SUMMER 2013 COMMUNITY EDUCATION COURSES

ADULT COMMUNITY EDUCATION COURSES

iPhone Basics
Whether you are brand new to your iPhone or have had one for years, this class is for those who would like to understand and maximize the use of their iPhone. We will look at settings, configuration, security, and downloading apps. This opportunity is 100% instructional for your benefit – no attempt will be made to sell or market any product. Bring your phone (fully-charged) and your owner’s manual if you have it.
Saturday                  May 4
10 a.m.-noon             $10
Western Cellular  124 E Yakima St., Suite F, Jerome
Instructor: Western Cellular Staff

Android Smart Phones
Does your smartphone make you feel dumb? If so, this class is for you. Learn about the different features of phones with the Android operating system. We will look at settings, configuration, security, apps, and the Android market place. This opportunity is 100% instructional for your benefit – no attempt will be made to sell or market any product. Bring your phone (fully-charged) and your owner’s manual if you have it.
Saturday                  May 18
10 a.m.-noon             $10
Western Cellular  124 E Yakima St., Suite F, Jerome
Instructor: Western Cellular Staff

Gluten Free on a Time Crunch
As a working mother, instructor Jessi Bard knows how hard it is to get off work and then have to worry about what to cook. Throwing gluten allergies into the mix makes it even more complicated. She will share gluten-free meal ideas that are fast, easy, and best of all, flavorful. She’ll also discuss how to save money by planning ahead to have leftovers for lunches. Jessi will provide meals for you to sample at class.
Saturday                  July 20
Noon-2 p.m.              North Side Center
$10 plus $10 fee paid to the instructor
Instructor: Jessi Bard

Run for Your Life
Run for your life and get healthy with this basic introduction to running. Whether you are just getting started as a runner or are training for a race, you’ll benefit from this class. All levels of fitness are encouraged to join us and start your day out right. Everything from stretching, breathing and form to setting personal fitness goals will be covered. Learn about various running apparel that’s available and how to recognize and prevent injury. Pace work on the track and distance
work on the road course will also be introduced. You will create a running workout that fits your own schedule and abilities. So don’t wait—“run” on down to the North Side Center to sign up.

**Learn Guitar: An Introduction for Adults and Teens**
Whether you are a person who understands music theory or one who is not able to read a single note, or if you are simply curious about the guitar, this class is designed for you. You will learn the basic skills necessary to get you started including proper positioning, tuning, finger-picking and strumming with a pick, keeping time, and playing and understanding simple chords. Please bring your guitar if you have one. Tuners are extremely helpful and can be made available for an additional cost.

- **Tuesday** July 9 to Aug. 13
- **8-9 p.m.** North Side Center
- **$60 plus $5 fee paid to the instructor**
- **Instructor: Mark Tatro**

**Spanish for Beginners**
You may not realize it but because you know English, you already know a lot of Spanish. Are you ready to learn more? With a fun book and fluent bilingual instructor, you’ll be amazed at how fast you can learn vocabulary, grammar, and conversation. Instructor Mike Kerr will teach you the key concepts and more - all with an excellent Spanish accent. Learn to express yourself in Spanish language. *The registration deadline for this class is July 3rd*

- **Tuesday** July 9 to 30
- **7-9 p.m.** North Side Center
- **$50 plus book**
- **Instructor: Mike Kerr**

**Golf for Adults**
Don’t be a couch potato this summer! Get out of your recliner and learn the lifetime sport of golf. During this class, you will receive group instructions in the basic fundamentals including lessons on stance, grip, and swing; use of various woods and irons; etiquette and golf theory. Each class will consist of one hour of group instruction and 15 minutes of practice time. Two instructors will be available to help you learn the right way.

- **Wednesday** Aug. 7 to 21
- **5:30-6:45 p.m.** Gooding Golf Course
- **$75**
- **Instructor: Rob Ellis**

**Fadz “N” Fashion — Duct Tape Wallet and Handbag**
The popularity of duct tape wallets and handbags is spreading worldwide. Discover the secrets of creating them—it’s trickier and stickier than it may seem—and be the first in the area to market them.

- **Tuesday** May 7 & 14
- **5-6:30 p.m.** North Side Center
- **$25 plus 2 rolls contrasting-colored duct tape**
- **Instructor: Rachael Roberts**

**Fadz “N” Fashion —**
**Women’s Leather Beaded Belt**
Learn how to create a beautiful western style leather fringe belt for waist or hips in this new make-and-take class.
Tuesday May 7 & 14
7-8:30 p.m. North Side Center
$25 plus $25 fee paid to instructor
Instructor: Rachael Roberts

Intro to Conceal and Carry
Get informed and learn what your rights are when it comes to carrying a gun. This preparatory class, instructed by Sgt. Dave Kiger, will cover current Idaho laws (including those set to implement July 1, 2013), other states’ gun laws, and safety issues. Range practice is also included on Saturday with emphasis on trigger control, target alignment, and holster requirements. You will be provided with a Certificate of Completion and all the forms you need to apply for a concealed weapons permit at the sheriff’s office, upon successful completion of the class. You must furnish your own gun that is in compliance with concealed weapon laws, along with ammunition, safety glasses, and ear protection. **Students must be age 21 or older to participate.**
Tu., Thu. 7-9 p.m. Aug. 20 & 22
Sat. 1-5 p.m. Aug. 24
North Side Center $75
Instructor: Sgt. Dave Kiger

Idaho STAR- Introduction to Riding
This is the perfect course for folks who just want to see if motorcycling is for them or those who are especially nervous about riding and would like to ease into it at a slower pace. This three hour session covers motorcycle controls, starting, stopping, and balance. Class sizes are kept low for lots of individual attention. Motorcycles and helmets are provided.
Sunday May 19
1:15-4:45 p.m. Shoshone Middle School
$35
Register at http://idahostar.org

**COLLEGE FOR KIDS COURSES**

**Life Skills Training**
Ages 8 to 10
Learn skills you can use throughout your whole life: how to feel good about yourself, an easy way to help you make the best decisions, how to be a good friend and find a good friend, and more. You’ll play fun games, make great projects, and perform skits with your classmates. The skills you learn will make you a stronger person and allow you to stay healthy for the rest of your life.
M.,T., W.,Th., F. June 3 to 7
9:30-11:30 a.m.
North Side Center Free
Instructor: David Ringle

**Kids’ Crafts – Bird Houses**
Ages 7 to 11
In this fun new class you’ll learn about the different birds that you might see in your backyard. Then you will paint a unique birdhouse that your new feathered friends can visit. We will also discuss what birds like to eat and migration patterns. **Registration deadline is June 17.**
Saturday June 22
10 a.m.-noon North Side Center
$15 plus $10 fee paid to instructor
Instructor: Ashley Schultz

**Flower Cookies**

*Ages 7 to 11*

Decorate a bouquet of flower cookies for your friends as you learn about flowers you might see in your own yard. We will discuss perennials and annuals, full sun lovers and shady dwellers, and what time of the summer each type of flower thrives. Then you’ll decorate cookies to resemble these flowers.

Saturday Aug. 10
10:30 a.m.-noon North Side Center
$15 plus $5 fee paid to instructor
Instructor: Ashley Schultz

**Guitar for Kids**

*Ages 8 to 11*

Calling future rock stars! Wow your friend by learning how to play the guitar! This class is designed for young musicians with little to no experience. You will learn the basic skills necessary to get started including proper positioning, tuning, finger-picking and strumming with a pick, keeping time, and playing and understanding simple chords. You’ll use these skills to learn a couple of songs. Please bring your guitar if you have one. Tuners are extremely helpful and can be made available for an additional cost.

Tuesday July 9 to Aug. 13
7-8 p.m. North Side Center
$60 plus $5 fee paid to the instructor
Instructor: Mark Tatro

**Science Camp—Young Inventors**

*Grades 2 to 6*

Are you a Young Einstein? A Michelangelo in training? Possess Madame Curie curiosity? Join us for Science Camp: Young Inventors. Each afternoon session will be packed with hands-on projects that utilize elements of mathematics, chemistry, physics, and more. You’ll get to experiment, brainstorm, design, and create as you learn more about the wonders of science and world around you.

Tues., Wed., Thurs. July 30 to Aug. 1
2-4 p.m. North Side Center
$30