



Spring Community Education Course Schedule 2016



Learn to Swim • Super Kids Camps
Theater Camp • Camp Invention
www.phmschools.org • 574-258-9568

welcome to

Lifelong Learning

5

Five easy ways to register

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 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.

Fax-In

Fax your registration to **(574) 254-2808** at any time. All fax registrations are processed in the order they are received. Please complete the registration form and fax to the Community Education office and process your payment.

Online/Certified Payment

For your convenience, you can register online by going to **www.phmschools.org/p-h-m-community-education** and click on the link to fill out and submit the online registration electronic form. Then connect to the Certified Payments website to pay by credit card or mail in your check. There is a three percent fee for using Certified Payments.

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. Credit card payments can be made by phone or over the internet with Certified Payments and there is a three percent fee for the service. A link to Certified Payments is located on the P-H-M website: **www.phmschools.org**

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. This course is very helpful for those with no prior experience on a computer. **Enrollment is limited.**

Dates: Four Mondays
February 29
March 7, 14, 21

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 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

Instructor: Tami Holderman, experienced instructor

Microsoft Office for Beginners

Microsoft is a collection of software programs commonly used in an office environment as well as home use. In this one night class you will learn what you would primarily use such programs as Microsoft Word, Microsoft Excel and Microsoft Publisher for. You will get to know the basics of what each program can do for you and if it is what would fit your needs in certain instances. **Prerequisite: Introduction to Personal Computers or equivalent experience.**

Dates: One Wednesday
March 9
Time: 6:00 – 8:30 p.m.
Fee: \$90 (includes book)
Location: Penn High School,
Room 137
Use Entrance L



Instructor: Tami Holderman, 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 instructional CD-ROM is provided. Enrollment is limited. Prerequisite: Intermediate Personal Computers or equivalent experience.**

Dates: Four Wednesdays
April 13, 20, 27
May 4
Time: 6:00 – 8:30 p.m.
Fee: \$90 (includes instructional CD)
Location: Penn High School, Room 137
Use Entrance L

Instructor: Tami Holderman, 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 manual is provided. Enrollment is limited. Prerequisite: Introduction to Personal Computers or equivalent experience.**

Dates: Four Thursdays
March 3, 10, 17, 24
Time: 6:00 – 8:30 p.m.
Fee: \$90 (includes electronic manual)
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 manual is provided. Enrollment is limited.

Prerequisite: Introduction to Personal Computers or equivalent experience.

Dates: Four Thursdays
April 14, 21, 28
May 5
Time: 6:00 – 8:30 p.m.
Fee: \$90 (includes electronic manual)
Location: Penn High School, Room 137
Use Entrance L

Instructor: Tami Holderman, 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 e-mail address, joining a social network, uploading photos, attaching files to e-mail, safety tips, web browsing, shopping and intuitive searches. **Prerequisite: Introduction to Personal Computers or equivalent experience.**

Dates: One Monday
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

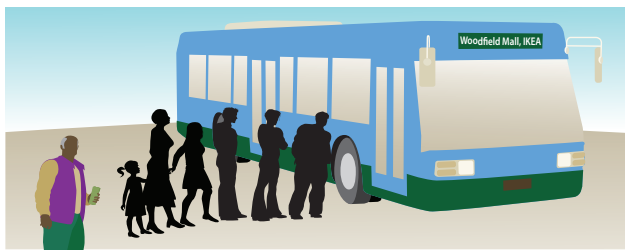
A practical guide to using your tablet and figuring out the things you want to know in this hands-on class. The class will be a question and answer format so bring your questions...this class is all about you! Internet access will

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.**

Dates: One
Thursday
March 31
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





Woodfield Mall & IKEA Bus Trip

Spend the day at the largest shopping center in the Chicagoland area in Schaumburg, IL. 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 trolley to IKEA which is 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 8:30 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. Please try to register prior to February 8. Seats may still be available after this date.

Date: One Saturday, March 12
Time: 8:00 a.m. – 9:30 p.m.
Fee: \$35 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 chocolate covered strawberries, chocolate frosted donuts, hot chocolate, fudge and much more. 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 more than 50 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 treat. Enjoy live music on four stages or grab a drink while you're at it from the Beer/Brat tent, or indulge in a specialty wine pairing. Children will be able to join in on the fun, taking part in pony rides, kiddie amusements, workshops, and a kid-friendly live entertainment section.

The bus will leave Penn promptly at 8:30 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 21. Seats may still be available after this date.

Date: One Saturday, May 21
Time: 8:00 a.m. – 8:00 p.m.
Fee: \$40 per person (includes \$5 festival charge)
Departure: Penn High School, north parking lot

Discover Scuba

March 10 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. 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 Thursday, March 10
Time: 6:30 – 9:00 p.m.
Fee: \$5
Location: Penn High School, Room 165 & 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 paper work. 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. Call Hart City Scuba at 574-264-3528 after registering and paying for the class.**

Dates: Two Tuesdays/Two Thursdays
 March 15, 17, 22, 24
Time: 6:30 – 10:00 p.m.
Fee: \$250 (includes study materials)
Location: Penn High School, Room 165 & 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 11, 18, 25
May 2, 9

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 11, 18, 25
May 2, 9

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 twelve 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
March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
April 12, 14, 19, 21, 26, 28
May 3, 5, 10, 12, 17, 19

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 lbs weights and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children sixteen 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
March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
April 12, 14, 19, 21, 26, 28
May 12, 17, 19

Time: 6:15 – 7:15 p.m.

Fee: \$60

Location: Elm Road Elementary School, Gym
Use Entrance F

Instructor: Nicole DeWitt, certified instructor

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. Please eat 2 hours before class and do not come to class on an empty stomach. Class is designed for adults and children sixteen 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. Enrollment

is limited. Prerequisite: Beginner Kettlebell class



- Dates:** Eleven Tuesdays
March 1, 8, 15, 22, 29
April 12, 19, 26
May 3, 10, 17
- 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 sixteen 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. Enrollment is limited.

- Dates:** Eleven Tuesdays
March 1, 8, 15, 22, 29
April 12, 19, 26
May 3, 10, 17
- Time:** 7:00 – 7:45 p.m.
- Fee:** \$45
- Location:** Elsie Rogers Elementary School, Gym
Use Entrance F
- Instructor:** Jena Lees, certified instructor

Jazzercise® Strength 60 at Northpoint

The total-body conditioning program that’s going to help give you confidence-inspiring contour and definition while you melt the fat away. Fire up the muscles in this hard core muscle sculpting strength workout. A mix of standing and floor work target the 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 sixteen 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 29
March 7, 14, 21, 28
April 11, 18, 25
May 2, 9, 16
- 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 sixteen 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 2, 9, 15, 23, 30
April 13, 20, 27
May 4, 11, 18
- 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 sixteen 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 29
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: 7:30 – 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 sixteen 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 29
March 7, 21, 28
April 11, 18, 25
May 2, 9, 16

Time: 6:05 – 7:05 p.m.

Fee: \$40

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

Dates: Sixteen Mondays/Wednesdays
February 29
March 2, 7, 9, 21, 23, 28, 30
April 11, 18, 25
May 2, 9, 11, 16, 18

Time: 7:15 – 8:15 p.m.

Fee: \$60

Location: Prairie Vista Elementary School, Gym
Use Entrance F

Instructor: Nicole DeWitt, certified instructor

Zumba at Schmucker

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, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children sixteen years and older. Class meets two nights a week for a total of 17 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Seventeen Tuesdays/Thursdays
March 1, 3, 8, 15, 17, 22, 29
April 12, 14, 19, 21, 26, 28
May 3, 5, 10, 17

Time: 7:15– 8:15 p.m.

Fee: \$65

Location: Walt Disney Elementary School, Gym
Use Entrance C

Instructor: Raquel Flores, certified instructor

Zumba at Walt Disney

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, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children sixteen 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
 March 1, 3, 8, 10, 15, 17, 22, 24, 29
 April 12, 14, 19, 21, 26, 28
 May 3, 5, 10, 17, 19

Time: 6:30 – 7:30 p.m.

Fee: \$65

Location: Walt Disney Elementary School, Gym
Use Entrance C

Instructor: Maddi Watkins, certified instructor



Dates: Ten Mondays
 February 29
 March 7, 14, 21, 28
 April 11, 18, 25
 May 2, 9

Time: 6:00 – 6:45 p.m.

Fee: \$45

Location: Bittersweet Elementary School, Gym
Use Main Entrance

Instructor: Jena Lees, certified instructor

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 sixteen 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.



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 lbs), 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 20 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Twenty Mondays/Wednesdays
 February 29
 March 2, 7, 9, 14, 16, 21, 23, 28, 30
 April 11, 13, 18, 20, 25, 27
 May 2, 4, 9, 11

Time: 7:00 – 7:45 p.m.
Fee: \$65
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 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 sixteen 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 Mondays
February 29
March 7, 14, 28
April 11, 18, 25
May 2

Time: 7:05 – 8:05 p.m.

Fee: \$40

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Jena Lees, certified instructor

Primordial Qigong

Primordial Qigong is a celebration and a manifestation of the vital force within us. The movements are easy to follow and easy to learn. Primordial Qigong is a 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 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 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 Mondays
February 29
March 7, 14, 28
April 11, 18, 25
May 2

Time: 6:00 – 7:00 p.m.

Fee: \$40

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Lawrence Erpelding, certified instructor

Medical Qigong plus Tai Chi Movements

Tai Chi and Qigong's slow and relaxing movements reduce stress and calm us down and are composed of sets of simple exercises that are easy to follow and repeated so that you can easily learn to practice and remember them. One of the benefits of this practice is improving our balance physically, mentally and emotionally and can help us guard against falling or the fear of falling.

Five Animal Frolics Qigong Tiger, Deer, Monkey, Bear, and Crane imitate animal movements and cultivates external qualities and internal vital forces of the body. It also strengthens the muscles, bones, joints, tendons and helps cultivate the 3 internal treasures of Jing, Qi, and Shen.

Eight Pieces of Silk Brocade Pressing the Sky, Drawing the Bow, Raising the Arm, Looking Behind, Wagging the Dragons Tail, Touching the Toes, Punching, and Bouncing the Heels are stretches that work muscles, tendons, meridians both longitudinally and horizontally while vitalizing internal organs.

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 one night a week for 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Eight Thursdays
March 3, 17, 31
April 14, 21, 28
May 5, 12

Time: 6:00 – 7:00 p.m.

Fee: \$40

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Lawrence Erpelding, certified instructor

Tai Chi for Arthritis

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

Dates: Seven Wednesdays
March 23, 30
April 13, 20, 27
May 4, 11

Time: 6:15– 7:15 p.m.

Fee: \$35

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Debra Leonard, certified instructor and Senior Trainer with TCHI

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

Dates: Seven Wednesdays
March 23, 30
April 13, 20, 27
May 4, 11

Time: 7:30 – 8:30 p.m.

Fee: \$35

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Debra Leonard, certified instructor and Senior Trainer with TCHI



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 sixteen years and older.**

Dates: One Thursday, March 3

Time: 6:30 – 8:30 p.m.

Fee: \$20

Location: Penn High School, Room 150
Use Entrance J

Instructor: Mel Lenig, experienced instructor

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**
February 29
March 7, 14, 21

SESSION II — Four Mondays
April 11, 18, 25
May 2

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.

- Date:** Four Wednesdays
March 9, 16, 23, 30
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$65
- Location:** Penn High School, Room 134
Use Entrance L
- Instructor:** Amy Lara, certified instructor and Chef



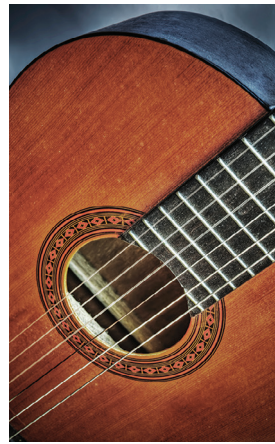
Home Canning Basics

Learn the basics of canning your own foods in this fun one night 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 today!



Supply list will be provided when you register. Class is designed for adults and children 14 years and older may enroll with an adult.

- Date:** One Saturday
February 27
- Time:** 8:00 a.m. – 2:00 p.m.
- Fee:** \$45
- Location:** P-H-M Educational Services Center
Use Rear Entrance
- Instructor:** Amy Lara, certified instructor and Chef



Introduction to Guitar

This course is for beginners with little or no experience playing guitar. Learn in a fun group setting that will keep you interested and motivated. In the sessions you will learn how to read notes and play simple melodies using basic open chord positions and other techniques. *Class is designed for adults. Bring your own guitar to class. Guitar rentals*

are available with the instructor. Please call 574-229-6038 to arrange. Sign up with a friend or by yourself.

- Dates:** Four Tuesdays
March 1, 8, 15, 22
- Time:** 6:45 – 7:45 p.m.
- Fee:** \$40
- Location:** Schmucker Middle School, IMC
Use Entrance C
- Instructor:** Jamie Warren, experienced instructor

Learning about Antiques

In this informative class you will learn about specific antique categories: china and glass, furniture, jewelry, buttons and buckles. The class is useful for both the young generation learning about inherited items and an older generation beginning to downsize. Examples will be shown in class and handouts will be provided. Question and answer time included within the class time. Bring one item to the first class to be discussed/appraised.

- Dates:** Three Mondays
April 11, 18, 25
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$30
- Location:** Penn High School, Room 165
Use Entrance D
- Instructor:** Barbara Steele, 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, April 18
Time: 6:30 – 9:00 p.m.
Fee: \$10
Location: Penn High School, Staff Dining
Use Entrance D
Instructor: Kay Crum, experienced instructor

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, and a time to get to know each other better.

Supply list will be provided at time of registration.

Students will purchase their own supplies. Class is designed for adults and children thirteen years and older.

Choose one or both sessions offered.

Dates: **SESSION I** — Five Tuesdays
 March 1, 8, 15, 22, 29
SESSION II — Five Tuesdays
 April 12, 19, 26
 May 3, 10
Time: 7:00 – 9:00 p.m.
Fee: \$45 (supplies not included)
Location: Penn High School, Room 165
Use Entrance D
Instructor: Allison Jones, 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 2½" 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.

Bring these basic sewing supplies: pins, scissors, thread, cutting mat, and rotary cutter. Fabric should be purchased after the first class as it will be discussed during the first class. Sewing machines will be available to use during class or you may bring your own to each class. Prerequisite: Basic sewing knowledge.

Dates: Ten Tuesdays
 March 1, 8, 15, 22, 29
 April 12, 19, 26
 May 3, 10



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 mediums to create drawings and paintings of fun things like animals, landscapes and buildings and more. Young children, **age 5 to 8 years of age**, will be introduced to drawing and painting techniques ut being 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 3, 10, 17, 24
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 3, 10, 17, 24
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



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, February 27
Time: 8:30 a.m. – 12:30 p.m.
Fee: \$30
Location: P-H-M Educational Services Center
Use Main Front Entrance
Instructor: Linda Meeks, R.N.

Youth Karate

This introductory karate class will use karate as a tool for physical and mental discipline. Students will learn the values of respect, fitness, self-confidence, dedication, responsibility and perseverance. The class is designed for boys and girls ages **8 years old and older**. These values lay the foundation for success in school, work and personal relationships.

Keeping the workouts fun is another key element to the class as there are as many laughs as punches in our average class time. As the instructor trains with them, there is a bond between our students that create a lasting association with martial arts, exercise and fun. *Students should wear comfortable, loose-fitting clothing.*

Dates: Three Wednesdays
 March 2, 9, 16
Time: 6:00 - 6:30 p.m.
Fee: \$25
Location: Elsie Rogers Elementary School, Gym
Use Entrance F
Instructor: Fuson's Eclectic Martial Arts,
 experienced instructor

Underwater Bubbler

The underwater world is beautiful and interesting. Bubbler is a way for younger children (**ages 8 to 11**) 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.

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 Thursday, March 10
Time: 6:30 – 8:30 p.m.
Fee: \$15
Location: Penn High School, Room 165 & pool
Use Entrance D
Instructor: Hart City Scuba, certified instructor



Preparation for the SAT

The SAT test will be administered at Penn High School on Saturday, March 5. 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 1, 2016.

Dates: **Four total classes**
 Two Tuesdays for English review
 February 16 and 23
 and
 Two Wednesdays for Math review
 February 17 and 24
Time: 3:45 – 5:45 p.m.
Fee: \$65 (includes book)
Location: Penn High School, Room 165
Use Entrance D
Instructors: Ree Johnson and Scott Thompson,
 P-H-M staff

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:

- Landscaping*
- Drawing*
- Photography*
- Culinary classes*
- Pottery*
- Essential Oils*
- Calligraphy*
- Graphics/Publishing computer classes*

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, student attendance alerts and other communications for education.

The SchoolMessenger system is designed to automatically notify parents about school closings or delays, student safety and academic performance as well as notices about important school activities. SchoolMessenger will extend our existing community outreach efforts and emergency preparedness procedures, as well as inform parents of upcoming school events such as statewide testing and meetings.

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. The district's acquisition of the SchoolMessenger system is intended to extend our commitment to remain personally connected with parents by offering additional and timely communications. SchoolMessenger notification services (<http://www.schoolmessenger.com>) are provided by Reliance Communications, a company serving thousands of schools, districts, colleges and universities with timely alerts since 1999.



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.*

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. **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 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 9:00 a.m. – 12:00 p.m.

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 6 through high school have the opportunity to swim competitively in meets. PRO Swimming is not a “learn to swim” program as 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 and have fun in the water and improve technique in all swimming strokes. Evening practices are at Penn High School with four practice levels offered. The spring season begins in April.

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

Open Swim Dates

Spring 2016

March 2–July 20

Fall 2016

September 12–October 12

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 Athletics (258-9511) or Community Education (258-9568) for more information.*

Dates: Mondays and Wednesdays

Spring 2016

March 2 – July 20

Fall 2016

September 12–October 12

(Closed on recess days & 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 2015 – July 2016)

Senior/staff/student season pass: \$40

(good from September 2015 – July 2016)

Location: Penn High School, Pool

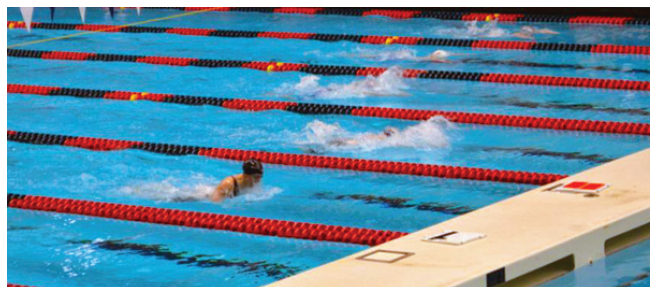
Cash or check accepted at the pool.

Make checks payable to Penn-Harris-Madison School Corporation.

To pay by credit card contact the Community Education office at 258-9568.

Your credit card will be processed with Certified Payments.

There is a three percent fee for this service.



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 \$45 per child per camp and includes a special camp give away item to take home.

Horizon Elementary School
June 13–17

Prairie Vista Elementary School
July 18–22

Bittersweet Elementary School
July 25–29

Building Science and Design

Instructor—Mr. Eric Kline,
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, how they work and use the information to build objects from K-Nexs, cardboard boxes and other recycled materials.

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.



Creativity with Music

Instructor—Mr. Jeremy McCaskill
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.



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 25–29

- 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.
- Learn the basics of utilizing space, movement, voice and imagination.

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

P-H-M Camp Invention

Northpoint Elementary School
June 20–24

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 in February 2016.

P-H-M Learn to Swim 2016



Session I: June 6–17

Session II: June 20–July 1

Session III: July 5–15 (no classes July 4)

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 nine or ten classes of 30 minutes each. Classes during a session run daily Monday thru Friday (except July 4th).

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

- Registration for Learn-to-Swim begins on Saturday, April 30 from 8–9 a.m. in the Penn High School main arena gym. Enter school at school Entrance D.
- Payment on April 30 must be made with cash or check. Make check payable to P-H-M Community Education.
- The cost is \$35 per session per child.
- Each person may register a maximum of five children per time slot.
- Children cannot be enrolled in consecutive class times within a session, such as the 8:00 a.m. class and then the 8:40 a.m. class.
- Parents of four-year olds will be required to show a birth certificate for the child at the time of registration. A child must be 4 years old by the date of the session(s) in which you are enrolling them. No exceptions.
- Starting Monday, May 2, registrations are accepted in person at the Educational Services Center, 55900 Bittersweet Road, Mishawaka (north of Penn High School) from 8 a.m. to 12 p.m. and from 1 p.m. to 4 p.m. Also starting May 2 you may register by phone using a credit card to register by calling 258-9568. A \$3 processing fee will be added to phone registrations and the swim registration cards will be mailed to you. Registrations by mail are not accepted.
- Class size is limited and time slots will be filled on a first come, first served basis.
- Refunds, minus a \$10 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 from.
- 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

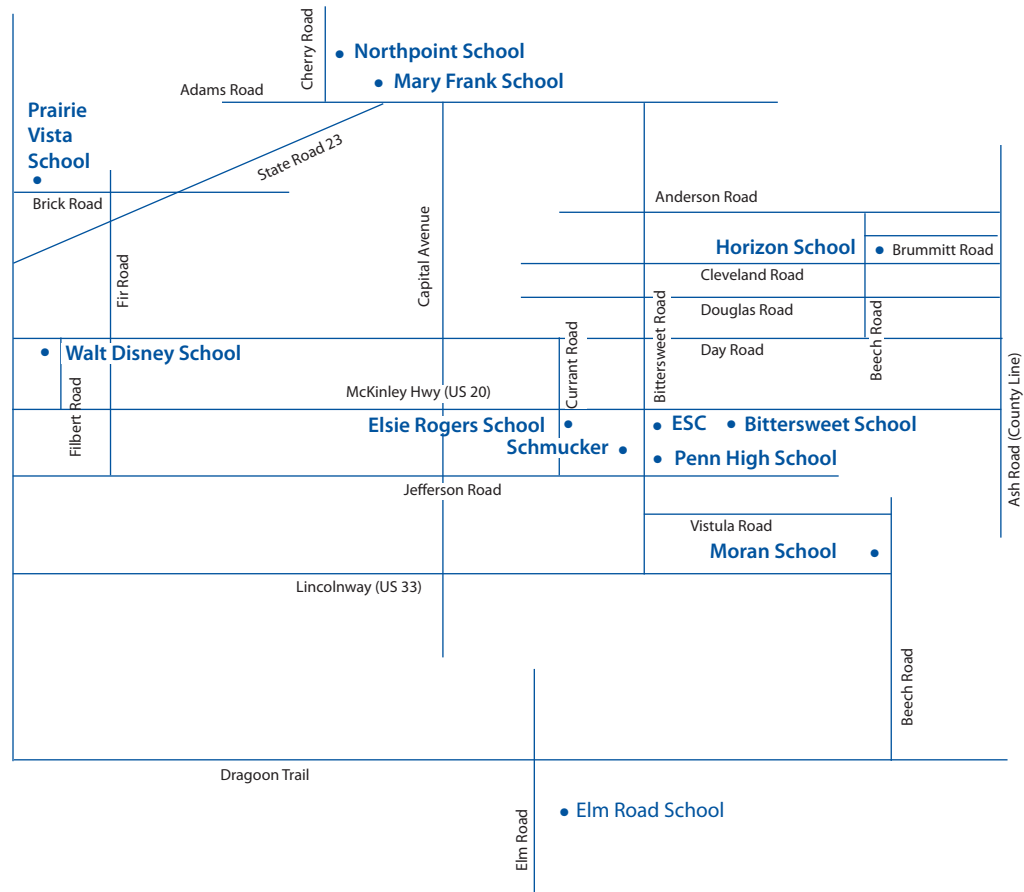
Schmucker Middle School is located across the street from Penn High School on Bittersweet Road. **Use Entrance C (to the left of the main entrance) for all classes.**

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.**

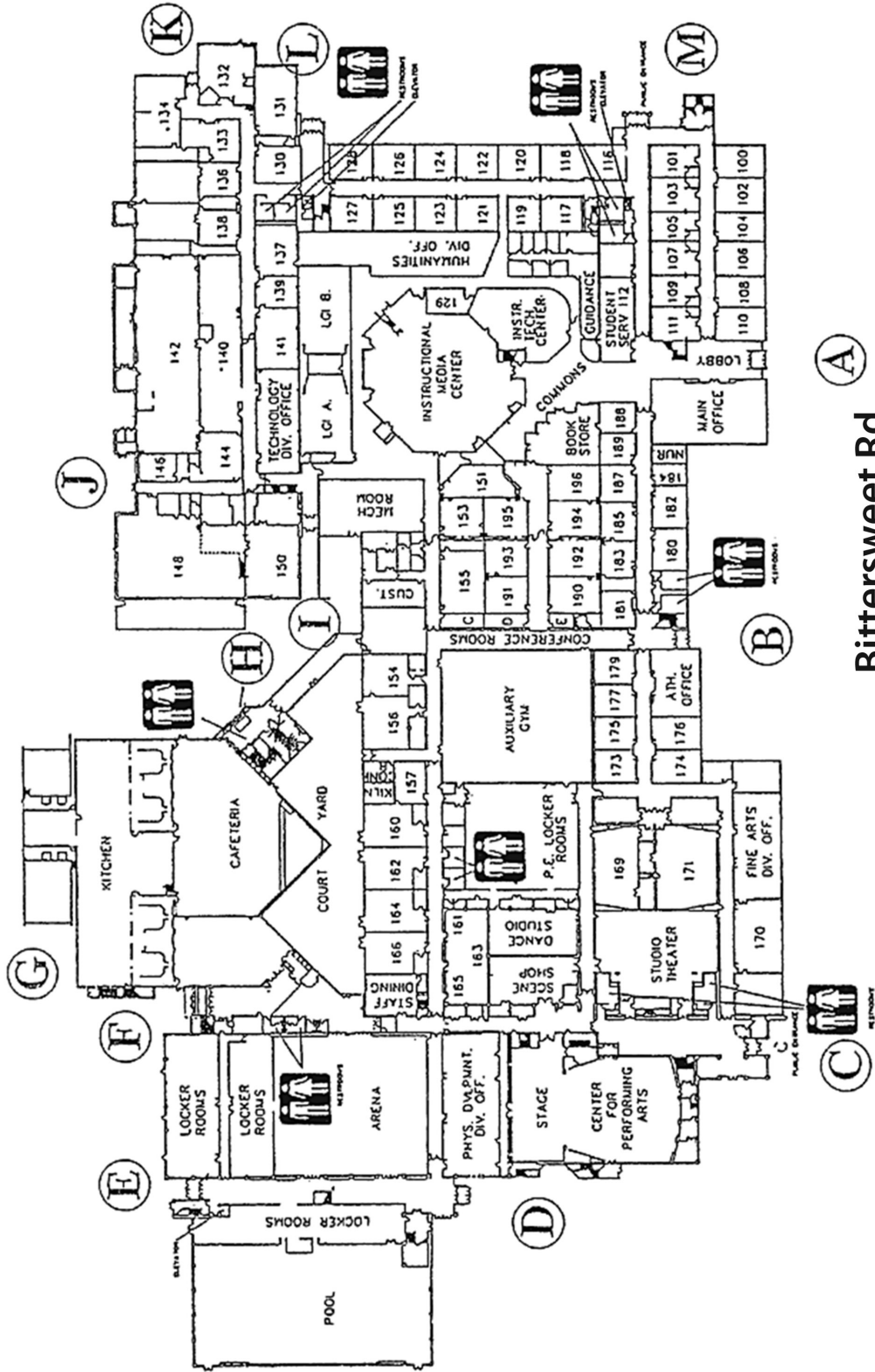
Still confused?

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

Jefferson Blvd.



A

Bittersweet Rd.

B

C

E

D

J

H

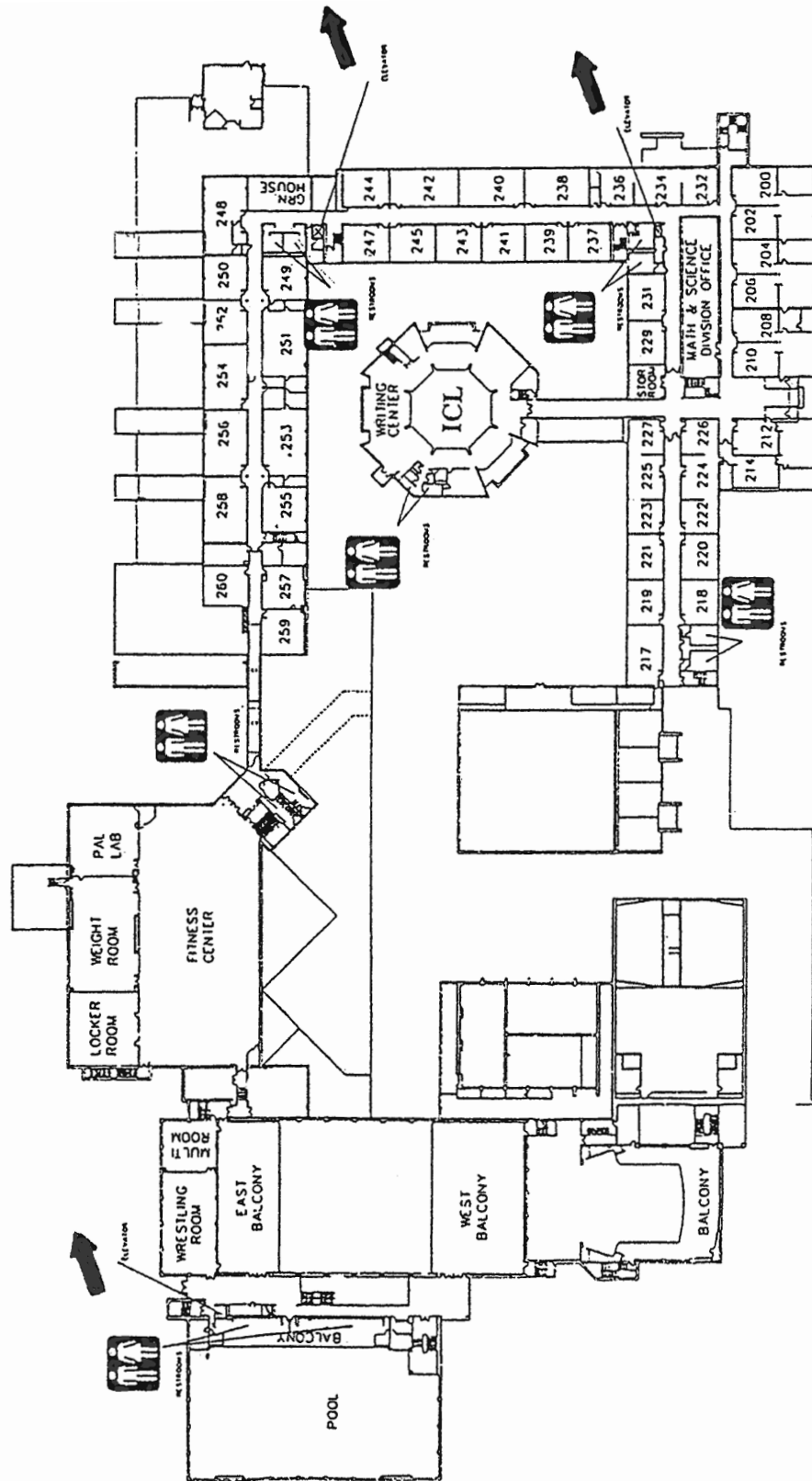
I

K

L

M

Finding Your Way Around Penn High School—Second Floor



Registration Information

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.** Credit card payments can be made over the internet with Certified Payments and there is a three percent fee for this service. A link to Certified Payments is located on the P-H-M website: www.phmschools.org

Phone-In

Phone in your registration Monday–Friday from 8 a.m.–4 p.m. to (574) 258-9568. The office is closed from 12:30–1:30 p.m. Please have your information ready. Then connect to the Certified Payments website to pay by credit card or mail in your check. There is a three percent fee for using Certified Payments. Please be patient if phone lines are busy as Community Education has a small staff.

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 may leave your registration form and payment with the receptionist during this time.

Mail-In

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

Fax-In

Fax your registration to (574) 254-2808 at any time. You may fax 24 hours a day, 7 days a week. All fax registrations are processed in the order they are received. Please complete the registration form and fax to the attention of Community Education. Then connect to the Certified Payments website to pay by credit card or mail in your check. There is a three percent fee for using Certified Payments.

Online/Certified Payments

You can register online by going to www.phmschools.org/community-education and then click on the link to fill out and submit the electronic form. Then connect to the Certified Payments website to pay by credit card or mail in a check. There is a three percent fee for using Certified Payments.

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.**

We do not send confirmations for our classes.

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.

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. If an opening occurs, we will contact you. If you mail or fax a registration and the class you wish to take is full, we will notify you.

Changes

Every effort is made to ensure the accuracy of the information presented in this brochure. However, all classes, instructors and locations described herein 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 a student withdraws from class **before the first class**, you will receive a refund minus a \$10.00 registration fee.

If a student withdraws 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

There are senior citizen (at least 55 years of age) fees on a couple of our classes.

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 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.

P-H-M Community Education Spring 2016 — 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 2015 _____

Course Title _____ Fee _____

Course Title _____ Fee _____

Total Enclosed _____

Payment Method: Cash Check Online Payment/Registration

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 2016 — 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 2015 _____

Course Title _____ Fee _____

Course Title _____ Fee _____

Total Enclosed _____

Payment Method: Cash Check Online Payment/Registration

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 2016 — 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 2015 _____

Course Title _____ Fee _____

Course Title _____ Fee _____

Total Enclosed _____

Payment Method: Cash Check Online Payment/Registration

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 2016 — 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 2015 _____

Course Name _____ Fee _____

Course Title _____ Fee _____

Total Enclosed _____

Payment Method: Cash Check Online Payment/Registration

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

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



Penn-Harris-Madison
 Community Education
 55900 Bittersweet Road
 Mishawaka, IN 46545

Non-Profit Org.
 U.S. Postage
 PAID
 Milford IN
 Permit No. 2

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

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find spring class information, summer camp information as well as Learn to Swim information. This brochure offers many new class and 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. Go to www.phmschools.org and register online or call our office to register at 258-9568.

| | | | | | |
|---|----------|---|-----------|---|----|
| Computers | | Fitness, continued | | Youth Karate 12 | |
| Introduction to Personal Computers | 2 | Hip Hop Cardio -Dance at Prairie Vista | 7 | Underwater Bubbler for Kids | 13 |
| Intermediate Personal Computers | 2 | Zumba at Schmucker | 7 | Preparations for the SAT | 13 |
| Microsoft Office for Beginners | 3 | Zumba at Walt Disney | 7 | Community Information | |
| Beginning Adobe Photoshop | 3 | Pilates Body Sculpting at Bittersweet | 8 | SchoolMessenger | 14 |
| Introduction to Excel | 3 | Fitness Boot Camp at Bittersweet | 8 | Adult Basic Education (GED Prep Info) | 14 |
| Intermediate Excel | 3 | PiYo at Schmucker | 8 | Penn Lifetime Fitness Center | 15 |
| Internet Made Easy | 3 | Primordial Qigong at Schmucker | 9 | PRO Swimming | 15 |
| Learn About Your Tablet | 3 | Medical Qigong + Tai Chi at Schmucker | 9 | Community Open Swim | 15 |
| Bus Trips | | Tai Chi for Arthritis at Schmucker | 9 | P-H-M Comm Ed Summer Camps | 16 |
| Woodfield Mall/IKEA Bus Trip | 4 | Tai Chi for Energy at Schmucker | 10 | P-H-M Learn to Swim | 17 |
| Long Grove Chocolate Festival Bus Trip | 4 | Special Interest | | Maps | |
| Recreation | | Keeping Backyard Chickens | 10 | Finding Your Way Around | 18 |
| Discover Scuba | 4 | Learn to Dance | 10 | Registration Forms & Information | |
| Scuba Diving Instruction | 4 | Healthy Cooking Methods | 10 | Registration Information | 21 |
| Basic Fundamentals of the Golf Swing | 5 | Home Canning Basics | 10 | Registration Forms | 22 |
| Scoring Shots | 5 | Introduction to Guitar | 11 | <div style="background-color: #800080; color: white; padding: 10px; transform: rotate(-15deg);"> <p style="text-align: center;"><i>You do not need to live within the P-H-M school district to take or teach our classes.</i></p> </div> | |
| Fitness | | Learning about Antiques | 11 | | |
| Water Aerobics/Aqua Groove at Penn | 5 | Digital Photo Solutions | 11 | | |
| Zumba at Elm Road | 5 | Arts and Crafts | | | |
| Advanced Kettlebell at Elsie Rogers | 5 | Knitting for Beginners | 11 | | |
| Beginner Kettlebell at Elsie Rogers | 6 | Jelly Roll Quilts | 12 | | |
| Jazzercise Strength 60 at Northpoint | 6 | Children and Teens | | | |
| Jazzercise Interval at Northpoint | 6 | Art Adventures for Young Children | 12 | | |
| Yoga at Northpoint | 6 | Art Adventures for Young People | 12 | | |
| Yoga at Prairie Vista | 7 | Baby-Sitting Basics | 12 | | |