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**Located in the MALC Building
1609 4th Avenue NW
Minot, ND 58703-2911
701-857-4488**

Visit our website-
<http://www.minotadultlearningcenter.com/community-education-classes.html>

If you wish to receive future flyers and updates by email, please print your email address on our registration form or email us at:
mpscommunityed@minot.k12.nd.us

**MPS Community Education Program
Fall 2017/2018
UPDATED 8/31/2017 (15B/16B)**

Office Hours
8:00 A.M.- 4:30 P.M.
Monday- Friday

Artisan's Arena

#1 Rosemaling

Learn this beautiful Scandinavian painting technique under the guidance of a seasoned artist. This class is designed for both the beginning and the experienced painter. The special project will be a wooden Fjord horse.

Tuesdays; Oct. 3rd, 10th, 17th, 24th, 31st, Nov. 7; 6:30P - 9:30P; 6 Sessions; \$75.00 + Supplies; J. Varty; MCC Woods Department

#2 DIY Decorative Wooden Crate

Make your own centerpiece or organizer – just like you have seen on Pinterest. You can fit 3 quart jars or 4 pint jars in this wooden box. In this class you will glue and nail your project together creating a fun center piece that can be displayed anywhere! If you would like to paint the jars, you have the option of bringing your own paint to spice it up a bit. Your project should be finished when you leave (depending on drying times). Supply fee of \$18 due night of class to instructor.

Tuesday; Sept. 19th; 6:00P - 9:00P; 1 Session; \$15.00 Supply fee \$18 + Supplies; C. DeCent; MALC

#3 Pallet Board Pumpkin

Looking for that perfect fall decor? Why not make it yourself! In this class we will assemble a pumpkin that will measure about 18" high x 21" wide. Boards will be pre-cut, you will glue and nail them together. Project will be finished that evening. Supply fee of \$15 due night of class to instructor.

Tuesday; Oct. 3rd; 6:00P - 9:00P; 1 Session; \$15.00 + Supply fee \$15; C. DeCent; MALC

#4 Monogram Snowman

Snowmen are the staple for winter! We will use 1x4 pallet wood to create this perfect winter decoration that will add some FUN to your doorstep or home!. You choose the large monogram letter. Snowman will be cut out and assembled for you to paint that night. We will use simple techniques to make the face and polka dots that are easy to master. You can make it distressed with the grain showing, or use solid paint. Your project should be complete at the end of the night (depending on drying times) Supply fee of \$22 due night of class to instructor.

Thursday; Nov. 9th; 6:00P - 9:00P; 1 Session; \$15.00 + Supply fee; C. DeCent; MALC

#5 Watercolor

Interested in developing creativity using skills learned in watercolor? Learn the art of watercolor under the guidance of this seasoned artist. This session will explore focal point and continue working on values. Each student will be expected to bring a reference photograph of their choosing to work from. We will use the reference photo to learn the importance of focal point and the intensity of color. If possible bring the photograph in black and white and also in color. We will learn about the "the Golden Mean" and "the Golden Section." We will also explore various ways of making grays. Supply list will be provided at time of registration.

Thursdays; Sept. 21, 28, Oct. 5,12,19, 26th; 6:30P – 9:00P; 6 Sessions; \$75.00 + supplies; Quill; MALC

#6 Beginner DSLR / MILC Photography:

Learn the basics of shooting in Manual and Semi-Manual modes with DSLR's or MILC's, which are interchangeable lens cameras. Bringing your own camera is encouraged, but we have resources available (you are responsible should anything happen to our cameras). We will cover how these cameras operate, current and new technology, the exposure triangle, composition, accessories, studio lighting, and editing using Photoshop. Supply fee of \$20 due night of class to instructor.

Mondays; Sept.18th, 25th, Oct. 2nd; 6:30P - 8:00P; 3 Sessions; \$45.00; M. Swenson; Room 120 MCC

#7 Advanced Photography I

Advanced Photography I will teach you how to take your skills to the next level. Learn specific photography techniques such as Advanced Composition, Double Exposure, Brenizer Method, HDR, Slow Shutter Speed, Night Photography, and more. Supplies needed; Entry DSLR cameras and a subscription to Lightroom (Free 30 Day Trial membership through Adobe Creative Suite).

Mondays and Wednesdays; Oct.16th, 18th, 23rd, 25th; 6:30P - 8:00P; 4 Sessions; \$60.00; T. Fry; MALC

#8 Advanced Photography II

Advanced Photography II will be a continuation from Advanced Photography I. We will carry over our experiences from the prior classes. You can expect to learn and practice more of the photography techniques we went over in the prior classes. Supplies needed; Entry DSLR cameras and a subscription to Lightroom (Free 30 Day Trial membership through Adobe Creative Suite).

Mondays and Wednesdays; Nov. 6th, 8th, 13th , 15th; 6:30P - 8:00P; 4 Sessions; \$60.00;T. Fry; MALC

#9 Wheel-Thrown Ceramics

Understand the basics of clay while practicing wheel-thrown techniques. This is a class designed for multiple levels of experience. Beginner level exercises will include the basics of throwing and thrown forms of cylinders, bowls, and mugs. Higher level exercises will depend on experience, but may include trimming, hand-built incorporation, altered forms, and a variety of thrown forms. Supply cost is \$30 to be paid night one of class to instructor.

Mondays; Nov.13th, 20th, 27th, Dec. 4th; 6:30P-8:30P; 4 Sessions; \$60.00 + supply fee; M. Swenson; MCC Art Department

#10 Silversmithing 101

Learn the basics of working in silver to create a band ring. In this first class, you will learn how to measure and cut the metal to make your ring the right size, filing, shaping, filing, soldering, more filing, polishing, and if necessary, a little more filing! Most tools are available locally at low cost, some may be shared, and some will be available for purchase from the instructor. The goal of the class is to let you see how you can set up a workshop at low cost in your home, and enjoy making sterling jewelry for friends and family, and for sale. Supply fee is \$5 paid to instructor the first evening of class (fee for silver provided).

**No previous knowledge or manual skills necessary. Supply list will be given at time of registration. Tuesdays; Oct. 10th, 17th, 24th ; 6:30P-8:30P; 3 Sessions; \$45.00 + \$5 supply fee + Supply list; R. Ferrer; Jim Hill Shop Class

Wellness

#11 Pacific Island Excursion

Have you seen those beautiful Pacific Island ladies swaying or shaking their hips and telling a story with their hands and wondered, "How do they do that?" Well here's your time to stop wondering and sign up to learn. The class will be an intense workout, so if you're looking for a new way to burn those unwanted calories while toning your lower body, these sessions will do just that! We will swing our hips and the weight away! Supply list will be provided at time of registration.

Mondays; Oct. 9th, 16th, 23rd, 30th; 6:30P - 7:30P; 4 Sessions; \$16.00+ Supplies; J. Reyes; MALC

#12 Zumba®

Zumba® is a Latin, dance-based cardio class that includes a warm-up, workout and cool-down/stretch. The goal of the class is to have fun and dance while blasting calories. Join the fun and get your cardio on! Supplies to bring: water and cross-trainers. (First night of class will be an overview of steps that will be used during class this session.)

Mondays; Oct. 16, 23, 30, Nov. 6, 13, 20, 27, Dec. 4, 11; 6:30P - 7:30P; 9 Sessions; \$36.00; J. Ronning; CC

#13 Over 50 Flexibility, Strength and Balance

This class is ideal for the older student or individuals returning to exercise. Offered at a slower pace, this class will provide a total body workout. Includes a longer stretching section to lengthen muscles and relax the body. Supplies: Clean Gym Shoes, Exercise Mat, as well as the option to add weights to your workout (1-3 pound barbell weights recommended).

Tuesdays & Thursdays; Sept. 12,14, 19, 21, 26, Oct. 3, 5, 10, 12, 17; 5:15P - 6:00P; 10 Sessions; \$40.00; K.Hamilton; Longfellow

#14 Over 50 Flexibility, Strength and Balance

Description the same as #13.

Tuesdays & Thursdays; Nov. 2, 9, 14, 16, 21, 28, 30 Dec. 5, 7, 12; 5:15P- 6:00P; 10 Sessions; \$40.00; K.Hamilton; Longfellow

#15 & #16 AQUA FIT AND TONE

Want a fun way to enhance cardiovascular fitness and muscle endurance and burn calories while exercising in the water? Aqua Fitness is a blend of cardio, strengthening, muscle endurance, and resistance training that is low-impact and easier on your joints. While in the pool, participants will perform a range of easy to learn steps. We may use such tools as pool noodles, kickboards, etc which will be provided. No matter what your age, ability, or experience – this water workout is suitable for everyone!! No swimming experience is required –you just need to be willing to get wet and move to the music! Participants may use water shoes for better traction on pool floor. Want to reach new levels of fitness and have a blast? Come join us!

#15A Mondays ;Sept. 11, 18, 25, Oct. 2, 9,16; 6:30P-7:30P; 6 Sessions; \$24.00; K. Sutton & S. Weber; Ramstad Pool

#16A Tuesdays & Thursdays; Sept. 5, 7, 12, 14, 19, 21, 26, Oct. 3, 5, 10, 12, 17; 6:30P-7:30P; 12 Sessions; \$48.00; K. Sutton & S. Weber; Ramstad Pool

#15B Mondays; Oct 30, Nov 6, 13, 20, 27, Dec 4, 11; 6:30P-7:30P; 7 Sessions; \$28.00; K. Sutton & S. Weber; Ramstad Pool

#16B Tuesdays/Thursdays; Oct 31, Nov 2, 7, 14, 16, 21, 28, 30, Dec 5, 7, 12, 14; 6:30P-7:30P; 12 Sessions; \$48.00; K. Sutton & S. Weber; Ramstad Pool

Career & Technology

#17 Microsoft Office w/Adobe

Students will gain a progressive hands-on experience using the integrated programs of Microsoft Office. Microsoft Word will focus on formatting different types of documents, converting to PDF, and executing digital signatures. Microsoft Excel will focus on creating simple to complex databases using pivot tables and presenting the Excel product in a professional manner. Powerpoint will focus on embedding media, beautification, and complying with business standards. If you are looking for the right class to help you with written communications while using technology, THIS IS THE CLASS FOR YOU!

Mondays & Thursdays; Nov. 6th, 9th, 13th, 16th; 6:30P-8:30P; 4 Sessions; \$100.00; J. Reyes; MALC

Other Information

Farm & Ranch Business Management @ 857-7682

This course is designed to help area farmers and ranchers become more efficient at keeping records, improve their financial management skills and run an analysis on their farm business. The analysis helps farmers see their true cost of production and the direction the business is going and provides data that they can use to prepare a budget for the coming year.

- Contact BillieJo Shae at 857-7682 for more information. Offered through Dakota College-Bottineau located at North Central Research Extension Center.

Policies

- **Waiver:** Students are encouraged to read our waiver before registering for our classes
- **Office hours:** The MPS-CE office is open weekdays from 8:00A – 4:30P, but closed school breaks & legal holidays.
- **Class Status:** Check the status of our classes by calling our office 701-857-4488.
- **Registration Forms:** Registration forms may be found in our publications or printed from our web site and must accompany payment.
- **Service Policy:** All courses are filled on a first-come, first-served basis.
- **Reserved spots:** Spots are held for two business days. Registration is incomplete until your class fee is received. After the grace period, unpaid spots may be given to students on the waiting list.
- **Class Fees & Supply Fees (if applicable):** May be paid by check, money order or cash. When registering for multiple classes, please pay for each class with a separate check, including any supply fee. Supply fees will be transferred by us to the instructor. Refunds will only be given seven days prior to the class and in emergencies. In other cases, credit will be applied for one year.
- **Who May Attend:** Only pre-paid registrants, 16 and over, may attend classes, unless otherwise noted.
- **Cancellations:** We reserve the right to cancel classes due to circumstances beyond our control. Registrants will be notified and class fees returned.
- **Class postponements:** If Minot Public Schools close due to weather, or Minot Police Department issues a no travel advised for the city our classes will automatically be postponed. In other events an effort will be made to notify you at the phone number you provided us.

Waiver, Release and Indemnification

By registering for one of our classes, be aware that you will be waiving, releasing and indemnifying MPS for any damage to the facility or liability incurred as a result of its use. By signing below you will hereby:

- 1) Agree to assume all risk of damage to the facility as a consequence of its use;
- 2) Waive, release, and discharge MPS, its agencies, officers, employees and volunteers from any and all liability they may incur resulting from the use of the facility;
- 3) Indemnify, save and hold harmless MPS, its agencies, officers, employees and volunteers from any and all claims of any nature including costs, expenses and attorney's fees which may in any manner result from the use of the facility.

This waiver, release and indemnification shall be construed broadly to provide a waiver, release and indemnity to the maximum extent permissible under applicable law.

Three Step Registration

Step 1: Print this registration form below and fill out the form completely.

Step 2: Make your check or money order payable to MPS

Step 3: Drop off your registration form and tuition in the mail or at our office:

**You may reserve a spot (for two business days without the class fee) by phone 857-4488, fax 857-4489 or email:
mpscommunityed@minot.k12.nd.us**

**If your class has a SUPPLY FEE or you are registering for MULTIPLE classes-we will need SEPARATE checks!
If you have questions on this please give us a call!**

MPS Community Ed

Minot Adult Learning Center
1609 4th Avenue NW
Minot, ND 58703-2911

Name

E-Mail Address

Alert Solutions Notice # (Emergency Cancellations)

Daytime Contact #

Address

City & Zip

Where did you hear about our classes?

Course #	Course Title	Tuition (Payable to MPS)
By registering for this class, I understand that MPS or its instructors will not be held responsible for injuries or loss of property. See waiver release.		Total:

Signature: