



COMMUNITY EDUCATION

Fall 2024

COURSE SCHEDULE



www.phmschools.org
(574) 258-9568

FALL CLASS INFORMATION

Breakfast with Santa & Winter Class Information

welcome to Lifelong Learning 4 Easy Ways to Register

See Page 18
for Detailed
Instructions

Register and pay online

- Visit them 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. You must register **BEFORE** attending a class. *Instructors DO NOT accept registration or payments.* We accept cash, check, money order or purchase order at the Community Education office. **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 30
October 7, 14, 21
Time: 6:00 – 8:30 p.m.
Fee: \$75/\$65 senior citizens
Location: Penn High School, Room 141
Use Entrance L (a door code will be issued)
Instructor: Kay Crum, experienced instructor

Intermediate Personal Computers

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

Dates: Four Mondays
November 4, 11, 18, 25
Time: 6:00 – 8:30 p.m.
Fee: \$75/\$65 senior citizens
Location: Penn High School, Room 141
Use Entrance L (a door code will be issued)
Instructor: Kay Crum, experienced instructor

Gurnee Mills Outlet Mall 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'll 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, Box Lunch, Buckle, Burlington, Carter's, Charlotte Russe, Crocs, Dick's Sporting Goods, Edisu, Express, Forever 21, H&M, Hobby Lobby, Hollister, Kohl's, Lego Store, Macy's, Macy's Backstage, Marshalls Home Goods, Maurices, Nike, Pandora, 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 27 but seats may still be available after this date.

Date: One Saturday, October 19
Time: 8:00 a.m. – 9:30 p.m.
Fee: \$55 per person
Departure: Penn High School, north parking lot



Downtown Chicago Holiday Bus Trip

Enjoy the festive atmosphere of downtown Chicago with this fun 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 or you can 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 9:00 p.m. Payment for this trip must be received at the time of registration. No refunds will be given after payment is received. Please try to register prior to November 1 but seats may still be available after this date.

Date: One Saturday, November 23
Time: 8:00 a.m. – 9:00 p.m.
Fee: \$55 per person
Departure: Penn High School, north parking lot



Discover Scuba

October 8 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. Bring a bathing suit, towel and locker padlock and the rest will be provided.

Date: One Tuesday, October 8
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 10 years 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. ***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 is mask, fins, snorkel and booties. Participants should also bring a bathing suit, towel and locker padlock to each class. After registering and paying for the class, you must call Hart City Scuba at 574.264.3528.***

Dates: Two Thursdays & Two Tuesdays
 November 7, 12, 14, 19
Time: 6:30 p.m. – 9:30 p.m.
Fee: \$300 (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 teaches the basics, will 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 30
October 7, 14, 21, 28

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 30
October 7, 14, 21, 28

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 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, you 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. If you are not able to stand for long periods of time, you can also drum sitting down.

Participants should bring a fitness 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 may enroll with an adult. 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. No classes on 10/7, 10/23, 10/28 & 11/27

Dates: Twenty Mondays/Wednesdays
September 30
October 2, 9, 14, 16, 21, 30
November 4, 6, 11, 13, 18, 20, 25
December 2, 4, 9, 11, 16, 18

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 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 9 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/8, 10/22 & 11/5

Dates: Nine Tuesdays
October 1, 15, 29
November 12, 19, 26
December 3, 10, 17

Time: 6:15 – 7:15 p.m.

Fee: \$40

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

Instructor: Nicole DeWitt, certified instructor



Register and pay online at
phm.revtrak.net

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 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. No classes on 10/10, 10/31, 11/14 & 11/28

Dates: Eight Thursdays
October 3, 17, 24
November 7, 21
December 5, 12, 19

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. 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. No classes on 10/22 & 11/5

Dates: Ten Tuesdays
October 1, 8, 15, 29
November 12, 19, 26
December 3, 10, 17

Time: 6:15 – 7:15 p.m.

Fee: \$40

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

Instructor: Julie Dozier, certified instructor

Yoga at Northpoint

Learn 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 21 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/23, 10/28 & 11/27

Dates: Twenty-one Mondays/Wednesdays
September 30
October 2, 7, 9, 14, 16, 21, 30
November 4, 6, 11, 13, 18, 20, 25
December 2, 4, 9, 11, 16, 18

Time: 6:15 – 7:15 p.m.

Fee: \$55

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

Instructor: Lauren Plennert and Valli Raman, certified instructors



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 18 classes. Class is not held on a few dates due to school

closings or prior scheduled events. Locker rooms should be open at 7:30 p.m. No classes on 10/17, 10/31, 11/5, 11/28, 12/5 & 12/17

Dates: Eighteen Tuesdays/Thursdays
October 1, 3, 8, 10, 15, 22, 24, 29
November 7, 12, 14, 19, 21, 26
December 3, 10, 12, 19

Time: 7:45 – 8:40 p.m.

Fee: \$60/\$55 for senior citizens

Location: Penn High School, Pool
Use Entrance D

Instructor: Nicci DeWitt, certified instructor

PLYOGA Fitness at Prairie Vista

Are you looking for a fun new workout this fall? PLYOGA might be just for you! PLYOGA is a 4-part interval training system that uses the benefits of fundamental and accelerated yoga as an active recovery for plyometric (reactive) movement. Accelerating, strengthening and stabilizing your fitness at any level. Achieve more balance and flexibility using no equipment that can be done anywhere. Is suitable for people of all ages and levels, from beginners to athletes.

Participants should bring a yoga mat, water bottle and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/28 & 11/4

Dates: Ten Mondays
September 30
October 7, 14, 21
November 11, 18, 25
December 2, 9, 16

Time: 6:30 – 7:30 p.m.

Fee: \$40

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

Instructor: Cameron Lykowski, certified instructor



Zumba at Prairie Vista

Zumba is a Latin-inspired dance-based fitness program that combines cardio and international music designed to help you dance your way fit! With dance moves set to upbeat music that encourages participants to move to the beat while getting a great work out and having fun too. Class is

suitable to people of all ages and fitness levels, and can target the core, legs and glutes.

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 9 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/23, 11/20 & 11/27

Dates: Nine Wednesdays
October 2, 9, 16, 30
November 6, 13
December 4, 11, 18

Time: 6:30 – 7:30 p.m.

Fee: \$40

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

Instructor: Cameron Lykowski, licensed instructor

Cardio Drumming at Walt Disney

Cardio drumming combines dance and rhythm for fun, high-energy workouts which can 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, you 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. If your are not able to stand for long periods of time, you can also drum sitting down.

Participants should bring a fitness 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 12 years and older may enroll with an adult. Class meets one night a week for a total of 6 classes. Class is not held on a few dates due to school closings or prior scheduled events. No class on 10/31

Dates: Six Thursdays
October 3, 10, 17, 24
November 7, 14

Time: 6:15 – 7:15 p.m.

Fee: \$30

Location: Walt Disney Elementary School, Gym
Use Entrance C (a door code will be issued)

Instructor: Cheryl Burnett, experienced fitness instructor

Women's Self Defense

Learn about the combat mindset of "Mama Bear" mentality in this very important class. Learn solutions to being vigilant and aware of surroundings and how to escape common grabs, choke holds, attacks and how to counter attack in order to get away. Learn 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.

NEW

NEW

Bring a water bottle and small towel to each class. Class is designed for adults and children 14 years and older.

Choose one of the sessions offered.

Dates: **SESSION 1**— One Thursday, October 10
SESSION 2— One Thursday, November 7

Time: 6:30 – 8:30 p.m.

Fee: \$20 (per class session)

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

Instructor: Jim Niedbalski, Policeman, experienced instructor

Salsa Sauces and Tortilla Basics

Want to learn to make the best salsa ever? Come learn some tricks and different ingredients that can make that happen. We will work on guacamole, salsa roja, salsa verde, pico de gallo and various chile sauces.

Learn about different peppers, their varying flavors and levels of hotness. Struggling to get tortillas that don't fall apart, we can with that too!!!

All materials are included. Class is designed for adults and children 16 years and older may enroll with an adult.

Dates: **SESSION 1** — One Wednesday—October 2
SESSION 2 — One Wednesday—October 16

Time: 6:30 – 8:30 p.m.

Fee: \$20 (per class session)

Location: Penn High School, Room 134
Use Entrance L (a door code will be issued)

Instructor: Amy Lara, certified instructor



Basic Home Canning

Have you always canned? Are you following your Grandmother's recipes? Learn the basics of safely 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 and importance of water bath and pressure canning. Learn what can and cannot be canned and how each must be processed for safety. Come learn the many tricks the instructor has to share! We will make jam, jelly & juice in class and you will take samples home with you.

All materials are included. Bring a sack lunch and a towel to take warm canning jars home. Class is designed for adults and children 16 years and older may enroll with an adult.

Dates: One Saturday, October 12

Time: 8:00 a.m.– 2:00 p.m.

Fee: \$65

Location: Penn High School, Room 134
Use Entrance L (a door code will be issued)

Instructor: Amy Lara, certified instructor

Chalk Creations with Cheryl

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

Inspirational, seasonal and other themed transfers will be available to use. You will purchase supplies from the instructor at each class. Your supply fee with the instructor will be \$15 per session—Payable to Cheryl at the class. Class is designed for adults and children 13 years and older may enroll with an adult. No experience is necessary.

Dates: **SESSION 1** —One Wednesday—October 2
SESSION 2 —One Wednesday—October 16
SESSION 3 —One Wednesday—November 6

Time: 6:30 – 8:30 p.m.

Fee: \$15 (per class session) or \$40 for all 3 sessions

Location: Penn High School, Room 164
Use Entrance D

Instructor: Cheryl Walsh, 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 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 Wednesdays
November 6, 13, 20

Time: 6:00 – 8:30 p.m.

Fee: \$50

Location: Penn High School, Room 168
Use Entrance D

Instructor: Kay Crum, experienced instructor



Register and pay online at
phm.revtrak.net



Homemade Holiday Gifts

A fun, simple and quick way to learn to make fast, easy gifts ranging from a flannel rag quilt, cosmetic bag, and more. A great class for novice or beginner quilters as most projects can be completed in a few hours. Surprise your loved ones with practical gifts made especially for them.

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. The instructor will email everyone before classes begin with specific fabric requirements. You will be bringing some basic sewing supplies to all the other classes: fabric, pins, scissors, thread, cutting mat, rotary cutter and interfacing) Prerequisite: Basic sewing knowledge. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events. **No class on 11/5**

Dates: Eight Tuesdays
October 1, 8, 15, 22, 29
November 12, 19, 26

Time: 7:00 – 9:00 p.m.

Fee: \$55

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

Instructor: Becky Szeles, experienced instructor

Chalk Creations for Parent and Child

Join this fun parent and child workshop and make a keepsake project or wall decor using silk screen transfers and chalk paste.

Themed transfers will be available to use. You will purchase supplies from the instructor at the class. Your supply fee with the instructor will be \$20 per 1 parent and 1 child. Additional child(ren) enrolled will have a supply fee of \$10 per child. Supply fee is payable to Cheryl at the class. Class is designed for adults and children 10 years and older enrolled together. No experience is necessary.

Dates: One Wednesday, November 13

Time: 6:30 – 8:00 p.m.

Fee: \$20 for 1 parent and child
\$10 for each additional child

Location: Penn High School, Room 164
Use Entrance D

Instructor: Cheryl Walsh, 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 to the joys of making art. *Wear clothing that is OK to get messy or bring a paint shirt.*

Dates: Three Tuesdays
October 1, 8, 15

Time: 6:10 – 7:10 p.m.

Fee: \$30 (supplies included)

Location: Bittersweet Elementary School,
Room to be determined
Use Entrance A (a door code will be issued)

Instructor: Amy Prince, experienced instructor and Art teacher



Register and pay online at
phm.revtrak.net

Art Explorations for Young People

This class is designed for children *age nine to eleven 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 pasts. 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. *Wear clothing that is OK to get messy or bring a paint shirt.*

- Dates:** Three Tuesdays
October 1, 8, 15
- Time:** 7:15 – 8:15 p.m.
- Fee:** \$30 (supplies included)
- Location:** Bittersweet Elementary School,
Room to be determined
Use Entrance A (a door code will be issued)
- Instructor:** Amy Prince, experienced instructor and Art teacher



Baby-Sitting Basics

This fun class is designed to prepare you for the responsibilities that come with child care including activities to keep children busy, safety, answering land line phones and the door, choking and rescue breathing, and more. You will also 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. *Students should bring a doll or stuffed animal for diaper practice skills during class.* A snack is provided. A certificate of achievement will be awarded to each student upon successful completion of all class requirements.

- Dates:** One Saturday, October 12
- Time:** 8:00 a.m. – 12:30 p.m.
- Fee:** \$40 (Snack is provided)
- Location:** P-H-M Educational Services Center,
55900 Bittersweet Rd, Mishawaka, IN 46545
Use Main Front Entrance
- Instructor:** Linda Meeks, R.N.



Improv Acting for Teens

This fun new class is designed for students in grades 5-8, who are interested in performance and stage work or those who want to build self-confidence.

Students will participate in creative games and exercises designed to build confidence and imagination. They will create short scenes to help increase individual spontaneity and will work together in small groups on short plays with the purpose of creating fun characters and stories. Learn the basics of utilizing space, movement, voice and imagination in a spontaneous atmosphere and nurtures stage skills.

- Dates:** Three Mondays per session
Session I-October 7, 14, 21
Session II-November 4, 11, 18
- Time:** 6:30 p.m. – 8:00 p.m.
- Fee:** \$40 per 3 class session
- Location:** Elsie Rogers Elementary School, Gym
Use Entrance C (a door code will be issued)
- Instructor:** Deb Swerman and Patrick Sweeney, experienced instructors

NEW



Register and pay online at
phm.revtrak.net



COMMUNITY EDUCATION NEEDS YOU!!

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

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.

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.



Register and pay online at
phm.revtrak.net

Breakfast with Santa 2024



Saturday, December 7

Show times are:

8 a.m., 9:30 a.m.,

11 a.m. and 12:30 p.m.

at Bittersweet Elementary School

\$8 for all tickets

Program Information

- First enjoy a dazzling “Laser Holidays” show in the state-of-the-art P-H-M Arthur M. Klinger Planetarium
- You will then eat a child-friendly breakfast prepared by P-H-M Food Service
- Finally a personal visit with Santa. Be sure to bring your camera or phone to take pictures.

Ticket Information

Ticket sales begin on Monday, November 4, 2024 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 4, go to **phm.revtrak.net** and click on the Breakfast with Santa button, create an account (if you do not already have a Revtrak 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 4.** 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 P-H-M Community Education Department
and P-H-M Arthur M. Klinger Planetarium

WINTER FITNESS CLASS SCHEDULE

Winter fitness classes will be offered in January and February. Registration begins November 11. Class fees and schedules could change prior to November so please check online information in late October.

On November 11 or after 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-12 classes

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

January 6, 8, 13, 15, 22, 27, 29 and February 3, 5, 10, 12, 19

Cost-\$50

ELM ROAD ELEMENTARY SCHOOL

WERQ Dance Fitness-6 classes

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

January 7, 14, 21, 28 and February 11, 18

Cost-\$30

ELSIE ROGERS ELEMENTARY SCHOOL

Kettlebells-6 classes

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

January 7, 14, 21, 28 and February 11, 18

Cost-\$30

NORTHPOINT ELEMENTARY SCHOOL

Yoga-11 classes

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

January 6, 8, 13, 15, 22, 29 and February 3, 5, 10, 12, 19

Cost-\$50

PENN HIGH SCHOOL

Water Aerobics-11 classes

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

January 7, 9, 16, 21, 23, 28, 30 and February 4, 13, 18, 20

Cost-\$55/\$50 Senior Citizen

PRAIRIE VISTA ELEMENTARY SCHOOL

PLYOGA Fitness-4 classes

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

January 6, 13, 27 and February 10

Cost-\$25

Mindful Movement-4 classes

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

January 9, 16, 23, 30

Cost-\$25

Zumba-6 classes

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

January 8, 15, 22, 29 and February 12, 19

Cost-\$30

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

WINTER Registration starts Monday, November 11, 2024

Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone # _____ Alternate Phone # _____

Email _____

Winter Course Name _____ Fee _____

Winter Course Name _____ Fee _____

Winter 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 WINTER— Walk-in/Mail-in Registration Form

WINTER Registration starts Monday, November 11, 2024

Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone # _____ Alternate Phone # _____

Email _____

Winter Course Name _____ Fee _____

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Total Enclosed _____

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

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

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

Finding Your Way Around P-H-M

Bittersweet Elementary School Classes

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

Elm Road Elementary School Classes

Elm Road School is located on Elm Road just south of Dagoon Trail in Mishawaka. **Use entrance F (to the right of the main entrance) 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 entrance E (side-Kids Club 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 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

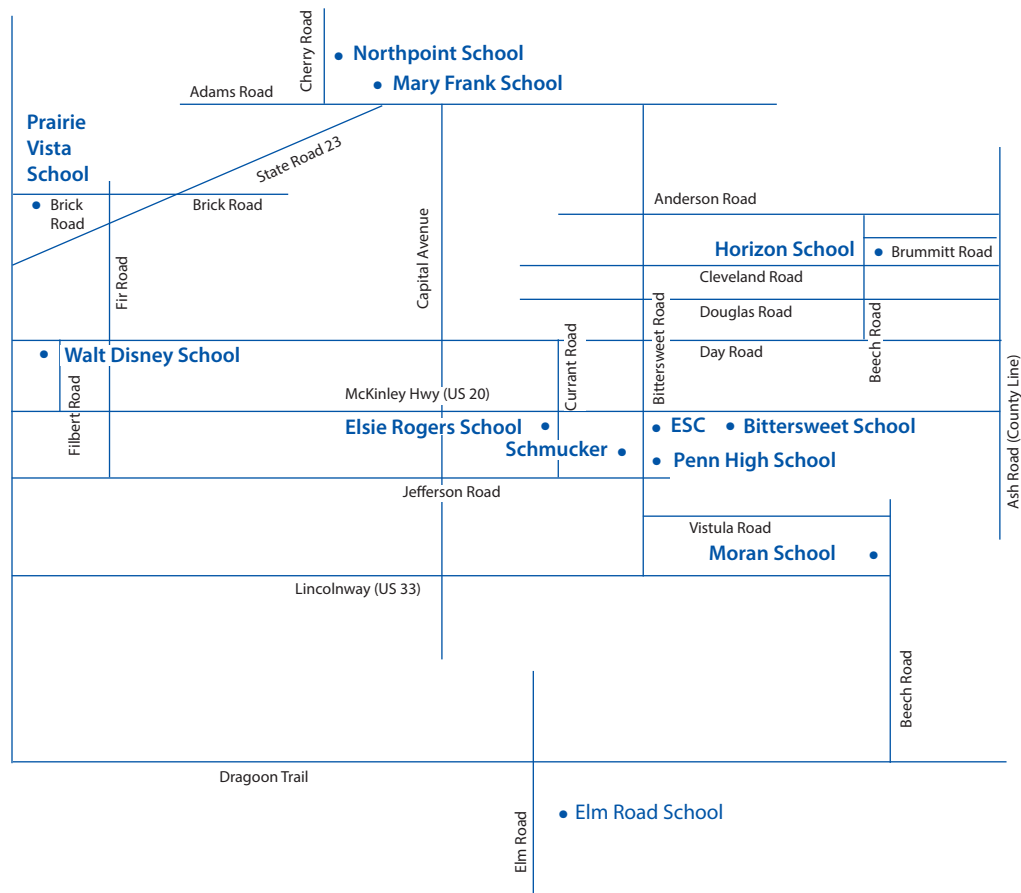
Prairie Vista is located on Brick Road between Fir and Gumwood Roads in Granger. **Use the main entrance (A)for all classes.**

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 574.258.9568 between 8:00 a.m. and 4:00 p.m. for more details.



Jefferson Blvd.

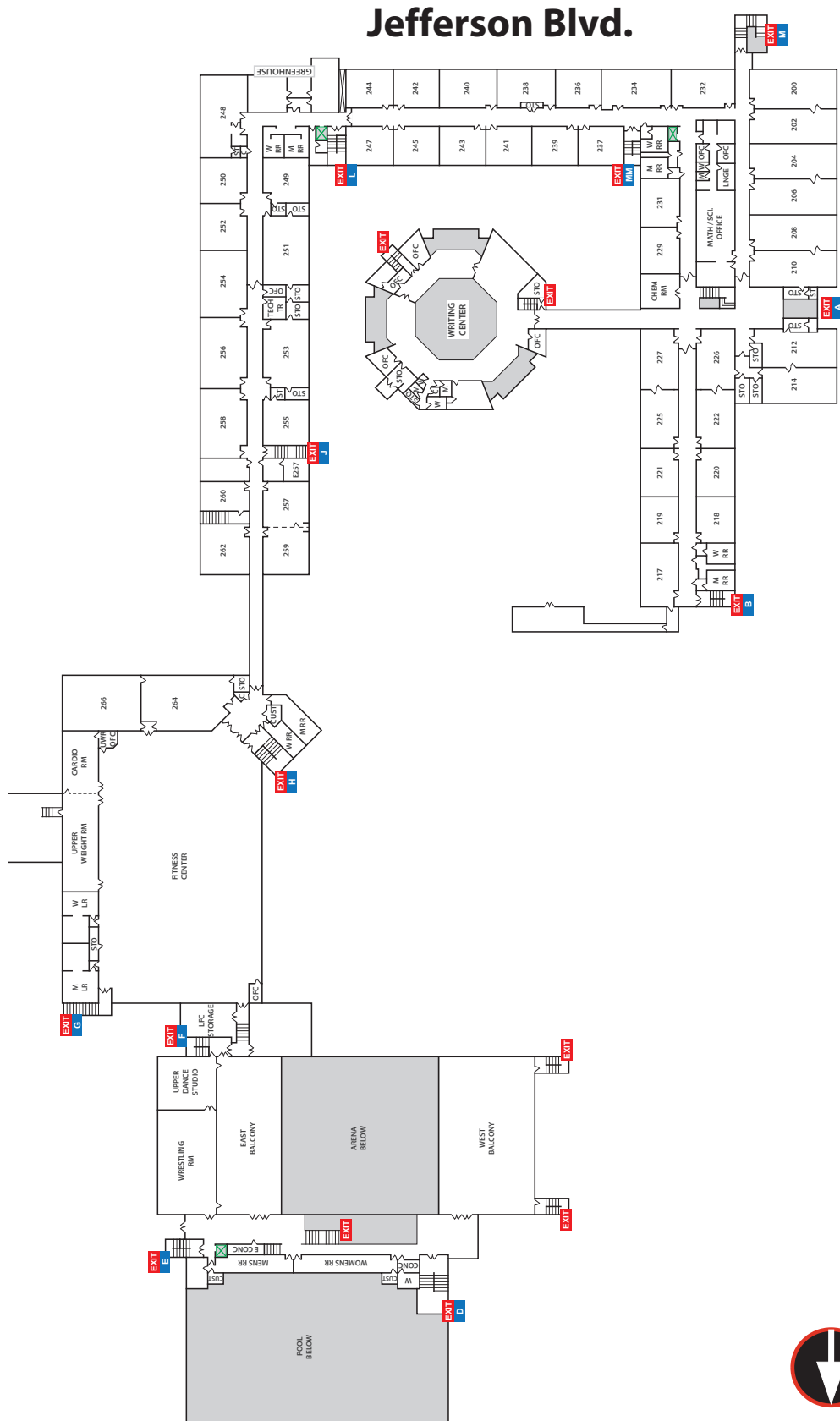


North

Bittersweet Rd.

MAPS

Finding Your Way Around Penn High School—Second Floor



Bittersweet Rd.

Jefferson Blvd.

Registration Information

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.** but you can leave your registration form and payment with the receptionist during this time.

Mail-In Registration

Fill out the registration form on page 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 registrations or 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 email 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, place yourself on the online wait list.

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

Changes

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

Cancellation/Refund Policy

The P-H-M Community Education office reserves the right to cancel classes due to insufficient enrollment. **If a class is cancelled, registered students will be notified in advance and a 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 refund check is mailed to you. Online service fees are not refunded.

Discounts

We offer senior citizen discounts on a couple of our classes. **Seniors must be at least 55 years of age.** You will 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.

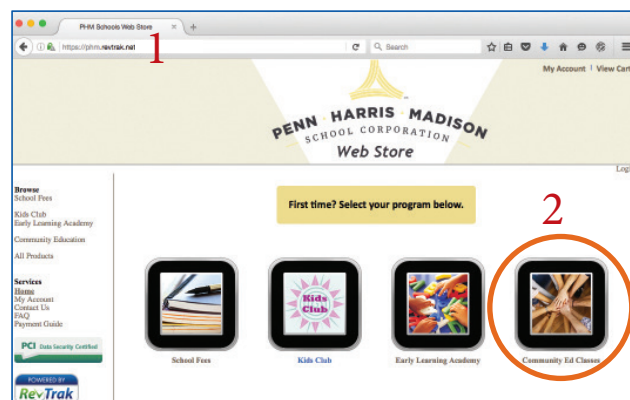
If weather conditions occur late in the day making classes questionable, please feel free to call our office **574.258.9568** or visit our website at www.phmschools.org for more information.

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 class 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
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- 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

5

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

Register and pay
online at
phm.revtrak.net



There is a 3.49% for
using this service

P-H-M Community Education Fall 2024 — 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 names _____

Child's Age _____ Current Grade for 2024-2025 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 2024 — Walk-in/Mail-in Registration Form

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SCHOOL
CORPORATION
Community Education
55900 Bittersweet Road
Mishawaka, IN 46545

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Milford IN
Permit No. 2

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

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find Fall class information, as well as Breakfast with Santa and Winter Class information. This brochure offers new 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 and pay.

Computers

Introduction to Personal Computers	2
Intermediate Personal Computers	2

Bus Trips

Gurnee Mills Outlet Bus Trip	3
Downtown Chicago Holiday Bus Trip	3

Recreation

Discover Scuba	3
Scuba Diving Instruction	3
Basic Fundamentals of the Golf Swing	4
Scoring Shots	4

Fitness

Cardio Drumming at Bittersweet	4
WERQ Dance at Elm Road	4
Mindful Movement at Elm Road	5
Kettlebell at Elsie Rogers	5
Yoga at Northpoint	5
Water Aerobics/Aqua Groove at Penn	5
NEW-PLYOGA Fitness at Prairie Vista	6
NEW-Zumba at Prairie Vista	6
Cardio Drumming at Walt Disney	6

Special Interest

Women's Self Defense	6
NEW-Salsa Sauces and Tortilla Basics	7
Basic Home Canning Class	7
Chalk Creations with Cheryl	7
Digital Photo Organization	7
Homemade Holiday Gifts	8

Children and Teens

Chalk Creations for Parent and Child	8
Art Adventures for Young Children	8
Art Explorations for Young People	9
Baby-Sitting Basics	9
NEW-Improv Acting for Teens	9

Community Information

Community Education Information	10
P-H-M Breakfast with Santa Information	11
P-H-M Winter Class Schedule	12
P-H-M Winter Registration Form	13

Maps

Finding Your Way Around	14
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Registration Forms & Information

Registration Information	17
Online Registration Information	18
P-H-M Fall Registration Form	19

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