CHIPPEWA VALLEY SCHOOLS

Adult & Community Education

Winter 2020

Youth & Adult Enrichment Classes • Aquatics • Trips
Adult Education & More!
CHIPPEWAVALLEYSCHOOLS.ORG

Find us on Facebook
www.facebook.com/cvscommed

District Map Administration

CHEROKEE ELEMENTARY
42900 Rivergate Drive
Clinton Twp., MI 48038
PHONE: (586) 723-4800
FAX: (586) 723-4801

CHEYENNE ELEMENTARY
47600 Heydenreich
Macomb, MI 48044
PHONE: (586) 723-5000
FAX: (586) 723-5001

CLINTON VALLEY ELEMENTARY
1260 Mulberry
Mt. Clemens, MI 48043
PHONE: (586) 723-5200
FAX: (586) 723-5201

ERIE ELEMENTARY SCHOOL
42275 Romeo Plank Road
Clinton Twp., MI 48038
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FAX: (586) 723-5401

FOX ELEMENTARY SCHOOL
17500 Milestone Drive
Macomb, MI 48044
PHONE: (586) 723-5600
FAX: (586) 723-5601

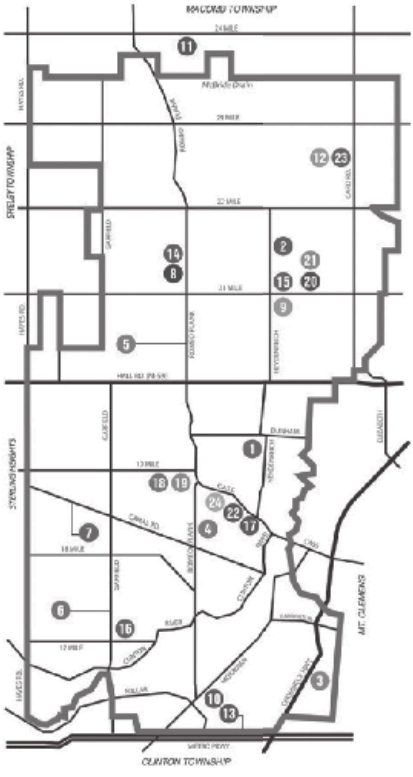
HURON ELEMENTARY SCHOOL
15800 Terra Bella
Clinton Twp., MI 48038
PHONE: (586) 723-5800
FAX: (586) 723-5801

MIAMI ELEMENTARY SCHOOL
41290 Kentvale
Clinton Twp., MI 48038
PHONE: (586) 723-6000
FAX: (586) 723-6001

MOHAWK ELEMENTARY SCHOOL
48101 Romeo Plank Road
Macomb, MI 48044
PHONE: (586) 723-6200
FAX: (586) 723-6201

OJIBWA ELEMENTARY SCHOOL
46950 Heydenreich
Macomb, MI 48044
PHONE: (586) 723-6400
FAX: (586) 723-6401

OTTAWA ELEMENTARY SCHOOL
18601 Millar
Clinton Twp., MI 48036
PHONE: (586) 723-6600
FAX: (586) 723-6601



SEQUOYAH ELEMENTARY SCHOOL
18500 Twenty-Four Mile Road
Macomb, MI 48042
PHONE: (586) 723-7000
FAX: (586) 723-7001

SHAWNEE ELEMENTARY SCHOOL
21555 Vesper
Macomb, MI 48044
PHONE: (586) 723-6800
FAX: (586) 723-6801

ALGONQUIN MIDDLE SCHOOL
19150 Briarwood Lane
Clinton Twp., MI 48036
PHONE: (586) 723-3500
FAX: (586) 723-3501

IROQUOIS MIDDLE SCHOOL
48301 Romeo Plank Road
Macomb, MI 48044
PHONE: (586) 723-3700
FAX: (586) 723-3701

SENECA MIDDLE SCHOOL
47200 Heydenreich
Macomb, MI 48044
PHONE: (586) 723-3900
FAX: (586) 723-3901

WYANDOT MIDDLE SCHOOL
39400 Garfield
Clinton Twp., MI 48038
PHONE: (586) 723-4200
FAX: (586) 723-4201

MOHEGAN HIGH SCHOOL
19230 Cass Avenue
Clinton Twp., MI 48038
PHONE: (586) 723-2060
FAX: (586) 723-2068

COMMUNITY EDUCATION CENTER
19230 Cass Avenue
Clinton Twp., MI 48038
PHONE: (586) 723-2050
FAX: (586) 723-2051

CHIPPEWA VALLEY HIGH SCHOOL
18300 Nineteen Mile Road
Clinton Twp., MI 48038
PHONE: (586) 723-2300
FAX: (586) 723-2301

CVHS 9th GRADE CENTER
42755 Romeo Plank Road
Clinton Twp., MI 48038
PHONE: (586) 723-3100
FAX: (586) 723-3101

INTERNATIONAL ACADEMY OF MACOMB
42755 Romeo Plank Road
Clinton Twp., MI 48038
PHONE: (586) 723-7200
FAX: (586) 723-7201

DAKOTA HIGH SCHOOL
21051 Twenty-One Mile Road
Macomb, MI 48044
PHONE: (586) 723-2700
FAX: (586) 723-2701

DHS 9th GRADE CENTER
21055 Twenty-One Mile Road
Macomb, MI 48044
PHONE: (586) 723-3300
FAX: (586) 723-3301

CHIPPEWA VALLEY SCHOOLS ADMINISTRATION BUILDING
19120 Cass Avenue
Clinton Twp., MI 48038
PHONE: (586) 723-2000
FAX: (586) 723-2001

LITTLE TURTLE PRESCHOOL MACOMB
50375 Card Road
Macomb, MI 48044
PHONE: (586) 723-6950
FAX: (586) 723-6951

MAINTENANCE DEPARTMENT
42278 Romeo Plank Road
Clinton Twp., MI 48038
PHONE: (586) 723-2250

BOARD OF EDUCATION:

Ron Roberts ~ Superintendent
Denise Aquino
Frank Bednard
Laura Cardamone
Andy Patzert
Beth Pyden
George Sobah
Jill DeMuynck Zech

CVS COMMUNITY EDUCATION OFFICE HOURS

Monday — Friday 8:00 am-noon & 1:00-4:00 pm

IMPORTANT PHONE NUMBERS

Trips.....586-723-2050
ESL, GED, HSC.....586-723-2050
Early Childhood.....586-723-6950
Youth/Adult Enrichment.....586-723-2050

ADMINSTRATION

James Fields - Director Adult/Alternative/Community Ed
Nicki Gawlowski - Preschool Supervisor
Jennifer McKnight - Mohegan HS Dean of Students
Jennifer Howard - Credit Recovery Coordinator
Jacqueline Frederiksen - GED Coordinator/ Academic Advisor
Madeline Kempa - Travel Coordinator
Alexandra Sprowitz - Aquatics Supervisor

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Maria Gossage - Mohegan HS Secretary
Claudia Schnur - Adult Education Clerk
Michele Bendzinski - Bookkeeper
Biljana Ristoski - Preschool Clerk
Joan Peirce - Community Ed Clerk

Identification Statement - Winter 2019
The Chippewa Valley School District's Adult and Community Education periodical is distributed by bulk mail. Any questions about the program should be directed to: Chippewa Valley Schools Adult & Community Education, 19230 Cass Avenue, Clinton Township, MI 48038 * 586-723-2050 * Issue Date: December 19, 2019 * Published 3 times yearly: September, January, & April * Issue 68

ARTS & CRAFTS

CARDMAKING

Join this class to make 10 new, unique, and beautiful cards. Use inks, stamps, dyes markers and embellishments to assemble your own cards. Cards will include birthday, sympathy, thank you and just because themes. No previous experience required. **All supplies are provided in the material Fee of $10, to be paid to instructor at beginning of class.** Any additional questions about the class, NOT REGISTRATION, should be directed marie_holmes@outlook.com.

Age: 16+
Instructor: Marie A. Holmes
(380112-11) Erie Elementary Cafeteria
Wed 1/29/20 7:00pm-9:30pm $15 1 class
(380112-12) Erie Elementary Cafeteria
Wed 3/25/20 7:00pm-9:30pm $15 1 class

COMMUNITY BAND

Rehearse and perform concert band arrangements, in a band setting, with other musicians. Students must be able to read music and bring their own instrument. Percussion instruments will be provided. Percussionists must bring own stick bag. The Community band plays a concert in May for friends and family. The purpose is to allow musicians to play their instruments in a relaxed setting with others and enjoy the music.

Instructor: Alan Lollar
(360603-01) Wyandot Band Room
Tue 1/14/20 7:00pm-9:00pm $100 20 wks

Sewing Classes by Sew Many Things

Sew Many Things Sewing Center, 35486 Groesbeck Highway, Clinton Township, MI 48035. Any additional questions about the class, NOT REGISTRATION, should be directed to sewmanythingsle@yahoo.com.

LEARN MY SEWING MACHINE

You are given the choice of bringing in your machine or use ours. Class will cover sewing basics such as threading your machine, tension control, bobbin tension, specialty stitches, blind hemming and button holes. Bring sewing machine, manual and accessories (if you have one). All students bring scissors, thread, and tweezers. E-mail sewmanythingsle@yahoo.com to get your supply list not include in class.

Age: 14+
(360109-24)
Thr 1/16/20 6:00pm-9:00pm $43 1 class
(360109-25)
Sun 2/23/20 1:00pm-4:00pm $43 1 class
(360109-26)
Tue 3/24/20 2:00pm-5:00pm $43 1 class

LEARN MY SERGER

Use your machine or ours. Learn Serger basics such as threading, tension control, knives, and changing needles. Bring your Serger, manual, and all accessories (if you have one). Supplies; 4-5 Serger cone threads (to match dots on your machine), scissors and tweezers. E-mail sewmanythingsle@yahoo.com to get your supply list not include in class.

Ages: 14+
(360109-09)
Fri 1/17/20 1:00pm-4:00pm $43 1 class
(360109-17)
Sun 2/9/20 1:00pm-4:00pm $43 1 class
(360109-18)
Sat 3/21/20 1:00pm-4:00pm $43 1 class

MACHINE EMBROIDERY BASICS

You must already know how to use your machine for this class. We will aid you in learning the embroidery feature of your machine. You will learn how to hoop your fabric, pull up a design, and embroider it. Subjects such as stabilizer, embroidery thread, bobbin thread, and much more will be covered. E-mail sewmanythingsle@yahoo.com to get your supply list not included in class.

Ages: 14+
(360109-14)
Sun 1/19/20 1:00pm-4:00pm $50 1 class
(360109-15)
Tue 2/11/20 1:00pm-4:00pm $50 1 class
(360109-16)
Sat 3/14/20 10:00am-1:00pm $50 1 class

QUILTER'S ACADEMY 100

Pre-Req.: Must have experience using a sewing machine. Start from the beginning and learn proper use of tools, seaming, pressing, quilting, & binding to build your skills while creating a small table runner. Book (Start Quilting with Alex Anderson) & materials are included in class fee. Bring your own sewing machine if you have one. E-mail sewmanythingsle@yahoo.com to get your supply list not included in class.

Ages: 14+
(360109-10)
Tue 1/14/20 12:00pm-3:00pm $116 4 wks

QUILTER'S ACADEMY 200

Quilting Academy 100 and must know terminology. The class is geared towards beginner quilters wanting to expand their skill with rotary cutting a speed piecing in construction of your blocks. You will learn to construct 4 new pieced blocks and 1 paper pieced block. You will finish your quilt top, learn to add corner points to sashings & borders. Learn how to miter borders the correct way and quilt each block using a walking foot. Also learn different ways to bind your quilt. Bring your own sewing machine if you have one. The book from Quilter's Academy, Start Quilting with Alex Anderson, is required

Ages: 14+

(360109-11)

Fri 2/28/20 1:00pm-5:00pm $145 5 wks

EDUCATION

Instructor: Great Lakes Robotics

***** Great Lakes Robotics, 131 Ash Dr. Kimball, MI 48074.***** Any additional questions about the class, NOT REGISTRATION, should be directed to dschlitters@greatlakesrobot.com.

FANUC CERTIFIED ROBOT OPERATOR 1

The primary goal of this class is to provide students who have little or no prior exposure to FANUC robotics. You will gain the knowledge and confidence on how to operate the robots in a safe manner using the FANUC teach pendants. Topics include safety, software instruction, "jogging" the robot, teach pendant programming and troubleshooting.

(361600-50)

Mon-Thr 1/6/20 8:00am-4:00pm $5714 3wks

(361600-51)

Mon-Thr 2/3/20 8:00am-4:00pm $5714 3wks

(361600-52)

Mon-Thr 3/2/20 8:00am-4:00pm $5714 3wks

INTRO TO ALLEN-BRADLEY PLC

This class is designed to provide students with low to no prior experience with PLC controls and Allen-Bradley software. Gain knowledge and confidence on how to debug a fault in an automated control system to get a production line back up and running. You must know how to read electrical prints and have basic electrical knowledge to take this class.

(361600-30)

Mon-Thr 1/27/20 8:00am-4:00pm $5000 1 wk

(361600-31)

Mon-Thr 2/24/208:00am-4:00pm $5000 1 wk

(361600-32)

Mon-Thr 3/23/20 8:00am-4:00pm $5000 1 wk

Instructor: A-1 Health & Safety

Class Location: Henry Ford Macomb Hospital Offices, 15855 19 Mile Road, Clinton Township, MI 48038 Room: Conference 4, 4th floor Medical Pavilion or McAuley A. CONFIRM ROOM AT INFO DESK IN MAIN LOBBY. Any additional questions about the class, NOT REGISTRATION, should be directed to nancy@a1cpr.com.

FIRST AID W/CPR/AED

Rescuers learn to recognize and help victims when faced with life-threatening emergencies. Manage sudden illness and injuries in the first few minutes until professional help arrives. Training includes CPR for all ages, use of AEDs, and use of barrier devices. Satisfies state requirement for Teachers, Child Day Care & Adult Day Care Licensing and OSHA requirements for First Responders. An American Heart Association Heartsaver First Aid with CPR/AED card, valid for two years, is issued to participants who successfully complete the course. **Additional material Fee of $20 to be paid to instructor at beginning of class.**

Ages: 16+

(360505-25)

Wed 1/22/20 5:00pm-10:45pm $93 1 day

(360505-26)

Sat 2/22/20 9:00am-4:00pm $93 1 day

(360505-27)

Mon 3/16/20 5:00pm-10:45pm $93 1 day

(360505-04)

Mon 4/13/20 5:00pm-10:45pm $93 1 day

VOICE-OVERS: NOW IS YOUR TIME!

In what could be one of the most enlightening 2 hours you've ever spent, discover how YOU could actually begin using your speaking voice for commercials, films, videos and more! Learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there. Start a business that you can handle on your own terms with practically no overhead. And NOW is the best time to make this happen, as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! Any additional questions about the class, NOT REGISTRATION, should be directed to tarah@suchavoice.com.

Instructor: Such A Voice

Location: Iroquois Media Center

(361600-01)

Tue 3/3/20 6:30pm-8:30pm $20 1 night

Instructor: Financial Service Professional Kurt Davis

Seminars will be held at Shawnee Cafeteria. Any additional questions about the class, NOT REGISTRATION, should be directed to K_Davis@nlgroupmail.com

FINANCIAL PLANNING FOR COLLEGE

Many people have identified funding a child's college education as a financial goal. There are a number of things you'll need to consider. This session will help you understand the costs of college, consider potential funding options, become familiar with FAFSA, and options for decreasing costs. Get your child's future planned right!

(361500-22)
Wed 1/15/20 6:30pm-7:30pm $8 1 class

RETIREMENT PLANNING

A Planning for retirement is an important part of long-term financial well-being. This presentation outlines a retirement strategy that includes assets, income alignment, the importance of envisioning your retirement, budget, and building your nest egg.

(361500-25)
Wed 1/22/20 6:30pm-7:30pm $8 1 class

FITNESS

BELLY DANCING FITNESS

Belly dancing for fitness and fun! We will use many belly dance moves -- both isolations and combos — to tone muscles, build stamina, develop better posture, improve coordination, and master poise. Focus will also be placed on proper stance and technique in implementation. This is done by blending these moves together to create a fun and fascinating improvisation dancing style.

No supplies are needed, but a hip scarf and note keeper is optional. An excellent class for parents and children to take together! Any additional questions about the class, NOT REGISTRATION, should be directed to Laurie. paquin-leet@jsp.com

Ages: 8+
Instructor: Laurie Paquin-Leet
Location: Huron Elementary Music Room
(360302-01)
Tue 1/14/20 7:00pm-8:00pm $50 5 wks
(360302-02)
Tue 2/25/20 7:00pm-8:00pm $60 6 wks

CHAIR YOGA

A beginner level yoga practice performed in a chair. Emphasis on proper form, deep breathing, and the union between movement and breath. Benefits include improved strength, flexibility, stress reduction, pain management, mental clarity, proprioception, and greater breathing capacity. Modifications will be given so everyone will feel comfortable in the class and can accomplish the most out of their level of skill. Ideal for those with limited range of movement.

Instructor: Carol Smith
Location: Iroquois Middle School Media Center
(360502-02)
Sat 1/18/20 11:00am-12:00pm $48 4 wks
(360502-03)
Sat 2/29/20 11:00am-12:00pm $48 4 wks

LINE DANCE WITH LYNN

Lynn Reiss offers multiple levels of teaching for everyone. You can come and dance the whole time, or just drop in for your level of skill. 6:30 pm to 7:30 pm is the basic steps and true beginner level. 7:30-8:30 will be focused on intermediate levels. Learn at your pace. Great for parents and kids to take together! Any additional questions about the class, NOT REGISTRATION, should be directed to lynnanne5678@att.net

Ages: 10+
Instructor: Lynn Reiss
Class Location: Algonquin Gym
(360304-01)
Wed 1/15/20 6:30pm-8:30pm $25 5 wks
(360304-02)
Wed 2/26/20 6:30pm-8:30pm $25 5 wks

COUPLES DANCING

Couples will get to dance the favorite country couples' dances. Learn the basics of 2 step & swing, pattern partner dancing which is akin to line dancing. Get a great exercise for the body and mind. Fun for parents and kids to take together! Each person pays the registration cost of $25. Any additional questions about the class, NOT REGISTRATION, should be directed to lynnanne5678@att.net

Instructor: Lynn Reiss
Class Location: Algonquin Gym
(360304-03)
Wed 1/15/20 8:30pm -9:30pm $25 5 wks
(360304-04)
Wed 2/26/20 8:30pm -9:30pm $25 5 wks

MEN'S BASKETBALL

Come out and shoot some hoops. The exercise is good for you and you will meet new people. The gym is large enough to accommodate team games as well as individual basket shooting. Please bring a light and dark t-shirt to class.
Instructor: Dean DiBasio
Class Location: Algonquin Gym
(360802-01)
Thu 1/16/20 7:00pm-9:00pm $10 5 wks
(360802-02)
Thu 2/27/20 7:00pm-9:00pm $12 6 wks

MEDITETATION FROM STRESS RELIEF TO ENLIGHTENMENT

The class will teach scientific techniques of Yoga Meditation universally accepted to reduce stress and create a sense of contentment. You will learn how to get more out of any yoga and meditation you may do. The instructor Roy E. Thibodeau has been practicing and teaching Meditation and Yoga for more than 45 years. The class will include scientific and philosophical rational that supports the practice of Meditation through Yoga. There will also be the actual practice of Meditation techniques. All levels of experience are welcome. Any additional questions about the class, NOT REGISTRATION, should be directed to 586-431-2857.
Instructor: Roy Thibodeau
Location: Seneca Middle School Media Center
(360503-11)
Mon 1/27/20 7:00pm-9:00pm $16 2 wks
(360503-12)
Mon 2/24/20 7:00pm-9:00pm $16 2 wks

STRENGTH & TONING

Strengthen and tone every muscle in your body. No need to join a gym and have your bank account drained! Come and get a great workout with the Physical Education teacher/ strength & conditioning coach for Chippewa Valley High School. Enjoy Chippewa's excellent fitness center with a personally designed program. This program will include resistance training, cardio, and new training methods. Invest in a workout that will give a healthier, longer life.
Instructor: Chris Hull
Location: Chippewa Valley High School Weight Room
(360501-02)
Wed 1/15/20 6:30pm-7:30pm $50 5 wks
(360501-72)
Wed 2/26/20 6:30pm-7:30pm $60 6 wks

Instructor: Betsy Mianecki

Any additional questions about the class, NOT REGISTRATION, should be directed to bmianecki@comcast.net

YOGA FOR FITNESS

This practice integrates different forms of Yoga to build balance, flexibility, and strength. Beginners, intermediate, and advanced students are welcomed to join. Modifications of poses are offered for varying levels. Enjoy a feeling of well-being and calmness to your life. Please bring a Yoga mat to class.
Location: Shawnee Elementary School Multi-Purpose Room
(360502-06)
Thu 1/16/20 7:15pm-8:15pm $40 5 wks
(360502-26)
Thu 2/27/20 7:15pm-8:15pm $48 6 wks

YOGA PILATES CORE

Yoga Pilates Core follows a natural progression from Pilates to core-body work and right into the fluid postures of Yoga. Focusing on breath and alignment, you'll increase strength, balance and flexibility. Since you work at your own pace, this class is open to all levels. Please bring a Yoga mat to class.
Location: Miami Elementary School East Gym
(360502-08)
Mon 1/13/20 7:15pm-8:15pm $32 4 wks
(360502-15)
Mon 2/24/20 7:15pm-8:15pm $48 6 wks

Instructor: Body Images Fitness

*****Body Images Fitness Classes—all classes held at Body Images Fitness Center, 51204 Danview Technology Court, Shelby Township, MI 48315***** Any additional questions about the class, NOT REGISTRATION, should be directed to 586-726-8900.

BODY IMAGES' BOOT CAMP

A 45 minute workout that focuses on lower body, upper body, and core providing both cardio and strengthen in a circuit style class that utilizes a variety of equipment. Boxing moves, partner drills and much more will provide tons of fun. Work at your own pace as this class is for all fitness levels.
(390510-03)
Sat 1/18/20 9:35am-10:30am $78 6 wks
(390510-23)
Sat 2/29/20 9:35am-10:30am $78 6 wks

BODY PUMP

Body Pump is a weight class for absolutely anyone. The course will make you tone, lean and fit. Using moderate weights with lots of repetitions, you get a total body workout that burns lots of calories. It will also tone and shape your body, without adding bulk. The encouragement, motivation and great music will help you achieve much more than you would be able to on your own. Instructors will show you all the moves and techniques to make your first class safe and fun. Only at Body Images!

(390510-04)
Wed 1/15/20 4:45pm-5:45pm $78 6 wks
(390510-05)
Thr 1/16/20 6:00pm-7:00pm $78 6 wks
(390510-40)
Sat 1/18/20 10:30am-11:30am $78 6 wks
(390510-41)
Wed 2/26/20 4:45pm-5:45pm $78 6 wks
(390510-42)
Thr 2/27/20 6:00pm-7:00pm $78 6 wks
(390510-43)
Sat 2/29/20 10:30am-11:30am $78 6 wks

CARDIO STEP & SCULPT

This class follows a new format with easy stepping movements performed with motivating music. People of all levels of fitness can join this fun workout. Segments of toning with dumbbells and tubing will shape your upper and lower body. The class will finish with core work and a cool down stretch.

(390510-16)
Mon 1/13/20 6:00pm-6:45pm $78 6 wks
(390510-17)
Mon 2/24/20 6:00pm-6:45pm $78 6 wks

H.I.I.T TOTAL BURN

This is a 45 minute high interval, high intensity, cardio workout designed to melt calories and fat while improving your strength. All levels of fitness can join in with instructor based modifications. You can do this!

(390510-06)
Wed 1/15/20 6:00pm-6:45pm $78 6 wks
(390510-07)
Wed 2/26/20 6:00pm-6:45pm $78 6 wks

BODY IMAGES' POUND

A full-body jam session, combining light resistance w/ constant simulated drumming. dripping fun of playing the drums. It fuses cardio, strength training, Pilates, Strength movements, plyometrics, & isometric poses. Turn into a calorie-torching drummer, POUNDing off pounds as each song flies by!

(390510-10)
Tue 1/14/20 7:15pm-8:15pm $78 6 CLS
(390510-11)
Thr 1/16/20 7:15pm-8:15pm $78 6 CLS
(390510-30)
T & Thr 1/14/20 7:15pm-8:15pm $100 12 CLS
(390510-31)
Tue 2/25/20 7:15pm-8:15pm $78 6 CLS
(390510-32)
Thr 2/27/20 7:15pm-8:15pm $78 6 CLS
(390510-33)
T & Thr 2/25/20 7:15pm-8:15pm $100 12 CLS

Instructor: Dance On The Move

Any additional questions about the class, NOT REGISTRATION, should be directed to danceonthemove@me.com

3 IN 1

Join us for 3 workouts in 1 class. 20 minutes of cardio plus 20 minutes of strength training and 20 minutes of core/balance work with stretching. It's a perfect blend of low these workouts to make for a well-rounded fitness class. Come and find out how great you can feel! All fitness levels are welcomed. Please bring a yoga mat, 3-5 lb. hand weights, towel, water, and wear comfortable clothing that will allow for maximum movement.

Location: Immanuel Lutheran Church - 47120 Romeo Plank, Macomb, MI 48044

(390318-93)
Tue 1/14/20 7:30pm-8:30pm $45 5 wks
(390318-94)
Tue 2/25/20 7:30pm-8:30pm $54 6 wks

ADULT JAZZ INTERMEDIATE/ADVANCED

Are you an adult with some previous dance experience who wants to continue dancing? Join us in a fun and non-performance-based environment. Class will consist of a warmup stretch followed by floor skill, progressions, and finishing with a dance combination. Dancers must have prior experience with pirouettes, leaps, jumps, and choreography. All moves can be modified for comfort level and fun! Dance

attire is required including Jazz shoes. If you have any questions about the class or need to purchase Jazz shoes, email danceonthemove@me.com.
Location: Fox Elementary School Gym
(390318-77)
Tue 1/14/20 8:00pm-8:45pm $45 5 wks
(390318-78)
Tue 2/25/20 8:00pm-8:45pm $54 6 wks

ADULT TAP (2 YR. EXP)

What is Tap Dance? Why, it's the most fun you can have! Even if it's been a few years since your last tap class, you will be able to dance a short, simple routine that will sound 'right'. On the plus side, it's a great toner for those calf muscles and much more engaging than a step aerobics class! Gain new skills, improve memory and coordination, and have fun working on timing and balance. Come see why dancers are always in such great shape.
Location: Fox Elementary Cafeteria
(390318-43)
Tue 1/14/20 7:15pm-8:00pm $45 5 wks
(390318-44)
Tue 2/25/20 7:15pm-8:00pm $54 6 wks

BARRE PLUS

A total body workout that incorporates traditional ballet exercises at the barre that are designed to strengthen and tone your lower body. It has a fusion of cardio jazz and hip-hop dance moves. It also includes upper body toning and core work with intense stretching. Dancing and Barre will help you gain strength, improve flexibility and tone your body. Bring water, two 3-pound weights, and a floor mat.
Location: Immanuel Lutheran Church - 47120 Romeo Plank, Macomb, MI 48044
(390318-B3)
Mon 1/13/20 7:00pm-8:15pm $45 5 wks
(390318-B4)
Mon 2/24/20 7:00pm-8:15pm $54 6 wks

BARRE RHYTHM

This is an empowering class set to today's hottest music. Warm up focusing on postural strength and alignment. Barre Rhythm will help sculpt the lower body and abs. Have fun while doing upper body exercises and dancing using light weights. The class will end with ground work to refocusing on booty, legs, and core muscles. No experience necessary! Bring water, 1-2 pound weights, and a floor mat.

Location: Fox Elementary Cafeteria
(390318-84)
Mon 1/13/20 6:30pm-7:30pm $36 4 wks
(390318-85)
Mon 2/24/20 6:30pm-7:30pm $54 6 wks

CARDIO SCULPT

Burn calories and define your muscles with this workout that combines cardio moves, hand weights, and resistance training to create a total body sculpting workout. Cardio Sculpt is appropriate for both men and women, low impact, and highly effective. Modifications are given to accommodate various fitness levels. Required: Please bring a yoga mat, 3-5 lb. hand weights, towel, water, and wear comfortable clothing that will allow for maximum movement.
Location: Immanuel Lutheran Church - 47120 Romeo Plank, Macomb, MI 48044
(390318-45)
Tue 1/14/20 6:30pm-7:30pm $45 5 wks
(390318-46)
Thr 1/16/20 6:30pm-7:30pm $45 5 wks
(390318-65)
Tue 2/25/20 6:30pm-7:30pm $54 6 wks
(390318-66)
Thr 2/27/20 6:30pm-7:30pm $54 6 wks

GENTLE YOGA

Thought you couldn't do yoga? Give Gentle Yoga a try. You can increase flexibility, calm your mind, de-stress, improve bone density, and gain a healthy balance. No experience is required. Everyone is welcome. Please wear comfortable clothing that allow a deep stretch without revealing more than you want.
Location: Immanuel Lutheran Church - 47120 Romeo Plank, Macomb, MI 48044
(390318-41)
Wed 1/15/20 9:30am-10:30am $45 5 wks
(390318-42)
Wed 2/26/20 9:30am-10:30am $54 6 wks

YOGA FOR FIT & RELAXATION

This class is appropriate for yoga practitioners of all levels-including beginners. We will work on developing a stronger breath connection, better balance, greater strength and improved flexibility for the mind and body. This class will combine held poses with short flowing sequences. Everyone is welcome. Please wear non-binding/comfortable clothing that allow for deep stretching. Required: Water, towel and Yoga mat.
Location: Immanuel Lutheran Church - 47120 Romeo Plank, Macomb, MI 48044
(390318-59)
Wed 1/15/20 7:00pm-8:00pm $45 5 wks
(390318-60)
Wed 2/26/20 7:00pm-8:00pm $54 6 wks

ZUMBA

Join the Zumba sensation and dance your way to fitness in this Sixty minute workout. High-energy music and Latin-inspired dance moves combine into a fitness class that will get you shaking those hips and losing inches. So much fun, it doesn't feel like you are working out so come on and join the party! Wear comfortable clothing that allows you to move freely. Please bring water to class.

Location: Immanuel Lutheran Church - 47120 Romeo Plank, Macomb, MI 48044

(390318-70)
Thu 1/16/20 7:30pm-8:30pm $45 5 wks

(390318-71)
Thu 2/27/20 7:30pm-8:30pm $54 6 wks

Location: Fox Elementary Large Instructional Room

(390318-Z1)
Wed 1/15/20 7:30pm-8:30pm $45 5 wks

(390318-Z2)
Wed 2/26/20 7:30pm-8:30pm $54 6 wks

Instructor: Maria Marino Fitness Pro Classes

Any additional questions about the class, NOT REGISTRATION, should be directed to fmarino9@comcast.net

BODY SHRED!

Get ready to have fun, burn fat, build muscle over your entire body! This basic and effective workout progresses to a higher level each week, to get you in your best shape ever. We will have you sweating and shedding those unwanted pounds in no time! It's time to boost your metabolism, lose body fat and sculpt your body from head to toe. Please bring mat and weights to class.

Location: Mohawk Elementary Gym

(360501-53)
Thu 1/16/20 7:00pm-8:00pm $43 5 wks

(360501-54)
Thu 2/27/20 7:00pm-8:00pm $43 5 wks

BOOT CAMP

Get in the best shape of your life! Torch calories and fire up your metabolism with this high energy boot camp style workout. This class is challenging, it will help you lose body fat and achieve a high level of physical conditioning! You'll get leaner and stronger as you shed the fat and build lean, hard muscle. Class will consist of cardio, weight lifting, interval training and more. You will squat, lunge and crunch your way to a better body. Geared for people who want real results really fast! Bring a mat and weights to class.

Location: Ottawa Elementary Gym

(360501-14)
M & W 1/13/20 7:00pm-8:00pm $57 4 wks

(360501-12)
M Only 1/13/20 7:00pm-8:00pm $29 4 wks

(360501-13)
W Only 1/15/20 7:00pm-8:00pm $29 4 wks

(360501-27)
M & W 2/24/20 7:00pm-8:00pm $86 6 wks

(360501-25)
M Only 2/24/20 7:00pm-8:00pm $44 6 wks

(360501-26)
W Only 2/26/20 7:00pm-8:00pm $44 6 wks

Instructor: TT1 - Team Fit

Any additional questions about these class, NOT REGISTRATION, should be directed to teamfitcorp@hotmail.com.

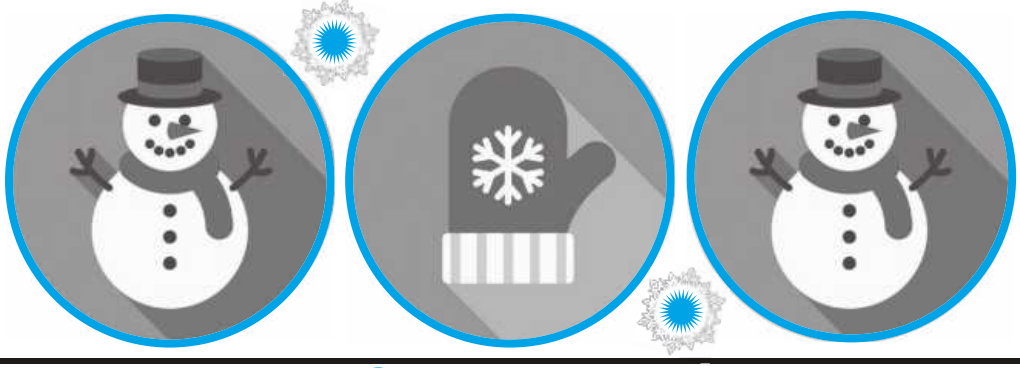
TAI CHI 13 FORM

Come and experience the ancient Chinese Martial Art of Tai Chi. It is easy to learn and will help the student improve balance, strength, flexibility and respiratory/cardio health. It is practiced around the world by hundreds of thousands of people. Taught in a friendly, low stress fashion, which can benefit adults of all ages. This class will cover the International 13 form of Tai Chi. No experience required. Please bring water to class. Any additional questions about the class, NOT REGISTRATION, should be directed to teamfitcorp@hotmail.com.

Location: Iroquois Middle School Cafeteria

(360501-T1)
Sat 1/18/20 10:00am-11:00am $35 4 wks

(360501-T2)
Sat 2/29/20 10:00am-11:00am $44 5 wks



TAI CHI STICK FORM

Stick Form Tai Chi is an easy activity that can improve balance, strength, confidence, flexibility and respiratory/cardio health. This form uses a traditional Chinese Tai Chi Short Staff and is practiced around the world by hundreds of thousands of people. The staff is 4.5 feet long and easy to use. Taught in a friendly, low stress fashion, which can benefit adults of all ages. No experience required. Please bring water to class. You will have to purchase your own 7/8x48 inch dowel, which can be bought with the help Home Depot of Lowe's. Any additional questions about the class, NOT REGISTRATION, should be directed to teamfitcorp@hotmail.com.

Location: Iroquois Middle School Cafeteria

(360501-T3)
Sat 1/18/20 11:00am-12:00pm $35 4 wks

(360501-T4)
Sat 2/29/20 11:00am-12:00pm $44 5 wks

Instructor: Master K's Karate & Boxing

*****All Master K classes are held at Master K's Karate, 39789 Garfield Rd in Clinton Township, MI 48038*****Any additional questions about the class, NOT REGISTRATION, should be directed to 586-566-1397

COED BOXING/ KICKBOXING WORKOUT

Open for beginners to the advanced. Get a great workout while learning and honing the sweet science of boxing and/or kickboxing. Learn the proper way to kick and punch using all the tools of a professional boxing gym. You must have hand protection and bring clean tennis shoes. Ages 12+ are welcome. Have fun with yourself and your child!

(390810-01)
Sun 2/2/20 10:00am-11:00am $40 4 wks

(390810-11)
Sun 3/1/20 10:00am-11:00am $40 4 wks

KARATE FOR ADULTS

Get in shape while learning Karate and Self-Defense. Try this fun, no contact beginner's class. Work at your own level to increase focus, balance, control and strength while learning valuable martial arts techniques. See how much stress can be shed while gaining the self-confidence that only comes with Karate. Wear loose clothing to class.

(390810-02)
Thr 2/6/20 7:00pm-8:15pm $40 4 wks

(390810-03)
Thr 3/5/20 7:00pm-8:15pm $40 4 wks

WOMEN'S KICKBOXING WORKOUT

Get into shape and burn calories with this high energy, no contact workout that introduces kickboxing techniques and exercises. Learn the proper way to kick, punch, and perform combinations taught by a black belt instructor. This is not an aerobics class, but it will get the heart pumping and the muscles working. You must have hand protection and wear loose clothing. Ages 14+ are welcome. Great for moms and daughters to take together!

(390810-04)
Tue 2/4/20 8:30pm-9:30pm $40 4 wks

(390810-05)
Tue 3/3/20 8:30pm-9:30pm $40 4 wks

Chippewa Valley Schools

- Presents -

Mohegan High School

19230 Cass Avenue, Clinton Township, MI 48038 • 586-723-2080

The staff of Mohegan High School and Chippewa Valley School District are committed to engaging students with a curriculum that equips our students with necessary skills and experiences for academic, emotional and social success. At Mohegan, this is accomplished through students achieving the same goals as regular high school, but with different hours, rules, methods, atmosphere and approaches. Students will experience success and improve skills through smaller class sizes and more individualized instruction. Students are encouraged to stay in school, work hard and earn a high school diploma. The staff provides emotional support, positive reinforcement and motivational guidance.

Offering . . .

- Michigan Merit Curriculum
- High School Diploma
- Later Class Times
- Extracurricular Activities
- Career Exploration
- Post-Secondary Planning
- Free Off-Site Child Care
- Bus Service for In-District Students
- Positive Incentive Programs
- Student Support Services
- Early Release Every Friday
- 7.5 Credits Yearly or More
- Highly Qualified Teachers
- Small Class Sizes

REGISTRATION

High School Aged Students (under 20 as of September 1) are welcome to apply for admission to the program by scheduling an appointment.

Starts August 12th

Call **586-723-2080.**

School Hours:

Monday-Thursday: 9:30 am — 3:40 pm

Friday: 9:30 am — 1:45 pm

ALL TRIPS DEPART FROM/RETURN TO:

St Paul of Tarsus Catholic Church – 41300 Romeo Plank Road Clinton Township, MI 48038
Crossroads are Romeo Plank Road and Canal. (Park in north lot off of Romeo Plank Road near the white garage)
~ Plan to arrive 15 minutes prior to departure time ~

THERE ARE NO REFUNDS ON TRIPS

Please Note: At time of registration, indicate the names of people in your travel party and any special dietary needs.

REMINDER THAT GIFT CERTIFICATES ARE AVAILABLE

Note: At time of registration, we require that each person register under their own account. This requires having all the personal information for each traveler and a transaction for each person. Please plan ahead and bring all required information as we cannot save seats.

Note: Return times are approximate and could change due to weather and /or traffic conditions.

A FULL TRAVEL CARD MAY BE REDEEMED FOR ANY TRIP OVER $50.00. EACH PASSENGER MUST HAVE THEIR OWN INDIVIDUAL CARD.

***Containers holding snacks and drinks are acceptable on all trips as long as they fit under the coach seat. Feel free to bring something to munch on and drink. ***

Inclement weather: If the school district is closed and the trip description includes motor coach transportation it will go as scheduled unless you are notified.

If you require assistance during a trip, you will need to make arrangements to bring your own provider. Purchasing a ticket for the provider is required and your responsibility. The travel escort will not physically assist passengers on and off the bus or around the venue. Thank you

Note: Motor coach prices have increased and may be reflected in some trips.

TRIP REGISTRATION: January 6,2019

TIPPING POINT THEATRE PRESENTS: 'THE 39 STEPS'

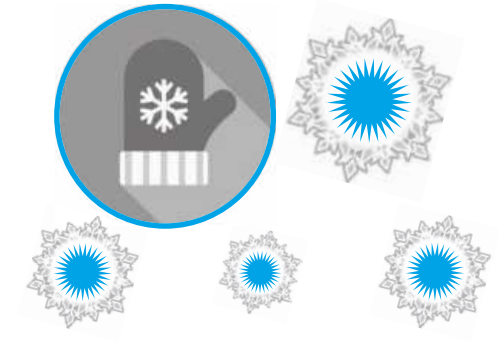
(391110-01) Wednesday, February 12
Depart: 11:00 am **Return:** 6:45 pm
Cost: $83

Richard Hannay was looking for something to spice up his boring life. His routine night out in the West End of London soon leaves him in the unprecedented situation of being the only person capable of saving the city. Murder, mystery, and mayhem consume his life as he works desperately to clear his name and solve the mystery of 'The 39 Steps.' This parody of the 1915 novel by John Buchan was made famous in the 1935 film by Alfred Hitchcock of the same name. 'The 39 Steps' mixes the thriller genre with the humor of Monty Python. You're sure to be on the edge of your seats, while laughing all the way! Prior to the 3:00 pm performance, our group will have a "delizioso" lunch at Genitti's Hole-in-the-Wall Italian Restaurant. **INCLUDES:** Motor coach, lunch, performance, lots of laughs, and a travel escort.

NEW 25TH 'RIVERDANCE' ANNIVERSARY SHOW AT THE FOX THEATRE

(381115-01) Friday, February 21
Depart: 4:00 pm **Return:** 10:30 pm
Cost: $96

The new 25th Anniversary Show of Riverdance brings a powerful and stirring reinvention of this beloved favorite to the Fox Theatre. 'Riverdance' is celebrated the world over for its Grammy award-winning score and the thrilling energy and passion of international dance. Immerse yourself in the extraordinary power and grace of its music and dance. This reinvented classic is beloved by fans of all ages. See if you have the luck of the Irish with a visit to Greektown prior to the performance. There will be free time on your own for dinner, shopping or gaming (and hopefully winning.) **INCLUDES:** Motor coach, seating in the mezzanine's first 5 rows, a visit to Greektown, and an Irish lass travel escort.



'WORKING' AT THE MEADOW BROOK THEATRE

(381113-06) Wednesday, March 4
Depart: 10:45 am **Return:** 5:00 pm
Cost: $75

Writer Studs Terkel, made a best-selling book of interviews with American workers, that has been adapted to a wonderful musical by Stephen Schwartz and Nina Faso. 'Working' paints a vivid portrait of the men and women that the world so often takes for granted: the schoolteacher, the phone operator, the waitress, the millworker, the mason, the housewife, and more. Nominated for six Tony Awards, this classic has been updated for a modern age. **Please make menu selection at time of registration:** Chicken Caesar Salad, wood grilled Salmon salad, Ravioli Formaggio (meat, cheese and Portabella ravioli with meat sauce and baked with four cheeses), Chicken Picatta, or Tilapia Mourlet (breaded filets pan-fried and topped with artichokes and sun-dried tomatoes in a lemon wine sauce, served with vegetable medley.) **INCLUDES:** Motor coach, a hard "working" travel escort, and lunch at Loccino Italian grill and Bar, and the performance.

DSO POPS COFFEE CONCERT: 'MUSIC & MAGIC'

(381119-03) Friday, March 27
Depart: 9:00 am **Return:** 2:00 pm
Cost: $83

This concert will stimulate your senses as Michael Grandinetti, star of TV's Masters of Illusion and one of today's leading pioneers of live magic, combines his art of illusion with the DSO's magic melodies. This includes music from 'Harry Potter,' Mussorgsky's 'Night on Bald Mountain,' and Stravinsky's 'The Firebird.' Get ready to be on the edge of your seat, but don't worry as only one lucky audience member will be cut in half! **INCLUDES:** Motor coach, dress circle seating, a magical travel escort, the performance with coffee and donuts prior to the concert.

TOURS OF THE DETROIT YACHT CLUB AND RENAISSANCE CENTER

(481101-06) Thursday, April 16
Depart: 9:45 am **Return:** 6:00 pm
Cost: $66

Want to learn about the history of the famous Detroit Yacht Club? Join us as we take a behind the scenes tour and explore the heritage and features of the clubhouse. The DYC, founded in 1868, is the largest and one of the oldest most prestigious private clubs in North America. Completed in 1922, the 93,000 square-foot facility is located on a private island along the banks of the Belle Isle Park. Our second tour will be at the GM "Ren Cen" where we will be guided through several features of the landmark building including: the Wintergarden (a five story tropical glass atrium overlooking the

Detroit River,) GM Pavilion & Jefferson Lobby, "Borealis" the tallest vertical glass structure in the world, Circulation Ring, a suspended glass walkway, GM Company Store, and The GM World display featuring the Corvette. Wear comfortable shoes and be prepared for lots of walking. **INCLUDES:** Motor coach, tours of the DYC and the GM Ren Cen, dining lunch at the DYC, and a travel escort.

'PAINT NIGHT' AT THE PURPLE ROSE THEATRE

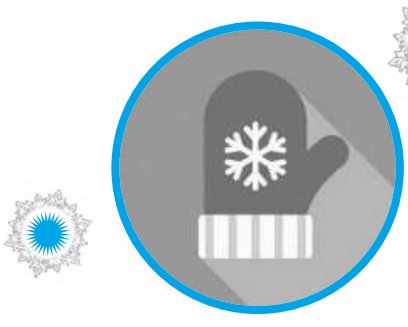
(481114-06) Wednesday, April 29
Depart: 11:00 am **Return:** 7:30 pm
Cost: Single $289; Double $219 per person; Triple/Quad: $189 per person

Five long time best friends in great need of a girl's night out, gather together for a bachelorette "Paint-and-Sip" night at their local art studio. As the wine and paint flow freely, secrets and long held tensions come to the surface. As they attempt to connect with their inner artists, they confront buried truths about themselves and their relationships proving that life, like art, rarely turns out exactly as planned. This is a world premier by Carey Crim. **Contains adult language & content. INCLUDES:** Motor coach, lunch at the Common Grill, a little time to shop in Chelsea, the 3:00 performance, and an artist of a travel escort.

AMISH COUNTRY IN BERLIN, OHIO

(481190-03) Thursday-Friday, May 21-22
Depart: 6:00 am **Return:** 7:30 pm
Cost: $119

Holmes County is home of the world's largest Amish community. It is famous for its Amish and Mennonite heritages including home-style food, locally made quilts, and a wealth of high-quality craftsmen. This is a great place to find art pieces and wood furniture you cannot find anywhere else. Travel through the store-lined streets of Berlin and discover handmade items as you experience a memorable shopping experience. After dinner on day one, there will be a performance of A Simple Sanctuary at the Ohio Star Theater. Part suspense, part romance, this is the story of Melissa James who runs to Amish Country for safety. She finds her "desperate sanctuary" as well as surprising friendship. It is based on a novel by Beverly and David Lewis. The second day on the route home, we stop in Kidron at the "Low Tech Superstore" Lehman's Hardware whose motto is "Simple Products for a Simpler Life." The 35,000 square-foot facility has become known worldwide as a source of non-electric goods. Because of its museum-like quality some people mistakenly think that the store sells antiques, but the products sold are brand new historically accurate replicas. **INCLUDES**: Motor coach, overnight accommodations at the Carlisle Inn in Sugarcreek, shopping stops in Berlin, family style Amish dinner at the Dutch Valley Restaurant, live production of "A Simple Sanctuary" at the Ohio Star Theatre, continental breakfast, luggage handling, and a travel escort. Trip cancellation Insurance is available by calling Raye at AAA Michigan 810-230-9493. All Lunches are on your own. **Register by April 21, 2020.**



GED PREPARATION AND HIGH SCHOOL COMPLETION CLASSES

Students age 20 and over as of 9/1/19 will work independently using GED Preparation and High School Completion software in our state-of-the-art computer learning lab while receiving support from certified teachers. Students are required to attend an orientation.

ON-SITE GED PREP LAB

- Ability to take one GED test section at a time
- Computer based instruction in math, language arts, science, and social studies

LAB HOURS

Monday — Thursday • 9am — 9pm
Friday • 9am — 2pm

CLASSES

September through June

Held at the Adult and Community Education Center - 19230 Cass Avenue, Clinton Township

A High School diploma may be closer than you think! Contact Academic Advisor, Jacqueline Frederiksen at 586-723-2053.

Registration fee per year: $40 Refundable upon completion of requirements and program.

ORIENTATION

All prospective students must attend an orientation session. At the orientation session, you will learn about the program and have an opportunity to schedule your pre-test. Orientation is at 10:00am and 6:00pm Mon 1/6, Mon 2/3 and Mon 3/2

FOR MORE INFORMATION PLEASE GO TO: www.chippewavalleyschools.org/departments/community-ed/high-school-completion--ged-preparation/

INTRODUCING THE NEW COMPUTERIZED GED TEST

YOU MUST NOW REGISTER TO TAKE THE GED ONLINE AT WWW.GED.COM

FEE:
$37.50/section
4 sections total

TESTING SITE:
Adult & Community Education Center
19230 Cass Avenue - Clinton Township

GED TESTING DATES:

Fridays 1/10, 1/24, 2/7, 2/28, 3/13, 3/27, 4/17

(Testing dates are subject to change)

GED TESTING TIMES:
Fridays: 2:15 PM to 6:15 PM

ON TESTING DATE:
You need a valid drivers license, or legal photo ID. Arrive on time as all latecomers must reschedule at their own cost.

For more information call
(586) 723-2050

For a detailed list of Macomb County Adult Education services, visit:
http://mscadultlearners.org/

WELCOME TO CHIPPEWA VALLEY SCHOOLS ONLINE REGISTRATION SYSTEM!

onlinereg.cvs.k12.mi.us

For your convenience, you can view our class descriptions, times and dates, check availability, register, and pay for your classes all online. Simply log on and follow the instructions for setting up an account for First Time or New Users. For questions about online registration please call 586-723-2050.

FIRST TIME USERS: For those who have registered with CVS from 7/1/07 to present, you may already have an account in our system. Contact our office at 586-723-2050 for sign-in information. Do not create an additional account as this will cause issues with the system. You may then go to this page and change your password.

NEW USERS: Will be asked to select a personal User Name and Password. To create your account, complete the household information and add members of your household.

SECURITY: Chippewa Valley has adopted standards to insure your data and payment information is secure. The padlock symbol on the bottom right of the site page stipulates CVS employs SSL secured site.

RECEIPT: Print and keep your registration receipt for all upcoming classes. You will not receive a program reminder. You will not be able to register for some programs online. Call 586-723-2050 for details.

TERMS OF REGISTRATION

To withdraw from a class or transfer to another class, call 586-723-2050 before the class begins. No refunds can be given for a one night class, trips, special events or after the first class has met. Refunds for customer withdrawals are subject to an $8 processing fee. Chippewa Valley Adult & Community Education reserves the right to cancel any activity based on insufficient enrollment or other conditions beyond its control. Classes may be combined in the event of low enrollment. Full refunds will be issued if the class is canceled by Chippewa Valley Adult and Community Education.

SCHOOL CLOSINGS: When Chippewa Valley Schools are closed due to inclement weather, all evening programs are cancelled. Classes will not be rescheduled or refunded. However, classes which meet for only one session will be rescheduled.

TRIPS & TOURS: If CV Schools are closed and the trip is utilizing school bus transportation, the trip is cancelled. Trips by motorcoach will remain as scheduled unless extenuating circumstances exist.

TRIPS TO CANADA: The law mandates in order to travel by land to Canada, persons 19 & older must prove identity and citizenship. This requires a Passport, Passport Card, Nexus Card, or an Enhanced Driver's License.

MERCHANT PRIVACY: We use customer information for registration and class development purposes only. Safeguarding our customers' information is important to us. We use procedures and secure systems to safeguard all customer information. We do not share customer information with outside companies.

By completing the registration/enrollment, I will agree to hold harmless Chippewa Valley Schools and its employees from any and all claims and demands of any kind due to damages, injuries and losses sustained by any participant in the Chippewa Valley Schools programs. This will also hold true for enrollment of my minor child/ward to participate in Chippewa Valley Schools programs, activities and/or classes.

MEDIA RELEASE STATEMENT: Recording of various school and classroom activities with interviews, photography, and video equipment is done throughout the year. This recording may be featured in district publications, local media, the internet, or aired on our educational access channel (CVC-TV). Completing the registration/enrollment will allow a photograph of the participant to be posted on the Community Education Website. Please contact the Community Education Department if you do not wish for your child to be photographed.

1. ONLINE:

See page 17 for details!
https://onlinereg.cvs.k12.mi.us/

2. MAIL - IN:

Send Payment to:
CVS Adult & Community Education, 19230 Cass Ave, Clinton Township, MI 48038

3. WALK-IN:

Register at EITHER LOCATION: 19230 Cass Ave, Clinton Township, MI 48038, OR 50375 Card Road, Macomb Township, MI - Monday – Friday 8:00 am-Noon & 1:00pm– 4:00 pm

Confirmations ARE NOT mailed.

WE ACCEPT CASH, CHECK, MASTERCARD, VISA

All returned checks are subject to a $20 processing fee.

REGISTRATION INFORMATION:

Please complete all requested information in order to have your registration processed promptly.

Participant #1 Name: _____ DOB: _____

Email Address: _____

Home Address: _____

City: _____ Zip: _____

Phone: ( ) _____ Cell Phone: ( ) _____

Class #/Name: _____ Cost: $ _____

Emergency Contact: _____ Phone: ( ) _____

Traveling with: _____ For travelers - **any special dietary needs:** _____

Participant #2 Name: _____ DOB: _____

Email Address: _____

Home Address: _____

City: _____ Zip: _____

Phone: ( ) _____ Cell Phone: ( ) _____

Class #/Name: _____ Cost: $ _____

Emergency Contact: _____ Phone: ( ) _____

Traveling with: _____ For travelers - **any special dietary needs:** _____

Participant #3 Name: _____ DOB: _____

Email Address: _____

Home Address: _____

City: _____ Zip: _____

Phone: ( ) _____ Cell Phone: ( ) _____

Class #/Name: _____ Cost: $ _____

Emergency Contact: _____ Phone: ( ) _____

Traveling with: _____ For travelers - **any special dietary needs:** _____

Important Medical Information: _____

MC/Visa #: _____ Exp.Date _____ Name on Card: _____

Signature of Card Holder: _____

Class Dates for Session 234

Monday (5 Weeks): 01/06, 01/13, 01/27, 02/03, 02/10

Wednesday (6 Weeks): 01/08, 01/15, 01/22, 01/29, 02/05, 02/12

Friday (6 Weeks): 01/10, 01/17, 01/24, 01/31, 02/07, 02/14

Saturday (6 Weeks): 01/11, 01/18, 01/25, 02/01, 02/08, 02/15

American Red Cross Swim Program Pool Supervisor:
Alex Sprowitz, asprowitz@cvs.k12.mi.us

Class Fees: **(6 weeks)** $56 per student **(5 weeks)** $47 per student/
all classes are 45 minutes unless otherwise noted

MON/WED/FRI CLASSES HELD AT: DAKOTA HIGH SCHOOL
21051 21 Mile Road

• All registration for the American Red Cross Swim Program is handled through the Community Education Office NOT at the pool.
Like Us on Facebook @ http://www.facebook.com/CVSCommEd

SATURDAY CLASSES HELD AT: CHIPPEWA VALLEY HIGH SCHOOL
18300 19 Mile Road
Clinton Township, MI 48038

AQUA TOTS — ½ hour class
For children 6 months — 3 years, with a parent in the water. This class will familiarize the tot with an introduction to water.

(311201-S1)	Sat	12:15pm

GOLDFISH (PA) —
½ hour class
For children 3-5 years old, this class is designed for a parent to be in the water with the child. Child uses a flotation device.

(321302-M1)	Mon	6:45pm
(321302-W1)	Wed	6:45pm
(321202-S1)	Sat	10:45am
(321202-S2)	Sat	11:30am

GOLDFISH (REG) — For children 3-5 years old, no parent assistance is needed. Child uses a flotation device.

(321303-M1)	Mon	6:00pm
(321303-M2)	Mon	6:45pm
(321303-W1)	Wed	6:00pm
(321303-W2)	Wed	6:45pm
(321203-S1)	Sat	10:00am
(321203-S2)	Sat	10:45am
(321203-S3)	Sat	11:30am

STARFISH — For children 3-5 years old. Children will learn the basic skills of swimming without a flotation device or parent assistance.

(321304-M1)	Mon	6:00pm
(321304-M2)	Mon	6:45pm
(321304-W1)	Wed	6:00pm
(321304-W2)	Wed	6:45pm
(321204-S1)	Sat	10:00am
(321204-S2)	Sat	10:45am
(321204-S3)	Sat	11:30am

Flotation devices used in the learn to swim program are available to purchase for $12.00/each.

OPEN SWIM

Fridays starting **01/10/20 - 02/14/20**
6:30pm — 7:30pm
Payable at the door
$4.00 - Ages 11 and under
$5.00 - Ages 12 and up

PRIVATE & SEMI-PRIVATE LESSONS

Private Lessons are available at $34.00/ per ½ hour.
Semi-Private Lessons are available at $50/per ½ hour for 2 students
call 586-723-2050 option 5

POOL CLOSED February 17th - February 22nd, 2020

Continued Class Dates for Session 234

LEVEL 1 – INTRODUCTION TO WATER SKILLS

For children 6 years & up. This class is designed to help students feel comfortable in the water. Learn to submerge mouth, nose & eyes.

(381305-M1) Mon 6:00pm
(381305-M2) Mon 6:45pm
(381305-W1) Wed 6:00pm
(381305-W2) Wed 6:45pm
(381205-S1) Sat 10:00am
(381205-S2) Sat 10:45am
(381205-S3) Sat 11:30am

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

Gives students success with fundamental skills. This class is taught in the deep water.

(381306-M1) Mon 6:00pm
(381306-M2) Mon 6:45pm
(381306-W1) Wed 6:00pm
(381306-W2) Wed 6:45pm
(381206-S1) Sat 10:00am
(381206-S2) Sat 10:45am
(381206-S3) Sat 11:30am

LEVEL 3 – STROKE DEVELOPMENT

This class builds on the skills in level 2 through practice.

(381307-M1) Mon 6:00pm
(381307-M2) Mon 6:45pm
(381307-W1) Wed 6:00pm
(381307-W2) Wed 6:45pm
(381207-S1) Sat 10:00am
(381207-S2) Sat 10:45am
(381207-S3) Sat 11:30am

LEVEL 4 – STROKE IMPROVEMENT

This class develops confidence in the skills learned & helps improve other aquatic skills.

(381308-M1) Mon 6:00pm
(381308-M2) Mon 6:45pm
(381308-W1) Wed 6:00pm
(381308-W2) Wed 6:45pm
(381208-S1) Sat 10:00am
(381208-S2) Sat 10:45am
(381208-S3) Sat 11:30am

LEVEL 5 – STROKE REFINEMENT

This class teaches the refinement of the front/back crawl, breaststroke, butterfly, elementary backstroke, sidestroke, and diving.

(381309-M1) Mon 6:00pm
(381309-M2) Mon 6:45pm
(381309-W1) Wed 6:00pm
(381309-W2) Wed 6:45pm
(381209-S1) Sat 10:00am
(381209-S2) Sat 10:45am
(381209-S3) Sat 11:30am

LEVEL 6 – SWIMMING & SKILL PROFICIENCY

This class refines all 6 strokes so the child can swim with ease, efficiency, power & smoothness over greater distances. Option after completing include: Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.

(381310-M1) Mon 6:00pm
(381310-M2) Mon 6:45pm
(381310-W1) Wed 6:00pm
(381310-W2) Wed 6:45pm
(381210-S1) Sat 10:00am
(381210-S2) Sat 10:45am
(381210-S3) Sat 11:30am

PRE-COMPETITIVE SWIM

For Students who have passed Level 4 and want to build endurance and work on stroke technique

(381317-F1) **DHS Pool**
Fri 7:30-8:30pm

SPRINGBOARD DIVING

You must be 10 years of age or older and have passed Level 4.

(341312-M1) **DHS Pool**
Mon 7:30-8:30pm

ADULT SWIM

ADULT SWIM LESSONS

This class is for adults who are not comfortable in the water. We begin by teaching proper body position to encourage placing the face in the water and learning to float. Must be 18 years of age or older.

(361311-M2)
Mon 1/6/20 7:30pm
$47 **5 wks**

ADULT WATER AEROBICS

The viscosity and weight of the water provides an impact-free way to intensify your work out. All fitness levels welcome! Must be 18. Proper swim attire required.

DHS Pool
7:30-8:30pm **5 wks**
(361311-M1) Monday
$40/$37 Senior 01/06/20
(361311-W1) Wednesday
6 wks
$40/$37 Senior 01/08/20

ADULT LAP **5 wks**

Ideal exercise for any shape or fitness level! Must be 18. Proper swim attire required. We also have lap lanes available during open swim on Fridays from 6:30-7:30 pm.

DHS Pool
7:30-8:30pm **5 wks**
(361315-M1) Monday
$34/$30 Senior 01/06/20
(361315-W1) Wednesday
6 wks
$40/$37 Senior 01/08/20

Class Dates for Session 235

Monday (8 Classes): 02/24, 03/02, 03/09, 03/16, 03/23, 03/30, 04/13, 04/20

Wednesday (8 Classes): 02/26, 03/04, 03/11, 03/18, 03/25, 04/01, 04/15, 04/22

Friday (8 Classes): 02/28, 03/06, 03/13, 03/20, 03/27, 04/03, 04/17, 04/24

Saturday (8 Classes): 02/29, 03/07, 03/14, 03/21, 03/28, 04/04, 04/18, 04/25

American Red Cross Swim Program Pool Supervisor:
Alex Sprowitz, asprowitz@cvs.k12.mi.us

Class Fees: $73 each / all classes are 45 minutes unless otherwise noted

CHIPPEWA VALLEY HIGH SCHOOL
18300 19 Mile Road
Clinton Township, Mi 48038

• All registration for the American Red Cross Swim Program is handled through the Community Education Office NOT at the pool.
Like Us on Facebook @ http://www.facebook.com/CVSCommEd

AQUA TOTS — ½ hour class
For children 6 months — 3 years, with a parent in the water. This class will familiarize the tot with an introduction to water.
(311201-S1) Sat 12:15pm

GOLDFISH (PA) —
½ hour class
For children 3-5 years old, this class is designed for a parent to be in the water with the child. Child uses a flotation device.
(321202-M1) Mon 6:45pm
(321202-W1) Wed 6:45pm
(321202-S3) Sat 10:45am
(321202-S4) Sat 11:30am

GOLDFISH (REG) — For children 3-5 years old, no parent assistance is needed. Child uses a flotation device.
(321203-M1) Mon 6:00pm
(321203-M2) Mon 6:45pm
(321203-W1) Wed 6:00pm
(321203-W2) Wed 6:45pm
(321203-S4) Sat 10:00am
(321203-S5) Sat 10:45am
(321203-S6) Sat 11:30am

STARFISH — For children 3-5 years old. Children will learn the basic skills of swimming without a flotation device or parent assistance.
(321204-M1) Mon 6:00pm
(321204-M2) Mon 6:45pm
(321204-W1) Wed 6:00pm
(321204-W2) Wed 6:45pm
(321204-S4) Sat 10:00am
(321204-S5) Sat 10:45am
(321204-S6) Sat 11:30am

LEVEL 1 — INTRODUCTION TO WATER SKILLS
For children 6 years & up. This class is designed to help students feel comfortable in the water. Learn to submerge mouth, nose & eyes.
(381205-M1) Mon 6:00pm
(381205-M2) Mon 6:45pm
(381205-W1) Wed 6:00pm
(381205-W2) Wed 6:45pm
(381205-S4) Sat 10:00am
(381205-S5) Sat 10:45am
(381205-S6) Sat 11:30am

LEVEL 2 — FUNDAMENTAL AQUATIC SKILLS
Gives students success with fundamental skills. This class is taught in the deep water.
(381206-M1) Mon 6:00pm
(381206-M2) Mon 6:45pm
(381206-W1) Wed 6:00pm
(381206-W2) Wed 6:45pm
(381206-S4) Sat 10:00am
(381206-S5) Sat 10:45am
(381206-S6) Sat 11:30am

POOL CLOSED
April 6th - April 11, 2020

Flotation devices used in the learn to swim program are available to purchase for $12.00/each.

OPEN SWIM

Fridays: 02/28/20 — 04/24/20
6:30pm — 7:30pm
Payable at the door
$4.00 - Ages 11 and under
$5.00 - Ages 12 and up

~ OPEN SWIM POOL RULES ~

- Ages 8 & under MUST be accompanied, IN THE WATER, by a responsible person 18 years or older or as determined by supervisor.
- Swim diapers are REQUIRED for untrained children.
- Men/boys swim suits MUST HAVE A LINER — no underwear, briefs, or shorts.

Continued Classes Dates for Session 233

LEVEL 3 — STROKE DEVELOPMENT
This class builds on the skills in level 2 through practice.

(381207-M1)	Mon	6:00pm
(381207-M2)	Mon	6:45pm
(381207-W1)	Wed	6:00pm
(381207-W2)	Wed	6:45pm
(381207-S4)	Sat	10:00am
(381207-S5)	Sat	10:45am
(381207-S6)	Sat	11:30am

LEVEL 4 — STROKE IMPROVEMENT
This class develops confidence in the skills learned & helps improve other aquatic skills.

(381208-M1)	Mon	6:00pm
(381208-M2)	Mon	6:45pm
(381208-W1)	Wed	6:00pm
(381208-W2)	Wed	6:45pm
(381208-S4)	Sat	10:00am
(381208-S5)	Sat	10:45am
(381208-S6)	Sat	11:30am

LEVEL 5 — STROKE REFINEMENT
This class teaches the refinement of the front/back crawl, breaststroke, butterfly, elementary backstroke, sidestroke, and diving.

(381209-M1)	Mon	6:00pm
(381209-M2)	Mon	6:45pm
(381209-W1)	Wed	6:00pm
(381209-W2)	Wed	6:45pm
(381209-S4)	Sat	10:00am
(381209-S5)	Sat	10:45am
(381209-S6)	Sat	11:30am

LEVEL 6 — SWIMMING & SKILL PROFICIENCY
This class refines all 6 strokes so the child can swim with ease, efficiency, power & smoothness over greater distances. Option after completing include: Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.

(381210-M1)	Mon	6:00pm
(381210-M2)	Mon	6:45pm
(381210-W1)	Wed	6:00pm
(381210-W2)	Wed	6:45pm
(381210-S4)	Sat	10:00am
(381210-S5)	Sat	10:45am
(381210-S6)	Sat	11:30am

PRE-COMPETITIVE SWIM
For Students who have passed Level 4 and want to build endurance and work on stroke technique.

(281217-F1)
Fri 7:30-8:30pm

SPRINGBOARD DIVING
You must be 10 years of age or older and have passed Level 4.

(361211-M1)
Mon 7:30-8:30pm

ADULT SWIM LESSONS
This class is for adults who are not comfortable in the water. We begin by teaching proper body position to encourage placing the face in the water and learning to float. Must be 18 years of age or older.

(361211-M2) Monday 2/24/19 7:30pm
$73 8 weeks

ADULT WATER AEROBICS
The viscosity and weight of the water provides an impact-free way to intensify your work out. All fitness levels welcome! Must be 18. Proper swim attire required.

CVHS Pool 7:30-8:30pm
8 wks
(361211-M1) Monday
$54/$51 Senior 02/24/20
(361211-W1) Wednesday
$54/$51 Senior 02/26/20

ADULT LAP
Ideal exercise for any shape or fitness level! Must be 18. Proper swim attire required. We also have lap lanes available during open swim on Fridays from 6:30-7:30 pm.

CVHS Pool 7:30-8:30pm
8 wks
(361215-M1) Monday
$54/$51 Senior 02/24/20
(361215-W1) Wednesday
$54/$51 Senior 02/26/20

ATHLETIC CAMPS, LEAGUES AND CLINICS

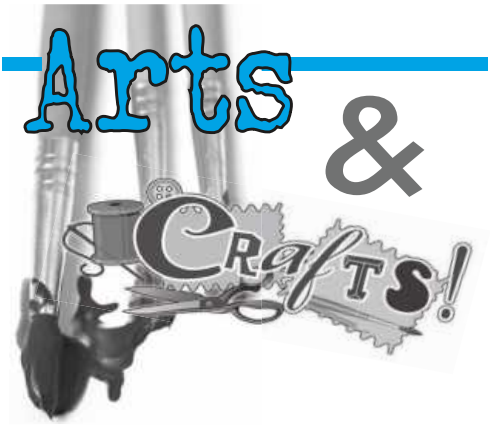
At Chippewa Valley Schools, there are youth enrichment sports camps, leagues, and clinics running most of the year.

These are separate from the internal school sports and are a great way to keep student athletes engaged and fit athletically. From Basketball to Cheer, Wrestling to Football, Baseball to Tennis, Golf to Weight Training, CVS has something for your students.

To keep up on what options are available throughout the year, check our website out at **http://www.chippewavalleyschools.org/departments/community-ed/athletic-camps/.**

We will put up flyers when a new camp has been is open for registration and for complete details. Registrations will not be accepted at the camp/clinic/league.

All participants must be registered before participating.
Register at https://onlinereg.cvs.k12.mi.us/



ART BOX STUDIO ELEMENTARY

ART Box Studio Drawing is an introduction to basic drawing. A themed lesson will be presented bi-weekly. Learning how to observe and apply drawing skills, using graphite/color pencils, oil pastels and other mediums. Each session builds upon the last. The students are encouraged to draw independently and use creative expression. The goal is three fully finished drawings. Beginner through advanced students are welcome. Each class is a new experience. Any additional questions about the class, NOT REGISTRATION, should be directed to artboxstudio4u@gmail.com

Age: 8-11
Instructor: Catherine Lawrence
(330104-10) Erie Art Room
Mon 1/27/20 4:00pm-5:00pm $70 5 wks
(330104-11) Mohawk Art Room
Wed 1/29/20 3:30pm-4:30pm $70 5 wks
(330104-12) Miami Art Room
Thr 1/30/20 4:00pm-5:00pm $70 5 wks
(330104-20) Erie Art Room
Mon 3/16/20 4:00pm-5:00pm $70 5 wks
(330104-21) Mohawk Art Room
Wed 3/18/20 4:00pm-5:00pm $70 5 wks
(330104-22) Miami Art Room
Thr 3/19/20 4:00pm-5:00pm $70 5 wks

ART BOX STUDIO MIDDLE SCHOOL

Strengthen your drawing skills and challenge your creativity in an ART Box Studio Drawing Session. A variety of media will be introduced such as graphite, charcoal, pastel and more. Students are encouraged to utilize self-expression as they work through the creative process. Develop use of line, shape, form, value, perspective and composition. Beginner through advanced, and returning students, are welcome. Each class is a new experience. Any additional questions about the class, NOT REGISTRATION, should be directed to artboxstudio4u@gmail.com. **$5 material fee due to instructor on first day.**

Age: 10-14
Instructor: Catherine Lawrence
Instructor: Seneca Cafe
(340104-01)
Mon 1/27/20 6:00pm-7:30pm $92 5 wks
(340104-02)
Mon 3/16/20 6:00pm-7:30pm $92 5 wks

COOKING

HEALTHY KIDS IN THE KITCHEN

Hey kids! We can show you how fun and easy healthy cooking can be! Learn to make delicious and nutritious recipes with plenty of tasting along the way! Our program offers hands-on cooking lessons for budding young chefs. We learn more than how to follow a recipe. We utilize math, science, teamwork, creativity and more. Children will make 1 to 2 recipes each week and of course get to taste their creation at the end of each class. Recipe cards will also be written out by each child to take and make at home. This is a class for children 9 years of age and older.

There are different themes and recipes for each respective class. For additional questions about the class, NOT REGISTRATION, check out TeamFitCorp.com. **Additional material fee of $6.50 is due at beginning of class and payable to instructor.**

Instructor: Team Fit
Ages: 9+
Location: Harry L. Wheeler Community Center - 24076 F. V. Pankow Boulevard Clinton Township, MI 48036
(340200-01)
Tue 1/21/20 5:00pm-6:00pm $12 1 class
(340200-02)
Tue 2/18/20 5:00pm-6:00pm $12 1 class
(340200-03)
Tue 3/17/20 5:00pm-6:00pm $12 1 class

EDUCATIONAL

Instructor: A-1 Health & Safety

Class Location:
Henry Ford Macomb Hospital Offices
15855 19 Mile Road, Clinton Township, MI 48038
Room: Conference 4, 4th floor Medical Pavilion or McAuley A CONFIRM ROOM AT INFO DESK IN MAIN LOBBY
Any additional questions about the class, NOT REGISTRATION, should be directed to nancy@a1cpr.com.

FIRST AID W/CPR/AED

Rescuers learn to recognize and help victims when faced with life-threatening emergencies. Manage sudden illness and injuries in the first few minutes until professional help arrives. Training includes CPR for all ages, use of AEDs, and use of barrier devices. Satisfies state requirement for Teachers, Child Day Care & Adult Day Care Licensing and OSHA requirements for First Responders. An American Heart Association Heartsaver First Aid with CPR/AED card, valid for two years, is issued to participants who successfully complete the course. **Additional material Fee of $20 to be paid to instructor at beginning of class.**

Ages: 16+

(360505-25)
Wed 1/22/20 5:00pm-10:45pm $93 1 day
(360505-26)
Sat 2/22/20 9:00am-4:00pm $93 1 day
(360505-27)
Mon 3/16/20 5:00pm-10:45pm $93 1 day
(360505-04)
Mon 4/13/20 5:00pm-10:45pm $93 1 day

SAFE SITTER BABYSITTING

This nationally recognized babysitting course will teach participants to have safe and effective baby-sitting/childcare skills. A health educator covers first aid, CPR with mannequin practice, choking, age-appropriate activities, discipline, fire safety, crime safety, and more! Please bring paper and pencils, a bag lunch, and drink. **Additional material fee of $20 is due at beginning of class and payable to instructor.**

Ages: 11-15

(360409-01)
Sat 1/18/20 9:00am-3:30pm $57 1 day
(360409-02)
Sat 2/8/20 9:00am-3:30pm $57 1 day
(360409-03)
Sat 3/28/20 9:00am-3:30pm $57 1 day

Instructor: Sew Many Things

***** Sew Many Things Sewing Center, 35486 Groesbeck Highway, Clinton Township, MI 48035.***** Any additional questions about the class, NOT REGISTRATION, should be directed to sewmanythingsle@yahoo.com.

LEARN MY SEWING MACHINE

You are given the choice of bringing in your machine or use ours. Class will cover sewing basics such as threading your machine, tension control, bobbin tension, specialty stitches, blind hemming and button holes. Bring sewing machine, manual and accessories (if you have one). All students bring scissors, thread, and tweezers. E-mail sewmanythingsle@yahoo.com to get your supply list not include in class.

Age: 14+

(360109-24)
Thr 1/16/20 6:00pm-9:00pm $43 1 class
(360109-25)
Sun 2/23/20 1:00pm-4:00pm $43 1 class
(360109-26)
Tue 3/24/20 2:00pm-5:00pm $43 1 class

LEARN MY SERGER

Use your machine or ours. Learn Serger basics such as threading, tension control, knives, and changing needles. Bring your Serger, manual, and all accessories (if you have one). Supplies; 4-5 Serger cone threads (to match dots on your machine), scissors and tweezers. E-mail sewmanythingsle@yahoo.com to get your supply list not include in class.

Ages: 14+

(360109-09)
Fri 1/17/20 1:00pm-4:00pm $43 1 class
(360109-17)
Sun 2/9/20 1:00pm-4:00pm $43 1 class
(360109-18)
Sat 3/21/20 1:00pm-4:00pm $43 1 class

MACHINE EMBROIDERY BASICS

You must already know how to use your machine for this class. We will aid you in learning the embroidery feature of your machine. You will learn how to hoop your fabric, pull up a design, and embroider it. Subjects such as stabilizer, embroidery thread, bobbin thread, and much more will be covered. E-mail sewmanythingsle@yahoo.com to get your supply list not included in class.

Ages: 14+

(360109-14)
Sun 1/19/20 1:00pm-4:00pm $50 1 wks
(360109-15)
Tue 2/11/20 1:00pm-4:00pm $50 1 wks
(360109-16)
Sat 3/14/20 10:00pm-1:00pm $50 1 wks

FITNESS

BELLY DANCING FITNESS

Belly dancing for fitness and fun! We will use many belly dance moves -- both isolations and combos — to tone muscles, build stamina, develop better posture, improve coordination, and master poise. Focus will also be placed on proper stance and technique in implementation. This is done by blending these moves together to create a fun and fascinating improvisation dancing style.

No supplies are needed, but a hip scarf and note keeper is optional. An excellent class for parents and children to take together! Any additional questions about the class, NOT REGISTRATION, should be directed to Laurie. paquin-leet@jsp.com

Ages: 8+
Instructor: Laurie Paquin-Leet
Location: Huron Music Room

(360302-01)
Tue 1/14/20 7:00pm-8:00pm $50 5 wks
(360302-02)
Tue 2/25/20 7:00pm-8:00pm $60 6 wks

LIL' DRAGONS KARATE

This program focuses on bringing out self-control, discipline, courtesy, and confidence from all its participants. The classes are designed for 4-8 years old and are taught in a fun and friendly atmosphere by professional instructors. There will be an exam for their next belt at the end of the 6-weeks (conducted at Butoku Karate Dojo).

Additional costs: $20 for Official Karate Uniform and white belt.
Instructor: Butoku Karate
Ages: 4-8
Location: Shawnee Elementary Cafe

(330810-02)
Tue 1/14/20 6:00pm-6:45pm $49 5 wks
(330810-05)
Tue 2/25/20 6:00pm-6:45pm $59 6 wks

Master K's Karate & Boxing

All Master K classes, unless noted otherwise, are held at Master K's Karate, 39789 Garfield Rd in Clinton Township, MI 48038. Any additional questions about the class, NOT REGISTRATION, should be directed to 586-566-1397

COED BOXING/ KICKBOXING WORKOUT

Open for beginners to the advanced. Get a great workout while learning and honing the sweet science of boxing and/or kickboxing. Learn the proper way to kick and punch using all the tools of a professional boxing gym. You must have hand protection and bring clean tennis shoes. Ages 12+ are welcome. Have fun with yourself and your child!

(390810-01)
Sun 2/2/20 10:00am-11:00am $40 4 wks
(390810-11)
Sun 3/1/20 10:00am-11:00am $40 4 wks

MASTER K'S LITTLE DRAGONS

This introductory class focuses on promoting a positive first experience. Training district touches on basic stances, kicking, blocking, punching, and self-control. Give your youngster the tools for self-defense and self-esteem. Wear loose, comfortable clothing. Uniform is not required.

Ages: 3-5

(390810-12)
Sat 2/1/20 10:00am-10:45pm $40 4 wks
(390810-13)
Sat 3/7/20 10:00am-10:45pm $40 4 wks

MINI-DRAGONS

This beginning karate class is designed as a positive introduction to the martial arts. Training touches on basic stances, kicking, blocking, balance, coordination, and self-defense to help build confidence and increase concentration. Wear loose, comfortable clothing. Uniform is not required.

Ages: 6-10
Location: Iroquois Middle School Aux. Gym

(390810-21)
Sat 1/11/20 11:00am-12:00pm $70 5 wks
(390810-22)
Sat 2/29/20 11:00am-12:00pm $70 5 wks

Instructor: YOUNG DRAGONS

This beginning karate class is designed as a positive introduction to the martial arts. Training touches on basic stances, kicking, blocking, balance, coordination, and self-defense to help build confidence and increase concentration. Wear loose, comfortable clothing. Uniform is not required.

Ages: 6-10

(390810-31)
Tue 2/4/20 6:00pm-7:00pm $40 4 wks
(390810-32)
Tue 3/3/20 6:00pm-7:00pm $40 4 wks
(390810-33)
Thu 2/6/20 6:00pm-7:00pm $40 4 wks
(390810-34)
Thu 3/5/20 6:00pm-7:00pm $40 4 wks

DANCE

LINE DANCE WITH LYNN

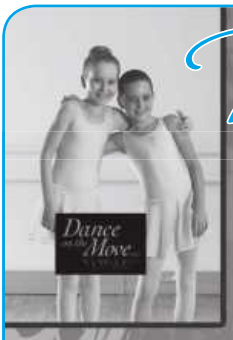
Lynn Reiss offers multiple levels of teaching for everyone. You can come and dance the whole time, or just drop in for your level of skill. 6:30 pm to 7:30 pm is the basic steps and true beginner level. 7:30-8:30 will be focused on intermediate levels. Learn at your pace. Great for parents and kids to take together! Any additional questions about the class, NOT REGISTRATION, should be directed to lynnanne5678@att.net

Ages: 10+
Instructor: Lynn Reiss
Class Location: Algonquin Gym
(360304-01)
Wed 1/15/20 6:30pm-8:30pm $25 5 wks
(360304-02)
Wed 2/26/20 6:30pm-8:30pm $25 5 wks

COUPLES DANCING

Couples will get to dance the favorite country couples' dances. Learn the basics of 2 step & swing, pattern partner dancing which is akin to line dancing. Get a great exercise for the body and mind. Fun for parents and kids to take together! Each person pays the registration cost of $25. Any additional questions about the class, NOT REGISTRATION, should be directed to lynnanne5678@att.net

Instructor: Lynn Reiss
Class Location: Algonquin Gym
(360304-03)
Wed 1/15/20 8:30pm -9:30pm $25 5 wks
(360304-04)
Wed 2/26/20 8:30pm -9:30pm $25 5 wks



Dance

Dance on the Move is a twist on the typical dance studio, offering a variety of dance and fitness classes for children and adults in a school setting. Your child will gain confidence and selfesteem while making new friends and learning in a safe and inspiring atmosphere.

We teach all of our classes in sessions set up through Chippewa Valley Schools Community Education program. Our RECITAL SESSION begins each September and ends with our recital in June. Some dancers will enjoy non-recital classes which are taught in 5-9 week sessions from September through June; FALL, HOLIDAY, WINTER, EARLY-BIRD, AND SPRING. We also offer select SUMMER dance and fitness classes. If you love to dance, you'll love dancing with us!

LOCATION
Dance and fitness classes are taught at Fox Elementary during the week, and at Iroquois Middle School on weekends.

CLASS PARTICIPANTS MUST FOLLOW DRESS CODE Girls: Hair must be pulled back and secured. Leotards and/or tank tops are preferred. Form fitting dance pants, footless tights, or leggings may be worn. No jewelry, skirts, footed tights, shoes, jeans or large headbands/bows. Boys: Shorts or sweatpants, tees or tanks. No shoes or jeans can be worn during class

****INSTRUCTOR PERMISSION REQUIRED****
Our competition Jazz, Tap or Lyrical classes are for those dancers who are looking for additional performance opportunities and to make a more serious commitment to dance. Lyrical incorporates both ballet and jazz for a dance style that is focused on showing musicality and emotion through movement. Must have 1 year experience in Jazz, Ballet or Lyrical. Dancers will compete at local competitions and at our end of the year recital. If you are interested in auditioning for our competition team, please contact us at danceonthemove@me.com

INSTRUCTORS
Our instructors are trained in many different styles of dance and fitness. There are years of experience between them, and they all strive to make their classes a positive and fun learning environment.

COMPETITION CLASSES
Auditions are held in May/June and again in September. Please contact danceonthemove@me.com for more information regarding our competition program.

MAKE-UP POLICY
There are no refund opportunities for students who miss class OR to those who no longer wish to participate in the class. Instructors can give options for a make-up class or possible transfer to another class. Classes cancelled due to inclement weather conditions cannot be refunded, but may be made up if the instructor is able.

DANCE DESCRIPTIONS

BALLET:
The foundation of all dance forms. Body placement, flexibility, balance, alignment, strength and technique are achieved through Barre exercises and center floor practice. Students will learn proper terminology and classical ballet movements set to classical and contemporary music. If you attend the class from September through June you will have the option of performing in the annual Recital at Chippewa Valley High School. Parents will have viewing days throughout the year to see what your dancers have been working on!

HIP HOP:
Upbeat music sets the tone for this dynamic and popular class! Our Hip Hop dance class is a high energy class, with age- appropriate music and movements which are used to create fun dance combinations and routines. Dancers will work on rhythm, precision of movements, body isolations, and conditioning to increase strength and stamina. If you attend the class from September through June you will have the option of performing in the annual Recital at Chippewa Valley High School. Parents will have viewing days throughout the year to see what your dancers have been working on! Class taught by Dance on the Move.

JAZZ:
Dancers will focus on dance technique and style while learning new skills and choreography. Concentration will be on flexibility, leaps, jumps, and turns. Short dance combinations will be taught to work on musicality and the ability to connect steps and skills together. If you attend the class from September through June you will have the option of performing in the annual recital at Chippewa Valley High School. Combinations and progressions will be taught to improve linking skills and learning choreography. Form fitting dance attire, jazz shoes, and hair pulled away from the face is required. No jeans, jean shorts, or skirts. Please see instructor before purchasing jazz shoes if participating in the recital. Class taught by Dance on the Move.

LYRICAL:
For those dancers who want a bit of a challenge! Lyrical incorporates both ballet and jazz for a dance style that is focused on showing musicality and emotion through movement. Must have 2+ yr experience in Jazz, Ballet or Lyrical. If you attend the class from September through June you will have the option of performing in the annual Recital at Chippewa Valley High School. Parents will have viewing days throughout the year to see what your dancers have been working on! Class taught by Dance on the Move.

PETITE BALLERINA:
Basic Ballet for the littlest ballerina. Dancers will learn proper terminology and classical Ballet movements while singing and dancing. If you attend the class from September through June you will have the option of performing in the annual Recital at Chippewa Valley High School.

TAP:
Beginner tap classes will work on basic tap technique and the vocabulary associated with each movement. Combinations will be taught and put to music so that dancers can listen and learn the musicality of the dance form.

Intermediate and advanced classes will combine more difficult and intricate rhythms and choreography, while continuing to perfect the basics with strong and clean sounds. If you attend the class from September through June you will have the option of performing in the annual Recital at Chippewa Valley High School. Parents will have viewing days throughout the year to see what your dancers have been working on! Class taught by Dance on the Move.

Instructor Dance On The Move
Any additional questions about the class, NOT REGISTRATION, should be directed to danceonthemove@me.com

Location: Fox Elementary

MONDAY CLASSES

1/13/2020 $36 4 wks

(390318-51) Petite Ballerina (No Exp.)
4:30pm-5:00pm Café Ages: 4-6

(390318-76) Beginner Hip Hop (No Exp.)
4:45pm-5:30pm Gym Ages: 5-8

(390318-T1) Tap (1 Yr. Exp.)
5:00pm-5:30pm Café Ages: 5-10

(390318-27) Tap (1 Yr. Exp.)
5:30pm -6:15pm Café Ages: 6-11

(390318-63) Mini Jazz Company **
5:30pm-6:15pm Gym Ages: 5-8

(390318-J1) Jr. Jazz Company**
6:30pm-7:30pm Gym Ages: 10-14

(390318-30) Recital Tap (2 Yr. Exp.) **
6:30pm-7:15pm LGI Ages: 10-12

(390318-57) Jr. Tap Company (2 Yr. Exp.) **
7:30pm-8:30pm LGI Ages: 10-14

(390318-61) Teen Competition Jazz**
7:30pm-8:30pm Gym Ages: 12-16

2/24/2020 $54 6 wks

(390318-52) Petite Ballerina (No Exp.)
4:30pm-5:00pm Café Ages: 4-6

(390318-83) Beginner Hip Hop (No Exp.)
4:45pm-5:30pm Gym Ages: 5-8

(390318-T2) Tap (1 Yr. Exp.)
5:00pm-5:30pm Café Ages: 5-10

(390318-64) Mini Jazz Company **
5:30pm-6:15pm Gym Ages: 5-8

(390318-28) Tap (1 Yr. Exp.)
5:30pm -6:15pm Café Ages: 6-11

(390318-J2) Jr. Jazz Company (1 Yr. Exp.) **
6:30pm-7:30pm Gym Ages: 10-12

(390318-31) Recital Tap (2 Yr. Exp.)
6:30pm-7:15pm LGI Ages: 10-12

(390318-58) Jr. Tap Company (2 Yr. Exp.) **
7:30pm-8:30pm LGI Ages: 10-14

(390318-62) Teen Competition Jazz**
7:30pm-8:30pm Gym Ages: 12-16

TUESDAY CLASSES

1/14/2020 $45 5 wks

(390318-36) Petite Ballerina (1 Yr. Exp.)
4:45pm-5:15pm Café Ages: 4-7

(390318-55) Ballet (3 Yr. Exp.)
5:15pm -6:00pm Café Ages: 13-15

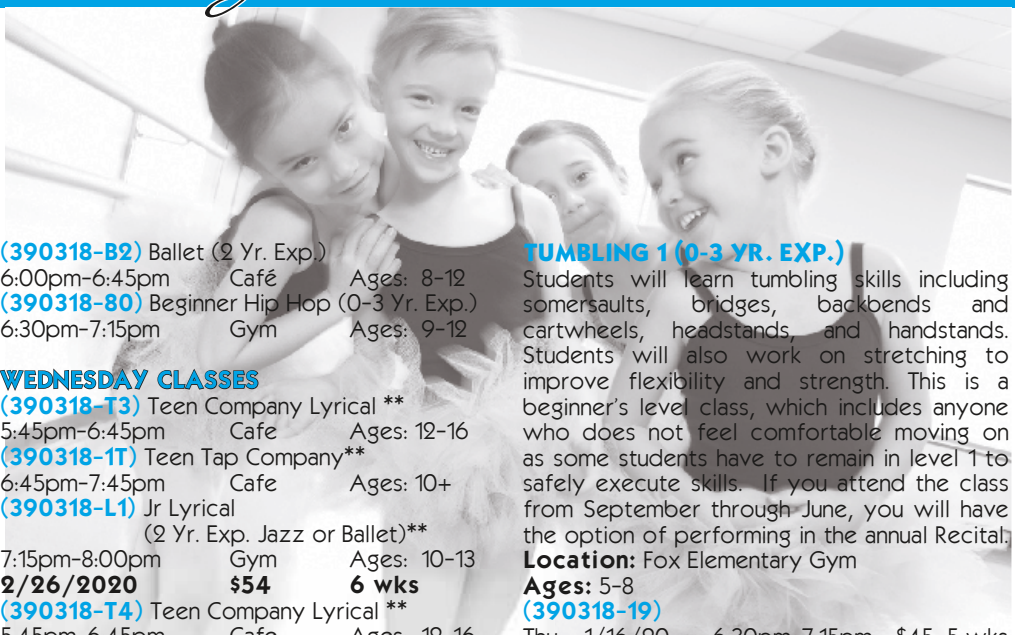
(390318-B1) Ballet (2 Yr. Exp.)
6:00pm-6:45pm Café Ages: 8-12

(390318-79) Beginner Hip Hop (0-3 Yr. Exp.)
6:30pm-7:15pm Gym Ages: 9-12

2/25/2020 $54 6 wks

(390318-37) Petite Ballerina (1 Yr. Exp.)
4:45pm-5:15pm Café Ages: 4-7

(390318-56) Ballet (3 Yr. Exp.)
5:15pm -6:00pm Café Ages: 13-15



(390318-B2) Ballet (2 Yr. Exp.)
6:00pm-6:45pm Café Ages: 8-12
(390318-80) Beginner Hip Hop (0-3 Yr. Exp.)
6:30pm-7:15pm Gym Ages: 9-12

WEDNESDAY CLASSES

(390318-T3) Teen Company Lyrical **
5:45pm-6:45pm Cafe Ages: 12-16
(390318-1T) Teen Tap Company**
6:45pm-7:45pm Cafe Ages: 10+
(390318-L1) Jr Lyrical
(2 Yr. Exp. Jazz or Ballet)**
7:15pm-8:00pm Gym Ages: 10-13
2/26/2020 $54 6 wks
(390318-T4) Teen Company Lyrical **
5:45pm-6:45pm Cafe Ages: 12-16
(390318-2T) Teen Tap Company**
6:45pm-7:45pm Cafe Ages: 10+
(290318-L2) Jr Lyrical
(2 Yr. Exp. Jazz or Ballet)**
7:15pm-8:00pm Gym Ages: 10-13

HELD AT IMMANUEL LUTHERAN CHURCH
47120 Romeo Plank, Macomb, MI 48044
1/15/2020 $45 5 wks
(390318-B5) Ballet (2 Yr. Exp.)
4:30pm-5:15pm Ages: 5-10
(390318-11) Ballet (2 Yr. Exp.)
5:15pm-6:00pm Ages: 8-12
(390318-05) Ballet (2 Yr. Exp.)
6:00pm-6:45pm Ages: 15-18
2/26/2020 $54 6 wks
(390318-B6) Ballet (2 Yr. Exp.)
4:30pm-5:15pm Ages: 5-10
(390318-12) Ballet (2 Yr. Exp.)
5:15pm-6:00pm Ages: 8-12
(390318-06) Ballet (2 Yr. Exp.)
6:00pm-6:45pm Ages: 15-18

TUMBLING 1 (0-3 YR. EXP.)

Students will learn tumbling skills including somersaults, bridges, backbends and cartwheels, headstands, and handstands. Students will also work on stretching to improve flexibility and strength. This is a beginner's level class, which includes anyone who does not feel comfortable moving on as some students have to remain in level 1 to safely execute skills. If you attend the class from September through June, you will have the option of performing in the annual Recital.
Location: Fox Elementary Gym
Ages: 5-8
(390318-19)
Thu 1/16/20 6:30pm-7:15pm $45 5 wks
(390318-20)
Thu 2/27/20 6:30pm-7:15pm $54 6 wks

TUMBLING 2 (1-3 YR. EXP.)

Students will build skills at their own pace base on ability and will be taught new skills when they are ready for it. This course will build upon Tumbling 1 and add handstand-forward rolls, straddle somersaults, bridge variations, back bends, front limbers, dive rolls, combination, and more. Students must have taken Tumbling 1 or have teacher permission and can perform a bridge, cartwheel, forward/backward somersaults without assistance. If you attend the class from September through June, you will have the option of performing in the annual Recital.
Location: Fox Elementary Gym
Ages: 6-10
(390318-25)
Thu 1/16/20 7:15pm-8:00pm $45 5 wks
(390318-26)
Thu 2/27/20 7:15pm-8:00pm $54 6 wks

TUMBLING 3

Tumbling/Acrobatics is focused on increasing students' flexibility, strength, balance, coordination, and confidence. Class will work on proper body placement and alignment. Students will build skills at their own pace base on ability and will be taught new skills when they are ready for it. This class will focus on the basics of Levels 1 & 2 while adding more difficult skills. Students must have done level 2 or have teacher permission.
Location: Fox Elementary Gym
Ages: 9-13
(390318-95)
Thu 1/16/20 8:00pm-8:45pm $45 5 wks
(390318-96)
Thu 2/27/20 8:00pm-8:45pm $54 6 wks

POOL PARTIES

Hold your next function at
THE HIGH SCHOOL POOL
Great for Birthday Parties,
Cub Scouts, Girl Scouts,
or a Family Gathering!

DHS
Friday: 01/10/20-02/14/20

CVHS
Friday: 02/28/20-04/24/20

Time: 6:30—7:30pm/ Swim Time
7:30—8:30pm / Party Room

Fee: $22/per hour for party room

Swim Fee: $5.00 / Ages 12 & up
$4.00 / Ages 11 & under

Call 586-723-2058 TO RESERVE ROOM

Ever want to share your passions and skills? Consider instructing a Community Education Course.

If you have a background that includes a teachable skill, a clean criminal record, and the ability to work legally in the U.S., you can teach a class for Community Ed.

You can host your class in our building and have zero overhead cost. All payment comes from a share of enrollment, meaning if no one registers you do not lose any money. Earn a little extra cash on the side and see if you have the entrepreneurial spirit to pursue enrichment class teaching.

Set your minimum and maximum class size, enrollment cost, date and time (subject to schedule and building availability).

We DO NOT accept courses that are intended to sell any product or advice. Our classes have other requirements and conditions that may apply.

If you are interested, please contact us at 586-723-2058.

2019/2020 Classes

CLASS SPACE IS LIMITED.

Little Turtle Early Childhood Center * 50375 Card Road, Macomb, MI 48044

www.chippewavalleyschools.org

OFFICE HOURS: Monday-Friday * 8:00 am to 4:00 pm

PRESCHOOL LOCATIONS:

Little Turtle Preschool & Mohawk Elementary School

INFORMATION FOR 2019/2020 SCHOOL YEAR CAN BE FOUND ON OUR WEBSITE AND FACEBOOK:

WWW.chippewavalleyschools.org/departments/early-childhood/

3 & 4 YEAR PRESCHOOL 20/21

32 weeks of classes
September through June

3 DAYS..... M/W/F
2 DAYS..... M/W OR T/Th
(3 year old's ONLY on M/W)
5 DAYS..... M-F
(at Mohawk location, 4 year old's ONLY)

Available both AM and PM, 2 or 3 days a week, for 2.5 hours a day. Children must be 3 or 4 years old by September 1, 2019.

YOUNG FIVES

4 DAYS..... M-Th
At Mohawk Elementary available AM or PM, 3 hours a day. Children must be 5 years old by December 1st, 2019.

PLEASE NOTE: First month's payment, plus a non-refundable fee, is due at registration for Preschool and Young Fives students. Please bring a copy of your child's birth certificate and immunization record. Preschool aged children must be completely toilet trained. Transportation is NOT provided. 10% discount on tuition for the second child enrolled at the same time.

EXTENDED CARE INFANTS/TODDLERS

Ages 6 weeks to 3 years
Billed Hourly

PRESCHOOL EXTENDED DAY

3 and 4 year olds
Billed Hourly

PLEASE NOTE: Child Care and All Day Preschool daytime hours are from 6:30 am to 6:00 pm, Monday through Friday for extended day children.

$200 deposit, plus a non-refundable registration fee, is due at registration. Please bring a copy of your child's birth certificate and immunization record. Transportation is NOT provided.

CHIPPEWA VALLEY SCHOOLS

Adult & Community Education
19230 Cass Avenue
Clinton Township, MI 48038

PRSRT STD
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PAID
Mt. Clemens, MI
Permit No. 13

ECRWSS
Residential Patron

3 *Easy Ways* to Register

See Page 15 for Registration Terms

1. ONLINE:

See page 15 for details!
https://onlinereg.cvs.k12.mi.us/

2. MAIL - IN:

Confirmations ARE NOT mailed.
Please note the mail may not reach us in time to register for the class.

3. WALK-IN:

Register at EITHER LOCATION: 19230 Cass Ave, Clinton Township, MI 48038, OR 50375 Card Road, Macomb Township, MI — Monday — Friday 8:00 am — Noon & 1:00 pm-4:00 pm

WE ACCEPT CASH, CHECK, MASTERCARD, VISA

All returned checks are subject to a $20 processing fee.

Questions regarding registration, online help, or our programs, or running your own class? Feel free to call us or leave us a message at the appropriate number below.

Youth/Adult Enrichment and Trips: 586-723-2050
Early Childhood: 586-723-6950

ESL www.chippewavalleyschools.org/departments/community-ed/english-as-a-second-language/

GED www.chippewavalleyschools.org/departments/community-ed/high-school-completion--ged-preparation/