

Community Education Course Schedule, Fall 2017
Fall Class Schedule • Breakfast with Santa • Winter Class Information



www.phmschools.org
574-258-9568

welcome to Lifelong Learning

4 Easy Ways to Register

See Page 22
for Detailed
Instructions

Register and pay online

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

Phone-In

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

Walk-In

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

Mail-In

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

Payment Information

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

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

Introduction to Personal Computers

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

- Dates:** Four Mondays
October 2, 9, 16, 23
- Time:** 6:00 – 8:30 p.m.
- Fee:** \$75/\$65 senior citizens
- Location:** Penn High School, Room 137
Use Entrance L (door code will be issued)
- Instructor:** Beth McCool, experienced instructor

Intermediate Personal Computers

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

- Dates:** Four Thursdays
September 28
October 5, 12, 19
- Time:** 6:00 – 8:30 p.m.
- Fee:** \$75/\$65 senior citizens
- Location:** Penn High School, Room 137
Use Entrance L (door code will be issued)
- Instructor:** Beth McCool, experienced instructor

Beginning Photoshop

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

Dates: Four Wednesdays
October 4, 11, 18, 25

Time: 6:00 – 8:30 p.m.

Fee: \$90 (includes electronic manual)

Location: Penn High School, Room 137
Use Entrance L (door code will be issued)

Instructor: Beth McCool, experienced instructor

Introduction to Excel®

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

Dates: Four Tuesdays
October 3, 10, 17, 24

Time: 6:00 – 8:30 p.m.

Fee: \$90 (includes electronic manual)

Location: Penn High School, Room 137
Use Entrance L (door code will be issued)

Instructor: Beth McCool, experienced instructor

Intermediate Excel®

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

Dates: Four Thursdays
October 26
November 2, 9, 16

Time: 6:00 – 8:30 p.m.

Fee: \$90 (includes electronic manual)

Location: Penn High School, Room 137
Use Entrance L (door code will be issued)

Instructor: Beth McCool, experienced instructor

Internet Made Easy

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

Date: One Tuesday, September 26

Time: 6:00 – 8:30 p.m.

Fee: \$25/\$20 senior citizens

Location: Penn High School, Room 137
Use Entrance L (door code will be issued)

Instructor: Beth McCool, experienced instructor

Microsoft Publisher

Learn Microsoft Publisher's many features for both business and home. Publisher is an entry-level publishing application that is easy to use. You will learn simple tools to create professional, personalized materials. Create business cards, greeting cards, posters, address labels and so much more! **You will need to bring a USB flash drive to class to save your work. Prerequisite: Introduction to Personal Computers or equivalent experience.**

Dates: Two Tuesdays
November 7, 14

Time: 6:00 – 8:30 p.m.

Fee: \$45

Location: Penn High School, Room 137
Use Entrance L (door code will be issued)

Instructor: Beth McCool, experienced instructor

New!!!



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 200 plus outlet stores and getting some great bargains.

Enjoy stores such as Abercrombie, Aerie, Aeropostale, American Eagle, Banana Republic, Bath & Body Works, Buckle, Burlington, Carter's, Charlotte Russe, Dressbarn, Express, Forever 21, H&M, Hollister, Justice, Kenneth Cole, Kohl's, Loft, Macy's, Marshalls, Pac Sun, Pink, Saks Fifth Avenue, T.J. Maxx, The Children's Place, Value City, Victoria's



Register and pay online at
pjm.revtrak.net

Secret and more. There are food courts and restaurants like Rainforest Cafe and Ruby Tuesday offering 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 8. Seats may still be available after this date.

Date: One Saturday, October 7
Time: 8:00 a.m. – 9:30 p.m.
Fee: \$40 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 near Macy's on State Street. Many unique stores and eateries await you. Plan your day to shop in Water Tower Place visiting the many stores including American Girl Place or browse the many other stores located on Michigan Street. 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 8, 2017. Seats may still be available after this date.

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

Discover Scuba

October 3 is a one-night experience held before the scuba diving instruction course *for people 10 years and older* who would like to try scuba. Take advantage of this exciting opportunity for finding out what scuba diving is all about.

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

Date: One Tuesday, October 3
Time: 6:30 – 9:00 p.m.
Fee: \$5
Location: Penn High School, Room 165 and Pool
Use Entrance D
Instructor: Hart City Scuba, certified instructor

Scuba Diving Instruction

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

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

Dates: Two Tuesdays/Two Thursdays
 October 10, 12, 17, 19
Time: 6:30 – 10:00 p.m.
Fee: \$250 (includes study materials)
Location: Penn High School, Room 163 and Pool
Use Entrance D
Instructor: Hart City Scuba, certified instructor

Basic Fundamentals of the Golf Swing

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

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

Dates: Five Mondays
 October 2, 9, 16, 23, 30
Time: 6:00 – 7:00 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

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
October 2, 9, 16, 23, 30
- Time:** 7:30 – 8:30 p.m.
- Fee:** \$90
- Location:** Michiana Golf Academy
1915 N. Merrifield, Mishawaka, IN
- Instructor:** Don Wiseman, GSED

Water Aerobics/Aqua Groove at Penn

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

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

Participants should bring a towel, a water bottle and a locker padlock. Water shoes and water belt are optional. Class is designed for adults, and children 12 years and older may enroll with an adult. Class meets two nights a week for a total of 17 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:** Seventeen Tuesdays/Thursdays
October 3, 5, 10, 12, 17, 19, 24, 26
November 2, 7, 9, 28
December 5, 7, 12, 14, 19
- Time:** 7:45 – 8:40 p.m.
- Fee:** \$65/\$60 for senior citizens
- Location:** Penn High School, Pool
Use Entrance D
- Instructor:** Nicole DeWitt, certified instructor

Triple Threat at Elm Road

A fun new total body workout using cardiovascular moves, strength training and core movements. An effective fitness program with easy to follow moves you will be able to do easily. All fitness levels welcome. Get a great workout doing high or low impact moves, while keeping the intensity to push you to your limits!

Participants should bring resistance bands, a mat, 5–10 lb. weights, a water bottle and wear comfortable clothing

and athletic shoes with low tread to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 7 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Seven Tuesdays
October 10, 17
November 7, 14, 28
December 5, 12
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$35
- Location:** Elm Road Elementary School, Gym
Use Entrance F (door code will be issued)
- Instructor:** Nicole DeWitt, certified instructor

New!!!

Pilates Fusion at Elm Road

Using the fundamentals of pilates and yoga mat exercises to lengthen and sculpt your body. This exciting class will focus on breathing techniques, core strengthening and overall flexibility. An effective fitness program with easy to follow moves you will be able to follow easily.

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 9 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Eight Thursdays
October 12, 19, 26
November 2, 9, 30
December 7, 14
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$40
- Location:** Elm Road Elementary School, Gym
Use Entrance F (door code will be issued)
- Instructor:** Nicole DeWitt, certified instructor

New!!!

Beginner Kettlebells at Elsie Rogers

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

Participants should bring a water bottle, towel and wear comfortable clothing and athletic shoes to each class. Please eat 2 hours before class and do not come to class on an empty stomach. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Eight Tuesdays

October 3, 10, 17
November 7, 21, 28
December 5, 12

Time: 6:05 – 6:50 p.m.

Fee: \$40

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

Instructor: Jena Lees, certified instructor

Advanced Kettlebells at Elsie Rogers

Learn more hard intensity workouts with kettlebells and other fitness equipment and techniques. Kettlebells work the whole body and also the core to build a strong midsection. Whether you want to increase lean muscle mass, tone up your muscles, or lose weight you can increase your overall fitness and burn up to 800 calories or more and see quick results. Does not stress the joints while providing both cardio and strength training.

Participants should bring a water bottle, towel and wear comfortable clothing and athletic shoes to each class. 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. Prerequisite: Beginner Kettlebell class

Dates: Eight Tuesdays
October 3, 10, 17
November 7, 21, 28
December 5, 12

Time: 7:00 – 7:45 p.m.

Fee: \$40

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

Instructor: Jena Lees, certified instructor

Jazzercise® Flip Fusion and Interval classes at Northpoint will be back after the first of the year!

Pound Fit at Northpoint

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

Participants should bring a yoga mat, blanket or towel, a water bottle, and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets 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 Mondays/Wednesdays
October 2, 4, 9, 11, 16, 18, 23
November 1, 6, 8, 13, 15, 20, 27, 29

December 4, 6, 11, 13

Time: 6:15 – 7:15 p.m.

Fee: \$65

Location: Northpoint Elementary School, Gym
Use Main entrance (door code will be issued)

Instructor: Eric Koch and Julie Dozier, licensed instructors

Yoga at Northpoint

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

Participants should bring a yoga mat, blanket or towel, and a water bottle and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets two nights a week for a total of 19 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Nineteen Mondays/Wednesdays
October 2, 4, 9, 11, 16, 18, 23
November 1, 6, 8, 13, 15, 20, 27, 29
December 4, 6, 11, 13

Time: 7:30 – 8:30 p.m.

Fee: \$65

Location: Northpoint Elementary School, Gym
Use Main entrance (door code will be issued)

Instructor: Dennis Orosz, certified instructor, E-RYT200

Yoga at Prairie Vista

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

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

Dates: Ten Mondays
October 2, 9, 16, 23
November 6, 13, 20, 27
December 4, 11

Time: 6:05 – 7:05 p.m.

Fee: \$45

Location: Prairie Vista Elementary School, Gym
Use Entrance F (door code will be issued)

Instructor: Dennis Orosz, certified instructor, E-RYT200



Register and pay online at
phm.revtrak.net

Strong by Zumba at Prairie Vista

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

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 9 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Nine Mondays
October 2, 9, 16, 23
November 6, 13, 27
December 4, 11

Time: 7:15 – 8:15 p.m.

Fee: \$45

Location: Prairie Vista Elementary School, Gym
Use Entrance F (door code will be issued)

Instructor: Nicole DeWitt, certified instructor

New!!!

Pilates Fusion at Prairie Vista

Using the fundamentals of pilates and yoga mat exercises to lengthen and sculpt your body. This exciting class will focus on breathing techniques, core strengthening and overall flexibility. An effective fitness program with easy to follow moves you will be able to follow easily.

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Eight Wednesdays
October 4, 11, 18
November 1, 8, 29
December 6, 13

Time: 7:15 – 8:15 p.m.

Fee: \$40

Location: Prairie Vista Elementary School, Gym
Use Entrance F (door code will be issued)

Instructor: Nicole DeWitt, certified instructor

New!!!

Zumba Toning at Schmucker

Zumba Toning gives you the option to use weights during the regular zumba cardio dancing. The weights enhance the tonality of the muscles along with your cardio dance workout. The routines feature aerobic/fitness interval

training with a combination of fast and slow rhythms that tone and sculpt the body. It's a mixture of body sculpting moves with easy-to-follow dance steps. Do the salsa, meringue, flamenco, cumbia, samba and cha-cha while shedding pounds. It's fun, easy and effective.

Participants should bring weights of 3 lb. and less, water bottle, towel, and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 16 years and older. Class meets two nights a week for a total of 20 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Twenty Tuesdays/Thursdays
October 3, 5, 10, 12, 17, 19, 24, 26
November 2, 7, 9, 14, 16, 21, 28, 30
December 5, 7, 12, 19

Time: 7:15– 8:15 p.m.

Fee: \$70

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Raquel Flores, certified instructor

New!!!

Pilates with Body Sculpting at Bittersweet

Learn basic Pilates mat exercises and how to use exercise tubes to lengthen muscles and work core abdominal muscles to sculpt a strong, streamlined physique. Pilates focuses on proper breathing techniques, body alignment and symmetry, core strengthening and overall flexibility. Through sustained balancing and flexibility movements and focused mental awareness, learn to control your body and mind for improved health, energy, posture and ease of movement. All fitness levels welcome.

Participants should bring a floor mat, water bottle, 1–2 lb. weights and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets 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 2, 9, 16, 23
November 6, 13, 20, 27

Time: 6:00 – 6:45 p.m.

Fee: \$40

Location: Bittersweet Elementary School, Gym
Use Main Entrance (door code will be issued)

Instructor: Jena Lees, certified instructor

Fitness Boot Camp class at Bittersweet

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

and body weights to train to utilize all body parts to get a total body workout.

Participants should bring a floor mat, a towel, a set of dumbbells (8, 10, and 12 lb.), water bottle, and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children fourteen years and older. Class meets 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 2, 9, 16, 23
November 6, 13, 20, 27

Time: 7:00 – 7:45 p.m.

Fee: \$40

Location: Bittersweet Elementary School, Gym
Use Main Entrance (door code will be issued)

Instructor: Jena Lees, certified instructor

Cardio Drumming at Schmucker

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

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

Dates: Nine Mondays
October 2, 9, 16
November 6, 13, 20, 27
December 4, 11, 18

Time: 7:30 – 8:30 p.m.

Fee: \$40

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Amber Roundtree, certified instructor

Beginning Tai Chi Bang Stick for Flexibility and Strength at Schmucker

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

Benefits from practicing Tai Chi Bang are: Improved hand strength for gripping and turning movements (like opening

lids and turning a tight faucet). With continued practice it helps correct and prevent overuse injuries by strengthening the ligaments and tendons. Develops focus and attention skills, increases awareness of your joints, center, dantain and spiral energy. Also develops hand, arm, leg and core strength and improves the physical conditioning of joints and ROM for the shoulder, elbow and wrist.

Tai Chi Bang sticks will be provided for class use only. Students should wear comfortable loose-fitting clothing and flat soled shoes to each class. Class is designed for adults, and children 13 years and older may enroll with an adult. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Ten Mondays
October 2, 9, 16
November 6, 13, 20, 27
December 4, 11, 18

Time: 6:00 – 7:00 p.m.

Fee: \$45

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Lawrence Erpelding, certified instructor

Yang Style (1st third of long form) Tai Chi at Schmucker

The principles of Tai Chi include emphasis on relaxation of tension and stress, including physical, mental and emotional stress, leading to the development of internal strength and flexibility; a process of integration in which the mind and body become unified; and an understanding that the key element in respect to any life success is the maintenance of the qualities of balance and harmony.

Tai Chi allows you to become more aware of the natural laws which govern change; not just change in the body as affects physical structural movement, but rather principles of change and movement that govern every aspect of our lives. Routines, exercises and stretches that include: Ba Shi Stances, Meridian Stretches, Dao Yin, and Push Hands will occasionally be added to compliment the Tai Chi Practice.

Students should wear comfortable loose-fitting clothing and flat soled shoes to each class. Class is designed for adults and children 13 years and older may enroll with an adult. Class meets one night a week for a total of 9 classes. Class is not held on a few dates due to school closings or prior scheduled events.

Dates: Nine Thursdays
October 5, 12, 19, 26
November 2, 9, 16, 30
December 7

Time: 6:00 – 7:00 p.m.

Fee: \$45

Location: Schmucker Middle School, LGI
Use Entrance C

Instructor: Lawrence Erpelding, certified instructor

New!!!

Tai Chi for Arthritis at Schmucker

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

Students should wear comfortable loose-fitting clothing and flat soled shoes to each class. Class is designed for adults and children 13 years and older may enroll with an adult. Class meets one night a week for a total of 7 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Seven Wednesdays
October 4, 11, 18
November 1, 8, 15, 29
- Time:** 6:15– 7:15 p.m.
- Fee:** \$35
- Location:** Schmucker Middle School, LGI
Use Entrance C
- Instructor:** Debra Leonard, certified instructor and Senior Trainer with TCHI

Tai Chi for Energy at Schmucker

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

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

Students should wear comfortable loose-fitting clothing and flat soled shoes to each class. Class is designed for adults and children 13 years and older may enroll with an adult. Class meets one night a week for a total of 7 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Seven Wednesdays
October 4, 11, 18
November 1, 8, 15, 29
- Time:** 7:30 – 8:30 p.m.
- Fee:** \$35
- Location:** Schmucker Middle School, LGI
Use Entrance C
- Instructor:** Debra Leonard, certified instructor and Senior Trainer with TCHI

Cardio Drumming at Walt Disney

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

Participants should bring a yoga ball, a bucket and 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
October 3, 5, 10, 12, 17, 19, 26
November 2, 7, 9, 14, 16, 21, 28, 30
December 5, 7, 12, 14, 19
- Time:** 6:15 – 7:15 p.m.
- Fee:** \$70
- Location:** Walt Disney Elementary School, Gym
Use Entrance C (door code will be issued)
- Instructor:** Kori Woods, experienced fitness instructor

Women's Self Defense

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

New!!!

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

Choose one of the sessions offered.

- Dates:** **SESSION I**— One Tuesday, October 3
SESSION II— One Tuesday, November 14
- Time:** 6:30 – 8:30 p.m.
- Fee:** \$20 (per session)
- Location:** Bittersweet Elementary School, Gym



Register and pay online at
phm.revtrak.net

Use Entrance A (door code will be issued)

Instructor: Richard Freeman, Policeman, certified instructor and Security Consultant

Basic Home Canning Classes

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

All materials are included. Class is designed for adults and children 14 years and older may enroll with an adult. Prerequisite: To take sessions III and IV you must enroll in sessions I and II.

Choose one or multiple sessions offered.

Dates: **SESSION I** — Canning Basics and Safety
One Monday, October 9
SESSION II — Food Selection and Prep
One Monday, October 23
SESSION III— Water Bath Canning
One Monday, November 6
SESSION IV— Pressure Canning
One Monday, November 20

Time: 6:30 – 8:30 p.m. (for Sessions I and II)

Time: 6 – 9 p.m. (for Sessions III and IV)

Fee: \$25 (per session)

Location: Penn High School, Room 134

Use Entrance L

Instructor: Amy Lara, certified instructor and Chef

Hands-on Various Cooking Classes

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

Session I—Yummy veggies: How to excite your side dishes and play with flavors; **Session II**—Easy Mexican: flavors from south of the border; **Session III**—Have you ever tried???: sampling exotic fruits and veggies and other delicacies; **Session IV**—Health Cooking Methods: Learn what you can substitute for "unhealthy" foods; **Session V:** Fun and Healthy Desserts: Who still wants dessert and not mess up your eating/meal plan!

All materials are included. Class is designed for adults and children 14 years and older may enroll with an adult. Choose one or multiple sessions offered.

Dates: **SESSION I**— Yummy Veggies
One Thursday, October 5

SESSION II— Easy Mexican
One Thursday, October 12

SESSION III— Have you ever tried ???

One Thursday, October 19

SESSION IV— Healthy Cooking Methods

One Thursday, October 26

SESSION V— Fun and Healthy Desserts

One Thursday, November 2

Time: 6:30 – 8:30 p.m.

Fee: \$25 (per session)

Location: Penn High School, Room 134

Use Entrance L

Instructor: Amy Lara, certified instructor and Chef

Digital Photo Solutions

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

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

Date: One Monday, October 2

Time: 6:30 – 9:00 p.m.

Fee: \$10

Location: Penn High School, Staff Dining

Use Entrance D

Instructor: Kay Crum, experienced instructor

Digital Photo Organization

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

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

Date: Three Mondays
October 9, 16, 23

Time: 6:30 – 9:00 p.m.

Fee: \$45

Location: Penn High School, Room 251

Use Entrance L

Instructor: Kay Crum, experienced instructor

New!!!

Digital Photo Album and Gift Items

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

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

Date: Three Mondays
November 6, 13, 20
Time: 6:30 – 9:00 p.m.
Fee: \$45
Location: Penn High School, Room 251
Use Entrance L
Instructor: Kay Crum, experienced instructor]

Hot Topics for Pet Lovers

Lectures on topics relating to dog and cat ownership and care. Class topics will include Ticks and Tick Borne Diseases-How to protect your pet and you.; Canine Influenza-What's new with the flu?; How to Live with Diabetes in Your Pet. Students will view videos, listen to presentations and learn where to find vet approved and trusted resources on the internet. Class is designed to try and provide students with a more in-depth look at pet issues to help empower them to make more informed decisions regarding their pets' health and well being. *Students may want to bring their own tablet or laptop or pen and paper for taking notes during class. Class is designed for adults.*

Choose one or multiple sessions offered.

Dates: **SESSION I**—Ticks and Tick Borne Diseases—
How to protect your pet and you
One Monday, October 16
SESSION II— How to Live with Diabetes
in Your Pet
One Monday, November 13
SESSION III— Canine Influenza—What's
new with the flu?
One Monday, December 11
Time: 7:00 – 8:00 p.m.
Fee: \$20 (per session)
Location: Penn High School, Room 165
Use Entrance I (door code will be issued)
Instructor: Karen Prymak-Oldick, experienced instructor

New!!!



Buttons-Buttons-Buttons

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

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

Dates: Three Mondays
October 9, 16, 23
Time: 7:00 – 8:00 p.m.
Fee: \$30
Location: Penn High School, Room 163
Use Entrance D
Instructor: Barbara Steele, experienced instructor

Knitting for Beginners

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

Choose one or both sessions offered.

Dates: **SESSION I** — Four Tuesdays
October 3, 10, 17, 24
SESSION II — Four Tuesdays
November 7, 14, 21, 28
Time: 7:00 – 9:00 p.m.
Fee: \$45 (supplies not included)
Location: Penn High School, Room 165
Use Entrance D
Instructor: Allison Bishop, experienced instructor



Register and pay online at
pjm.revtrak.net

Learn to Quilt

Learn the basics of quilt making from piecing to applique, color and fabric choice, to putting all three layers together. You will make nine blocks, each focusing on a different technique and you will finish the class with a quilt perfect as a table topper or a wall hanging. Class is geared for beginners with basic sewing knowledge.

Sewing machines will be available to use during class or you may bring your own to each class. Class supplies will be discussed at the first class and can be purchased before the second class. (You will be bringing some of these basic sewing supplies to all the other class: pins, scissors, thread, cutting mat, rotary cutter, and interfacing.) Prerequisite: Basic sewing knowledge. Class meets one night a week for a total of 9 classes. Class is not held on a few dates due to school closings or prior scheduled events.

- Dates:** Nine Mondays
October 2, 9, 23
November 6, 13, 20, 27
December 4, 11
- Time:** 7:00 – 9:00 p.m.
- Fee:** \$65
- Location:** Penn High School, Room 248
Use Entrance L (door code will be issued)
- Instructor:** Becky Szeles, experienced instructor



Veterinary Science for Young Animal Lovers

This fun new *class is designed for children ages 11 to 14 years old* who are interested in learning about veterinary science through fun and interactive classes. The instructor will use various forms of teaching with videos, presentations, projects and hands-on learning. Class topics will include Basic Pet First Aid; Pet Nutrition and Preventing Obesity; and Basic Pet Grooming and Dentistry. *Students will need to bring a laptop or ipad/tablet to class to use for their projects during class. Students will be in contact with latex in the supplies and equipment so anyone with latex allergies, please be advised.*

Choose one or multiple sessions offered.

- Dates:** **SESSION I**—Basic Pet First Aid
One Monday, October 9
- SESSION II**— Pet Nutrition and Preventing Obesity
One Monday, November 6
- SESSION III**— Basic Pet Grooming and Dentistry
One Monday, December 4
- Time:** 6:30 – 8:00 p.m.
- Fee:** \$20 (per session)
- Location:** Penn High School, Room TBA
Use Entrance L
- Instructor:** Karen Prymak-Oldick, experienced instructor

New!!!

Art Adventures for Young Children

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

- Dates:** Four Thursdays
October 5, 12, 19, 26
- Time:** 6:00 – 7:00 p.m.
- Fee:** \$35 (supplies included)



Register and pay online at
phm.revtrak.net

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

Instructor: Amy Prince, experienced instructor/Art teacher

Art Explorations for Young People

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

Students should wear clothing that is ok to get messy or bring a paint shirt.

Dates: Four Thursdays
October 5, 12, 19, 26

Time: 7:05 – 8:05 p.m.

Fee: \$35 (supplies included)

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

Instructor: Amy Prince, experienced instructor/Art teacher



Baby-Sitting Basics

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

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

Date: One Saturday, October 14

Time: 8:00 a.m. – 12:30 p.m.

Fee: \$30 (*A snack is provided*)

Location: P-H-M Educational Services Center
Use Main Front Entrance

Instructor: Linda Meeks, R.N.

Preparation for the SAT

The SAT test will be administered at Penn High School on both Saturday, October 7 and December 2. 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 September 12, 2017.

Dates: **Session I-Four total classes**

Two Tuesdays for English review
September 26 and October 3
and

Two Wednesdays for Math review
September 27 and October 4

Time: 3:45 – 5:45 p.m.

Fee: \$65 (includes book)

Location: Penn High School, Room 152 for Tuesday classes
and Room 163 for Wednesday classes
Use Entrance D

Instructors: Scott Thompson and TBA, P-H-M staff

Dates: **Session II-Four total classes**

Two Tuesdays for English review
November 7 and 14
and

Two Wednesdays for Math review
November 8 and 15

Time: 3:45 – 5:45 p.m.

Fee: \$65 (includes book)

Location: Penn High School, Room 152 for Tuesday classes
and Room 163 for Wednesday classes
Use Entrance D

Instructors: Scott Thompson and TBA, P-H-M staff



Are you a potential instructor?

Is there a class you would like us to offer?

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

We're always interested in new ideas and would like to offer additional classes. We enjoy bringing people together who want to share learning experiences with one another.

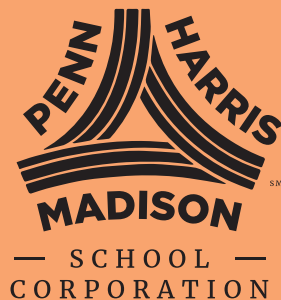
We are looking to offer some new classes in the fall. Do you have a talent or a skill to teach?

Here are some ideas of classes we would like to offer:

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

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

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



Adult Basic Education (GED Prep)

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



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

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

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

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

PRO Swimming

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

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

Penn Lifetime Fitness Center

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

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

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

Mornings (Monday–Friday)

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

Evenings (Monday–Thursday)

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

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

Fridays

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

Saturdays

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

Open Swim Dates
Fall 2017
September 11–October 11
Spring 2018
February 26–July 18

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
Fall 2017

September 11–October 11

Spring 2018

February 26–July 18

(Closed on recess days and holidays)

Time: 7:00–9:00 p.m.

Fees: **Effective July 24, 2017, Community Members are no longer charged a fee**

Location: Penn High School, Pool, Enter Door D

**Starting in September,
there is no fee to
participate in P-H-M
Open Swim.**

P-H-M Breakfast with Santa



December 2, 2017

Shows at

**8:00 a.m., 9:30 a.m.
and 11 a.m.**

\$7.00—adults

\$6.00—children

(kindergarten through 3rd grade students only)

Program Information

- A visit from Santa
- Child-friendly breakfast prepared by P-H-M food service
- A dazzling “Laser Holiday” show in the state-of-the-art Digital Video Theater

Ticket Information

Ticket sales begin on Wednesday, November 1, 2017 beginning at 8 a.m. Tickets can only be purchased 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 1**, 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. Registration will not open until 8 a.m. on November 1. Tickets will then be mailed to you from the Community Education office.



Again, tickets are only sold online, and all ticket sales begin on Wednesday, November 1 at 8 a.m. If you have questions, please call 574-258-9568 or email jforkner@phm.k12.in.us.

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

Breakfast with Santa Program Sponsored by:

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

P-H-M Winter Fitness Class Information

@Bittersweet

Pilates	Dates: January 8–February 12 (Mon)	Time: 6:00 – 6:45 p.m.
Fitness Boot Camp	Dates: January 8–February 12 (Mon)	Time: 7:00 – 7:45 p.m.

@ Elm Road

Triple Threat	Dates: January 9–February 20 (Tues)	Time: 6:15 – 7:15 p.m.
Pilates Sculpt	Dates: January 11–February 22 (Thurs)	Time: 6:15 – 7:15 p.m.

@ Elsie Rogers

Advanced Kettlebell	Dates: January 9–February 20 (Tues)	Time: 6:00 – 6:45 p.m.
Beginner Kettlebell	Dates: January 9–February 20 (Tues)	Time: 7:00 – 7:45 p.m.

@Northpoint

Pound Fit	Dates: January 8–February 21 (Mon & Wed)	Time: 6:15 – 7:15 p.m.
Yoga	Dates: January 8–February 21 (Mon & Wed)	Time: 7:30 – 8:30 p.m.

@Penn

Water Aerobics	Dates: January 9–February 22 (Tues & Thurs)	Time: 7:45 – 8:40 p.m.
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@Prairie Vista

Yoga	Dates: January 8–February 12 (Mon)	Time: 6:05 – 7:05 p.m.
Pilates Sculpt	Dates: January 8–February 21 (Mon & Wed)	Time: 7:15 – 8:15 p.m.

@Schmucker

Zumba	Dates: January 10–February 23 (Tues & Thurs)	Time: 6:30 - 7:30 p.m.
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@Walt Disney

Cardio Drumming	Dates: January 9–February 22 (Tues & Thurs)	Time: 6:15 - 7:15 p.m.
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Classes and class information are subject to change before classes begin in January.

If you would like a winter fitness flyer emailed to you, please send an email request to jforkner@phm.k12.in.us and one will be emailed to you in **November** with the final information.

You will be able to register by mail or online for winter classes beginning in late November by visiting the PHM Web Store: phm.revtrak.net!

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

Finding Your Way Around P-H-M

Bittersweet Elementary School Classes

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

Elm Road Elementary School Classes

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

Elsie Rogers Elementary School Classes

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

Northpoint Elementary School Classes

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

Penn High School Classes

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

Prairie Vista Elementary School Classes

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

Schmucker Middle School Classes

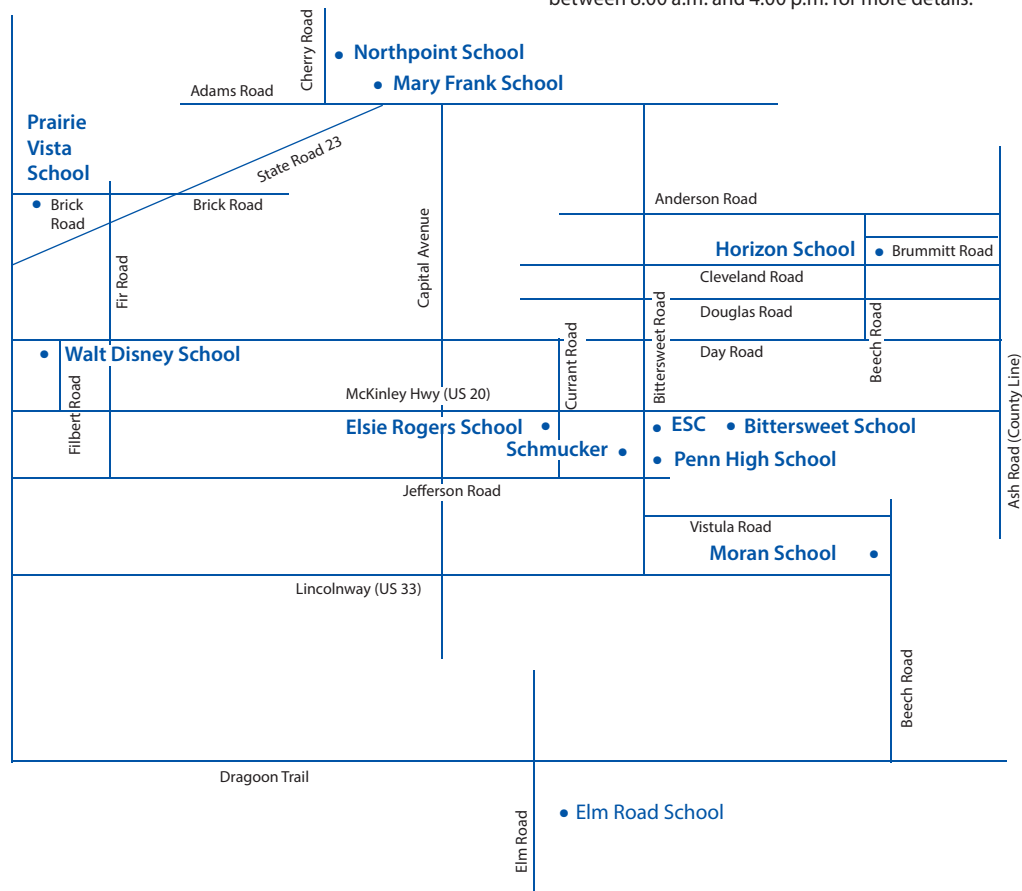
Schmucker Middle School is located across the street from Penn High School on Bittersweet Road. **Use Entrance C (to the left of the main entrance) for all classes.**

Walt Disney Elementary School Classes

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

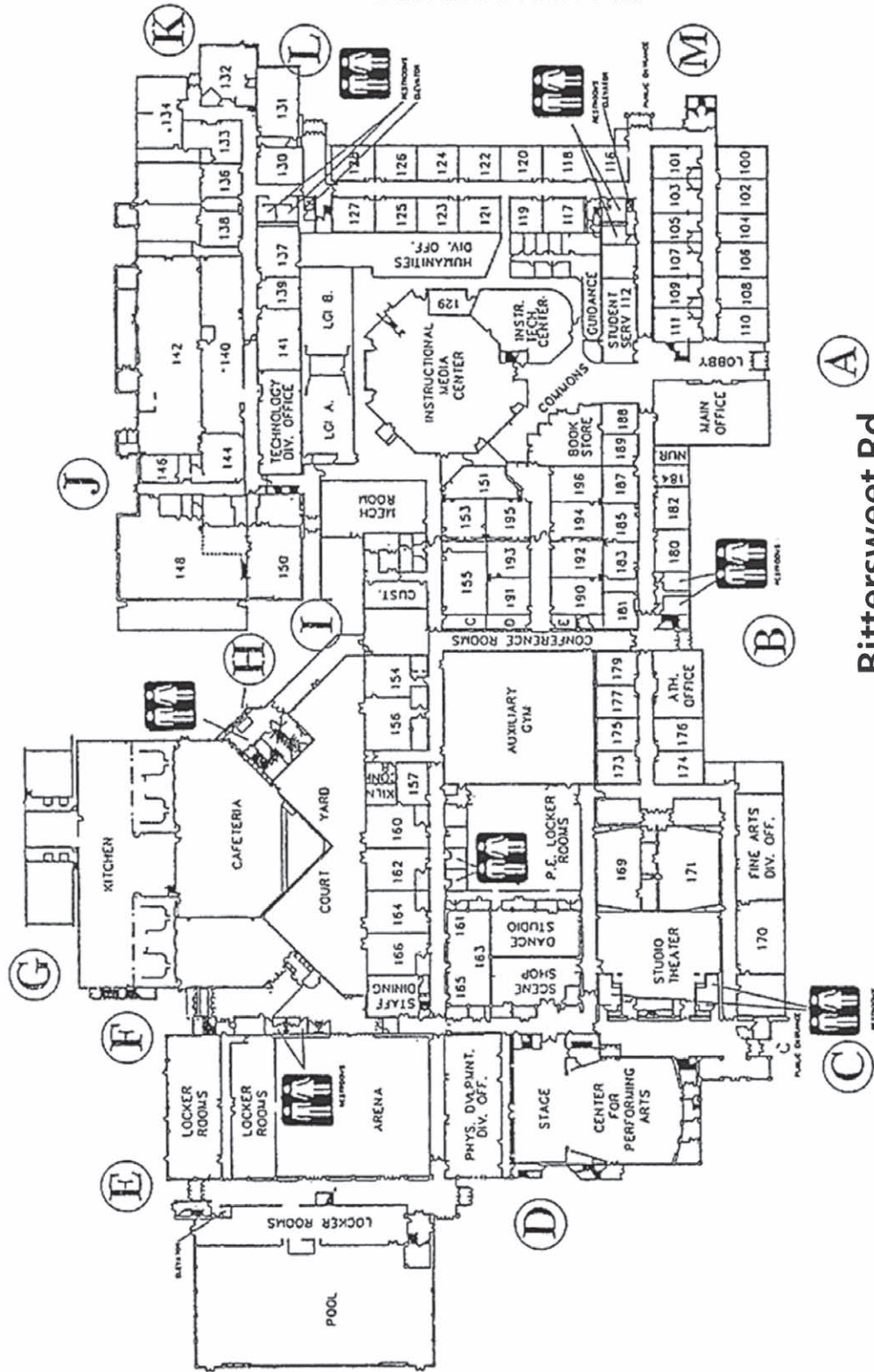
Still confused?

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



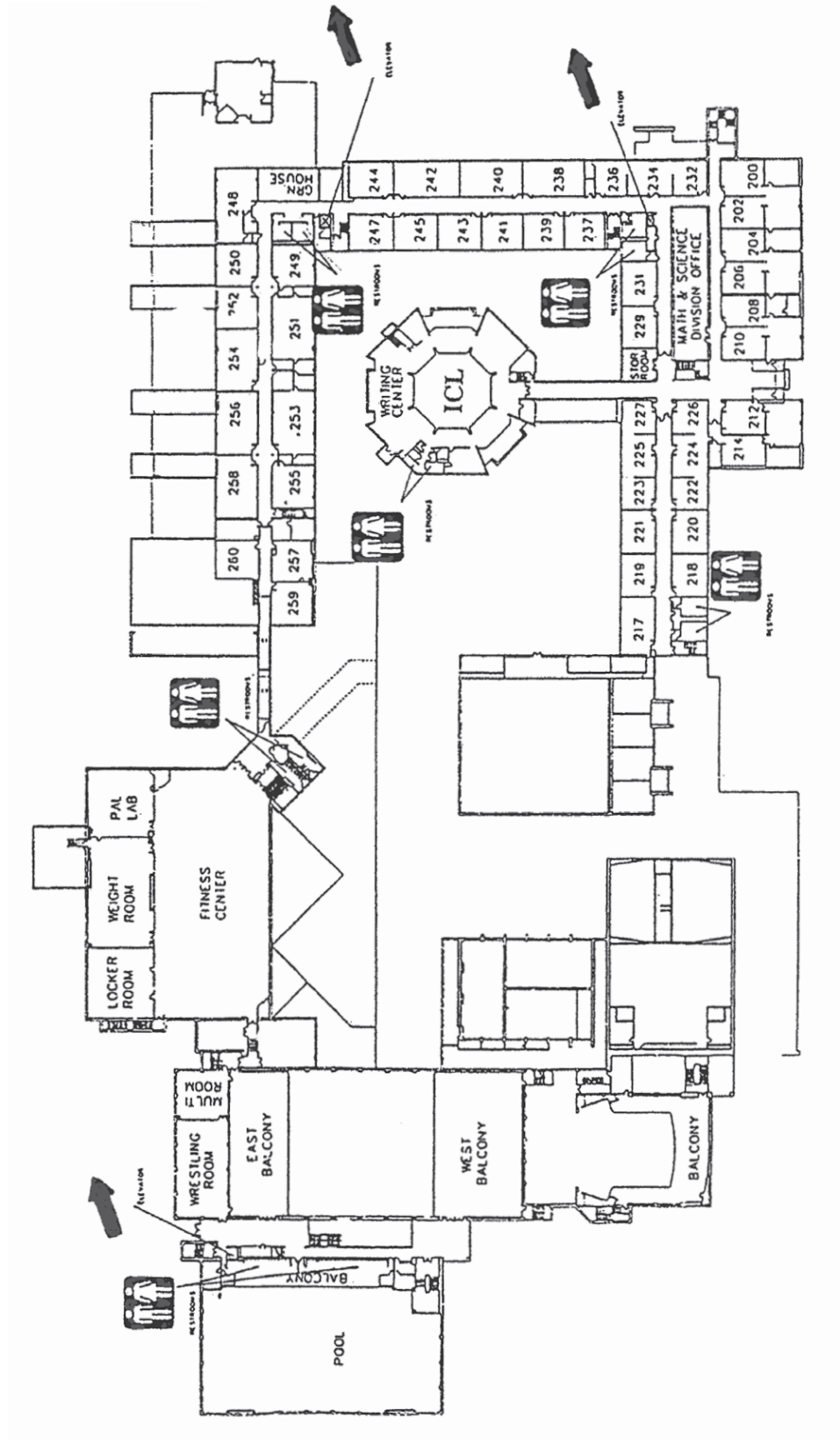
Finding Your Way Around Penn High School—First Floor

Jefferson Blvd.



Bittersweet Rd.

Finding Your Way Around Penn High School—Second Floor



Registration Information

New Online Registration and Payments

Online Registration

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

Phone-In Registration

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

Walk-In Registration

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

Mail-In Registration

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

Payment Information

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

When Can I Register?

Registration begins immediately! Registrations are processed on a first-come, first-served basis. You may register until the day before a class begins. Due to a minimum number of students necessary for classes to be held, we encourage you to sign up early. **You must register and pay before attending a class or bus trip.**

Confirmation

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

What if a class is full?

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

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

Changes

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

Cancellation/Refund Policy

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

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

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

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

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

Refunds

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

Discounts

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

Inclement Weather

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

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

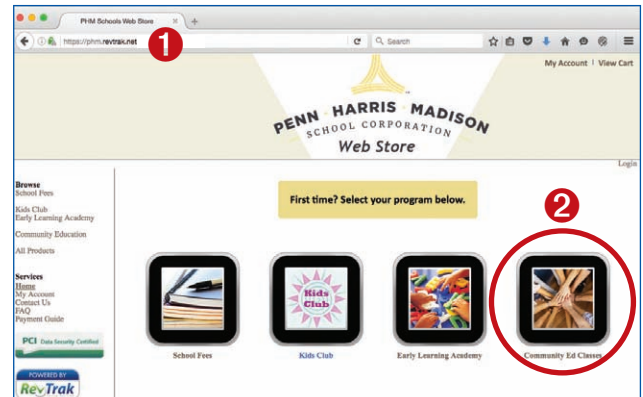
Every effort will be made to provide class status information on voice mail if the office is closed. Participants will be called only in special circumstances such as teacher illness or emergency.

New!!!

NOW AVAILABLE: Online Registration and Payments

Instructions for Enrolling in Community Education Classes

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



Advanced Kettlebells at Elsie Rogers

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

4

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

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

ADVANCED KETTLEBELLS AT ELSIE ROGERS

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

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

Register and pay
online at
phm.revtrak.net



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

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone # _____ Daytime/Cell Phone # _____

Email _____

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

Child's Age _____ Grade for fall 2017 _____

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 2017 — Walk-in and Mail-in Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone # _____ Daytime/Cell Phone # _____

Email _____

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

Child's Age _____ Grade for fall 2017 _____

Course Name _____ Fee _____

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

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— SCHOOL —
CORPORATION

Community Education
55900 Bittersweet Road
Mishawaka, IN 46545

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

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find fall class information, Breakfast with Santa information and the winter class dates. This brochure offers many new opportunities for personal enrichment, fitness and recreation, entertainment as well as learning new job skills. Please call our office at (574) 258-9568 or email jforkner@phm.k12.in.us if you have any questions about our classes. Go to phm.revtrak.net and register and pay online or call or come to our office to register.

Computers

Introduction to Personal Computers	2
Intermediate Personal Computers	2
Beginning Photoshop	3
Introduction to Excel	3
Intermediate Excel	3
Internet Made Easy	3
Learning Microsoft Publisher NEW	3

Bus Trips

Gurnee Mills Annual Bus Trip	3
Downtown Chicago Bus Trip	4

Recreation

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

Fitness

Water Aerobics/Aqua Groove at Penn	5
Triple Threat at Elm Road NEW	5
Pilates Fusion at Elm Road NEW	5
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Pound Fit at Northpoint NEW	6
Yoga at Northpoint	6
Yoga at Prairie Vista	6

Fitness, continued

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Pilates Fusion at Prairie Vista NEW	7
Zumba Toning at Schmucker NEW	7
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Fitness Boot Camp at Bittersweet	7
Cardio Drumming at Schmucker NEW	8
Beg Tai Chi Bang Stick at Schmucker	8
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Tai Chi for Energy at Schmucker	9
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Vet. Science for Young Animal Lovers NEW	12
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*You do not
need to live within the P-H-M school district
to take or teach our classes.*