



Grand Blanc

gb Parks & Recreation

Presents:
Community Education Programs



Fall Edition

Community Ed Program booklet now available at:

- gbparks.recdesk.com
- grandblanc.schoolblocks.com
- www.twp.grand-blanc.mi.us
- Your School
- GBPR Office (360 E. Grand Blanc Rd.)

Register at:

gbparks.recdesk.com

STEAM—The Power of Electricity

Students will learn the ins and outs of electricity and lights while working with Little Bits, circuit pieces and building their own flashlight. At the conclusion of the program students will design a house with an alarm and lights to keep out an intruder. Parents are invited on the last day for a student showcase (Nov. 10), where their children will showcase and present their electrical projects and what they learned. For Grades 3-5.

Tuesday & Thursday 6:00-7:30 pm Mason Elementary Community Rm
9/29/16-11/10/16 No Class 11/08 (Additional Family Member \$225) \$250

Understanding Your Android Smartphone or Tablet

Bring your Android smartphone or tablet to class to learn about one of the most powerful mobile computing platforms. Learn tips and tricks to make using your Android device easy, fun and rewarding. Browse default applications and discover other useful apps. Learn how to set up email, use GPS, shoot photos & videos to save or share, how to connect to WiFi and more. Also, learn how to save battery life and decrease charging time. For Ages 18+ Instructor: Machuk

Tuesday 6:00-8:30 pm Perry Center Verb Lab
11/22/16 \$35

Understanding Your iPhone or iPad

Do you want to learn more about your iPad or iPhone? Understanding how to use these two Apple products can be frustrating at first. This iPad & iPhone class covers all the basics for using your iPad or iPhone to its potential. We will go over security, basic settings, the App Store and more. Learn how to save battery life and decrease charging time. This class is interactive, so if you'd like to bring your device, please do so. For Ages 18+ Instructor: Machuk

Tuesday 6:00-8:30 pm Perry Center Verb Lab
11/1/16 \$35

Working with Digital Photos

So, you've taken a bunch of photos on your digital camera, smartphone, or tablet. Now what? With so many options available these days, taking and editing photos can be complicated. If you're new to digital photography, editing your images might seem daunting. There are many different types of software out there, but with the majority of them you can do the same basic tasks to improve your images. This class will walk you through some image editing basics: straightening, cropping, exposure, contrast, saturation, spot correcting, adding text and borders and more. Learn how to transfer pictures to and from your computer, tablet, or smartphone and how to post them to sites like Facebook and Instagram. Backing your photos up to a flash drive or CD will also be covered. For Ages 18+ Instructor: Machuk

Thursday 6:00-8:30 pm Perry Center Verb Lab
10/27/16 \$35

Upbeat Dance for Adults: Swing, Ballroom & Latin Series

Learn a rotation of Swing, Ballroom and Latin Dancing for your upcoming reception, cruise or party event in this fun & easy going class. Each class begins with dance instruction and concludes with a practice-to-music session to improve your skills. This series has been designed with the absolute beginner in mind and is taught at a pace you will feel comfortable with. Bring some friends, a pair of smooth sole shoes and join us! Instructed by UpbeatDanceStudio.com

Wednesday **6:00-6:55 pm** **Mason Elem. Gym**
9/28/16-11/9/16 **No Class 11/2/16** **6 Sessions** **Per Couple \$85**

Upbeat Dance for Adults: East Coast Swing Series

This class is for those who would like to learn or refresh the beginner moves and grow beyond the basics with fun and exciting variations in East Coast Swing Dancing. Each class begins with dance instruction and concludes with a practice-to-music session to improve your skills. Instructed by UpbeatDanceStudio.com

Wednesday **7:00-7:55 pm** **Mason Elem. Gym**
9/28/16-11/9/16 **No Class 11/2/16** **6 Sessions** **Per Couple \$85**

Upbeat Dance for Adults: West Coast Swing Series

This class is for those who would like to learn or refresh the beginner moves and grow beyond the basics with smooth and flashy variations in West Coast Swing Dancing. Each class begins with dance instruction and concludes with a practice-to-music session to improve your skills. Instructed by UpbeatDanceStudio.com

Wednesday **8:00-9:00 pm** **Mason Elem. Gym**
9/28/16-11/9/16 **No Class 11/2/16** **6 Sessions** **Per Couple \$85**

Ultra Beginner Line Dance

Dancing the night away is a wonderful way to exercise; not only does it promote good health while being physically active, but it's a great way to enjoy music and meet new friends. No equipment is needed except comfortable shoes, a willing attitude and a smile. You don't even need a partner. This basic class is designed with the absolute beginner in mind. We dance to all types of music: country, rock & roll, waltz and pop. Line dancing is low impact and may help with many aspects of good health. So bring your friends and come join us for an evening of fun, exercise and good music.

Instructor: Rudkin

Tuesday **6:30-8:00 pm** **Perry Center Gym**
9/27/16-11/1/16 **6 Sessions** **\$54**

Pre-Beginning Yoga

This class is designed for the student who is unfamiliar with yoga and meditation. If you have wanted to enroll in a beginner class but have felt too intimidated, this class is for you! Each class will include plenty of discussion and Q&A sessions. Basic yoga postures are taught in a clear and concise manner with modifications being offered to meet your physical ability. For example, if you can't lie flat on the floor, simply bend your knees or sit in a chair. Please bring a yoga mat and a blanket to class. Dress in comfortable clothing that allows for movement. And remember, if you can breathe, you can do yoga! Instructor: Gruszka

Wednesday	6:30-8:00 pm	Brendel Gym	\$94
10/5/16-12/7/16	8 Sessions	No Class 11/16 & 23	Early Bird \$89

Aqua Aerobics

Enjoy the healing properties of water exercise! You may sweat, but you'll never know it in the water. This class will be geared toward moderate/high intensity, however all fitness levels are welcome. Each class will include a warm up, cardio, deep water, a cool down and stretch. It is so much fun that it does not feel like a workout. *Minors 14-17 years old may attend this class with a parent or guardian.* Participants are taught by a certified Arthritis Foundation Aquatic Program Leader. Instructor: Griffel

Tues & Thurs	5:30-6:30 pm	High School West Pool	
9/27/16-11/01/16	10 Sessions	No Class 10/20	\$85
Tues & Thurs	6:00-7:00 pm	High School West Pool	
11/3/16-12/13/16	10 Sessions	No Class 11/8, 11/24	\$85

Zumba®

Work out to the hottest fitness craze that combines easy dance steps with body sculpting moves using Latin and International rhythms such as Salsa, Cumbia, Merengue, Reggaeton, Belly Dance, and some current music. The music is contagious and Fun! Grab a friend, low-tread shoes, your water bottle, and a towel . . . get ready to sweat! "Ditch the work-out! Join the Party!" *Minors 14-17 years old may attend this class with a parent or guardian.* Instructor: Thiel

Thursday	5:30-6:30 pm	Myers Elementary Gym	
9/22/16-12/3/16	9 Sessions	No Class 10/6, 11/17, 11/24	\$54

Watercolor: Painting Fall Themes

For an artist, autumn is rich with color and subject matter. Join beginning / advanced beginner painters as we create a weekly painting based on the beauty of fall. Simple, easy to follow instruction builds basic painting skills as you explore various watercolor techniques. Painting projects are guided but allow for individual interpretation and expression. This class is a great opportunity to try watercolor for the first time or try something new if you're already painting. All supplies (paper, paint, brushes and equipment) for this three week class are provided by the instructor including mats for your finished paintings. A \$10 materials fee is due to the instructor at the beginning of the class. Students age 16 & Up. Instructor: Penning

Wednesday 6:30-8:30 pm Perry Center Rm 210

10/05/16-10/19/16

\$60

A Taste of Watercolor

This class, with simple, easy to follow instruction, is a great starting point for beginning watercolorists or those with minimal painting experience. Have fun learning some basic watercolor techniques while creating a seascape, sunflowers, or a landscape painting suitable for framing. All supplies provided by instructor (including a mat for your finished painting) offering students and opportunity to explore watercolor with a big investment. A \$10 materials fee is due to the instructor at the beginning of the class. Students age 16 & Up. Instructor: Penning

Thursday 6:30-8:30 pm Perry Center Rm 210

10/20/16-11/03/16

\$60

Learn to Play the Guitar Like You've Always Wanted!

This 5 week beginning guitar course will show you how to play your favorite songs in the shortest possible time. Instructor Brad Rebar has designed this course based on many years of playing and teaching guitar. After the first class you will be strumming and playing chords on the guitar. The subjects covered are guitar care, how to practice, how to read TAB, how to play chords and strum and basic music theory. When you reach the end of this course you will be on the road to playing 1000s of guitar songs. No amplifiers please. *A \$20 book fee will need to be paid to the instructor at the beginning class.* Instructor: Rebar

Tuesday 7:00-8:30 pm Perry Center Library

10/4/16-11/1/16 5 Sessions

\$65

Back to School with Essential Oils

Get your kids back-to-school ready with essential oils!! Using essential oils as a regular part of your child's daily routine may not only help their health, but can also help boost their cognitive performance. Who doesn't want that for their child? In this class, we will learn all about essential oils and how they can help to support immunity, keep kids focused and alert, improve mood, ease the back to school jitters, and much more! This is a great class for parents, teachers and educators and you'll learn helpful tips for preschool aged children through college! We'll be making FOUR products that will get your household back to school ready – a germ buster spray, focus & calming blend, critter-free hair spray, and a bedtime spray! A \$15 supply fee is due to the instructor at the beginning of the class. Instructor: Holleboom

Wednesday 6:30-7:30 pm Senior Center Arts & Craft Rm
9/28/16

\$12

Healthy, Beautiful Skin with Essential Oils

True beauty resides within each and every one of us. Your skin deserves to be pampered by products as natural as your beauty, especially considering your skin is your body's largest organ. During this class, we invite you to discover the luxury of essential oils and our secrets to radiant looking skin and an ageless complexion. All attendees will be making and taking home products that will nourish your skin and reveal your most beautiful self, all free of chemicals found in mainstream skin products! The products we will be making include: an amazing wrinkle and fine line reduction serum, a foaming face wash, and a facial mist! A \$15 supply fee is due to the instructor at the beginning of the class. Instructor: Holleboom

Wednesday 6:30-7:30 pm Senior Center Arts & Craft Rm
11/09/16

\$12

German for Beginners

Are you interested in learning the same language as Einstein, Bach, Mozart, and Beethoven? If so, come join in the fun to learn all about how to read, write, speak and understand the basics of German. You will learn basic greetings, how to order food/drinks from a menu, how to buy tickets, and other situational phrases to get around town in a German speaking country. We may also cover the difference in German dialects. To successfully complete this course, you will need: pen, notebook, and an English-German (&vice versa) Dictionary. Ages: 14+ Instructor: Williams

Monday 6:00-7:00 pm East Middle School Room 150
11/07/16-12/12/16 6 Sessions

\$56

