

A photograph of a forest with tall trees and green foliage, partially obscured by a solid green horizontal band.

Community Education Course Schedule, Spring 2019

Spring Class Information

Learn to Swim • Super Kids Camps • Theater Camp • Camp Invention



www.phmschools.org
(574) 258-9568

welcome to Lifelong Learning

4 Easy Ways to Register

See Page 22
for Detailed
Instructions

Register and pay online

- Visit them P-H-M Web Store at **phm.revtrak.net**
- Click on the “Community Education” button
- Select your class(es)
- Register for your class(es)
- Create an account
- Make a payment using an **eCheck, Discover, VISA, or MasterCard debit/credit card**. There is a 3.49 percent fee for using this service.
- Receive and print your receipt

Phone-In

Phone in your registration **Monday–Friday from 8 a.m.–4 p.m. to (574) 258-9568**. The Community Education office is **closed from 12:30–1:30 p.m.** Please have your course name and payment information ready.

Walk-In

You may register in person at our office located in the Educational Services Center (just north of Penn), **55900 Bittersweet Road, Mishawaka, IN**. Office hours are **Monday–Friday from 8 a.m.–4 p.m.** The Community Education office is **closed from 12:30–1:30 p.m.** You can leave your registration form and payment with the receptionist during this time.

Mail-In

Fill out the registration form on page 23 and mail it with your check, money order or purchase order information.

Mail to: P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545.

Payment Information

Payment must be submitted at the time of registration. We accept cash, check, money order or purchase order at the Community Education office. *Instructors DO NOT accept payments.* **A \$20.00 fee will be charged for processing checks returned for insufficient funds.**

You do not need to live within the P-H-M school district to take or teach our classes.

Introduction to Personal Computers

This introductory hands-on computer class is designed for the beginning computer user who wants to acquaint themselves with personal computers and their applications. In the most basic terms you will be introduced to word processing, spreadsheets and more. You'll learn formatting, exchanging files and other basic functions. **Enrollment is limited. You will need to bring a USB flash drive to class to save your work. This course is very helpful for those with no prior experience on a computer. Prerequisite: None.**

Dates: Four Mondays
March 4, 11, 18, 25
Time: 6:00 – 8:30 p.m.
Fee: \$75/\$65 senior citizens
Location: Penn High School, Room 137
Use Entrance L (a door code will be issued)
Instructor: Beth McCool, experienced instructor

Intermediate Personal Computers

Know the basics but want to learn more about how your personal computer works, then this hands-on class is for you! Learn a wide range of programs and improve your computer knowledge. This class will help you gain the confidence to move on to more complex computer programs you would like to learn. **Enrollment is limited. You will need to bring a USB flash drive to class to save your work. Prerequisite: Introduction to Personal Computers or equivalent experience.**

Dates: Four Thursdays
April 11, 18, 25
May 2
Time: 6:00 – 8:30 p.m.
Fee: \$75/\$65 senior citizens
Location: Penn High School, Room 137
Use Entrance L (a door code will be issued)
Instructor: Beth McCool, experienced instructor

Beginning Photoshop

Learn the basics of this powerful, professional image-editing program that helps you work more efficiently. Explore new creative options, and produce the highest quality images for print, the Web, and anywhere else. **An electronic instructional manual is provided and included in the course fee. You will need to bring a USB flash drive to class to save your work. Enrollment is limited. Prerequisite: Intermediate Personal Computers or equivalent experience.**

Dates: Four Wednesdays
March 6, 13, 20, 27
Time: 6:00 – 8:30 p.m.
Fee: \$90 (includes electronic manual)
Location: Penn High School, Room 137
Use Entrance L (a door code will be issued)
Instructor: Beth McCool, experienced instructor

Introduction to Excel®

Learn the basics of this powerful spreadsheet program. This class will cover how to enter and manipulate data, use common formulas, and create a variety of charts and more. Excel® provides tools for data analysis, list keeping and calculations and more. **An electronic instructional manual is provided and included in the course fee. You will need to bring a USB flash drive to class to save your work. Enrollment is limited. Prerequisite: Introduction to Personal Computers or equivalent experience.**

Dates: Four Tuesdays
March 5, 12, 19, 26
Time: 6:00 – 8:30 p.m.
Fee: \$90 (includes electronic manual)
Location: Penn High School, Room 137
Use Entrance L (a door code will be issued)
Instructor: Beth McCool, experienced instructor

Intermediate Excel®

Build on your basic Excel® skills by learning how to format your spreadsheets, link multiple spreadsheets together, test data entry and organize your spreadsheet data and more. **An electronic instructional manual is provided. Enrollment is limited. You will need to bring a USB flash drive to class to save your work. Prerequisite: Introduction to Excel or equivalent experience.**

Dates: Four Mondays
April 8, 15, 22, 29
Time: 6:00 – 8:30 p.m.
Fee: \$90 (includes electronic manual)
Location: Penn High School, Room 137
Use Entrance L (a door code will be issued)
Instructor: Beth McCool, experienced instructor



Chicago Flower and Garden Show at Navy Pier Flower Tales: The Story Grows On! Bus Trip

This year at the Chicago Flower & Garden Show includes an expanded show with more than 700 plant varieties including roses, hydrangea, tulips, hyacinth, azaleas, veggies and more, a new plant variety display and special programming showcasing house-plants — PLUS an all-new floor plan designed by the Illinois Chapter of the American Society of Landscape Architects!

Local landscape designers, builders and suppliers will create realistic solutions within feature landscapes and garden vignette displays that inspire and demonstrate to attendees the possibilities for their own gardens, yards or balconies. Creators will interpret the unique role flowers, plants and gardens play in the stories of our lives and literature.

Visitors will experience sleek, lush and creative, as well as with a little imagination, the affordable. In the end, you'll leave the Chicago Flower & Garden Show inspired with phenomenal garden and landscaping ideas!

The bus will leave Penn promptly at 8:30 a.m. and return around 9:30 p.m. Payment for this trip must be received at the time of registration. No refunds will be given after payment is received.

Date: One Saturday, March 23
Time: 8:30 a.m. – 9:30 p.m.
Fee: \$40 per person
\$16 per admission fee when you arrive at Navy Pier
Departure: Penn High School, north parking lot



Register and pay online at
phm.revtrak.net

Birch Run Outlet Mall /Frankenmuth Bus Trip

On our way there, we are stopping at Birch Run Premium Outlet Mall so you can do some shopping at the largest outlet mall in the Midwest. Visit some of your favorite stores; American Eagle, Ann Taylor, Banana Republic, Christopher & Banks, Express, Harry & David, Lacoste, Lane Bryant, Loft, Michael Kors, Nike, Pottery Barn, Tommy Hilfiger and many many more shops!

We will then travel to Frankenmuth, Michigan. Frankenmuth has the largest Christmas store in the World, and features two miles of Bavarian specialty shops.

The bus will leave Penn promptly at 8:00 a.m. and return around 8:00 p.m. Payment for this trip must be received at the time of registration. No refunds will be given after payment is received. Please try to register prior to April 18. Seats may still be available after this date.

Date: One Saturday, April 13
Time: 7:30 a.m. – 10:00 p.m.
Fee: \$50 per person
Departure: Penn High School, north parking lot



Long Grove Village Chocolate Festival Bus Trip

Embrace a day of nothing but CHOCOLATE as far as the eye can see at this annual event!

This sweet weekend will transform the village of Long Grove into a Chocolate lover’s paradise featuring endless mix of sweet and savory chocolate creations, everything from fried chocolate pudding pies to frozen hot chocolate and much more from the many vendors at this event. You will feel as if you are in Willy Wonka’s Candy Factory, but even better! Stroll through the cobblestone streets of historical downtown Long Grove, home to many distinctive shops and restaurants, including the well known Long Grove Confectionery.

There’s even more to the Chocolate Festival than just the delicious treats. Enjoy live music or grab a chocolate beer while you’re at it from the Beer/Brat tent, or indulge in a specialty wine pairing. There are also many free family activities so the children will be able to join in on the fun, taking part in pony rides, kiddie amusements, and a kid-friendly live entertainment section.

The bus will leave Penn promptly at 8:00 a.m. and return around 8:00 p.m. Payment for this trip must be received at the time of registration. No refunds will be given after payment is received. Please try to register prior to April 18. Seats may still be available after this date.

Date: One Saturday, May 18
Time: 8:00 a.m. – 8:00 p.m.
Fee: \$40 per person
You will pay a \$5 per person festival admission fee when you arrive at Long Grove (kids 12 years and under get in free)
Departure: Penn High School, north parking lot

Discover Scuba

February 26 is a one-night experience held before the scuba diving instruction course *for people 10 years and older* who would like to try scuba. Take advantage of this exciting opportunity for finding out what scuba diving is all about.

Come to a question-answer session and video in the classroom before going to the pool area. Just bring a bathing suit, towel and locker padlock and the rest will be provided.

Date: One Tuesday, February 26
Time: 6:30 – 9:00 p.m.
Fee: \$10
Location: Penn High School, Room 165 and Pool
Use Entrance D
Instructor: Hart City Scuba, certified instructor

Scuba Diving Instruction

Scuba diving is fun and easy to learn and anyone in good health, reasonably fit and comfortable in the water can learn to dive. **People ten and older may take this course.** Course is the PADI OPEN WATER COURSE, the first level of scuba certification and your entry into the adventure of the underwater world. Course includes academics, diving in the pool where skill development will take place and actual scuba diving in an open water environment. *The course is performance based, so you will have as much time as needed for skill development.*

The academic portion begins when you are ready so through self study you will be able to learn at your own pace. Study materials include your student kit consisting of a book and DVD. *Due to the course format it is required that you contact the dive facility PRIOR to the start of class* to ensure that all students have the proper study materials and paperwork. Course fee includes everything a student diver will need for completion of the course except personal equipment. *Personal equipment includes mask, fins, snorkel and booties. Participants should also bring a bathing suit, towel and locker padlock to each class. After registering and paying for the class, you must call Hart City Scuba at 574-264-3528.*

Dates: Two Tuesdays/Two Thursdays
March 12, 14, 19, 21
Time: 8:30 a.m. – 3:30 p.m.
Fee: \$250 (includes study materials)
Location: Penn High School, Room 163 and Pool
Use Entrance D
Instructor: Hart City Scuba, certified instructor



Register and pay online at phm.revtrak.net

Basic Fundamentals of the Golf Swing

This class will teach the basics, help you with the proper grip, stance and swing. You will enjoy learning the fundamentals of the sport and also learn how to improve your game. Whether you’re a beginner or an experienced golfer who just wants to take a few strokes off his/her game, this class will suit your needs. Discussion will be held during class on some necessary and optional equipment needs.

The first class will last 90 minutes. All other classes will be 60 minutes in length. Driver only is required. For those without clubs, Michiana Golf can supply you with the necessary equipment.

Dates: Five Mondays
April 8, 15, 22, 29
May 6
Time: 6:00 – 7:00 p.m.
Fee: \$90
Location: Michiana Golf Academy
1915 N. Merrifield, Mishawaka, IN
Instructor: Don Wiseman, GSED

Scoring Shots

Mastering the short game is one of the most challenging aspects of golf. Join Don for a five-week course on chipping, putting, lob shots and sand shots. *This program is intended for anyone, beginner or experienced, who is looking to improve their game. Please bring putter, pitching wedge and 7 iron to class.* For those without clubs, Michiana Golf can supply you with the necessary equipment.

Dates: Five Mondays
April 8, 15, 22, 29
May 6
Time: 7:30 – 8:30 p.m.
Fee: \$90
Location: Michiana Golf Academy
1915 N. Merrifield, Mishawaka, IN
Instructor: Don Wiseman, GSED

Cardio Drumming at Bittersweet

Cardio drumming combines dance and rhythm for fun, high-energy workouts which can best be described as a combination of drumline and modern dance. Unlike many other workout activities, cardio drumming never gets dull. In addition to hitting the ball in syncopation, participants click the sticks in the air, jump and run in place and many other moves you will replicate in all different types of songs, from country and rock to oldies and pop. All fitness levels are welcome.

Participants should bring a yoga ball, a bucket and a pair of drumsticks to each class. Also bring a water bottle and wear comfortable athletic clothing and athletic shoes. Class is designed for adults and children 13 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Mondays
March 4, 11, 18, 25
April 8, 15, 22, 29
May 6, 13
Time: 6:15 – 7:15 p.m.
Fee: \$45
Location: Bittersweet Elementary School, Gym
Use Entrance C (a door code will be issued)
Instructor: Cheryl Burnett, experienced fitness instructor



Barre at Elm Road

Barre is a series of movements that strengthen the entire body and ensures that no muscle is overlooked. With a combination of functional strength, dance, Pilates and yoga, we use body weights and light equipment as resistance to focus on alignment and optimal posture, while enhancing body awareness, coordination, balance and overall strength. You do not need a dance inspired background to be able to Barre. All fitness levels welcome!

Participants should bring a folding chair, light dumb bell and a water bottle and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Tuesdays
March 5, 12, 19, 26
April 9, 23, 30
May 7, 14, 21
Time: 6:15 – 7:15 p.m.
Fee: \$45
Location: Elm Road Elementary School, Gym
Use Entrance F (a door code will be issued)
Instructor: Nicole DeWitt, certified instructor



Zumba Dance at Elm Road

Come join this fun class that is a high intensity interval training workout driven by the science of synced music motivation. An exciting and effective fitness program that uses more traditional fitness moves for a more athletic conditioning-style workout. With easy to follow moves you will work up a sweat. It's fun, easy and effective.

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Thursdays
March 7, 14, 21, 28
April 11, 18, 25
May 2, 9, 16
Time: 6:15 – 7:15 p.m.
Fee: \$45
Location: Elm Road Elementary School, Gym
Use Entrance F (a door code will be issued)
Instructor: Nicole DeWitt, certified instructor

NEW

Kettlebells at Elsie Rogers

Learn how to use a kettlebell and what a kettlebell can do for you and what muscles it works. You'll also learn to use other fitness equipment and techniques. Kettlebells work the whole body and also the core to build a strong midsection. Whether you want to increase lean muscle mass, tone up your muscles, or lose weight you can increase your overall fitness and burn up to 800 calories or more in 20 minutes of hard intensity workouts and see quick results. Does not stress the joints while providing both cardio and strength training.

Participants should bring a water bottle, towel and wear comfortable clothing and athletic shoes to each class. Please eat 2 hours before class and do not come to class on an empty stomach. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Tuesdays
March 5, 12, 19, 26
April 9, 16, 23, 30
May 7, 14
Time: 6:05 – 6:50 p.m.
Fee: \$45
Location: Elsie Rogers Elementary School, Gym
Use Entrance F (a door code will be issued)
Instructor: Nicci DeWitt, certified instructor

Pound Fit at Northpoint

Pound provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Using lightly weighted drumsticks made for exercising, Pound transforms drumming into an incredibly effective way to work out. It is a full body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels.

Participants should bring a yoga mat, blanket or towel, a water bottle, and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Wednesdays
March 6, 13, 20, 27
April 10, 17, 24
May 1, 8, 15
Time: 6:15 – 7:15 p.m.
Fee: \$45
Location: Northpoint Elementary School, Gym
Use Main entrance
Instructor: Eric Koch/Julie Dozier, experienced instructors

Yoga at Northpoint

Learn Hatha yoga fundamentals emphasizing breathing techniques and postures. You will learn the fundamentals of mindful breathing, proper postural alignment to build strength and flexibility, stress reduction and relaxation. Learn how blocks and straps can help modify poses to accommodate individual needs and abilities. The class is designed for all fitness levels and body types.

Participants should bring a yoga mat, blanket or towel, and a water bottle and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets two nights a week for a total of 20 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Twenty Mondays/Wednesdays
March 4, 6, 11, 13, 18, 20, 25, 27
April 8, 10, 15, 17, 22, 24, 29
May 1, 6, 8, 13, 15
Time: 7:30 – 8:30 p.m.
Fee: \$55
Location: Northpoint Elementary School, Gym
Use Main entrance (a door code will be issued)
Instructor: Dennis Orosz, certified instructor, E-RYT200 RYT500, Hanuman's Leap Yoga LLP

Water Aerobics/Aqua Groove at Penn

This fun water exercise class focuses on both cardiovascular and strength benefits. Whether you're trying to maintain your current level of fitness or reach a new level, the added benefit of training in water makes our aqua workouts safe

and fun without impact to the joints. Even people who suffer from arthritis may want to give this class a try!

Class may use resistance tools that include buoyant water weights and noodles. Because of their low-impact format, aqua aerobics classes are suitable for every fitness level and is a very popular way to exercise for seniors, people who are overweight and those who are recovering from injury.

Participants should bring a towel, a water bottle and a locker padlock. Water shoes and water belt are optional. Class is designed for adults, and children 12 years and older may enroll with an adult. Class meets two nights a week for a total of 20 classes. Class is not held on a few dates due to school closings or prior scheduled events. Locker rooms will open at 7:30 p.m.

Dates: Twenty Tuesdays/Thursdays
March 5, 7, 12, 14, 19, 21, 26, 28
April 9, 11, 16, 18, 23, 25, 30
May 2, 7, 9, 14, 16
Time: 7:45 – 8:40 p.m.
Fee: \$65/\$60 for senior citizens
Location: Penn High School, Pool
Use Entrance D
Instructor: Nicole DeWitt, certified instructor



Yoga at Prairie Vista

Learn Hatha yoga fundamentals emphasizing breathing techniques and postures. You will learn the fundamentals of mindful breathing, proper postural alignment to build strength and flexibility, stress reduction and relaxation. Learn how blocks and straps can help modify poses to accommodate individual needs and abilities. The class is designed for all fitness levels and body types.

Participants should bring a yoga mat, blanket or towel, and a water bottle, and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Mondays
March 4, 11, 18, 25
April 8, 15, 22, 29
May 6, 13
Time: 6:05 – 7:05 p.m.

Fee: \$45
Location: Prairie Vista Elementary School, Gym
Use Entrance F (a door code will be issued)
Instructor: Dennis Orosz, certified instructor, E-RYT200 RYT500, Hanuman's Leap Yoga LLP

WERQ Dance Fitness at Prairie Vista

Join this new class that is the wildly addictive cardio dance fitness class based on pop, rock and hip hop music. An exciting and effective total-body workout where the warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

Participants should bring a water bottle, towel, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Mondays
March 4, 11, 18, 25
April 8, 15, 22, 29
May 6, 13
Time: 7:15 – 8:15 p.m.
Fee: \$45
Location: Prairie Vista Elementary School, Gym
Use Entrance F (a door code will be issued)
Instructor: Nicole DeWitt, certified instructor

NEW

Pilates Fusion at Prairie Vista

Combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga to lengthen and sculpt your body. This exciting class will focus on breathing techniques, core strengthening and overall flexibility. An effective fitness program with easy to follow moves you will be able to follow easily.

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Wednesdays
March 6, 13, 20, 27
April 10, 17, 24
May 1, 8, 15
Time: 7:15 – 8:15 p.m.
Fee: \$45
Location: Prairie Vista Elementary School, Gym
Use Entrance F (a door code will be issued)
Instructor: Nicole DeWitt, certified instructor

Primordial Qigong at Schmucker

Primordial Qigong is a celebration and a manifestation of the vital force within us. The movements are easy to follow and



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easy to learn. Primordial Qigong is an Taoist form developed for enlightenment rather than self-defense and is filled with graceful flowing movements encompassing Heaven, Mankind and Earth energies that draws in Chi. This form has been used to revitalize and rejuvenate those suffering with graceful flowing movements encompassing Heaven, Mankind and Earth energies that draws in Chi. This form has been used to revitalize and rejuvenate those suffering from chronic conditions such as heart disease, high blood pressure, weak kidneys, Chi Deficiency and much more by maintaining and restoring the internal organs, physical body, mind and spirit. This form puts no stress on the physical body and uses easy weight shifts and balanced movements to activate the energy body.

Students should wear comfortable loose-fitting clothing and flat soled shoes to class. Class is designed for adults and children 13 years and older may enroll with an adult. Class meets once a week for 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Mondays
March 4, 11, 18, 25
April 15, 22, 29
May 6, 13, 20
Time: 6:00 – 7:00 p.m.
Fee: \$45
Location: Schmucker Middle School, LGI
Use Entrance C (a door code will be issued)
Instructor: Lawrence Erpelding, certified instructor



Yang Style (long form) Tai Chi at Schmucker
The principles of Tai Chi include emphasis on relaxation of tension and stress, including physical, mental and emotional stress, leading to the development of internal strength and flexibility; a process of integration in which the mind and body become unified; and an understanding that the key element in respect to any life success is the maintenance of the qualities of balance and harmony.
Become more aware of the natural laws which govern change; not just change in the body as affects physical structural movement, but rather principles of change and movement that govern every aspect of our lives. Routines, exercises and stretches that include: Ba Shi Stances, Meridian Stretches, Dao Yin, and Push Hands will be added to compliment the Tai Chi Practice.

Students should wear comfortable loose-fitting clothing and flat soled shoes to each class. Class is designed for adults and children 13 years and older may enroll with an adult. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.
Dates: Ten Thursdays
March 7, 14, 21, 28
April 11, 18, 25
May 2, 9, 16
Time: 6:00 – 7:00 p.m.
Fee: \$45

Location: Schmucker Middle School, LGI
Use Entrance C (a door code will be issued)
Instructor: Lawrence Erpelding, certified instructor

Pilates with Body Sculpting at Schmucker
Learn basic Pilates mat exercises and how to use exercise bands to lengthen muscles and work core abdominal muscles to sculpt a strong, streamlined physique. Pilates focuses on proper body alignment and symmetry, core strengthening and overall flexibility. Through sustained balancing and flexibility movements and focused mental awareness, learn to control your body and mind for improved health, energy, posture and ease of movement.
Participants should bring a floor mat, water bottle, exercise band, 1–2 lb. weights and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Eight Wednesdays
March 6, 13, 20, 27
April 10, 17, 24
May 1
Time: 6:15– 7:15 p.m.
Fee: \$40
Location: Schmucker Middle School, LGI
Use Entrance C (a door code will be issued)
Instructor: Jan Lassus, certified instructor

Cardio Drumming at Walt Disney
Cardio drumming combines dance and rhythm for fun, high-energy workouts which can best be described as a combination of drumline and modern dance. Unlike many other workout activities, cardio drumming never gets dull. In addition to hitting the ball in syncopation, participants click the sticks in the air, jump and run in place and many other moves you will replicate in all different types of songs and genre'. All fitness levels are welcome.
Participants should bring a yoga ball, a bucket and drumsticks to each class. Also bring a water bottle and wear comfortable athletic clothing and athletic shoes. Class is designed for adults and children 13 years and older. Class meets two nights a week for a total of 18 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Eighteen Tuesdays/Thursdays
March 5, 7, 12, 14, 19, 21, 26, 28
April 9, 11, 16, 18, 23, 25, 30
May 2, 7, 9
Time: 6:15 – 7:15 p.m.
Fee: \$50
Location: Walt Disney Elementary School, Gym
Use Entrance C (a door code will be issued)
Instructor: Kori Woods, experienced fitness instructor

Women’s Self Defense
Students will learn about the combat mindset of “Mama Bear” mentality in this very important class. Learn solutions to being vigilant and aware of surroundings. You will be shown how to escape common grabs, choke holds, attacks and how to counter attack in order to get away. This will be done by learning where to strike specific pressure points and other vulnerable areas of the body.
Wear athletic, comfortable clothing and athletic shoes. Please do not wear any jewelry to class. Bring a water bottle and small towel to each class. Class is designed for adults and children 17 years and older.
Choose one of the sessions offered.

Dates: **SESSION I** — One Tuesday, March 12
SESSION II — One Tuesday, April 16
Time: 6:30 – 8:30 p.m.
Fee: \$20 (per 1 class session)
Location: Bittersweet Elementary School, Gym
Use Entrance A (a door code will be issued)
Instructor: Richard Freeman, Policeman, certified instructor and Security Consultant

Conquering Clutter
Do you hesitate to invite guests into your home or office? Is clutter getting in the way? Are there piles of things all over? Learn from a Professional Organizer: (1) how to get rid of the clutter and keep it from coming back; and (2) how to organize what you have. Your home or office can be both functional and beautiful.

Dates: One Tuesday, March 5
Time: 7:00 – 9:00 p.m.
Fee: \$20
Location: Penn High School, Room 163
Use Entrance L (a door code will be issued)
Instructor: TBA, experienced instructor



Hiking...the best hikes in the area and world
How to get the most out of hiking featuring some of the areas best hiking trails close to home and abroad. Whether you're looking for an easy walking path or a long challenging trail many hiking routes will be discussed in class. Multi-media presentations will be shown showing some of the greatest hikes in the world include the Camino de Santiago in Spain and the Kumano Kodo in Japan. Get active and find places to hike with family and friends. *Class is designed for adults only.*

Dates: Two Thursdays
March 7, 14
Time: 7:00 – 8:30 p.m.
Fee: \$30
Location: Penn High School, Room 165
Use Entrance D
Instructor: Thomas Labuzienski, experienced instructor and hiker

AARP Safe Driver
This certified course will refresh and update driver skills. While anyone is welcome to participate, the course targets drivers over 50 years old. There will be discussion on changes in vehicles, roadways, and changes in your own bodies. Learn how medications, substances, as well as hearing and vision changes affect driving ability. Learn new techniques for turns, roundabouts, right-of-way, intersections, sharing the road, managing blind spots and more. Learn safe driver strategies to help reduce the chance of having accidents. Check with your insurance company as some companies provide a rate discount for those completing this course.
This is a classroom discussion course as there will be no actual driving. Class is designed for adults over 50 years old. Bring AARP membership card (if applicable) and your Driver’s License to first class.

Dates: Two Mondays
April 8, 15
Time: 6:30 – 8:30 p.m.
Fee: \$10
(Plus a \$15 fee due to instructor at 1st class for AARP members/\$20 fee for non members)
Location: Penn High School, Room 165
Use Entrance D
Instructor: Marie Blunt, certified instructor



Basic Home Canning Classes
Learn the basics of canning your own foods in these fun one day hands-on class. Learn food safety while canning your vegetables and fruits in their peak seasons. Understand the difference between canning in water bath and a pressure canner, and the importance of the differences. Come learn the many tricks the instructor has to share! **You will take jars of product home with you**
All materials are included. Class is designed for adults and children 14 years and older may enroll with an adult. Prerequisite: To take sessions 3 and 4 you must enroll in sessions 1 and 2
Choose one or multiple sessions offered.

Dates: **SESSION 1** — Canning Basics and Safety
One Wednesday, March 6
SESSION 2 — Food Selection and Prep
One Wednesday, March 20
SESSION 3 — Water Bath Canning
One Wednesday, April 10
SESSION 4 — Pressure Canning
One Wednesday, April 24
Time: 6:30 – 8:30 p.m. (for Sessions I and II)
Time: 6 – 9 p.m. (for Sessions III and IV)
Fee: \$20 (per 1 class session)
or \$60 for all 4 classes
Location: Penn High School, Room 134
Use Entrance L (a door code will be issued)
Instructor: Amy Lara, certified instructor and Chef

Various Hands-on Cooking Classes

Learn to change up some of your favorite recipes and some new ones for healthier eating. These will be a hands-on classes with a different theme offered each night so come learn basic cooking skills for healthier choices.

Session 1—Yummy veggies: How to excite your side dishes and play with flavors; **Session 2**—Easy Mexican: flavors from south of the border; **Session 3**—Fun and Healthy Desserts: Who still wants dessert and not mess up your eating/meal plan!

All materials are included. Class is designed for adults and children 14 years and older may enroll with an adult.

Choose one or multiple sessions offered.

Dates: **SESSION 1** — Yummy Veggies
One Thursday, March 14
SESSION 2 — Easy Mexican
One Thursday, March 28
SESSION 3 — Fun and Healthy Desserts
One Thursday, April 18
Time: 6:30 – 8:30 p.m.
Fee: \$20 (per 1 class session)
Location: Penn High School, Room 134
Use Entrance L (a door code will be issued)
Instructor: Amy Lara, certified instructor and Chef

Instant Pot 101

Want to know what the rave is all about? See first hand how this pressure cooker and slow cooker all-in-one works. It is electronically controlled and designed to consolidate cooking and prepping of food into one device a “multicooker.” Join us to learn tips and tricks along with a few favorite recipes for you to use at home. Come ready to snack on what you make.

Date: One Tuesday March 12
Time: 6:30 – 9:00 p.m.
Fee: \$20
Location: Penn High School, Room 134
Use Entrance L (a door code will be issued)
Instructor: Jan Lassus, experienced instructor

Making Meals in a Hurry with your Instant Pot

Learn in this fun class how to use a pressure cooker/slow cooker to make a quick appetizer, meal and dessert. You will learn tips and tricks and also how to use the multicooker to prep for future meals. Come ready to enjoy what you make and learn about a collection of tried and true recipes your family will love that you can try at home.

Date: One Tuesday, April 16
Time: 6:30 – 9:00 p.m.
Fee: \$20
Location: Penn High School, Room 134
Use Entrance L (a door code will be issued)
Instructor: Jan Lassus, experienced instructor

Digital Photo Solutions

Do you take photos? Where are they? We will cover a variety of solutions and get you thinking about a way to rid you of photo chaos. It doesn't matter if you have printed photos, photos on your memory card, photos on your computer — wherever your photos are — there is a solution for you!

The solutions are quick and simple and allow you to share, celebrate and enjoy the memories you've captured! This informational class is a must for anyone who takes photos. As an added bonus you will also learn a few tips on how to take better photos. *Bring your camera and your camera's instruction booklet to class.*

Date: One Monday, March 11
Time: 6:30 – 9:00 p.m.
Fee: \$10
Location: Penn High School, Staff Dining
Use Entrance D
Instructor: Kay Crum, experienced instructor

Digital Photo Organization

Wherever your photos are — boxes, totes, phone, computer, tablet, camera, cloud? Can you find a special photo with ease? You know it's just a matter of time before photo chaos becomes a huge frustration, if it hasn't happened already. Feel empowered as you learn how easy it is to safely protect, organize and edit your images. Learn the training and tips to accomplish this important task.

Bring your laptop to class or you can use the classroom computer during the class. Also bring about 50 digital photos on a CD, DVD or flash drive to class. If your photos are on a camera or phone, bring your camera/phone and the cord that goes with your device. The class fee includes a 30-day trial copy of the software that can be downloaded on your personal computer.

Dates: Two Mondays
April 8, 15
Time: 6:30 – 9:00 p.m.
Fee: \$40
Location: Penn High School, Room 251
Use Entrance L (a door code will be issued)
Instructor: Kay Crum, experienced instructor



Register and pay online at
phm.revtrak.net

Digital Photo Album and Gift Items

You already have the digital photos so why not use them to create a spectacular digital gift or photo book making it easy to share those memories over and over? Discover how much fun you can have with your pictures and a PC. You'll learn techniques to create your very own personal, hardbound book and a variety of photo gifts such as collages, canvas wraps, mugs, calendars and more. It's fun and fast and gives you the creative flexibility to produce a one-of-a-kind treasure you'll be proud to share.

Bring your laptop to class or you can use the classroom computer during the class. Also bring about 50 digital photos on a CD, DVD or flash drive to class. If your photos are on a camera or phone, bring your camera/phone and the cord that goes with your device. The class fee includes a 30-day trial copy of the software that can be downloaded on your personal computer.

Dates: Two Mondays
April 22, 29
Time: 6:30 – 9:00 p.m.
Fee: \$40
Location: Penn High School, Room 251
Use Entrance L (a door code will be issued)
Instructor: Kay Crum, experienced instructor



Handmade Junk Journals

Junk journals are handmade books made up with recycled items such as papers from magazines, brochures, patterned paper, music sheets, envelopes, packaging, brown paper bags, maps, greeting cards, post cards, doilies, to name a few. Come to this fun new class and learn to make beautiful new journals for writing and to hold memorabilia. There are many styles and different types to make and the possibilities are endless! *Students can purchase and bring their own supplies or purchase a kit from the instructor on the first night. Class is designed for adults and children 13 years and older.*

Dates: Four Tuesdays
March 5, 12, 19, 26
Time: 6:30 – 8:30 p.m.
Fee: \$40 (supplies not included)
Location: Penn High School, Room 166
Use Entrance D
Instructor: Michelle Collier, experienced instructor

Jelly Roll Quilts

A fun, simple and quick way to make a quilt! Have you seen those interesting fabric rolls at the fabric store? They're called jelly rolls and are strips of 2 1/2" coordinated fabric all cut out and ready to sew. There are hundreds of ways to sew these together. One of the most interesting being the 1,600" quilt. Come learn during this fun class as we'll explore the many ways to use these strips. A great class for novice or beginner quilters.

Sewing machines will be available to use during class or you may bring your own to each class. Class supplies will be discussed at the first class and can be purchased before the second class. (You will be bringing some of these basic sewing supplies to all the other class: pins, scissors, thread, cutting mat, rotary cutter, and interfacing.) Prerequisite: Basic sewing knowledge. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Eight Tuesdays
March 5, 12, 19, 26
April 9, 16, 23, 30
Time: 7:00 – 9:00 p.m.
Fee: \$65
Location: Penn High School, Room 248
Use Entrance L (a door code will be issued)
Instructor: Becky Szeles, experienced instructor

Creating Your Personal Fragrance Using Essentials Oils

We live in a world filled with synthetic chemicals that can increase levels of toxins in our bodies. Many people are developing allergic reactions to fragrances and becoming frustrated that they no longer can enjoy the pleasing aromas they did in the past. Have you longed to create your own healthy perfume but don't know where to start? In this class we will teach you the basics of how to create your own personal perfume fragrance using safe ingredients. Learn what scents you are drawn to and what emotions these evoke in you and others.

Dates: One Thursday, March 7
Time: 7:00 – 9:00 p.m.
Fee: \$25
Location: Penn High School, Room 166
Use Entrance D
Instructor: TBA, experienced instructor

*Waiting until the last minute to register could result in missing out on a great class.
It could be full or cancelled due to lack of interest.*



Baby Sitter Basics

This class is designed to prepare you for the responsibilities that come with child care including activities to keep children busy, safety, answering phones and the door, simple first aid, and more. Learn about setting fees, looking for baby-sitting jobs and common courtesies involved in baby-sitting.

Class is designed for boys and girls 11–15 years of age who are interested in baby-sitting. Bring a doll for practicing skills during class. A snack is provided. A certificate of achievement will be awarded to each student upon successful completion of all class requirements.

Date: One Saturday, March 16
Time: 8:00 a.m. – 12:30 p.m.
Fee: \$35 (*A snack is provided*)
Location: P-H-M Educational Services Center
Use Main Front Entrance
Instructor: Linda Meeks, R.N.



Register and pay online at
phm.revtrak.net

Art Adventures for Young Children

What could be more fun than working in a variety of media to create drawings and paintings of fun things like animals, landscapes and buildings and more. Young children, *age five to eight years of age*, will be introduced to drawing and painting techniques and be introduced to the joys of making art. *Students should wear clothing that is OK to get messy or bring a paint shirt.*

Dates: Four Thursdays
 March 7, 14, 21, 28
Time: 6:05 – 7:05 p.m.
Fee: \$35 (supplies included)
Location: Elsie Rogers Elementary School,
 Project Activity Room
Use Entrance F (a door code will be issued)
Instructor: Amy Prince, experienced instructor and
 Art teacher



Art Explorations for Young People

This class is designed for children *ages 9 to 11 years old* and provides an introduction to drawing and painting techniques including color theory and perspective. Students will use a variety of materials including crayons, colored pencils, watercolors and chalk pastels. Various projects will include animals, landscapes and buildings with both drawings and paintings as the finished projects. Instruction geared to the interests and the experience of the students who enroll. *Students should wear clothing that is OK to get messy or bring a paint shirt.*

Dates: Four Thursdays
 March 7, 14, 21, 28
Time: 7:10 – 8:10 p.m.
Fee: \$35 (supplies included)
Location: Elsie Rogers Elementary School,
 Project Activity Room
Use Entrance F (a door code will be issued)
Instructor: Amy Prince, experienced instructor and
 Art teacher

WSI Certification class (Water Safety Instructor)

The purpose of the course is to train candidates to teach the many levels of swim instruction. The American Red Cross Water Safety Program teaches people of all ages and abilities to swim and be safe in, on and around the water. You will need to understand the basic strokes of swimming and diving and you must be 16 years old on or before the last scheduled day of the course to be eligible for the program. You must attend every class to receive certification. No exceptions will be made.

Come to the classroom for class instruction and then class will go to the pool area later. Just bring a bathing suit, towel and locker padlock and the rest will be provided

Dates: Four Tuesdays and Three Thursdays,
 March 5, 7, 12, 14, 19, 21, 26
Time: 6:30 – 9:30 p.m.
Fee: \$175
Location: Penn High School, Room 165 and Pool
Use Entrance D
Instructor: Greg Stone, certified instructor and American
 Red Cross Water Safety Instructor Trainer



COMMUNITY ED NEEDS YOU!!

P-H-M Community Education is always looking for fresh, new classes to offer!

It is very easy to do this! Have a hobby or something your great at such as meal planning or baking/cooking a traditional dish? Share this love with others by teaching others through Community Education. Contact the Community Education office at (574) 258.9568 or jforkner@phm.k12.in.us

Call the P-H-M Community Education Coordinator,
 at 258-9568 or email jforkner@phm.k12.in.us

Learn how you can teach a class or share your dream class ideas! It's great for the community and rewarding for the instructor.



Preparation for the SAT

The SAT test will be administered at Penn High School on Saturday, March 9. Students taking this course will learn test-taking strategies and review material including sample questions. The SAT will have sections on critical reading, writing and mathematics. The writing section will include a student-written essay and multiple-choice questions. This class will help students feel prepared and ready to do their best.

Each student will receive a Barron's SAT workbook. Please bring calculator to Math class. Class meets two days for a mathematics review and two days for an English review, for a total of four classes. No book fee refund after February 12, 2019.

Dates: **Four total classes**
 Two Tuesdays for English review
 February 26 and March 5
 and
 Two Wednesdays for Math review
 February 27 and March 6
Time: 3:45 – 5:45 p.m.
Fee: \$65 (includes workbook)
Location: Penn High School, Room 152 (Tuesday classes)
 and Room 119 (Wednesday classes)
Use Entrance D
Instructors: Scott Thompson and Deanna Wisler,
 P-H-M staff

Waiting until the last minute to register could result in missing out on a great class. It could be full or cancelled due to lack of interest.

PRO Swimming

PRO Swimming is a non-profit swim club sanctioned by USA Swimming. It is an age group swim team that swims three to six days a week at Penn where children from age six through high school have the opportunity to swim competitively in meets. PRO Swimming is not a "learn to swim" program; swimmers must be able to swim the length of the pool (25 yards) in order to qualify. PRO Swimming is a way to make friends who love to swim fast, have fun in the water, and improve technique in all swimming strokes. Evening practices are at Penn High School with different practice levels offered.

To learn more about PRO Swimming, visit www.pennaquaticclub.com. If you have any questions, please use the Contact Us tab on the website.

Penn Lifetime Fitness Center

The Lifetime Fitness Center is located on the second floor of Penn High School. **Please enter through Door G.** Come use the walking track and other special features offered. Fitness Center Staff can develop a personalized workout for you. Pickleball is now being offered at the fitness center. It is a new quickly growing sport that is being played on Tuesdays and Wednesdays from 6:30 – 8:30 p.m. Beginners and advanced players welcome. **The Fitness Center is available to P-H-M School Corporation students, families, community members, and staff. A valid ID must be shown.**

Fees: Community Members are not charged a fee effective July 24, 2017.

For more information call the Fitness Center office at 254-2870.

Mornings (Monday–Friday)

Center open to Penn students, P-H-M staff and P-H-M Community members Monday–Friday, 5:45 a.m.–7:45 a.m.

Evenings (Monday–Thursday)

Center open to Penn students and P-H-M staff only from 3:17 p.m.–5:30 p.m. Center open to Penn students, P-H-M staff and P-H-M Community members from 5:30 p.m.–9:00 p.m.

Walkers Only—Basketball courts are closed Monday–Thursday, 5:30 p.m.–6:30 p.m. Half courts are available for P-H-M Community, as well as Penn students, 6:45 p.m.–8:45 p.m.

Fridays

Center open to Penn students and P-H-M staff only (closed to community members) 3:30 p.m.–5:30 p.m.
The fitness center will be closed on Friday nights when there is a Penn home football game.

Saturdays

Center open to Penn students, P-H-M staff and P-H-M Community members from 8:00 a.m.–12:00 p.m.

Open Swim Dates
Spring 2019
February 25–July 17
Fall 2019
September 9–October 9
Spring 2020
February 24–July 15

Community Open Swim

Community Open Swim is available to P-H-M students, families, community members, and staff only. Lifeguards are on duty but parents must supervise their children. *Children in grades 8 and under must be accompanied by an adult.* You should bring a towel and locker padlock (P-H-M is not responsible for lost or stolen items).

Dates: **Mondays and Wednesdays**
Spring 2019
February 25–July 17
Fall 2019
September 9–October 9
Spring 2020
February 24–July 15
(Closed on recess days and holidays)
Time: 7:00–9:00 p.m.
Location: Penn High School, Pool, Enter Door D



**There is no fee to attend
P-H-M Open Swim.
You just need
to live within the
P-H-M district.**

Adult Basic Education (GED Prep)

Adult Basic Education classes offer individual instruction for students with needs in the following areas: Basic skills improvement and GED preparation. *For more information, call the South Bend Community School Corporation Adult Education Office at 283-7505.*



P-H-M teams up with SchoolMessenger to provide timely alerts to parents

Penn-Harris-Madison School Corporation has contracted with SchoolMessenger, a leading provider of electronic notification services for parental outreach, emergency broadcasts and safety related messages.

The SchoolMessenger system is designed to automatically notify parents about school closings or delays, student safety as well as notices about important school activities. SchoolMessenger will not replace current school communication methods. Principals and teachers will still be accessible and will continue to communicate in a variety of ways.

SchoolMessenger notification services are provided by Reliance Communications. P-H-M parents can learn more and set their contact preferences by going to <https://www.phmschools.org/parents/schoolmessenger>.

Are you a potential instructor?

Is there a class you would like us to offer?

Do you have a talent or skill you'd like to share?

We're always interested in new ideas and would like to offer additional classes. Do you have a skill you'd like to share with the community? We enjoy bringing people together who want to share learning experiences with one another.

We are looking to offer some new classes in the fall of 2019. Here are some ideas of classes we would like to offer:

*Calligraphy
Drawing
Graphics/Publishing computer classes
Landscaping
Photography
Pottery*

Call the Community Education Office at (574) 258-9568 for information, applications and recommendations.

You do not need to live within the P-H-M school district to take or teach our classes.



P-H-M Super Kids Camps

Super Kids Camps offer elementary-age children an opportunity to explore and experience art, music, science, and physical fitness in a fun, relaxed atmosphere. Super Kids Camps are open to children who will be entering grades 1–6 in the fall. Super Kids Camp is offered from 9:00 a.m. to 12:00 p.m., Monday through Friday. Campers enjoy four camp activities daily as they rotate from each activity with their friends every 45 minutes. The cost of Super Kids Camp is \$40 per child per camp. Summer registration forms will be available this spring and registration will begin in April.

Building Science and Design

Instructor—Mr. Eric Klin & Mindy Shenk,
Teachers at Horizon Elementary School

Campers will utilize a variety of skills as they work together to design and build communities of the future. They will learn about different types of structures, how they work and use the information to build objects from K-Nexs, cardboard boxes and other recycled materials.

Creativity with Music

Instructor—Mr. Jeremy McCaskill
Teacher at Horizon Elementary School

Every child loves music and this program will foster those innate musical talents. Campers will learn a variety of fun, silly songs that are traditional at summer camps throughout the country. Students will make their own musical instruments out of a variety of new and recycled objects.

Horizon Elementary School

June 17–21

Elsie Rogers Elementary School

July 15–19

Prairie Vista Elementary School

July 22–26

Artistic Expressions

Instructor—Mrs. Becky Brown,
Teacher at Penn High School

The emphasis is on creativity and exploring the visual world with a variety of activities including drawing, painting, color, and design. Students will have a great time while participating in projects that provide a foundation in artistic expression.

Fun with Fitness

Instructor—Mrs. Kim Strowig
Teacher at Bittersweet Elementary School

A healthy focus on recreation and fitness round out the camp experience with numerous team games including soccer, and many throwing and dribbling activities. The emphasis is on non-competitive, active fun in large and small group settings.

Theater Camp

Penn High School—Studio Theater

Session 1: June 17–21

Session 2: July 22–26

Instructor/Director—Ms. Deb Swerman

Pick one or both of these one-week, half-day camps designed for students entering grades 5–8 who are interested in performance and stage work or those who just want to build self-confidence. Each camp will be filled with fun activities including games, exercises, improvisations and scene work.

- Participate in creative games and exercises designed to build confidence and imagination.
- Create improvisational skits and games to help increase individual spontaneity.
- Work together in groups on small plays with the purpose of creating fun characters and stories.
- Enjoy a fun, creative, spontaneous atmosphere that builds confidence and nurtures stage skills.

Each camp is \$80 per student and includes a t-shirt.

Summer registration forms will be available this spring and online registration will begin in April.

Camp Invention

Northpoint Elementary School

June 24–28

A week-long summer enrichment program for children entering grades 1–6. The Camp Invention program instills vital 21st century life skills such as problem-solving and teamwork through hands-on fun! Visit www.campinvention.org to register.

P-H-M Learn to Swim 2019



Penn-Harris-Madison Community Education is offering three sessions of Learn-to-Swim classes at Penn High School. Children must be at least four years old and toilet trained. Each two-week session includes ten classes of 30 minutes each. Classes during a session run daily Monday thru Friday.

The following class times are offered for each session:

**8:00 a.m., 8:40 a.m., 9:20 a.m., 10:00 a.m.,
12:30 p.m., 1:10 p.m., 1:50 p.m., 2:30 p.m.**

Each child will be tested on the first day of class and will be placed in one of the Red Cross swim levels. In order to receive certification at the end of each session, children must attend testing on the first day.

Registration Guidelines

- You may view more up-to-date registration information about Learn to Swim later this spring by visiting the Community Education web page at www.phmschools.org/p-h-m-community-education and also at the PHM Web Store at phm.revtrak.net. Information will be listed in March for you to view. Registration will begin on Monday, April 15 at 10:00 am.
- The cost is \$40 per session per child.
- Parents of four-year olds will be required to show a birth certificate for the child at the time of registration. **The day you register a 4 year old child you must email a copy of the birth certificate to jforkner@phm.k12.in.us.**

**Session I:
June 10–21**

**Session II:
June 24–28 and July 8–12**

(no classes 7/1-7/5)

**Session III:
July 15–26**

If the birth certificate is not received, your registration will be canceled and a refund will be sent to you. A child must be 4 years old by the date of the session(s) you are enrolling them in. No exceptions.

- Class size is limited and time slots will be filled on a first come, first served basis.
- Refunds, minus a \$10 processing fee for each registration, will be made upon return of the registration card. If you cancel from a session the swim registration card(s) must be received in our office at least **two business days prior to the start of the session you are cancelling.**
- A \$5 processing fee will be charged for all transfers.

For more information, call the Community Education office at 258-9568 or email jforkner@phm.k12.in.us.



Finding Your Way Around P-H-M

Bittersweet Elementary School Classes

Bittersweet School is located directly behind the Educational Services Center just north of Penn High School on Bittersweet Road between Jefferson and McKinley Avenue. **Use the main entrance for all classes.**

Elm Road Elementary School Classes

Elm Road School is located on Elm Road just south of Dagoon Trail in Mishawaka. **Use the south side entrance to the gymnasium for all classes.**

Elsie Rogers Elementary School Classes

Elsie Rogers School is located on Currant Road just south of McKinley in Mishawaka. **Use Entrance F (to the right of the main entrance) for all classes.**

Northpoint Elementary School Classes

Northpoint is located on Cherry Road just north of State Road 23 near Adams Road in Granger. (Mary Frank Elementary School is to the southeast of Northpoint Elementary School.) **Use the main entrance for all classes.**

Penn High School Classes

The entrances for some of the community education classes at Penn will be from the **Jefferson side parking lot (using entrance L for computer and quilting classes)**. Parking is available in the parking lot in front of the school for the Dance Room, Fitness Center, scuba and water aquacize class. **Participants may park in the north lot and enter directly into the pool and gymnasium area (Entrance D) at the north end of the building.**

Prairie Vista Elementary School Classes

Prairie Vista is located on Brick Road between Fir and Gumwood Roads in Granger. **Use Entrance F (to the right of the main entrance) for all classes.**

Schmucker Middle School Classes

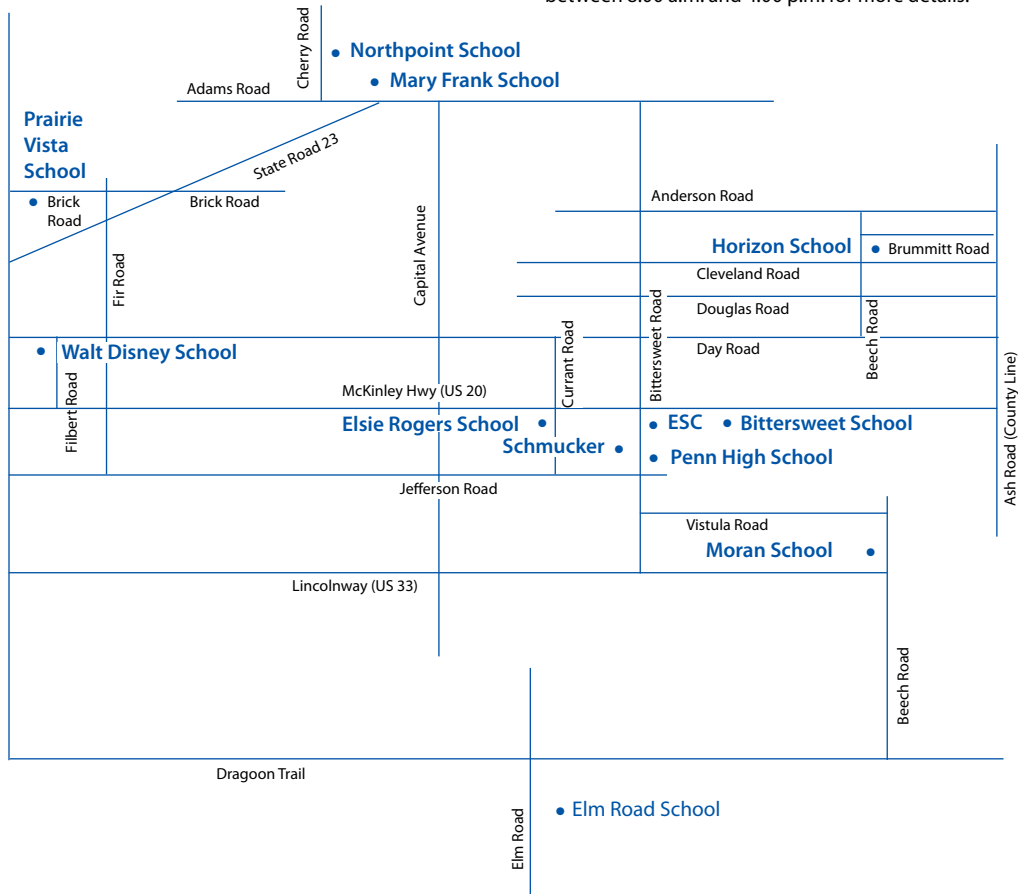
Schmucker Middle School is located across the street from Penn High School on Bittersweet Road. **Use Entrance C (to the left of the main entrance) for all classes.**

Walt Disney Elementary School Classes

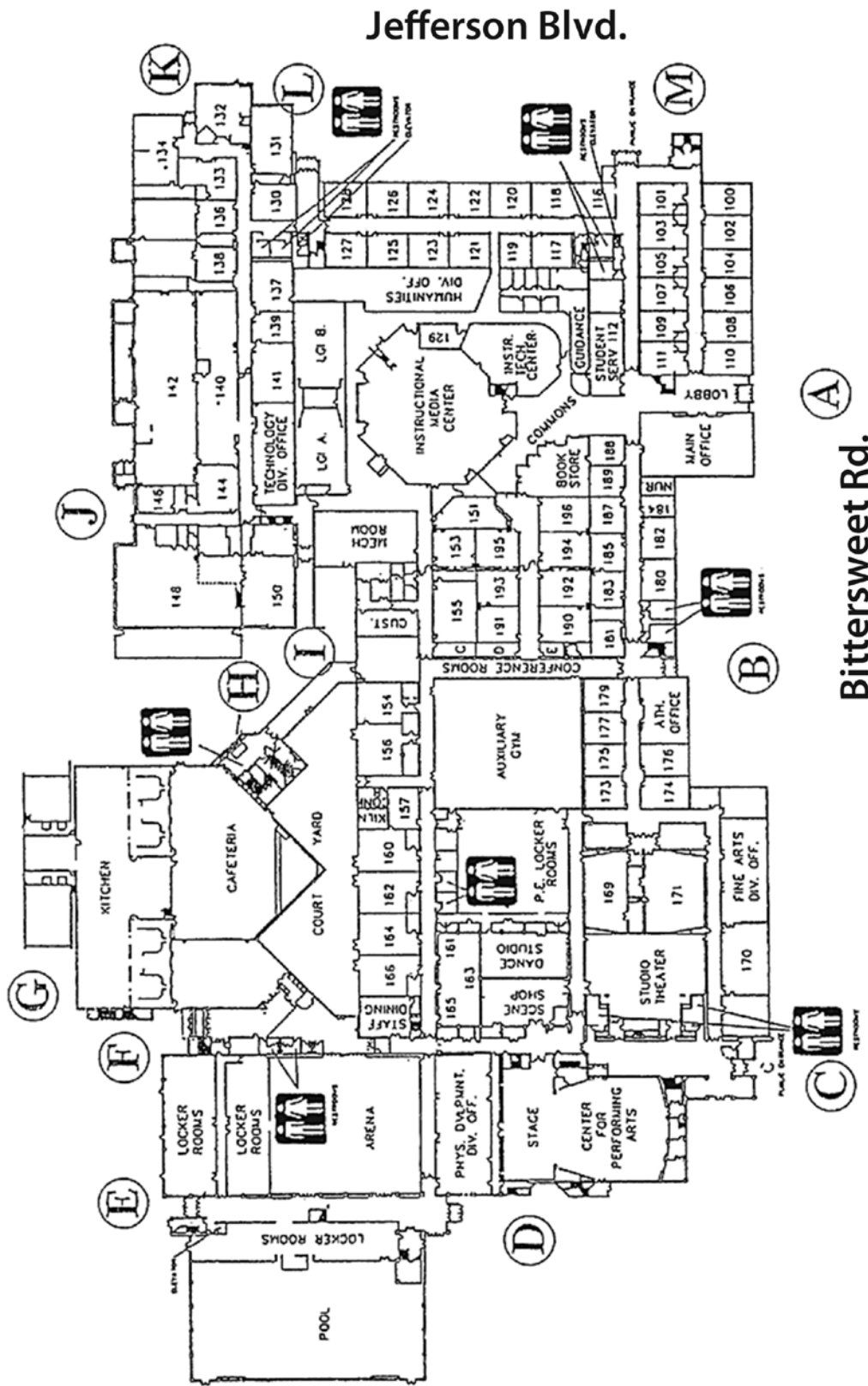
Walt Disney Elementary School is located at the corner of Filbert and Day Road. **Use Entrance C (enter off of Day Road and go behind the school to enter) for all classes.**

Still confused?

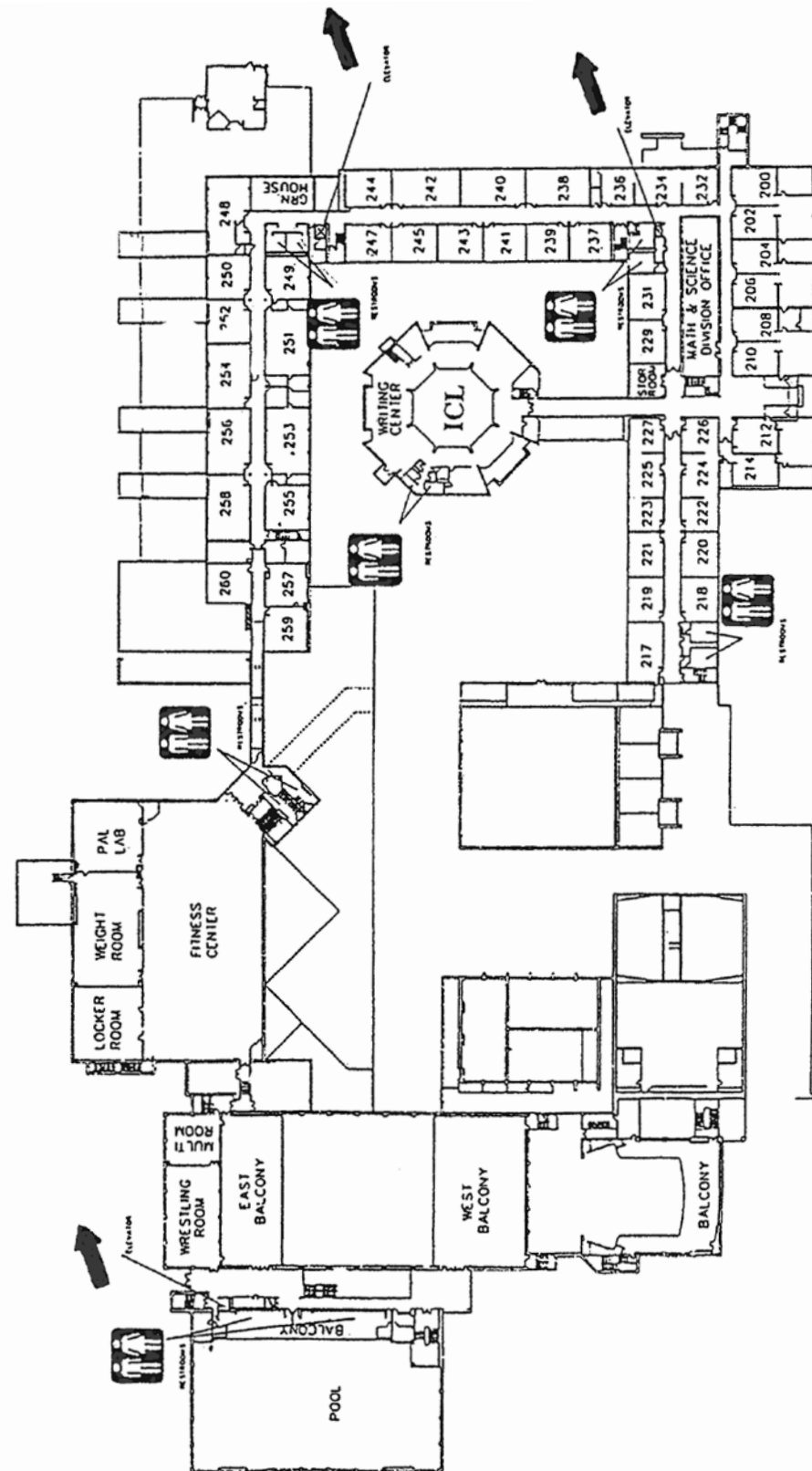
Feel free to call the Community Education office at 258-9568 between 8:00 a.m. and 4:00 p.m. for more details.



Finding Your Way Around Penn High School—First Floor



Finding Your Way Around Penn High School—Second Floor



Registration Information

New Online Registration and Payments

Online Registration

- Visit the P-H-M Web Store at phm.revtrak.net
- Click on the “Community Education” button
- Select your class(es)
- Register for your class(es)
- Create an account
- Make a payment using an **eCheck, Discover, VISA, or MasterCard debit/credit card**. There is a 3.49 percent fee for using this service.
- Receive and print your receipt

Phone-In Registration

Phone in your registration **Monday–Friday from 8 a.m.–4 p.m. to (574) 258-9568**. The Community Education office is **closed from 12:30–1:30 p.m.** Please have your course name and payment information ready.

Walk-In Registration

You may register in person at our office located in the Educational Services Center (just north of Penn), **55900 Bittersweet Road, Mishawaka, IN**. Office hours are **Monday–Friday from 8 a.m.–4 p.m.** The Community Education office is **closed from 12:30–1:30 p.m.** You can leave your registration form and payment with the receptionist during this time.

Mail-In Registration

Fill out the registration form on page 23 and mail it with your check, money order or purchase order information. **Mail to: P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545.**

Payment Information

Payment must be submitted at the time of registration. We accept cash, check, money order or purchase order at the Community Education office. **Instructors DO NOT accept payments.** A \$20.00 fee will be charged for processing checks returned for insufficient funds.

When Can I Register?

Registration begins immediately! Registrations are processed on a first-come, first-served basis. You may register until the day before a class begins. Due to a minimum number of students necessary for classes to be held, we encourage you to sign up early. **You must register and pay before attending a class or bus trip. Instructors can not accept registrations or payments as all registrations and payments are thru the Community Education office.**

Confirmation

You will only hear from us if there is a change in your class time or day or if a class is cancelled. You may call (574) 258-9568 to verify receipt of your registration. **Online registrants will receive a confirmation at the completion of their registration.**

What if a class is full?

SIGN UP EARLY! Class size is limited. If the class you want to take is full, ask to be placed on a waiting list.

Online registrants will receive registration confirmation notice or that they have been placed on the wait list. If an opening occurs, we will contact you. If you mail or fax a registration and the class is full, we will notify you.

Changes

Every effort is made to ensure the accuracy of the information presented in this brochure. All classes, instructors and locations are subject to change or deletion.

Cancellation/Refund Policy

The P-H-M Community Education office reserves the right to cancel classes due to insufficient enrollment. **If a class is cancelled, registered students will be notified in advance and a full refund check will be mailed.**

If you withdraw from a class **before the first class**, you will receive a **refund minus a \$10.00 registration fee**.

If you withdraw from a class **after the first class**, you will receive a **course credit minus a \$10.00 registration fee**.

No course credits or refunds will be given to students withdrawing after the second class or after a one session class. Classes are not prorated.

All bus trips are non-refundable. Book fees and supply fees are refundable only to the specified date stated in the brochure description.

Refunds

Refunds for fees paid by cash, check and credit cards may take up to 3–4 weeks to process and a check is mailed to you.

Discounts

We offer senior citizen discounts on a couple of our classes. Seniors must be at least 55 years of age. You will also receive this same discount by registering online.

Inclement Weather

Classes are held **unless** the P-H-M School Corporation closes schools during the day due to inclement weather or because of a regularly scheduled school holiday or recess day. Area radio and TV stations will carry such notices.

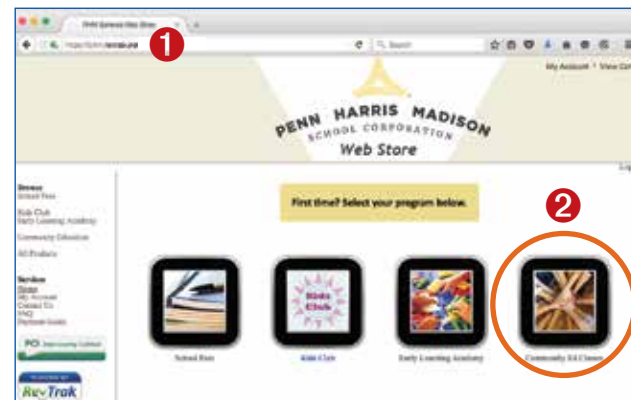
If weather conditions occur late in the day making classes questionable, please feel free to call our office **(574) 258-9568** or visit our website at www.phmschools.org for more information.

Every effort will be made to provide class status information on voice mail or email if the office is closed. Participants will be called only in special circumstances such as teacher illness or emergency. **On questionable inclement weather days, you should check your email for information we might provide to you to let you know whether classes are being held.**

NOW AVAILABLE: Online Registration and Payments

Instructions for Enrolling in Community Education Classes

- 1 Visit our Web Store at phm.revtrak.net
- 2 Click on the **Community Education Classes** button on the home page
- 3 Select the category your class is under (e.g. Computers, Arts and Crafts, Fitness, etc.)
- 4 Then, select the class name from the course list



Advanced Kettlebells at Elsie Rogers

Advanced Kettlebells at Elsie Rogers Learn more hard intensity workouts with kettlebells and other fitness equipment and techniques. Kettlebells work the whole body and also the co...

Number: Advanced Kettlebells at Elsie Rogers WINTER 16-17	Date: 1/10/17-2/21/17	Day(s): Tu	Time: 6:05p-6:50p	Price: \$35.00
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- 5 After clicking into the class you will need to select the **Click Here to Register** link
- 6 First-time users create an account or returning users login
- 7 After creating an account, you will need to select the participant from the following page. You may also add a new person if they are not currently set up in your account
Note: The name of the selected participant MUST be the name of the person attending the course
- 8 In order to continue registration you must answer all required fields before either clicking **Check Out** or **Continue Shopping** at the bottom of the Registration page
- 9 If you choose **Continue Shopping** to add additional registrations to your Shopping Cart, simply select the **Go To Check Out** button when you have finished all necessary registrations.
Note: Your Shopping Cart can be found on the left side of your screen in the Navigation Bar
- 10 At the **Shopping Cart** page, you will need to verify all billing information for accuracy then click **Complete Order**
- 11 Make payment using a eCheck, Discover, VISA or MasterCard debit or credit card. Payment will be processed and a receipt can be viewed and printed
- 12 When you are finished, **Logout**

ADVANCED KETTLEBELLS AT ELSIE ROGERS

Class #: Advanced Kettlebells at Elsie Rogers WINTER 16-17
Date: 1/10/2017 - 2/21/2017
Days: Tu
Time: 6:05 PM - 6:50 PM
Location: Elsie Rogers Elementary School:Gym
Instructor: Jena Lees
Price: \$35.00

[CLICK HERE to Register for this Class](#)

**Register and pay
online at
phm.revtrak.net**

**ONLINE
PAYMENTS**
Powered by RevTrak

**There is a 3.49% for
using this service**

P-H-M Community Education Spring 2019 — Walk-in/Mail-in Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone # _____ Alternate Phone # _____

Email _____

For children's class(es), please list parent's name _____

Child's Age _____ Current Grade for 2018-2019 school year _____

Course Name _____ Fee _____

Course Name _____ Fee _____

Total Enclosed _____

Payment Method: ☐ Cash-Receipt # _____ ☐ Check# _____ ☐ Money Order # _____

Make checks payable to: P-H-M Community Education

Mail forms to: P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545

P-H-M Community Education Spring 2019 — Walk-in/Mail-in Registration Form

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Community Education
55900 Bittersweet Road
Mishawaka, IN 46545

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Penn-Harris-Madison Community Education Spring Class Information and Schedule, Summer Camp Information and Learn to Swim Information

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find class information, summer camp and learn to swim information. This brochure offers many new class opportunities for personal enrichment, fitness and recreation, entertainment as well as learning new job skills. Please call our office at (574) 258-9568 or email jforkner@phm.k12.in.us if you have any questions about our classes or to register with a credit or debit card by phone. You can also go to phm.revtrak.net and register and pay online, or you can mail your registration or come to our office to register.

Computers

Introduction to Personal Computers	2
Intermediate Personal Computers	2
Beginning Photoshop	3
Introduction to Excel	3
Intermediate Excel	3

Bus Trips

Chicago Flower and Garden Show Bus Trip	3
Birch Run Mall/Frankenmuth Bus Trip	4
Long Grove Chocolate Festival Bus Trip	4

Recreation

Discover Scuba	4
Scuba Diving Instruction	4
Basic Fundamentals of the Golf Swing	5
Scoring Shots	5

Fitness

Cardio Drumming at Bittersweet	5
Barre at Elm Road	5
Zumba Dance at Elm Road	6
Kettlebell at Elsie Rogers	6
Pound Fit at Northpoint	6
Yoga at Northpoint	6
Water Aerobics/Aqua Groove at Penn	6
Yoga at Prairie Vista	7
WERQ at Prairie Vista	7
Pilates Fusion at Prairie Vista	7
Primordial Qigong at Schmucker	7

Fitness, continued

Yang Style Tai Chi at Schmucker	8
Pilates with Body Sculpting at Schmucker	8
Cardio Drumming at Walt Disney	8

Special Interest

Women's Self Defense	9
Conquering Clutter	9
Hiking...the best hikes	9
AARP Safe Driver	9
Basic Home Canning Classes	9
Various Hands-on Cooking Classes	10
Instant Pot 101	10
Making Meals in a Hurry	10
Digital Photo Solutions	10
Digital Photo Organization	10
Digital Photo Album and Gift Ideas	11

Arts and Crafts

Handmade Junk Journals	11
Jelly Roll Quilts	11
Creating Your Personal Fragrance	11

Children and Teens

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Art Explorations for Young People	13
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Preparations for the SAT	13

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You do not
need to live within the P-H-M school district
to take or teach our classes.