

# Estacada Community School

Registration form for Community Education classes on page \_\_\_\_\_.

For class locations, see page \_\_\_\_\_.

Phone: 503-630-8515, ext 2860/2878

## #Art/Crafts/Hobbies

### ~APA-2-200 CERAMICS-ADULT

Basic hand building techniques (coil, slab, 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. Estacada High School

^5:30-8:30pm T 6/21 8 \$85 Griswold ART

### ~APA-2-201 CERAMICS-CHILDREN

Same technique as taught in Adult Ceramics, but geared towards children. \$10 material fee paid to instructor. Class size limited. Pre-registration encouraged. Estacada High School

^1-3pm T 6/21 8 \$85 Griswold ART

### ~APA-2-201 CERAMICS-COMBINED

By popular demand, a class specially designed for parents and children to take together. Instructor led projects will be mostly geared toward children, but adults will enjoy them too. Lots of freedom to express yourself with your own ideas. \$5 material fee paid directly to instructor. Estacada High School

^3-5pm T 6/21 8 \$85 Griswold ART

### ~APA-2-202 Summer Art Techniques Camp

Art Techniques Camp – Macro to Micro. 1<sup>st</sup> – 8<sup>th</sup> graders. Projects and activities might include the following: Drawing, colored pencil and painting techniques, Print making, Abstract Art, Realistic Art. Some projects may change. Price includes t-shirt, supplies, and snack. Clackamas River Elem.

^9am-12pm M-TH 6/20 1 \$65 Lippert ART

### ~APA-2-203 Creative Art Projects Camp

Projects and activities might include: (Some projects may change) Card Making, paper mache, candle making, weaving, tie-dye. Price includes t-shirt, supplies, and snack.

^9am-12pm M-TH 6/20 1 \$75 Lippert ART

## #Child Care/Family Life

### ~FAM-4-200 PARENTING WITH LOVE & LOGIC

Love and Logic is a common-sense approach for parents that create respect, responsibility, and good decision making in children. Class consists of 6 classes, including instructional DVD's Jim Fay, Charles Fay, PhD, & Foster Cline, MD. Discussion following. (\$60 for entire series/\$10 per class) Workbook price \$10 per student or Parenting Couple one workbook free. For Information please call 971-832-9288. Estacada High School

^6-9pm M 6/20 6 Janssen Rm1

## #Exercise/Fitness/Sports

### ~PED-4-200 AEROBICS MORNING CLASS

This is a Co-Ed moderate-impact aerobics class, set to upbeat music, that allows individuals to work at their own fitness level. Class will consist of warm-up, aerobic work out and light weights, and floor exercises. Bring your own light weights, water, mat and towel. Wear loose fitting clothing and sturdy gym shoes. Clackamas River Elementary

^7:00-8:00 AM TWTH 6/21 11 \$20 Ells Gym

### ~PED-4-201 ZUMBA

Zumba Fitness, are you ready to party yourself into shape? That is what the Zumba program is all about. It is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Price is \$6.00 drop ins 10 workout punch card \$50.00. 5 workout punch card \$25.00 Curves members 10 punch card \$10.00. Estacada Junior High

^5-7pm MWF 6/20 11 Wagner Gym

^9-10am TTH 6/21 11 Wagner Gym

**~PED-4-203 AEROBICS**

This is a moderate-impact aerobics class that encourages you to work at your own fitness level. Warm-up, aerobic portion (20 min), strength & floor work all included. Clackamas River Elementary

^4:30-5:30pm T-TH 6/21 11 \$20 Oakes Gym

**~PED-2-204 MARTIAL ARTS & SELF DEFENSE**

Beginners learn self-defense, discipline, & methods of exercise to enhance physical fitness & stress relief through the combined traditional styles of Okinawan Karate, Torite-Jutsu, & Sombo. Open age 5 & up. Eagle Creek School

^6:30-7:30pm M 6/20 11 \$35 Keyes GYM

**~PED-2-205 MARTIAL ARTS & SELF DEFENSE**

A continuation of the beginning class. Eagle Creek School

^7:30-8:30pm M 6/20 11 \$35 Keyes GYM

**~PED-2-206 TAE KWON DO KARATE**

For individuals wishing to learn the basic fundamentals of Karate. Helps build confidence of the body & mind. Wear loose fitting clothing/no jewelry. Families \$35. Age 8 & up. River Mill School

^5:30-7:30pm TH 6/23 11 \$25 Kirkpatrick CAFÉ

**#Gardening/Landscape/Farming****~PLT-2-200 SUSTAINABLE HOME LANDSCAPING**

Learn how to landscape your home, soil preparation, planting, and more. This class is taught by a local gardening expert known nationally in this field for 40 years. Classes will meet June 28,29,30. Call for 503-637-3095 for Information. Minimum of 4 for the class to be held.

Estacada High School

^6:30-8:30pm T-TH 6/28 3 \$49 Schmidt Rm10

**~PLT-2-201 PRUNE LIKE A PRO**

Learn how to prune your plants and make them look great. This class is taught by a local gardening expert, known nationally in the field for 40 years. Class meets June 5,6,7. Minimum of 4 for the class to be held. Estacada High School

^6:30-8:30pm TWTH 7/5 3 \$49 Schmidt Rm 10

**#Health/Safety/Personal Well-Being****~HLT-4--200 FIRST AID CPR & AED**

Medic First Aid training teaches appropriate emergency response skills Adult/Child/Infant CPR & First Aid, AED, bloodborne pathogens. Two year CPR/First aid card in OSHA compliant course. Estacada High School

^8am-3pm W 8/10 1 Erickson/Lewis CLRM

**~HLT-4--201 Medicare 101: Welcome to Medicare**

"Welcome to Medicare" is designed for people nearing age 65 or those who become eligible for Social Security disability benefits. This free course is taught by the Senior Health Insurance Benefits Assistance Program in cooperation with Clackamas County Social Services. Medicare doesn't have to be confusing. The course will help participants understand Medicare fundamentals and make informed decisions on Medicare options. Topics include Medicare eligibility requirements and enrollment periods, explanation of Medicare parts A, B, C and D, and what Medicare does and doesn't cover. Free. Call 503-630-8515 x 2871 for Info. Estacada High School

^10am-12pm S 1 O'Donnell CLRM