

*Hello Spring!*

Community Education Course Schedule, Spring 2017  
Learn to Swim • Super Kids Camps • Theater Camp • Camp Invention



[www.phmschools.org](http://www.phmschools.org)  
(574) 258-9568

# welcome to Lifelong Learning 4 Easy Ways to Register

See Page 22  
for Complete  
Instructions

## Register and pay online

New!!!

- Visit the new P-H-M Web Store at **phm.revtrak.net**
- Click on the “**Community Ed Classes**” 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. Prerequisite: None. This course is very helpful for those with no prior experience on a computer.**

- Dates:** Four Mondays  
February 27  
March 6, 13, 20
- Time:** 6:00 – 8:30 p.m.
- Fee:** \$75/\$65 senior citizens
- Location:** Penn High School, Room 137  
*Use Entrance L*
- Instructor:** Tami Holderman, 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. Prerequisite: Introduction to Personal Computers or equivalent experience.**

- Dates:** Four Mondays  
April 10, 17, 24  
May 1
- Time:** 6:00 – 8:30 p.m.
- Fee:** \$75/\$65 senior citizens
- Location:** Penn High School, Room 137  
*Use Entrance L*
- Instructor:** Tami Holderman, experienced instructor

## Learning Microsoft Publisher

Learn Microsoft Publisher's many features for both business and home. Publisher is an entry-level publishing application that is easy to use. You will learn simple tools to create professional, personalized materials. Create business cards, greeting cards, posters, address labels and so much more! *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 Tuesdays  
February 28  
March 7, 14, 21

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$75

**Location:** Penn High School, Room 137  
*Use Entrance L*

**Instructor:** Tami Holderman, experienced instructor

New!!!

## 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. Enrollment is limited. Prerequisite: Intermediate Personal Computers or equivalent experience.*

**Dates:** Four Wednesdays  
April 12, 19, 26  
May 3

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$90 (includes electronic manual)

**Location:** Penn High School, Room 137  
*Use Entrance L*

**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. *A book is provided. Enrollment is limited. Prerequisite: Introduction to Personal Computers or equivalent experience.*

**Dates:** Four Thursdays  
March 2, 9, 16, 23

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$90 (book provided)

**Location:** Penn High School, Room 137  
*Use Entrance L*

**Instructor:** Tami Holderman, 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. Prerequisite: Introduction to Excel or equivalent experience.*

**Dates:** Four Thursdays  
April 13, 20, 27  
May 4

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$90 (includes electronic manual)

**Location:** Penn High School, Room 137  
*Use Entrance L*

**Instructor:** Beth McCool, experienced instructor

## Internet Made Easy

A practical guide to using the internet with a concentration on the things you want to know. Bring your questions...this class is all about you! Learn about creating an email address, joining a social network, uploading photos, attaching files to email, safety tips, web browsing, shopping and intuitive searches. *Prerequisite: Introduction to Personal Computers or equivalent experience.*

**Date:** One Tuesday, March 28

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$25/\$20 senior citizens

**Location:** Penn High School, Room 137  
*Use Entrance L*

**Instructor:** Tami Holderman, experienced instructor

## Learn About Your Android or iPad Tablet

A practical guide to using your tablet and figuring out the things you want to know in this hands-on class. The class will be a question and answer format so bring your questions... this class is all about you! Internet access will be available so come learn more about your tablet and what it can do. *Prerequisite: Bring your own tablet to class as none will be provided.*

**Date:** One Monday, March 27 (for the Android user)

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$25/\$20 senior citizens

**Location:** Penn High School, Room 137  
*Use Entrance L*

**Instructor:** Tami Holderman, experienced instructor

**Date:** One Thursday, March 30 (for the Apple user)

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$25/\$20 senior citizens

**Location:** Penn High School, Room 137  
*Use Entrance L*

**Instructor:** Tami Holderman, experienced instructor



Register and pay online at  
[p hm.revtrak.net](http://p hm.revtrak.net)





### Woodfield Mall and IKEA Bus Trip

Spend the day at the largest shopping center in the Chicagoland area. With nearly 300 of the finest stores and restaurants you can be sure you will find exactly what you are looking for at Woodfield and then take the free trolley to IKEA right across the street!

Enjoy stores such as Abercrombie, Aeropostale, Ann Taylor, Armani Exchange, Banana Republic, Bare Minerals, Bath & Body Works, Buckle, Charlotte Russe, The Cheesecake Factory, Chico's, Coach, Dry Goods, Eddie Bauer, Forever 21, Hollister, JCPenney, Justice, Lego, Lord & Taylor, Macys, Michael Kors, Nordstrom, Pink, Rainforest Cafe, Sears, Sephora, Sperrys, Tilly's, Wet Seal White House/Black Market and Zumiez all under one roof.

*The bus will leave Penn promptly at 8:00 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. Please try to register prior to February 3. Seats may still be available after this date.*

- Date:** One Saturday, March 4
- Time:** 8:00 a.m. – 9:30 p.m.
- Fee:** \$40 per person
- Departure:** Penn High School, north parking lot

### Long Grove Village Chocolate Festival Bus Trip

Is there anything better than chocolate? We think not. 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! Enjoy strolling through the cobblestone streets of historical downtown Long Grove, home to many distinctive shops and restaurants, including the well known Long Grove Confectionery.

Now that you're hooked and can't think of anything other than chocolate we should let you know there's even more to the Chocolate Festival than just the delicious treats. Enjoy live music on multiple music stages 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 20
- Time:** 8:00 a.m. – 8:00 p.m.
- Fee:** \$45 per person (includes \$5 festival charge)
- Departure:** Penn High School, north parking lot

### Discover Scuba

February 28 is a one-night experience held before the scuba diving instruction course for people 10 years of age and older who would like to try scuba. **Children younger than 10 years old can register for the Bubbler class on this same date (see page 13).** 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 28
- Time:** 6:30 – 9:00 p.m.
- Fee:** \$5
- 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 choice of either a book/video or a CD-ROM. **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, please call Hart City Scuba at (574) 264-3528.**

**Dates:** Two Tuesdays/Two Thursdays  
March 14, 16, 21, 23

**Time:** 6:30 – 10:00 p.m.

**Fee:** \$250 (includes study materials)

**Location:** Penn High School, Room 163 and Pool  
*Use Entrance D*

**Instructor:** Hart City Scuba, certified instructor

### 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 10, 17, 24  
May 1, 8

**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 10, 17, 24  
May 1, 8

**Time:** 7:30 – 8:30 p.m.

**Fee:** \$90

**Location:** Michiana Golf Academy  
1915 N. Merrifield  
Mishawaka, IN

**Instructor:** Don Wiseman, GSED

### 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!

This 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 22 classes. Class is not held on a few dates due to school closings or prior scheduled events. Locker rooms will open by 7:30 p.m.*

**Dates:** Twenty-two Tuesdays/Thursdays  
February 28  
March 2, 7, 9, 14, 16, 21, 23, 28, 30  
April 11, 13, 18, 20, 25, 27  
May 2, 4, 9, 11, 16, 18

**Time:** 7:45 – 8:40 p.m.

**Fee:** \$75/\$70 for senior citizens

**Location:** Penn High School, Pool  
*Use Entrance D*

**Instructor:** Nicole DeWitt, certified instructor

### Zumba at Elm Road

Zumba is a fusion of Latin and international dance music that creates a dynamic, exciting and effective fitness program. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It's a mixture of body sculpting moves with easy-to-follow dance steps. Do the salsa, meringue, flamenco, cumbia, samba and cha-cha while shedding pounds. It's fun, easy and effective.

*Participants should bring a water bottle, towel, 1–3 lb. weights 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 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 Tuesdays/Thursdays  
February 28  
March 2, 7, 9, 14, 16, 21, 23, 28, 30  
April 11, 13, 18, 20, 25, 27  
May 9, 11, 16, 18

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$70

**Location:** Elm Road Elementary School, Gym  
*Use Entrance F*

**Instructor:** Nicole DeWitt, certified instructor



Register and pay online at  
[pnm.revtrak.net](http://pnm.revtrak.net)

### 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 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 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. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 11 classes. Class is not held on a few dates due to school closings or prior scheduled events. Prerequisite: Beginner Kettlebell class*

**Dates:** Eleven Tuesdays  
February 28  
March 7, 14, 21, 28  
April 11, 18, 25  
May 2, 9, 16

**Time:** 6:05 – 6:50 p.m.

**Fee:** \$45

**Location:** Elsie Rogers Elementary School, Gym  
*Use Entrance F*

**Instructor:** Jena Lees, certified instructor

### Beginner Kettlebells at Elsie Rogers

Learn how to use a kettlebell and what a kettlebell can do for you and what muscles it works. 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 11 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Eleven Tuesdays  
February 28  
March 7, 14, 21, 28  
April 11, 18, 25  
May 2, 9, 16

**Time:** 7:00 – 7:45 p.m.

**Fee:** \$45

**Location:** Elsie Rogers Elementary School, Gym  
*Use Entrance F*

**Instructor:** Jena Lees, certified instructor

### Jazzercise® Flip Fusion at Northpoint

Check out the Flip Fusion class with focused muscle-pumping sets that challenge your strength, and short amplified dance moves that crank up your cardio. Fire up the muscles in this hard core muscle sculpting strength workout. Class will target major muscle groups including the hips, thighs, derrière, abdomen, and upper torso.

*Participants should bring a floor mat, light hand weights, 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 11 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Eleven Mondays  
February 27  
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:** Andrea Christensen, Jazzercise instructor

### Jazzercise® Interval at Northpoint

Interval classes unleash the heart pumping, fat burning power of high intensity interval training. It's max intensity from start to finish—there's no rest in these intervals! Get definition in all the right places with circuit-based bursts of cardio and strength training.

*Participants should bring a floor mat, light hand weights, 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 11 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Eleven Wednesdays  
March 1, 8, 15, 22, 29  
April 12, 19, 26  
May 3, 10, 17

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$45

**Location:** Northpoint Elementary School, Gym  
*Use Main entrance*

**Instructor:** Andrea Christensen, Jazzercise instructor

### 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 22 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Twenty-two Mondays/Wednesdays  
February 27  
March 1, 6, 8, 13, 15, 20, 22, 27, 29  
April 10, 12, 17, 19, 24, 26  
May 1, 3, 8, 10, 15, 17

**Time:** 7:30 – 8:30 p.m.

**Fee:** \$75

**Location:** Northpoint Elementary School, Gym  
*Use Main entrance*

**Instructor:** Dennis Orosz, certified instructor, RYT200

### 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 11 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Eleven Mondays  
February 27  
March 6, 13, 20, 27  
April 10, 17, 24  
May 1, 8, 15

**Time:** 6:05 – 7:05 p.m.

**Fee:** \$45

**Location:** Prairie Vista Elementary School, Gym  
*Use Entrance F*

**Instructor:** Dennis Orosz, certified instructor, RYT200

### Hip Hop Cardio Dance at Prairie Vista

Come join this fun dance class using urban hip hop music that creates a dynamic, exciting and effective fitness program. With easy to follow choreography, you will dance up a sweat, have fun and shake what your momma gave ya! It's a mixture of body sculpting moves with easy-to-follow dance steps. It's fun, easy and effective.

*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 16 years and older. Class meets two nights a week for a total of 21 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Twenty-one Mondays/Wednesdays  
February 27  
March 1, 6, 8, 13, 15, 20, 22, 27  
April 10, 12, 17, 19, 24, 26  
May 1, 3, 8, 10, 15, 17

**Time:** 7:15 – 8:15 p.m.

**Fee:** \$70

**Location:** Prairie Vista Elementary School, Gym  
*Use Entrance F*

**Instructor:** Nicole DeWitt, certified instructor

### Zumba Toning at Schmucker

Zumba Toning gives you the option to use weights during the regular zumba cardio dancing. The weights enhance the tonality of the muscles along with your cardio dance workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It's a mixture of body sculpting moves with easy-to-follow dance steps. Do the salsa, meringue, flamenco, cumbia, samba and cha-cha while shedding pounds. It's fun, easy and effective.

*Participants should bring weights of 3 lb. and less, water bottle, towel, 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 two nights a week for a total of 19 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Nineteen Tuesdays/Thursdays  
February 28  
March 2, 7, 9, 14, 16, 21, 23  
April 11, 13, 18, 20, 25, 27  
May 2, 4, 9, 11, 16

**Time:** 7:15– 8:15 p.m.

**Fee:** \$65

**Location:** Schmucker Middle School, LGI  
*Use Entrance C*

**Instructor:** Raquel Flores, certified instructor



Register and pay online at  
[phm.revtrak.net](http://phm.revtrak.net)



## 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, 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. You may purchase your equipment from the instructor for \$25 at the first class. You will need to call 258-9568 to order this equipment by February 14. 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 21 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Twenty-one Tuesdays/Thursdays  
February 28  
March 2, 7, 9, 14, 16, 21, 23, 28, 30  
April 11, 13, 18, 20, 25, 27  
May 2, 4, 9, 11, 16

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$70

**Location:** Walt Disney Elementary School, Gym  
*Use Entrance C*

**Instructor:** Mikayla Bullard, experienced fitness instructor with 4EverNutrition

**New!!!**

## Pilates with Body Sculpting at Bittersweet

Learn basic Pilates mat exercises and how to use exercise tubes to lengthen muscles and work core abdominal muscles to sculpt a strong, streamlined physique. Pilates focuses on proper breathing techniques, 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. All fitness levels welcome.

*Participants should bring a floor mat, water bottle, 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 two nights 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  
February 27  
March 6, 13, 20, 27  
April 10, 17, 24  
May 1, 8, 15

**Time:** 6:00 – 6:45 p.m.

**Fee:** \$45

**Location:** Bittersweet Elementary School, Gym  
*Use Main Entrance*

**Instructor:** Jena Lees, certified instructor

## Fitness Boot Camp class at Bittersweet

This is a Boot Camp like no other. Forty-five minutes of pure get-your-body-into-shape, heart-pumping exercise to take you to the next level! This class is for everyone, no matter your fitness level, whether you need to lose pounds or inches, sculpt and tone, or need a new fitness challenge to get you out of your same old workout routine. Best of all, you will become healthier. You will do circuit style workouts and body weights to train to utilize all body parts to get a total body workout.

*Participants should bring a floor mat, a towel, a set of dumbbells (8, 10, and 12 lb.), water bottle, and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children fourteen years and older. Class meets two nights a week for a total of 21 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Twenty-one Mondays/Wednesdays  
February 27  
March 1, 6, 8, 13, 15, 20, 22, 27  
April 10, 12, 17, 19, 24, 26  
May 1, 3, 8, 10, 15, 17

**Time:** 7:00 – 7:45 p.m.

**Fee:** \$75

**Location:** Bittersweet Elementary School, Gym  
*Use Main Entrance*

**Instructor:** Carole Turnbo, certified instructor

## PiYo at Schmucker™

PiYo™ is an athletic blend of Pilates, Yoga, and much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants in a fast paced and energetic environment. PiYo™ allows you to move at a decent tempo from one pose to another. Some of the exercises are performed while seated, and some while standing. This class will combine strength and core work along with relaxing stretches. All fitness levels are welcome.

*Participants should wear comfortable clothing and athletic shoes to each class. Please bring your own yoga mat 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  
February 27  
March 6, 13, 20, 27  
April 10, 17, 24  
May 1, 8



**Time:** 7:05 – 8:05 p.m.  
**Fee:** \$45  
**Location:** Schmucker Middle School, LG1  
*Use Entrance C*  
**Instructor:** Jena Lees, certified instructor

### Beginning Tai Chi Bang Stick for Flexibility and Strength at Schmucker

The Tai Chi Bang Stick is a unique method of training the joints and tendons. Like Qigong and Tai Chi, the movement of the Tai Chi Bang Stick is rooted in the feet, powered by the legs, directed by the waist and observed by the eyes. It is a fast and efficient method for developing stronger and more flexible muscles and joints.

Benefits from practicing Tai Chi Bang are: Improved hand strength for gripping and turning movements (like opening lids and turning a tight faucet). With continued practice it helps correct and prevent overuse injuries by strengthening the ligaments and tendons. Develops focus and attention skills, increases awareness of your joints, center, dantain and spiral energy. Also develops hand, arm, leg and core strength and improves the physical conditioning of joints and ROM for the shoulder, elbow and wrist.

*Tai Chi Bang sticks will be provided for class use only. 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 Mondays  
March 6, 13, 20, 27  
April 10, 17, 24  
May 1, 8, 15  
**Time:** 6:00 – 7:00 p.m.  
**Fee:** \$45  
**Location:** Schmucker Middle School, LG1  
*Use Entrance C*  
**Instructor:** Lawrence Erpelding, certified instructor

### Yang Style (1st third of 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.

Tai Chi allows you to 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 occasionally 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 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.*

**Dates:** Eight Thursdays  
March 9, 16, 23  
April 13, 20, 27  
May 4, 11  
**Time:** 6:00 – 7:00 p.m.  
**Fee:** \$30  
**Location:** Schmucker Middle School, LG1  
*Use Entrance C*  
**Instructor:** Lawrence Erpelding, certified instructor

### Tai Chi for Arthritis at Schmucker

You do not have to have arthritis to enjoy the benefits of this Tai Chi form. This 12 movement form is on the Center for Disease Control's list of evidence-based exercise programs. For beginners who have never taken a Tai Chi class before, you will become familiar with the basic principles of Tai Chi. The class is designed for people who have not exercised in years as it does not hurt and also for people who are recovering from heart attack or heart surgery, hip, knee or back pain, post surgery or have Parkinson's Disease, MS, Fibromyalgia, Diabetes and of course Arthritis. It is literally an exercise anyone can do and with proven results. People with almost any chronic condition can learn to improve their health and mobility. Safe and easy-to-learn, relieves pain and improves health and quality of life. Suitable for people who are either unable to walk or have limited standing ability.

*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 Wednesdays  
March 1, 8, 15, 22, 29  
April 12, 19, 26  
May 3, 10  
**Time:** 6:15– 7:15 p.m.  
**Fee:** \$40  
**Location:** Schmucker Middle School, LG1  
*Use Entrance C*  
**Instructor:** Debra Leonard, certified instructor and Senior Trainer with TCHI



Register and pay online at  
[p.m.revtrak.net](http://p.m.revtrak.net)

## Tai Chi for Energy at Schmucker

This class consists of two different Tai Chi styles. Chen style Tai Chi is vigorous and sophisticated, containing fast and slow movements along with powerful spiral force. Sun style Tai Chi includes a unique Qigong (life energy) along with agile steps. Class consists of warm up and cool down exercises and 16 movements.

These two seemingly contrasting styles of Tai Chi have complimentary internal energy. Dr. Lam carefully composed the Tai Chi for Energy set by combining both styles to bring you greater synergy. With regular practice you will achieve better health and wellness, more internal energy and an improved ability to manage stress.

*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 Wednesdays  
 March 1, 8, 15, 22, 29  
 April 12, 19, 26  
 May 3, 10
- Time:** 7:30 – 8:30 p.m.
- Fee:** \$30
- Location:** Schmucker Middle School, LG1  
*Use Entrance C*
- Instructor:** Debra Leonard, certified instructor and Senior Trainer with TCHI

## Learn to Dance

Social dancing is always in style as well as being lots of fun and great exercise. Learn the basics and experience how dancing can open a world of benefits to you. Meet new people in an enjoyable and relaxed atmosphere as well as learn to dance. *Participants should wear comfortable clothing and smooth sole shoes.* Sign up with a partner or by yourself.

*Choose one or both sessions offered.*

- Dates:** **SESSION I** — Four Mondays  
 March 6, 13, 20, 27  
**SESSION II** — Four Mondays  
 April 10, 17, 24  
 May 1
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$45 per person/\$70 per couple per 4 week session
- Location:** Penn High School, 2nd Floor  
 Dance/Multipurpose Room  
*Use Entrance D*
- Instructor:** Dan Cribbs, experienced instructor



## Healthy Cooking Methods

Learn to change up some of your favorite recipes and some new ones for healthier eating. This will be a hands-on class with a healthy dinner served at the end. We will roast veggies, mash and rice cauliflower, cook with ancient grains, use spices to flavor foods and learn basic cooking skills for healthier choices.

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

- Dates:** Four Thursdays  
 March 2, 9, 16, 23
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$75
- Location:** Penn High School, Room 134  
*Use Entrance L*
- Instructor:** Amy Lara, certified instructor and Chef

## Introduction to Home Canning

Learn the basics of canning your own foods in this 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.** Sign up with a friend!

*Bring your lunch and a box and towel to secure warm jars you will be taking home with you. Class is designed for adults and children 12 years and older may enroll with an adult.*

- Date:** One Saturday, March 11
- Time:** 9:00 a.m. – 2:00 p.m.
- Fee:** \$45
- Location:** Penn High School, Room 134  
*Use Entrance L*
- Instructor:** Amy Lara, certified instructor and Chef

## The Art of Whole-Hearted Living

If you are interested in living a healthier, happier life, where you are more resilient to life's situations, then this class is for you! You will learn in this unique class that as we increase our capacity to be resilient, we are more able to flow with life and all of the challenges it presents for us to grow. You will learn that the benefits of whole-hearted living are improved sleep, greater awareness,

*New!!!*



Register and pay online at  
[pnm.revtrak.net](http://pnm.revtrak.net)

lower blood pressure, improved relationships, inner balance and overall better health. Come learn the tools needed to unite your mind and bodies for the life of your dreams. Class is based on years of research and evidence based practices.

***Class is designed for adults and children 16 years and older.***

**Dates:** One Tuesday, March 7  
**Time:** 7:00 – 8:30 p.m.  
**Fee:** \$20  
**Location:** Penn High School, Room 163  
*Use Entrance J*

**Instructor:** Debra Sheehan, 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, February 27  
**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, if you have one, 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.***

**Date:** Three Mondays  
March 6, 13, 20  
**Time:** 6:30 – 9:00 p.m.  
**Fee:** \$45  
**Location:** Penn High School, Room 251  
*Use Entrance L*

**Instructor:** Kay Crum, experienced instructor



## 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, if you have one, 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.***

**Date:** Three Mondays  
April 17, 24  
May 1  
**Time:** 6:30 – 9:00 p.m.  
**Fee:** \$45  
**Location:** Penn High School, Room 251  
*Use Entrance L*

**Instructor:** Kay Crum, experienced instructor

**New!!!**



## Keeping Backyard Chickens

Learn the basics of keeping backyard chickens, and introduce yourself to the benefits of fresh organic eggs. With small group projects and class discussions, you'll understand just how easy and enjoyable it is to keep chickens. Discover which breeds work for you, where to find them, how to keep them safe and healthy, and tips for safe egg handling. ***Class is designed for adults and children 16 years and older.***

**Dates:** One Tuesday, March 7  
**Time:** 6:30 – 8:30 p.m.  
**Fee:** \$20  
**Location:** Penn High School, Room 150  
*Use Entrance I*

**Instructor:** Mel Lenig, experienced instructor





### Buttons-Buttons-Buttons

Do you remember playing with your mother's—or grandmother's or great-grandmother's—button box or jar or tin? The impulse to collect is a basic part of the human psyche, and buttons have been admired and collected for centuries. Button collecting was recognized as an organized hobby through the founding of the National Button Society.

The now common button has over 4,000 years of military and elite history. Come learn and examine samples made of mud to those of gold from a collection of over 50 years. Buttons made only for men and those made only for women. Enroll with a friend or come make new ones!

**Dates:** Three Mondays  
April 10, 17, 24

**Time:** 7:00 – 8:00 p.m.

**Fee:** \$30

**Location:** Penn High School, Room 165  
*Use Entrance D*

**Instructor:** Barbara Steele, experienced instructor

*New!!!*

### Knitting for Beginners

Have you always wanted to learn to knit or do you have an unfinished project hiding in the back of the closet? This popular hobby appeals to all ages! Come to this fun class and get started with the basics and take the mystery out of the terms like bo, sl, m1, rs, ws and more. The first class is an introduction to discuss the projects you want to work on, the supplies you'll need for different projects. *Students will purchase their own supplies. Class is designed for adults and children 13 years and older.*

*Choose one or both sessions offered.*

**Dates:** **SESSION I** — Four Tuesdays  
March 7, 14, 21, 28

**SESSION II** — Four Tuesdays  
April 11, 18, 25  
May 2

**Time:** 7:00 – 9:00 p.m.

**Fee:** \$45 (supplies not included)

**Location:** Penn High School, Room 165  
*Use Entrance D*

**Instructor:** Allison Bishop, experienced instructor

### T-Shirt Quilt

Do you have a student graduating this year? Or maybe a few years ago or you are trying to plan ahead! Turn all their homecoming, sport or activity t-shirts into a quilt they will love and cherish for years. These quilts are a great way to preserve all the memories from those shirts that may never get worn again.

*Bring these basic sewing supplies: pins, scissors, thread, cutting mat, rotary cutter, and interfacing (lightweight, fusible, pellon 911FF recommended. The amount you will need depends on how many shirts you have). Bring your t-shirts to the first class and bring as many as you would like to use, whether it be 10 or 40! Sewing machines will be available to use during class or you may bring your own to each class. Prerequisite: Basic sewing knowledge.* 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  
February 28  
March 7, 14, 21, 28  
April 11, 18, 25  
May 2, 9

**Time:** 7:00 – 9:00 p.m.

**Fee:** \$75

**Location:** Penn High School, Room 248  
*Use Entrance L*

**Instructor:** Becky Szeles, experienced instructor



### 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 2, 9, 16, 23

**Time:** 6:00 – 7:00 p.m.

**Fee:** \$35 (supplies included)

**Location:** Elsie Rogers Elementary School,  
Project Activity Room  
*Use Entrance F*

**Instructor:** Amy Prince, experienced instructor/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 2, 9, 16, 23
- Time:** 7:05 – 8:05 p.m.
- Fee:** \$35 (supplies included)
- Location:** Elsie Rogers Elementary School,  
Project Activity Room  
*Use Entrance F*
- Instructor:** Amy Prince, experienced instructor/Art teacher



## Underwater Bubbler

The underwater world is beautiful and interesting. Bubbler is a way for younger children (*ages eight to nine*) to experience the joy of underwater discovery once reserved for scuba divers. This safe experience takes place in the shallow end of the pool and introduces children to new skills and a whole new world of underwater fun. **Adults can register for the Discover Scuba class on this same date (see page 4).**

*Come to a question and answer session in room 165 at the beginning of class before going to the pool area. Participants should bring a bathing suit, towel, and locker padlock.*

- Date:** One Tuesday, February 28
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$10
- Location:** Penn High School, Room 165 and pool  
*Use Entrance D*
- Instructor:** Hart City Scuba, certified instructor



## Baby-Sitting 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 11
- Time:** 8:00 a.m. – 12:30 p.m.
- Fee:** \$30 (*A snack is provided*)
- Location:** P-H-M Educational Services Center  
*Use Main Front Entrance*
- Instructor:** Linda Meeks, R.N.

## Preparation for the SAT

The SAT test will be administered at Penn High School on Saturday, March 11. 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 7, 2017.*

- Dates:** **Four total classes**  
Two Tuesdays for English review  
February 28 and March 7  
and  
Two Wednesdays for Math review  
March 1 and 8
- Time:** 3:45 – 5:45 p.m.
- Fee:** \$65 (includes book)
- Location:** Penn High School, Room 152 for Tuesday classes  
and Room 163 for Wednesday classes  
*Use Entrance D*
- Instructors:** Ree Johnson and Scott Thompson,  
P-H-M staff



Register and pay online at  
[pnm.revtrak.net](http://pnm.revtrak.net)

**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. We enjoy bringing people together who want to share learning experiences with one another.*

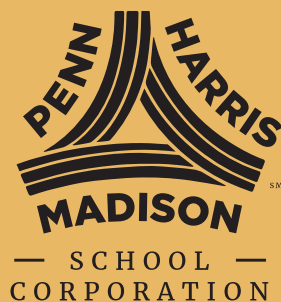
*We are looking to offer some new classes in the fall. Do you have a talent or a skill to teach?*

*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 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>.

**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.*



**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 four practice levels offered.

To learn more about PRO Swimming, visit [www.pennaquaticclub.com](http://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: P-H-M Community Members

Monthly	\$10
6 Months	\$60
Yearly	\$120

#### Senior Citizens (over 60 years old)

Monthly	\$7
6 Months	\$40
Yearly	\$80

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

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.

**Friday nights with a Penn home football game, the fitness center will be closed.**

#### Saturdays

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

## Open Swim Dates

### Spring 2017

### February 27–July 19

### Fall 2017

### September 11–October 11

#### 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). **Passes to P-H-M residents may be purchased at the pool office during open swim hours. Call Penn Pool Office (258-9500 x20544) or Community Education (258-9568) for more information.**

**Dates:** Mondays and Wednesdays

#### Spring 2017

February 27–July 19

#### Fall 2017

September 11–October 11

(subject to possible change)

(Closed on recess days and holidays)

**Time:** 7:00–9:00 p.m.

**Fees:** Single swim: \$3 per person

**Punch card: \$20**

(good for 10 swims)

**Family season pass: \$50**

(good from September 2016–July 2017)

**Senior/staff/student season pass: \$40**

(good from September 2016–July 2017)

**Location:** Penn High School, Pool, Enter Door D

**Cash or check accepted at the pool.**

**Make checks payable to**

**Penn-Harris-Madison School Corporation.**



# P-H-M Learn to Swim 2017



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.

**For more information,  
call the Community Education office  
at 258-9568  
or email [jforkner@phm.k12.in.us](mailto:jforkner@phm.k12.in.us).**



**Session I: June 12–23**

**Session II: June 26–30 and  
July 10–14**

*(no classes July 3–7)*

**Session III: July 17–28**

## Registration Guidelines

- The cost is \$40.00 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 four-year-old child you must email a copy of the birth certificate to [jforkner@phm.k12.in.us](mailto:jforkner@phm.k12.in.us).** If the birth certificate is not received within 24 hours of registering, your registration will be canceled and a refund will be sent to you. A child must be four years old by the date of the session(s) you are enrolling them in. No exceptions.
- **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](http://www.phmschools.org/p-h-m-community-education) and also at the P-H-M Web Store at [phm.revtrak.net](http://phm.revtrak.net). Information will be listed in March for you to view, but registration will not begin until April.**
- Class size is limited and time slots will be filled on a first come, first served basis.
- Refunds, minus a \$10.00 processing fee, 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 \$5.00 processing fee will be charged for all transfers.

## 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 \$40.00 per child per camp. Summer registration forms will be available and online registration will begin in April.

### Building Science and Design

**Instructor—Mr. Jeremy McCaskill,  
Teaches 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 and how they work; and use the information to build objects from K-Nex, cardboard boxes and other recycled materials.



### Creativity with Music

**Instructor—Mrs. Julia Rulli  
Teaches 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 for a Grand Finale parade the last day of camp.

**Horizon Elementary School  
June 19–23**  
**Prairie Vista Elementary School  
July 17–21**  
**Bittersweet Elementary School  
July 24–28**

### Artistic Expressions

**Instructor—Becky Brown,  
Teaches 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  
Teaches 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.

## P-H-M Theater Camp

This one-week, half-day camp is designed for students entering grades 5–8 who are interested in performance and stage work or those who just want to build self-confidence. 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.

**Penn High School CPA  
July 24–28**

- 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.

The camp is \$80.00 per student and includes a t-shirt.

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

## Camp Invention

**Northpoint Elementary School  
June 19–23**

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



# 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

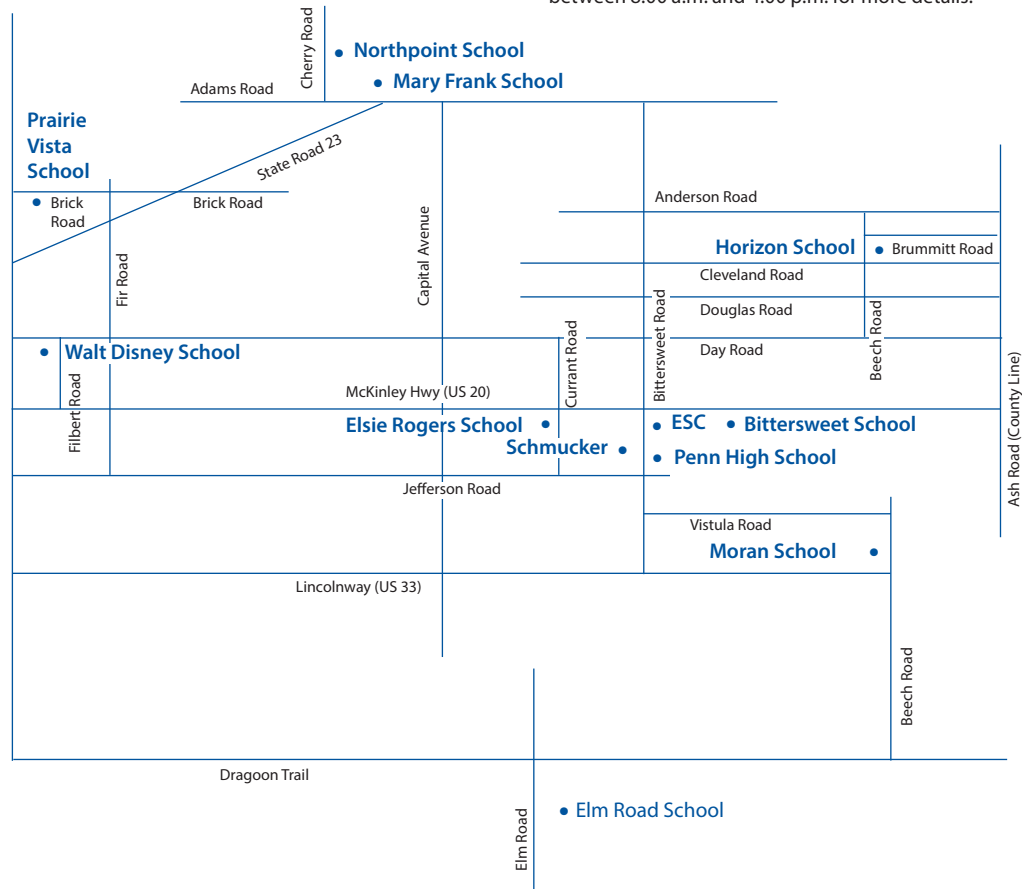
Schmucker Middle School is located across the street from Penn High School on Bittersweet Road. **Use Entrance C (to the left of the main entrance) for all classes.**

## Walt Disney Elementary School Classes

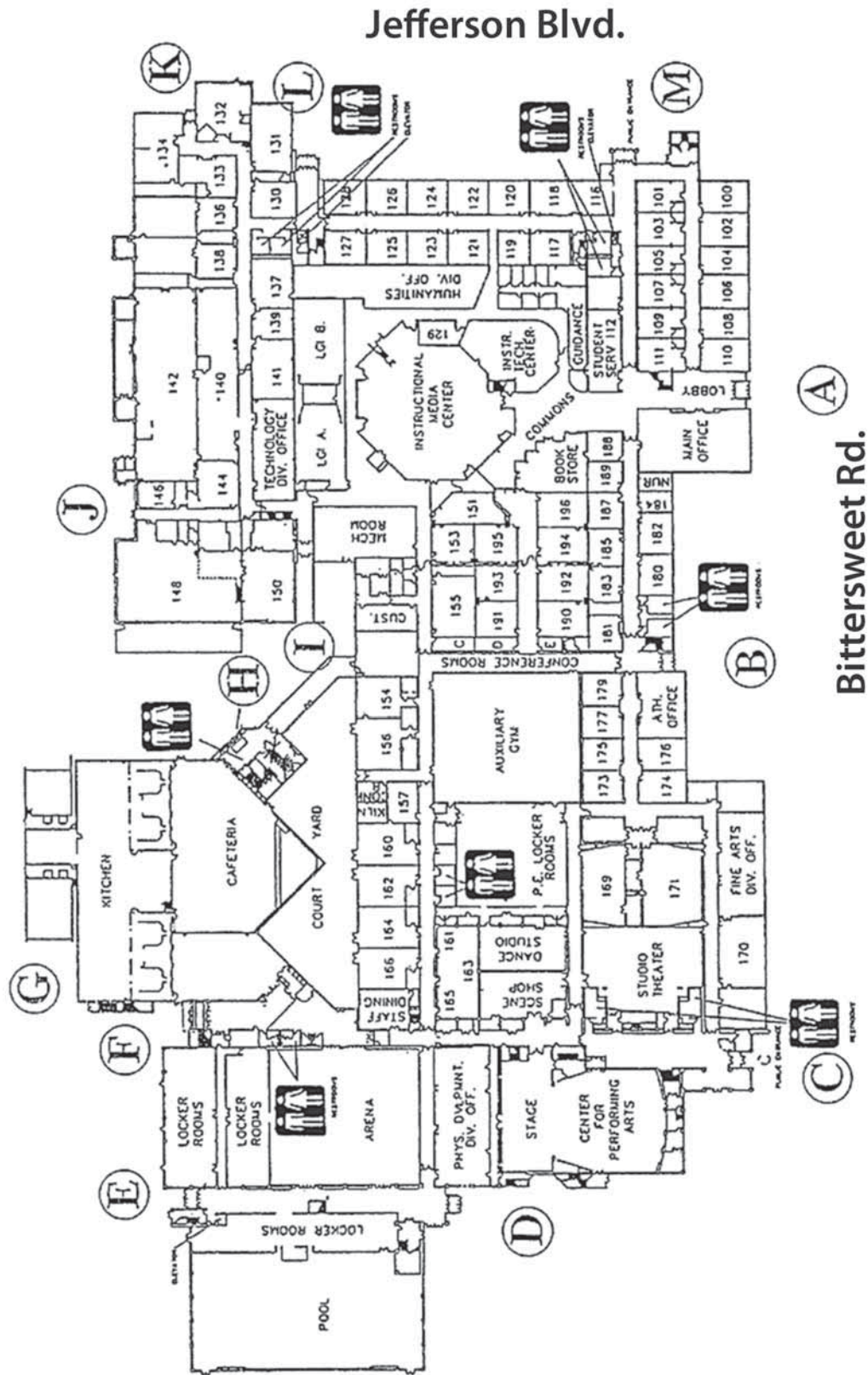
Walt Disney Elementary School is located at the corner of Filbert and Day Road. **Use Entrance C (enter off of Day Road and go behind the school to enter) for all classes.**

## Still confused?

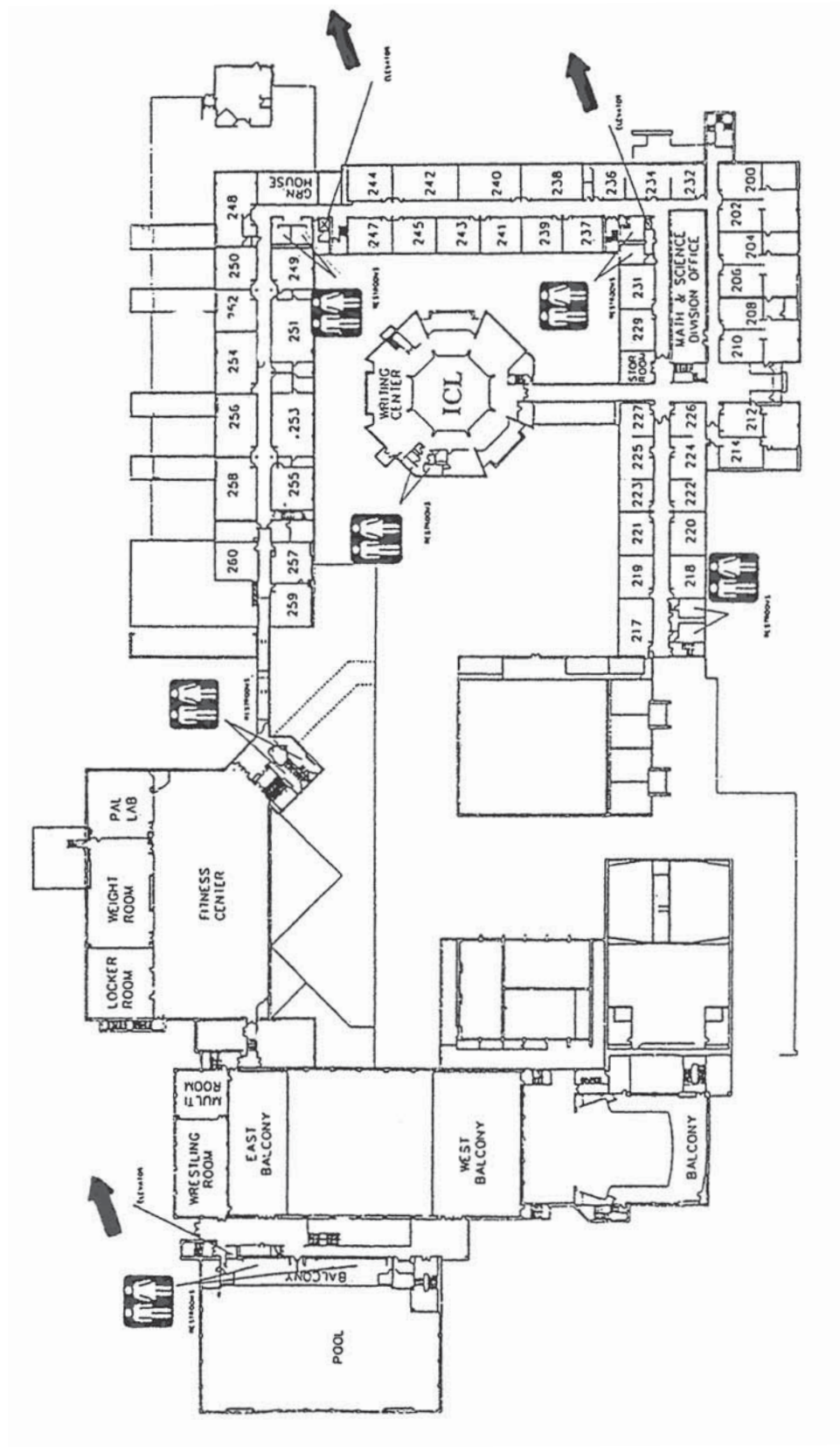
Feel free to call the Community Education office at 258-9568 between 8:00 a.m. and 4:00 p.m. for more details.



# 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 new P-H-M Web Store at [phm.revtrak.net](http://phm.revtrak.net)
- Click on the “**Community Ed Classes**” 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 3.49percent 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.**

### 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 will be mailed.**

If you withdraw from 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 refunds or course credits 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.

### Discounts

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

### Inclement Weather

Classes are held **unless** the P-H-M School Corporation closes 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](http://www.phmschools.org) for more information.

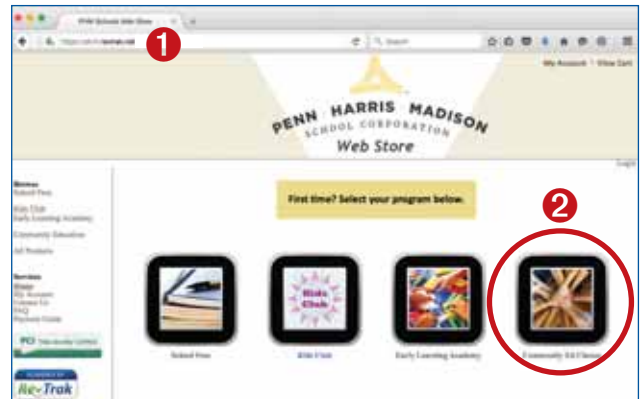
Every effort will be made to provide class status information on voice mail if the office is closed. Participants will be called only in special circumstances such as teacher illness or emergency.

New!!!

# NOW AVAILABLE: Online Registration and Payments

## Instructions for Enrolling in Community Education Classes

- 1 Visit our Web Store at [phm.revtrak.net](http://phm.revtrak.net)
- 2 Click on the **Community Ed 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 number 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...

4

Number:	Date:	Day(s):	Time:	Price:
Advanced Kettlebells at Elsie Rogers WINTER 16-17	1/10/17-2/21/17	Tu	6:05p-6:50p	\$35.00

- 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](http://phm.revtrak.net)



## P-H-M Community Education Spring 2017 — Walk-in and Mail-in Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone No. \_\_\_\_\_ Daytime/Cell Phone No. \_\_\_\_\_

Email \_\_\_\_\_

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

Child's Age \_\_\_\_\_ Grade for fall 2016 \_\_\_\_\_

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

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## P-H-M Community Education Spring 2017 — Walk-in and Mail-in Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone No. \_\_\_\_\_ Daytime/Cell Phone No. \_\_\_\_\_

Email \_\_\_\_\_

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

Child's Age \_\_\_\_\_ Grade for fall 2016 \_\_\_\_\_

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





Community Education  
55900 Bittersweet Road  
Mishawaka, IN 46545

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

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find spring class information, summer camp information and information on Learn to Swim. This brochure offers many 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](mailto:jforkner@phm.k12.in.us) if you have any questions about our classes. Go to [phm.revtrak.net](http://phm.revtrak.net) and register and pay online or call or come to our office to register.

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