Estate Investment Trusts (REITs). Gain the knowledge to become a real estate investor today.

1 HUNTER TU 7 PM - 8:30 PM 1X APR 23 \$15



## 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. A new comb is included in the price of the class.

1 MEOWSER W 7 PM - 8 PM 1X MAR 20 \$29  
2 MEOWSER W 7 PM - 8 PM 1X APR 17 \$29

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

*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.*



### 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. A new comb is included in the price of the class.

1	MEOWSER	TH	7 PM - 8 PM	1X	MAR 14	\$29
2	MEOWSER	TH	7 PM - 8 PM	1X	APR 11	\$29

### Relationships

#### MARRIAGE IS THE SHELTER, NOT THE STORM

Have you ever wondered why some couples treat each other indifferently, and others stay best friends-even in a crisis? How do they do it? Learn the skills to be best friends: build trust and intimacy with your spouse, how to listen and be heard, and celebrate success and joy in your marriage. This is a couple's price.

1	TAYLORSVILLE	TU	7 PM - 8 PM	6X	MAR 5	\$45
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### Self

#### A COURSE IN EMOTIONAL INTELLIGENCE

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	GRANGER	TH	7 PM - 8:30 PM	4X	MAR 7	\$39
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#### 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, how to prepare financially and emotionally for divorce, and more.

1	COTTONWOOD	W	6 PM - 8 PM	1X	APR 10	\$25
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*\*For off site locations, please call  
385-646-5439*

#### 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	COTTONWOOD	W	6 PM - 8 PM	1X	APR 17	\$25
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#### 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	COTTONWOOD	W	6 PM - 8 PM	1X	FEB 27	\$25
2	COTTONWOOD	W	6 PM - 8 PM	1X	APR 24	\$25

#### ENERGY ENHANCEMENT

**New** Increase your energy, optimize your vitality, and bring more joy and fun to life using energy enhancement techniques. These simple techniques help boost your energy levels, alleviate stress and pain, and boost your immune system. If you have stuck or blocked energy, join this fun, interactive and informational class to learn how to enhance your energy.

1	GPLC	TU	7 PM - 8 PM	4X	MAR 5	\$35
2	GPLC	TU	7 PM - 8 PM	4X	APR 9	\$35

#### 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	TU	6 PM - 7:30 PM	1X	MAR 12	\$9
2	COTTONWOOD	TU	6 PM - 7:30 PM	1X	MAR 19	\$9
3	HUNTER	TU	6 PM - 7:30 PM	1X	APR 9	\$9
4	COTTONWOOD	TU	6 PM - 7:30 PM	1X	APR 16	\$9

#### POWER OF POSITIVE SELF TALK

Do you want to reach your full potential and have a more positive influence on yourself and others? If you do, this class is for you. Learn the power of your thoughts and how to shift negative thoughts to positive thoughts with fun techniques that will provide long-term change.

1	GPLC	W	7 PM - 9 PM	3X	MAR 6	\$39
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#### 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	GPLC	TU	7:30 PM - 8:30 PM	8X	MAR 12	\$29
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#### STRESS MANAGEMENT

We all know what it's like to be under stress. Learn how to manage it. Understand the physical, emotional and mental effects of stress then explore reactive stress and alternative responses. Learn to manifest controlled positive responses that can reduce stress and increase overall well-being. Learn how to create affirmations to allow an improved response in stressful situations. Taught by a NGH Certified Hypnotist.

1	COTTONWOOD	TU	6 PM - 7:30 PM	4X	MAR 26	\$45
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## 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 5 \$45  
 2 COTTONWOOD TH 6 PM - 7:30 PM 6X MAR 7 \$45



### YOU'RE RIGHT TO WIN!

Be the very best person you can be to yourselves. We can really only change ourselves. The literature calls it activating, nurturing, and strengthening our real self, our spirit or soul, and our inner given constitutionalism. Enjoy class activities for singles and couples who want to meet others with the same goals and similar values. Taught by Dr. Ken Hennefer. A new topic is taught each night. Best deal for a weekly boost - Pay \$5 per week at the door.

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



# ARTS

## Crafts

### ALTERED BOOKS

**New** Altered Book Art is an art form in which an artist uses various materials to transform the design, meaning, purpose and even the structure of a book. Depending on intent, the resulting work may be inspired by the content of the chosen book, or the original may end up completely unrecognizable and transformed into a sculptural form. Some artists add windows, niches, pop-ups, and other two and three dimensional elements to the books and others choose to cut, carve, and remove parts entirely. Explore this exciting form of art by creating your very own altered books. Various collage materials are provided but you are encouraged to bring your very own interesting and inspiring book to jump into this creative process.

1 GPLC M 6:30 PM - 8:30 PM 6X APR 8 \$59

### 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 12 \$19

### BALLOON ART - INTERMEDIATE

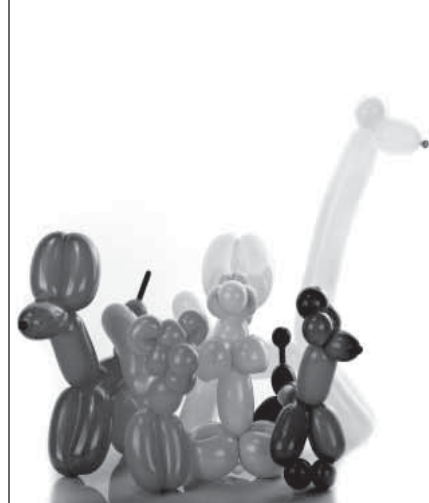
Ready for a little more? It's not just about creating simple poodles. Build upon what you did in Balloon Art - Beginning, and produce more complicated creations with other sizes and shapes. It's a fun hobby and a great way to entertain others. The class is taught by award-winning balloonist, Sammy 'T'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

1 GRANGER TU 6 PM - 8 PM 1X MAR 19 \$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 26 \$19



### BASIC SEWING TECHNIQUES

Have you ever wanted to know the basics of sewing? Come learn the basic construction skills including: seams, gathering, and seam finishing. Make three projects for yourself or others: pillowcase, decorative pillow, and reversible apron. (Optional Projects: handbag/tote, zipper pouch, baby bibs.)

1 COTTONWOOD TU 6:30 PM - 8:30 PM 6X MAR 19 \$59

### READING A PATTERN - SKIRTS AND PAJAMA PANTS (INTERMEDIATE SEWING)

**New** Welcome back Basic Sewing Technique students and all learners with some basic sewing knowledge. You already know the basics of sewing and want to learn more? How about reading a pattern, there are many great patterns to make your own clothing items. Learn what all the sewing symbols mean, how to cut, mark and follow directions in commercial patterns.

1 TAYLORSVILLE W 7 PM - 8:30 PM 4X APR 10 \$35

## 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



### SEWING FOR BABY - BEGINNING

**New** Have you ever wanted to know the basics of sewing? Come learn some quick projects every new mom would love to have. Every mom wants cute items for their babies and all items will make a great gift or keep them for yourself. We will be making baby bibs, burp cloths, baby taggie blankets and a baby car seat cover. List of supplies can be found on our website.

1 COTTONWOOD W 7 PM - 8:30 PM 3X MAR 6 \$29



### BEGINNING QUILTING

**New** If you have ever been interested in learning how to piece a quilt join Beginning Quilting. Our instructor has years of experience quilting 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 TU 6:30 PM - 8:30 PM 3X MAR 12 \$45

### RIBBON RALLY BASICS

**New** Tired of paying top dollar to match a bow to each of your daughters' outfits? Come learn to craft your own! Bows make great gifts for kids and baby showers. Make and take wearable bows. In Ribbon Rally Basic Bows, learn to make a versatile and expandable basic bow style. In Ribbon Rally Advanced Bows learn different bow styles and embellishment techniques.

1 SKYLINE TH 7:15 PM - 8:15 PM 1X MAR 21 \$19

### T SHIRTS: FROM OLD TO NEW

Do you have old T shirts and don't know what to do with them? Don't toss them out! Rescue them by restyling and reclaiming them. Transform your old T shirts full of holes and rips or just don't fit anymore into new stylish tops, skirts, accessories and more. The possibilities are endless. So grab a good pair of scissors, needle and thread and join us as we create new a new look.

1 HUNTER W 6 PM - 8 PM 4X MAR 6 \$35

### CREATIVE CARDS

**New** Join us for an evening of fun making cards. Construct five cards using techniques you learn from our creative teacher. Make three birthday cards, one all occasion and one Valentine's Day card. Please bring a pair of scissors that are suitable for cutting paper. All other supplies are provided for you. This is a beginning class but all levels of paper crafters are welcome.

1 TAYLORSVILLE TU 7 PM - 9 PM 1X MAR 12 \$19

2 TAYLORSVILLE TU 7 PM - 9 PM 1X APR 9 \$19

### IT'S IN THE BAG - GIFT BAGS

**New** Come learn how to make your own designer gift bags out of paper. Make 3 different bags so you are prepared for that next gift giving event in your life. Please bring a pair of scissors suitable for cutting paper, all other supplies are provided. This is a beginning class but all levels of paper crafters are welcome.

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

2 TAYLORSVILLE W 6:30 PM - 8 PM 1X APR 10 \$19

### 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 close by offering assistance and advice. Bring two ounce cotton yarn and size H crochet hook.

1 TAYLORSVILLE TU 7 PM - 8 PM 8X MAR 12 \$35

### NATURAL BORN KNITTER - BEGINNING KNITTING

**New** Looking for a relaxing activity for these cold and chilly nights, well then get knitting! Learn to cast on, knit, pearl, bind off and read basic patterns - the basis of all knitting projects. Explore varieties of cast on methods and learn to build on the knit and pearl stitches. Learn about the different knitting resources available to all knitters at little or no cost, types of needles and yarns and then find the project that is right for you! Projects completed will be based on each knitter's skill level as students are encouraged to work at their own pace. Bring a pair of size 7 straight needles or a size 7 circular needle and 1 skein of worsted weight yarn to the first class.

1 SKYLINE TH 6:30 PM - 7:30 PM 8X MAR 14 \$49

### KNITTING KNOW-HOW

Snuggle up with a warm creation on chilly nights. Learn the basics of this wonderful hobby. 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 12 \$39

2 COTTONWOOD TU 7 PM - 9 PM 8X MAR 19 \$49

### PAPER CRAFTING WITH RUBBER STAMPING 101

**New** Join us for a delightful introduction into paper crafting with rubber stamps. We make two cards and a three-dimensional project using stamps, paper and ink. Please bring a pair of scissors suitable for cutting paper. All other supplies are provided. This is a beginning class but all level of paper crafters are welcome. Different projects for each class.

1 TAYLORSVILLE W 6:30 PM - 8 PM 1X MAR 13 \$19

2 TAYLORSVILLE W 6:30 PM - 8 PM 1X MAR 27 \$19

3 TAYLORSVILLE W 6:30 PM - 8 PM 1X APR 17 \$19

### POP UP BOOKS/CARDS FOR ADULTS

**New** Everyone loves Pop Up Books and Cards. Explore mechanical paper skills and create Pop Up Books or Cards. Skills covered include: stages, boxes, slides, wheels, flaps and cubes. Supplies are provided. Special refund policy applies to this class. See inside back cover for details.

1 GPLC TU 6 PM - 8 PM 1X MAR 26 \$25

**NO CLASSES HELD**  
**APRIL 1-5**  
**SPRING BREAK**



## SCRAPBOOKING BASICS

**New** Want to scrapbook, yet feel a little overwhelmed? Not sure where to start or how? Basic scrapbooking helps you complete an 8x8 layout (spring themed). Please bring a pair of scissors suitable for cutting paper, as well as 2-5 pictures (4x6 is most ideal). All other supplies are provided. If you do not have pictures or would prefer not to bring them, you can still complete the projects and add pictures later. This is a beginning class but all levels of scrapbookers are welcome.

1	TAYLORSVILLE	W	6:30 PM - 8 PM	1X	MAR 20	\$25
2	TAYLORSVILLE	W	6:30 PM - 8 PM	1X	APR 24	\$25

## STAINED GLASS MOSAIC ART

**New** Learn the craft of stained glass mosaic. Create your own mosaic art pieces that come to life in any window. Design and craft your own original stained glass mosaic art. This age old art is both fun and easy and no art background is required. At the end of this class, walk away with a completed mosaic art piece. Tuition includes supplies for one art piece. Additional supplies can be purchased for additional pieces.

1	SKYLINE	TH	6:30 PM - 8:30 PM	4X	FEB 28	\$119
2	GPLC	TU	6:30 PM - 8:30 PM	6X	MAR 5	\$119
3	SKYLINE	TH	6:30 PM - 8:30 PM	6X	MAR 7	\$119

## Dance

## AFRICAN DANCE

**New** Come and learn different African styles of dance from a variety of different African countries. In this class, you focus on exercise, culture and movement all in one. You learn African traditions and stories, while experiencing movement that connects you to other people, releases stress and tension, and exercises the whole body.

1	COTTONWOOD	TU	7 PM - 8 PM	6X	MAR 5	\$39
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## BALLROOM - BEGINNING

Get ready for those company and family parties. Grab your partner and twirl to the Waltz, Fox Trot, Cha-Cha, Swing and other traditional dances. Tuition is for couples. Taught by Doug Mather assisted by Sheila Privett at Skyline and by Margene Anderson at Cottonwood.

1	COTTONWOOD	TU	6 PM - 7 PM	6X	MAR 5	\$59
2	SKYLINE	TH	7 PM - 8 PM	6X	MAR 7	\$59

## BALLROOM - INTERMEDIATE

Now that you have the basics, why not try a little more? Let the music sweep you away into the romance of ballroom dance. Makes a great date night! Tuition is for couples. Taught by Doug Mather assisted by Sheila Privett.

1	SKYLINE	TH	8 PM - 9 PM	6X	MAR 7	\$59
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## 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	HUNTER	W	6 PM - 7 PM	6X	MAR 6	\$45
2	SKYLINE	TH	6 PM - 7 PM	6X	MAR 7	\$45
3	GRANGER	TH	6 PM - 7 PM	6X	APR 11	\$45
4	HUNTER	W	6 PM - 7 PM	6X	APR 24	\$45
5	TAYLORSVILLE	W	7 PM - 8 PM	6X	MAY 8	\$45

Visit our website for Online Registration  
**granitepeaks.org**

## 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.

1	HUNTER	W	6 PM - 7 PM	6X	MAR 6	\$45
2	GRANGER	TH	8 PM - 9 PM	6X	APR 11	\$45
3	HUNTER	W	6 PM - 7 PM	6X	APR 24	\$45
4	TAYLORSVILLE	W	8 PM - 9 PM	6X	MAY 8	\$45

## BELLY DANCE BURN

**New** 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	5 PM - 6 PM	6X	MAR 7	\$45
2	GRANGER	TH	7 PM - 8 PM	6X	APR 11	\$45

## HIP HOP BELLY DANCE

This class is a fun, energizing combination of upbeat hip hop songs and basic belly dance moves. Come learn some basic belly dance, get your heart pumping, and have fun! A beginning level belly dance class is recommended before taking this class.

1	HUNTER	W	7 PM - 8 PM	6X	MAR 6	\$45
2	HUNTER	W	7 PM - 8 PM	6X	APR 24	\$45

## SCOTTISH & ENGLISH COUNTRY

**New** 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	6X	MAR 12	\$69
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## SWING BEGINNING

Love to dance? Enjoy big band swing music? In a few weeks be ready to hit the dance floor to big band music, modern swing, and most anything in-between. Uncover your hidden talent on the dance floor. Tuition is per person.

1	TAYLORSVILLE	W	8 PM - 9 PM	4X	MAR 27	\$29
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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. The instructor is a native speaker and endorsed by the University of Utah Confucius Institute. The Confucius Institute is providing all language materials. 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 TU 7:30 PM - 9 PM 8X MAR 5 \$65

CHINESE - BEGINNING 2

Welcome back Chinese Beginning 1 students and all learners with some experience in Mandarin Chinese. Begin to structure your sentences, learn to say what you want to say, and answer any questions from your personal studies with this class. The instructor is a native speaker, endorsed by the University of Utah Confucius Institute. The Confucius Institute is providing all language materials. Find the support and hands-on learning you need to continue in your study of Mandarin Chinese, and access to the tools you need. Remember the words of the ancient philosopher Lao Tzu, 'If you do not change direction, you may end up where you are heading.'

1 COTTONWOOD TU 6 PM - 7:30 PM 8X MAR 5 \$65

CHINESE - BEGINNING 3

Welcome back Chinese Beginning 2 students and all learners with some experience in Mandarin Chinese. Improve your sentence structure, learn to say what you want to say, and answer any questions from your personal studies with this class. This class prepares you for the intermediate level. The instructor is a native speaker, endorsed by the University of Utah Confucius Institute. The Confucius Institute is providing all language materials. Find the support and hands-on learning you need to continue in your study of Mandarin Chinese, and access to the tools you need. Remember the words of the ancient philosopher Lao Tzu, 'If you do not change direction, you may end up where you are heading.'

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

CHINESE - INTERMEDIATE

Open your understanding of this ancient language and culture. Enlarge your vocabulary base and conversational ability. Begin an introduction to the Chinese characters. The instructor is a native speaker, endorsed by the University of Utah Confucius Institute. The Confucius Institute is providing all language materials. Find the support and hands-on learning you need to continue in your study of Mandarin Chinese, and access to the tools you need.

1 COTTONWOOD W 7:30 PM - 9 PM 8X MAR 6 \$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, simple vocabulary and so forth. 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 TU 6 PM - 7:30 PM 8X MAR 5 \$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 TU 7:30 PM - 9 PM 8X MAR 5 \$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 W 6 PM - 7:30 PM 4X MAR 6 \$39

2 COTTONWOOD W 6 PM - 7:30 PM 4X APR 10 \$39

PORTUGUESE - BEGINNING 1

Discover Brazilian Portuguese in this beginning class. Develop use of keywords and vocabulary for basic communication as well as expand your knowledge of the Brazilian Portuguese culture. Lessons include pronunciation, counting, grammar, greetings and phrases.

1 TAYLORSVILLE W 5:30 PM - 6:30 PM 8X APR 10 \$59

PORTUGUESE - BEGINNING 2

Continue your knowledge of the Portuguese language in this, the second level of Beginning Portuguese. Build upon what you learned in Beginning 1 with new keywords and vocabulary for basic communication. This class focuses on present tense verbs. Expand your knowledge of the Brazilian Portuguese culture.

1 TAYLORSVILLE W 6:30 PM - 7:30 PM 8X APR 10 \$59

PORTUGUESE - BEGINNING 3

Practice what you learned in the two previous beginning Portuguese classes. This third level class is taught mostly in Portuguese. Now that you have mastered the present tense learn how to conjugate verbs into the past tense.

1 TAYLORSVILLE W 7:30 PM - 8:30 PM 8X APR 10 \$59

SIGN LANGUAGE - BEGINNING

American Sign Language (ASL) is a beautiful visual language. We introduce you 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 6 PM - 7:30 PM 8X MAR 5 \$65

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



## SIGN LANGUAGE - INTERMEDIATE

**New** 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 7:30 PM - 9 PM 8X MAR 5 \$65

## SIGN LANGUAGE - PARENT/TODDLER

Would you like to communicate with your toddler without using words? Come learn basic signs for simple vocabulary words and actions through activities. Bring your toddler with you ready to learn and have some family fun time.

1 HUNTER TU 4:45 PM - 5:45 PM 4X MAR 5 \$29  
2 HUNTER TU 4:45 PM - 5:45 PM 4X APR 9 \$29

## 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, colors and so forth. Be introduced to simple present tense. Practice greetings and farewells in basic conversation. Specifically designed for those who have no previous exposure or experience with Spanish.

1 GRANGER TU 6 PM - 7:30 PM 8X MAR 5 \$65  
2 TAYLORSVILLE TU 6 PM - 7:30 PM 8X MAR 5 \$65



## SPANISH - BEGINNING 2

Focus on improving basic skills in Spanish by adding upon what you've already learned. Continue building sentence structure with the simple present and the present progressive. Practice and understand conjugation with both regular and irregular verbs.

1 GRANGER TU 7:30 PM - 9 PM 8X MAR 5 \$65  
2 TAYLORSVILLE TU 7:30 PM - 9 PM 8X MAR 5 \$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 will be integrated towards the end of the session.

1 GRANGER W 6 PM - 7:30 PM 8X MAR 6 \$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 *soler*. In this class, practice makes perfect!

1 GRANGER W 7:30 PM - 9 PM 8X MAR 6 \$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. We also take the time to converse in Spanish using the knowledge that has been learned.

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

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

1 GPLC M 6 PM - 7:30 PM 8X MAR 11 \$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. Conversation is provided and grammar can be reviewed. Reading and writing skills are practiced. Culture is also added to this class to encourage proper use of the language. The teacher will focus on the students' needs to keep your skills up. This class is for those who are at a high fluency level and it is taught entirely in Spanish.

1 GPLC M 7:30 PM - 9 PM 8X MAR 11 \$65

# 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

Granger Campus registration is March 26 and 27, classes begin April 9.

GPLC registration is March 26-27, classes begin April 8.

### Daytime ESL

Granite Peaks Learning Center registration is March 27 and 28, classes begin April 8.

# 385.646.5439

Please call for more information



### SPANISH FOR TRAVELERS

Obtain the speaking skills a tourist would need on a vacation or trip to a Spanish 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. This fun class is a quick way to learn basic Spanish and conversation and even some traveling tips for those target destinations.

1	COTTONWOOD	TH	6 PM - 7:30 PM	4X	MAR 7	\$39
2	COTTONWOOD	TH	6 PM - 7:30 PM	4X	APR 11	\$39

### Music

### 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. A five-string banjo is required but materials are offered.

1	GRANGER	TU	6 PM - 7 PM	8X	MAR 5	\$49
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### BANJO - BLUEGRASS 2

For the intermediate and advanced bluegrass enthusiasts that are looking for a little bit more, come share and jam with your fellow pickers and grinders. 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 5	\$49
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### 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. Good pre-requisite classes are Banjo 1 and 2. Bring a 5-string banjo and note taking materials to the first class. Supplemental class materials are offered.

1	GRANGER	TU	8 PM - 9 PM	8X	MAR 5	\$49
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### 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	GRANGER	M	6 PM - 7 PM	8X	MAR 4	\$49
2	COTTONWOOD	W	5:30 PM - 6:30 PM	6X	MAR 6	\$39

### 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	GRANGER	M	7 PM - 8 PM	8X	MAR 4	\$49
2	COTTONWOOD	W	6:30 PM - 7:30 PM	6X	MAR 6	\$39

### GUITAR - ADVANCED

Continue to 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 to class. Pre-requisite: Guitar, Intermediate or approval from instructor.

1	GRANGER	M	8 PM - 9 PM	8X	MAR 4	\$49
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### 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 6	\$49
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### GUITAR - BLUEGRASS 2

Take it up a notch towards bluegrass and explore flat-picking melodies and various lead techniques. Hear your ability to play improve each week. Bring your guitar to the first class. Taught by Tim Morrison. Pre-requisite: Guitar - Bluegrass 1 or approval from instructor.

1	GRANGER	W	7 PM - 8 PM	8X	MAR 6	\$49
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### GUITAR - BLUEGRASS 3

We really take it up another notch in this third class, specifically geared towards bluegrass and exploring flat-picking melodies and various lead techniques. Hear your ability to play improve each week! Bring your guitar to the first class. Taught by Tim Morrison. Pre-requisite: Guitar - Bluegrass 2 or approval from instructor.

1	GRANGER	W	8 PM - 9 PM	8X	MAR 6	\$49
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### SONG WRITING WORKSHOP

**New!** do you write songs? Would you like to start? Join our songwriting workshop! Study popular song forms, chord progressions, and how to write lyrics. We also hold an open mic where you have the opportunity to share your work. All musical genres and styles – from country to hip hop – are welcome. Musical experience is helpful but not necessary. Bring a notebook and a pencil or pen. Feel free to bring an acoustic guitar, portable electronic keyboard or laptop computer. Musical instruments are not provided.

1	COTTONWOOD	W	5:30 PM - 6:30 PM	5X	MAY 1	\$35
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### VOICE LESSONS (AGES 9 AND UP)

Tune up your voice for that upcoming concert or family celebration. Register for six private half-hour individual lessons that focus on singing techniques such as healthy singing, tone quality, breath support, projection, musicianship and presentation that helps improve performance abilities. Students should bring sheet music for one or two songs they would like to learn during the course. Karaoke tracks are encouraged. You may register for more than one section. Please call 385-646-5439 to register.

1	COTTONWOOD	TU	4:30 PM - 7 PM	6X	MAR 5	\$95
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## Performing Arts

### ACTING LESSONS

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

1 GPLC M 8 PM - 9 PM 8X MAR 4 \$35



### MODELING AND MAKE UP (AGES 10 – 14)

Poise and confidence can come from a modeling program. Explore how to improve your personal appearance by gaining knowledge in fashion, cosmetic application, skin and hair care, poise and social graces.

1 COTTONWOOD TU 5:15 PM - 6:15 PM 4X MAR 5 \$35  
2 TAYLORSVILLE TU 5:15 PM - 6:15 PM 4X APR 9 \$35

### MODELING AND MAKE-UP II

Take your basic knowledge of make-up application and expand your possibilities. Learn different techniques for different situations, whether it's a performance, school dance or costume party.

1 COTTONWOOD TU 6:15 PM - 7:15 PM 4X MAR 5 \$35  
2 TAYLORSVILLE TU 6:15 PM - 7:15 PM 4X APR 9 \$35

### STAND-UP COMEDY - FROM CLASSROOM TO LIVE STAGE PERFORMANCE

Learn the art of stand-up comedy. Learn the art of delivery, stage presence, openings, dealing with hecklers, and more. This course offers five classes of stand-up comedy instruction and a sixth class being held at a local comedy club where you will practice what you've learned in front of a live audience. This course is guaranteed to be lots of laughs. You must be 21 years or older to participate in this class.

1 TAYLORSVILLE TU 7 PM - 8:30 PM 6X MAR 12 \$59

## Visual

### A BRIEF HISTORY OF PHOTOGRAPHY

**New** Long before Instagram and iPhones, photography struggled to be accepted by the art world and was not accessible to the common man. Our instructor introduces you to the history of photography, from its origins (ca. 1839) through World War II. Explore the development of the photographic medium through lively discussions and interactive analyses of key images, technologies, photographers, movements and processes.

1 GPLC W 6:30 PM - 8:30 PM 1X MAR 27 \$29

### ADOBE PHOTOSHOP

Are you new to Photoshop? Not sure where to begin or do you just need to brush up on essential Photoshop skills? This introductory class starts with the basics and works its way up to more advanced editing. Explore all the Photoshop functions, tools, and techniques that will help make your images into finished products. Learn how to resize and save your photos, remove flaws, adjust color and levels, change color photos to black and white, work with layers, and more. By the end of class, understand the basics of Photoshop and be well on your way to making digital masterpieces.

1 GPLC M 6:30 PM - 8:30 PM 3X MAR 4 \$79

### COMPOSITION OF PHOTOGRAPHY

Learn what it takes to see and capture a good photograph. Discuss basic photographic compositional techniques and apply our knowledge to visual examples. Fun and informative for any skill level. Stop taking snap shots and start making photographs!

1 GPLC W 6:30 PM - 8:30 PM 1X MAR 20 \$29

### 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 GPLC W 6:30 PM - 8:30 PM 4X MAR 6 \$69

## OIL PAINTING

**New** Create a masterpiece. See what other students are doing and share helpful hints. Work on individual projects with guided assistance from the instructor. This class is geared towards beginning and intermediate levels, however, instruction is based on your individual skill. You provide your own supplies - bring them to the first class. Please contact 385-646-5439 for a materials list before class begins.

1 GPLC W 7 PM - 8:30 PM 8X MAR 6 \$59

### 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, lens and filters. Composition also is covered by our expert teacher.

1 TAYLORSVILLE TU 7 PM - 9 PM 4X MAR 5 \$69  
2 COTTONWOOD TH 7 PM - 9 PM 4X APR 11 \$69

### 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. Taught by Earl Duerden at Millcreek Activity Center. Call 385-646-5439 for location address. Supplies are extra.

1 MILLCREEK CENTER TH 9:30 AM - 12:30 PM 6X MAR 7 \$89

## Writing

### 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 will guide the process with feedback on clarity, mechanics, and cohesion in a friendly, caring environment. Bring your novels, short stories, or poetry. Please only submit G/PG-13 Rated material.

1 SKYLINE TH 7 PM - 9 PM 6X MAR 7 \$59

Visit our website for Online Registration  
**granitepeaks.org**



### WRITE YOUR MEMOIRS WORKSHOP

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, senses, etc. 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' will be provided.

1 COTTONWOOD W 7:30 PM - 9 PM 6X MAR 6 \$59

### CONTINUING TO WRITE YOUR OWN MEMOIRS

Congratulations on completing the first 'Write Your Memoirs Workshop'. Now that you have taken that first step in writing your memoirs, continue to get help and motivation in this next series. Our instructor continues to offer techniques for putting your stories into words using floor plans, maps, senses, etc. to create your own historical record. Our instructor offers new assignments to keep you on the right track in finishing your stories. The textbook 'How to Write Your Own Life Story' is still used in class. Remember, The art of writing is re-writing.

1 COTTONWOOD W 7:30 PM - 9 PM 6X MAR 6 \$45

### FREELANCE WRITING: PUBLISH AN ARTICLE

**New** What does it take to get an article published in a magazine or newspaper? This class covers the process of getting something in print. You'll pitch a story, write it, edit it, and learn how to shop it to get it published. Our instructor, a successful freelance writer, will guide students through the steps needed to publish an article.

1 GPLC W 7 PM - 8:30 PM 6X MAR 6 \$59

## EDUCATION

### Adult ESL

### CITIZENSHIP TEST PREPARATION

Prepare to become a citizen of the United States. We address the specific language and test needs for each student to be successful. Pass the exam with confidence. Pre-requisite: ESL Level 3 or above.

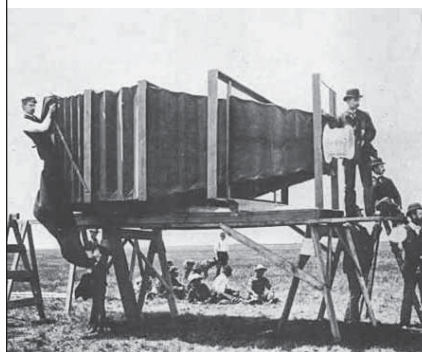
1 GRANGER TH 6 PM - 8 PM 8X MAR 7 \$39

### Visual

### A BRIEF HISTORY OF PHOTOGRAPHY

**New** Long before instagram and iPhones, photography struggled to be accepted by the art world and was not accessible to the common man. Our instructor introduces you to the history of photography, from its origins (ca.1839) through World War II. Explore the development of the photographic medium through lively discussions and interactive analyses of key images, technologies, photographers, movements and processes.

1 GPLC W 6:30 PM - 8:30 PM 1X MAR 27 \$29



## PLAY

### Fitness

### BARRE FITNESS

This class uses Ballet Barre techniques to get a great core and lower body work out. If you want long and lean muscles, this class will offer the elements necessary to tone and strengthen the entire body. No Dance or Ballet experience is necessary for this class. All levels are welcome.

1 SKYLINE TU 7:45 PM - 8:45 PM 6X MAR 5 \$35  
2 GRANGER TH 8 PM - 9 PM 6X MAR 7 \$35

### 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.

1 SKYLINE TU 8:45 PM - 9:15 PM 6X MAR 5 \$35  
2 GRANGER TH 9 PM - 9:30 PM 6X MAR 7 \$35

### 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, Merengue, and more! Bring your water bottle, comfortable shoes, and dance your way to fitness!

1 COTTONWOOD TH 6:45-7:45 PM 4X MAR 7 \$29  
2 COTTONWOOD TH 6:45-7:45 PM 4X APR 11 \$29

### Health & Wellness

### NATURAL MEDICINE FOR YOU AND YOUR FAMILY

Are you running to the doctor's office any time you or your family gets sick? Would you like to know how to get better care at home for less money? Learn about some powerful yet safe essential oils from the plants ancient healers and physicians used before pharmaceuticals were invented. Put down the pills and start using what Mother Nature created for us. This informative class is taught by Dr. Vanessa Moon.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 1X MAR 26 \$29



## ESSENTIAL OILS FOR PREGNANCY AND MOTHERHOOD

There is nothing more beautiful than giving life to a child and no safer way to do that than through using essential oils. Whether you need support with morning sickness, hormonal balance, labor, postpartum or infant care, or anything in between, essential oils can provide a safe and effective answer for you and your baby. This informative class is taught by Dr. Vanessa Moon.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 1X APR 16 \$29

## REINVENTING HEALTH CARE USING ESSENTIAL OILS

Are you tired of health care systems that don't really care about you? Learn about a simple and natural wellness system that saves you time, money and trips to the doctor's office. Learn how essential oils can replace your medicine cabinet and take responsibility for your health. This informative class is taught by Dr. Vanessa Moon.

1 TAYLORSVILLE TU 6:30 PM - 8:30 PM 1X MAR 19 \$29

## 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 16 \$35

## 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 the ordinary illnesses, herbal first aid and also some useful culinary herbs. Class taught at Millcreek Herbs, 3191 East 3300 South. Call 801-450-3137 if you get lost. Pre-registration is required.

1 MILLCREEK HERBS SAT 12 PM - 3 PM 1X FEB 23 \$35

2 MILLCREEK HERBS SAT 12 PM - 3 PM 1X MAR 23 \$35

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

# MILL HOLLOW

Enjoy the outdoors at the Mill Hollow Outdoor Education Center. Have your family or community group come up on weekends. Stay in cabins, go fishing at the reservoir, hike the scenic Uinta Mountains, and discover the birds and flowers in the area.



*Your Retreat in the Uinta Mountains.  
Make your reservations now!*

**For more information call the  
Mill Hollow office at  
385-646-4668**

## 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 W 6:30 PM - 8 PM 6X APR 10 \$45

## AYURVEDIC YOGA

Ayurvedic yoga refers to the healing side of yoga. In conjunction with yoga poses, breathing exercises, and meditation, gain a practical knowledge of the ancient Vedic sister-sciences: Yoga, Ayurveda and Vedic Astrology. Learn right diet and the style of yoga for your particular constitution. Bring an open mind and the desire to improve yourself. Great for yoga students who have taken at least one yoga class previously. Please bring a yoga mat and one yoga strap.

1 GRANGER TU 7 PM - 8 PM 6X MAR 5 \$39



## CORE YOGA FLOW

Come 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 will leave you feeling refreshed, in touch with your breath, and strong. With continued practice you will notice more tone in your entire body as well as increased range of motion, flexibility, circulation, posture, and abdominal strength. Bring your yoga mat.

1 SKYLINE TU 7:30 PM - 8:45 PM 6X MAR 5 \$39

2 HUNTER TH 6 PM - 7:15 PM 6X MAR 7 \$39

## 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. Bring your receipt the first night you attend and receive a punch pass good for all Yoga classes only at Cottonwood or Taylorsville taught by Jaime Chandler. \$35 for Five Punch Pass or \$59 for Ten Punch Pass. Punch passes expire at the end of June 2013.

1 TAYLORSVILLE W 6 PM - 7 PM 10X APR 10 \$59

2 TAYLORSVILLE W 6 PM - 7 PM 5X APR 10 \$35



## TEACHER PROFILE



### KRISTIN LISZKOWSKI

Yoga practice is an integral part of Kristin Liszkowski's life. Nearly 14 years ago, Kristin discovered yoga, which helped bring lightness and a sense of humor to her daily life. In 2005, Kristin earned a 200+ hour SOMA Yoga Teacher Certificate. In 2010, Kristin continued formal study with D'ana Baptiste, where she earned the 500+ Hour InBody Academy's Yoga Teacher Certificate. In 2012, Kristin was accepted as a registered yoga therapist with the Yoga Alliance of the Americas.

Kristin has a passion for sharing the benefits the flow of yoga brings to an individual's life. She is excited to share this passion with the Granite Peaks community. Students new to yoga, in particular, find that Kristin's teaching approach helps remove uncomfortable obstacles and opens the door to change in their lives.

COREE YOGA FLOW .....PAGE 13  
RESTORATIVE YOGA.....PAGE 14

## RESTORATIVE YOGA

Come de-stress, deep stretch, and delight in a healthier body. Increase range of motion and counteract unhealthy postural habits that are so common today. Restorative Yoga explores body and mind working in harmony. Leave feeling relaxed, refreshed, and renewed. Bring your yoga mat (block and strap optional).

1	SKYLINE	TU	6:15 PM - 7:30 PM	6X	MAR 5	\$39
2	HUNTER	TH	4 PM - 5:15 PM	6X	MAR 7	\$39

## 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. GPLC: All equipment provided. Cottonwood/Taylorville: Bring yoga sticky mat, 6 ft. yoga strap, one yoga block, and a stiff blanket. Punch passes can be purchased for Yoga at Taylorville and Cottonwood taught by Jamie Chandler. \$35 for a five punch pass and \$59 for a ten punch pass. Punch Passes expire at the end of June 2013.

1	GPLC	TU	7 PM - 8 PM	8X	MAR 5	\$39
2	GPLC	TH	6 PM - 7 PM	8X	MAR 7	\$39
3	GPLC	TH	7:15 PM - 8:15 PM	8X	MAR 7	\$39
4	COTTONWOOD	TU	7:15 PM - 8:45 PM	5X	APR 9	\$35
5	COTTONWOOD	TU	7:15 PM - 8:45 PM	10X	APR 9	\$59
6	TAYLORSVILLE	W	7:15 PM - 8:45 PM	5X	APR 10	\$35
7	TAYLORSVILLE	W	7:15 PM - 8:45 PM	10X	APR 10	\$59

## YOGA ON THE BALL

Take basic yoga moves and tailor them to work with an exercise/stability ball. Open your body and mind in a fun environment that improves the strength of the abdominals or 'core'. Increase flexibility in your spine and throughout your entire body. All equipment provided. Taught by Cassidy Harrington.

1	GPLC	TU	5:45 PM - 6:45 PM	8X	MAR 5	\$39
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## INTRODUCTION TO ZEN MEDITATION

You exercise your body - now exercise your mind! Learn techniques for relaxing and quieting the mind, as well as the basics of sitting and walking meditations.

1	GPLC	W	6:45 PM - 8 PM	3X	MAR 6	\$39
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## ZEN WALKING MEDITATION

Start off on the right foot. Find yourself while practicing walking meditation in the beautiful Wasatch Mountains, by the Great Salt Lake, and other locations. Walking meditation is mindfulness in action. This practice is a great way to bridge a deeply relaxed aware state with the world around us. First class meets at the picnic table pavilion behind the Holladay-Lions Rec Center, 1661 Murray Holladay Road, where our class, and beautiful journey begins.

1	GPLC	TU	6:45 PM - 8 PM	5X	APR 9	\$59
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## CONTINUING WITH ZEN MEDITATION

Go beyond the basics of sitting and walking meditations, and brings in ancient and contemporary practices for developing flexible thinking.

1	GPLC	W	6:45 PM - 8 PM	3X	APR 10	\$39
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## Outdoor Recreation

### INTRODUCTION TO ROCK COLLECTING

Rock hounding is a great activity as a family outing. It's educational and inexpensive to do. Learn how to collect rocks, where to collect them, rules and laws of collecting, necessary equipment to take along and where to purchase it and safety in collecting. Classify rocks, gems, and fossils. A rock collection is built in class at no extra charge to take home with you (including many different specimens). We also demonstrate equipment and display other tools used in polishing, tumbling, cutting and jewelry making. Join us for Gold Prospecting following this class.

1	COTTONWOOD	TH	5 PM - 7 PM	1X	MAR 21	\$29
2	SKYLINE	TH	5 PM - 7 PM	1X	APR 18	\$29

### GOLD PROSPECTING

Low cost gold prospecting for fun and profit. Only a small portion of the earth's gold has been mined. With gold trading at an all-time high of approximately \$1,500 an ounce, panning for gold has made a huge comeback. Our instructor 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 all 12 months of the year! Tuition also includes prospecting equipment you take home with you. Join us for Rock Collecting prior to this class.

1	COTTONWOOD	TH	7 PM - 8:30 PM	1X	MAR 21	\$39
2	SKYLINE	TH	7 PM - 8:30 PM	1X	APR 18	\$39





## SNOWSHOE ADVENTURES \*

Join a snowshoeing expert for a guided adventure in the Wasatch Mountains. This half-day trip consists of 1.5 to 3 miles of snowshoeing and 800-1500 foot ascent. The snowshoeing location is decided within the week of the trip, weather permitting. When registering for this class, please make sure to list your email address so we may contact you with a meeting location. A list of needed supplies is also emailed, or you may call 385-646-5439 for this information.

1 TBD SAT 9 AM - 12 PM 1X FEB 23 \$35

## HIKING IN THE WASATCH - WATERFALLS \*

Be prepared to meet paradise when you hike with us in the Wasatch Mountains! Many of the trails are easier than you might expect. All hiking abilities and experience are welcome to attend. Orientation is held weekly throughout the year, 30 minutes prior to leaving on the hike. Time of orientations and hikes are slightly adjusted four times a year to accommodate the specific season. Expect to be off the trail before 12 noon. Tuition includes ten hikes of your choice during a 12-month period. Pre-registration is required so you know exactly when to attend. Bring your receipt with you. Meet us at 6200 South Wasatch Blvd., UTA Park and Ride, far south end of parking lot.

1 PARK & RIDE SAT 8 AM - 10:30 AM 10X MAR 9 \$35

## Sports & Fitness

### 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 HUNTER TH 6:30 PM - 7:30 PM 4X MAR 7 \$29  
2 HUNTER TH 6:30 PM - 7:30 PM 4X APR 11 \$29

### LECTURE SERIES: CAPOEIRA PRESENTATION



### JAY CLEGG

Capoeira Demonstration – presented by Jay Clegg-  
February 13 – Hunter High,  
see inside back cover for details

Capoeira is a Brazilian martial art that combines elements of dance and music. Created in the 16th century it is known by quick and complex moves, using mainly power, speed and leverage for leg sweeps. Come learn the history of this beautiful martial art and watch in amazement as it is performed for you.

As a child, Jay Clegg was drawn to martial arts, wandering in and out of several arts throughout his life. He stumbled into Capoeira in his early twenties and has been practicing ever since. Capoeira has taken Jay to events in Kansas, California and Brazil where he spent a month, not only learning this beautiful Brazilian art form but also learning the rich Brazilian culture.

Jay is passionate about Capoeira and can't wait to share that passion with others.

CAPOEIRA.....PAGE 15

### FENCING

Ever dream that you could go back in time to the days of chivalry? Do you watch movies and wish you could wield a sword? Now you can. Practice footwork, blade work, and proper use of the foil for a safe, fun experience. Equipment provided.

1 HUNTER TH 7 PM - 9 PM 6X MAR 7 \$45

### GOLF WITH A PGA MASTERS PRO \*

**New** Get in the swing. Join PGA Master Golf Professional and Teacher of the Year, Jeff Waters. Improve your golf game whether you are a beginner, intermediate, or advanced player by learning the 'Ten Commandments of Golf, Proven Principles that Make Your Golf Game Better'. Full-swing, short-game, putting, chipping, club-fitting, trouble shots, rules, etiquette, on-course behavior, and other skills are covered. This class is held at Mick Riley Golf Course (421 East Vine Street). Price includes instruction, practice balls and handouts and other materials. Pre-registration is required.

1 MICK RILEY TU 6 PM - 7 PM 5X APR 16\$139  
2 MICK RILEY TH 6 PM - 7 PM 5X APR 18\$139  
3 MICK RILEY SAT 10 AM - 11 AM 5X APR 20\$139

### GOLF WITH A PGA PRO \*

**New** 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 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 W 6 PM - 7:15 PM 6X APR 17\$119  
2 GLENMOOR TH 6 PM - 7:15 PM 6X APR 18\$119  
3 GLENMOOR SAT 11 AM - 12:30 PM 6X APR 20\$119



### JIU JITSU

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

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

\*For off site locations, please call

**385-646-5439**



### KARATE - MARTIAL ARTS FOR ADULTS

Kenpo Karate is adaptable to people of all ages and levels of physical fitness. Practice solutions to self-defense, including those against grabs, punches, and weapons. Bring a friend and practice together.

1 GRANGER TH 7:30 PM - 9 PM 8X MAR 7 \$59

### 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 4X MAR 7 \$25  
2 COTTONWOOD TH 7 PM - 8:30 PM 4X APR 11 \$25

### 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 has been called adventurous conditioning challenging one's physical and mental discipline to overcome obstacles in one's path quickly and fluidly. Participants condition to learn new movements to creatively and playfully interact with one's environment. Our instructors have trained with the founders of parkour - as well as leading parkour professionals, and have a wide variety of experience teaching for every age and level of physical ability. Come experience the fun and adventure of parkour!

1 HUNTER M W 6:30 PM - 8 PM 12X MAR 4 \$59  
2 SKYLINE TU TH 6:30 PM - 8 PM 12X MAR 5 \$59

### TURBO KICK

Ready to shed some extra pounds? Turbo Kick is an exhilarating workout that combines groovy dance moves with kickboxing. Burn up to 1,000 calories in just an hour while having fun!

1 SKYLINE TU 5:30 PM - 6:30 PM 4X MAR 5 \$29  
2 GRANGER W 5:30 PM - 6:30 PM 4X MAR 6 \$29  
3 SKYLINE TU 5:30 PM - 6:30 PM 4X APR 9 \$29  
4 GRANGER W 5:30 PM - 6:30 PM 4X APR 10 \$29

### VOLLEYBALL - INTERMEDIATE TO ADVANCED

**New** Block, set, spike! Get a workout and play with others of similar ability. A coach is available during play. Best fitness deal in town: \$5 per person per night. Join the excitement.

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

### ZUMBA

Our Latin inspired dance fitness class incorporates Latin and international music and dance movements which create a dynamic, exciting, and effective fitness system. Combines fast and slow rhythms that tone and sculpt the body using a unique balance of cardio and muscle toning.

1 COTTONWOOD TH 6:45 PM - 7:45 PM 4X MAR 7 \$29  
2 COTTONWOOD TH 6:45 PM - 7:45 PM 4X APR 11 \$29



Unique

### ALL GRAIN BREWING CLASS: THE FULL MASH \*

Are you ready to make beer from scratch? The full mash process is the closest thing you can get to brewing beer like a professional brewmeister. This two hour live demonstration covers the mashing, sparging, and lautering processes, mash and water chemistry, designing your own all-grain system, and troubleshooting techniques. Save time and money by understanding the do's and don'ts of all-grain brewing. This class is held at Salt City Brew Supply (750 E. Fort Union Blv., Midvale). Must be 21 years or older. Please bring photo ID to first class.

1 SALT CITY BREWSUN 6 PM - 8 PM 1X APR 14 \$35

### HOMEBREW RECIPE FORMULATION

Are you an experienced home brewer who wants to learn the art of building beers through recipe creation? This is the place! Instructor covers style definitions, grain bill calculation, hop bill calculation, yeast selection and other factors to consider when formulating a beer recipe from scratch. This is a classroom style course, so a notebook is advised. Don't worry, it's still fun. This class is held at The Beer Nut (1200 S. State St.). Must be 21 years or older. Please bring photo ID to first class.

1 GPLC W 5:30 PM - 7 PM 1X MAR 20 \$29

### 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 GPLC TH 6:30 PM - 8:30 PM 5X MAR 21 \$45

### INTRODUCTION TO BICYCLE MAINTENANCE

**New** Learn the basics of bicycle maintenance from an experienced professional. This course covers tools, diagnostics, parts, and how to maintain a bike from tires to derailleurs (and everything in-between). Bring your bike to the first class and start working on it with the guidance of a U.S. Olympic Bike Team mechanic.

1 SKYLINE TH 6:30 PM - 8:30 PM 4X MAR 7 \$49  
2 COTTONWOOD TU 6:30 PM - 8:30 PM 4X APR 9 \$49

### PODCAST NOW!

Do you have something to say? Podcasting is a new interpersonal communication medium which incorporates elements of the diary, scrapbook, talk show, and memoir. This new art / media form gives practitioners a new means of self-expression with an audience for little no cost. Our podcasting course is taught by one of the pioneers of podcasting in Utah and provides the basic capabilities (technical, logistical, creative) to create your own entertaining and informative podcast on a favorite topic of your choice. Bring a flash drive to class.

1 GPLC W 7 PM - 9 PM 6X MAR 6 \$59

### 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 FEB 27 \$35

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



# ONLINE CLASSES

Granite Peaks offers a myriad of online classes.

granitepeaks.org

granitepeaks.org

granitepeaks.org

Choose your schedule... online courses night and day.

Learn at your leisure with e-guidance. Stay in touch with instructors and classmates.

Visit [granitepeaks.org](http://granitepeaks.org) for class listings.  
385-646-5439



## MEDICAL BILLING & CODING - ICD-9 PRINCIPLES

Focus on researching ICD (International Classification of Diseases) diagnosis 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 an ICD-9 Coding Manual. Prerequisite: Medical Terminology & Basic Anatomy.

1 SKYLINE TU 6 PM - 8 PM 7X MAR 19 \$69

## 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, 6th Edition by Davi-Ellen Chabner. Published by Saunders (Elsevier) and Anatomy Coloring Book by Mosby. Bring books the first night of class.

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

### SIXTH SENSE

Yes you do! 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 tree of psychics and she is delighted to share with you her psychic abilities and how she became a respected medium. This class is full of information on 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! You will 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 GPLC TU 6 PM - 8:30 PM 7X MAR 5 \$59



## 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 7X MAR 12 \$49

### JOB SEARCH COACHING

Are you job searching and want some advice and tips? Know the tricks to acing that interview. Revamp your resume to really get it noticed. Find out what to say during the interview to impress the employer and what not to say. Discover proper ways to answer questions on the application. Get that call for the second interview and capture that job you desire with confidence and assurance. Our instructor shares knowledge and expertise and individualizes your needs.

1 SKYLINE TH 7:30 PM - 9 PM 4X MAR 7 \$59



### YOU ARE ON THE AIR

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt. With such notable talent as Morgan Freeman, Glenn Close and Alec Baldwin lending their voices to commercials, films and videos, one would think that it would be next to impossible to break into this field. Not so! Learn about an exciting, new way to get around the competition and actually turn voice-overs into a thriving full or part-time business. Discuss the voice-over business as a whole, numerous opportunities, incredible income potential, and the all-important demo and how to have it produced. Step up to the mic and do some practice recording, and best of all, hear the results!

1 COTTONWOOD TU 7 PM - 9 PM 1X APR 16 \$29



### 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	GPLC	SAT	9 AM - 2 PM	1X	MAR 9	\$49
2	GPLC	SAT	9 AM - 2 PM	1X	APR 13	\$49

### FIRST AID/CPR/AED

Be prepared for emergencies by learning standard first aid and CPR for adults, children, and infants as well as how to successfully use an automatic external defibrillator (AED) for both adults and children. This class is taught by an American Red Cross certified instructor. It is also taught under the American Red Cross new guidelines for 2011. Participants receive a certification card that is valid for two years upon successful completion of the course. Course materials and supplies are included in the price. Please bring a sack lunch as this class extends through the early afternoon. Special refund policy applies to this class. See inside back cover for details.

1	GPLC	SAT	9 AM - 5 PM	1X	APR 13	\$75
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### 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	M W	6 PM - 9 PM	5X	MAR 4	\$5
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### NETWORK + CERTIFICATION \*

**New** Our Comp TIA Network Plus course is ideal if you are looking to develop or enhance your knowledge of computer networking support and administration. The instructor develops your technical abilities in media and topologies, protocols and standards and computer networking implementation. It also expands your capabilities in new technologies such as wireless networking and gigabit Ethernet.

1	GTI	M TU	6 PM - 9 PM	20X	APR 8	\$345
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### 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 6	\$499
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### Finances

### HELP! I WANT TO RETIRE IN 5-10 YEARS

**New** The baby boom generation is moving into retirement. Are you ready? This three part class explores the realities of retiring today, the financial decisions you will face, the important investment changes you need to begin making now, and the products and services that are available to help you transition successfully into retirement.

1	HUNTER	TH	7 PM - 8 PM	3X	MAR 7	\$25
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### PAYROLL 101

Are you currently working at a company where you're in charge of payroll? Many owners out there fail to properly train their payroll representatives on the complicated process that is payroll. Are you currently in business or wanting to go into business and unfamiliar with its ins and outs? Or you could just be interested in your own paycheck and why this guy named FICA keeps taking so much money out of it! No matter where you're at, this is a great class to take to learn from a payroll expert just how the system works. You'll even be able to calculate your own net pay before your check ever hits your bank account.

1	TAYLORSVILLE	W	5 PM - 6 PM	4X	MAR 6	\$39
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### Food Handlers

### FOOD HANDLER PERMIT

Earn your Food Handler Permit, which is required for all food service workers. Approved by the Salt Lake Valley Health Department. A permit is issued upon the completion of the class. On-site training for your organization can be arranged by calling 385-646-5439. We offer classes on Mondays at Granite Peaks Learning Center and on Wednesdays at Taylorsville High. Classes are not held on legal holidays. A class taught in Spanish is held the second and last Wednesday of every month at 6 PM at Taylorsville High School. A class in English is also held at that time. A special Food Handler Permit Class required for child care providers is held on the first and third Wednesdays of the month at 7 PM at Taylorsville High. Bring receipt to class. Picture ID is required. Call 385-646-4328 for more information.

1	GPLC	M	3:30 PM - 5 PM	1X	WEEKLY	\$15
2	GPLC	M	6 PM - 7:30 PM	1X	WEEKLY	\$15
3	TAYLORSVILLE	W	3:30 PM - 5 PM	1X	WEEKLY	\$15
4	TAYLORSVILLE	W	6 PM - 7:30 PM	1X	WEEKLY	\$15

### New Skills

### FREELANCE WRITING: PUBLISH AN ARTICLE

What does it take to get an article published in a magazine or newspaper? This class covers the process of getting something in print. You'll pitch a story, write it, edit it, and learn how to shop it to get it published. Our instructor, a successful freelance writer, will guide students through the steps needed to publish an article.

1	GPLC	W	7 PM - 8:30 PM	6X	MAR 6	\$59
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**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. Workbook included. Discount available for couples.

1	COTTONWOOD	TH	6:30 PM - 9 PM	1X	MAR 7	\$19
2	TAYLORSVILLE	TU	6:30 PM - 9 PM	1X	APR 9	\$19

**Technology**

**BASIC COMPUTER SKILLS 1**

Our instructor explains 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	GRANGER	TU	6 PM - 7 PM	4X	MAR 5	\$59
2	TAYLORSVILLE	W	6 PM - 7 PM	4X	MAR 6	\$59
3	SKYLINE	TH	6 PM - 8:30 PM	2X	MAR 7	\$59

**BASIC COMPUTER SKILLS 2**

Improve your confidence with PC 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-registration required. Pre-requisite: Basic Computer Skills 1 or teacher approval.

1	SKYLINE	TH	6 PM - 8:30 PM	2X	MAR 21	\$59
2	HUNTER	TH	4:30 PM - 6 PM	4X	MAR 21	\$59
3	GRANGER	TU	6 PM - 7 PM	4X	APR 9	\$59
4	TAYLORSVILLE	W	6 PM - 7 PM	4X	APR 10	\$59

**BUILD A WEBSITE WITH HTML AND CSS**

**New** Have you ever wanted to know how to put up a web site? 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. Create your very own website in class. Access a little temporary corner of the web where you can practice the basics. This introductory experience makes you feel more comfortable with web technologies and understand how it all works. What you learn in this course helps you feel confident to be able to participate in website development on your own.

1	COTTONWOOD	TU	6:15 PM - 7:15 PM	5X	MAR 12	\$69
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**BUILD A WEBSITE WITH WORDPRESS**

**New** This is not a blogging class, 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. We will walk through all the steps needed, from domains and hosts to building your website and publishing it on the web. Prerequisite: Must be have basic computer skills and be comfortable on a computer.

1	COTTONWOOD	TU	7:30 PM - 8:30 PM	5X	MAR 12	\$69
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**COMPUTER SKILLS FOR THE WORKPLACE**

Improve your marketability in the workforce using Microsoft Excel as well as Microsoft Word components. With Excel, create spreadsheets and charts. In Word, create professional looking documents using basic word processing skills including creating, retrieving, and editing documents.

1	GRANGER	TU	7 PM - 9 PM	8X	MAR 5	\$99
2	TAYLORSVILLE	W	7 PM - 9 PM	8X	MAR 6	\$99

**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 5	\$59
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**EXCEL - QUICK TRACK INTERMEDIATE**

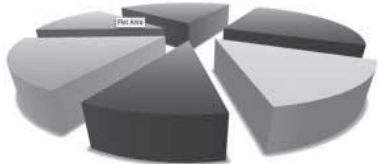
Build on the knowledge you gained in the beginning class. Once you know about styles and conditional formatting and functions, focus on table and list data. Manage large groups of data including filters, subtotals, sorting and grouping data, as well as how to create pivot tables to present the data in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

1	SKYLINE	TU	6 PM - 8:30 PM	2X	MAR 19	\$59
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**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 or approval from instructor with a solid understanding of Excel principles.

1	SKYLINE	TU	6 PM - 8 PM	2X	APR 9	\$49
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**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 and familiarity with Microsoft Word. No prior Excel skills required.

1	HUNTER	TU	4:30 PM - 6 PM	4X	MAR 5	\$59
2	GRANGER	TU	7 PM - 9 PM	4X	APR 9	\$59
3	TAYLORSVILLE	W	7 PM - 9 PM	4X	APR 10	\$59

**LECTURE SERIES**

**MORE INFORMATION ON INSIDE BACK COVER**





### FACEBOOK AND SOCIAL MEDIA

Confused about how to use social media websites? Learn how to use Facebook and other Social Media sites like Twitter. Our patient and knowledgeable instructor will take you through all the steps, from setting up your profile, to posts and tweets, 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. Learn about all the things you can do with social media, it's time to get connected!

1 COTTONWOOD W 7:30 PM - 8:30 PM 4X MAR 6 \$59  
2 COTTONWOOD W 7:30 PM - 8:30 PM 4X APR 10 \$59

### 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! Come learn about all the neat things Google can do for you! We will start with the basics, so grandparents and beginners don't be shy, sign up today!

1 COTTONWOOD W 6:15 PM - 7:15 PM 4X MAR 6 \$59  
2 COTTONWOOD W 6:15 PM - 7:15 PM 4X APR 10 \$59

### CLASES DE COMPUTACION

**New** Mejore sus habilidades del trabajo aprendiendo mas acerca del Microsoft Excel 2010 y Microsoft Word 2010. En Excel, aprenda como hacer reportes de calculo (spreadsheets), formulas, y listas. En Word, aprenda como hacer, recuperar, y editar documentos profesionales. Enseñado en Español.

1 GRANGER TH 4:30 PM - 6:30 PM 8X MAR 7 \$89

### KEYBOARDING

Ready to give up the 'hunt and peck' method? Improve your speed and accuracy as well as basic computer operations, terminology, and practice in word processing. Understand why ergonomics and posture are so important as you type. This is a teacher-directed class that combines an introduction to personal computers with keyboard drills.

1 TAYLORSVILLE W 6 PM - 8 PM 7X MAR 13 \$49

### PC HEALTH, FIX YOUR COMPUTER!

**New** Slow computer? Think you might have spyware or a virus? Learn how to diagnose 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 TU 6:15 PM - 8:15 PM 1X FEB 26 \$29  
2 GPLC SAT 9 AM - 11 AM 1X APR 13 \$49  
3 COTTONWOOD TU 6 PM - 8 PM 1X APR 30 \$49

### 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 APR 25 \$69



### QUICKBOOKS PRO

Boost your career with new computer skills. Explore the most popular small business accounting software that makes accounting easy as you organize your finances all in one place. Create a new company, invoices, pay bills, reconcile accounts, do basic payroll, and pull financial reports.

1 COTTONWOOD W 7 PM - 9 PM 7X APR 10 \$65

### 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.

1 GRANGER TU 7 PM - 9 PM 4X MAR 5 \$59  
1 TAYLORSVILLE W 7 PM - 9 PM 4X MAR 6 \$59



## YOUTH

### Arts & Crafts

#### CRAFTY KIDS (AGES 5-8)

**New** Looking for something exciting to share with your friends and family? Try our creative projects class. Make salt dough, pipe cleaner pets, puppets and much, much more! Supplies are included.

1 GRANGER W 5 PM - 6 PM 4X MAR 6 \$39

#### CRAFTY KIDS (AGES 9-12)

**New** Come get your creative groove on while making fun craft projects! Work with beads, paper mache, and paints. Boys and girls are welcome, and supplies are included.

1 GRANGER W 6 PM - 7 PM 4X MAR 6 \$39

#### GIFT MAKING (AGES 8 - 12)

**New** Regardless of age, giving and receiving gifts is an amazing experience. Explore your creative self as you make gifts for friends and family. You are encouraged to work at your own pace and to create without limits turning ordinary supplies and found objects into extraordinary works of art! Projects available to make are both holiday themed and generic. Supplies are included although you may bring small items from home to embellish their gifts.

1 GPLC W 6:30 PM - 7:30 PM 6X MAR 13 \$49

#### LEGO CAR RACING (AGES 5-12)

**New** Use creativity and imagination, along with principles of weight, symmetry, and balance to build, test, and race a lego race car with our ready race party. Parents are welcome to stay and play for free. If your child is under the age of seven, you must stay with them.

1 HUNTER TH 7 PM - 8 PM 1X FEB 28 \$9

#### PAINTING (AGES 8 & UP)

Explore various painting techniques 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 the knowledge you already have.

1 GPLC W 6 PM - 7 PM 6X MAR 6 \$39

**385.646.5439**  
Please call for more information



**Education**

**SIGN LANGUAGE - PARENT/TODDLER**

Would you like to communicate with your toddler without using words? Come learn basic signs for simple vocabulary words and actions through activities. Bring your toddler with you ready to learn and have some family fun time.

1 HUNTER	TU	4:45 PM - 5:45 PM	4X	MAR 5	\$29
2 HUNTER	TU	4:45 PM - 5:45 PM	4X	APR 9	\$29

**LEGO CAR RACING (AGES 5-12)**

Use creativity and imagination, along with principles of weight, symmetry, and balance to build, test, and race a lego race car with our ready race party. Parents are welcome to stay and play for free. If your child is under the age of seven, you must stay with them.

1 HUNTER	TH	7 PM - 8 PM	1X	FEB 28	\$9
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**MATH IS FUN**

Mathematics is not something that only some kids get- everyone can do math, especially if they have confidence! Give your child an extra boost in math by enrolling them in Math is Fun. Every week we play different math games. Math games are wonderful because they are engaging, encourage mathematical reasoning, improve basic skills, enhance basic number and operation sense, inspire strategic thinking, and most importantly, promote positive attitudes towards math and they will have a great time in the process.

1 SKYLINE	TH	4:30 PM - 5:30 PM	4X	MAR 7	\$29
2 SKYLINE	TH	5:30 PM - 6:30 PM	4X	MAR 7	\$29
3 SKYLINE	TH	4:30 PM - 5:30 PM	4X	APR 11	\$29
4 SKYLINE	TH	5:30 PM - 6:30 PM	4X	APR 11	\$29



**YOGA FOR KIDS (5-9 YR. OLDS)**

Yoga comes to life in this playful class for kids. Learn several yoga poses and the animal associated with each pose. Practice animated breathing exercises and imaginative relaxation techniques. Increase your motor coordination, play skills, and concentration. Classes are an equal balance between active and passive poses. Bring a yoga mat.

1 SKYLINE	TU	5:30 PM - 6:15 PM	6X	MAR 5	\$29
2 HUNTER	TH	5:15 PM - 6 PM	6X	MAR 7	\$29

**Performing Arts**

**BALLET - BEGINNING (AGES 3-5)**

Calling all dancers! Learn the basics of ballet. Improve your balance, flexibility, and confidence while you have fun learning this beautiful style of dance. Show off what you learned to family and friends on the last day of class. Please wear jazz or ballet shoes.

1 GPLC	W	5:30 PM - 6:15 PM	6X	MAR 20	\$35
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**BALLET - BEGINNING (AGES 6-8)**

Calling all dancers! Come learn the basics of ballet. Improve your balance, flexibility, and confidence while having fun dancing this beautiful style. Show off what you learned to family and friends on the last day of class. Please wear jazz or ballet shoes.

1 GPLC	W	6:15 PM - 7 PM	6X	MAR 20	\$35
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**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 GPLC	M	6:45 PM - 7:15 PM	6X	MAR 4	\$29
2 SKYLINE	TU	6:30 PM - 7 PM	6X	MAR 5	\$29
3 COTTONWOOD	W	5:30 PM - 6 PM	6X	MAR 20	\$29
4 GRANGER	TH	6:45 PM - 7:15 PM	6X	MAR 7	\$29

**DANCE (AGES 5-6)**

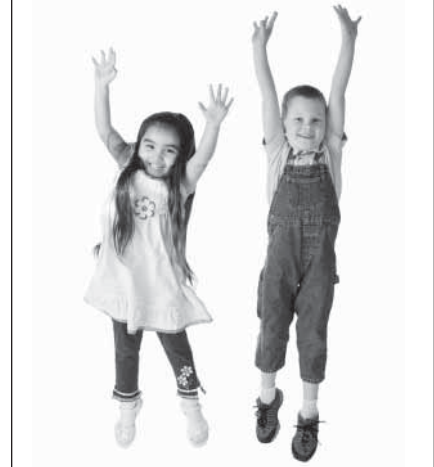
Improve coordination and large motor skills while having fun. Gain greater flexibility and posture with our simple warm-up stretches and movements. Enjoy the opportunity to create and practice original dance movements while getting physical exercise. No special clothing or shoes required.

1 COTTONWOOD	W	6 PM - 6:45 PM	6X	MAR 20	\$35
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**DANCE (AGES 7 AND UP)**

Celebrate the excitement and thrill of dance and movement. Increase flexibility and coordination while dancing to a variety of music with new friends. Emphasis is on the joy of movement and the self-confidence that comes from creating and exploring new dance skills. Wear comfortable clothing. No special shoes required.

1 COTTONWOOD	W	6:45 PM - 7:30 PM	6X	MAR 20	\$35
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**GUITAR FOR KIDS (AGES 8-12)**

Learn the basics of playing chords, strumming, picking, solo guitar and music theory. This class is a perfect place to start and see if your child will enjoy this instrument. Bring your own guitar and snark tuner.

1 GPLC	TH	7 PM - 8 PM	6X	MAR 7	\$39
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**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 GPLC	M	7:15 PM - 8 PM	6X	MAR 4	\$35
2 SKYLINE	TU	7 PM - 7:45 PM	6X	MAR 5	\$35
3 GRANGER	TH	7:15 PM - 8 PM	6X	MAR 7	\$35

**JELLY BELLIES (AGES 8 - 11)**

Have a lot of energy? Spend it exploring music and movement through the art of belly dance. Learn basic belly dance skills while having fun and making new friends! Improve coordination, rhythm and self-esteem. No special clothing or shoes required.

1 SKYLINE	TH	5 PM - 5:45 PM	6X	MAR 7	\$35
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### TEACHER PROFILE



#### RENMOVE

RenMove is a company dedicated to providing proper parkour and free running instruction to anyone who wants to learn. Parkour is a training discipline that developed from military obstacle course training in France. Practitioners aim to move from one place to another, negotiating obstacles in between using their own strength while having fun. Instead of running laps around the community you navigate through the city using the urban landscape as a personal obstacle course. Parkour allows anyone of any age and any fitness level to explore different ways that our bodies can interact with the environment while getting in shape and reaching fitness goals.

Granite Peaks Parkour instructors come from RenMove a local company that specializes in Parkour and free running. From professional dancers to rock climbing instructors, all have trained with the leaders of the parkour and free running movement. RenMove promotes proper health and fitness, and provides instruction and events to the community and makes learning this new craze FUN!

PARKOUR/FREERUNNING.....PAGE 22

#### 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 TAYLORSVILLE W 6:30 PM - 7:30 PM 6X MAR 13 \$39

## CLASSES FOR ADULTS WITH DISABILITIES

Join other adults with disabilities at our Hartvigsen Campus on Wednesday evenings



- Discover Literature Thru Art
- Fun with Singing
- Bowling
- Meals in a Minute
- Swimming for Fun
- Snack Attack
- Sparkle Up Your Jewelry
- Stomp Twirl and Dance
- Successful Scrapbooking
- Unleash Your Creativity

For more information Call 385-646-4504

### PARKOUR/FREERUNNING (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. Our instructors have trained with the founders of parkour - as well as leading parkour professionals, and have a wide variety of experience teaching all ages and all levels of physical ability. Experience the fun and adventure of parkour!

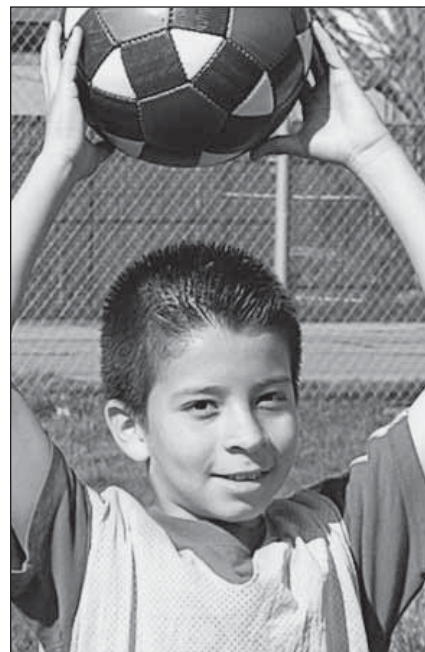
1 HUNTER	M W	5 PM - 6:30 PM	12X	MAR 4	\$49
2 SKYLINE	TU TH	5 PM - 6:30 PM	12X	MAR 5	\$49

### 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	APR 22	\$25
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Visit our website for Online Registration  
**granitepeaks.org**



### 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 PM - 5:30 PM	4X	APR 22	\$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 TAYLORSVILLE W 5:30 PM - 6:30 PM 6X MAR 13 \$39



### YOUNG DRAGONS KARATE (AGES 4-12)

**New** Discover the basic stances, strikes, blocks, kicks, and other self-defense techniques of Kenpo Karate. Specialized drills have been devised for the development of speed and coordination all the while having fun.

1	COTTONWOOD	W	6 PM - 7 PM	6X	MAR 6	\$39
2	SKYLINE	TH	6 PM - 7 PM	6X	MAR 7	\$39
3	SKYLINE	TH	6 PM - 7 PM	5X	APR 25	\$39
4	COTTONWOOD	W	6 PM - 7 PM	6X	APR 24	\$39

### TUMBLING 1 (AGES 3-5)

A great first class for your pre-schooler. We begin with stretches and exercises that build flexibility and balance, then move on to somersaults and other basic tumbling moves. Wear comfortable clothing that allows for easy physical movement.

1	GPLC	M	6 PM - 6:30 PM	6X	MAR 11	\$29
2	GPLC	M	6:30 PM - 7 PM	6X	MAR 11	\$29
3	HUNTER	TU	5 PM - 5:30 PM	6X	APR 9	\$29
4	HUNTER	TU	5:30 PM - 6 PM	6X	APR 9	\$29
5	SKYLINE	TU	5:30 PM - 6 PM	6X	APR 9	\$29
6	COTTONWOOD	W	5:30 PM - 6 PM	6X	APR 10	\$29
7	GRANGER	TH	5:30 PM - 6 PM	6X	APR 11	\$29
8	GRANGER	TH	6 PM - 6:30 PM	6X	APR 11	\$29
9	GPLC	W	6 PM - 6:30 PM	6X	APR 10	\$29
10	GPLC	W	6:30 PM - 7 PM	6X	APR 10	\$29

### TUMBLING 2 (AGES 3-5)

A continuation of the first tumbling class for your pre-schooler. We begin with stretches and exercises that build flexibility and balance, then move on to more advanced tumbling moves. Wear comfortable clothing that allows for easy physical movement. Prerequisite: Tumbling 1 or approval from instructor.

11	GPLC	M	6:30 PM - 7 PM	7X	MAR 11	\$29
12	SKYLINE	TU	6 PM - 6:30 PM	6X	APR 9	\$29
13	HUNTER	TU	6 PM - 6:30 PM	6X	APR 9	\$29
14	COTTONWOOD	W	6 PM - 6:30 PM	6X	APR 10	\$29

### TUMBLING 1 (AGES 6-12)

We encourage the budding gymnast in your house. Our focus is on basic tumbling techniques. Stretching and balancing exercises also help your son or daughter develop flexibility and grace. Wear comfortable clothing that allows for easy physical movement.

1	GPLC	M	7 PM - 8 PM	6X	MAR 11	\$45
2	SKYLINE	TU	6:30 PM - 7:30 PM	6X	APR 9	\$45
3	HUNTER	TU	6:30 PM - 7:30 PM	6X	APR 9	\$45
4	COTTONWOOD	W	6:30 PM - 7:30 PM	6X	APR 10	\$45
5	GRANGER	TH	6:30 PM - 7:30 PM	6X	APR 11	\$45
6	GPLC	W	7 PM - 8 PM	6X	APR 10	\$45

### TUMBLING - INTERMEDIATE (AGES 6-12)

Refine your techniques learned in previous tumbling classes. We continue to increase the difficulty of moves in this advanced class while working on skills such as back bends, back handsprings, and round offs. Prerequisite: Previous tumbling classes or approval from the instructor. Younger students may attend with instructor approval only. Wear comfortable clothing that allows for easy physical movement.

1	HUNTER	TU	7:30 PM - 8:30 PM	6X	APR 9	\$45
2	SKYLINE	TU	7:30 PM - 8:30 PM	6X	APR 9	\$45
3	COTTONWOOD	W	7:30 PM - 8:30 PM	6X	APR 10	\$45

### ZUMBATOMIC BIG STARZ (AGES 8-12)

Zumba for kids! Enjoy this new and energetic fitness program designed for children ages 8-12. Zumbatomic aims to help children develop physically as well as mentally, while having fun with international music and dance. No experience necessary! Classes taught by a certified Zumba instructor.

1	COTTONWOOD	TH	4 PM - 4:30 PM	4X	MAR 7	\$25
2	COTTONWOOD	TH	4 PM - 4:30 PM	4X	APR 11	\$25



### ZUMBATOMIC LIL' STARZ (AGES 4-7)

Zumba for kids! Enjoy this new and energetic fitness program designed for children ages 4-7. Zumbatomic aims to help children develop physically as well as mentally, while having fun with international music and dance. No experience necessary! Classes taught by a certified Zumba instructor.

1	COTTONWOOD	TH	4:45 PM - 5:15 PM	4X	MAR 7	\$19
2	COTTONWOOD	TH	4:45 PM - 5:15 PM	4X	APR 11	\$19

## 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

# GRANITE PEAKS ADULT EDUCATION

## WE CAN HELP YOU EARN YOUR DIPLOMA

- ➔ Attend orientation  
Discover the possibilities.
- ➔ Define your plan  
Review transcripts and work experience.
- ➔ Improve your skills  
Learn reading, math and test-taking strategies.



### Board of Education

Gayleen Gandy, President  
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### Administration

Martin W. Bates, J.D., Ph.D.  
*Superintendent*

Mike Fraser  
*Assistant Superintendent*

Rick Anthony  
*Director*

Claudia Thorum, Ph.D.  
*Director, Retired*

### Free Orientation

Learn about the adult secondary diploma and the Utah High School Completion (GED) diploma in this free informational seminar provided by the staff of Granite Peaks. Find out how to earn a high school diploma and/or improve your skills. There is no cost or obligation for attending orientation. Once you select a program, there are modest registration and class fees. Students must attend an orientation and meet with a counselor before enrolling in classes.

Orientations are held weekly through June 2013.

Granite Peaks Learning Center      Mondays at 6:30 pm

Hunter Campus      Tuesdays at 6:30 pm

Granger Campus      Tuesdays at 6:30 pm

*Thank you Dr. Thorum for over 30 years of dedicated service  
educating people of all ages.*

## CAMPUSES AND ADDRESSES

Cottonwood	5715 South 1300 East, SLC, UT 84121	Room 503
Granite Peaks Learning Center	501 East 3900 South, SLC, UT 84107	Main Office
Granger	3690 South 3600 West, WVC, UT 84119	Room 130
Hartvigsen	350 East 3605 South, SLC, UT 84115	Room 213
Hunter	4200 South 5600 West, WVC, UT 84120	Commons Area
Skyline	3251 East 3760 South, SLC, UT 84109	Room 158A
Taylorville	5225 South Redwood Road, SLC 84123	Room F-101