

Estacada Community School

Estacada School District #108

255 NE 6th Avenue

Estacada, OR 97023-9719

Internet address: www.esd108.org/community_school.asp



FALL, 2009

Clackamas Community College & the Estacada School District #108
are responsible for providing the community with the enclosed
programs

THINGS YOU SHOULD KNOW



REGISTRATION:

Please call the Community School Office at 503-630-8515 ext. 2860 to inform us of your interest in the course, but all registration will take place on the first night of class with the instructor. Payments will be made to the instructor and release of liability forms will be required to participate. If you have any questions, please feel free to call us at the number listed above.

OFFICE HOURS:

Office hours are the same as the high school office hours. Generally, you may contact us in person or by phone from 7:00 a.m. to 4:00 p.m. Monday - Friday.

REFUNDS:

All refunds must be made with the instructor. Refunds can be made only before the end of the second session of class.

BEGINNING OF CLASSES:

Most classes begin the week of September 14, 2009 unless otherwise noted in this brochure.

NO CLASSES

When school is closed for any reason, evening classes are cancelled.

There will be no classes on: November 11 or 26, 2009

NOTICE:

We are a Tobacco Free District! Smoking or use of *any* tobacco product is **Prohibited** on all district property or at any school event.



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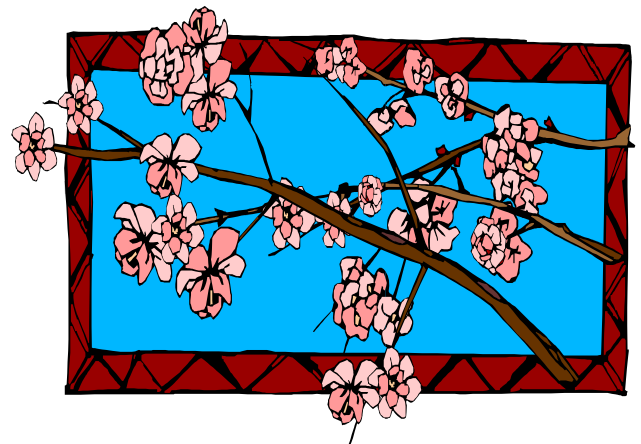
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We're always looking for Instructors!!!

If you have a talent or skill you'd like to share with the community as well as bring in some extra income, Please let us know!!

503-630-8515 ext 2860

ARTS/CRAFTS/HOBBIES

HANDBUILT CERAMICS

Come in with ideas and be taught how to make them happen! Basic hand building techniques of coil, slab and pinch will enable you to create functional and/or decorative pieces for use in your home or garden. Supplies may be purchased from the instructor.
6 weeks

INSTRUCTOR: Am Griswold
WHERE: High School Art Room
BEGINS: October 13, 2009
Adult Session:
WHEN: Tuesdays, 5:30PM - 8:30PM
COST: \$65.00
Children's Session: Same techniques as taught in adult ceramics but geared toward children. Simple projects will be suggested, but original ideas encouraged. There will be a \$10.00 materials fee paid directly to the Instructor.
WHEN: Tuesdays, 3:30PM - 5:30PM
COST: \$65.00

DOG TRAINING

Learn Basic commands, plus on trick. Bring a dog collar and leash, and some soft and yummy treats for your dog. Contact Melody Ennis at 503-475-6926 for information and to sign up.

INSTRUCTORS: Melody Ennis
WHERE: Blue Moon Canine Facility-
Estacada
WHEN: Mondays, 7:00PM - 8:00PM
BEGINS: Oct. 5, 2009
COST: \$80.00

COMPUTERS

MICROSOFT EXCEL

You don't have to be a math whiz to use a spreadsheet. You will easily create formulas and display data in charts. It allows you to organize and manipulate numbers to make informed decisions. Additional training aids are provided in a take home CD. 2 days.

INSTRUCTORS: Fred Sargent
WHERE: High School Room 2
WHEN: Tues & Thurs, 6:00PM - 9:00PM
BEGINS: Oct. 6, 2009
COST: \$60.00



MICROSOFT WORD 1

This class will expand the basics. You will format letters, flyers, newsletters and outlines. Learn how to make information attractive, organized and easy to understand with the use of character/paragraph formatting, graphics, columns, styles and charts. Additional training aids are furnished with a take-home CD. 2 days.

INSTRUCTORS: Fred Sargent
WHERE: High School Room 2
WHEN: Tues & Thurs, 6:00PM - 9:00PM
BEGINS: Sept. 29, 2009
COST: \$60.00

MICROSOFT ACCESS

Project based instruction using problem solving databases that will give you the control to save time, stay organized and focus on what you know is important. Additional training aids are furnished with a take-home CD. 2 days.

INSTRUCTORS: Fred Sargent
WHERE: High School Room 2
WHEN: Tues. & Thur. 6:00PM - 9:00PM
BEGINS: Oct. 13, 2009
COST: \$60.00

DANCE/MUSIC/THEATER

INTRO TO WALTZ AND CHA CHA

This class will cover all of the basics of waltz and the cha cha. You will learn timing, frame, and connection as well as fun patterns that will have you dancing in no time. No experience or partner needed.

INSTRUCTOR: Jason Olson
WHERE: Renaissance Ballroom
Dance Studio
610 McLoughlin Blvd.
Oregon City, OR
WHEN: Monday 7:00PM-7:55PM
BEGINS: Oct. 5, 2009
COST: \$72.00 per person



YOU'RE ON THE AIR - VOICE MAKE-OVERS

Voice-overs are hot today! You don't have to be an actor to get voice-over work. In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part time business. Lisa Foster, voice-over artist for Crest, Olay, Café Appassionato will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. She will talk about the numerous opportunities, income potential and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

INSTRUCTOR: Lisa Foster
WHERE: Estacada High School Room #1
WHEN: Thursday 7:00PM - 9:00PM
BEGINS: November 19, 2009
COST: \$35.00

EXERCISE/FITNESS/SPORTS



AEROBICS

This class is a moderate-intensity aerobics class that encourages participants to work at their own fitness level. Class can be either high or low impact - depending on your preference. Class includes all components of a low fitness class - warm-up stretch, aerobic portion (20 min), strength and floor work. Clean gym shoes required, no street shoes. 11 weeks

INSTRUCTOR: Jacquelyn Oakes
WHERE: Clackamas River Gym
WHEN: Tues, Wed & Thurs
5:00PM-6:00PM
BEGINS: Sept. 28, 2009
COST: \$20.00

ADVANCED ADULT VOLLEYBALL, OPEN GYM

Open Gym co-ed volleyball. Fast paced competitive volleyball. Must have experience in passing, setting, hitting and knowledge of defensive and offensive positions. Minimum of 6 students.

INSTRUCTOR: Anna Cooke
WHERE: River Mill Elem. Gym
WHEN: Monday 7:00PM-10:00PM
BEGINS: Sept. 14, 2009
COST: \$10.00

ADULT VOLLEYBALL-FUN AND FITNESS

Come play volleyball and have some fun. Open to all adults. No experience necessary.

INSTRUCTOR: Shirley Hall
WHERE: Estacada JH School Gym
WHEN: Tuesdays 7:00PM-9:00PM
BEGINS: Sept. 8, 2009
COST: \$10.00

❖ *Share your skills!*
❖ *Bring in funds!*
❖ *BE AN INSTRUCTOR*
Call us at (503) 630-8515 ext 2921



KARATE, TAE KWON DO

This class is for those individuals wishing to learn the basic fundamentals of Karate, using empty hands and bare feet, under strict discipline, helping to build confidence of the body & mind. Lead Instructor, John Kirkpatrick, is a 4th Degree Black Belt and is an affiliate of Kim's Tae Kwon Do overseen by Grand Master Hong Sik Kim. Wear loose fitting clothing/no jewelry

Ages 8 & up. 12 weeks.

INSTRUCTOR: John Kirkpatrick
WHERE: River Mill Cafe
BEGINS: Sept. 14, 2009
COST: \$35.00-Families \$70.00

Session #1 - Beginners:

WHEN: Mondays, 5:30PM - 6:30PM

Session #2 - Intermediate/Advanced:

WHEN: Mondays, 6:30PM - 7:30PM

MARTIAL ARTS & SELF DEFENSE

Learn self-defense, discipline, and methods of exercise to Enhance physical fitness and stress relief through the Combined traditional styles of Okinawan Karate, Torite-Jutsu and Sombo. Build confidence and train in a fun, yet structured environment. Go to www.trailsendmartialarts.us for instructor bio and club program. Open to ages 5 and up. 10 weeks

INSTRUCTOR: Howard Griffiths
WHERE: Eagle Creek Gym
BEGINS: Sept. 15, 2009
COST: \$35.00

Session #1 - Beginners:

WHEN: Tuesdays 6:30 - 7:30

Session #2 - Intermediate:

WHEN: Tuesdays 7:30 - 8:30

STRENGTH TRAINING

Come learn a strength training program you can continue at home. Replace fat with muscle and improve energy and balance. Bring mat or towel, a pair of light dumbbells, and a water bottle.

INSTRUCTOR: H. Rademacher
WHERE: River Mill Cafeteria
WHEN: Tues. and Thurs. 7:00PM-8:00 PM
BEGINS: Sept. 8, 2009
COST: \$40.00

ACADEMIC STUDIES/LANGUAGES

GED TESTING

If you did not graduate from high school, the GED certificate program provides a way for you to earn your equivalency certificate. This certificate is recognized by most employers, colleges, apprenticeship programs, military, and others. A GED provides an opportunity for employment or advancement in a career, further education, and admission to training programs. Estacada Community School is an authorized GED Testing Center. However, no preparation classes for adults are available here. Study guides are available at bookstores and libraries. The GED consists of 5 tests: Reading, Writing, Math, Social Studies, and Science. The fee for all 5 tests is \$100, with an additional charge of \$15 for each retest. GED tests are administered on an individual basis, by appointment. For an appointment call Jill Peterson 503-630-8515 ext. 2800.

FIRST AID CPR & AED

First Aid & CPR Primary Certification (includes AED) - This class is designed for those people interested in learning how to take care of emergency medical situations. You will learn basic first-aid principals as well as CPR and how to use an AED. This is a full day class (about 6 hours) \$40.00

First Aid & CPR Re-certification (includes AED) - This class is designed for those people whose first aid/CPR certification has recently expired and they would like to re-new their certification or review their skills. This is a partial day class (about 3 hours) \$25.00

INSTRUCTOR: Bonnie Day
WHERE: Estacada High School Library
WHEN: Saturday 8:00AM - 3:00PM
BEGINS: December 5, 2009

SPANISH FOR KIDS

Ages 6-11. Come learn the Spanish Language and Culture through songs, dances, games and fiestas!

INSTRUCTOR: Heidi Schmaltz
WHERE: Estacada High School Rm. #3
WHEN: Tuesday 5:30PM-6:30PM
BEGINS: Sept. 15,2009
COST: \$65.00

BEGINNING SPANISH

Learn the basics for Spanish communication in a variety of practical environments; Fun and relaxed atmosphere. Ages 14-Adult. Take with the Spanish Conversation class for even more Spanish fun.

INSTRUCTOR: Heidi Schmaltz
WHERE: Estacada High School Rm. #3
WHEN: Tuesday 6:30PM-8:00PM
BEGINS: Sept. 15,2009
COST: \$65.00

SPANISH CONVERSATION

Enjoy conversation in Spanish for beginning or intermediate speakers. Take with Beginning Spanish for even more Spanish fun or to advance your previous knowledge. Ages 14-Adult.

INSTRUCTOR: Heidi Schmaltz
WHERE: Estacada High School Rm. #3
WHEN: Tuesday 8:00PM-9:00PM
BEGINS: Sept. 15,2009
COST: \$65.00

DEFINING RETIREMENT YOUR WAY

Retirement can be defined your way. Complete a personal retirement readiness assessment prior to class. Students will receive a personalized report and be guided through it to develop your own personalized retirement blueprint.

INSTRUCTORS: Dorothy Tannahill-Moran
WHERE: High School Room #1
WHEN: Tues. 7:00PM - 8:00PM
BEGINS: Sept. 22, 2009
COST: \$250