

CLASS

SUMMER INTERSESSION 2015

COMMUNITY LEARNING AND SKILL SHARING

REGISTRATION BEGINS
MAY 19TH



Welcome!

Thank you for joining Salina Public Library in continuing lifelong learning during the summer. I am always excited to find unique opportunities for you to explore and hope you will find something interesting to spend some time with during this season.

Whether you have taken classes before or are brand new to the program, we welcome you to look around, browse www.salinapubliclibrary.org/class and “like” CLASS-Salina Public Library on Facebook. We are constantly looking for fun and educational opportunities for you, and I would love to hear your ideas!

Find out more about the program, including instructions for how to register, at the back of this booklet.



In Service,

A handwritten signature in black ink that reads "Morgan". The signature is fluid and cursive, with a large initial 'M'.

Morgan Davis,
Community Learning Coordinator

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Evening Yoga

Balance and center yourself with an evening yoga asana class. Build a strong foundation in body awareness and alignment by allowing yourself to explore your own personal experience of yoga through inner focus and surrender. Creative hatha and vinyasa make this class great for beginning to intermediate levels. Poses can be modified to make your yoga practice rewarding. Wear comfortable clothing and bring a yoga mat.

Mondays

Session 1: June 1-22

5:30-6:30 p.m., **\$20**

Register by May 25

Session 2: June 29-July 20

5:30-6:30 p.m., **\$20**

Register by June 22

Wednesdays

Session 1: June 3-24

5:30-6:30 p.m., **\$20**

Register by May 27

Session 2: July 1-22

5:30-6:30 p.m., **\$20**

Register by June 24

Prescott Room,
Salina Public Library

Chair Yoga

This daytime session is perfect for those who enjoy yoga but cannot get down on the floor or want a quicker session.

Wednesdays

Session 1: June 3-24

12:15-12:45 p.m., **\$15**

Register by May 27

Session 2: July 1-22

12:15-12:45 p.m., **\$15**

Register by June 24

Community Learning
Center, 308 W. Elm

*Instructor **Melanie Back** began her study of yoga through the CLASS program! She is a certified 200 hour Registered Yoga Teacher through Yoga Alliance and received her certification at the Shambhava School of Yoga in Rollinsville, Colo.*



Zumba Fitness

Working out has never been this much fun! Zumba® fuses exciting musical rhythms and dance to create a dynamic workout, designed to be fun and easy. Choreography features interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest and you've got Zumba®!

Session 1:

June 4-25 (Th)

5:30-6:30 p.m., **\$20**

Register by May 28

Session 2:

July 8-29 (Wed)

7-8 p.m., **\$20**

Register by July 2

Community Learning
Center, 308 W. Elm



Zumba Gold

This easy-to-follow program lets you get moving at your own speed. Zumba® Gold is a fitness program designed to take exciting Latin and international dance rhythms created in the original Zumba® and bring them to the active older adult, beginners or those not used to exercising. It is a safe and effective total body workout.

Session 1:

June 2-25 (Tue & Th)

9-9:45 a.m., **\$30**

Register by May 26

Session 2:

July 8-31 (Wed & Fri)

9-9:45 a.m., **\$30**

Register by June 30

Community Learning
Center, 308 W. Elm

Instructor **Angelina**

Lawrence has been a Certified Zumba® Instructor since 2010. She is now certified in Zumba® Toning, Zumba® Gold and Aqua Zumba®. Angelina loves helping people improve their health and fitness.

Summer Wine

This class features rosé wine from France, Italy and the United States. Dry rosé in its best form combines the freshness and drinkability of a white wine with the fruit and structure of a red wine. It is summertime's answer to red wine. Come and experience the fastest growing demographic in the wine world and taste one of the wine world's best kept secrets ... rosé! Participants must be at least 21 years of age.

July 9 (Th) 6-7:30 p.m., **\$40**

Register by July 2

Crestwood, 601 E.

Water Well Road

*Instructor **Chad Bowman** earned dual degrees in entrepreneurship and marketing from Kansas State University, where he now teaches wine courses. Chad works for LDF Sales and Distributing, a wine and spirits distribution company with a focus on handmade, organic and sustainably farmed wineries.*

Disc Golf for Beginners

Disc golf is a fun way to enjoy time outdoors and get some exercise, with a minimal investment. Salina has four courses you can play for free any time: Lakewood Park, Thomas Park, Kansas Wesleyan and K-State Salina. This beginner class will teach you the rules and basics of the game, and which discs to use and when. You will learn how to drive off the tee box, practice midrange shots and putting. Play a round during class; your class fee includes a midrange disc to keep.

June 6 (Sat) 10:30 a.m.-noon, **\$10**

Register by May 29

Lakewood Park South Disc Golf Course
(West Parking Lot)

*Instructor **Larry Pankratz** helped develop the first course at Lakewood Park in 1988 and has played since the early 80's.*

Who Gets Grandma's Yellow Pie Plate?

Personal belongings hold special meaning for family members. Planning to pass on such items: treasured wedding photos, grandpa's tackle box or a well-used yellow pie plate can be challenging and may lead to family conflict. This course will provide you with practical information about the inheritance and transfer of non-titled personal property. The curriculum, workbook and related web resources provided help with communication, decision making and decreasing conflict. Your course fee includes your workbook.

June 10 (Wed)
10-11:30 a.m., **\$10**

Register by June 3
Community Learning
Center, 308 W. Elm

*Instructor **Debra Wood** is the Family Resource Management agent at the Central Kansas Extension District office in Salina.*

Garden Tour

What better way to learn about gardening and enjoy the outdoors than by taking a guided tour of a beautiful garden? Join the Central Kansas District Master Gardeners on a personal tour of the demonstration garden. We will take a look at the individual gardens, discover plants for all kinds of home landscaping uses, and take time to answer gardening questions, share tips and much more. Bring your camera to this unique, hands-on class. *Please dress according to the weather, and bring water and/or bug spray if you'd like.*

June 16 (T) 6-7:30 p.m., **\$5**

Register by June 9

Master Gardener
Demonstration Garden,
Kenwood Park

*Instructor **Jason Graves** is the Horticulture Extension Agent for the Central Kansas Extension District. He also oversees the Central Kansas District Master Gardeners.*

Intro to American Sign Language

This is your chance to get an overview of American Sign Language! Come take a crash course in the basics. Learn what ASL is and what it isn't. Crystal will also share reliable resources, so you can continue to learn from home.

July 21 (Tue) 6-8 p.m., **\$10**

Register by July 14

Community Learning Center, 308 W. Elm

Instructor Crystal DeWindt is a local sign language interpreter for Salina and surrounding school districts. She has more than 20 years of experience and a passion for people, languages and bridging the gaps between them.

Save the Date!

The Fall 2015 CLASS catalog
comes out mid-July and
registration begins August 4th!

What did I sign up for?

Keep this list for your future reference.

Class	Start Date/Time/Location

About Salina Public Library & CLASS

The mission of Salina Public Library's Community Learning And Skill Sharing (CLASS) program is to create courses and workshops that promote personal growth and build community. This community-based program is the perfect choice if you are curious about a subject, open to trying new things or have a need for information on specific topics.

Course Size

All of our courses are self-supported and require a minimum number of participants. This number varies depending on type of course, instructor and course site. In the case of insufficient enrollment, participants will be contacted and issued a refund.

Liability Release

CLASS has implemented a liability release for all of our courses. We ask that you agree to the release during the registration process, either online or in-person. The form is available for your review on the CLASS webpage. We encourage you to read through it and let us know if you have any questions or concerns.

For Questions or More Information

Morgan Davis, Community Learning Coordinator
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(785) 825-4624
mdavis@salpublib.org
www.salinapubliclibrary.org

Follow us!



CLASS-Salina Public Library



SPLClass



Summer Reading

May 21 through the end of July
#SKSummerReading

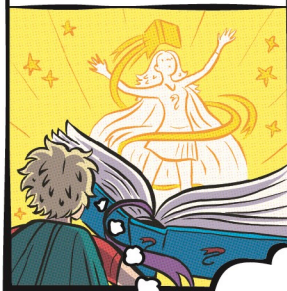
For all ages!

Children ...

Join us for
programs,
games and
activities!



Teens ...



Enter contests and
earn prizes!

Adults ...



Register at
www.salinapubliclibrary.org
or come to the library
to start your adventure!



SALINA PUBLIC LIBRARY

your connection to **summer reading**

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How to Register

Online

www.salina.coursestorm.com - Fast, easy, secure!

Register yourself (or surprise a friend!) with your credit or debit card to secure your spot. You will receive an automatic email confirmation.

In Person

Bring your payment to the Community Learning Center Monday-Friday, 9 a.m.-5 p.m. In person, pay with cash, check or credit card to secure your spot.

Drop box

Leave your registration in the secure drop box at the front of the Community Learning Center after hours. Registrations are processed each morning.

Mail

Registrations can be mailed with payment to:

CLASS – Salina Public Library
301 W. Elm
Salina, KS 67401

Your spot in a class is not guaranteed until payment is received.

Please make checks payable to Salina Public Library.

Credits & Refunds

A 100% refund will be issued if you cancel your enrollment in a course at least one week before the class begins or if the class is cancelled by the library, unless otherwise stated.

Refunds will not be issued for non-attendance or after a course has started. Refunds may require up to 10 days to process. If a course is cancelled due to inclement weather, every effort will be made to reschedule.

CLASS Registration Form

Name

Address

City

State

Zip

Phone Number

Email Address

Class Title/Date

Fee

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CLASS Fee Total

Pass the Buck*

+ _____

Total Included

Method of payment

☐

Check

☐

I authorize use of my:

☐

Cash

Credit/Debit Card

Card Number

CVV

Exp. Date

Will appear on your statement as "BT"salina"

Signature *I have read and agree to all CLASS policies.*