COMMUNITY EDUCATION | 816-359-4060
- glass classes
- senior classes
- kids classes
- after-school clubs
- Bricks 4 Kidz
- Chess Club
- Mad Science

AQUATIC CENTER | 816-359-4080
- memberships
- swim lessons
- water aerobics
- water babies
- pool rental
- birthday parties

SCHOOL AGE CHILDCARE | 816-359-4064
- Adventure Club
- Summer Day Camp
- Non-School Day
- pool rental
- birthday parties

PARK HILL SCHOOL DISTRICT

summer 2019
Class Transfers: An enrollment may be transferred from one class to another if each class involved has not begun and the change is made prior to “day of” class. If a transfer is made, it must be for a class during the same semester as the original enrollment. No transfers will be allowed for missing a class or change in your schedule after the class has begun. Please be committed to the dates and times of classes you have chosen.

Refunds: Refunds will be made only on the following conditions:
1. If a class is filled to capacity before your registration is received.
2. If a class is canceled due to lack of enrollment. A 24-hour notice must be given to the Community Education office for a refund to be processed. No refunds will be given the day a class starts or after a class meets. Students are responsible for the risk of changes in their personal affairs or health.

When paying by Credit or Debit Card: A convenience fee will automatically be added to your transaction when paying by credit or debit card.

Registration and additional information is available online at www.parkhill.k12.mo.us. Go to School Age Care under Parent Resources. Contact us at 816-359-4064. $50 registration fee due at time of enrollment. Space is limited so register early.

Adventure Club-K-5th grade
Hours: 6:30am-6:00pm
Rates:
AM only — $210 per month
PM only — $210 per month
Both AM/PM — $250 per month

Prime Time 8th-.8th grade
Hours: 2:30pm-6:00pm
Rates:
PM only — $250 per month

Non-School Day ONLY K-8th grade
Hours: 8:00am-6:00pm
Rates:
$45 per day

Summer Enrollment Open Now!
## CONTENTS

### INSTRUCTOR SPOTLIGHT

**DAVID BAER**  
Learning Spanish

David Baer learned Spanish as a little boy in South America. His parents worked there many years. During this time he not only acquired a fluent mastery of the language, but also an intimate understanding of the culture in which it's used.

His classes are interesting and engaging, as well as easily accessible for those with little or no knowledge of the language. A fluent English-speaker and lover of languages, David has spent years studying Latin and Greek. This knowledge can be used for the students' benefit, as English and Spanish have many words in common which come from this classical reservoir.

He offers Introduction to Spanish I and II, designed to give students a warm welcome to a language spoken by millions within and outside of the U.S. By the end of the classes students will be able to communicate and understand on a basic level and hopefully have an unquenchable thirst to keep drinking from this well of sweetness. ¡Hasta luego!

| Intro to Spanish I | May 2 – June 6 | Thursdays | $59  
6:30pm – 7:30pm |
|-------------------|----------------|------------|
| Intro to Spanish II | June 20 – August 1 | Thursdays | $69  
6:30pm – 7:30pm |

### ADULT CLASSES

- **AMERICAN RED CROSS**
- **ART & CRAFTS**
- **COMPUTER TRAINING**
- **DANCE**
- **FINANCE**
- **FITNESS**
- **FOREIGN LANGUAGE**
- **GLASS WORK**
- **MARTIAL ARTS**
- **MUSIC**
- **PHOTOGRAPHY**
- **SEWING**
- **SPECIAL INTEREST**
- **SPORTS**

### AQUATICS

- **SWIM LESSONS**
- **WATER BABIES**
- **WATER AEROBICS**

### CHILDREN’S CLASSES

- **GARDENING**
- **MIND AND BODY**
- **AFTER SCHOOL CLUBS ART**
- **AMERICAN RED CROSS BABYSITTING**
- **BALLET & DANCE**
- **FITNESS**
- **GYMNASTICS**
- **MARTIAL ARTS**
- **PRESCHOOL**
- **SUMMER CAMPS**
- **DRIVERS EDUCATION**
**NEW! BEGINNER ADULT TAP**

Have you always wanted to learn to tap dance? This basic tap class is designed for beginners or those that would like a basic introduction to tap techniques. It doesn’t matter whether you have taken a couple tap classes in the past or never thought you would have the opportunity, this class is for YOU. Learn tap steps, combinations, and fun choreography! Tap makes your feet and your mind happy! Tap shoes required. This is a 45-minute class.

**NEW! REVITALIZE BALLET TONING AND FLEXIBILITY**

This ballet inspired workout will help YOU build leaner and longer muscles. It might be a low impact workout, but it packs a large punch for your muscles, flexibility, balance, and range of motion. Based on Ballet, the class will use barre conditioning techniques while our minds unwind from our busy week with soothing music. Each class will end with an all over body stretch to revitalize tight muscles and tension while increasing overall flexibility. With your busy schedule, self-care often gets overlooked, so this revITALIZING class is a wonderful way to revITALIZE and invest in YOU.

**NEW! FINANCIAL FITNESS WITH THE 401K STORE**

Many employees believe that their employer manages their money in the 401K, 403b & 457b accounts. In fact, employers give them options and employees need to use those options and choose investments that will help them for their retirement. Whether you have just joined the work force or are a few years from retirement, this class is for you! Registered Representative of and securities offered through Berthel Fisher & Company Financial Services, Inc. (BFCFS). Member FINRA/SIPC. Investment advisory services offered through BFC Planning, Inc. Azodi CPA, Income Tax Center, America's Financial Center, 401k Store, 403b Store, 457b Store, BFCFS, and BFC Planning, Inc. are independent entities. *BFCFS and BFC Planning, Inc. do not offer tax advice. Azodi CPA, offers tax advice.

**FINANCE**

ABC'S OF MEDICARE INSURANCE

Are you or a loved one turning 65 or becoming eligible for Medicare due to a disability? What are Part A and B of Medicare? How do Medicare supplement plans fill coverage gaps? What is a Plan F & Plan G and let us forget Part D (prescription drug plans) each class will end with Medicare PPO's and HMO's. This two-hour class will help you master the language of Medicare benefits.

Instructor: Jeff David, CPCU, LUTCF at the Park Hill District Office, Room 126

**FIN15-59**

**T** 6/12/2019 - 6/20/2019

Tuesdays - 1 Session

7:00 PM - 9:00 PM

Room 126

**Fee:** $59.00

**ARE YOUR AFFAIRS IN ORDER?**

The death and incapacity of a family member can present serious and difficult issues. Probate, Powers of Attorneys, Trusts, Health Care Decisions, Estate Taxes. Most of us plan to do “something” someday to get our affairs in order. Unfortunately, over 60% never establish a formal estate plan! This two-week course will help you understand the basics of estate planning, what are the important issues associated with death and incapacity? How can those issues be addressed? Learn how to eliminate probate, reduce taxes, and ease the burdens that will fall to your loved ones, designates guardians for minors, and much more.

Instructor: John Sanderson at the Park Hill District Office, Room 129

**FR21-59**

**T** 6/13/2019 - 6/20/2019

Tuesdays - 2 Sessions

7:00 PM - 9:00 PM

Room 129

**Fee:** $59.00

**FITNESS**

**BASIC/RESTORATIVE YOGA**

This class is for anyone with limited mobility due to injury or illness. We will use chairs for support and balance. Bring a pillow or a non-skid surface for the chair. Come enjoy a relaxing gentle workout!

Instructor: Rhonda Reeves at the Park Hill District Office, Studio 2

**FTF5-59**


Tuesdays - 6 Sessions

6:00 PM - 7:00 PM

Room 126

**Fee:** $59.00

**FTF6-59**

**T** 7/3/2019 - 7/10/2019

Tuesdays - 6 Sessions

6:00 PM - 7:00 PM

Room 126

**Fee:** $59.00

**CHAIR YOGA**

This class is for anyone with limited mobility due to injury or illness. We will use chairs for support and balance. Bring a pillow or a non-skid surface for the chair. Come enjoy a relaxing gentle workout!

Instructor: Rhonda Reeves at the Park Hill District Office, Studio 2

**FT14-59**

**T** 4/14/2019 - 4/21/2019

Tuesdays - 6 Sessions

10:00 AM - 11:00 AM

Room 126

**Fee:** $59.00

**FT15-59**


Tuesdays - 6 Sessions

10:00 AM - 11:00 AM

Room 126

**Fee:** $59.00

**COMPUTER TRAINING**

**1 ON 1 COMPUTER TRAINING**

Purchase One Private 2-hr Session with a Personal Instructor. Learn a variety of the following applications; Windows 10 using your personal laptop or a provided desktop computer, Word, Excel, PowerPoint, Google, Email, Tables and more. Sessions offer a personalized approach. No Children Please.

All classes are: 1 Session each, Mondays

**Fee:** $49.00

Instructor: Gayla Williams at the Park Hill District Office in the Computer Lab

**CRS-59A**

5/13/2019

1:30 PM - 3:30 PM

**CRS-59B**

5/20/2019

1:30 PM - 3:30 PM

**CRS-59C**

6/3/2019

1:30 PM - 3:30 PM

**CRS-59D**

6/10/2019

1:30 PM - 3:30 PM

**CRS-59E**

6/17/2019

1:30 PM - 3:30 PM

**CRS-59F**

6/24/2019

1:30 PM - 3:30 PM

**CRS-59G**

7/1/2019

1:30 PM - 3:30 PM

**CRS-59H**

7/8/2019

1:30 PM - 3:30 PM

**CRS-59I**

7/15/2019

1:30 PM - 3:30 PM

**CRS-59J**

7/22/2019

1:30 PM - 3:30 PM

**CRS-59L**

7/29/2019

1:30 PM - 3:30 PM

**PARK HILL SCHOOL DISTRICT**

https://commed.park.hill.k12.mo.us/
NEW! REVELATION WELLNESS® FAITH BASED FITNESS

Revelation Wellness® classes incorporate faith and fitness for overall wellness - Spirit, Soul and Body. Uplift and positive cardio classes consist of drumsticks, toning, strength, and a little bit of yoga. Pound away stress, strengthen your body, relax & reconnect spiritually. Wear what you typically wear to work-out & a water bottle is recommended, because even though this is fun, you will sweat. Are you ready to have a blast? Let’s LaBlast®!

Instructor: Certified LaBlast® instructor, Re: YOU Dance Fitness LLC, Studio

LA123-S9A 4 Sessions each, 7:00 PM - 8:00 PM Fee: $45.00
Da21-S9C Th 6/13/2019-7/7/2019 Park Hill District Office, Studio 2

LA124-S9A 4 Sessions each, 6:00 PM - 7:00 PM Fee: $67.00
Instructor: Master Gary Huff, Three Dragon’s Way
Ft5-S9A Th 5/2/2019-6/6/2019 Park Hill District Office, Studio 2
Ft5-S9B Th 6/13/2019-7/7/2019 Park Hill District Office, Studio 2
Ft5-S9C Th 8/1/2019-9/5/2019 Park Hill District Office, Studio 2

TAI CHI - BEGINNER

Tai Chi is a Chinese exercise that improves balance and increases the circulation. Participants will learn some history and basic principles of the training method of Tai Chi. Participants will also learn exercises known as Chi-Gong and rhythmic repeating movements called silk-reeling. Traditional warm-up exercises along with traditional ones from China are all covered in Tai Chi for Beginners. No experience required. The instructor is a long-time student of Tai Chi and has taught Tai Chi in the Kansas City area since 1993. Start learning the basics as a beginner and progress to intermediate Tai Chi for more fun!

All classes are: 6 Sessions each, 6:00 PM - 7:00 PM Fee: $67.00
Instructor: Master Gary Huff, Three Dragon’s Way

Ft5-S9A Th 5/2/2019-6/6/2019 Park Hill District Office, Studio 2
Ft5-S9B Th 6/13/2019-7/7/2019 Park Hill District Office, Studio 2
Ft5-S9C Th 8/1/2019-9/5/2019 Park Hill District Office, Studio 2

TAI CHI - INTERMEDIATE

Build on the foundations and movements from the Beginner class. Participants should take the beginner class first. The Intermediate Class adds new transitional movements and helps put the beginnings movements together for a short routine. First-time Beginners should only take the beginner class. Participants who have taken the Intermediate class at least once are ready to enroll in both Beginner and Intermediate classes.

All classes are: 6 Sessions each, 7:00 PM - 8:00 PM Fee: $67.00

Ft6-S9B Th 5/2/2019-6/6/2019 Park Hill District Office, Studio 2
Ft6-S9C Th 6/13/2019-7/7/2019 Park Hill District Office, Studio 2
Ft6-S9D Th 8/1/2019-9/5/2019 Park Hill District Office, Studio 2

WERO

Wanna have FUN this summer while burning major calories? Then you need to join Kylie for the wildly addictive cardio dance class. WERO! WERO! (pronounced “work!”) is the fiercely fun dance fitness workout based on pop and hip hop music created only by KC’s own. Wear workout clothes and gym shoes to this high-intensity, fun, and fast-paced fitness experience. Expect to SWEAT and burn around 500-700 calories each hour of WERO! Our classes are fully flowy and friendly, and are a great way to get your mind, body, and soul working together. You won’t have any reason to not come back for more! You’re sure to have a blast!

Instructor: Certified WERO® instructor, Re: YOU Dance Fitness LLC, Studio

DA2-S9A 6 Sessions each, 10:00 AM - 11:00 AM Fee: $45.00
Da21-S9B Th 6/15/2019-7/20/2019 Park Hill District Office, Studio 2
Da21-S9C Th 6/19/2019-7/17/2019 Park Hill District Office, Studio 2

JAPANESE 101

Japanese 101 introduces basic Japanese grammer, vocabulary, greetings and letters called “Hiragana”. No previous knowledge is necessary. Come and enjoy learning a new language!

Instructor: Isoko Daruki at the Park Hill District Office, Room 128
FL14-S9A 12 Sessions each, 9:00 AM - 10:00 AM Fee: $129.00
Fl21-S9B Th 1/14/2019-3/14/2019 Park Hill District Office, Room 128

https://commed.parkhill.k12.mo.us/
PHOTOGRAPHY

PHOTOGRAPHY BASICS
Let us teach you how to "make" a photograph instead of just "taking" a picture. Become familiar with photographic terms and techniques. It doesn't matter if you use digital or film. Lessons are fun and simple to understand. Assignments will be given after the first four classes to reinforce the principles discussed in class. Learn photography from the people who are "who's who in photography and fun are developed". Please bring your camera that has the ability to control aperture and shutter (exposure) settings and the instruction book (if available) to class. Students must bring a camera to class.
Instructor: Mitchell Pence at the Park Hill District Office, Room 126

MODERN SEWING FOR BEGINNERS
Sewing is a rewarding craft; hobby, and skill and there has been a great resurgence of handmade crafting recently. This course is for the absolute beginner or for somebody who has dabbled and wants to take it to the next level. You will learn how to properly use a sewing machine and sewing tools, shop for fabric and supplies, read a sewing pattern, and complete handmade items. You will finish the course with four completed projects! Students will need a portable sewing machine and sewing tools, shop for fabric and supplies, read a sewing pattern, and complete handmade items. You will finish the course with four completed projects! Students will need a portable sewing machine and sewing tools, shop for fabric and supplies, read a sewing pattern, and complete handmade items. A $79 supply fee is payable to the instructor the first night of class. Additional project supplies will be discussed before each class and will need to be purchased before the next class. Ages 12+
Instructor: Lesley Latham at the Park Hill District Office, Room 129

NEW! BASIC AUTOMOTIVE: A CLASS FOR DRIVERS OF ALL AGES
In this hands-on, interactive class students will learn basic car maintenance. Students will learn how to jumpstart a car, change a tire, and what to do in an emergency. We will also cover basic under the hood tasks such as checking & replacing fluids to the right levels, checking belts & hoses. This is a class for all ages!
All classes: 1 Class each
Fees: $39.00
Instructor: Mark Puccioza at the Park Hill District Office, Room 126

LAWN MOWER AND SMALL ENGINE MAINTENANCE & LAWN CARE
Whether you’re a younger mowing the neighbor’s lawn, a new home owner, or retired, chances are you like the look of a healthy green lawn. This class will identify basic tips for creating and maintaining a great looking lawn and save you money. We'll also cover the key points to help you take care of your lawn mower. Properly maintained lawn mowers can last for years and it only requires basic maintenance with very few tools and a little mechanical knowledge. With a little education and minimal time, you can keep your lawn in shape and your mower in top operating condition while saving time and money.
All classes: 1 Class each
Fees: $29.00
Instructor: TKA Enterprises LLC Thomas Omer at the Park Hill District Office, Room 129

SEWING

MODERN SEWING FOR ADVANCED BEGINNERS
If you took Modern Sewing for Beginners, you have taken sewing classes before, or have some sewing skills, this class is for you. The course will walk you through four advanced projects from School of Sewing and allow you to choose an additional project from the book for the last session. Students will need a portable sewing machine that has either been recently serviced or is in good working condition with all the necessary parts and accessories. A $79 supply fee is payable to the instructor the first night of class. Additional project supplies will be discussed before each class and will need to be purchased before the next class. Ages 12+
Instructor: Lesley Latham at the Park Hill District Office, Room 129

FERMENTATION AT HOME (HOMEMADE SAUERKRAUT & KOMBUCHA)
In this interactive fermentation class, you’ll make your own mild or spicy sauerkraut and will learn to make kombucha (a fermented tea). Everyone will take a jar of sauerkraut home with them to ferment and a kombucha (kombucha starter). We’ll discuss the health benefits of fermentation for gut and have fun! Please bring your own knife for cutting cabbage and a cutting board in addition to a $7 fee to pay the instructor for materials.
Instructor: Lisa Pena at the Park Hill District Office, Room 129

SPORTS

NEW! LEARN TO SAIL
The Paradise Point Yacht Club has been supporting the sport of sailing at Smithville Lake and the surrounding area for over 35 years. We are happy to have them as instructors. All instructors are members of PPYC. This class is designed for adults with little or no experience. The on-the-water instruction will be utilizing club provided cruiser sailboats of 22’ to 32’ in length. Upon successful completion, students will have the confidence to purchase their first sailboat and make sailing a lifelong pursuit. Class consists of six hours (3 nights) of class time at Park Hill Community Education Center (Room 126 and 127) and 3 hours (3 Saturday) at Smithville Lake for the on-the-water instruction.
Saturday’s instruction breaks the class into two groups, morning and afternoon. Courses are offered in the morning of Way rules, weather issues, and small boat handling. Completion covers safety, basic sailing terminology, principals of sailing, right-of-way rules, weather issues, and small boat handling. Completion includes a written exam, sailing over a predetermined course, and a Certificate of Completion. Students are also members of Paradise Point Yacht Club for the balance of the year.
Instructor: Paradise Point Yacht Club at the Park Hill District Office, Room 126

VOLLEYBALL FOR WOMEN
Play on a fun evening of great physical activity and a great time with low - intermediate recreational volleyball. PLAYERS MUST BE 18 OR OVER AND NO CHILDREN/GUESTS PERMITTED.
Instructor: Ron Hill & Kavita Card at Lakeview Middle School, Gym

MARTIAL ARTS

ADULT GRACIE JIU-JITSU
Gracie Combatives is our beginner program for adults. In this program, you will learn the 36 core techniques of Gracie Jiu-Jitsu (also known as Brazilian Jiu-Jitsu orBJJ) in a fun, safe, and cooperative environment. Each one-hour lesson addresses one standing and one ground self-defense technique, which are further broken down into simplified drills or “slices” to facilitate the learning process. You can start the program at any time and participate in any class without previous experience and, since safety is our number one concern, there is no competitive sparring in this program. Upon successful completion of the Gracie Combatives program, you will earn your Gracie Combatives Belt which will qualify you for advancement into the Master Cycle program. Uniform not included

BEGINNER TAEKWONDO FOR TEENS AND ADULTS
Are you looking to learn a functional self-defense or improve your flexibility and coordination? Learning the art of traditional Taekwondo is your answer. Price includes a uniform.
Instructor: Tiffany Helgerson at Kick Martial Arts

BEGINNING UKELELE
This class is a quick start to learning to play the ukulele. Students will learn basic chords, strumming patterns and songs. Have fun playing together in groups or alone. Information will also be given on Uke clubs and where to participate. Ages 10 and up Book can be purchased at the studio for $9.99.
Instructor: Mark Bentley, Bentley Guitar Studio

GUITAR FOR BEGINNERS
You will learn the basics: playing positions, chord chart reading, tab reading and strumming. Skills will be applied to folk and popular songs. You may bring your own acoustic guitar or guitar rental is available. Come and get in touch with that inner musician! Students must purchase Hal Leonard’s “Easy Pop Rythms” available at Bentley’s or other music stores.
Instructor: James Knoel, Bentley Guitar Studio

MUSIC

COMMUNITY EDUCATION
WATER BABIES
As privileged stewards, parents and swim teachers, we strive to make swimming an uplifting, joyous experience. At least one parent is required to be in the water with their child. Water babies must be under 4 years old. Swim lessons are available for those 4 and older. Classes are limited to 10 children.

TUESDAY MORNINGS: 10-10:30 OR 10:30-11
April 30  3 weeks $30
May 6  4 weeks $24
June 5  4 weeks $24
July 3  4 weeks $20
August 1  5 weeks $30

THURSDAY MORNINGS: 10-10:30 OR 10:30-11
May 6  6 weeks $30
June 6  4 weeks $24
July 6  4 weeks $24
August 1  5 weeks $30

WEDNESDAY EVENINGS: 6-6:30 OR 7-7:30
May 1  5 weeks $30
May 15  4 weeks $24
July 10  4 weeks $24
July 31  4 weeks $24

SATURDAY MORNINGS: 10-10:30 OR 10:30-11
May 11  5 weeks (No Class May 25) $24
June 15  4 weeks $24
July 13  4 weeks $24

WATER AEROBICS
AQUFIT (BEGINNER/INTERMEDIATE)
Burn fat and increase water muscle strength in this shallow water class! This class utilizes the resistance of water to help boost your heart rate. A wonderful class for those new to water aerobics, individuals with arthritis, and individuals with mobility challenges. Join us for this fun class and discover a new form of exercise that will change your health habits. Instructor: Jacob Tomasich

WATER BABIES
NEW! GARDEN CARE, PLANT TALK WITH STORY TIME & YOGA
We’ll kick of our tour of the garden and learn about the plants that have been growing this summer. Kids can taste veggies and fruit from the garden, discovering the nutrition in each one, and learn about ways to care for these plants; choosing plants, learning about what plants need to grow, and how to keep them healthy all season long. Children listen to a story about the Garden Helpers and then move into Yoga an music time. Just $36 per family.
Instructor: Lynne Soulier, Gardens of Delight, Center for Natural Healing, Community Garden
GAB7-59 1 Session $45.00
Sa 6/1/2019 9:00 AM - 12:30 PM

WHATS IN THE DIRT & GOOD BUGS BAD BUGS
We explore the organisms in the soil, kids love the discussion about compost and all the beneficial insects that help our gardens to stay healthy. Learn the ingredients to add to soil to create the optimal growing conditions for vegetables. A kids yoga class with movement and music will follow the gardening. Just $36 per family.
Instructor: Lynne Soulier, Gardens of Delight, Center for Natural Healing, Community Garden
GAB2-59 1 Session $36.00
Sa 6/1/2019 9:00 AM - 12:30 PM

MIND AND BODY
FAIRY HOUSE MAKING
This is a kids club favorite event! Children create their own fairy house from items gathered in nature: acorns, moss, leaves, twigs, pebbles, feathers and more. They’ll listen to a story about some of our favorite fairy garden faeries at Gardens of Delight, and be inspired to write their own garden fairy tales. Then they will create their own fairy house. Teachers will provide the materials and encourage children to add items from their own gardens to their fairy houses.
Instructor: Sarah Hirtzel, Young Rembrandts
YR18-S9HW 1 Session $69.00
2:30 PM - 5:00 PM

UDON CHOPPEL ART ROOM
YR18-S9CH 1 Session $69.00
2:30 PM - 5:00 PM

AQUAQUISCE (INTERMEDIATE)
H2O aerobics is a quick moving, fast-paced hour of fun! This course takes place in the shallow end of our 24-degree pool. H2O aerobics was designed for those individuals looking to improve their cardiovascular and muscular endurance. You will see the results! Increased strength, balance, power and range of motion. We aim to provide you the chance to find the level of fitness that you’ve been searching for. Instructor: Mandy Vaintard will keep you active and entertained while getting you in shape!

BODY BLAST (INTERMEDIATE/ADVANCED)
This high-energy class is designed to build and tone muscle strength. Body Blast is an hour-long class that includes a warm up, high intensity cardio, weight training, stretching, and a cool down. The class takes place in the shallow water so everyone can join in the fun. This class is considered to be a moderate to high-intensity workout. Instructor: Krista Manelli

DEEP WATER POWER HOUR (INTERMEDIATE/ADVANCED)
Deep Water Power Hour provides all benefits of the toughest aerobics class or cross country run, with none of the impact on bones, tendons, and ligaments in this complete aerobic class. You may use an Aquas Belt (provided or your own ability to float). Increase your flexibility, improve upper body strength, gain muscle tone and cardiovascular endurance while burning fat and toning muscles for a complete body workout with Deep Water Hour.}

ADMISSION RATES
3 & Under Free 17 & Under $3.00
18 & Older $4.00 80 & Above Free

SUMMER OPEN SWIM HOURS
Monday-Thursday 7am-1pm 6:30-9pm
Friday 7am-1pm CLOSED PM
Saturday 9am-4pm
Sunday 12-5pm

SUMMER OPEN SWIM HOURS
Monday-Thursday 7am-1pm 6:30-9pm
Friday 7am-1pm CLOSED PM
Saturday 9am-4pm
Sunday 12-5pm

COMMUNITY GARDENING
GARDENING
Instructor: Lynn Soulier, Gardens of Delight, Center for Natural Healing, Community Garden. Phone: 816-359-4060

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GAB2-59 1 Session $36.00
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COMMUNITY GARDENING
GARDENING
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MIND AND BODY
FAIRY HOUSE MAKING
This is a kids club favorite event! Children create their own fairy house from items gathered in nature: acorns, moss, leaves, twigs, pebbles, feathers and more. They’ll listen to a story about some of our favorite fairy garden faeries at Gardens of Delight, and be inspired to write their own garden fairy tales. Then they will create their own fairy house. Teachers will provide the materials and encourage children to add items from their own gardens to their fairy houses.
Instructor: Sarah Hirtzel, Young Rembrandts
YR18-S9HW 1 Session $69.00
2:30 PM - 5:00 PM

UDON CHOPPEL ART ROOM
YR18-S9CH 1 Session $69.00
2:30 PM - 5:00 PM

AQUAQUISCE (INTERMEDIATE)
H2O aerobics is a quick moving, fast-paced hour of fun! This course takes place in the shallow end of our 24-degree pool. H2O aerobics was designed for those individuals looking to improve their cardiovascular and muscular endurance. You will see the results! Increased strength, balance, power and range of motion. We aim to provide you the chance to find the level of fitness that you’ve been searching for. Instructor: Mandy Vaintard will keep you active and entertained while getting you in shape!

BODY BLAST (INTERMEDIATE/ADVANCED)
This high-energy class is designed to build and tone muscle strength. Body Blast is an hour-long class that includes a warm up, high intensity cardio, weight training, stretching, and a cool down. The class takes place in the shallow water so everyone can join in the fun. This class is considered to be a moderate to high-intensity workout. Instructor: Krista Manelli

DEEP WATER POWER HOUR (INTERMEDIATE/ADVANCED)
Deep Water Power Hour provides all benefits of the toughest aerobics class or cross country run, with none of the impact on bones, tendons, and ligaments in this complete aerobic class. You may use an Aquas Belt (provided or your own ability to float). Increase your flexibility, improve upper body strength, gain muscle tone and cardiovascular endurance while burning fat and toning muscles for a complete body workout with Deep Water Hour.}
NEW! GENERATION POUND
Generation POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive Activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness. Participants should dress in comfortable clothing, tights and shoes and bring a water bottle. AGES 6-12
All classes are: 6 Sessions each, Sa turdays
Instructor: Courtney McQueen at the Park Hill District Office, Studio 2
CF-S9 $79.00
M 6/10/2019-7/15/2019 6:30 PM - 7:30 PM

MARTIAL ARTS

NEW! GRapplers (AGEs 8-13)
In the Jr. Grapplers program, we focus on 33 non-violent self-defense techniques that teach children to “neutralize and negotiate” with bullies. Verbal assertiveness strategies are a major portion of this curriculum. A child needs absolutely no experience to start, and we guarantee a noticeable increase in your child’s confidence within a few weeks!
All classes are: 10 Sessions each
Instructor: Tiffany Holgerson at Nick Martial Arts
MA12-S9B T + Th 5/7/2019-6/6/2019 7:30 PM - 8:15 PM
MA12-S9C M + W 6/10/2019-7/5/2019 6:30 PM - 7:15 PM
MA12-S9D T + Th 6/11/2019-7/16/2019 7:30 PM - 8:15 PM

LITTLE KICKERS AGES 4-6
Little Kickers Ages 4-6 is a 30 minute class that is full of energy and positive instructors who encourage students to do their best in everything. This class focuses on strong character development, cognitive learning, following directions, balance and personal victory!
Price includes uniform.
All classes are: 10 Sessions each
Instructor: Tiffany Holgerson at Nick Martial Arts
MA4-S9B M + W 6/6/2019-6/12/2019 5:15 PM - 5:45 PM
MA4-S9C T + Th 5/7/2019-6/6/2019 4:45 PM - 5:15 PM
MA4-S9D T + Th 5/7/2019-6/6/2019 5:15 PM - 5:45 PM
MA4-S9E M + W 6/10/2019-7/5/2019 4:45 PM - 5:15 PM
MA4-S9F T + Th 6/11/2019-7/16/2019 4:45 PM - 5:15 PM
MA4-S9G T + Th 6/11/2019-7/16/2019 5:15 PM - 5:45 PM

PRE BALLET - AGE 1
PRE BALLET - AGES 5-6
Ballet basics, foot alignment, balance, work complex coordination and posture development are all presented and worked on as is development of the imagination and creativity which any and all performers need. Lavender leotard, pink tights and pink shoes, hair up or pulled back securely out of the face including bangs! Preferably no skirts. Boys: White t-shirt, black dance pant, black ballet shoes.
All classes are: 6 Sessions each, Sa turdays
Instructor: Laura Reinschmidt, Ballet North
CH15-S9 $65.00
M 6/10/2019-7/15/2019 12:00 PM -12:30 PM
CH16-S9B $65.00
W 6/10/2019-7/15/2019 12:30 PM - 1:00 PM

PRE BALLET - AGE 3
The beginning of the beginning in classical ballet where students encounter the basic positions and coordination of ballet for the very first time. Also practicing how to be in groups and lines, essential skills for any stage work later on. Girls: White leotard, pink tights and pink shoes. Hair up or pulled back securely out of the face including bangs!
Boys: White t-shirt, black dance pant, black ballet shoes.
All classes are: 4 Sessions each, Sa turdays
Instructor: Laura Reinschmidt, Ballet North
CH15-S9 $35.00
M 7/6/2019-7/27/2019 9:00 AM - 9:30 AM
CH15-S9B $35.00
W 8/3/2019-8/24/2019 9:00 AM - 9:30 AM

PRE BALLET - AGES 4
Building on the beginning with additional basics, more coordination work and posture development. Also learning how to be in more complex groups and formations that move in sequence. Girls: Pink leotard, pink tights and pink shoes, hair up or pulled back securely out of the face including bangs! Prefer no skirts Boys: White t-shirt, black dance pant and black ballet shoes.
All classes are: 4 Sessions each, Sa turdays
Instructor: Laura Reinschmidt, Ballet North
CH16-S9 $45.00
M 4/24/2019-5/24/2019 11:15 AM -12:00 PM
CH16-S9B $45.00
W 5/1/2019-5/22/2019 11:15 AM -12:00 PM
CH16-S9C $45.00
W 7/6/2019-7/27/2019 11:15 AM -12:00 PM
CH16-S9D $45.00
W 8/3/2019-8/24/2019 11:15 AM -12:00 PM

PRE BALLET - AGES 5-6
Ballet basics, foot alignment, balance, work complex coordination and posture development are all presented and worked on as is development of the imagination and creativity which any and all performers need. Lavender leotard, pink tights and pink shoes, hair up or pulled back securely out of the face including bangs! Preferably no skirts. Boys: White t-shirt, black dance pant, black ballet shoes.
All classes are: 4 Sessions each, Sa turdays
Instructor: Laura Reinschmidt, Ballet North
CH15-S9 $75.00
M 6/10/2019-7/15/2019 12:00 PM -12:30 PM
CH15-S9B $75.00
W 6/10/2019-7/15/2019 12:30 PM - 1:00 PM
PRE-SCHOOL GYMNASTICS
Kids ages 3-4 Young children will be introduced to the sport of gymnastics. Come and have fun jumping on trampolines, walking on balance, stretching, rolling, and lots of fun.
Instructor: Laura Cashmore, Kansas City Gymnastics
Session A: learn to navigate and model simple projects. Session B: Build on your skills and make something functional. Session C: Make something mechanical. Students bring a snack and lunch. Generation Maker Lab provides guided interactive learning programs designed for the curious ages 5-10 years old to learn, design, create, and build.
All classes are: 5 Sessions each
Instructor: Panela Leung at the Generation Maker Lab, Suite 104
ML11-S9A  M • T • W • T h • F  6/17/2019-6/21/2019 9:00 AM - 1:00 PM
ML11-S9B  M • T • W • T h • F  7/1/2019-7/5/2019 9:00 AM - 1:00 PM
ML11-S9C  M • T • W • T h • F  7/8/2019-7/12/2019 9:00 AM - 1:00 PM
ML11-S9D  M • T • W • T h • F  7/15/2019-7/19/2019 9:00 AM - 1:00 PM
ML11-S9E  M • T • W • T h • F  7/22/2019-7/26/2019 9:00 AM - 1:00 PM

YOUNG REMBRANDTS - PRESCHOOL SUMMER
Young Rembrandts provides an engaging, creative environment where your child will learn how to draw and strengthen their artistic expression skills. During the month of July, your child will draw some common characters found in the desert, take a trip to the rainforest and explore the wonders from under the sea. A brightly-colored world of inspiration is a Spanish language learning camp that will teach your child Spanish through various interactive games and activities. This fun, hands-on program is designed to teach basic Spanish vocabulary and grammar in a fun and engaging way. All classes are:
Instructor: Tiffany Holgerson at Kick Martial Arts
All classes are: 3 Sessions each
Instructor: Panela Leung at the Generation Maker Lab, Suite 104
ML10-S9A  M • T • W • T h • F  6/3/2019-6/7/2019 9:00 AM - 12:00 PM
ML10-S9B  M • T • W • T h • F  6/10/2019-6/14/2019 9:00 AM - 12:00 PM

BRICKS 4 KIDZ: SPACE ADVENTURE LEGO CAMP
Inspired by NASA and Star Wars™, our Space Adventures Camp is packed full of models that will make your imagination blast off! Each day, campers will learn about real-life space exploration and build models related to the NASA space program. In addition, the day includes LEGO® Star Wars™ themed models, group games, challenges and more. Bricks 4 Kidz® Space Adventure camp. All campers will bring home a personalized mini-figure at the end of the week!
Instructor: Mike Jakes, J.R. Brick inc. at the Park Hill District Office, Room 128

BRICKS 4 KIDZ: SUPERHERO ACADEMY
Calling all SUPER KIDZ! Join Bricks 4 Kidz for a week building Superhero with LEGO® bricks. Explore all the captured superheroes and discover their super powers. Create a fantasy world and protect it against all the evil archenemies with custom costumes and motorized Bricks 4 Kidz models made with LEGO® bricks. All campers will bring home a personalized mini-figure at the end of the week.
Instructor: Mike Jakes, J.R. Brick inc. at the Park Hill District Office, Room 128

GLADIATOR CAMP
Gladiator Camp is a fun, high intensity camp that will test your individual skills, and team skills with multiple strength and coordination challenges. In the form of Gladiator games! You will compete in obstacle courses, team battles, individual battles, relay races, strength training, gladiator wars and friendly competition. T-shirt included.
Instructor: Tiffany Holgerson at Nick Martial Arts

NEW! ART MAKER LAB: GIANT CANVASES SERIES
Learn to paint like the masters. This immersive painting class for NEW! ART MAKER LAB: GIANT CANVASES SERIES 3D MAKER LAB: 3D PRINTING AND DESIGN Get to know the exciting world of 3D printing! This series will introduce skills in 3D modeling, digital sculpting, and bringing your design to life.
Instructor: Kathy Smythe, Mad Science - Renner Elementary, Art Room

SUMMER CAMP COMING SOON Jamestown
3D MAKER LAB: 3D PRINTING AND DESIGN Get to know the exciting world of 3D printing! This series will introduce skills in 3D modeling, digital sculpting, and bringing your design to life.
Instructor: Kathy Smythe, Mad Science - Renner Elementary, Art Room

INSTRUCTOR: Tiffany Holgerson at Nick Martial Arts

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Instructor: Kathy Smythe, Mad Science - Renner Elementary, Art Room

INSTRUCTOR: Tiffany Holgerson at Nick Martial Arts
WORKSHOP - ANIMALS BIG & SMALL
Calling all animal and nature lovers! This workshop explores all types of animals. From the jungle to the forest, in the air and close to the ground. Every day young artists will learn new illustration and coloring techniques using different drawing media like pencil, marker, and pastel. Learning to draw amazing creatures large and small will be fun and rewarding. All materials provided.

Instructor: Sarah Hirtzel, Young Rembrandts at Union Chapel Elementary, Art Room

TR22-5CH 5 Sessions 9:00 AM - 12:00 PM $130.00

YOUNG REMBRANDTS - DRAWING WORKSHOP - SUMMER FUN ON LAND & SEA
This workshop celebrates summer as we learn to draw our favorite activities, sites and places in the sun. We will build drawing skills while completing a roller coaster scene. The artists will draw tropical fish using patterning techniques and bold color choices. The final day we will learn pastel techniques as we complete a 12 x 18 pastel piece with the beach in the mind. Young Rembrandts teaching method insures success for all ages. No experience is necessary.

Instructor: Sarah Hirtzel, Young Rembrandts at Chinon Elementary, Art Room

TR22-5CH 5 Sessions 9:00 AM - 12:00 PM $130.00

TR25-5CHW 5 Sessions 9:00 AM - 12:00 PM $130.00

WORKSHOP - THE ART OF STEAM
Calling all artists, scientists, engineers, and math lovers! Young Rembrandts has a workshop filled with new ways your child can explore the fascinating world of STEAM! This workshop will dive into a new discipline every day so that all children learn their possibilities. Students will illustrate different types of Sciences, new Technologies, incredible feats of Engineering and striking Math principles - all while creating crazy awesome Art. All materials provided.

Instructor: Sarah Hirtzel, Young Rembrandts at Southeast Elementary, Art Room

TR25-5CH 5 Sessions 9:00 AM - 12:00 PM $130.00

DRIVE TEAM: TOUR GUIDE
This workshop provides an introduction to the world of driving. Students will learn basic skills and techniques for responsible driving.

Instructor: Dan Backhaus, Liberty Driving School

DR1-9A 1 Session each 9:00 AM - 12:00 PM $130.00
SCHOLARSHIPS
Compliments of Clay County Senior Services - Clay County residents 60 and older receive a discount up to $30 off a class. One per resident. There is limited availability so enroll early (ID required). Enrollment must be made in person to the Community Education office. Current Park Hill employees are entitled to a $5 discount on class fees of more than $15. The discount is for an employee only, it does not apply to family members.

In partnership with Clay County senior services. This program is funded through the Clay County Senior Services’ tax fund.

Online classes in the comfort of your home are offered at www.ed2go.com/phcomed

Online Courses
• Instructor-Facilitated
• Online Discussion Areas
• 24-Hour Access
• 6 Weeks of Instruction

Our instructor-facilitated online courses are interactive, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. You can complete any course entirely from your home or office. Any time of the day or night.

Features:
• Classes last for six weeks (with a 10-day grace period at the end).
• Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

Popular Courses:
Accounting Fundamentals
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Creating Web Pages
Learn the basics of HTML, so you can design, create, and post your very own site online.

Introduction to Microsoft Excel
Work with numbers? You need to know Excel. Learn the secrets of this powerful tool.

Introduction to QuickBooks 2017
Learn how to quickly and efficiently gain control over the financial aspects of your business.

Intermediate QuickBooks 2017
Go beyond the basic introductory concepts and learn how to gain more control and improve productivity while using QuickBooks.

Project Management Fundamentals
Gain the skills you need to succeed in the fast-growing field of project management.

Grammar Refresher
Revive your lost or forgotten knowledge of English grammar and gain confidence in your ability to produce grammatically correct writing.

www.ed2go.com/phcomed/

MORE COURSES AVAILABLE AT EACH OF OUR WEBSITES

www.careertraining.ed2go.com/phcomed
DEAR PARK HILL COMMUNITY,

Just because the school year ends this summer doesn’t mean we stop providing education to people of all ages!

This catalog from our Community Education program offers a variety of engaging, informative courses to help you grow and try something new. Learning to sail, painting with water colors, working on fitness, building with LEGO bricks and studying art are among the options.

I hope you take a moment to consider the courses and find one that will make you eager to learn this summer!

Sincerely,

Dr. Jeanette Cowherd
Superintendent

Lisa McLaughlin
Community Services Coordinator

Gina Reiter
Executive Administrative Assistant
Community Education

Leslie Tudorowski
Executive Administrative Assistant
Community Services

Sherry Minter
Executive Administrative Assistant
School Age Child Care

Park Hill Community Services

https://commed.parkhill.k12.mo.us/
The Park Hill School District is an equal opportunity employer. Information relating to notices of non-discrimination, human rights and accommodations is available for review on the Park Hill School District's web site.