



granitepeaks

L I F E L O N G L E A R N I N G

Aug – Nov 2016



ARTS



EDUCATION



HOME



PLAY



WORK



YOUTH



Reach
New
Heights



ARTS

Crafts



Cigar Box Guitars

One man's trash is another man's guitar! Cigar box guitars have been built and played since the mid 1800's. They were widely played in the early 20th century by blues and folk musicians who couldn't otherwise afford a professionally built instrument. In this class you will put together a basic, three string cigar box guitar. All materials will be provided. Taught by Robert Comstock.

Skyline TH 6:30 – 8:30 PM X3 Sep 15 \$59 \$49

Jewelry Making: 4 Week Series

Our talented and experienced instructor, Michelle Rasmussen, teaches how to use the right tools, beads and findings to complete lovely one-of-a-kind jewelry. Week one you will learn to make beaded bracelets and necklaces and leave with two items. Week two will be wire wrapping basics and you will design multiple pairs of earrings. Week three you will create a Chanloo bracelet. And week four will be your own creation using skills learned from the previous classes. You can sign up for each week individually or all four. Students who sign up for the series will receive their own beading tray as part of the materials.

Connection W 6:30 – 8:30 PM X4 Sep 7 \$109 \$99

Jewelry Making: Basic Wire Wrapping*

Connection W 6:30 – 8:30 PM X1 Sep 14 \$39

Jewelry Making: Beaded Bracelets & Necklaces*

Connection W 6:30 – 8:30 PM X1 Sep 7 \$39

Jewelry Making: Leather & Bead Bracelet*

Connection W 6:30 – 8:30 PM X1 Sep 21 \$39



Jewelry Making: Memory Wire Wrap Bracelets

This is a make and take class. Get creative with beads, colors, and charms! Leave class with a one-of-a-kind double or triple wrap memory wire bracelet that shows off your unique style! Taught by Annie Sisson.

Hunter TU 6:30 – 8:00 PM X1 Sep 6 \$59 \$49
Granger TU 6:30 – 8:00 PM X1 Sep 27 \$59 \$49
Connection TU 6:30 – 8:00 PM X1 Nov 1 \$59 \$49

Jewelry Making: Wire-Wrapped Stone Pendant

Indulge your creativity, have fun, and go home with a handmade, wire-wrapped pendant for yourself or someone you love! In this class, we'll cover basic wire wrapping techniques and have you making your own creations in no time. This is the perfect opportunity for beginners to get hands-on experience making unique and personalized jewelry. Taught by Annie Sisson.

Hunter TU 6:30 – 8:15 PM X1 Sep 13 \$39 \$29
Granger TU 6:30 – 8:15 PM X1 Oct 25 \$39 \$29
Connection TU 6:30 – 8:15 PM X1 Nov 15 \$39 \$29

Eerie Globes*

Join us for a ghouls' night out with this frightfully fun Halloween center piece. All supplied included. Taught by Toni Berger.

Connection TH 7:00 – 8:00 PM X1 Sep 29 \$19



Spooktacular Eye Wreath*

Toil and trouble I'm seeing double. Keep an eye on all your approaching guests this Halloween with this spooktacular wreath. All supplies included. Taught by Toni Berger.

Connection TH 7:00 – 8:30 PM X1 Oct 6 \$29

Knitting & Crochet

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

Cottonwood W 7:00 – 9:00 PM X8 Sep 14 \$55 \$45

Spice up your Jack-o-Lanterns with Zentangles

Tired of the same old carved pumpkins each year on the porch? Try Zentangling them! Taught by Vanessa Gullede.

Taylorsville TU 6:30 – 8:30 PM X1 Oct 18 \$39 \$29

Zentangle your way to a Zen-like Holiday Season

Prepare for the Holiday stress and chaos by learning this simple and meditative art form. Taught by Vanessa Gullede.

Taylorsville TU 6:30 – 8:30 PM X1 Nov 15 \$39 \$29

Stained Glass 101

In this introduction to stained glass class you will learn several techniques essential to stained glass production, including: glass scoring and cutting, grinding, copper foiling, and soldering. The class will run for 4 weeks and you will come away with a unique and personalized window hanging or ornament, that you created yourself. Bring safety glasses. Taught by Lena English.

Taylorsville TU 6:30 – 8:30 PM X5 Aug 30 \$109 \$99
Taylorsville TU 6:30 – 8:30 PM X5 Oct 18 \$109 \$99

Dance

Ballroom

Learn fun, easy, beginning level patterns in a variety of dances plus lead, follow, styling, and technique so you can hit the dance floor in style. Once 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 per couple. Taught by Doug Mather; assisted by Sheila Privett.

Beginning Skyline TH 7:00 – 8:00 PM X6 Sep 8 \$59 \$49

Intermediate Skyline TH 8:00 – 9:00 PM X6 Sep 8 \$59 \$49

Introduction to Belly Dance

Try something new! Introduction to Belly Dance is a low-impact class designed to improve flexibility and coordination in a fun environment. No previous belly dance experience is needed; you will learn basic movements throughout the class. Taught by Brenda Horton.

Cottonwood TH 7:15 – 8:15 PM X6 Sep 1 \$49 \$39

Irish Dance

Irish dance is a fun way to improve stamina, fitness, flexibility, strength, and rhythm. Students will learn unique skills that translate into other aspects of their lives and will be with them forever. This is great opportunity to learn the basics of traditional Irish dance technique, movements, and ceilí (group) dances in a low-pressure and encouraging environment. Taught by Clare Duignan.

Connection TH 7:00 – 8:00 PM X8 Aug 25 \$69 \$59

Line Dancing

Gain confidence on the dance floor! Bring your friends or come solo and join in the fun learning the process of basic steps to form a dance. Genres like country, Top 40, and uptown funk are just some of the many we will dance to. Taught by Callah Morrey.

Taylorsville TU 6:00 – 7:00 PM X3 Aug 30 \$29 \$19
Taylorsville TU 6:00 – 7:00 PM X3 Sep 27 \$29 \$19
Taylorsville TU 6:00 – 7:00 PM X3 Nov 1 \$29 \$19

Languages

French - Beginning

This beginning French class is a great way to start learning French from scratch or resurrect long-buried skills. Starting from the very basics of pronunciation, alphabet, greetings, numbers, colors, days/months, etc., it will progress through simple present tense verbs and question formation; you will end with a solid foundation of spoken and written French. Designed to be as engaging, informative and yet stress-free as possible...come and enjoy the beauty and usefulness of French! Taught by Angelique Brebis.

Connection TU 6:00 – 7:00 PM X8 Aug 30 \$85 \$75

*Discounts do not apply.

Portuguese - Beginning 2

Continue learning Brazilian Portuguese and its culture! This course is a continuation of the Portuguese Beginning 1 where you will continue the language skills you've learned and introduce more to keep you on your learning curve. Taught by Silviane Perkins.

Taylorsville TU 6:30-8:30 PM X7 Nov 1 \$75 \$65

Spanish - Beginning

If you have a little experience with the Spanish language, this combination class was made for you. Start off with an introduction to the alphabet and pronunciation, numbers, gender, and simple present tense. Then 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. Taught by Scott Henrie.

Taylorsville TU 6:00-8:00 PM X5 Sep 6 \$69 \$59

Taylorsville TU 6:00-8:00 PM X5 Oct 18 \$69 \$59

Spanish

Begin your study of Spanish with the basics and continue through our courses to a high fluency level. Spanish Beginning 1 introduces the alphabet, pronunciations, numbers, gender, adjectives, simple vocabulary, colors and simple present tense. From there you can continue to advance through Advanced 4 which is taught completely in Spanish. Pre-requisites are required for all intermediate and advanced classes. Please view our online catalog for complete descriptions. Taught by Jaime Perez.

Spanish Beginning 1

Granger TU 6:00-8:00 PM X8 Sep 6 \$85 \$75

Spanish Beginning 2

Granger W 6:00-7:30 PM X8 Sep 7 \$85 \$75

Granger W 6:00-7:30 PM X8 Jan 18 \$85 \$75

Spanish Intermediate 1

Granger W 7:30-9:00 PM X8 Sep 7 \$85 \$75

Spanish Intermediate 2

Granger TH 6:00-7:30 PM X8 Sep 8 \$85 \$75

Spanish Advanced 1

Granger TH 7:30-9:00 PM X8 Sep 8 \$85 \$75

Spanish - Advanced 2

Connection M 6:00-8:00 PM X8 Aug 29 \$85 \$75

Spanish Conversation Class

Improve your ability to communicate in Spanish in authentic situations with interesting topics. Using various scenarios you will practice every-day Spanish and gain fluency in Speaking and Listening en Espanol. Our native Spanish speaker will target areas of interest and specific student needs. The conversation and teaching in this class will be done entirely in Espanol. Taught by Roberto Hernandez.

Skyline TU 6:30-8:00 PM X6 Sep 13 \$49 \$39

Sign Language - Beginning (Cottonwood)

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

Cottonwood W 7:00-8:30 PM X6 Aug 17 \$69 \$59

Cottonwood W 7:00-8:30 PM X6 Oct 5 \$69 \$59

Music

Guitar - Acoustic Beginning

This low-key class is for the beginner who has always wanted to learn to play the guitar but thought it was too difficult. Learn how easy it is to strum and pick your favorite tunes. Class covers tuning, chords, keys, strumming, and picking. Teens and adults. Bring your own acoustic guitar, tuner, notebook and pencil. Taught by T. Pat Leary.

Cottonwood W 5:00-6:00 PM X8 Aug 17 \$59 \$49

Ukulele

Learn the basics of this fun and easy Hawaiian instrument. We will learn tuning, basic chords, and strumming patterns. This instrument is so fun to sing along with and make your own music. All you will need is a ukulele (excluding baritones) and a three-ring binder. Taught by Sharla Kjar.

Connection TU 6:00-7:00 PM X6 Sep 6 \$59 \$49

Performing Arts

Lawyers in Film

"You can't handle the truth!" We all love to be entertained watching legal dramas. This class will show several clips of attorneys from both the movies and television, we will then discuss how Hollywood got it right, or wrong. The last class will show a Hollywood depiction of the law that is pretty accurate. If you simply like movies or are interested in knowing what it is like to be a lawyer this class is for you! Taught by Lucas Adams.

Taylorsville TU 6:00-8:00 PM X4 Oct 4 \$39 \$29

Visual

Anyone can Zentangle

Learn the basics of this surprisingly relaxing and simple art form where there is no right or wrong, only ZEN! Taught by Vanessa Gulledge.

Taylorsville TU 6:30-8:30 PM X1 Sep 13 \$39 \$29

Family Pictures for the Holidays

Need some tips on getting that perfect family picture to send out for the holidays? Our instructor is a professional photographer that offers suggestions on getting outdoor backgrounds right, lighting, positioning your family, great places for outdoor photo shoots, what to wear and other great outdoor family portrait ideas. Taught by Tiffany Daines.

Taylorsville TU 7:00-9:00 PM X1 Oct 11 \$29 \$19

Floral Design - Beginners

Become your own DIY Florist in this fun beginning level class about Floral Design. Whether you're interested in beautiful table arrangements for your home, creating unique flowers for your children's next school dance, or even becoming a wedding bouquet designer for your family's upcoming special event, this class will teach you the ins and outs of floral design. Students will leave with a finished project each week. Taught by Katharine Christensen.

Connection W 6:30-8:00 PM X3 Aug 17 \$79 \$69

Connection W 6:30-8:00 PM X3 Sep 14 \$79 \$69



Floral Design - Intermediate

Continue your journey of floral design exploration with more challenging additions to your DIY floral repertoire. While honing some of the design skills addressed in the first level class, we will add to them to create some truly unique projects. Students will leave with a finished project each week. Taught by Katharine Christensen.

Connection W 6:30-8:00 PM X3 Oct 12 \$89 \$79

Fun Art

Do you have the desire to be creative and have fun? Come paint a picture with us! You do not need to have any art skills; we will cover technique as we work. This is a four week course with a new picture every week. Week 1 is a landscape painting; Week 2 is a floral painting; Week 3 is a fun abstract and Week 4 is blackboard art as a fun piece for the kitchen or kids room! Taught by Barbara Hall.

Taylorsville TU 6:00-8:30 PM X4 Oct 4 \$59 \$49



Relief Printmaking

You will learn the skills to design, carve, and print three separate projects! The class starts with simple black and white lines, and will work up to more complicated techniques. Work at your own pace, learn new skills, and discover an art form that has been used by some of the greatest artists in history! Taught by Allison Michel.

Connection W 7:30-8:45 PM X8 Aug 31 \$79 \$69

Monoprints

Explore the "painterly" world on monoprinting! This technique utilizes spontaneity, imperfections, and the progression of ideas to create prints that are each unique works of art. This class will push you to embrace the process of creating, and you will leave with a new appreciation for your own imagination. Taught by Allison Michel.

Connection TU 7:30-8:45 PM X7 Sep 13 \$79 \$69





Paint the Night

Restive juices tend to flow better as the sun goes down. So, gather your friends and join us for a night of creative outlet. Participants will be using acrylics to create a finished piece in one night. This class is great for artists and creative types of any level. Taught by Sharese Johnson.

Connection M 6:30 – 8:30 PM X1 Oct 3 \$29 \$19

Watercolor and 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. Bring your own painting supplies. Taught by Earl Duerden.

Millcreek AC TH 9:30 – 12:30 PM X6 Sep 1 \$89 \$79
Millcreek AC TH 9:30 – 12:30 PM X6 Oct 13 \$89 \$79

Photography

Come learn the foundations of what makes great photographs of any genre. This class will cover general concepts of photography and basic camera functions. Begin the class with goals of how you'd like to improve as a photographer and leave confident with a broad knowledge of how to create incredible imagery. Class taught by Chad Zavala.

Cottonwood TH 6:00 – 7:00 PM X4 Sep 8 \$69 \$59

Photography with dSLR Camera

Do you own a DSLR (digital single-lens reflex)? Discover everything you need to know to take fantastic pictures using f-stops, shutter speeds, ISO, white balance, lighting, lenses and filters. Composition is also covered by our expert teacher, Tiffany Daines.

Cottonwood TH 7:00 – 9:00 PM X4 Sep 15 \$75 \$65
Taylorsville TU 7:00 – 9:00 PM X4 Oct 25 \$75 \$65

Writing

Intro to Screenwriting

"Show me the money!" Every great movie has a quote that lasts forever. This is where this class starts. A one-liner that will live in infamy. By the end of the class students will have a first draft of a marketable screenplay. Students will learn the nuances of script structure, character development, plot and subplot. This class will guide students through the first draft process beginning with a simple idea, then moving onto the script outline and writing of the actual script. Group sharing of ideas will help and influence the creative process in positive ways. Taught by Roger Adams.

Taylorsville TU 6:00 – 8:00 PM X4 Oct 4 \$49 \$39

EDUCATION

Academic Enrichment

ESL Writing

Many ESL learners have excellent training and skills in their native languages but find their academic or career progress slowed by the challenges of writing in English. This course will take you through each step of the writing process, showing you how to generate, focus, and develop your ideas. A thorough grammar review will also help you refine and perfect your writing. Taught by Whit Wirsing.

Connection TH 6:30 – 7:30 PM X6 Oct 27 \$45 \$35

HOME

Cooking

Cake Decorating with Wilton Course 1

Learn a variety of classic buttercream decorating techniques, including 6 different piped flowers. Create zinnias, sunflowers, hydrangeas and many more. Instructor contacts those who are registered with the materials needed for class. Pre-registration required. Taught by Tammy Parker.

Taylorsville W 6:30 – 8:30 PM X4 Aug 17 \$29 \$19

Flowers and Cake Design Wilton Course 2

Come learn the art of Royal icing and create breathtaking flowers such as pansies, lilies, the famous Wilton Rose and more. Be inspired as you learn new techniques to create beautiful arrangements for that special occasion. Instructor contacts registered students with supply list. Pre-registration required. Taught by Tammy Parker.

Taylorsville W 6:30 – 8:30 PM X4 Sep 21 \$39 \$29

Cake Decorating with Wilton Course 3

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 students with list of supplies needed for class. Pre-registration is required.

Taylorsville W 6:30 – 8:30 PM X4 Oct 26 \$39 \$29



Halloween Cupcakes

Spooks and goblins scream with delight as we decorate three hauntingly good cupcakes. Make cupcakes so wickedly amazing that you won't want to eat them. Call for a list of ghoulish supplies you will need to bring including 6-12 cupcakes for our night of fun. Pre-register only. Taught by Tammy Parker.

Taylorsville TU 6:00 – 8:30 PM X1 Oct 25 \$29 \$19



3D Modeling Figures 101

Come learn the easy way to make this darling puppy dog cake topper. Using Wilton's new product, Shape-N-Amaze, you too can learn the fundamentals of modeling and how easy it is to work with fondant to create fun three-dimensional characters. Prerequisite: Wilton courses 1-3. Instructor will contact students with a list of materials needed. Taught by Tammy Parker.

Taylorsville TU 6:00 – 8:30 PM X1 Oct 18 \$35 \$25

Brazilian Home Cooking

Do you want to broaden your taste buds' horizons? Take this delicious brazilian cooking class and learn how to make your own exotic foods right in your own home! Taught by Silviane Perkins.

Cottonwood TH 6:30 – 8:30 PM X1 Sep 8 \$35 \$25
Cottonwood TH 6:30 – 8:30 PM X1 Sep 29 \$35 \$25

Family

Parenting the Love and Logic Way

Love and Logic is a well-known parenting program that teaches parents how to raise responsible children and have more fun in their parenting role. Topics covered will include ending power struggles and teaching responsibility, setting limits and preventing arguments, problem solving and completing chores without conflict. Taught by Mary Bybee.

Connection TU, TH 6:30 – 8:00 PM X6 Sep 27 \$49 \$39

Raising College and Career Ready Kids

Preparing for college and career happens before a student's senior year of high school; this process can begin as early as kindergarten. From career exploration in elementary school to college applications senior year, this class will give resources for parents to use at any stage of their child's education. Class content includes interest inventories, scholarships, academic planning, online resources, college applications, and FAFSA. This class is taught by Granite School District College and Career Readiness Specialist, Catherine Schoeck.

Granger M 5:30 – 6:30 PM X1 Oct 3 \$25 \$15
Taylorsville TU 5:30 – 6:30 PM X1 Oct 11 \$25 \$15

385-646-5439

*Discounts do not apply.

Garden



Bee Keeping

Join with us in discovering the amazing, fascinating and ecologically important world of bee-keeping. You will learn all of the skills to set-up and manage a backyard hive. Experienced "Beeks" will help you find the perfect site and guide you to happily co-exist with your hive and your neighbors. This is a hands-on class; you will suit up and help us inspect one of our hives. Taught by Julie Thull.

Hunter TH 6:30 – 7:30 PM X8 Sep 8 \$59 \$49

Medicinal Herbs Intensive

Learn to make useful herbal preparations like a tincture and healing salve that you will take home with you. Learn to read labels effectively, and use herbs safely and appropriately. Botany, history and lore, harvest and preservation, sacred plant medicine, and more are discussed. All materials included. Please pre-register. Note: This class is required before taking the Herbal Preparedness class. Taught by Mery Harrison.

Millcreek Herbs S 12:00 – 3:00 PM X1 Sep 17 \$45 \$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 ordinary illnesses, herbal first aid and also some useful culinary herbs as well as essential oils. Fall herb gardening tips will also be shared. Pre-registration is required. Pre-Requisite: Medicinal Herbs Intensive class first. Taught by Mery Harrison.

Millcreek Herbs S 12:00 – 3:00 PM X1 Sep 24 \$45 \$35

Health & Wellness

Acupressure for Dummies

Treat yourself and your family through acupressure. Learn the pathways and meridians of the body and how to locate stagnation. Learn how your dreams will give you clues as to where body problems are located. Stop a headache in its tracks, calm heat burn, relieve indigestion all without medications. Taught by Trisha Phaklides.

Connection M 7:30 – 8:30 PM X4 Sep 12 \$69 \$59

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. Taught by Darren Griffin.

Taylorsville W 6:00 – 7:30 PM X4 Sep 28 \$55 \$45

Advanced Art of Self Hypnosis

Learn to balance your emotions, eliminate stress, jealousy, shyness, and other issues you may struggle with. Endeavor further into the art of self-hypnosis to 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. Taught by Darren Griffin.

Taylorsville W 6:00 – 7:30 PM X4 Aug 24 \$49 \$39

Archetypes, Chakras and How to Awaken the Hero Within

The hero within us lives and it is time to awaken this part of ourselves so we can maximize our true potential and live meaningful authentic lives. Archetype can be defined as "A universal / original pattern of behavior that governs everything we do." There are a number of archetypes that are not only profoundly within us but are also essential to the Journey of the Hero and each archetype is also deeply interwoven with a different chakra. This class offers some of the most profound knowledge in terms of being able to understand ourselves, others, our relationships, areas of pain and suffering and why we attract certain types of people and situations over and over again. Taught by Meera Jain.

Connection W 6:00 – 8:00 PM X1 Sep 21 \$49 \$39

Chinese Nutrition 101

You have tried every diet out there. Are you sick all the time, cold, stomach hurts, your BMs are never normal, can't shut your mind off? It's probably the foods you are eating. Did you know that 80% of what you are comes from the food you eat? Time to look at food in a different way. Chinese Nutrition looks at food like medicine. You will learn how the properties of food affect your health and how to correct it. Taught by Trisha Phaklides.

Connection M 7:30 – 8:30 PM X4 Oct 17 \$49 \$39

Food for Life: Nutrition Essentials

Come discover that the guiding principle for weight loss and good health is not about restricting the amount of food you eat, but rather choosing the right foods. You may experience clinical benefits such as lower cholesterol and blood pressure, better diabetes control, and improvements in energy and mood. Results are likely to be immediate and impressive! Curriculum is based on The Physicians Committee's successful national 21-Day Vegan Kickstart program. On the final fifth week we will celebrate our success with a plant-based potluck. Taught by Valerie Fauver, certified Food For Life Instructor.

Granger W 7:00 – 8:00 PM X5 Aug 24 \$49 \$39

Conscious Breathwork

Conscious Breathwork is a dynamic breathwork that has ability to heal just about anything from stress, anxiety, trauma, fears, shame, guilt, anger as well as physical ailments and disease. Based on the theory that all disease exists in toxic anaerobic conditions, where individual cells are starved of oxygen because we do not know how to breathe properly, Conscious Breathwork teaches us not only to breathe air, but energy and life force. By oxygenating cells in the right way, we can push out all negative energies and disease to bring about healing. Please bring a sleeping bag and pillow as this class involves laying on the ground. Taught by Meera Jain.

Connection W 6:00 – 9:00 PM X1 Nov 16 \$49 \$39

Dementia 101

There are very few people whose lives haven't been touched by someone with dementia. Most commonly referred to as Alzheimer's, dementia affects not only the dementia patient but also families and those providing care. Learn more about the disease, the myths and facts surrounding it and how to respond to the behaviors and communication issues that arise. Taught by DeeDee Richardson and Sheryl Bagshaw.

Connection W 7:00 – 8:30 PM X4 Oct 5 \$49 \$39

Feldenkrais - Discover Ease in Sitting and Walking

You will discover more comfort in the back and hips; feel how the hips joints, spine and eyes orient you in space, and follow this awareness through the entire skeleton. Must be able to get down and up from the floor easily. Bring heavy mat and blanket.

Taylorsville W 6:30 – 7:30 PM X5 Aug 24 \$59 \$49
Connection TH 6:30 – 7:30 PM X5 Aug 25 \$59 \$49

Increasing Your Personal Energy

You will cover the energy systems of the body, how Chakras work, and how to increase energy for greater stamina, health and rejuvenation. You will also learn how to release negative energy that binds you to negative events or people to shift you into a more dynamic self! Taught by Darren Griffin.

Taylorsville W 6:00 – 7:30 PM X4 Oct 26 \$4

Laughter for Greater Happiness

Lighten Up!! Laughter can help you cope with everyday stresses, improve your mood and make life more enjoyable. This class will help you to lighten up, as we learn laughter exercises and have fun together. Come ready to find greater happiness in your life through laughter! Taught by Elizabeth Johnson.

Taylorsville W 7:00 – 8:00 PM X4 Aug 31 \$49 \$39
Taylorsville W 7:00 – 8:00 PM X4 Nov 16 \$49 \$39

Home Improvement



Basement Finishing

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

Taylorsville TU 6:30 – 8:30 PM X2 Oct 11 \$49 \$39

*Discounts do not apply.

Class Key

Location	Day	Time	# of Sessions	Start Date	Non-member Tuition	Member Tuition
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DIY Interior Designer

Do you enjoy decorating? Furniture arranging? The goal of this class is for each member to become familiar with their own tastes and opinions in design, and to gain the skills and confidence necessary to be able to go out into their communities and help others do the same. Taught by Interior Designer, Melanie Jensen.

Taylorsville TU 7:00 – 8:30 PM X8 Sep 27 \$59 \$49

Organize and Simplify

Too much stuff? You're not alone – many of us feel overwhelmed by the amount of stuff we have! Decluttering is like a detox for your house that feeds your soul. While clearing the dust, you uncover what truly matters to you. Come learn effective strategies for getting organized and living more simply. Taught by Sandra DeBry.

Skyline TU 7:00 – 8:30 PM X4 Sep 13 \$49 \$39

ABCs of Home Buying

We'll help you understand the simple steps of home buying by exploring options in finding a real estate agent and mortgage lender. Investigate how to obtain the best interest rates and improve your credit. Analyze various down payment and loan programs. Lower your closing costs. Taught by Kathy Jensen.

Cottonwood W 6:30 – 9:00 PM X1 Sep 28 \$25 \$15

Personal Finances

Cash Planning: Budgeting

Do you often have too much month left at the end of your money? This class will teach you how to create and analyze your own budget and help you put together a financial plan that works. You will receive an electronic copy of budget forms for you to print out and use. Please bring your spouse or accountability partner for free! This class is aimed at helping you to improve your financial situation through effective cash planning. Taught by Aaron Riedthaler.

Taylorsville W 5:00 – 6:00 PM X1 Oct 19 \$25 \$15

Stock Market Investing Basics

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

Taylorsville TU 7:00 – 8:30 PM X1 Sep 13 \$25 \$15
Cottonwood W 7:00 – 8:30 PM X1 Nov 2 \$25 \$15

Maximize your Tax Refund

Have you ever waited for that tax refund to come and it wasn't nearly as much as you thought it would be? What happened!? Maybe you owed taxes on top of all the ones you paid throughout the year. You will get to see your whole tax picture and be able to make adjustments as needed to best get the refund you are expecting. Taught by Aaron Riedthaler.

Taylorsville W 5:00 – 6:00 PM X1 Oct 26 \$25 \$15

Help! I Want to Retire in 1-4 Years

Are you hoping you can retire in 1-4 years? Learn the things to consider while preparing financially for this exciting day. Topics include: retirement income planning, social security, structuring investments, and health care. Taught by Jonathan McKenzie.

Hunter TU 7:00 – 8:30 PM X2 Aug 16 \$25 \$15
Taylorsville TU 7:00 – 8:30 PM X2 Oct 4 \$25 \$15

Savvy Social Security Planning

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

Cottonwood W 6:00 – 7:30 PM X1 Sep 14 \$25 \$15
Cottonwood W 6:00 – 7:30 PM X1 Oct 26 \$25 \$15

Understanding Social Security, Retirement Planning, Medicare and Long Term Care

This course is designed to help people nearing or in retirement understand Social Security and their retirement planning options. Learn when you should begin taking Social Security, when you should begin taking Medicare, how to protect yourself against losses due to Long Term Care expenses, and how to plan appropriately to make sure you never run out of money-no matter how long you live. Taught by Mark Snihurowych.

Connection W 6:30 – 8:30 PM X1 Sep 14 \$25 \$15

Medicare Basics

Are you confused with all fine print and need someone to clarify questions? Let our expert show you everything there is to know about Medicare: the paperwork, the processes and 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. Taught by Judy Morley.

Cottonwood W 6:00 – 7:30 PM X1 Sep 21 \$25 \$15
Hunter W 6:00 – 8:00 PM X1 Oct 12 \$25 \$15

Understanding Wills

This class will discuss the basics of wills, including what documentation you need before you prepare your will; what happens if you don't have a will, what you can put in your will, what scenario requires an attorney to write a will and what questions you need to answer before you have your will prepared.

Taylorsville W 6:00 – 8:00 PM X2 Oct 5 \$59 \$49

Pets



Dog Obedience 2

This class is for dogs aged 6 months and older that have been introduced to basic obedience commands such as Sit, Down, Come, Stay and Heel. They need not be advanced in ability, but should have a moderate understanding. Focus will be on extended practice of basic commands with distractions and progressively difficult tasks. Owners should be prepared with a 6 ft leash and a long line (16-20 ft leash) or retractable leash. Taught by Erin Coogan.

Connection M, W 7:00 – 8:00 PM X6 Aug 29 \$95 \$85

Relationships

Basics of Divorce

Licensed divorce attorney, Lucas Adams, will explain the process of divorce. He will provide a general overview of legal proceedings and then go more in depth into the different stages of divorce such as alimony, child support, financial declarations, mediation and trial.

Taylorsville W 6:00 – 8:00 PM X4 Sep 7 \$69 \$59

Relationships Can Be Forever!*

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

Cottonwood W 7:00 – 9:00 PM X1 Sep 7 \$5
Cottonwood W 7:00 – 9:00 PM X1 Sep 14 \$5
Cottonwood W 7:00 – 9:00 PM X1 Sep 21 \$5
Cottonwood W 7:00 – 9:00 PM X1 Sep 28 \$5
Cottonwood W 7:00 – 9:00 PM X1 Oct 5 \$5
Cottonwood W 7:00 – 9:00 PM X1 Oct 12 \$5
Cottonwood W 7:00 – 9:00 PM X1 Oct 19 \$5
Cottonwood W 7:00 – 9:00 PM X1 Oct 26 \$5
Cottonwood W 7:00 – 9:00 PM X1 Nov 2 \$5

Couples Boot Camp

Whether you are in a committed relationship, preparing for marriage, or wanting to strengthen your marriage, this class is for you. Assess your relationship and enjoy customized activities to examine your mutual strengths and learn how your personalities work together. Explore hot-button topics, including effective communication, stress management, personality types, finances, and romance. Instructor Toni Perez has a degree in Marriage and Family Studies. Assessment fee and workbook included in registration cost. Tuition is per couple.

Taylorsville TU 6:30 – 7:30 PM X8 Sep 27 \$119 \$109

Self

Makeup for the Everyday Woman

Learn how to use your own makeup to enhance your features! You will be able to achieve looks from natural to glamorous. Bring your makeup bag and learn from makeup artist, Taylor Hickman.

Taylorsville TU 7:00 – 8:30 PM X3 Aug 30 \$49 \$39
Taylorsville TU 7:00 – 8:30 PM X3 Nov 1 \$49 \$39

Power of Positive Self Talk

Are you interested in strengthen your mind and reaching higher levels of success? Come and learn how to develop positive thoughts and character, stay true to your goals, develop better relationships, overcome discouragement, be more positive, and be more productive. Taught by Richard Smart.

Connection TH 7:00 – 9:00 PM X3 Aug 18 \$39 \$29

385-646-5439

*Discounts do not apply.

PLAY

New Skills

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. Taught by Tom Young.

Connection TH 6:00 – 9:00 PM X4 Sep 22 \$65 \$55



Stand-Up Comedy - From Classroom to Live Stage Performance

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

Taylorville TU 6:30 – 8:30 PM X5 Sep 27 \$49 \$39

Tarot Card Reading - Introduction

Look into your future, and even see the present more clearly. 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 Rider Waite tarot cards the first night of class. Taught by Jim Kirkwood.

Cottonwood TH 6:00 – 7:30 PM X6 Sep 1 \$49 \$39

Travel Europe on a Budget

Have you always dreamed about seeing the wonders of Europe but think it's too expensive? Think again! Learn how to find cheap flights, accommodations, and more! Travel with confidence and visit some of the world's most iconic sights without breaking the bank. Taught by Annie Sisson.

Cottonwood W 6:30 – 8:30 PM X1 Sep 21 \$29 \$19
Taylorville TU 6:30 – 8:30 PM X1 Oct 18 \$29 \$19
Connection TU 6:30 – 8:30 PM X1 Nov 8 \$29 \$19

Outdoor Recreation

Fall Hiking

Be prepared to meet paradise when you hike with Sheryl McGlochlin. Every week you will be introduced to a new trail in the Wasatch Mountains. Many of the trails are easier than you might expect. All hiking abilities and experience are welcome to attend. Expect to be off the trail before 12 noon.

Wasatch P&R S 8:00 – 11:30 AM X6 Sep 10 \$39 \$29



Horsemanship

Not salesmanship, not showmanship, just horsemanship. If you want to know more about horses, this is for you. You don't need to own a horse; all you need is to be interested. Taught by Mark Nielson, retired professional horse trainer of over 30 years. You will be informed about horsemanship on all levels.

Taylorville W 6:30 – 8:00 PM X8 Aug 17 \$75 \$65

Spiral Jetty Field Trip

The northeastern shore of the Great Salt Lake hosts one of the most renowned environmental sculptures in modern history, though many Utahns are unaware of its existence. Spiral Jetty, built by artist Robert Smithson in 1970, was buried under the Lake's brine for over thirty years until low water levels again made it accessible to visitors. The first meeting will be a classroom session to discuss the history and relevance of Spiral Jetty. The Saturday session will be an all-day field trip to the site itself, stopping along the way at other Northern Utah landmarks including the Promontory Point Golden Spike museum and the so-called "Stinky" Hot Springs.

Skyline TU 6:30 – 8:00 PM X2 Sep 6 \$59 \$49

Sports & Fitness

Fencing

Zorro studied the way of the sword and so can you. Learn the Olympic sport of fencing. Drills, games and competition are used to teach skills needed to enjoy a lifetime of fencing. This great sport has been described as an athletic form of chess. All levels welcome. All equipment is provided. Taught by James Jordan.

Hunter TU 7:00 – 9:00 PM X6 Sep 6 \$55 \$45
Hunter TH 7:00 – 9:00 PM X6 Sep 8 \$55 \$45
Hunter TU 7:00 – 9:00 PM X6 Nov 8 \$55 \$45
Hunter TH 7:00 – 9:00 PM X6 Nov 10 \$55 \$45

Core Yoga Flow

Fire up your center with fluid core work. Breathe, sweat, and move through a variety of yoga poses designed to build core strength. Core Yoga Flow uses fluid movement and balancing sequences that leave you feeling refreshed, in touch with your breath, and strong. Continued practice will tone your body as well as increase range of motion, flexibility, circulation, posture, and abdominal strength. This is an intermediate class. Be prepared to be challenged. Bring your yoga mat. Taught by Kristin Dean.

Skyline TU 7:30 – 8:45 PM X7 Sep 6 \$49 \$39

Gentle Yoga Flow

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

Skyline TU 6:00 – 7:15 PM X7 Sep 6 \$49 \$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. Bring yoga sticky mat, 6 ft. yoga strap, one yoga block, and a stiff blanket. Taught by Jamie Chandler.

Hunter TU 7:15 – 8:45 PM X7 Aug 16 \$45 \$35
Hunter TU 7:15 – 8:45 PM X7 Oct 11 \$45 \$35

Gentle Yoga

Gentle Yoga is a form of classical hatha yoga. 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. Taught by Jamie Chandler.

Taylorville W 6:00 – 7:00 PM X7 Oct 5 \$45 \$35

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.

*Discounts do not apply.

Class Key	Location	Day	Time	# of Sessions	Start Date	Non-member Tuition	Member Tuition
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**Like Granite Peaks
on Facebook or start
following us on Twitter,
get discounts towards
your next Granite
Peaks class!**

Restore Yoga

Come and de-stress, deep stretch and delight in a healthier body. Increase your range of motion, stretch muscles and connective tissue, plus counteract unhealthy posture habits. We will add poses to meet your body's specific needs, to help reduce pain and heal weakness or injury. This practice will leave you feeling relaxed and renewed. Bring a yoga mat, bolster or 1-2 firm pillows and a blanket (yoga block and strap optional). Taught by Kathy Furse.

Connection TH 6:00 – 7:30 PM X7 Sep 1 \$45 \$35

Schole Deep Yoga

You are so much more than your body, and yoga is so much more than just a set of poses. Schole Deep is a yoga experience unlike any other. Smooth music and accessible sequences help you tune out the chaos of daily life and turn inward to connect with your own intuition, creating a greater sense of balance, peace and calm. Bring a yoga mat and headband/blindfold (optional). Taught by Kathy Furse.

Connection TU 7:00 – 8:15 PM X7 Sep 27 \$45 \$35

Modern Martial Art - Aikido

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

Cottonwood TH 7:00 – 8:30 PM X4 Aug 18 \$35 \$25
Cottonwood TH 7:00 – 8:30 PM X4 Sep 15 \$35 \$25
Cottonwood TH 7:00 – 8:30 PM X4 Oct 13 \$35 \$25

Nia

Come move, groove, sweat and have fun with joyful movement your body's way. Nia is a non-impact movement practice that is based on the idea that we can find health through movement when we dance with our bodies and not our brains. The classes are structured around pieces of choreography that are taken from healing arts, martial arts and dance arts, with a diverse musical soundtrack. It is for everybody and every body. Taught by Eliza Allen.

Connection TH 7:20 – 8:20 PM X4 Sep 8 \$39 \$29
Connection TH 7:20 – 8:20 PM X4 Nov 10 \$39 \$29

Zumba

Zumba Fitness is a Latin-inspired cardio-dance class with fun dance moves like Salsa, Merengue, Cumbia, Reggaeton, and more. The class mixes high and low-intensity moves, and fast and slow rhythms into a total body workout combining multiple elements of fitness – cardio, muscle conditioning, balance, flexibility, and boosted energy. Every skill level is welcome. Bring your water bottle, comfortable shoes, and come join the party!

Cottonwood TH 6:00 – 7:00 PM X5 Aug 18 \$39 \$29
Cottonwood TH 6:00 – 7:00 PM X5 Sep 29 \$39 \$29



Open Court Volleyball*

Get ready to block, set, and spike! Join coaches, Brad Goudie and Ron Dickson, to get workout and play with other adults of similar ability. Best fitness deal in town: \$5 per person per night. Bring a friend and join the excitement.

Cottonwood TH 7:00 – 9:00 PM X1 Sep 8 \$5
Cottonwood TH 7:00 – 9:00 PM X1 Sep 15 \$5
Cottonwood TH 7:00 – 9:00 PM X1 Sep 22 \$5
Cottonwood TH 7:00 – 9:00 PM X1 Sep 29 \$5
Cottonwood TH 7:00 – 9:00 PM X1 Oct 6 \$5
Cottonwood TH 7:00 – 9:00 PM X1 Oct 13 \$5
Cottonwood TH 7:00 – 9:00 PM X1 Oct 27 \$5
Cottonwood TH 7:00 – 9:00 PM X1 Nov 3 \$5

Tactical Self Defense

Learn how to defend yourself from a variety of dangers in multiple situations. Gain skills to protect yourself whether you are on the ground or standing. Instructor Dane Phouthavong has six years of teaching experience and military background. All genders welcome, ages 18 and up. Please bring your own water bottle and wear comfortable clothing. Taught by Dane Phouthavong.

Skyline TU 7:30 – 9:00 PM X4 Sep 6 \$59 \$49



Tai Chi - Pushing Sky, Beginning and Intermediate Yang Style

Join a slow motion form of exercise that has its roots in ancient China. Tai Chi is sometimes called a moving meditation and is highly regarded for its health benefits. An excellent low-impact workout. Tai Chi can relieve stress, promote strength and enhance overall physical and emotional well-being. Our instructor introduces you to the exercises, basic concepts, applications and movements of the traditional Yang Style Form of Tai Chi. Includes Sections 1 & 2 of the 108 move form, Basic Rolling, Push Hands, Rooting and the 13 Powers. Teens and adults. Taught by T. Pat Leary.

Cottonwood W 6:15 – 7:45 PM X8 Aug 17 \$59 \$49

The Most Effective Fat Burn

Work-out with an experienced and highly-qualified personal-trainer who has designed this fitness course to burn fat. The class runs two days a week for six weeks incorporating both an educational and hands-on fitness experience. Course includes lifting, resistance exercise, cardio exercise, and proper nutrition and dietary information to achieve The Most Effective Fat Burn. Taught by Christopher McGee.

Skyline TU, TH 7:30 – 8:45 PM X12 Sep 6 \$89 \$79



*Discounts do not apply.



Business/Career

How to Start a Profitable E-business

Do you have an idea, hobby or talent that you want to turn into an E-business? This class will show you the different types of online stores, platforms and E-commerce strategies needed to be successful. You will leave this class with a development strategy for your E-business.

Taylorsville W 6:00 – 8:00 PM X4 Sep 7 \$59 \$49



Marketing Your E-business

Do you have an E-business? Then this class is for you. You will learn how to define and manage E-promotions and advertising; Establish optimization metrics, refine E-business strategy and learn search engine marketing. Taught by Roger Adams.

Taylorsville W 6:00 – 8:00 PM X4 Oct 5 \$59 \$49



Social Media: How to Get the Best Out of It

Create a career profile that stands out! Learn how to be really in the know, keep your family safe, get a better job and/or boost your business. This class will cover Facebook, LinkedIn, Pinterest, Twitter, Instagram and Basic Blogging. Come eager to learn!

Taylorsville W 6:30 – 8:00 PM X5 Sep 7 \$59 \$49

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.

Granger M 5:45 – 9:15 PM X1 Sep 26 \$49 \$39
 Connection M 5:45 – 9:15 PM X1 Oct 3 \$49 \$39

Hunter Safety Education*

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

Hunter M, W 6:00 – 9:00 PM X5 Sep 12 \$5

Finances

How does Payroll Work?

Ever had a paycheck calculated incorrectly, or find out that the company didn't withhold taxes from your check? Or maybe you've been put in charge of payroll for your company and haven't received much training on the subject. This class will help everyone from employees to payroll secretaries to small business owners understand how the payroll process works and how to stay on top of your income, taxes, and benefits. Taught by Aaron Riedthaler.

Taylorsville W 5:00 – 6:00 PM X2 Oct 5 \$49 \$39

New Skills

Job Readiness

Granite Peaks has teamed up with Vocational Rehabilitation to provide Job Readiness. This is a series of workshops to prepare individuals for their future careers. Each month will be a new topic. Everyone is welcome. Class is free but space is limited so please register ahead.

The Value of Work

Connection TH 6:30 – 7:30 PM X1 Sep 15

Why Work?

Connection TH 6:30 – 7:30 PM X1 Oct 27

Career Exploration

Connection TH 6:30 – 7:30 PM X1 Nov 17



CLASSES FOR ADULTS WITH DISABILITIES

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- Swimming for Fun
- Snack Attack
- Sparkle Up Your Jewelry
- Performing Arts
- Dance Connection
- Treasures of Hartvigsen
- Modge Podge of Arts & Crafts



*Discounts do not apply.

Class Key	Location	Day	Time	# of Sessions	Start Date	Non-member Tuition	Member Tuition
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Clases de Permiso del Manipulador de Alimentos - Food Handler Permit in Spanish*

Obtenga su Permiso del Manipulador de Alimentos que se requiere para todos los trabajadores de servicios de comida. Los permisos de manipulador de alimentos son validados por tres años. Ofrecemos una clase en español el primer y tercer lunes de cada mes a las 6 de tarde. No hay clases en los días de festivos.

Taylorsville	W	6:00 – 7:30 PM	X1	Aug 17	\$30
Taylorsville	W	6:00 – 7:30 PM	X1	Sep 7	\$30
Taylorsville	W	6:00 – 7:30 PM	X1	Sep 21	\$30
Taylorsville	W	6:00 – 7:30 PM	X1	Oct 5	\$30
Taylorsville	W	6:00 – 7:30 PM	X1	Oct 19	\$30
Taylorsville	W	6:00 – 7:30 PM	X1	Nov 2	\$30

Food Handler Permit*

Earn your Food Handler Permit, which is required for all food service workers. Effective July 1, 2013, Food handler Permits are valid for three years. 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 Connection and on Wednesdays at Taylorsville High. Classes are not held on legal holidays. A class taught in Spanish is held the first and third Monday of each month at 6:00 pm at Connection School. A class in English is also held at that time. Picture ID is required.

Taylorsville	W	3:30 – 5:00 PM	X1	Weekly	\$30
Taylorsville	W	6:00 – 7:30 PM	X1	Weekly	\$30



Understanding the First Amendment



Licensed attorney, Lucas Adams, will discuss the complexities for First Amendment law and the nuances of freedom of speech, freedom of religion, freedom of association and privacy.

Taylorsville	W	6:00 – 8:00 PM	X2	Oct 19	\$39	\$29
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Technology

Basic Computer Skills

Learn the basics of how to use a personal computer (PC). If you've never used a computer before or maybe only use it to check e-mail, this class will teach you the skills to be comfortable with using a computer from hardware to software as well as discovering how to store and access files. There will be a Q&A session as well. No experience is necessary. Taught by Aaron Riedthaler.

Taylorsville	W	6:00 – 7:00 PM	X4	Aug 17	\$59	\$49
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Microsoft Office Suite

Microsoft Office is considered required skills for business professionals of today. Increase your knowledge of Word, Excel and PowerPoint. This course will include word processing techniques, how to work with documents and files, working with numbers, sorting, spreadsheets, working with photos, clip art, and graphics for creating presentations. Taught by Darren Schmidt.

Hunter	M	5:00 – 6:30 PM	X4	Sep 12	\$69	\$59
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Beginners Microsoft Excel 2013

Excel is becoming a powerful tool that can help you move up in business no matter the industry. This class is an entry level class; no prior Excel experience is required. You will learn how to create and use spreadsheets, tables, lists, formulas, charts and graphs. It is recommended you are familiar with Word and have basic computer skills, but it is not necessary. You are encouraged to bring a flash drive to save your work. Taught by Aaron Riedthaler.

Taylorsville	W	7:00 – 9:00 PM	X4	Aug 17	\$69	\$59
Taylorsville	W	7:00 – 9:00 PM	X4	Oct 5	\$69	\$59

Intermediate Microsoft Excel 2013

After familiarizing yourself with the basics of Excel, it's time to dive into the world of spreadsheets. You will learn how to use lookup formulas, ranges, pivot-tables, and conditional formatting as well as data analysis, manipulation and validation. Excel basics is required for this course. You are encouraged to bring a flash drive to save your work. Taught by Aaron Riedthaler.

Taylorsville	W	6:00 – 7:00 PM	X4	Oct 5	\$49	\$39
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Beginners Microsoft Word 2013

Learn how to create, edit and format your own professional looking documents using Microsoft Word 2013. You will also learn how to use spellcheck, create tables, save and retrieve the documents you create. No experience is necessary. You are encouraged to bring a flash drive to save your work. Taught by Aaron Riedthaler.

Taylorsville	W	5:00 – 6:00 PM	X4	Aug 17	\$69	\$59
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385-646-5439



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*Discounts do not apply.



YOUTH

Arts & Crafts

Mythical Creature Jars*

Make your own mythical creature and take it home in a jar to keep by your bedside. Each child must be accompanied by an adult, cost covers one fairy/dragon jar.



Connection TH 6:00 – 7:30 PM X1 Sep 1 \$15



Performing Arts

Dance Medley

Jazz, hip hop, ballet, tap and cheer -- these spirited dance types emphasize rhythm, energy and beat. This is a great way to get some exercise and learn new techniques and forms while having fun with new friends. No special clothing required, but please dress comfortably. All skill levels welcome.

Ages 4-8

Cottonwood W 5:00 – 6:00 PM X5 Sep 7 \$45 \$35

Ages 9-13

Cottonwood W 6:00 – 7:00 PM X5 Sep 7 \$45 \$35



Irish Dance (Ages 5-12)

Irish dance is a fun way to improve stamina, fitness, flexibility, strength, and rhythm. Students will learn unique skills that translate into other aspects of their lives and will be with them forever. This is great opportunity to learn the basics of traditional Irish dance technique, movements, and ceili (group) dances in a low-pressure and encouraging environment. Taught by Clare Duignan.

Connection TH 6:00 – 6:45 PM X8 Aug 25 \$59 \$49

Sports & Fitness

Parkour/Freerunning Kids

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

Ages 4-7

Skyline TH 4:30 – 5:15 PM X5 Aug 25 \$45 \$35
Skyline TH 4:30 – 5:15 PM X5 Oct 6 \$45 \$35

Ages 8-15

Skyline TH 5:15 – 6:45 PM X5 Aug 25 \$45 \$35
Skyline TH 6:45 – 8:15 PM X5 Aug 25 \$45 \$35
Skyline TH 6:45 – 8:15 PM X5 Oct 6 \$45 \$35
Skyline TH 5:15 – 6:45 PM X5 Oct 6 \$45 \$35



Soccer Skills (Ages 3-5)

Soccer is a fun way for your child to develop their ability to interact and work together through teamwork. They will 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. Taught by Darren Schmidt.

Hunter M 4:00 – 4:30 PM X4 Sep 12 \$39 \$29



Karate Kids - Beginning (Ages 7 - 12)

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. Taught by Mamadou Traore.

Ages 7 - 12

Taylorsville W 6:30 – 7:30 PM X6 Oct 12 \$49 \$39
Taylorsville W 6:30 – 7:30 PM X6 Aug 24 \$49 \$39

Tiny Tigers (Ages 4-6)

Taylorsville W 5:30 – 6:30 PM X6 Aug 24 \$49 \$39
Taylorsville W 5:30 – 6:30 PM X6 Oct 12 \$49 \$39



Tumbling (Ages 3-5)

Tumbling is a great way for your child to get exercise and burn some energy in the process! 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. Two 5-week courses will be offered back to back. Sign up for one or both for an expanded course! Experienced instructor from The Little Gym of Draper.

Granger W 5:30 – 6:15 PM X5 Aug 17 \$39 \$29

Tumbling (Ages 3-5)

Granger W 5:30 – 6:15 PM X5 Sep 28 \$39 \$29

Tumbling (Ages 6-10)

Granger W 6:30 – 7:30 PM X5 Aug 17 \$39 \$29

Tumbling (Ages 6-10)

Granger W 6:30 – 7:30 PM X5 Sep 28 \$39 \$29



385-646-5439

*Discounts do not apply.

10 Save \$10 on each class by becoming a member today!

Class Key

Location	Day	Time	# of Sessions	Start Date	Non-member Tuition	Member Tuition
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GRANITE PEAKS ADULT EDUCATION

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

GRANITE PEAKS LIFELONG LEARNING WHERE EDUCATION IS:

- **RELEVANT** –
- **EMPOWERING** –
- **INDIVIDUALIZED** –

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

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

Contact each campus for specific dates.

Granite Connection High, 501 East 3900 South, Salt Lake City, Utah Tuesdays at 6:30 pm
Granger Campus, 3580 South 3600 West, West Valley City, Utah Tuesdays at 6:30 pm
Hunter Campus, 4200 South 5600 West, West Valley City, Utah Tuesdays at 6:30 pm

ESL - ENGLISH AS A SECOND LANGUAGE

EVENING ESL

Connection High campus registration and testing every Monday – Thursday.

From 5 – 7 p.m.

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

Granger High campus registration and testing every Monday, Tuesday and

Thursday from 4 – 6:30 p.m.

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

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.



DAY ESL

Connection High Campus registration and testing every Monday – Thursday from 8:30 – 11 a.m.

Classes are ongoing.

Call 385-646-4363 for more information.

Information


Locations

Cottonwood	5715 South 1300 East, SLC, UT 84121	Room 503	385-646-5270	W, TH 4:30-9:00 pm
Connection	501 East 3900 South, SLC, UT 84107	Main Office	385-646-5447	M-TH 4:30-9:00 pm
Granger	3580 South 3600 West, WVC, UT 84119	Room K118	385-646-5325	M-TH 1:00-9:30 pm
Hunter	4200 South 5600 West, WVC, UT 84120	Room C-223	385-646-5366	M-TH 1:00-9:30 pm
Skyline	3251 East 3760 South, SLC, UT 84109	Room 158A	385-646-5426	T, TH 4:30-9:00 pm
Taylorville	5225 South Redwood Road, SLC, UT 84123	Room F-101	385-646-5461	T, W 4:30-9:00 pm

Registration Information

1  **ONLINE** granitepeaks.org
The fastest, easiest way to register! Pay securely online with a American Express, Visa or MasterCard. A confirmation email is sent automatically upon registration.

2  **PHONE** 385.646.5439
Use your American Express, Visa or MasterCard to register. For personal assistance, please call Monday – Thursday 2:00 pm to 9:00 pm. You may also call the campus you wish to attend directly. Campus numbers are found above.

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  **IN PERSON** Any Campus Location
Show up in person and sign up at the campus you wish to attend. Campus addresses are found above.

Registration Form Birthdate

Name

Address

City Zip

Email Address M F

Phone

Class _____

Start Date _____ Amount \$ _____

Campus _____

Class _____

Start Date _____ Amount \$ _____

Campus _____

Class _____

Start Date _____ Amount \$ _____

Campus _____

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

Refund Policy

If you cannot attend a course as planned, you may receive a credit voucher for the class tuition before the class has begun. A credit voucher for half the tuition will be given after the class has met once. No credit vouchers will be issued after the class has met twice. Credit vouchers are good one year from the date created. You will not receive a credit voucher for material fees if you cancel less than 48 hours before class begins. If the class required perishable materials, you must cancel one week prior to the beginning of class to receive a credit voucher for material fees. Membership fees cannot be refunded. Memberships last for one year from date of purchase.

Register for classes at least 48 hours before the class begins. Occasionally classes are cancelled because students have waited until the last minute to enroll. If a class is canceled, you will receive a credit voucher for tuition and material fees paid. Teacher salaries are funded by tuition.

granitepeaks

LIFELONG LEARNING

501 East 3900 South
Salt Lake City, Utah 84107

PERIODICAL

RESIDENTIAL CUSTOMER



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