

Highland



Winter/ Spring 2018 Course Catalog

The mission of Highland Community Education is to provide lifelong learning opportunities and personal enrichment, addressing the unique interests of individuals and meeting community needs.

**Many NEW
& EXCITING
Classes!**

Highland Community Education
c/o Highland High School
4150 Ridge Road, Medina, OH 44256
330.239.1901, ext. 5503
www.highlandschools.org

Community Education

Winter/Spring 2018: Class Schedule

AFTER-SCHOOL ENRICHMENT (GRADES K-8)

NEW! ENGINEERING CLUB FROM CLASSROOM ANTICS (GRADES K-5)

**REGISTER ONLINE FOR THE FOLLOWING CLASSES AT:
CLASSROOMANTICS.COM**

Module 4: Code Breakers

Everything from friendly messages to the shows we watch offer information about who we are. Security Engineers work to safeguard personal information from hackers, and they are always developing new ways to protect society. Each week, we will learn about different ways to send information secretly by making our own secret cryptography keys and drawing pictures using binary code. We will also learn how computers translate directions from humans and other computers. During this module, students will learn what goes on behind the games they play, messages they send, and videos they watch. (Note: We will be coding without computers in this module.)

Registration: \$85

- **Granger: Thursdays, January 25, February 1, 8, 15**
- **Hinckley: Wednesdays, January 24, 31, February 7, 14**
- **Sharon: Tuesdays, January 23, 30, February 6, 13**

All Classes: 3:30-5 p.m.

Module 5: Space Odyssey

In this adventure, we are going to outer space as Aerospace Engineers. First, we will think about what we should pack and take a test mission to an asteroid to gather samples. Next, we will learn about what astronauts eat and design a tiny garden for the outer space atmosphere to provide fresh food on our trip. Then, we will design our space suit, learning about how different forces in space affect the human body, to make them both fashionable and functional. Finally, we will visit Mars and build a Rover out of bamboo skewers and styrofoam plates to help scientists explore the Red Planet! Students will think like real engineers who help astronauts comfortably live in outer space every day.

Registration: \$85

- **Granger: Thursdays, March 1, 8, 15, 22,**
- **Hinckley: Wednesdays, February 28, March 7, 14, 21**
- **Sharon: Tuesdays, February 27, March 6, 13, 20**

All Classes: 3:30-5 p.m.

Module 6: Get Charged

Let's get charged as we learn about all kinds of electrical devices, from toys to smart phones. Electrical Engineers put a lot of work into designing helpful devices that use energy efficiently. In this module, we will learn what goes on inside electronic devices, including how circuits, switches, and batteries all work together to create light, movement, or sound. Then, we will use this knowledge to build games like "Don't Touch the Wire" buzzer game, create art with tiny "Wigglebot" robots, and send messages to people across the room using only light and sound made from LED lights and buzzers.

- **Granger: Thursdays, April 12, 19, 26, May 3**
- **Hinckley: Wednesdays, April 11, 18, 25, May 2**
- **Sharon: Tuesdays, April 10, 17, 24, May 1**

All Classes: 3:30-5 p.m.

Registration: \$85



HUMMINGBIRDS SOCCER (AGES 3-6)

Children ages 3 through 6 years old have fun learning the basics of soccer, including: dribbling, foot skills, passing, trapping, shooting, defense, and positioning. Each session consists of instruction in all aspects of the game, participation in fun drills that are designed to teach fundamental skills to young children, and low-key, non-competitive

games. All coaching will be conducted by Jump Start Sports staff.

Hummingbirds Soccer is a terrific introduction to soccer and organized sports and a fun and meaningful experience for the whole family! **Register online at www.jumpstartsports.com.**

Location: Granger Elementary School Field.

Registration: \$75

Spring Session:

Mondays, April 9, 16, 23, 30, May 7, 14

• **Ages 3 & 4: 5:30-6:30 p.m.**

• **Ages 5 & 6: 6:30-7:30 p.m.**

MAD SCIENCE ~ CRAZY CHEMWORKS (GRADES K-5)

Mad Science of Northeast Ohio is celebrating 14 years of getting kids excited about science and we're inviting you to join in on the fun! In honor of this awesome occasion our Mad Scientists have been working overtime in the laboratory brewing up action-packed classes!

FUNKY FORCES & MORE!

Children will play engineer, chemist and stunt pilot then investigate physics fundamentals in this series of sessions. Young Mad Scientists will be blown away by their experiments with air pressure, and will ride the waves of fun as they are immersed in some wet and wonderful science! Class topics include: Fantastic Flyers, Fun-damental Forces, Super Structures, Wacky Waves, Che-mystery and Under Pressure.

All Classes: 3:30-4:30 p.m.

Registration: \$107

• **Granger: Wednesdays, February 7, 14, 21, 28, March 7, 14**

• **Hinckley: Tuesdays, February 6, 13, 20, 27, March 6, 13**

• **Sharon: Thursdays, February 8, 15, 22, March 1, 8, 15**

Students not picked up will be sent to Latchkey for an additional charge.

SPECTACULAR SPRING SCIENCE SESSIONS!

Get ready for some exciting spring science with Mad Science! Students will learn how to help take care of planet Earth and investigate the plants that cover it. They will experience electrifying science via both static electricity (a hair-raising experience!) and circuit electricity! They will even learn some of the secrets of magicians and see how science and "magic" can work hand-in-hand! Class topics include: Watts Up, Current Events, Science of Magic, Tantalizing Taste, The Dirt on Garbage and Photosynthesis.

All Classes: 3:30-4:30 p.m.

Registration: \$107

• **Granger: Wednesdays, April 4, 11, 18, 25, May 2, 9**

• **Hinckley: Tuesdays, April 3, 10, 17, 24, May 1, 8**

• **Sharon: Thursdays, April 5, 12, 19, 26, May 3, 10**

Students not picked up will be sent to Latchkey for an additional charge.

NOTE: When registering, please specify which class you want to attend.

YOUNG REMBRANDTS ART (GRADES K-5)

Welcome to Young Rembrandts! We teach drawing, the fundamental skill of all visual arts. During our once-a-week classes, we teach skills that will help them grow, develop and excel while your child creates memories that will last a lifetime. Your child will enjoy ALL NEW LESSONS each week! Our curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We give them skills to express their creativity, and believe that all children can – and should – learn to draw. We provide all materials and teach new lessons each week. You'll see increased art abilities, learning skills, self-confidence and self-esteem. Every session is new – Repeat enrollment is encouraged!



Registration: \$93

All Classes: 3:30-4:30 p.m.

Students not picked up will be sent to Latchkey for an additional charge.

Winter Session:

- **Granger:** Tuesdays, January 16, 23, 30, February 6, 13, 20, 27, March 6
- **Hinckley:** Thursdays, January 11, 18, 25, February 1, 8, 15, 22, March 8
- **Sharon:** Wednesdays, January 17, 24, 31, February 7, 14, 21, 28, March 7

Spring Session:

- **Granger:** Tuesdays, March 20, April 3, 10, 17, 24, May 1, 8, 15
- **Hinckley:** Thursdays, March 22, April 5, 12, 19, 26, May 3, 10, 17
- **Sharon:** Wednesdays, March 21, April 4, 11, 18, 25, May 2, 9, 16



HIGHLAND MIDDLE SCHOOL YOGA CLUB (BOYS & GIRLS GRADES 6-8)

Designed especially to serve the needs of middle school boys and girls...offering the perfect backdrop for self-discovery, heart opening expression and new friend connections. Taught by Certified Yoga

Instructor RYT 200 Carrie Esker. Why yoga? ~ Balanced moods, reduced stress/anxiety, increased focus/concentration, improved self-esteem, encourages creativity, develops discipline, promotes healthier body image and increased flexibility. Please bring mat, water, towel and block. Email or call with questions: 330-858-0719 or cesker4@gmail.com. *Location for all classes: Highland Middle School.*

GIRLS YOGA (Classes 2:45-3:45 p.m.) Registration: \$80
Winter Session (#1G)

Tuesdays, January 23, 30, February 6, 13, 20, 27, March 6, 13

Spring Session (#2G)

Tuesdays, March 20, April 3, 10, 17, 24, May 1, 8, 15

BOYS YOGA (Classes 2:45-3:30 p.m.) Registration: \$65
Winter Session (#1B)

Thursdays, January 18, 25, February 1, 8, 15, 22, March 1, 8

Spring Session (#2B)

Thursdays, March 22, April 5, 12, 19, 26, May 3, 10, 17

NOTE: When registering, please specify which class number you want to attend.

SATURDAY ENRICHMENT CLASSES AT HIGHLAND HIGH

BABYSITTING (GRADES 5-8)

Do you want to earn a few extra dollars? Do you like to spend time with young children? Then join us for this amazing class where you will learn about safety for yourself and the children you care for, child development, simple first aid, baby care and CPR for infants and children. Upon completion, you will receive a certificate of attendance and an American Heart Association Heartsaver CPR Class Participation card. Students asked to bring sack lunch and drink. Minimum 10 students / Maximum 15. **Book fee: \$8 payable to instructor** **Registration: \$57**

Saturday, February 3, 9 a.m. to 3 p.m.

FUN-DAMENTALS OF COOKING (GRADES 3-8)

Learn cooking basics to prepare hearty, healthy foods. Students are asked to wear a hat or bandana, bring an apron and three-ring binder to class. Limit 6 students. **Lab fee: \$40 payable to instructor / Registration: \$69**

Saturdays, 9 a.m. to 12 p.m. / February 24, March 3, 10, 17, 24

MMA FITNESS BOOT CAMP (GRADES K-8)

Mixed Martial Arts FunFitness Boot Camp consists of cardio, plyometric, muscular endurance & strength exercises. MMA FunFitness Boot Camp improves: concentration, coordination, confidence, discipline, grades, power, speed, and mental toughness. This camp has no belt fees, no initiation fees, and no testing fees and allows children to reach their own potential rather than directly compete against others. This is a dynamic and challenging approach to self-defense for children who are athletic, energetic, awkward or shy, bold, nice or maybe even a little wild once in awhile...MMA FunFitness Boot Camp is probably for a kid just like yours. It teaches children to think instead of panic in potentially serious situations as well as how to react to threats from other children or acquaintances. Parents welcome to observe.



Winter Session:

Saturdays, January 20, 27, February 3, 10, 17

- **Grades K-2: 9:30-10:15 a.m. / Registration: \$40**
- **Grades 3-5: 10:15-11:15 a.m. / Registration: \$45**
- **Grades 6 & Up: 11:15 a.m. to Noon / Registration: \$50**

Spring Session:

Saturdays, February 24, March 3, 10, 17, 24

- **Grades K-2: 9:30-10:15 a.m. / Registration: \$40**
- **Grades 3-5: 10:15-11:15 a.m. / Registration: \$45**
- **Grades 6 & Up: 11:15 a.m. to Noon / Registration: \$50**

NOTE: When registering, please specify which session you want to attend.



NEW! PRINCESS PARTY: GOOD MANNERS (AGES 5-8)

Wear your favorite Princess Party Attire! Learn how to become a Princess by using your magic words, by knowing your dining manners and how to properly introduce others. Enjoy a Princess craft and music!

Saturday, March 24, 10-11 a.m. / Registration: \$25

NEW! SUPERHERO PARTY: GOOD MANNERS

(AGES 5-8)



Wear your favorite Superhero attire! Learn how to be a Superhero by using your magic words, by knowing your dining manners and how to give proper introductions. Enjoy a Superhero craft and music!

Registration: \$25

Saturday, March 24, 11 a.m. to 12 p.m.

NEW! CHILDREN'S DINING ETIQUETTE & MANNERS (AGES 8-15)

How to set a table from start to finish, including American style of dining, continental style of dining, posture, proper introductions and so much more. All will receive an Etiquette Factory Placemat.

Saturday, March 24, 12:30-1:30 p.m. / Registration: \$25

NEW! BEGINNING SPANISH (GRADES K-5)

In this new 10-week class, instructors with native-fluency will promote the use of Spanish by using activities, games, songs, and visual elements. A variety of engagement techniques will be used to encourage student participation. Students will be taught the basics that will allow them to be successful in everyday conversation while laying a foundation of grammar skills that will help them to develop fluency. This course is offered by Alma Lingua, an innovative language learning center located in Fairlawn, OH. Alma Lingua provides instruction in languages using an engaging methodology that is centered in conversation and practical application. Alma Lingua's unique lesson plan designs incorporate the native culture that surrounds the origin of the language. Class minimum of 7 students.

Saturdays, January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24

• **Grades K-2: 9-10 a.m. / Registration: \$250**

• **Grades 3-5: 10:30 a.m. to 12 p.m. / Registration: \$350**



FAMILY FAIRY GARDEN **(AGES 3 to 100+!)**

Have you ever made a Mini Fairy Garden? Plant, socialize and create your own magical landscape with real baby

succulents, vibrant colored moss, and a huge selection of miniatures all included! Over 2,000 people in NE Ohio have made Mini Gardens with Party'n With Plants by either making a Fairy, Dinosaur or Unicorn themed garden. Party'n With Plants will guide all participants through the planting and decorating of their own unique garden. Party'n With Plants is the expert in helping first time fairy gardeners create something unique and personable. The workshop includes a short lesson with step-by-step instructions for your indoor tabletop garden. All supplies are included, such as over 50 succulents to choose from, vibrant colored moss, rocks and sand, and then a huge selection of miniatures - such as fences, animals, mushrooms, furniture, fairies and holiday décor as well. Party'n With Plants workshops are recommended for ages 3 years old and up and also provides gnomes or dinosaurs for boys to create a garden as well. Party'n With Plants only uses baby succulents, which are low maintenance plants and easy to care for! No green thumb required! ALL ARE WELCOME!

Location: All classes held at Highland High School

Saturday, February 10, 9-10:30 a.m.

Registration: \$29 (for 2 mini gardens or 1 medium garden)

COLLEGE PREP CLASS AT HIGHLAND HIGH

A.C.T. TEST PREPARATION

This course is designed to help students develop the skills necessary to improve their ACT scores and reach their testing potential. English, math, reading, writing, and science skills are reviewed and test-taking techniques are emphasized. Some students who successfully complete this course have increased their ACT score by as much as 5 points! **Registration: \$179**
Thursday, 6-8 p.m. / April 26, May 3, 10, 17, 24

S.A.T. TEST PREPARATION (ONE DAY INTENSIVE)

This course is designed to help students develop the skills necessary to reach their testing potential on the SAT. Class time is spent reviewing skills, solving problems, practicing and learning test-taking strategies. Students will learn tips, tricks and problem-solving techniques that build confidence; review material in the subject areas tested; and take a real practice test published by the College Board. Lunch and all class materials are included.
Saturday, March 17, 8 a.m. to 2 p.m. Registration: \$99

REGISTER ONLINE FOR CLASSES AT WWW.ACTPREP.INFO

ADULT CLASSES HELD AT HIGHLAND HIGH

BEGINNING GUITAR

Designed for the absolute beginner, or for those who have some experience with the guitar but would like to discover the secrets behind playing more smoothly. This is not just a "put your finger here, now put your finger there" class. You will be introduced to the techniques that have allowed so many musicians to play at their very best. Please bring a guitar and a smile to this very engaging class. **Registration: \$57**
Saturdays, 10-11:30 a.m. / January 20, 27, February 3, 10, 17

ADULT INTERMEDIATE GUITAR

So you know most, or all, of the seven basic chords and some of their variations. Perhaps you have been playing for some time but feel like you are stuck in a rut. Or you could be new to the guitar and are wishing for ways to spice up your playing. This class will take your playing to the next level. Instructor will provide tried and true techniques that elude most of us, but once explained in a simple easy-to-understand manner, you won't be able to wipe the smile from your face. **Registration: \$58**
Saturdays, 10-11:30 a.m. / February 24, March 3, 10, 17, 24

ADULT / INFANT/ CHILD CPR TRAINING WITH AED (Automated External Defibrillator)

This class is designed for anyone interested in learning the steps to assist in saving a life. You will learn what to do in an emergency if someone stops breathing or their heart stops beating. You will also learn skills to assist a person if they are choking or you need to use an AED due to cardiac arrest. Upon completion, you will receive an American Red Cross CPR two-year certification. Optional certification fee: \$27 payable to instructor. **Registration \$45**
Tuesday, February 6, 6-9 p.m.

BASIC THERAPEUTIC MASSAGE

Do you ever have a sore neck, sore shoulders or a sore back? Sign up with a friend or significant other and you will both learn how to relieve those aches and pains using basic massage at home! Students are asked to bring a pillow and a thick blanket to class. This is a two-week class. **Registration: \$20 (per person)**
Thursdays, 7-9 p.m. / February 15 and 22



BEEKEEPING 101

Have you considered becoming a beekeeper but you just do not know where and how to get started? Maybe you think honeybees are special (and they are) and you want to learn more about the inner workings of the colony so you can do your part in helping the honeybees and other native pollinators.

This class will teach you beekeeping essentials for the first year. A complete beehive will be brought in to utilize as a demonstration tool to allow the prospective beekeeper to visualize the equipment involved. The use of beekeeping tools for hive inspections will be demonstrated. A detailed explanation of what specific things to look for during the inspection will be covered. You will learn about roles of the worker bees, the queen and the drone. Find out where propolis, flower pollen, honey and royal jelly come from and the medicinal benefits we can reap from the honeybee bi-products. Also learn about diseases that afflict the honeybees and what the cause of colony collapse disorder is. Visit us at our website gaughanbeedancin.com for a complete list of events and products. Participants in the class will receive the book "First Lessons in Beekeeping" and a syllabus.

Registration: \$79

Tuesdays, 7-9 p.m. / January 16, 23, February 6, 13, 20

TOXIC AWARENESS - LEARN HOW TO 'GO GREEN' AFFORDABLY

Join Joy Wright, a Toxicologist Educator, to learn how to change your environment and reduce exposure to potentially toxic chemicals in your home. Discover what you can change to stay healthy personally, physically and environmentally!

Registration: \$20

Thursday, 7-8:15 p.m. / January 18 and 25

-OR-

Tuesday, 7-8:15 p.m. / March 13 and 20

(Please indicate class choice of Tuesday or Thursday on registration form)

NEW! HYPNOSIS SMOKING CESSATION SEMINAR

Hypnosis is not sleep, in fact it is a heightened state of awareness. There is no surrender or control, no magic. No one can be hypnotized against their will. Anyone of average intelligence or higher can be hypnotized if they choose. Hypnosis is a valuable tool to help someone overcome fears, eliminate bad habits and reach their goals to be a happy and healthy person. Smoking cessation is easy and relaxing. You will be in a light state of trance in order to get your subconscious and conscious minds to agree on your goal to be a healthy clean air-breather. With hypnosis you will no longer desire to smoke or light up a cigarette ever again. You will not gain weight or feel nervous. The AMA has endorsed this hypnosis since 1955. All students will receive a reinforcement CD to take home

Thursday, February 20, 7-9 p.m.

Registration: \$49

NEW! HYPNOSIS WEIGHT CONTROL SEMINAR

Hypnosis is not sleep, in fact it is a heightened state of awareness. There is no surrender or control, no magic. No one can be hypnotized against their will. Anyone of average intelligence or higher can be hypnotized if they choose. Hypnosis is a valuable tool to help someone overcome fears, eliminate bad habits and reach their goals to be a happy and healthy person. Weight Control hypnosis is easy and relaxing. You will be in a light state of trance in order to get your subconscious and conscious minds to agree on your goal to control your weight. This is not a diet but a way to eat nutritionally to achieve your goals to be slim and trim. All students will receive a reinforcement CD to take home.

Tuesday, February 13, 7-9 p.m.

Registration: \$49

NEW! ZUMBA

Zumba is a great mix of dance and fitness that incorporates Latin steps, hip hop moves and “traditional” exercises such as squats. You will have fun working out and not even realize that you are exercising. Come join the party! Please wear comfortable clothes (no running shoes), and bring water! **Registration: \$75**

Thursdays, 6:30-7:30 p.m.

January 18, 25, February 1, 15, 22, March 1, 8, 15

RETIREMENT PLANNING TODAY

Today, many people view retirement as a new and fulfilling chapter of their life. The two-session course blends retirement education with life planning to help you build wealth, align your money with your values and achieve your retirement lifestyle goals. The course covers the complete planning process including retirement lifestyle planning, income planning, strategies to manage investment risks, how to invest in and take money out of your company’s retirement plan, risk protection, using tax laws to your advantage, how to determine the savings you will need to retire, and so much more. This course provides all materials, including a 235-page illustrated textbook. The registration fee also includes your spouse/guest at no additional charge. Class sizes are limited! **Registration: \$49**

Tuesday, 6:30-9:30 p.m. / March 13 and 20

-OR-

Thursday, 6:30-9:30 p.m. / March 8 and 15

(Please indicate class choice of Tuesday or Thursday on registration form)

NEW! PHOTOGRAPHY (TWO-NIGHT SEMINAR)

Did you ever think you would like to have better photos from capture through creation? This class will offer an overview of simple setting manipulation that any camera offers from cell phones to professional digital-SLRs to help capture the best image possible. Week one will focus on learning how to manipulate your camera’s settings so you can take your photography to the next level. The second week you will learn the basics of Photoshop to edit those newly captured images and create something unique. Please bring your camera! **Registration: \$60**

Thursdays, 7-9 p.m. / March 1 and 8

NEW! ADULT ONLINE LIVE VIDEO CHAT CLASS AN INTRODUCTION TO VOICEOVERS

“Wow, you have a great voice!” How many times have you heard that? Or maybe you listen to your favorite audio books, commercials, or cartoon characters and think, “I could do that!” Explore the voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover current trends in the industry and how they make it easy and affordable for just about anyone to get involved. You’ll learn about different types of voiceovers and the tools you’ll need to find success. Your instructor will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You’ll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding job! Requirements: Students must have internet access and video chatting capabilities using a method such as: Skype (for PC/Mac users) or iChat/FaceTime (for Mac Users). **Registration: \$49**

This is an online live video chat course. Information will be sent to you upon receiving your registration. PLEASE INCLUDE YOUR EMAIL ADDRESS.

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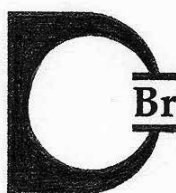
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Highland Community Education Registration Form

Use this form to register multiple family members or to enroll in several different course offerings. **Note: We do not send registration confirmations.** If you do not hear from us, assume that you are enrolled in the class of your choice. Questions? Contact Mary Fran Kudla, Director, at 330.239.1901, ext. 5503 or via at mkudla@highlandschools.org. Mail completed form to: Highland Community Education, c/o Mary Fran Kudla, 4150 Ridge Road, Medina, OH 44256. Fee must accompany form. Make checks payable to: Highland Local Schools.

Name: _____

Phone: _____

Cell Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

COURSE INFO:

Name: _____ Fee: _____

Name: _____ Fee: _____

Name: _____ Fee: _____

**Complete the section below ONLY if
participant is under the age of 18**

School: _____

Student's Current Grade: _____

Current Teacher: _____

Parental Permission: I, the undersigned, give permission for my child to enroll in Highland Local Schools' Community Education Program. I understand that neither the course instructor, nor Highland Local Schools, will be responsible for any accidents or injuries which may be sustained by students. I grant permission for my child's activities and/or special needs.

Parent Signature: _____

Date: _____



Highland Local Schools
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ECRWSS Postal Customer

