



Community Education Course Schedule, Fall 2022

Fall Class Information

Breakfast with Santa Information and Winter Class Information



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
September 26
October 3, 10, 17
- 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:** TBA

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
November 7, 14, 21, 28
- 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:** TBA

Introduction to Excel®

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

- Dates:** Four Thursdays
September 29
October 6, 13, 20
- 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. *An electronic instructional manual is provided. Enrollment is limited. You will need to bring a USB flash drive to class to save your work. Prerequisite: Introduction to Excel or equivalent experience.*

- Dates:** Four Thursdays
October 27
November 3, 10, 17
- 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

Gurnee Mills Annual Bus Trip

Gurnee Mills is the discount shoppers dream! Come spend the day shopping at the Midwest's largest value retail and entertainment mall. You will have a great time shopping some of the almost 200 outlet stores and getting some great bargains.

Enjoy stores such as Abercrombie, Aerie, Aeropostale, American Eagle, Bass Pro Shops, Bath & Body Works, Bed bath & Beyond, BoxLunch, Buckle, Burlington, Carter's, Crocs, Dick's Sporting Goods, Express, Forever 21, H&M, Hobby Lobby, Hollister, Kohl's, Lego Store, Macy's, Macy's Backstage, Marshalls Home Goods, Maurices, Nike, Pink, Polo Ralph Lauren, The Children's Place, Tillys, Tommy Hilfiger, Torrid, Value City, Vans, Victoria's Secret, Zumiez and more. There are food courts and restaurants like Buffalo Wild Wings and Rainforest Cafe that offer many food choices to pick from.

The bus will leave Penn promptly at 8:00 a.m. and return around 9:30 p.m. Payment for this trip must be received at the time of registration. No refunds will be given after payment is received. Please try to register prior to September 18. Seats may still be available after this date.

- Date:** One Saturday, October 8
- Time:** 8:00 a.m. – 9:30 p.m.
- Fee:** \$50 per person
- Departure:** Penn High School, north parking lot



Downtown Chicago Bus Trip

Enjoy the festive atmosphere of downtown Chicago with this fun holiday bus trip. Finish or start your shopping in style along Chicago's Magnificent Mile. Or simply take this opportunity to visit downtown Chicago and enjoy the festive shop windows, holiday lights and the glitter and decor of the holiday season, all without the stress of driving or parking.

The bus will drop passengers near Water Tower Place and then venture over to Macy's on State Street and enjoy shopping there and the many stores along State Street.

The bus will leave Penn promptly at 8:00 a.m. and return around 8:00 p.m. Payment for this trip must be received at the time of registration. No refunds will be given after payment is received. Please try to register prior to November 13. Seats may still be available after this date.

- Date:** One Saturday, December 10
- Time:** 8:00 a.m. – 8:00 p.m.
- Fee:** \$50 per person
- Departure:** Penn High School, north parking lot



Register and pay online at
phm.revtrak.net



Discover Scuba

October 27 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, October 27

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 for the class, call Hart City Scuba at 574-264-3528.*

Dates: One Monday/Two Tuesdays/Two Thursdays
November 7, 10, 15, 17, 22

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
September 26
October 3, 10, 17, 24

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
September 26
October 3, 10, 17, 24

Time: 7:30 – 8:30 p.m.

Fee: \$90

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

Instructor: Don Wiseman, GSED

Cardio Drumming at Bittersweet

Cardio drumming combines dance and rhythm for fun, high-energy workouts which can best be described as a combination of 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 21 classes. Class is not

held on a few dates due to school closings or prior scheduled events.

Dates: Twenty-one Mondays/Wednesdays
September 26, 28
October 3, 5, 10, 12, 17, 19, 26
November 2, 7, 9, 14, 16, 21, 28, 30
December 5, 7, 12, 14

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
October 11, 25
November 1, 15, 22, 29
December 6, 13

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

Dates: Eight Thursdays
October 13, 27
November 3, 10, 17
December 1, 8, 15

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

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

Dates: Ten Tuesdays
September 27
October 4, 11, 25
November 1, 15, 22, 29
December 6, 13

Time: 6:15 – 7:15 p.m.

Fee: \$45

Location: Elsie Rogers Elementary School, Gym
Use Entrance F (a door code will be issued)

Instructor: Julie Dozier, certified instructor



Register and pay online at
p hm.revtrak.net

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
 October 6, 13, 20, 27
SESSION 2
 November 3, 10, 17
 December 1
- 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 18 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Eighteen Mondays/Wednesdays
 September 26, 28
 October 3, 5, 10, 12, 17, 26
 November 2, 9, 14, 16, 21, 30
 December 5, 7, 12, 14
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$45
- Location:** Northpoint Elementary School, Gym
Use Main entrance (a door code will be issued)
- Instructor:** Dennis Orosz, certified instructor, E-RYT200 RYT500, Hanuman's Leap Yoga LLP

Water Aerobics/Aqua Groove at Penn

This fun water exercise class focuses on both cardiovascular and strength benefits. Whether you're trying to maintain your current level of fitness or reach a new level, the 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 14 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:** Fourteen Tuesdays/Thursdays
 October 4, 6, 11, 25, 27
 November 1, 3, 10, 15, 17, 22
 December 1, 8, 15
- Time:** 7:45 – 8:40 p.m.
- Fee:** \$50/\$55 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 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Eight Mondays
 October 3, 10
 November 7, 14, 21, 28
 December 5, 12
- Time:** 6:30 – 7:30 p.m.
- Fee:** \$35
- 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 9 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Nine Wednesdays
October 5, 12, 26
November 2, 9, 16, 30
December 7, 14
- Time:** 6:30 – 7:30 p.m.
- Fee:** \$45
- 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 20 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Twenty Tuesdays/Thursdays
September 27, 29
October 4, 6, 11, 13, 25, 27
November 1, 3, 10, 15, 17, 22, 29
December 1, 6, 8, 13, 15
- 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:** Megan Williams, 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, October 18
SESSION 2— One Tuesday, November 15
- 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:** TBA



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, October 12
SESSION 2 — Food Selection and Prep
One Wednesday, November 9
- 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, experienced instructor



Register and pay online at
p hm.revtrak.net



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

Digital Photo Organization

Wherever your photos are — boxes, totes, phone, computer, tablet, camera, cloud? 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 DVD or 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
 November 7, 14, 21
Time: 6:30 – 9:00 p.m.
Fee: \$40
Location: Penn High School, Staff Dining
Use Entrance D
Instructor: Kay Crum, experienced instructor

Make a Quilt

Learn the basics of quilt making and make one of 3 patterns. A fun, simple way to learn the art of quilting, and a great class for novice or beginner quilters. A basic knowledge of sewing is helpful, but not required. Make a quilt for yourself or surprise a loved ones with a quilt made especially for them.

Sewing machines will be available to use during class or you may bring your own to each class. Fabric requirements will be discussed via email prior to the 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 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Ten Tuesdays
 October 4, 11, 18, 25
 November 1, 15, 22, 29
 December 6, 13
Time: 7:00 – 9:00 p.m.
Fee: \$65
Location: Penn High School, Room 248
Use Entrance L (a door code will be issued)
Instructor: Becky Szeles, experienced instructor



Register and pay online at
pjm.revtrak.net



Baby Sitter Basics

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

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

Date: One Saturday, November 5
Time: 8:00 a.m. – 12:30 p.m.
Fee: \$35 (A snack is provided)
Location: P-H-M Educational Services Center
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
November 1, 15, 22, 29
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
November 1, 15, 22, 29
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, December 3. 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 October 10.

Dates: **Four total classes**
Two Mondays for English review
November 7, 14
and
Two Wednesdays for Math review
November 9, 16
Time: 3:45 – 5:45 p.m.
Fee: \$65 (includes workbook)
Location: Penn High School, Room 165
Use Entrance D
Instructors: Deanna Wisler and TBA,
P-H-M staff

Community Open Swim

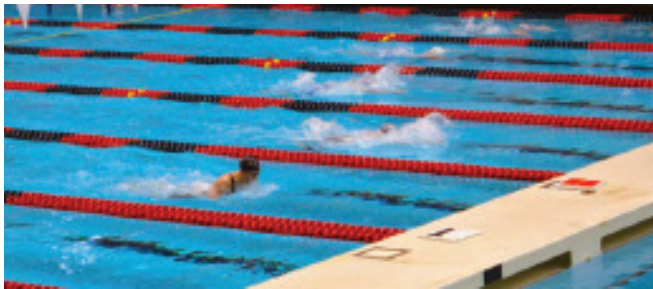
Community Open Swim is available to P-H-M students, families, community members, and staff only. Lifeguards are on duty but parents must supervise their children. **Children in grades 8 and under must be accompanied by an adult.** You should bring a towel and locker padlock (P-H-M is not responsible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

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



COMMUNITY ED NEEDS YOU!!

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

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

Call the P-H-M Community Education office at 574.258.9568 or email jforkner@phm.k12.in.us

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

Breakfast with Santa



Saturday, December 3
Shows at
8 a.m., 9:30 a.m. & 11 a.m.
at Bittersweet
Elementary School
\$8 for all tickets

Program Information

- You will first enjoy a dazzling “Laser Holidays” show in the state-of-the-art Digital Video Theater
- Then you will eat a child-friendly breakfast prepared by P-H-M Food Service
- Finally a personal visit with Santa

Ticket Information

Ticket sales begin on Monday, November 7, 2022 at 10 a.m. Tickets will only be available online on a first-come, first-served basis. **Space is limited to 100 participants per time slot.** Once all tickets are sold, all sales end. The program is for **Kindergarten through 3rd grade students only** and all children must be accompanied by an adult.

To purchase tickets on November 7, go to **phm.revtrak.net** and click on the Breakfast with Santa button, create an account, order your tickets and pay with an eCheck, Discover, VISA or MasterCard credit or debit card. There is a 3.49% fee for using this service. **Ticket sales open at 10 a.m. on November 7.** Tickets will then be mailed to you from the Community Education office prior to the event.

There will be no refunds and tickets will not be available at the door.

If you have any questions about the program, please call 574.258.9568 or email jforkner@phm.k12.in.us.

Program Sponsored by

The Penn-Harris-Madison Community Education Department and
The Penn-Harris-Madison Digital Video Theater

Winter Fitness Class Schedule

Winter fitness classes will be offered in January and February. Starting in November call (574) 258-9568 to register by phone or go online to phm.revtrak.net and click on Community Education class. To register in person come to the P-H-M Educational Services Center, 55900 Bittersweet Road, Mishawaka, IN or mail your registration form and payment (checks payable to PHM Community Education) to 55900 Bittersweet Rd, Mishawaka, IN 46545. Payment must be received at the time of registration. Registration hours are from 8 a.m. to 12:30 p.m. and 1:30 to 4 p.m. Monday-Friday.

BITTERSWEET ELEMENTARY SCHOOL

Cardio Drumming

Mondays & Wednesdays, 6:15-7:15 p.m.

Jan 9-Feb 15

ELM ROAD ELEMENTARY SCHOOL

WERQ Dance Fitness

Tuesdays, 6:15-7:15 p.m.

Jan 10-Feb 14

Mindful Movement

Thursdays, 6:15-7:15 p.m.

Jan 12-Feb 16

ELSIE ROGERS ELEMENTARY SCHOOL

Kettlebells

Tuesdays, 6:15-7:15 p.m.

Jan 10-Feb 14

Functional Fitness

Thursdays, 6:15-7:15 p.m.

Jan 12-Feb 16

NORTHPOINT ELEMENTARY SCHOOL

Yoga

Mondays & Wednesdays, 6:15-7:15 p.m.

Jan 9-Feb 15

PENN HIGH SCHOOL

Water Aerobics

Tuesdays & Thursdays, 7:45-8:40 p.m.

Jan 10-Feb 16

PRAIRIE VISTA ELEMENTARY SCHOOL

WERQ Dance Fitness

Mondays, 6:30-7:30 p.m.

Jan 9-Feb 13

Mindful Movement Fitness

Wednesdays, 6:30-7:30 p.m.

Jan 11-Feb 15

WALT DISNEY ELEMENTARY SCHOOL

Cardio Drumming

Tuesdays & Thursdays, 6:15-7:15 p.m.

Jan 10-Feb 16 (12 classes)

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

Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone # _____ Alternate Phone # _____

Email _____

Winter Class _____ 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

Please email jforkner@phm.k12.in.us in November to receive a Winter class schedule with confirmed dates and class fee before registering for Winter classes

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

Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone # _____ Alternate Phone # _____

Email _____

Winter class _____ 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

Please email jforkner@phm.k12.in.us in November to receive a Winter class schedule with confirmed dates and class fee before registering for Winter classes

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 Dragoon 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

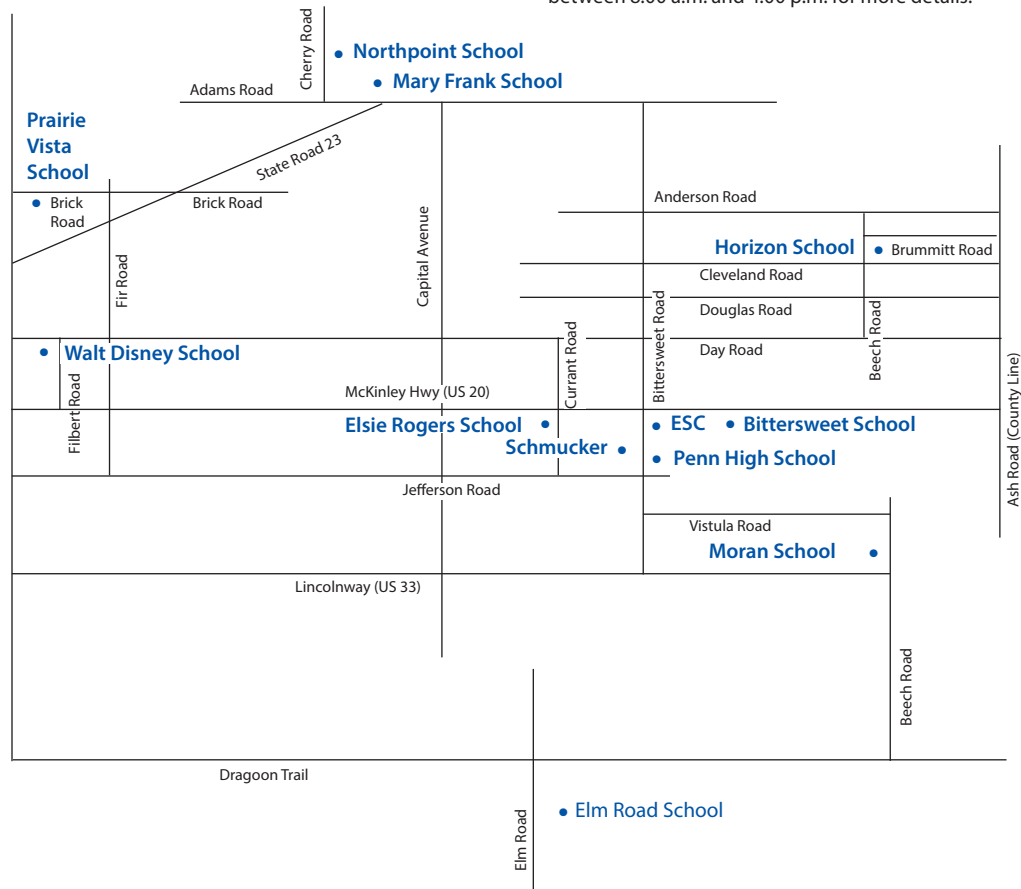
Schmucker Middle School is located across the street from Penn High School on Bittersweet Road. **Use Entrance C (to the left of the main entrance) for all classes.**

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.**

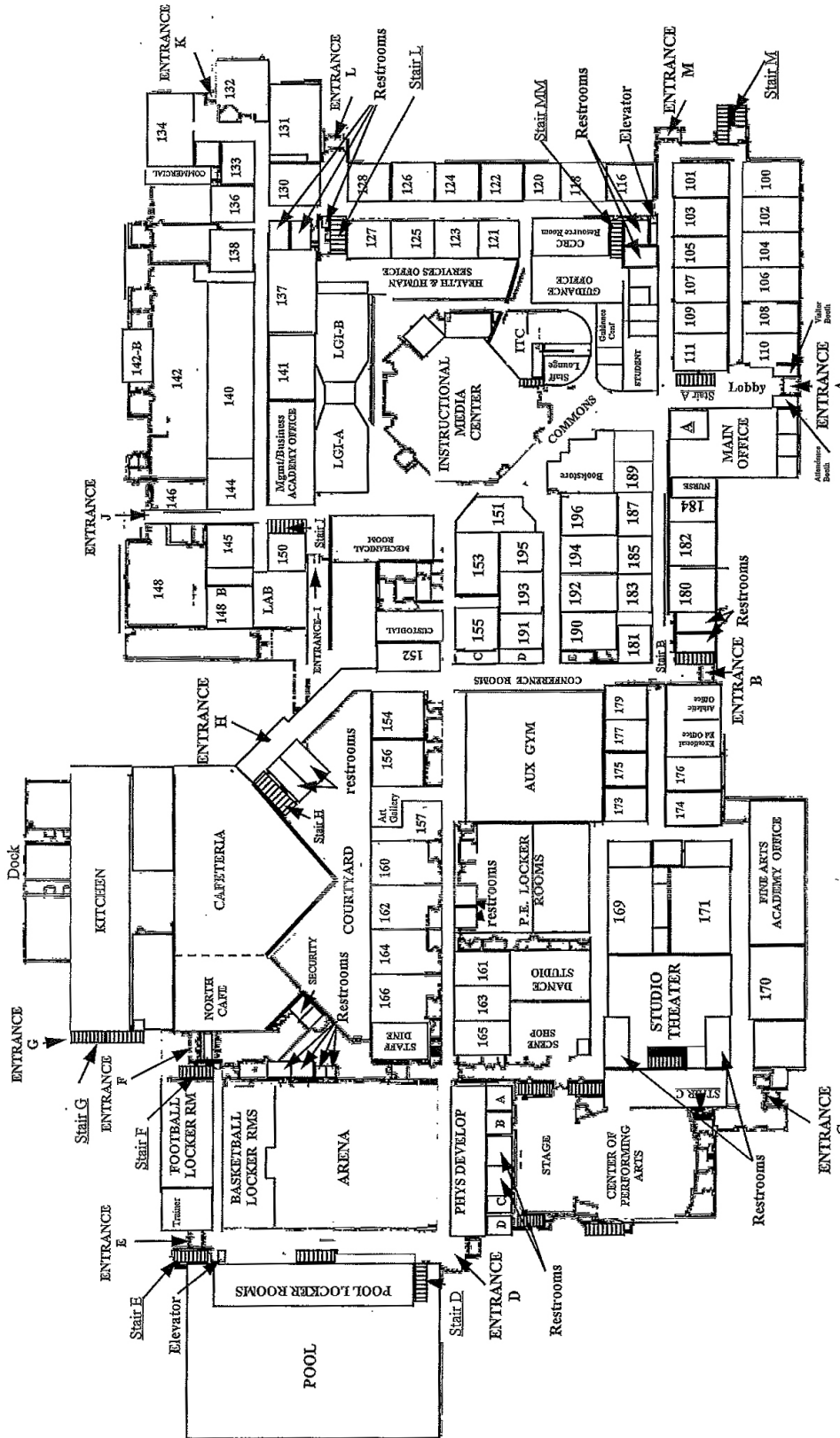
Still confused?

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



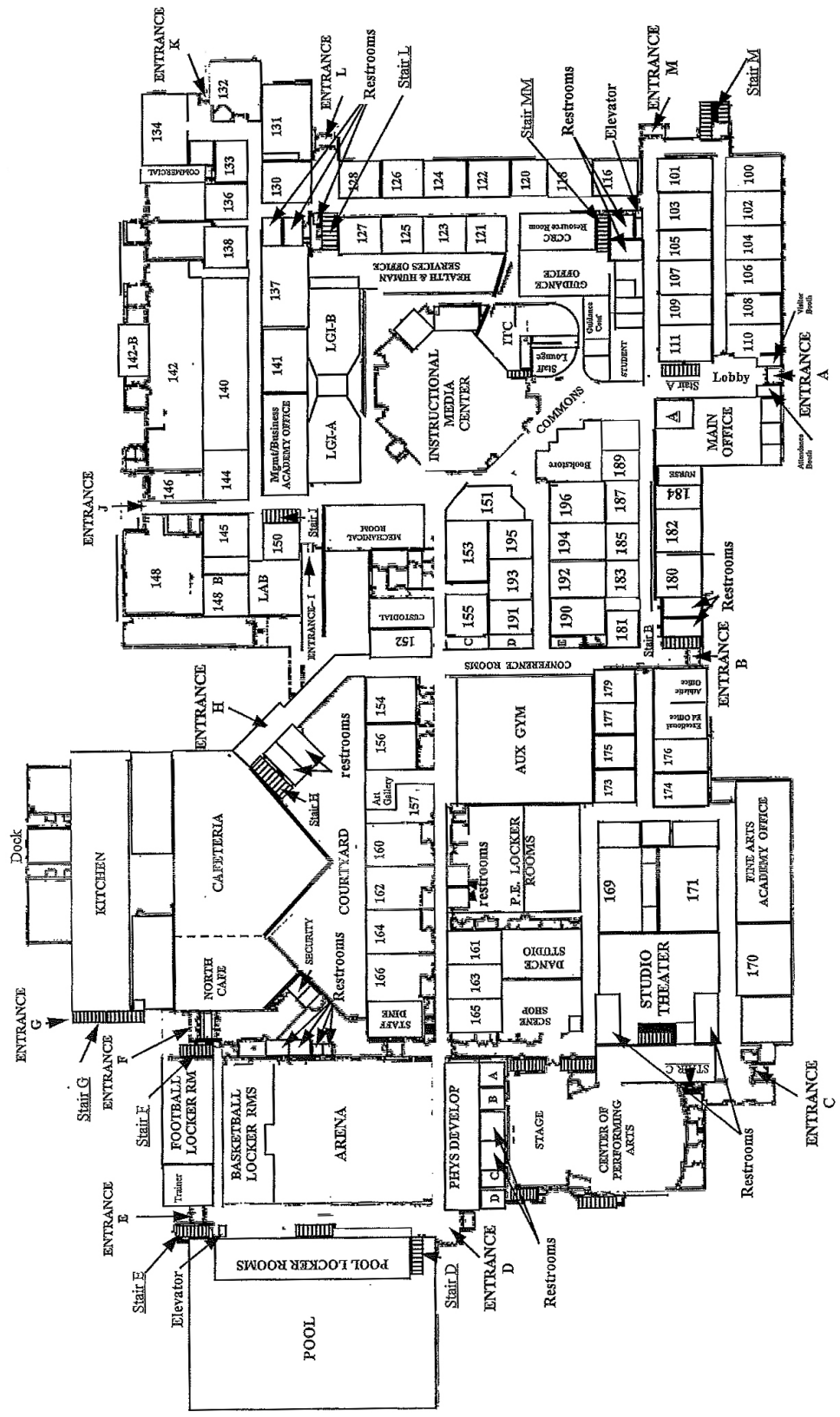
Finding Your Way Around Penn High School—First Floor

Jefferson Blvd.



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

Phone-In Registration

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

Walk-In Registration

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

Mail-In Registration

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

Payment Information

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

When Can I Register?

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

Confirmation

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

What if a class is full?

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

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

Changes

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

Cancellation/Refund Policy

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

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

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

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

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

Refunds

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

Discounts

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

Inclement Weather

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

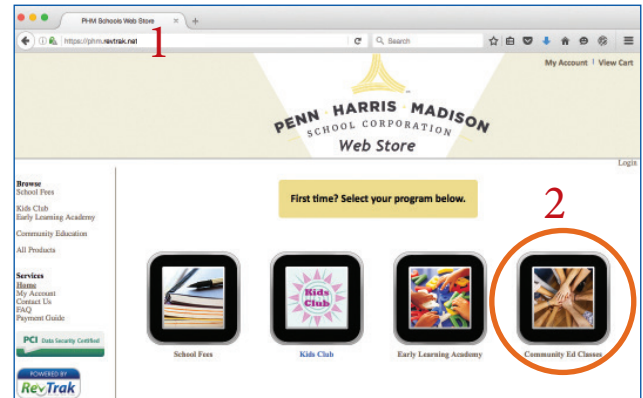
If weather conditions occur late in the day making classes questionable, please feel free to call our office **(574) 258-9568** or visit our website at www.phmschools.org for more information.

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

Online Registration and Payments

Instructions for Enrolling in Community Education Classes

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



Advanced Kettlebells at Elsie Rogers

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

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

5

[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

Powered by RevTrak

There is a 3.49% for using this service

P-H-M Community Education Fall 2022 — 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 2022-2023 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 Fall 2022 — 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 2022-2023 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 Fall Class Information and Schedule, Breakfast with Santa and Winter Fitness Class Information

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find fall and winter class information, as well as Breakfast with Santa program 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 if you have any questions about our classes or to register with a credit or debit card by phone. You can also go to phm.revtrak.net and register and pay online, or you can mail your registration or come to our office to register.

Computers

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

Bus Trips

Gurnee Mills Annual Bus Trip	3
Downtown Chicago 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	4
WERQ Dance at Elm Road	5
Mindful Movement at Elm Road	5
Kettlebells at Elsie Rogers	5
Functional Fitness at Elsie Rogers	6
Yoga at Northpoint	6
Water Aerobics/Aqua Groove at Penn	6
WERQ at Prairie Vista	6
Mindful Movement at Prairie Vista	7
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	8
Digital Photo Organization	8
Make a Quilt	8

Children and Teens

Baby-Sitting Basics	9
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 Breakfast with Santa Information	11
P-H-M Winter Fitness Class Information	12
P-H-M Winter 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.*