

**IROQUOIS SCHOOL DISTRICT
WINTER 2008
COMMUNITY ENRICHMENT PROGRAM
CLASS OFFERINGS**

The following is a list of Community Enrichment classes being offered by the Iroquois School District. In order for the course to run, there must be a minimum of 10 participants. Each course will also run for eight weeks on the specified days.

Please fill out the class application and return it along with your check or money order to the Iroquois Jr.–Sr. High School, 4301 Main Street, Erie, PA 16511 on or before February 25, 2008. You may also drop your application and fees off at IJSHS.

Should you have any questions, please contact Mr. Brian T. Uplinger, Iroquois Jr.–Sr. High School Principal, at 899–7643 extension 1505.

*All courses will be offered at the IJSHS unless otherwise specified within the description.

TOTAL BODY CONDITIONING – The Total Body Conditioning workout is an exercise routine that will improve fitness levels and body compositional changes in men and women of all ages. The program combines aerobic exercise and circuit weight training utilizing rest periods of 30–60 seconds between exercises. Trainees are first educated on proper exercise technique. They are then educated on the importance of exercise frequency, intensity and duration. Instructor: Mrs. Carol Heid. Mondays: 5 – 6 p.m. starting March 10. Cost: \$40.00

AEROBICS OR CARDIOVASCULAR KICKBOXING – Aerobic or cardiovascular (cardio) kickboxing, combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Cardiovascular kickboxing does not involve physical contact between competitors - it's a cardiovascular workout that's done because of its many benefits to the body. Cardio Kickboxing increases physical endurance and cardiovascular fitness while reducing body fat and stress levels. Instructor: Mrs. Carol Heid. Mondays: 6 – 7 p.m. starting March 10. Cost: \$40.00

COUNTRY LINE DANCING – Participants will be engaged in the art of line dancing and learn a number of different moves. Dances will progressively become more challenging as the course moves forward. This is a great way to begin a conditioning routine while having fun learning new dance moves. Individuals are asked to wear either sneakers or cowboy boots. Instructor: Miss Stacy Foster. Tuesday Evenings: 7 – 9 p.m. starting March 11. Cost: \$40.00

AQUA EXERCISE CLASS – A fun workout with the same fitness benefits as aerobics, including excellent cardiovascular conditioning, muscle toning and flexibility. The water environment provides nice resistance and a low-impact workout. It's for everyone-swimmers & non-swimmers, men and women. Instructor: Mrs. Kathy Mitchell. Tuesdays and Thursdays: 6:30-7:30 p.m. starting March 11. Cost: \$40.00

ADULT SWIMMING LESSONS (BEGINNER) – These lessons will provide you with the basics of swimming. You will be assisted with proper stroke mechanics and techniques suitable for recreational swimming. Instructor: Mrs. Kathy Mitchell. Tuesdays and Thursdays: 5:30 – 6:30 p.m. starting March 11. Cost: \$40.00

DIGITAL CAMERAS – Students will learn basic digital camera techniques. Editing pictures, saving files, etc. will be covered. Individuals should come prepared with their own digital camera and the necessary equipment. Instructor: Mr. Mark Bowen. Mondays 6:00 – 8:00 p.m. starting March 10. Cost: \$45.00

MICROSOFT OFFICE – The Microsoft Course will cover several programs offered in Microsoft Home/Office Suite 2007. These programs include Microsoft Word, Excel, PowerPoint and Publisher (if this is available on the computers). We will explore how to use each for both creativity, i.e. scrap booking, slideshows, and simplifying life's daily chores, i.e. reminders, budgets, etc. During each class we will learn how to find and use many of the options available on each program and then apply it at the end of each class. Students will need individual access to a computer with Microsoft Home/Office. Each student will also need one CD-RW. Students should bring pen and paper to take notes. Participants are also welcome to bring CD's with pictures. Instructor: Miss Mary Flowers. Thursdays: 5 – 7 p.m. starting March 14. Cost: \$40.00

BEGINNING SPANISH – The Beginning Spanish course will focus on the building blocks of the language needed to carry on simple Spanish conversations. Students will learn beginning skills such as how to say their name, ask others their names, state how they are feeling, ask others how they are feeling, as well as ask for certain common items. A review of days of the week, months, weather and other beginning topics will be taught. Instructor: Ms. Jennifer Geddes. Wednesdays: 6:30-8:00 p.m. starting March 12. Cost: \$40.00

CONVERSATIONAL SPANISH (INTERMEDIATE) – In this class basic conversational phrases will be practiced and developed to increase fluency and move a person to the next level. The emphasis is on conversational skills. Instructor: Mrs. Susan Kiddo. Wednesdays: 7 – 8:30 p.m. starting March 12. Cost: \$40.00

ANIMAL ADAPTATION/MIMICRY – This course is open to students in grades Kindergarten through sixth as well as parents. The course will be science and literature based giving parents and children a connection between the two. Instructor: Mr. Scott Peterman. Tuesdays: 5:30 – 7:30 p.m. at IES starting March 11. Cost: \$35.00 per student; \$45.00 per student/parent pair; additional children only \$5.00 each.

WOODWORKING – Students will learn basic machine safety, how to work with wood, and design and build a project. There will be an additional charge for materials. This cost will be decided through development of the projects and discussions. Instructor: Mr. Dan Vavreck. Wednesdays 5:30 – 8:30 p.m. starting March 12. Initial Cost: \$40.00.