

# Community Education Course Schedule

## *Spring 2023*

### SPRING CLASS INFORMATION

Learn to Swim Information and Summer Camp Information



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

# welcome to Lifelong Learning 4 Easy Ways to Register

See Page 18  
for Detailed  
Instructions

## Register and pay online

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

### Phone-In

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 19 and mail it with your check, money order or purchase order information. **Mail to: P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545.**

### Payment Information

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

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

## Introduction to Personal Computers

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

- Dates:** Four Mondays  
March 6, 13, 20, 27
- Time:** 6:00 – 8:30 p.m.
- Fee:** \$75/\$65 senior citizens
- Location:** Penn High School, Room 137  
Use Entrance L (a door code will be issued)
- Instructor:** 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. 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 Mondays  
April 10, 17, 24  
May 8
- Time:** 6:00 – 8:30 p.m.
- Fee:** \$75/\$65 senior citizens
- Location:** Penn High School, Room 137  
Use Entrance L (a door code will be issued)
- Instructor:** 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. You will need to bring a USB flash drive to class to save your work. Enrollment is limited.

**Prerequisite:** Introduction to Personal Computers or equivalent experience.

- Dates:** Four Thursdays  
March 2, 9, 16, 23
- Time:** 6:00 – 8:30 p.m.
- Fee:** \$90 (includes electronic manual)
- Location:** Penn High School, Room 137  
Use Entrance L (a door code will be issued)
- Instructor:** TBA

## 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. Enrollment is limited. You will need to bring a USB flash drive to class to save your work. **Prerequisite:** Introduction to Excel or equivalent experience.

- Dates:** Four 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 (a door code will be issued)
- Instructor:** TBA



## Woodfield Mall 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, 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, Sephora, Tilly's, Wet Seal, White House/Black Market, and Zumiez all under one roof.

The bus will leave promptly at 8:30 a.m. and return around 9:00 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 February 28. Seats may still be available after this date.

- Date:** One Saturday, March 18
- Time:** 8:00 a.m. – 9:00 p.m.
- Fee:** \$50 per person
- Departure:** Penn High School, north parking lot

## Birch Run Outlet Mall /Frankenmuth Bus Trip

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

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

The bus will leave Penn promptly at 8:00 p.m. and return around 10:00 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 1. Seats may still be available after this date.

- Date:** One Saturday, April 29
- Time:** 7:30 a.m. – 10:00 p.m.
- Fee:** \$50 per person
- Departure:** Penn High School, north parking lot



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



### Discover Scuba

March 2 is a one-night experience held before the scuba diving instruction course for people 10 years and older who would like to try scuba. Take advantage of this exciting opportunity for finding out what scuba diving is all about.

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

- Date:** One Thursday, March 2  
**Time:** 6:30 – 9:00 p.m.  
**Fee:** \$10  
**Location:** Penn High School, Room 163 and Pool Use Entrance D  
**Instructor:** Hart City Scuba, Greg Stone, certified instructor

### Scuba Diving Instruction

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

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

- Dates:** Two Tuesdays/Two Thursdays  
 March 21, 23, 28, 30  
**Time:** 6:30 p.m. – 9:30 p.m.  
**Fee:** \$250 (includes study materials)  
**Location:** Penn High School, Room 163 and Pool Use Entrance D  
**Instructor:** Hart City Scuba, Greg Stone, 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



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

## Cardio Drumming at Bittersweet

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

Participants should bring a yoga ball, a bucket and a pair of drumsticks to each class. Also bring a water bottle and wear comfortable athletic clothing and athletic shoes. Class is designed for adults and children 13 years and older. Class meets twice 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:** 6:15 – 7:15 p.m.
- Fee:** \$55
- Location:** Bittersweet Elementary School, Gym  
Use Entrance C (a door code will be issued)
- Instructor:** Cheryl Burnett, experienced fitness instructor

## WERQ Dance Fitness at Elm Road

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

Participants should bring a water bottle, towel, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Eight Tuesdays  
February 28  
March 7, 14, 21, 28  
April 11, 18, 25
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$35
- Location:** Elm Road Elementary School, Gym  
Use Entrance F (a door code will be issued)
- Instructor:** Nicole DeWitt, certified instructor

## Mindful Movement at Elm Road

Mindful movement is a fusion of yoga and Pilates that focuses on body awareness, mobility, flexibility, and relaxation. This class will focus on breathing techniques, core strengthening and overall flexibility. A great fitness program with easy to follow moves you will be able to follow easily.

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low tread to each class. Instructor may ask you to bring other props you may need to help you in some of the poses ie: straps, block or bolsters. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Ten Thursdays  
March 9, 16, 23, 30  
April 13, 20, 27  
May 4, 11, 18
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$40
- Location:** Elm Road Elementary School, Gym  
Use Entrance F (a door code will be issued)
- Instructor:** Nicole DeWitt, certified instructor

## Kettlebells at Elsie Rogers

Learn how to use a kettlebell and what a kettlebell can do for you and what muscles it works. You'll also learn to use other fitness equipment and techniques. Kettlebells work the whole body and also the core to build a strong midsection. Whether you want to increase lean muscle mass, tone up your muscles, or lose weight you can increase your overall fitness and burn up a lot of calories doing 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 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Eight Tuesdays  
February 28  
March 7, 14, 21, 28  
April 11, 18, 25
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$35
- Location:** Elsie Rogers Elementary School, Gym  
Use Entrance F (a door code will be issued)
- Instructor:** Julie Dozier, certified instructor

## Functional Fitness at Elsie Rogers

Sixty 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, dumbbells (8, 10 an 12 lbs), 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 4 classes per session. Class is not held on a few dates due to school closings or prior scheduled events.

Choose one or both of the sessions offered.

- Dates:** Each session is 4 Thursdays  
**SESSION 1**  
 March 9, 16, 23, 30  
**SESSION 2**  
 April 13, 20, 27  
 May 4
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$25 per 4 class session or \$40 for both sessions
- Location:** Elsie Rogers Elementary School, Gym  
 Use Entrance F (a door code will be issued)
- Instructor:** Julie Dozier, certified 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 20 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** 20 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
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$55
- Location:** Northpoint Elementary School, Gym  
 Use Main entrance (a door code will be issued)
- Instructor:** Dennis Orosz, certified instructor, E-RYT500 RYT500, Hanuman's Leap Yoga LLP

### Water Aerobics/Aqua Groove at Penn

This fun water exercise class focuses on both cardiovascular and strength benefits. Whether you're trying to maintain your current level of fitness or reach a new level, the benefit of training in water makes our aqua workouts safe without impact to the joints. Even people who suffer from arthritis may want to give this class a try!

Class may use resistance tools that include 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 water bottle and a locker padlock. Water shoes/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 19 classes. Class is not held on a few dates due to school closings or prior scheduled events. Locker rooms will open at 7:30 p.m.

- Dates:** Nineteen Tuesdays/Thursdays  
 March 7, 9, 14, 16, 21, 23, 28, 30  
 April 11, 13, 18, 20, 25, 27  
 May 4, 9, 11, 16, 18
- Time:** 7:45 – 8:40 p.m.
- Fee:** \$55/\$50 for senior citizens
- Location:** Penn High School, Pool  
 Use Entrance D
- Instructor:** Nicole DeWitt, certified instructor

### WERQ Dance Fitness at Prairie Vista

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

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

- Dates:** Ten Mondays  
 February 27  
 March 6, 13, 20, 27  
 April 10, 17, 24  
 May 1, 8
- Time:** 6:30 – 7:30 p.m.
- Fee:** \$40
- Location:** Prairie Vista Elementary School, Gym  
 Use Entrance F (a door code will be issued)
- Instructor:** Nicole DeWitt, certified instructor

### Mindful Movement at Prairie Vista

Mindful movement is a fusion of yoga and Pilates that focuses on body awareness, mobility, flexibility, and relaxation. This class will focus on breathing techniques, core strengthening and overall flexibility. A great fitness program with easy to follow moves you will be able to follow easily.

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low

tread to each class. Instructor may ask you to bring other props you may need to help you in some of the poses ie: straps, block or bolsters. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Ten Wednesdays  
 March 1, 8, 15, 22, 29  
 April 12, 19, 26  
 May 3, 10
- Time:** 6:30 – 7:30 p.m.
- Fee:** \$40
- Location:** Prairie Vista Elementary School, Gym  
 Use Entrance F (a door code will be issued)
- Instructor:** Nicole DeWitt, certified instructor

### Cardio Drumming at Walt Disney

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

Participants should bring a yoga ball, a bucket and drumsticks to each class. Also bring a water bottle and wear comfortable athletic clothing and athletic shoes. Class is designed for adults and children 13 years and older. Class meets two nights a week for a total of 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, 28, 30  
 April 11, 13, 18, 20, 25, 27  
 May 4, 9, 11
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$50
- Location:** Walt Disney Elementary School, Gym  
 Use Entrance C (a door code will be issued)
- Instructor:** TBA, experienced fitness instructor

### Women's Self Defense

Students will learn about the combat mindset of "Mama Bear" mentality in this very important class. Learn solutions to being vigilant and aware of surroundings. You will be shown how to escape common grabs, choke holds, attacks and how to counter attack in order to get away. This will be done by learning where to strike specific pressure points and other vulnerable areas of the body.

Participants should wear athletic, comfortable clothing and athletic shoes. Please do not wear any jewelry to class. Bring a water bottle and small towel to each class. Class is designed for adults and children 17 years and older.

Choose one of the sessions offered.

- Dates:** **SESSION 1**— One Tuesday, March 28  
**SESSION 2**— One Thursday, May 4
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$20 (per class session)
- Location:** Bittersweet Elementary School, Gym  
 Use Entrance A (a door code will be issued)
- Instructor:** Jim Niedbalski, Policeman, experienced instructor

### Basic Home Canning Classes

Learn the basics of canning your own foods in these fun one day hands-on class. Learn food safety while canning your vegetables and fruits in their peak seasons. Understand the difference between canning in water bath and a pressure canner, and the importance of the differences. Come learn the many tricks the instructor has to share! You will take samples home with you.

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

Choose one or both sessions offered.

- Dates:** **SESSION 1** — Canning Basics and Safety  
 One Wednesday, March 15  
**SESSION 2** — Food Selection and Prep  
 One Wednesday, April 19
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$20 (per 1 class session)  
 or \$35 for both classes
- Location:** Penn High School, Room 134  
 Use Entrance L (a door code will be issued)
- Instructor:** Amy Lara, certified instructor

### Sharing Stories of the Past

Do any of these vintage media formats sound familiar? 8 mm, 16 mm, super8 film reels, vhs, vhs-c, movie camera cassettes, slides, negatives, photos, photo albums, audio-vinyls, cassettes, 8 track, open reels. This one night class will offer you insight on how to protect, preserve and share these treasured memories. Bring your questions and concerns for an open discussion on different options to fit your individual needs.

- Date:** One Monday, March 6
- Time:** 6:30 – 9:00 p.m.
- Fee:** \$10
- Location:** Penn High School, Room 168  
 Use Entrance D
- Instructor:** Kay Crum, experienced instructor



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

## Digital Photo Organization

Wherever your photos are — boxes, totes, phone, computer, tablet, camera, cloud? 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. Find any photo with ease! Learn the training and tips to accomplish this important task.

Bring your laptop to class (PC only-not suitable for Apple). Also bring about 50 digital photos on a flash drive to class. Photos on a camera or phone, bring your camera/ phone cord that connects to your computer. The class fee includes a 30-day trial copy of the software that can be downloaded on your personal computer.

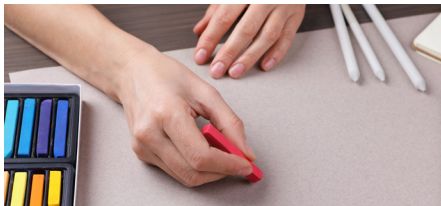
**Dates:** Three Mondays  
March 13, 20, 27

**Time:** 6:30 – 9:00 p.m.

**Fee:** \$35

**Location:** Penn High School, Room 168  
Use Entrance D

**Instructor:** Kay Crum, experienced instructor



**NEW**

## Chalk Creations with Cheryl

Join this fun DIY workshop and make a keepsake sign or other home decor using silkscreen transfers and chalk paste. Various designs will be available each week, so no two keepsakes will be the same. Sign up for one session, or all four sessions!

Inspirational, seasonal and other themed transfers will be available to use. Students will purchase supplies from the instructor at each class. Your supply fee with the instructor will be \$10 per session-Payable to Cheryl at the class. Class is designed for adults and children 13 years and older. No experience is necessary.

**Dates:** **SESSION I**  
One Tuesday—March 7  
**SESSION II**  
One Tuesday—March 28  
**SESSION III**  
One Tuesday—April 11  
**SESSION IV**  
One Tuesday—April 25

**Time:** 6:30 – 8:30 p.m.

**Fee:** \$15 (per class session) or \$50 for all 4 sessions

**Location:** Penn High School, Room 164  
Use Entrance D

**Instructor:** Cheryl Walsh, 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, craft store or quilt shops or online? They're called jelly rolls and are strips of 2 1/2" coordinated fabric all cut out and ready to sew. There are hundreds of ways to sew these together. Using 1 jelly roll of fabric, you will make a quilt using your choice of pattern. A jelly roll consists of 40 strips of coordinating fabric in 2 1/2" strips. Come learn during this fun class, as we'll explore the many ways to use these strips. A great class for novice or beginner quilters.

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

**Dates:** Eight Tuesdays  
February 28  
March 7, 14, 21, 28  
April 18, 25  
May 9

**Time:** 7:00 – 9:00 p.m.

**Fee:** \$50

**Location:** Penn High School, Room 131  
Use Entrance L (a door code will be issued)

**Instructor:** Becky Szeles, experienced instructor

## Baby Sitter Basics

This class is designed to prepare you for the responsibilities that come with child care including activities to keep children busy, safety, answering phones and the door, chocking and rescue breathing, 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 25

**Time:** 8:00 a.m. – 12:30 p.m.

**Fee:** \$35 (A snack is provided)

**Location:** P-H-M Educational Services Center, 55900  
Bittersweet Rd, Mishawaka, IN 46545

**Instructor:** Linda Meeks, R.N.





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



### Art Explorations for Young People

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

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

### Preparation for the SAT

The SAT test will be administered at Penn High School on Saturday, March 11, 2023. 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 6.](#)

- Dates:** **Four total classes**  
Two Mondays for English review  
February 27 and March 6  
and  
Two Wednesdays for Math review  
March 1 and March 8
- Time:** 3:45 – 5:45 p.m.
- Fee:** \$65 (includes workbook)
- Location:** Penn High School, Room 165 on Mondays and Room 119 for Wednesdays
- Instructors:** Meriweather Falk and Deanna Wisler,  
P-H-M staff



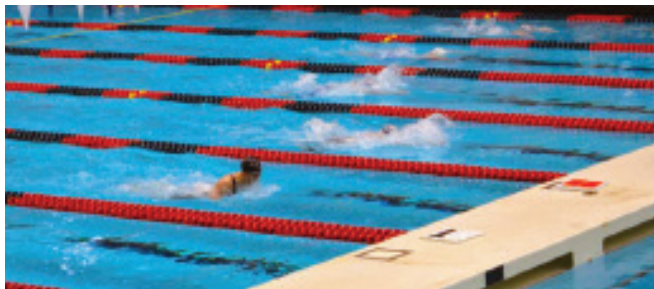
Register and pay online at  
[phm.revtrak.net](http://phm.revtrak.net)



**Community Open Swim**

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

- Dates:** **Mondays and Wednesdays**  
**Spring 2023**  
February 27–May 24  
(Closed on recess days and holidays)
- Time:** 7:00–9:00 p.m.
- Location:** Penn High School, Pool, Enter Door D



There is no fee to attend P-H-M Open Swim. You must live within the P-H-M district to participate.

**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.



**COMMUNITY ED NEEDS YOU!!**

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

It is very easy to do this! Have a hobby or something your great at such as meal planning or baking/cooking a traditional dish? Share this love with others by teaching others through Community Education. Contact the Community Education office at 574.258.9568 or [jforkner@phm.k12.in.us](mailto:jforkner@phm.k12.in.us)

Call the P-H-M Community Education office at 574.258.9568 or email [jforkner@phm.k12.in.us](mailto:jforkner@phm.k12.in.us)

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



# Learn to Swim-Summer 2023



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

The following class times are offered for each session:

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

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

## Registration Guidelines

- You may view more up-to-date registration information about Learn to Swim later this spring by visiting the Community Education web page at [www.phmschools.org/p-h-m-community-education](http://www.phmschools.org/p-h-m-community-education) and also at the PHM Web Store at [phm.revtrak.net](http://phm.revtrak.net). Information will be listed in March for you to view. Registration will begin on Monday, April 10, 2023 at 10:00 am.
- The cost is \$40 per session per child.
- Parents of four-year olds will be required to show a birth certificate for the child at the time of registration. The day you register a 4 year old child you must email a copy of the birth certificate to [jforkner@phm.k12.in.us](mailto:jforkner@phm.k12.in.us).

**Session I:  
June 5–16**

**Session II:  
June 19–30**

(No Classes 7/3-7/7)

**Session III:  
July 10–21**

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

- Class size is limited and time slots will be filled on a first come, first served basis.
- Refunds, minus a \$10 processing fee for each registration. If you cancel from a session it must be done at least **three business days** prior to the start of the session you are cancelling.
- A \$5 processing fee will be charged for all transfers.

For more information, call the Community Education office at 574-258-9568 or email [jforkner@phm.k12.in.us](mailto:jforkner@phm.k12.in.us).





# Summer Camps 2023

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

## Building Science and Design

Instructor—Ms. Maggie Ghyselinck,  
Teacher at Northpoint 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 materials.

## Creativity with Music

Instructor—Mr. Jason Poff  
Teacher at Mary Frank Elementary School

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

## Horizon Elementary School

June 19–23

## Prairie Vista Elementary School

July 10–14

## Bittersweet Elementary School

July 24–28

## Creative Expressions

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

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

## Fun with Fitness

Instructor—Mr. Jim Meuninck  
Teacher at Bittersweet Elementary School

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

# Theater Camp

## Penn High School—Studio Theater

Session 1: June 12–16

Session 2: July 24–28

Instructor/Director—Ms. Deb Swerman

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

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

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

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

# Camp Invention

## Northpoint Elementary School

June 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.

# P-H-M Community Education Summer Camp — Walk-in/Mail-in Registration Form

\*\*\*Starts Monday, April 10, 2023\*\*\*

Child Name \_\_\_\_\_

Age \_\_\_\_\_ Fall 2023 Grade \_\_\_\_\_ School \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

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

Cell Phone # \_\_\_\_\_ Alternate Phone # \_\_\_\_\_

Email \_\_\_\_\_

Camp \_\_\_\_\_ Fee \_\_\_\_\_

Camp \_\_\_\_\_ Fee \_\_\_\_\_

Camp \_\_\_\_\_ Fee \_\_\_\_\_

Total Enclosed \_\_\_\_\_

Payment Method:  Cash-Receipt # \_\_\_\_\_  Check# \_\_\_\_\_  Money Order # \_\_\_\_\_

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

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

# P-H-M Community Education Summer Camp — Walk-in/Mail-in Registration Form

\*\*\*Starts Monday, April 10, 2023\*\*\*

Child Name \_\_\_\_\_

Age \_\_\_\_\_ Fall 2023 Grade \_\_\_\_\_ School \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

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

Cell Phone # \_\_\_\_\_ Alternate Phone # \_\_\_\_\_

Email \_\_\_\_\_

Camp \_\_\_\_\_ Fee \_\_\_\_\_

Camp \_\_\_\_\_ Fee \_\_\_\_\_

Camp \_\_\_\_\_ 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

# 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

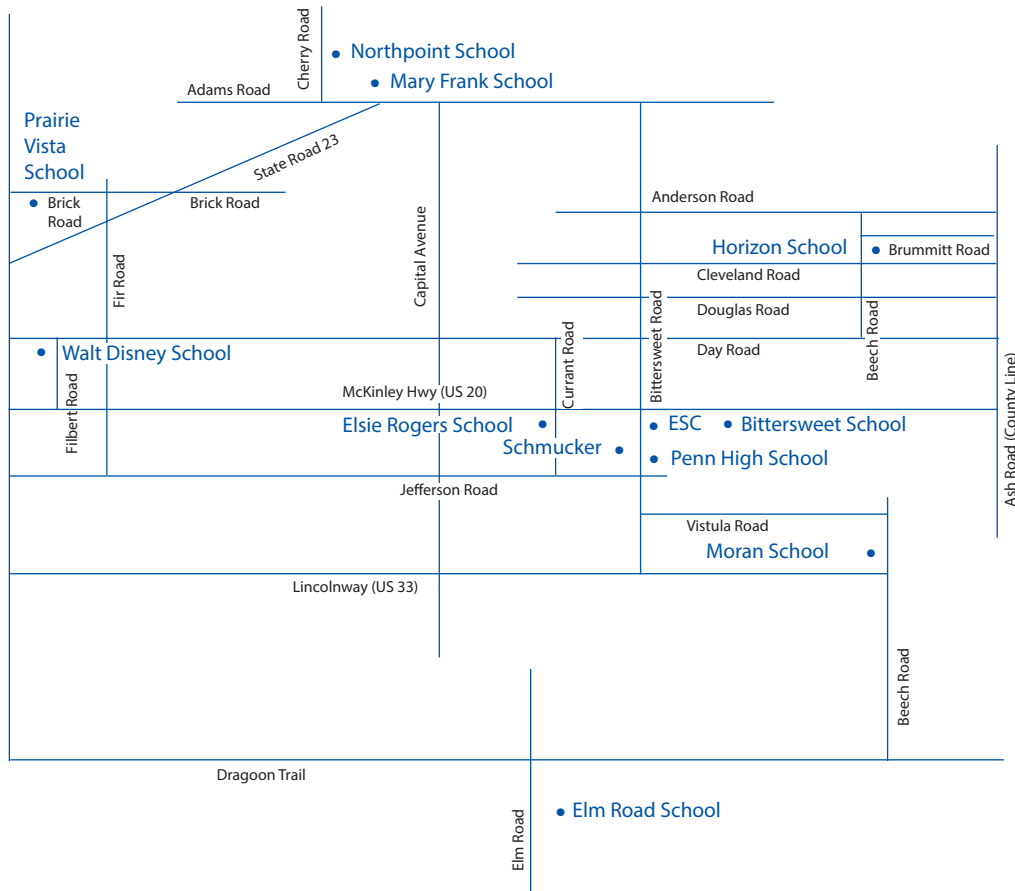
Prairie Vista is located on Brick Road between Fir and Gumwood Roads in Granger. **Use Entrance F (to the right of the main entrance) for all classes.**

## 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?

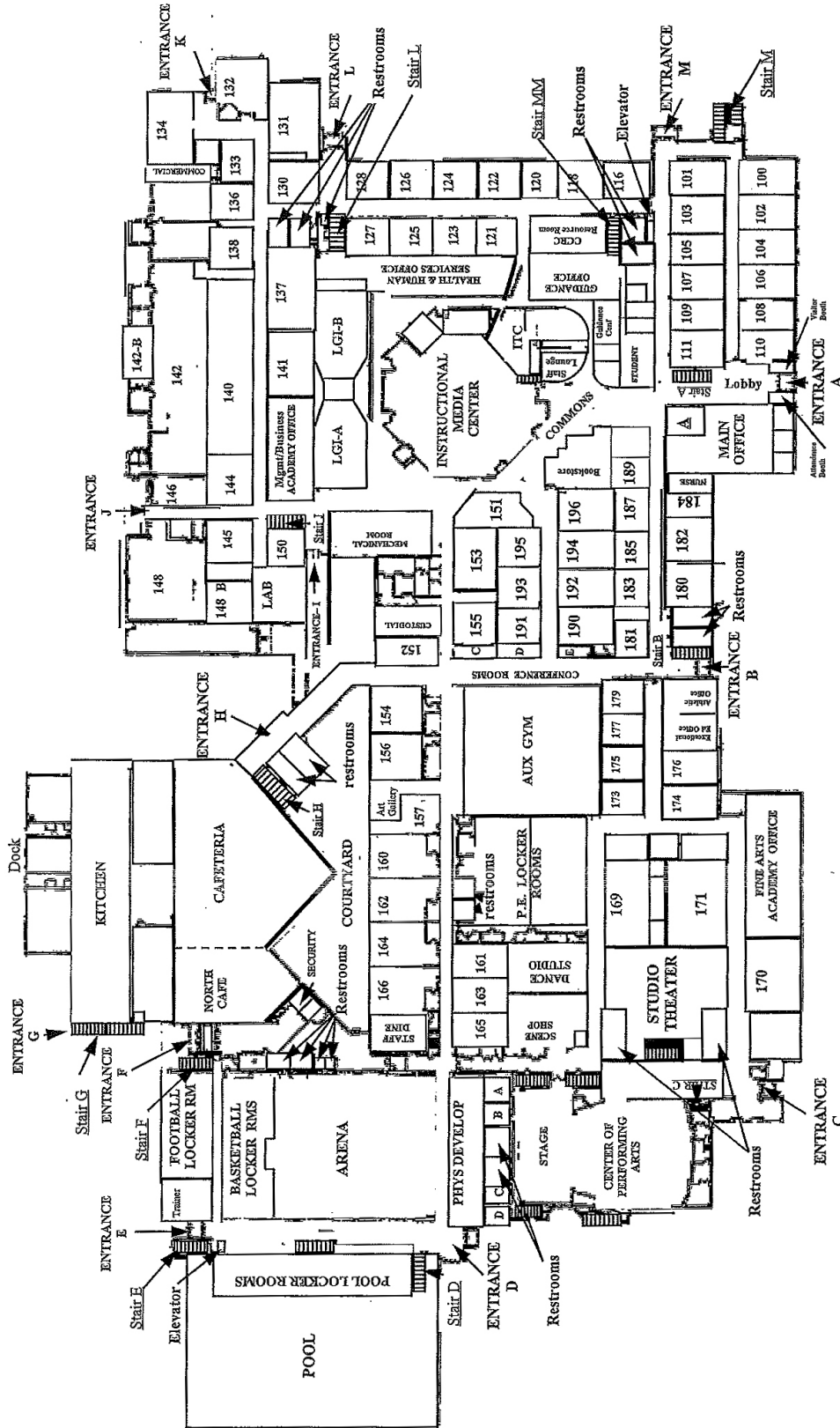
Feel free to call the Community Education office at 258-9568 between 8:00 a.m. and 4:00 p.m. for more details.





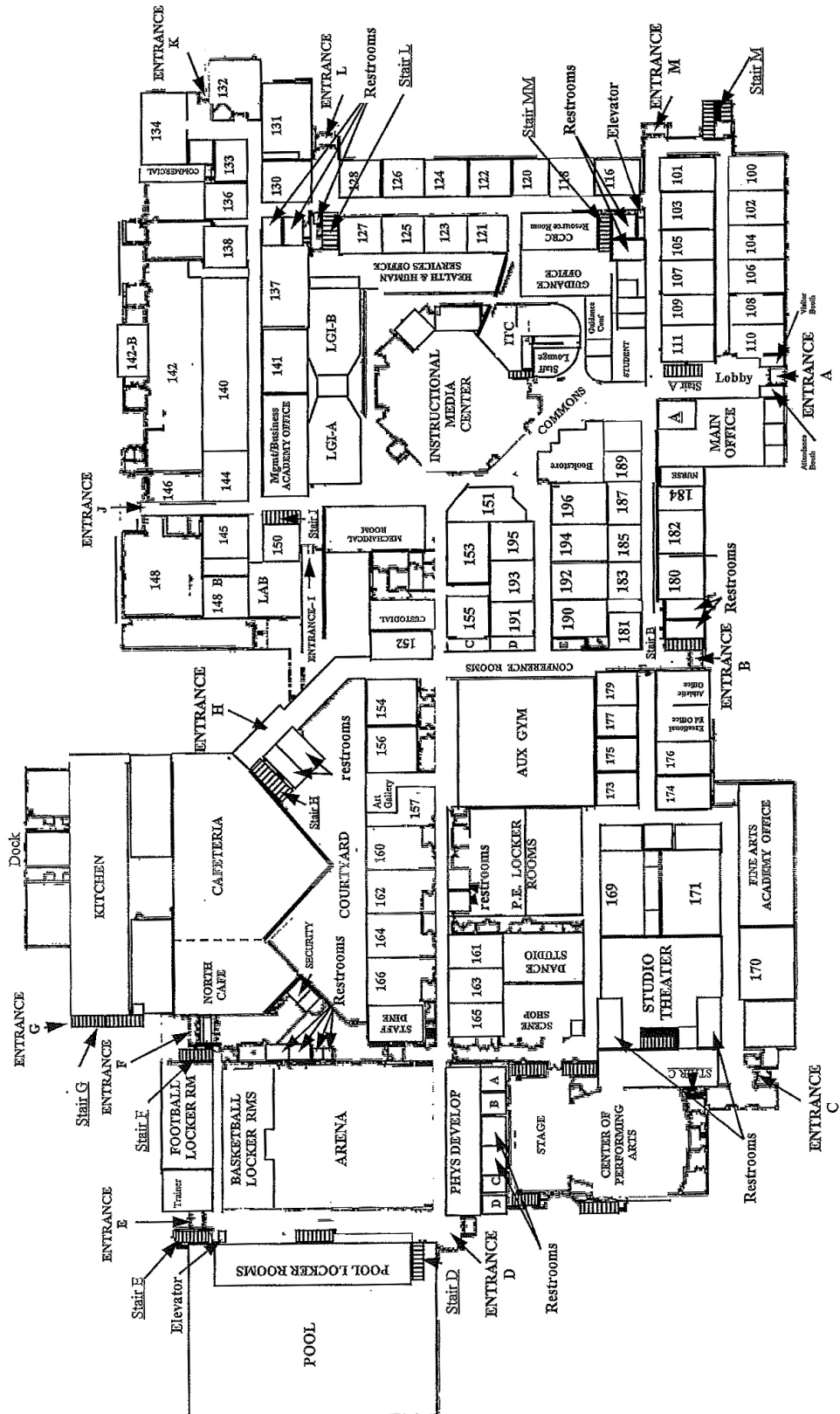
# Finding Your Way Around Penn High School—First Floor

Jefferson Blvd.



Bittersweet Rd.

# Finding Your Way Around Penn High School—Second Floor



# Registration Information

## New Online Registration and Payments

### Online Registration

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

### Phone-In Registration

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

### Walk-In Registration

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

### Mail-In Registration

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

### Payment Information

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

### When Can I Register?

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

### Confirmation

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

### What if a class is full?

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

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

### Changes

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

### Cancellation/Refund Policy

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

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

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

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

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

### Refunds

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

### Discounts

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

### Inclement Weather

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

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

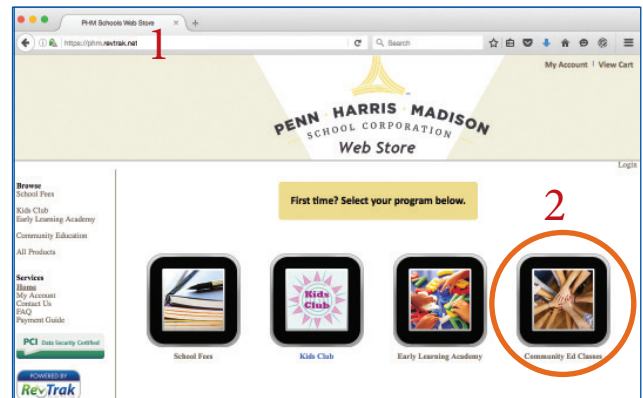
Every effort will be made to provide class status information on voice mail or email if the office is closed. Participants will be called only in special circumstances such as teacher illness or emergency. **On questionable inclement weather days, you should check your email for information we might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



# 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 Education Classes](#) button on the home page
- 3 Select the category your class is under (e.g. Computers, Arts and Crafts, Fitness, etc.)
- 4 Then, select the class name from the course list



### Advanced Kettlebells at Elsie Rogers

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



| Number:   | Date:           | Day(s): | Time:       | Price:  |
|---|-----------------|---------|-------------|---------|
| Advanced Kettlebells at Elsie Rogers WINTER 16-17 | 1/10/16-2/21/17 | 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*

**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](#)



- 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](#)

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



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

## P-H-M Community Education Spring 2023— Walk-in/Mail-in Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Cell Phone # \_\_\_\_\_ Alternate Phone # \_\_\_\_\_

Email \_\_\_\_\_

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

Child's Age \_\_\_\_\_ Current Grade for 2023-2024 school year \_\_\_\_\_

Course Name \_\_\_\_\_ Fee \_\_\_\_\_

Course Name \_\_\_\_\_ Fee \_\_\_\_\_

Total Enclosed \_\_\_\_\_

Payment Method:  Cash-Receipt # \_\_\_\_\_  Check# \_\_\_\_\_  Money Order # \_\_\_\_\_

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

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

---

## P-H-M Community Education Spring 2023 — Walk-in/Mail-in Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Cell Phone # \_\_\_\_\_ Alternate Phone # \_\_\_\_\_

Email \_\_\_\_\_

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

Child's Age \_\_\_\_\_ Current Grade for 2023-2024 school year \_\_\_\_\_

Course Name \_\_\_\_\_ Fee \_\_\_\_\_

Course Name \_\_\_\_\_ Fee \_\_\_\_\_

Total Enclosed \_\_\_\_\_

Payment Method:  Cash-Receipt # \_\_\_\_\_  Check# \_\_\_\_\_  Money Order # \_\_\_\_\_

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

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



— SCHOOL —  
CORPORATION

Community Education  
55900 Bittersweet Road  
Mishawaka, IN 46545

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

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find Spring class information, as well as Learn to Swim and Summer Camp information. This brochure offers many class opportunities for personal enrichment, fitness and recreation, entertainment. 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 or to register with a credit or debit card by phone. You can also go to [phm.revtrak.net](http://phm.revtrak.net) and register and pay online, you can mail your registration or come to our office to register.

### Computers

|                                    |   |
|------------------------------------|---|
| Introduction to Personal Computers | 2 |
| Intermediate Personal Computers    | 2 |
| Introduction to Excel              | 3 |
| Intermediate Excel                 | 3 |

### Bus Trips

|                                     |   |
|-------------------------------------|---|
| Woodfield Mall Bus Trip             | 3 |
| Birch Run Mall/Frankenmuth Bus Trip | 3 |

### Recreation

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

### Fitness

|                                    |   |
|------------------------------------|---|
| Cardio Drumming at Bittersweet     | 5 |
| WERQ Dance at Elm Road             | 5 |
| Mindful Movement at Elm Road       | 5 |
| Kettlebell at Elsie Rogers         | 5 |
| Functional Fitness at Elsie Rogers | 5 |
| Yoga at Northpoint                 | 6 |
| Water Aerobics/Aqua Groove at Penn | 6 |
| WERQ Dance at Prairie Vista        | 6 |
| Mindful Movement at Prairie Vista  | 6 |
| Cardio Drumming at Walt Disney     | 7 |

### Special Interest

|                            |   |
|----------------------------|---|
| Women's Self Defense       | 7 |
| Basic Home Canning Classes | 7 |

### Special Interest-continued

|                             |   |
|-----------------------------|---|
| Sharing Stories of the Past | 7 |
| Digital Photo Organization  | 8 |
| Chalk Creations with Cheryl | 8 |
| Jelly Roll Quilts           | 8 |

### Children and Teens

|                                   |   |
|-----------------------------------|---|
| Baby-Sitting Basics               | 8 |
| Art Adventures for Young Children | 9 |
| Art Explorations for Young People | 9 |
| Preparations for the SAT          | 9 |

### Community Information

|                                     |    |
|-------------------------------------|----|
| Community Open Swim                 | 10 |
| SchoolMessenger                     | 10 |
| P-H-M Learn to Swim Information     | 11 |
| P-H-M Summer Camps Information      | 12 |
| P-H-M Summer Camp Registration Form | 13 |

### Maps

|                         |    |
|-------------------------|----|
| Finding Your Way Around | 14 |
|-------------------------|----|

### Registration Forms & Information

|                                 |    |
|---------------------------------|----|
| Registration Information        | 17 |
| Online Registration Information | 18 |
| Registration Forms              | 19 |

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