

granitepeaks

LIFELONG LEARNING

SUMMER 20

Explore a world of

CREATIVITY

at Granite Peaks!

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Classes fill quickly

REGISTER NOW

385-646-5439 granitepeaks.org



YOUTH



ARTS



HOME



PLAY



WORK



EDUCATION



contents



YOUTH

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

- 01 Arts & Crafts
- 01 Education
- 01 Languages
- 02 Performing Arts
- 03 Sports & Fitness

PLAY

Eliminate stress through our exercise and relaxation classes. Take a golf class or experience Tai Chi.

- 15 Fitness
- 16 Outdoor Recreation
- 17 Sports & Fitness
- 18 Mill Hollow
- 19 Unique

ARTS

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

- 05 Crafts
- 06 Dance
- 07 Languages
- 09 Music
- 09 Performing Arts
- 10 Visual
- 11 Writing

WORK

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

- 19 Business/Career
- 20 Certifications
- 20 Finances
- 21 Food Handlers
- 21 Real Estate
- 21 Technology

HOME

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

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

EDUCATION

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

- 08 Adult ESL
- 23 Adult High School Completion



REGISTER ONLINE

before May 13, 2013
using this promo code

CREATE5

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

**COMMUNITY
LECTURE SERIES**

See inside back cover for details!

granitepeaks
LIFELONG LEARNING



YOUTH

Arts & Crafts

FRIENDSHIP BRACELETS (AGES 9 – 16)

New Learn the basics of bracelet making and walk away with a special, one-of-a-kind piece of jewelry. Use of color strings and knot tying make these fun, wearable projects.

1	SKYLINE	TU	7:00 PM- 8:00 PM	1X	MAY 14	\$19
2	SKYLINE	TU	7:00 PM- 8:00 PM	1X	JUN 11	\$19

KIDS CRAFT NIGHT OUT

New Luminaries, kaleidoscopes, ice cream, bird feeders, and handprints are created during Kids Night Out. Each night our teacher offers a new craft to be created by kids. Special Refund Policy applies to this class. See inside back cover for details. If your child is under seven, you must stay with them.

1	COTTONWOOD	W	5:30 PM- 7:00 PM	1X	MAY 22	\$19
2	COTTONWOOD	W	5:30 PM- 7:00 PM	1X	MAY 29	\$19
3	COTTONWOOD	W	5:30 PM- 7:00 PM	1X	JUN 5	\$19
4	COTTONWOOD	W	5:30 PM- 7:00 PM	1X	JUN 12	\$19
5	COTTONWOOD	W	5:30 PM- 7:00 PM	1X	JUN 19	\$19

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	GRANGER	TH	7:00 PM- 8:00 PM	1X	MAY 16	\$9
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PAPER AIRPLANE WORKSHOP AND TEST FACILITY (AGES 5–10)

New Learn how to make some of the best paper airplanes in the sky. Learn all the folds and precision shaping needed to produce some amazing yet simple flying machines. Create different paper airplane designs and test fly planes each class. On the fifth, and final, class the test facility opens. Categories include longest flight, best tricks, longest distance, best style and more. Let the competition begin!

1	SKYLINE	TU	6:00 PM- 7:30 PM	4X	JUN 4	\$39
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SCULPT AWAY! (AGES 5 – 14)

New Working with an array of materials and techniques, play with color and placement. Explore color, texture and form, stacked, carved, hollow, natural, line and surface sculptures as well as carving and hand sculpting. Anything is possible with a little imagination.

1	SKYLINE	TH	6:00 PM- 7:00 PM	4X	MAY 9	\$35
2	SKYLINE	TH	6:00 PM- 7:00 PM	4X	JUN 6	\$35

SILK PAINTING (AGES 6 – 12)

New Bright, free flowing colors make silk painting a favorite art medium for young painters. Trace a design, mix colors, paint onto silk. Your one of a kind silk painting can be worn, displayed or given as a gift.

1	SKYLINE	TU	6:00 PM- 7:00 PM	4X	MAY 7	\$35
2	SKYLINE	TU	6:00 PM- 7:00 PM	4X	JUN 4	\$35



YOUTH ART CAMP

New Continue to improve your child's artistic ability in a fun and interactive way this summer. We use creativity to continue improving your child's skills in the art world. They engage in a variety of activities of drawing and painting at their level. Keep your kids learning, even when they aren't in school. Classes are taught 2 different days of the week for four weeks. Each class is different. Get a 10% discount for signing up both days.

1	COTTONWOOD	TU	2:30 PM- 3:30 PM	4X	JUN 4	\$35
2	COTTONWOOD	TU	4:00 PM- 5:00 PM	4X	JUN 4	\$35
3	COTTONWOOD	TH	2:30 PM- 3:30 PM	4X	JUN 6	\$35
4	COTTONWOOD	TH	4:00 PM- 5:00 PM	4X	JUN 6	\$35

Education

JR. HIGH SKILLBUILDING – MATH

New Build your Junior High math skills this summer. Even if math is not your favorite subject, become a wiz in multiplication, division, fractions, and percentages and learn the basic skills needed for Algebra. Math is made fun in this class using a variety of teaching techniques. All levels welcome!

1	COTTONWOOD	TU	7:00 PM- 8:00 PM	4X	MAY 7	\$39
2	COTTONWOOD	TU	6:00 PM- 7:00 PM	4X	JUN 4	\$39

JR. HIGH SKILLBUILDING – WRITING

New Become a better writer and have fun at the same time. We write, share, and laugh while engaging our creativity. Prepare now for school in the fall. Amaze your English teacher with your new found writing knowledge. Taught by a certified teacher.

1	COTTONWOOD	TU	6:00 PM- 7:00 PM	4X	MAY 7	\$39
2	COTTONWOOD	TU	7:00 PM- 8:00 PM	4X	JUN 4	\$39
3	GRANGER	M W	12:00 PM- 1:00 PM	4X	JUN 17	\$39
4	GRANGER	TU TH	12:00 PM- 1:00 PM	4X	JUN 18	\$39

Languages

AMERICAN SIGN LANGUAGE YOUTH CAMP

New Do you know how speak American Sign Language? Would you like to learn? Continue to improve your child's lingual ability in a fun and interactive way this summer through signing. We use creativity to learn basic signing through the immersion process. Without realizing it, they absorb the sign language as they engage in a variety of activities at their level. Keep your kids learning, even when they aren't in school. This class is geared towards children that want to learn sign language or for those that want to continue learning, either at a beginning or intermediate level. Classes are taught 2 different days of the week for four weeks. Each class is different. Get a 10% discount for signing up both days.

1	HUNTER	TU	5:00 PM- 6:00 PM	4X	JUN 4	\$25
2	HUNTER	TU	4:00 PM- 5:00 PM	4X	JUN 4	\$25
3	HUNTER	W	4:00 PM- 5:00 PM	4X	JUN 5	\$25
4	HUNTER	W	5:00 PM- 6:00 PM	4X	JUN 5	\$25

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	MAY 7	\$29
2	HUNTER	TU	4:45 PM- 5:45 PM	4X	JUN 4	\$29



CHINESE LANGUAGE YOUTH CAMP

New Ni shuo jong wan? Continue to improve your child's lingual ability in a fun and interactive way this summer. We use creativity to continue basic Chinese written characters and vocabulary through the immersion process. Without realizing it, they absorb the Chinese language as they engage in a variety of activities at their level. Keep your kids learning, even when they aren't in school. This class is geared towards children that have started learning Chinese, either at a beginning or intermediate level. Classes are taught 2 different days of the week for four weeks. Each class is different. Get a 10% discount for signing up both days. Instructor is a native Chinese Speaker and an experienced teacher.

1	COTTONWOOD	TU	5:00 PM- 6:00 PM	4X	JUN 4	\$25
2	COTTONWOOD	TU	4:00 PM- 5:00 PM	4X	JUN 4	\$25
3	COTTONWOOD	W	4:00 PM- 5:00 PM	4X	JUN 5	\$25
4	COTTONWOOD	W	5:00 PM- 6:00 PM	4X	JUN 5	\$25

FRENCH IMMERSION PRACTICE (GRADES 1 AND 2)

New Improve your child's lingual ability in a fun and interactive way this summer. Children enjoy games, music, art, food and fun while immersed in French language and culture. Without realizing it, they absorb the French language as they engage in a variety of activities. Be amazed at how much they learn. Keep your kids learning, even when they aren't in school in a fun environment. Each session offers unique opportunities. Sign up for both sessions for a 10% discount. Children must have completed Grade 1 or Grade 2.

1	DIAMOND RIDGE	MTUWTH	8 AM- 12 PM	4X	JUL 15	\$99
2	DIAMOND RIDGE	MTUWTH	8 AM- 12 PM	4X	JUL 29	\$99

FRENCH IMMERSION PRACTICE (GRADES 3 AND 4)

New Improve your child's lingual ability in a fun and interactive way this summer. Children enjoy games, music, art, food and fun while immersed in French language and culture. Without realizing it, they absorb the French language as they engage in a variety of activities. Be amazed at how much they learn. Keep your kids learning, even when they aren't in school in a fun environment. Each session offers unique opportunities. Sign up for both sessions for a 10% discount. Children must have completed Grade 3 or Grade 4.

1	DIAMOND RIDGE	MTUWTH	8 AM- 12 PM	4X	JUL 15	\$99
2	DIAMOND RIDGE	MTUWTH	8 AM- 12 PM	4X	JUL 29	\$99

FRENCH LANGUAGE YOUTH CAMP

New Parlez-vous Francais? Continue to improve your child's lingual ability in a fun and interactive way this summer. We use creativity to continue basic French grammatical rules and vocabulary through the immersion process. Without realizing it, they absorb the French language as they engage in a variety of activities at their level. Keep your kids learning, even when they aren't in school. This class is geared towards children that have started learning French, either at a beginning or intermediate level. Classes are taught 2 different days of the week for four weeks. Each class is different. Get a 10% discount for signing up both days.

1	COTTONWOOD	TU	4:30 PM- 5:30 PM	4X	JUN 4	\$25
2	COTTONWOOD	TU	5:30 PM- 6:30 PM	4X	JUN 4	\$25
3	COTTONWOOD	TH	5:30 PM- 6:30 PM	4X	JUN 6	\$25
4	COTTONWOOD	TH	4:30 PM- 5:30 PM	4X	JUN 6	\$25

SPANISH LANGUAGE YOUTH CAMP

New Habla Español? Continue to improve your child's lingual ability in a fun and interactive way this summer. We use creativity to continue basic Spanish grammatical rules and vocabulary through the immersion process. Without realizing it, they absorb the Spanish language as they engage in a variety of activities at their level. Keep your kids learning, even when they aren't in school. This class is geared towards children that have started learning Spanish, either at a beginning or intermediate level. Classes are taught 2 different days of the week for four weeks. Each class is different. Get a 10% discount for signing up both days.

1	TAYLORSVILLE	TU	4:30 PM- 5:30 PM	4X	JUN 4	\$25
2	TAYLORSVILLE	TU	5:30 PM- 6:30 PM	4X	JUN 4	\$25
3	TAYLORSVILLE	W	4:30 PM- 5:30 PM	4X	JUN 5	\$25
4	TAYLORSVILLE	W	5:30 PM- 6:30 PM	4X	JUN 5	\$25

Performing Arts

ACTING LESSONS (AGES 9-12)

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

1	SKYLINE	TU	7:15 PM- 8:00 PM	6X	MAY 7	\$35
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CLOWNING AROUND (AGES 5 - 10)

New Got a clown in the family? Take your clown to the next level and learn the art of clowning. Learn face painting, basic balloon sculpture, prop tricks, and the fundamentals of how to make people laugh. Bozos welcome.

1	SKYLINE	TU	6:00 PM- 7:30 PM	4X	JUN 4	\$39
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LOOKING FOR ADDITIONAL SKILL BUILDING CLASSES?

We've added more classes than what is listed here.

Check them out on www.granitepeaks.org

Keep your kids learning, even when they aren't in school!



BALLET – BEGINNING (AGES 3–5)

New Calling all little ballerinas! Get ready to pirouette, jete, and plie your way to the front of the stage! Improve your balance, flexibility, and confidence while you have fun learning these beautiful styles of dance. In addition to learning basic ballet skills, our tiny dancers will learn to create and express through dance. Show off what you learned to family and friends on the last day of class. GPLC campus teaches a traditional ballet and requires that you wear jazz or ballet shoes. Cottonwood campus combines creative dance with ballet; ballet shoes are not required.

1	COTTONWOOD	W	5:00 PM- 5:45 PM	6X	MAY 8	\$35
2	GPLC	W	5:30 PM- 6:15 PM	6X	MAY 15	\$35

BALLET – BEGINNING (AGES 6–8)

Calling all ballerinas! Get ready to pirouette, jete and plie your way to the front of the stage! Improve your balance, flexibility, and confidence while having fun dancing these beautiful styles. In addition to learning basic ballet skills, our dancers will learn to create and express through dance. Show off what you learned to family and friends on the last day of class. GPLC campus teaches a traditional ballet and requires that you wear jazz or ballet shoes. Cottonwood campus combines creative dance with ballet, ballet shoes are not required.

1	COTTONWOOD	W	5:45 PM- 6:30 PM	6X	MAY 8	\$35
2	GPLC	W	6:15 PM- 7:00 PM	6X	MAY 15	\$35



DANCE (AGES 3–4)

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

1	SKYLINE	TU	6:45 PM- 7:15 PM	6X	MAY 7	\$29
2	GRANGER	TH	6:00 PM- 6:30 PM	6X	MAY 9	\$29
3	GRANGER	TH	6:45 PM- 7:15 PM	6X	MAY 9	\$29

DANCE WITH ME! (AGES 3–4)

New Come and Play! Dance with your child in this fun and energetic class. We explore developmental patterns and creative movement in a positive and nurturing environment. See how your involvement increases your child's enthusiasm to learn.

1	GPLC	M	6:45 PM- 7:15 PM	6X	MAY 6	\$29
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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	GRANGER	TH	7:15 PM- 8:00 PM	6X	MAY 9	\$35
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HIP HOP BEGINNING (AGES 9–12)

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

1	GPLC	M	7:15 PM- 8:00 PM	6X	MAY 6	\$35
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NO CLASSES HELD
MAY 27
MEMORIAL DAY

Sports & Fitness

KIDS' VOLLEYBALL (AGES 7–14)

New Learn and play the sport of the summer. Join other kids, make new friends, and get a great workout. Our volleyball coaches provide a safe environment while teaching sportsmanship, volleyball rules, and helping you master those skills. Beginner and Intermediate students welcome.

1	COTTONWOOD	TU	6:30 PM- 7:30 PM	4X	JUN 4	\$29
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PARKOUR/FREERUNNING KIDS (AGES 4–7)

New Do you have active kids who are ready for a new adventure? Girls and boys have fun, gain self-confidence, get in better shape, and make friends in our Parkour/Freerunning class! Parkour teaches kids a safe way to overcome obstacles, as well as learning how to creatively and playfully interact with one's environment. Parkour helps young people grow mentally and overcome fear through structured running around. 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	W	4:45 PM- 5:30 PM	8X	MAY 8	\$39
2	SKYLINE	TH	4:45 PM- 5:30 PM	8X	MAY 9	\$39

PARKOUR/FREERUNNING YOUTH (AGES 8–15)

Ready for a new adventure? Have fun, aching all ages and all levels of physical ability. Experience the fun and adventure of parkour!

1	HUNTER	W	5:30 PM- 7:00 PM	8X	MAY 1	\$39
2	SKYLINE	TU TH	5:30 PM- 7:00 PM	14X	MAY 7	\$59



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- 5:00 PM	4X	MAY 20	\$25
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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	5:00 PM- 5:30 PM	4X	MAY 20	\$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	MAY 8	\$39
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YOUNG DRAGONS KARATE (AGES 4-12)

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	6:00 PM- 7:00 PM	6X	APR 24	\$39
2 SKYLINE	TH	6:00 PM- 7:00 PM	4X	JUN 6	\$29

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	5:30 PM- 6:00 PM	6X	MAY 6	\$29
2 GPLC	M	6:00 PM- 6:30 PM	6X	MAY 6	\$29
3 HUNTER	TU	5:00 PM- 5:30 PM	6X	MAY 21	\$29
4 HUNTER	TU	5:30 PM- 6:00 PM	6X	MAY 21	\$29
5 SKYLINE	TU	5:30 PM- 6:00 PM	6X	MAY 21	\$29
6 COTTONWOOD	W	5:30 PM- 6:00 PM	6X	MAY 22	\$29
7 GPLC	W	6:00 PM- 6:30 PM	6X	MAY 22	\$29
8 GPLC	W	5:30 PM- 6:00 PM	6X	MAY 22	\$29
9 GRANGER	TH	5:30 PM- 6:00 PM	6X	MAY 23	\$29
10 GRANGER	TH	6:00 PM- 6:30 PM	6X	MAY 23	\$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.

1 GPLC	M	6:30 PM- 7:00 PM	6X	MAY 6	\$29
2 HUNTER	TU	6:00 PM- 6:30 PM	6X	MAY 21	\$29
3 SKYLINE	TU	6:00 PM- 6:30 PM	6X	MAY 21	\$29
4 COTTONWOOD	W	6:00 PM- 6:30 PM	6X	MAY 22	\$29
5 COTTONWOOD	W	6:30 PM- 7:00 PM	6X	MAY 22	\$29
6 GPLC	W	6:30 PM- 7:00 PM	6X	MAY 22	\$29
7 GRANGER	TH	6:30 PM- 7:00 PM	6X	MAY 23	\$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	7:00 PM- 8:00 PM	6X	MAY 6	\$45
2 SKYLINE	TU	6:30 PM- 7:30 PM	6X	MAY 21	\$45
3 HUNTER	TU	6:30 PM- 7:30 PM	6X	MAY 21	\$45
4 COTTONWOOD	W	7:00 PM- 8:00 PM	6X	MAY 22	\$45
5 GPLC	W	7:00 PM- 8:00 PM	6X	MAY 22	\$45
6 GRANGER	TH	7:00 PM- 8:00 PM	6X	MAY 23	\$45

Visit our website for Online Registration
granitepeaks.org



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 SKYLINE	TU	7:30 PM- 8:30 PM	6X	MAY 21	\$45
2 HUNTER	TU	7:30 PM- 8:30 PM	6X	MAY 21	\$45

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	7X	MAY 7	\$29
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ZUMBATOMIC BIG STARZ (AGES 8-12)

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	4:00 PM- 4:30 PM	3X	MAY 9	\$15
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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	3X	MAY 9	\$15
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ARTS

Crafts

BALLOON ART – BEGINNING

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

1 GRANGER TU 6:00 PM- 8:00 PM 1X MAY 7 \$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 6:00 PM- 8:00 PM 1X MAY 14 \$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 6:00 PM- 8:00 PM 1X MAY 21 \$19

BEGINNING QUILTING

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 W 6:30 PM- 8:30 PM 3X MAY 8 \$45

2 TAYLORSVILLE W 6:30 PM- 8:30 PM 3X JUN 12 \$45

CARDS FROM THE HEART

New As a society are we losing the personal touch, the hand written note received in the mail, or as a thank you? Cards from the Heart will restore or begin anew what was practiced not so long ago. Come make 3 any occasion cards with your personal touch. No prior experience in paper crafting is required and those with experience will enjoy the class as well. Please bring a pair of scissors suitable for cutting paper all other supplies will be provided.

1 TAYLORSVILLE W 6:30 PM- 8:00 PM 1X MAY 22 \$19

CARDS FROM THE HEART – FOR THE MEN IN YOUR LIFE

New Do you struggle to find the right card for the man/ men in your life? Cards from the Heart will assist you in making just the right card for him. Come make 3 masculine cards (Father's Day is just a few days away) with your personal touch. No prior experience in paper crafting is required and those with experience will enjoy the class as well. Please bring a pair of scissors suitable for cutting paper all other supplies will be provided.

1 TAYLORSVILLE W 6:30 PM- 8:00 PM 1X JUN 12 \$19

CRAFT NIGHT OUT FOR ADULTS

New Discover some new crafty skills and get a night out too! Learn how to etch glass and how to make decorative reversible phrase blocks. Take home your creations for all to enjoy. All supplies provided, come ready to craft! The special refund policy applies to this class. See inside back cover for details.

1 COTTONWOOD W 6:30 PM- 8:30 PM 1X MAY 15 \$35

CREATIVE CARDS

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 Father's Day and one Wedding 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 7:00 PM- 9:00 PM 1X MAY 14 \$19

2 TAYLORSVILLE TU 7:00 PM- 9:00 PM 1X JUN 11 \$19

IT'S IN THE BAG – GIFT BAGS

New Come learn how to make your own designer gift bags out of paper. You will make 3 different bags so you are prepared for that next gift giving event, like Mother's Day, Father's Day, and graduation or just to have on hand when you need a gift bag quick. Please bring a pair of scissors suitable for cutting paper all other supplies will be provided. This is a beginning class but all level of paper crafters are welcome.

1 TAYLORSVILLE W 6:00 PM- 8:00 PM 1X MAY 8 \$19



NATURAL BORN KNITTER – BEGINNING

New 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 one skein of worsted weight yarn to the first class.

1 SKYLINE TH 6:30 PM- 7:30 PM 4X MAY 16 \$39

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.

NATURAL BORN KNITTER — PLAY WITH YARN

New This is the continuation class of Natural Born Knitter - Beginning Knitting. If you are comfortable with at least one form of casting on and binding off, the knit stitch, the purl stitch and can read a basic knitting pattern then this class is for you! Once you are comfortable with the basics it's time to really start playing with yarn!. This class is designed as an open forum where students can focus on their individual projects while having access to the instructor for assistance and answers to their questions regarding yarn and pattern selection, reading patterns including charts, creating a gauge swatch and dealing with inevitable mistakes. You may also choose to utilize this class solely for the purpose of dedicated knitting time.

1 SKYLINE TH 6:30 PM- 8:30 PM 3X JUN 13 \$39

PAPER CRAFTING WITH RUBBER STAMPING 101

Join us for a delightful introduction into paper crafting with rubber stamps. We will 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 will be provided. This is a beginning class but all level of paper crafters are welcome. Different projects will be done at each class.

1 TAYLORSVILLE W 6:30 PM- 8:00 PM 1X MAY 1 \$19
2 TAYLORSVILLE W 6:30 PM- 8:00 PM 1X JUN 5 \$19

POP UP BOOKS/CARDS

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. This class is for adults only! Supplies are provided. Special refund policy applies to this class. See inside back cover for details.

1 GPLC TH 6:00 PM- 8:00 PM 1X MAY 9 \$25



SCRAPBOOKING BASICS

Want to scrapbook, yet a little overwhelmed? Not sure where to start or how? Come be introduced to basic scrapbooking, that won't cost you a fortune in time or money. We will complete an 8X8 layout. Please bring a pair of scissors suitable for cutting paper, as well as 2-5 pictures (4X6 is most ideal) all other supplies will be 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 level of scrapbookers are welcome. Different projects will be done at each class.

1 TAYLORSVILLE W 6:30 PM- 8:00 PM 1X MAY 15 \$25
2 TAYLORSVILLE W 6:30 PM- 8:00 PM 1X JUN 19 \$25

STAINED GLASS MOSAIC ART

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 7X MAY 9 \$119

Dance

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 6:00 PM- 7:00 PM 6X MAY 7 \$59
2 SKYLINE TH 7:00 PM- 8:00 PM 6X MAY 9 \$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 8:00 PM- 9:00 PM 6X MAY 9 \$59

BARRE FITNESS

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

1 SKYLINE TU 8:00 PM- 9:00 PM 6X MAY 7 \$35
2 GRANGER TH 8:00 PM- 9:00 PM 6X MAY 9 \$35

BELLY DANCE — BEGINNING

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

1 TAYLORSVILLE W 7:00 PM- 8:00 PM 6X MAY 8 \$45
2 SKYLINE TH 6:00 PM- 7:00 PM 4X MAY 9 \$29
3 HUNTER W 6:00 PM- 7:00 PM 6X MAY 8 \$45

BELLY DANCE — INTERMEDIATE

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

1 TAYLORSVILLE W 8:00 PM- 9:00 PM 6X MAY 8 \$45
2 HUNTER W 7:00 PM- 8:00 PM 6X MAY 8 \$45

BELLY DANCE BURN

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

1 SKYLINE TH 5:00 PM- 6:00 PM 4X MAY 9 \$29



MODERN DANCE

New Explore the art, expression and choreographic processes of modern dance. Develop increased flexibility, coordination, strength and aesthetic sensitivity while participating in technique, improvisation and choreographic exercises. Instructor specializes in modern dance and invites all movers to join. Wear comfortable clothing. No special shoes are required.

1 COTTONWOOD W 6:30 PM- 7:30 PM 6X MAY 8 \$39

385.646.5439

Please call for more information



SUPER STRETCH

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

1 SKYLINE TU 9:00 PM- 9:30 PM 6X MAY 7 \$35

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 8:00 PM- 9:00 PM 4X MAY 8 \$29

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- 9:00 PM 8X MAY 7 \$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 6:00 PM- 7:30 PM 8X MAY 7 \$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 6:00 PM- 7:30 PM 8X MAY 8 \$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- 9:00 PM 8X MAY 8 \$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 7:30 PM- 9:00 PM 8X MAY 7 \$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 6:00 PM- 7:30 PM 8X MAY 7 \$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 6:00 PM- 7:30 PM 4X MAY 8 \$39

GERMAN – BEGINNING

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

1 COTTONWOOD TH 6:00 PM- 7:30 PM 8X MAY 9 \$65

KOREAN – BEGINNING

New The Korean language is not as hard as you think with the help of our experienced instructor. She uses different techniques to help the learning process starting with authentic Korean script and alphabet.

1 COTTONWOOD TH 7:30 PM- 9:00 PM 8X MAY 9 \$65

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 7:30 PM- 9:00 PM 8X MAY 7 \$65

SIGN LANGUAGE – INTERMEDIATE

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

1 HUNTER TU 6:00 PM- 7:30 PM 8X MAY 7 \$65

SIGN LANGUAGE – ADVANCED

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

1 HUNTER W 6:00 PM- 7:30 PM 8X MAY 8 \$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 MAY 7 \$29

2 HUNTER TU 4:45 PM- 5:45 PM 4X JUN 4 \$29



SPANISH – BEGINNING 1

New 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. This class is specifically designed for those who have no previous exposure or experience with Spanish. Pre-requisite: a desire to learn a second language.

1 GPLC TU 6:00 PM- 7:30 PM 8X MAY 7 \$65

SPANISH – BEGINNING 1 & 2

New Begin your study of Spanish with the basics. Start off with an introduction to the alphabet and pronunciation, numbers, gender, adjectives, simple vocabulary and colors. Be introduced to simple present tense. Practice greetings and farewells in basic conversation. Once the basics have been taught, continue to improve those skills by adding upon what you've already learned. Build sentence structure with the simple present and the present progressive. Practice and understand conjugation with both regular and irregular verbs. Remember practice makes perfect in this level 1 and 2 combined Spanish class!

1 TAYLORSVILLE TU 6:00 PM- 8:00 PM 6X MAY 21 \$65

SPANISH – BEGINNING 2

New 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. Pre-requisite: Spanish Beginning 1 or equivalent.

1 GPLC TU 7:30 PM- 9:00 PM 8X MAY 7 \$65

SPANISH – INTERMEDIATE 1

New 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. Pre-requisite: Spanish Beginning 2 or equivalent.

1 GPLC W 6:00 PM- 7:30 PM 8X MAY 8 \$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 September 3-5, classes begin September 10.

GPLC registration is August 27-29, classes begin September 3.

Daytime ESL

Granite Peaks Learning Center registration is August 21-24, classes begin August 26.

SPANISH – INTERMEDIATE 2

New 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 *soled*. In this class, practice makes perfect! Pre-requisite: Spanish Intermediate 1 or equivalent.

1 GPLC W 7:30 PM- 9:00 PM 8X MAY 8 \$65



SPANISH – ADVANCED 1

New 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. Pre-requisite: Spanish Intermediate 2 or equivalent.

1 GPLC TH 6:00 PM- 7:30 PM 8X MAY 9 \$65

SPANISH – ADVANCED 2

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

1 GPLC TH 7:30 PM- 9:00 PM 8X MAY 9 \$65

SPANISH – ADVANCED 3

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

1 GPLC M 6:00 PM- 7:30 PM 6X MAY 13 \$49

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. Pre-requisite: Spanish Advanced 3 or equivalent.

1 GPLC M 7:30 PM- 9:00 PM 6X MAY 13 \$49

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 6:00 PM- 7:30 PM 4X MAY 9 \$39
2 COTTONWOOD TH 6:00 PM- 7:30 PM 4X JUN 6 \$39

Music

GUITAR – BEGINNING

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

1 COTTONWOOD W 5:30 PM- 6:30 PM 6X MAY 1 \$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 COTTONWOOD W 6:30 PM- 7:30 PM 7X MAY 1 \$39

Performing Arts

HOW TO AUDITION – WORKSHOP FOR TEENS & ADULTS

New How do you stand out of a crowd? Learn introductory skills to succeed in the business of acting and dance performance. We discuss how to build your portfolio to showcase the very best of you. Tuesday evenings are dedicated to acting auditions. Thursday evenings are dedicated to dance auditions.

1 SKYLINE TU 7:00 PM- 8:00 PM 2X JUN 18 \$25
2 GRANGER TH 7:00 PM- 8:00 PM 2X JUN 20 \$25

INTRODUCTION TO THEATER

New Ever wondered what goes on behind the scenes of your favorite productions? In this six-week course we will explore different aspects of playwriting, directing, designing, stage-managing, and acting. No previous experience necessary.

1 GPLC M 8:05 PM- 9:05 PM 6X MAY 6 \$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 MAY 7 \$35
2 COTTONWOOD TU 5:15 PM- 6:15 PM 4X JUN 4 \$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 JUN 4 \$35

UNDERSTANDING CLASS DETAILS

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

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 practice what you've learned in front of a live audience. Guaranteed to be lots of laughs. You must be 21 years or older to participate in this class.

1 TAYLORSVILLE TU 7:00 PM- 8:30 PM 7X MAY 7 \$59

Visual

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 MAY 8 \$69

DRAWING FUNDAMENTALS

New Have you ever wanted to learn how to draw? Learn how to sketch what you see! We simplify the drawing process into understandable concepts such as line, shape, form, angle, proportion, and shading. We also try different drawing approaches and mediums working from both observation and photo reference. This course is for basic and intermediate students. All students work on the same projects, but individual feedback is given according to what each student needs. Supply list can be found on our website.

1 SKYLINE TU 6:30 PM- 8:30 PM 6X MAY 7 \$89

PAINTING WITH ACRYLICS – MATERIALS AND TECHNIQUES

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

1 GPLC W 6:00 PM- 7:30 PM 6X MAY 22 \$89

PHOTOGRAPHY WITH DSLR CAMERA

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

1 TAYLORSVILLE TU 7:00 PM- 9:00 PM 4X MAY 7 \$69

PORTRAITS WITH YOUR DIGITAL CAMERA

New Bring your digital camera into our professional level studio and take pictures. We have the lights and the tripods to set up beautiful portrait shots with your digital camera. This is a great opportunity to get the right profile shot for your digital presence and understand some of the basics of professional level photographic portraits. This class will cover a basic understanding of lighting, background, composition, and digital settings to create an optimal portrait.

1 GPLC W 6:30 PM- 8:30 PM 2X JUN 12 \$49



PHOTO EDITING/CREATING DIGITAL SLIDESHOWS

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

1 SKYLINE TU 6:30 PM- 8:00 PM 1X MAY 21 \$29
2 SKYLINE TU 6:30 PM- 8:00 PM 1X JUN 11 \$29

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 MAY 2 \$89

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



HOME

Cooking

BARISTAS AT HOME

New 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 6:00 PM- 8:00 PM 1X MAY 7 \$35

CAKE DECORATING WITH WILTON – COURSE 3

New The creme de la creme class. Perfect your cake decorating skills with Easter lilies, poinsettias, exotic flowers, and more. Our instructor shows you how to create an edible masterpiece with a two-tier cake. This class is Wilton Cake Course 3. Must have taken courses 1 and 2 to take this class. Instructor contacts registrants with list of supplies needed for class. Pre-registration is required.

1 TAYLORSVILLE TU 6:30 PM- 8:30 PM 4X APR 23 \$39

CAKE DECORATING WITH WILTON – COURSE 4

New Learn techniques to create beautiful, delicate floral blooms for cake top decorations or sculpted floral displays. Create a garden full of breathtaking flowers like Gerbera daisy, stargazer lily, sweet pea, Briar rose, stephanotis bud and flower as well as ivy and lily leaves. Learn how to design and arrange the flowers and leaves into sprays that look spectacular on your best cakes. Must have taken courses 1, 2, and 3 to take this class. Instructor contacts registrants with list of supplies needed for class. Pre-registration is required.

1 TAYLORSVILLE TU 6:30 PM- 8:30 PM 4X MAY 21 \$39



CONTINUING TO WRITE YOUR OWN MEMOIRS

New Capture the traditions of your past. Whether you have completed the first 'Write Your Memoirs Workshop' with us or have started on your own, don't stop now! In this next series, our instructor continues to create a warm environment that keeps your ideas flowing. He offers techniques for putting your stories into words using floor plans, maps, senses, etc. This helps create stories from memories of people you may have never known but come to love. The textbook 'How to Write Your Own Life Story' is still used in class with new assignments to keep you on the right track in finishing your memoirs. If you have not purchased the book already, please call to register. Remember, The art of writing is re-writing.

1 COTTONWOOD W 6:00 PM- 7:30 PM 4X JUN 5 \$35

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. Please only submit G/PG-13 rated novels, short stories, and poetry.

1 SKYLINE TH 6:30 PM- 9:00 PM 7X MAY 9 \$59

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! Students are advised to bring an apron. The special refund policy applies to this class. See inside back cover for details.

1 COTTONWOOD TU 6:30 PM- 8:30 PM 1X MAY 7 \$25

2 GPLC SAT 9:00 AM- 11:00 AM 1X MAY 11 \$25

3 GPLC SAT 12:00 PM- 2:00 PM 1X JUN 15 \$25

4 COTTONWOOD W 6:30 PM- 8:30 PM 1X JUN 26 \$25

COOKING HOMEMADE BABY FOOD

New Learn how to create healthy and tasty homemade baby foods using whole and fresh ingredients. Compare to commercial baby food discussing the health and economical benefits of making your own. Recipes are made and tasted during class.

1 GPLC TH 6:00 PM- 8:00 PM 1X MAY 30 \$23

GLUTEN-FREE BOOT CAMP

New Finally, a gluten-free baking boot camp that teaches the science and technique behind gluten-free baking all in one place! Join professional gluten-free pastry chef, Trish Withus, in this three week series. Each class brings participants in-depth techniques and information on the use and properties of alternative (gluten-free) flours, and other ingredient substitutions. After completing the series, students can master the art of gluten-free baking at home, easily and tastefully! From bread to chocolate Eclairs, and everything in between this series is a must for everyone who is on a gluten-free diet. 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 JUN 6 \$89

GLUTEN-FREE EASY WEEKNIGHT DINNER

New As our schedules get busier, finding time to make healthy, quick meals can be tough. Join Chef Trish as she transforms chicken into an easy, delicious and quick weeknight dinner. Minimizing time in the kitchen leads to more time at the table. Menu: Lemon and Rosemary Chicken, Mashed Sweet Potatoes with Sage, Wilted Spinach Salad with Bacon and Balsamic Vinaigrette. Special refund policy applies to this class. See inside back cover for details.

1 GPLC W 6:30 PM- 8:30 PM 1X APR 24 \$35



GLUTEN-FREE MOTHER'S DAY BRUNCH

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

1 GPLC TH 6:30 PM- 8:30 PM 1X MAY 9 \$35

GLUTEN-FREE PASTA

New Pasta is one of the most difficult dishes to have to give up on a gluten-free diet. After many requests, Chef Trish brings her recipe and techniques for amazingly easy, gluten-free, fresh pasta dough into the classroom. Fresh pasta is much easier than you think, even gluten-free! Boxed pasta? No more. The menu can be found online. The special refund policy applies to this class. See inside back cover for details.

1 GPLC W 6:30 PM- 8:30 PM 1X JUN 12 \$35

GLUTEN-FREE SPRING MIX

New Summer is here and the spring vegetables are still amazing! What can you do with them all? Join Gluten-Free Chef Trish Withus as she demystifies the classic dish of risotto and with a bounty of those fresh beautiful vegetables. To complement the richness of the risotto she shares a light and crisp salad recipe that will make you glad you took this class! Menu can be found online. The special refund policy applies to this class. See inside back cover for details.

1 GPLC TU 6:30 PM- 8:30 PM 1X JUN 11 \$35

GLUTEN-FREE - BEYOND THE DIET

New Navigating life with a digestive or intestinal disorder can be very tricky. Understanding how your own body works with the food you feed it goes a long way in helping the issue heal while living a full, active, happy and healthy life. In this series our gluten-free Chef Trish brings crucial information in regards to our physiology and the part each organ plays in the digestion process, food nutrition and it's role, medicinal formulas for healing the struggling organs, as well as emotional healing. This is an in depth informational class which gives you the ability to understand your own body and come up with a personal plan to help yourself heal, physically and emotionally.

1 GPLC TH 6:30 PM- 8:30 PM 3X MAY 16 \$45

INDIAN COOKING - ALL ABOUT DAL

New Dal means 'split' in Hindi and is an important part of Indian cuisine. Dal dishes consist of dried and split lentils, beans or peas. Learn the process and ingredients needed to create delicious, authentic dal dishes from India. Dals are a healthy vegetarian option that are both tasty and a great source of protein.

1 SKYLINE TU 6:00 PM- 8:00 PM 1X JUN 11 \$39

INDIAN COOKING - APPETIZERS - SAMOSA & PAKORA

New Learn how to make two of the most popular appetizers in Indian cuisine - Samosas and Pakoras. The Samosa is triangular pastry filled with spiced meat or vegetables. Pakoras are crispy batter fried vegetables that melt in your mouth. Understand what it takes to make these scrumptious appetizers that have unlimited variations catering to both the vegetarian or meat eater.

1 SKYLINE TU 6:00 PM- 8:00 PM 1X JUN 25 \$39

INDIAN COOKING - CURRIES

New Learn the art of making Indian curries. The word curry is actually a European term but in this class learn the history of these dishes, their authentic names, ingredients, and most importantly, how to cook them. Understanding the three traditional Indian dishes - Masala, Korma, and Saag - create thousands of cooking possibilities.

1 SKYLINE TH 6:00 PM- 8:00 PM 3X MAY 9 \$59



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 TH 6:00 PM- 8:00 PM 1X MAY 2 \$19

NATURALLY FERMENTING FOOD

New Fermented and cultured foods are rich in probiotics, enzymes, vitamins and minerals. What often seems complicated is actually quite a simple process. Join Chef Trish as she walks us through the simplicity of making your own fermented foods so you no longer have to rely on the processed or store-bought form. Menu can be found online. The special refund policy applies to this class. See inside back cover for details.

1 COTTONWOOD TU 6:30 PM- 8:30 PM 1X JUN 18 \$25

Family

ACEITES ESENCIALES-ESSENTIAL OILS EN ESPANOL

¿Usted ha oído hablar de los aceites esenciales y le gustaría aprender más acerca de ellos? Nuestro instructor gustaría compartir con usted sus cualidades terapéuticas, incluyendo decisiones sobre su gabinete de la medicina, técnicas de masaje y otros usos de estos aceites grandes. La política de reembolso especial se aplica a esta clase. Ver interior para detalles.

1 COTTONWOOD TH 6:30 PM- 8:30 PM 1X MAY 2 \$19
2 GRANGER TU 6:30 PM- 8:30 PM 1X MAY 7 \$19
3 GPLC W 6:30 PM- 8:30 PM 1X MAY 22 \$19
4 HUNTER M 6:30 PM- 8:30 PM 1X JUN 3 \$19
5 TAYLORSVILLE TU 6:30 PM- 8:30 PM 1X JUN 11 \$19
6 GRANGER TH 6:30 PM- 8:30 PM 1X JUN 20 \$19

COMO SER PADRES CON AMOR Y LOGICA

New Ser padres es un privilegio, pero alguna vez se ha preguntado: ¿dónde está el Manual de instrucciones de este niño? Amor y Lógica te enseñara como jugar a Ganar! Empieza a temprana edad a educar niños responsables y capaces de resolver sus propios problemas, pensantes, y motivados. Te invitamos a aprender técnicas de comunicación que si funcionan!. Si estas interesado en aprender como establecer limites, utilizar la magia de las "consecuencias logicas" y de las "palabras para reflexionar" en lugar de "las palabras para pelear"... esta es la clase perfecta para ti!. Recibe un Certificado de Participación que es valido para la renovación de Licencia Estatal de Foster Parents y Home day care. Clase impartida por un Facilitador Certificado por el Instiuto de Amor y Logica. Parejas \$69, Solo \$49. Porfavor llama para registrarte y recibir el descuento para parejas. El libro de trabajo esta incluido en el costo.

1 GRANGER TH 6:00 PM- 7:30 PM 6X MAY 9 \$49



PARENTING WITH LOVE & LOGIC

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

1 GRANGER TH 7:30 PM- 9:00 PM 6X MAY 9 \$49

Garden

HERB GARDENING INTENSIVE *

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

1 MILLCREEK HERBS SAT 12:00 PM- 3:00 PM 1X MAY 11 \$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 South 3300 East. Call 801-450-3137 if you get lost. Pre-registration is required.

1 MILLCREEK HERBS SAT 12:00 PM- 3:00 PM 1X MAY 4 \$35

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 TAYLORSVILLE TU W 6:00 PM- 8:00 PM 2X MAY 7 \$59
2 SKYLINE TU TH 6:00 PM- 8:00 PM 2X MAY 21 \$59

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 APR 27 \$35

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 MAY 14 \$35
2 TAYLORSVILLE TU 6:30 PM- 8:30 PM 2X JUN 11 \$35

BASIC CONCRETE REPAIR

New Learn how to fill expansion joints properly using joint fill. Projects discussed include how to repair broken steps or porches, using simple foundation mudding to repair cracks, repair spalling on driveways and sidewalks, and properly fixing concrete decking and landings.

1 SKYLINE TU 6:30 PM- 8:30 PM 1X MAY 14 \$19
2 SKYLINE TU 6:30 PM- 8:30 PM 1X JUN 25 \$19

BASIC HOME REPAIR

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

1 GRANGER TH 6:00 PM- 9:00 PM 3X MAY 9 \$45
2 GRANGER TH 6:00 PM- 9:00 PM 3X JUN 6 \$45

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

CONCRETE STAINING

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

1 SKYLINE TH 6:30 PM- 8:30 PM 1X MAY 9 \$19
2 SKYLINE TU 6:30 PM- 8:30 PM 1X JUN 11 \$19

EPOXY FLOOR PAINTING

New Install your epoxy garage floor like a pro. Transform your garage floor, storage room, work room, or warehouse. Epoxy paints color your floor in the color of your choice. Learn multiple techniques from an epoxy paint professional.

1 SKYLINE TU 6:30 PM- 8:30 PM 1X MAY 21 \$19
2 SKYLINE TH 6:30 PM- 8:30 PM 1X JUN 13 \$19

INTERIOR DESIGN – WORKSHOP

Join us for a three week interior design class taught by an interior designer with over 10 years of professional experience. The class will go over 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 on how to give your home a little spring face lift!

1 COTTONWOOD TH 7:00 PM- 8:00 PM 3X MAY 16 \$39



Personal Finances

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 TAYLORSVILLE W 7:00 PM- 8:00 PM 2X JUN 5 \$19



POWER OF POSITIVE SELF TALK

Do you want to reach your full potential? Learn Solid Success Principles to reach your goals, change negative thought patterns to positive results, develop the life you want, make more money, live a happier life, have more fun, empower your life, and take action now. Learn the power of your thoughts and how to become the success you want to be.

1 GPLC W 7:00 PM- 9:00 PM 3X MAY 1 \$39

Pets

ESSENTIAL OILS FOR PETS – HEALING FIDO AND FLUFFY

New Tired of trying to fool your pets into taking a pill? Learn how to use the healing power of essential oils on your pets, too! Find out which oils are safe for your animals and which ones to avoid. Your pets know what's good for their bodies, so listen to them. Help keep your pets happy and healthy with natural essential oils.

1 TAYLORSVILLE TU 6:30 PM- 8:30 PM 1X MAY 21 \$29

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 7:00 PM- 8:30 PM 4X MAY 2 \$39

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 6:00 PM- 8:00 PM 1X MAY 1 \$25

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

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

1 COTTONWOOD W 6:00 PM- 8:00 PM 1X MAY 8 \$25

CREATING A POSITIVE DIVORCE: SESSION 3 CHILDREN AND DIVORCE

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

1 COTTONWOOD W 6:00 PM- 8:00 PM 1X MAY 15 \$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 TAYLORSVILLE W 7:00 PM- 8:00 PM 4X JUN 5 \$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 6:00 PM- 7:30 PM 1X MAY 14 \$9
2 COTTONWOOD TU 6:00 PM- 7:30 PM 1X MAY 21 \$9
3 HUNTER TU 6:00 PM- 7:30 PM 1X JUN 11 \$9
4 COTTONWOOD TU 6:00 PM- 7:30 PM 1X JUN 18 \$9

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 MAY 7 \$29

QUICK HAIR STYLES FOR LITTLE GIRLS

New Learn how to do quick 10-15 minute styles for little girls. Easy for any occasion including school, play dates, and special occasions. Please bring one model to learn on. Great opportunity for all to learn including moms, dads, grandmas, aunts, sisters, and friends. Make a night of it!

1 TAYLORSVILLE TU 6:30 PM- 8:00 PM 1X MAY 14 \$19
2 COTTONWOOD TU 6:30 PM- 8:00 PM 1X JUN 25 \$19

TAROT CARD READING – INTRODUCTION

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

1 TAYLORSVILLE TU 6:00 PM- 7:30 PM 6X MAY 7 \$45
2 COTTONWOOD TH 6:00 PM- 7:30 PM 6X MAY 9 \$45

Visit our website for Online Registration
granitepeaks.org



YOU'RE RIGHT TO WIN!

This relationship class helps us to be the very best person we can be to ourselves. 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. We 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. Classes run weekly through June 26.

1 COTTONWOOD W 7:00 PM- 9:00 PM 1X WEEKLY \$25



Fitness

BARRE FITNESS

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

1 SKYLINE TU 8:00 PM- 9:00 PM 6X MAY 7 \$35
2 GRANGER TH 8:05 PM- 9:05 PM 6X MAY 9 \$35



SUPER STRETCH

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

1 SKYLINE TU 9:00 PM- 9:30 PM 6X MAY 7 \$35



ZUMBA
GOLD

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

1 COTTONWOOD TH 5:30 PM- 6:30 PM 3X MAY 9 \$25

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 HUNTER TH 6:00 PM- 7:15 PM 7X MAY 2 \$39
2 SKYLINE TU 7:30 PM- 8:45 PM 7X MAY 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 6:00 PM- 7:00 PM 6X MAY 22 \$35
2 TAYLORSVILLE W 6:00 PM- 7:00 PM 6X MAY 22 \$59

HEALTHCARE ON THE ROAD – VACATIONERS' GUIDE TO ESSENTIAL OILS

New Travel plans are made, everything is packed, but what about the medicine cabinet? Essential oils are perfect to support having a peaceful, fun, and healthy vacation. Learn how to remedy common travel discomforts from air/car sickness and crying babies to parasites and adventure injuries. Being away from your doctor doesn't mean you can't take care of your own health. Start building your own Essential Oil Travel Kit.

1 TAYLORSVILLE TU 6:30 PM- 8:30 PM 1X JUN 4 \$29

HOME CLEANING WITH ESSENTIAL OILS

New Get rid of the toxic household cleaners under your sink! Learn how to use safe and effective essential oils and everyday ingredients to make your own cleaners for home. Discover the power of essential oils that are scientifically proven to kill MRSA and other tough germs. Class includes a hands-on workshop where you get to create and take home your own cleaner.

1 TAYLORSVILLE TU 6:30 PM- 8:30 PM 1X MAY 14 \$29

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- 8:00 PM 6X MAY 22 \$45

REIKI

Reiki is a healing technique originating in the Orient. The philosophy is similar to Tai Chi. Our instructor is a Usui and Karuna Reiki Master who has been practicing for over 15 years. Reiki is for all those who want to heal themselves and help others heal physical, emotional, mental and spiritual levels. The third class is a practicum at an offsite location to be announced. This is the pre-requisite for Reiki II.

1 COTTONWOOD TU 6:30 PM- 8:00 PM 3X MAY 7 \$45
2 TAYLORSVILLE W 6:30 PM- 8:00 PM 3X MAY 15 \$45



REIKI II

New While simple to learn, the gift to use Reiki can only be transferred to you by a Reiki master through a process known as attunement. Receive the symbols required for you to transcend the restrictions of time and space. Belief is not necessary in order to use Reiki. Taught by a Reiki master. Pre-requisite: Reiki I or approval from the instructor.

1	COTTONWOOD	TU	6:30 PM- 8:00 PM	3X	JUN 4	\$45
2	TAYLORSVILLE	W	6:30 PM- 8:00 PM	3X	JUN 5	\$45

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	JUN 18	\$29
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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	HUNTER	TH	7:30 PM- 8:45 PM	7X	MAY 2	\$39
2	SKYLINE	TU	6:15 PM- 7:30 PM	7X	MAY 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	7:00 PM- 8:00 PM	8X	MAY 7	\$39
2	GPLC	TH	6:00 PM- 7:00 PM	8X	MAY 9	\$39
3	GPLC	TH	7:15 PM- 8:15 PM	8X	MAY 9	\$39
4	COTTONWOOD	TU	7:15 PM- 8:45 PM	5X	MAY 21	\$35
5	COTTONWOOD	TU	7:15 PM- 8:45 PM	10X	MAY 21	\$59
6	TAYLORSVILLE	W	7:15 PM- 8:45 PM	5X	MAY 22	\$35
7	TAYLORSVILLE	W	7:15 PM- 8:45 PM	10X	MAY 22	\$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	MAY 7	\$39
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Outdoor Recreation

BIRD WATCHING

New Did you know that Utah has some of the best bird watching in the country? Utah is a critical stop for millions of migratory birds every year. Our field trip begins Tuesday for an hour and a half to learn what equipment is needed and what types of birds we expect to see. The Saturday class meets at the Bear River Migratory Bird Refuge. Here, you can experience an amazing show of migratory birds. Bird spotting doesn't get better than this!

1	SKYLINE	TU 6:00 PM / SAT 8 AM	2X	MAY 14	\$39
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DANGER CAVE

New Many people don't know that a little over a hundred miles from Salt Lake is one of the most important anthropological sites in the Americas - Danger Cave. In this cave thousands of human artifacts have been found dating back 11,000 years ago. These are some of the oldest human artifacts discovered on this continent. Join an anthropologist on a trip back in time to better understand this phenomenal site. The Tuesday class is held in a classroom for a preliminary overview of the site as well as all the logistics needed to prepare for the field trip. The Saturday class travels to the cave for a guided tour with our anthropologist/instructor.

1	SKYLINE	TU 6 PM / SAT 8:00 AM	2X	JUN 18	\$39
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INTRODUCTION TO ROCK COLLECTING

Rockhounding is an inexpensive, fun and educational family outing. Learn how and where to collect rocks. Rules and laws of collecting are covered, as well as the equipment, where to purchase supplies and how to stay safe when collecting. Learn about the Rock Cycle and classification of rocks, gems, minerals and fossils. A rock collection is put together with many specimens provided in class to take home with you. Equipment is demonstrated along with a display of other tools and equipment used in collecting, polishing, tumbling, cutting and jewelry making. Information on local clubs, rock shows, rock shops and literature is also available.

1	GPLC	TH	5:00 PM- 7:00 PM	1X	MAY 16	\$29
1	HUNTER	TH	5:00 PM- 7:00 PM	1X	JUN 20	\$29

GOLD PROSPECTING

Low cost gold prospecting for fun and profit. It is a great family outing. Only 5% of the world's gold has been discovered. With gold trading at an all-time high of approximately \$1,700 an ounce, panning for gold has made a huge comeback. Our instructor 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.

1	GPLC	TH	7:00 PM- 8:30 PM	1X	MAY 16	\$39
2	HUNTER	TH	7:00 PM- 8:30 PM	1X	JUN 20	\$39

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 8:00 AM- 10:30 AM	1X	MAY 4	\$35
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INTRODUCTION TO BICYCLE MAINTENANCE WITH YOUR BIKE

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. Discussions include history, frame materials, frame types, and the differences in components. Bring your bike to the first class and start working on it with the guidance of a former U.S. National Cycling Team Mechanic. This is a hands-on experience.

1 SKYLINE TH 6:30 PM- 8:30 PM 4X MAY 9 \$159

Sports & Fitness

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- 9:00 PM 4X MAY 7 \$1



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 MAY 9 \$29
2 HUNTER TH 6:30 PM- 7:30 PM 4X JUN 6 \$29

TEACHER PROFILE



FELTON LANCASTER

Felton Lancaster started working as an Assistant Professional at Glenmoor Golf Course in South Jordan in Salt Lake City in 1997. That was the same year he retired from a distinguished career with the Federal Aviation Administration.

He was elected to the membership of the PGA of America in 2003. That same year he was selected to the Utah Governor's Cup Team, Senior Division. His love of golf is evident every time you talk to him; however his interests outside of golf include his family, football and singing.

GOLF WITH A PGA PRO AT GLENMOOR PAGE 17

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 7:00 PM- 9:00 PM 6X MAY 2 \$45

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

GOLF – SHORT GAME WORKSHOPS

New Having trouble scoring? Join PGA Master Golf Professional and three-time Salt Lake County Teacher of the Year, Jeff Waters, as he shows you how easy it is to put the fun back in the game and reduce your mistakes. Learn how to hit all the shots around the green including chip and run, lob shots, pitches, trouble shots, and how to putt for accuracy and distance as you shave strokes off your score. This class is held at Mick Riley Golf Course (421 East Vine Street). Price includes two hours of instruction, practice balls, and includes a download of his new book, The Short Game - The Transition from the Golf Course to the Putting Green.

1 MICK RILEY SAT 11:30 AM- 12:30 PM 2X MAY 18 \$75
2 MICK RILEY SAT 11:30 AM- 12:30 PM 2X JUN 1 \$75
3 MICK RILEY SAT 10:00 AM- 11:00 AM 2X JUL 2 \$75



GOLF WITH A PGA MASTERS PRO

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

1 MICK RILEY TU 6:00 PM- 7:00 PM 5X MAY 28 \$139
2 MICK RILEY SAT 10:00 AM- 11:00 AM 5X JUN 1 \$139

GOLF WITH A PGA PRO

Professional golfer, Felton Lancaster, shares golf fundamentals and applies them to your individual capabilities. Classes held at Glenmoor Golf Course (9800 South 4800 West). All levels welcome. Focus 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 6:00 PM- 7:15 PM 6X JUN 5 \$119
2 GLENMOOR TH 6:00 PM- 7:15 PM 6X JUL 11 \$119
3 GLENMOOR SAT 11:00 AM- 12:30 PM 6X JUL 13 \$119

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**

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 7:00 PM- 8:30 PM 4X MAY 9 \$25
2 COTTONWOOD TH 7:00 PM- 8:30 PM 4X JUN 6 \$25


JUGGLING FOR BEGINNERS

 What's more fun than juggling? Learn from an experienced juggler and be part of the club. This intense course gives you the confidence to entertain in no time.

1 COTTONWOOD W TH 8 PM- 9 PM 16X MAY 8 \$75



OPTI-STRETCH

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


1 GPLC W 7:00 PM- 8:30 PM 2X MAY 8 \$59

PARKOUR/FREERUNNING (AGES 16 – UP)

Ready for a new form of conditioning? Have fun, gain self-confidence, get in better shape, and make friends in our Parkour/Freerunning class. Parkour has been called adventurous conditioning challenging one's physical and mental discipline to overcome obstacles in one's path quickly and fluidly. Condition yourself to learn new movements to creatively and playfully interact with your environment. Our instructors have trained with 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 SKYLINE TU TH 7:00 PM- 8:30 PM 14X MAY 7 \$59
2 HUNTER W 7:00 PM- 8:30 PM 8X MAY 8 \$49


VOLLEYBALL – INTERMEDIATE TO ADVANCED

 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 7:00 PM- 9:00 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. Zumba combines fast and slow rhythms that tone and sculpt the body using a unique balance of cardio and muscle toning.

1 SKYLINE TH 8:00 PM- 9:00 PM 4X MAY 9 \$25
2 COTTONWOOD TH 6:45 PM- 7:45 PM 3X MAY 9 \$25
3 SKYLINE TH 8:00 PM- 9:00 PM 4X JUN 6 \$25



Unique

BUNA ETHIOPIAN COFFEE CEREMONY

New Experience coffee as it has been used in Ethiopia for thousands of years. Ethiopia is the original home of coffee. Experience every part of the Ethiopian Buna coffee ceremony. The coffee is taken through its full life cycle of preparation in front of you in a ceremonial manner; from the roasting of the beans to grinding, boiling, serving, and best of all tasting. Your servers provide social and historical information about this tradition with authentic Ethiopian dress and surroundings. This class is hosted by the Mahider Ethiopian Restaurant at 1465 S State Street.

- 1 MAHIDER SAT 10:30 AM- 12:30 PM 1X MAY 18 \$25
- 2 MAHIDER SAT 10:30 AM- 12:30 PM 1X JUN 22 \$25



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 6X MAY 23 \$45

INTERNET DATING/PERSONAL PROFILE WORKSHOP

New Do you have an interest in internet dating or do you want to improve your internet dating presence? Learn about the different internet dating services and how to better navigate them. Next, create a profile that you will create with the direction of our instructor. Finally, try out your new profile and share the results with the class. This class is open to adults 18 years and up.

- 1 SKYLINE TH 8:00 PM- 9:15 PM 4X MAY 16 \$59

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 for class listings.
385-646-5439



INTRODUCTION TO HOMEBREWING *

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

- 1 THE BEER NUT SUN 6:00 PM- 8:00 PM 1X MAY 12 \$35

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. 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 6:00 PM- 8:30 PM 7X APR 30 \$59

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

WORK

Business/Career

BOOKKEEPING I

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

- 1 TAYLORSVILLE TU 6:00 PM- 7:00 PM 4X MAY 7 \$39

BOOKKEEPING II

New Continue to improve your skills so you can be more marketable in the workforce. Bookkeeping, accounting and auditing clerks held more than 2.1 million jobs in 2006 working in all industries and at all levels of government. Take the skills you learned in Bookkeeping I to the next level. Discuss bookkeeping topics more in-depth with our knowledgeable instructor.

- 1 TAYLORSVILLE TU 6:00 PM- 7:00 PM 4X JUN 4 \$39



JOB COSTING FOR BOOKKEEPERS AND ACCOUNTANTS

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

1 TAYLORSVILLE W 6:00 PM- 7:00 PM 4X MAY 8 \$35



MEDICAL BILLING & CODING – CPT PRINCIPLES

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

1 GPLC M TH 6:00 PM- 8:00 PM 9X MAY 6 \$115

MEDICAL TERMINOLOGY & BASIC ANATOMY

Want to work in the medical field? Memorize the medical vocabulary necessary to communicate with others. Those who finish the course receive a certificate of completion. Purchase Medical Terminology: A Short Course, 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 6:00 PM- 8:00 PM 8X MAY 8 \$85

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 how to get around the competition and actually turn voice-overs into a full or part-time business. Discuss the voice-over business as a whole, including potential income opportunities, 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 7:00 PM- 9:00 PM 1X JUN 18 \$29

Certifications

CONCEALED WEAPONS

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

1 GPLC SAT 9:00 AM- 2:00 PM 1X JUN 15 \$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 9:00 AM- 5:00 PM 1X JUN 15 \$75

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 5:00 PM- 7:00 PM 7X MAY 1 \$499

Finances

HELP! I WANT TO RETIRE IN 5-10 YEARS

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 GRANGER W 7:00 PM- 8:00 PM 3X MAY 8 \$25





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 6:00 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 7:00 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- 5:00 PM	1X	WEEKLY	\$15
2	GPLC	M	6:00 PM- 7:30 PM	1X	WEEKLY	\$15
3	TAYLORSVILLE	W	3:30 PM- 5:00 PM	1X	WEEKLY	\$15
4	TAYLORSVILLE	W	6:00 PM- 7:30 PM	1X	WEEKLY	\$15

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.

1	COTTONWOOD	TH	6:30 PM- 9:00 PM	1X	MAY 9	\$19
2	GPLC	SAT	9:00 AM- 12:00 PM	1X	MAY 11	\$19
3	TAYLORSVILLE	TU	6:30 PM- 9:00 PM	1X	MAY 21	\$19
4	COTTONWOOD	TU	6:30 PM- 9:00 PM	1X	JUN 4	\$19



BUILD A WEBSITE WITH HTML AND CSS

Ever wanted to know how to put up a website? Here is your chance to learn the basics of how to build a website and publish it for all your family, friends, and clients to see! Not only will you learn how websites are built, you get to build one yourself during the course. The special refund policy applies to this class. See inside back cover for details.

1 COTTONWOOD TU 6:15 PM- 7:15 PM 5X MAY 14 \$69

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	TAYLORSVILLE	TU	6:00 PM- 7:00 PM	4X	MAY 7	\$59
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BASIC COMPUTER SKILLS 2

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

1	TAYLORSVILLE	TU	6:00 PM- 7:00 PM	4X	JUN 4	\$59
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BUILD A WEBSITE WITH WORDPRESS

Did you know that Wordpress offers a full content management system for building websites? Learn how to use the popular CMS Wordpress to build a fully developed website. We will walk through all the steps needed, from domains and hosts to building your website and publishing it on the web. This is not a blogging class. Prerequisite: Must be have basic computer skills and be comfortable on a computer. The Special Refund Policy applies to this class. See inside back cover for details.

1	COTTONWOOD	TU	7:30 PM- 8:45 PM	3X	MAY 14	\$55
2	COTTONWOOD	W	7:30 PM- 8:45 PM	3X	JUN 5	\$55

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	TAYLORSVILLE	TU	7:00 PM- 9:00 PM	8X	MAY 7	\$99
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LECTURE SERIES

MORE INFORMATION ON INSIDE BACK COVER

EXCEL 2010 – BEGINNING

New 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 TAYLORSVILLE TU 7:00 PM- 9:00 PM 4X JUN 4 \$59



WORD 2010 – BEGINNING

New 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.

2 TAYLORSVILLE TU 7:00 PM- 9:00 PM 4X MAY 7 \$59

FACEBOOK 101

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

1 COTTONWOOD W 6:30 PM- 8:30 PM 1X MAY 8 \$29

2 COTTONWOOD TU 6:30 PM- 8:30 PM 1X JUN 25 \$29



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, and apps. Learn about all the neat things Google can do for you! We start with the basics, so grandparents and beginners don't be shy, sign up today. The Special refund policy applies to this class. See inside back cover for details.

1 COTTONWOOD TU 7:30 PM- 8:45 PM 3X JUN 4 \$45

HOW TO BUILD YOUR OWN PC

New You can build your own personal computer. Our professional computer geeks instruct you on everything you need to know to plan, build and customize your own computer. Learn everything from selecting compatible parts, assembling the computer and installing the operating system. Now is a great time to stop paying for cheap generic computers at the box stores and build a quality, long-lasting computer that will fit your needs. Samples and hands-on experience are a part of this class, but you will build your own computer after class ends on your own.

1 SKYLINE TU 6:30 PM- 8:30 PM 1X MAY 14 \$35

2 SKYLINE TU 6:30 PM- 8:30 PM 1X JUN 18 \$35

PC HEALTH, FIX YOUR COMPUTER!

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

1 COTTONWOOD W 7:30 PM- 9:00 PM 1X MAY 22 \$39

2 COTTONWOOD TU 5:30 PM- 7:00 PM 1X JUN 18 \$39

PHOTO EDITING/CREATING DIGITAL SLIDESHOWS

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

1 SKYLINE TU 6:30 PM- 8:00 PM 1X MAY 21 \$29

2 SKYLINE TU 6:30 PM- 8:00 PM 1X JUN 11 \$29

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.



Free Orientation

Learn about Granite Peaks Adult High School Completion and the Utah High School Completion Diploma (GED) in this free informational seminar provided by the staff of Granite Peaks. Find out how to get 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 registering for classes.

Orientations will be held through May 22. They will resume in August after the summer break.

Granite Peaks Learning Center

Mondays at 6:30 pm

Hunter Campus

Tuesdays at 6:30 pm

Kearns Campus

Tuesdays at 6:30 pm



Courses are offered in a variety of formats:

- ➔ Computer assisted instruction
- ➔ Independent study with teacher assistance
- ➔ Teacher-led, sit –down classes

Locations and schedules are available at Orientation



GRANITE PEAKS ADULT EDUCATION

FAST TRACK GED

ATTEND COMMENCEMENT THIS JUNE!

- ➔ Intensive, GED Preparation classes
- ➔ Quick review of subject matter and test taking skills
- ➔ Proven method - Fast results - High success rate
- ➔ Results in Utah High School Completion Diploma

ATTEND ORIENTATION FIRST

— see page 23 for information.



Board of Education

- Gayleen Gandy, President
- Terry H. Bawden, Vice President
- Connie Anderson, Member
- Connie Burgess, Member
- Julene M. Jolley, Member
- Dan Lofgren, Member
- Sarah R. Meier, Member

Administration

- Martin W. Bates, J.D., Ph.D.
Superintendent
- Mike Fraser
Assistant Superintendent
- Rick Anthony
Director

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
Taylorsville	5225 South Redwood Road, SLC 84123	Room F-101

community lecture series

Celebrate our community! Granite Peaks is hosting free and informational evenings throughout the Winter and Spring that will entertain and inspire. All programs begin at 7pm. A detailed description of the presenter and presentation can be found on our website - www.granitepeaks.com

CALENDAR / COMMUNITY LECTURE SERIES

01.16 A MARTIN LUTHER KING CELEBRATION!

01.17 Presented by Ken Hopkins
Hunter High School - 01.16
Cottonwood High School - 01.17

01.30 GOT HIGH SCHOOL DIPLOMA? IT'S NEVER TOO LATE!

Presented by a panel of recent adult
high school graduates
Hunter High School

02.07 BOTANICAL THERAPY & HEALTHCARE

Presented by Merry Lycett Harrison
Cottonwood High School

02.13 CAPOEIRA DEMONSTRATION

Presented by Jay Clegg
Hunter High School

03.07 GLUTEN FREE & BEYOND

Presented by Trish Withus
Cottonwood High School

03.27 MASTERING YOUR GOLF GAME

Presented by Felton Lancaster, PGA Master
Hunter High School

03.26 SPRING CLEANING FOR THE MIND

Presented by Anna Zumwalt
Cottonwood High School

04.24 5 MUST HAVES FOR SUCCESS IN THE STOCKMARKET

Presented by Gregg Killpack
Cottonwood High School

05.16 KEEPING OUR KIDS SAFE

Presented by Det. Peggy Faulkner &
Det. Brian Holdaway
Cottonwood High School

REGISTRATION INFORMATION

1 ONLINE granitepeaks.org

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

2 PHONE 385.646.5439

Use your Visa or MasterCard to register. For personal assistance, please call Mon from 11am to 6pm; Tue -Thur from 11am to 8pm.

3 MAIL Granite Peaks Learning Center

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

4 FAX 385.646.4667

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

5 IN PERSON Any Campus Location

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

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

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

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

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

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

REGISTRATION FORM		Birthdate
Name	<input type="text"/>	
Address		
<input type="text"/>		
City	Zip	
<input type="text"/>	<input type="text"/>	
Email Address	Male	Female
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone	<input type="text"/>	
Class		
Start Date	Amount \$	
Campus		
Class		
Start Date	Amount \$	
Campus		
Class		
Start Date	Amount \$	
Campus		

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

granitepeaks

LIFELONG LEARNING

PERIODICAL

501 East 3900 South
Salt Lake City, Utah 84107

RESIDENTIAL CUSTOMER



WHAT WILL YOU CREATE TODAY?

 PAGE
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SHOOTING STAR, FROG POSE, KID'S YOGA

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