

# CANYONS SCHOOL DISTRICT

## Community Education

# 2024 FALL CLASSES

9800 SOUTH 800 EAST, SANDY, UT 84094 | 801-826-6689

PRINCIPAL-AMY BOETTGERI PROGRAM ASSISTANT-CHERI PRINCE-CHERI.PRINCE@CANYONSDISTRICT.ORG

### Class Locations & Site Coordinators



**CTEC**  
825 East 9085 South – Sandy  
*Cheri Prince – 801.826-6689*



**Indian Hills Middle School**  
1180 E Sanders Rd -- Sandy  
*Rachel Afualo - 801.826.7146*

**\*\*After-school programs are at various other locations, please see individual listing descriptions for location and contact details.\*\***

#### How to read class listings:

class #... days ... time ... dates...  
school location ... # of sessions  
... cost

### Online Registration Only

Registration Link:

<https://entrada.revtrak.net>

Payment is made by credit/debit card. Your statement will show “Entrada High School”.

### Registration Policies

- Online registrations will be accepted until the class is full or the class begins.
- Class payments need to be paid online at time of registration.
- All material fees must be paid directly to instructor at the first class.
- See individual class listing for the number of sessions.

### Refunds & Cancellations

- Enrollment canceled more than 72 hours after registration will incur a fee of \$10/camp/student.
- No refunds on classes shorter than six (6) weeks unless canceled at least one week before the first class meeting
- To receive a refund, you must withdraw from the class at least 24 hours before the beginning of the second class day.
- Please contact your site coordinator to cancel enrollments.
- Students cannot attend classes until registration and payment are complete.



**CANYONS**  
SCHOOL DISTRICT

# ADULT COMMUNITY EDUCATION

at CTEC - 825 East 9085 South, Sandy

Site coordinator: Cheri Prince 801-826-6689 cheri.prince@canyonsdistrict.org

## Welding - Beginning

Adult - Ages 18+ ... (No Refunds)

There will be no refunds issued for the welding class!!!

You will be taught the basics of the following welding processes: SMAW (Stick), GMAW (MIG), GTAW (TIG). Mechanical cutting, plasma cutting, and oxy-fuel cutting will also be covered. Each session you will be required to bring leather welding gloves, coveralls or welding jacket, and safety glasses. Attendance of the first session is mandatory so that safety training can be completed. Each session will start with basic information and demonstration of the process and the end with individual practice for the process demonstrated. Practice material will be provided. After the initial classes, time will be allotted for you to work on an individual projects of your own design or continue to improve your skills on practice material. Project material will not be provided.

The first night or day of class will run 30 minutes longer.

#1603...Mo, We...6:30-8:30pm...9/30-10/23...CTEC...  
8 Sessions... \$120

#1604...Mo, We...6:30-8:30pm...3/24-4/23...CTEC...  
8 Sessions...\$120

## Wood Joinery NEW!

Adult - Ages 18+ ... (No Refunds)

There will be no refunds issued for the wood joinery class!!!

In woodworking, joinery is how we put things together. In this hands-on class, we will go over 8 woodworking joints and practice making them.

Materials and supplies: \$50 Payable to the teacher at the first class

#1605...We & Th... 6:00-8:30pm...9/4 & 9/5...  
CTEC...2 Sessions...\$75

## Basic Woodworking

Adult - Ages 18+ ... (No Refunds)

There will be no refunds issued for the basic woodworking class!!!

Have you ever seen something on Pinterest and thought "I want to make one of those" but you were a little intimidated by power tools? This is the class for you. We will build a "night stand sized" project together. If you have taken this class before, we will complete a different project.

Materials Fee \$150; includes safety equipment and project materials.

#1607...Mo, We... 6:00-8:30pm...10/28-11/6... CTEC...  
4 Sessions...\$125

#1608...Tu, Th... 6:00-8:30pm...11/12-11/21... CTEC...  
4 Sessions...\$125

## Bug-Out Bag Workshop NEW!

Adult - Ages 18+ ... (No Refunds)

There will be no refunds issued for the basic woodworking class!!!

What would you do if there were a natural disaster and you were away from home? Come and discuss what goes into a Bug-Out or Get-Home bag and some resources and strategies you can use to reconnect with your family in case of an emergency.

Materials Fee \$50: Includes some basic kit items for your Bug-Out bag

#1609...Tu...6:00-8:30pm...12/10...CTEC...  
1 Session...\$65

#1610...Th...6:00-8:30pm...12/12...CTEC...  
1 Session...\$65

## Public Speaking NEW!

Adult - Ages 18+ ... (No Refunds)

Are you ready to captivate audiences, boost your confidence, and become a more persuasive communicator? Our Public Speaking Class is designed for individuals of all levels who are eager to enhance their speaking skills, whether for work, church, community activities or just personal growth.

#1606...Mo, Tu, We... 6:00-8:30pm...9/16-9/19...CTEC...  
3 Sessions...\$85

# ADULT COMMUNITY EDUCATION

at Indian Hills Middle School - 9119 S. Monroe Way, Sandy

Site coordinator: Rachel Afualo 801-826-7146

## Italian - Beginning

Adult - Ages 18+

Come and explore the basics of Italian! Learn vocabulary that is common and useful and how to create sentences. This class will help you start a foundation that will help you to begin to communicate in Italian. Expect to learn helpful concepts for the beginning of your Italian adventure!

\$10.00 material fee paid to the instructor on the first night of class.

#1119...We...6:30-8:00pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$50

## Utah History - Learn More About the State You Live In!

Adult - Ages 18+

Learn about the Anasazi and Fremont cultures, early explorers of European descent, Utah wars, the mining era, some of the geography of the state, historic sites, and markers. There will be lots of interesting facts about people who passed through and lived in Utah as well as events that shaped our state. The instructor will keep you entertained with lots of fun stories!

#1101...Mo...6:30-8:00pm...9/9-11/11...Indian Hills Middle...8 Sessions...\$50

## Building Mindfulness & Gratitude Practice

Adult - Ages 18+

This six-week course will teach breath and mindfulness techniques for present-moment awareness, self-compassion and kindness. Participants will sit on chairs. This is an educational course. Instructor Linnea Charnholm has her 100-hour mindfulness teacher training certification.

#1130...We...7:00-8:00pm...10/23-11/6...Indian Hills Middle...3 Sessions...\$30

## Astrology Basics

Adult - Ages 18+

Did you know you have more than one zodiac sign? In fact - you have them ALL! Most people know what their sun sign is depending on the day of the year they were born. Some even know their top three (sun, moon and rising) but it goes even deeper than that!

In this introductory class we'll be learning about the signs, planets, and houses in Western Tropical Astrology. The modalities of the signs and rulership's of the planets. We'll go over the 12 houses and what they represent in your life, in the end we'll get to put everything together.

You'll get the chance to see your own natal chart (birth chart) with all 12 zodiac signs, if you can bring your date and place of birth along with the time, that's an important step. If you only understood about half of what I'm saying, this is the perfect class for you! I look forward to helping you learn the language of Astrology, and answering any questions you may have!

#1102...Mo...6:30-7:30pm...9/9-11/11...Indian Hills Middle...8 Sessions...\$50

## Intro to Microsoft and Google Drive

Adult - Ages 18+

This is a crash course in the basics of Microsoft Excel, Word, and PowerPoint, as well as the Google Drive equivalents; Sheets, Docs, and Slides. Computers will be provided.

#1122...We...6:00-7:30pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$60

# ADULT COMMUNITY EDUCATION

at Indian Hills Middle School - 9119 S. Monroe Way, Sandy

Site coordinator: Rachel Afualo 801-826-7146

## Gentle Yoga

Adult - Ages 18+

This class is for those who want to relax, stretch and meditate. Most poses will be done on the floor. This class will focus on mind, body, and spirit. A yoga mat is required.

#1118...We...8:00-9:00pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$35

## Yoga Flow

Adult - Ages 18+

This class will be fun, energizing, fast and relaxing. You will be taken through a variety of yoga poses working the whole body, mind, and spirit. A yoga mat is required.

#1117...We...7:00-8:00pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$35

## Ballroom

Adult - Ages 18+

Fun date-night activity! Learn simple, stylish moves and have more fun on cruises, at parties, weddings and social dance events. Be comfortable and confident on the dance floor! Taught by Margene Anderson; a highly-trained professional ballroom, Latin, salsa and swing instructor, with over 30 years of experience. You've always wanted to, so come join the fun! Call (801) 544-1339 for questions. Class fee is per person, but you MUST register with a partner.

#1103...Mo...6:00-7:00pm...9/30-11/11...Indian Hills Middle...6 Sessions...\$39

#1104...Mo...7:00-8:00pm...9/30-11/11...Indian Hills Middle...6 Sessions...\$39

#1105...Mo...8:00-9:00pm...9/30-11/11...Indian Hills Middle...6 Sessions...\$39

## Zumba - Zumba Toning

Adult - Ages 18+

Zumba is a fitness program that combines Latin and international music and dance moves. Zumba Toning combines body-sculpting exercises and high-energy cardio work. Students learn how to use lightweight toning sticks to enhance rhythm and tone all of their target zones. Including arms, abs, and thighs. This is the instructor's final Zumba session so if you've taken the class before, or if you are brand new to Zumba this class is going to be full of surprises to make sure it ends on a high note!

#1125...We...7:00-8:00pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$35

## Adult Modern Dance Beg/Int

Adult - Ages 18+

This class is a Beginning/Intermediate level for adults who want to explore movement with a modern dance emphasis. Come and enjoy a positive evening of movement, benefitting yourself physically and mentally through the art of dance.

#1135...We...6:00-7:00pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$60

## Qigong - Beginning

Adult - Ages 18+

Qigong is a holistic Chinese practice that integrates posture, flowing movements, breathwork, self-massage and healing sounds to release stress, calm your mind, increase energy and improve health. Please wear comfortable clothes and shoes. No equipment is required.

#1106...Mo...5:30-6:30pm...9/9-11/11...Indian Hills Middle...8 Sessions...\$35

#1128...We...6:30-7:30pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$35



# ADULT COMMUNITY EDUCATION

at *Indian Hills Middle School - 9119 S. Monroe Way, Sandy*

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Site coordinator: Rachel Afualo 801-826-7146



## *Shibashi - Qigong 18 Forms*

Adult - Ages 18+

A moving meditation for health.

Combining Yang style TaiChi and traditional Qigong, this "modern" form was created in 1979 by Lin Housheng. In 1991, the United Nations Development Program recommended the promotion of Shibashi worldwide, leading it to become one of the most popular forms of qigong in the world.

In this 8-week series, you will learn the 18 movements and how to embody and practice them properly in a flowing sequence that brings vitality to the body, reduces stress and creates a feeling of well-being.

Shibashi is a simple, body-friendly, meditative form of Qigong that helps promote the body's natural healing energy. Its benefits range from greater range of movement, helping with back pain, to better blood circulation improving hypertension and respiratory problems.

Prerequisite: Be a regular Qigong practitioner or have already taken the Qigong for beginners course.

#1109...Mo...6:45-7:45pm...9/9-11/11...Indian Hills Middle...8 Sessions...\$35

## *4-Part Anticipating a Bright Future*

Adult - Ages 18+

Learn skills to enhance your quality of life to better serve you and prepare you for the future.

### **Week 1: Creating Positive Change**

Learn ways to empower change with lasting benefits through an understanding of:

- How the human brain works.
- The power of our words, thoughts, beliefs, and values.

### **Week 2: Life Skills**

Discover some easy ways to rewire your brain, including:

- Understanding levels of consciousness and worldviews.
- Gratitude, forgiveness, and giving sincere compliments.
- Accepting accountability.

### **Week 3: Building Resilience**

Develop strategies to improve your life through:

- Defining and focusing on your desires and life mission.
- Adopting the 3 beliefs of resilient people.
- Learn effective ways of handling challenging situations through understanding the survival arc and how the human brain responds to stress, fear and dread.

### **Week 4: Understanding Self and Others**

Explore the four different personality types and how this knowledge can benefit you in identifying, utilizing, and building on people's natural strengths and abilities, especially your own.

#1132...We...6:30-8:30pm...10/9-11/6...Indian Hills Middle...4 Sessions...\$35



# ADULT COMMUNITY EDUCATION

at Indian Hills Middle School - 9119 S. Monroe Way, Sandy

Site coordinator: Rachel Afualo 801-826-7146

## Old European Figure Carving

Adult - Ages 18+

This is a carving class for anyone who would like to learn about Old World historic whittling from Sweden and wood carving from the German Alps. Learn some of the history of wood carving from Europe. Learn how to choose a subject, find the proper local carving woods, and do the figure layout. You will be given instructions on how to use gouges and knives. Learn how to sharpen your tools. You will also be shown how to whittle or carve and paint your figure carvings. The instructor was taught in Munich Germany and the Bavarian Alps in 1971-72, and has been a commercial wood carver, designer, craftsman, and sculptor for over 30 years. For a required tool list and information call David Paul at (801) 571-6095.

#1113...Mo...6:00-9:00pm...1/6-3/17...Indian Hills Middle...8 Sessions...\$85

#1134...We...6:00-9:00pm...1/8-3/5...Indian Hills Middle...8 Sessions...\$85

## Crochet Adult - Beginning

Adult - Ages 18+

In this beginning crochet class, students will learn the basics of crochet including slip knots, chain stitching, single crochet stitching, half double crochet stitching, double crochet stitching, triple crochet stitching, crocheting in the round, reading basic patterns, learning the basic structure of a granny square and creating simple projects that will make you proud! Each week, a new and simple crochet project is introduced, which allows students to practice the new stitches and skills taught during that class. Materials to bring to the first class: One skein of (4-Ply) medium-weight cotton yarn, Size H-8 (5.0mm) crochet hook, tapestry needle, scissors, and a folder for crochet handouts.

\$5.00 material fee paid to the instructor on the first night of class.

#1107...Mo...6:30-7:30pm...9/9-11/11...Indian Hills Middle...8 Sessions...\$50

#1123...We...6:30-7:30pm...9/4-11/6...Indian Hills Middle...8 Sessions...\$50

## Crochet Adult - Intermediate & Intermediate 2

Adult - Ages 18+

This course is designed to be a continuation of the Intermediate 1 crochet class. A solid foundation of crochet basics is recommended. In this five-week course, we will focus on making a granny square vest, introduce the Love Knot (or Solomon's Knot Stitch) and the Tunisian Simple Stitch, and take a closer look at the basics of crochet cabling. Materials to bring on the first day of class include a size K/10.5 (6.5 mm) Tunisian Crochet Hook (at least 6" long), 2 skeins of 100% cotton yarn, scissors, a tapestry needle, and a folder to hold printed patterns. Class material fee: \$3.00.

#1108 Intermediate...Mo...7:30-9:00pm...9/9-11/11...Indian Hills Middle...8 Sessions...\$50

#1124 Intermediate 2...We...7:30-9:00pm...10/2-11/6...Indian Hills Middle...5 Sessions...\$50

# ADULT COMMUNITY EDUCATION

at Indian Hills Middle School - 9119 S. Monroe Way, Sandy

Site coordinator: Rachel Afualo 801-826-7146

## Composting

Adult - Ages 18+

Participants learn how to make the best fertilizer utilizing free ingredients from their home and kitchen. You can buy compost anywhere, but you'll always be using an inferior product if you do. Like everything else, you can't buy it as good as you can make it-with no cost!

#1110...Mo...6:00-7:30pm...9/16...Indian Hills Middle...1 Session...\$25

## Square Foot Gardening: The Fall Crop

Adult - Ages 18+

How about a fantastic fall garden when your neighbors are putting theirs up for the winter? Learn how easy it is to have a fall garden filled with spinach, lettuce, and other salad greens. All this is done learning a gardening system that requires no heavy digging, no hard work, no thinning, and no weeding. No kidding! In this class you'll learn the basics of the square foot gardening system by an instructor who was trained by the inventor of the system himself. Materials needed, soil components, spacing, and crop selection are all taught. Learn how to be a square foot gardener. Eat healthier. Enjoy better tasting food. Save money. Discover how to make gardening fun again.

#1126...We...6:00-7:30pm...9/4...Indian Hills Middle...1 Session...\$25

#1127...We...6:00-7:30pm...9/11...Indian Hills Middle...1 Session...\$25

## Learn How to Grow Microgreens at Home

Adult - Ages 18+

This is a very fun class teaching others how to grow these normally expensive greens at home. Microgreens are highly desirable to chefs at the most expensive restaurants in the country. Attendees learn the ins and outs and then participate in a hands on demonstration. Participants receive a free pamphlet which covers the main topics discussed in class, the most popular microgreens, where to get them, and then a taste test of selected microgreens. Microgreen starter kit included. 20 students max.

#1111...Mo...6:00-7:30pm...10/7...Indian Hills Middle...1 Session...\$25

#1114...Mo...6:00-7:30pm...11/4...Indian Hills Middle...1 Session...\$25

#1133...We...6:00-7:30pm...10/30...Indian Hills Middle...1 Session...\$25

#1134...We...6:00-7:30pm...11/4...Indian Hills Middle...1 Session...\$25

## Gardening - Knowledge is Power Part 1

Adult - Ages 18+

In Gardening - Knowledge is Power, learn how to transition your garden from summer, to fall and into winter. Learn to prune like a pro, when to plant your perennials, winterizing your yard, prep for spring, and how to garden indoors during the cold winter months.

\$5 material fee paid on the first night of class.

Week 1 & 2: Pruning like a professional

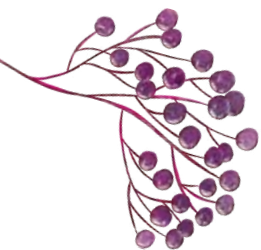
Week 3: Perennials - Fall is the best time to plan

Week 4: Winterizing your yard

Week 5: Getting a jumpstart on Spring

Week 6: Houseplants and microgreens


#1129...We...6:00-8:00pm...9/4-10/30...Indian Hills Middle...7 Sessions...\$40





# ADULT COMMUNITY EDUCATION

at *Indian Hills Middle School - 9119 S. Monroe Way, Sandy*



Site coordinator: Rachel Afualo 801-826-7146

## ***Beginning Stained Glass***

Adult - Ages 18+

Come learn a fun new hobby at Beginning Stained Glass! You will learn the Tiffany style of production and come away with a small piece of your own creation. You will need to come prepared with safety glasses and either an apron or a shirt you don't mind getting a little messy. Looking forward to seeing you there!

#1120...We...6:00-8:00pm...9/4-10/2...Indian Hills Middle...4 Sessions...\$50

#1121...We...6:00-8:00pm...10/9-11/6...Indian Hills Middle...4 Sessions...\$50

## ***4-Part Emergency Preparedness***

Adult - Ages 18+

Benefit from hundreds of hours of research designed to aid you in effectively preparing for disasters that could impact our area.

### **Week 1: Fact or Myth? Lifesaving Disaster Responses**

Find out if you believe any of the common disaster myths. Discover the facts about disasters, recommended protective actions that could save your life, and 6 areas of preparedness activities to ensure the well-being of your loved ones.

### **Week 2: Hands-on First Aid**

Learn and practice skills for rendering first aid in a disaster setting when professional medical help is unavailable, such as testing and treating broken bones, splinting techniques and best positions for various joints, caring for wounds, burns, etc. (The instructor will have some specialty items available for purchase at cost.) Discover how useful 5 dice can be in your disaster supply kit.

### **Week 3: Tips for Handling the Aftermath of a Disaster**

Explore options for short-term self-sufficiency immediately following a disaster without power, running water, sewer, etc., including storing water and alternative sanitation. Which frozen and refrigerated foods are safe to eat for how long? What alternative cooking methods are safe indoors?

### **Week 4: Rebound in 72: Your Preparedness Plan for Resiliency**

View preparedness in a new paradigm based on 5 time periods and 8 need areas. Learn how to customize a plan for your family and disaster supply kits for home, work, bedside, evacuation, etc. Explore many beneficial things you can do to prepare with minimal financial investment to increase your resilience and peace of mind.

#1131...We...6:30-8:30pm...9/4-10/2...Indian Hills Middle...4 Sessions...\$40





# YOUTH COMMUNITY EDUCATION

at **Indian Hills Middle School - 9119 S. Monroe Way, Sandy**

Site coordinator: Rachel Afualo 801-826-7146

## **Art Haven - Children Multi-Medium Art Classes**

**Grades K-5th**

Art Haven has all new multi-medium experiences every session, with both two and three-dimensional art. We'll experiment with materials such as sculpture, metal, printmaking, charcoal, watercolors, acrylic, pastels, and more! Discover art history and culture as students use their imaginations to turn their ideas into reality. Combining fine art with sculpture and mixed media will provide each child with the knowledge and skills they need to unleash his or her creativity and the ability to produce beautiful works of art. Don't miss out on this Total Art Experience with Art Haven this winter! Dress for mess and join us in this session for creativity and fun! All materials included!

#1112...Mo...6:00-7:00pm...9/16-11/11...Indian Hills Middle...7 Sessions...\$135

## **Creative Dance**

**Ages 3-4 or Grades K-2nd**

This class will explore creative movement through the use of concepts which come naturally to children such as jumping, hopping, galloping, skipping, sliding, leaping and turning. Through the elements of time, space and energy, children will explore and create patterns, rhythm and artistic expression. Use of props, musical instruments, visual arts and literature allow limitless discoveries for children as they develop their movement vocabulary. It is a space where children are allowed to be children and are valued as such. We believe they are born with an inherent ability to express themselves through the arts and that we, as educators, are simply guiding them through this process of discovery.

#1115...Ages 3-4...Mo...5:00-6:00pm...9/9-11/11...  
Indian Hills Middle...8 Sessions...\$60

#1116...Grades K-2nd...Mo...6:00-7:00pm...9/9-11/11...  
Indian Hills Middle...8 Sessions...\$60



# CANYONS COMMUNITY ED FALL 2024



## AFTER-SCHOOL PROGRAMS



### After-School Program Locations:

**Crescent Elementary**  
11100 S 230 E - Sandy

**Peruvian Park Elementary**  
1545 E 8425 S - Sandy

**Oak Hollow Elementary**  
884 E 14400 S - Draper

**Butler Elementary**  
7000 S 2700 E - Cottonwood Heights

**Sunrise Elementary**  
1542 E 11245 S - Sandy

*For after-school class questions, please contact the class providers, which are provided within the class descriptions.*



# CANYONS COMMUNITY ED FALL 2024

## AFTER-SCHOOL PROGRAMS



### *Power Chess-Tournament/Intermediate Chess*

Grades K-5th



The Tournament Chess 6-week After School Program is designed for students who have chess experience, knowledge of how all the pieces move, and an understanding of check, checkmate, and stalemate. In the Tournament Chess program students can expect to play in weekly chess tournament games and learn new tactical patterns that will enhance their knowledge of chess and game strategy. This program is geared toward students who know how to play chess and want to take their chess to the next level by practicing their skills against other students.

What is included with your student's registration:

- Premium 1hr weekly chess instruction from a trained PowerChess instructor
- Premium Membership to the world's largest children's chess website chesskid.com (a value of \$15.00)
- Ability to win weekly chess prizes
- Competition in weekly chess tournament games



Limited class size - 18 students only.

For questions, please contact Powell Walker at 602-989-5228 or walker@power-chess.com.

#3141...Fr...1:20-2:20pm...10/4-11/22...Peruvian Park Elementary...& Sessions...\$119

### *PowerUp Chess*

Grades K-5th

The PowerUp Chess Program is a FUN 6-Week introductory After-School Chess Program designed to help students learn the FUNDamentals of chess, including basic piece movement, checkmating patterns, and other foundational principles of the game in a dynamic and engaging environment. Chess instruction's documented benefits are improved critical thinking skills, increased math and verbal test scores, and a myriad of varied life skills. This program is a perfect fit for any student who wants to PowerUp their mind while having FUN and learning the basics of chess!

What is included with your registration:

- Premium 1-hr weekly chess instruction from a trained PowerChess instructor
- Premium Membership to the world's largest children's chess website, chesskid.com (a value of \$15.00)
- Ability to win weekly chess prizes

LIMITED CLASS SIZE - 14 STUDENTS ONLY - REGISTER TODAY

For questions, please contact Powell Walker at 602-989-5228 or walker@power-chess.com.

#3140...Mo...4:00-5:00pm...9/30-11/25...Oak Hollow Elementary...& Sessions...\$119

#3149...Tu...3:10-4:10pm...10/1-11/19...Sunrise Elementary...& Sessions...\$119

#3157...Mo...3:15-4:15pm...9/30-11/25...Butler Elementary...& Sessions...\$119



# CANYONS COMMUNITY ED FALL 2024

## AFTER-SCHOOL PROGRAMS



### Soccer Stars

Ages K-5th Grade



Soccer Stars offers a fun, positive, and non-competitive environment where children will learn the fundamentals of soccer. Our coaches use positive reinforcement to teach skills, while building confidence. These classes will start with a warm-up, continue with skill building, and end with a small-sided scrimmage match.

At Soccer Stars, we use the soccer ball as the vehicle to help children not only improve their soccer skills, but develop self-confidence and physical literacy, improve gross motor skills, and hone socialization skills. Each week we will build on skills learned the previous week in our structured curriculum that has a new theme each week.

Cost of \$110 includes a t-shirt.



For questions, please contact Soccer Stars of Greater Sandy Utah - 801-695-9078 or [greatersandy@soccerstars.com](mailto:greatersandy@soccerstars.com)

#3165...Grades K-5th...Tu...3:15-4:15pm...10/1-11/19...Butler Elementary...8 Sessions...\$110

#3175...Grades K-5th...Th...4:00-5:00pm...10/3-11/21...Oak Hollow Elementary...8 Sessions...\$110

#3178...Grades K-5th...We...3:10-4:10pm...10/2-11/20...Peruvian Park Elementary...8 Sessions...\$110

#3183...Grades K-5th...Fr...2:00-3:00pm...10/4-11/22...Crescent Elementary...8 Sessions...\$110



### Tennis Fundamentals for Youth Grades k-5th



This class will have a student hitting a tennis ball on the first day of class despite their current athletic ability. Younger children will learn coordination skills of catching and hitting while the more experienced will learn how to hit topspin, aim at targets, and rally with other players. The main focus for this class is for the kids to have fun playing a game that they can play their entire life. This program is run by teaching professionals from the Salt Lake Tennis & Health Club who specialize in teaching youth ages 4-18 and follows the program and book written by David Archer "Eight Weeks to a Lifetime of Tennis." For students wanting to compete, a Junior Grand Prix Tournament (for ages 12 and under) takes place at the club once a month.

For questions, please contact:  
Karl Ward | [kawol3526@hotmail.com](mailto:kawol3526@hotmail.com)  
801.368.6048



#3060...Grades K-5th...Th...3:15-4:15pm...10/3-11/21...Butler Elementary...8 Sessions...\$96

#3069...Grades K-5th...Tu...4:00-5:00pm...10/1-11/19...Oak Hollow Elementary...8 Sessions...\$96

#3072...Grades K-5th...Mo...3:10-4:10pm...9/30-11/25...Peruvian Park Elementary...8 Sessions...\$96

#3077...Grades K-5th...We...3:10-4:10pm...10/2-11/20...Sunrise Elementary...8 Sessions...\$96



# CANYONS COMMUNITY ED FALL 2024

## AFTER-SCHOOL PROGRAMS



### *Bellucci Basketball Academy*

Grades K-5th



Bellucci Basketball Academy is thrilled to have you join us for our fall basketball! This program is designed to provide young basketball enthusiasts with a unique and unforgettable experience filled with skill development, team-building, and lots of fun. Here is a glimpse into what our program has to offer:

**Skill Development:** Our BBA-certified and passionate coaching staff is dedicated to helping players improve their basketball skills. Whether your child is a beginner looking to learn the fundamentals or an advanced player aiming to enhance their game, our coaches provide personalized guidance in areas such as shooting, dribbling, passing, defense, and teamwork.

**Daily Schedule:** Players can expect a well-balanced schedule that includes a mix of skill-focused drills, team-building activities, and friendly scrimmages. We believe in creating a holistic experience that not only improves basketball skills, but also fosters personal growth and teamwork.

**Specialized Clinics:** Throughout the course, we offer specialized clinics focusing on specific aspects of the game to help players improve. We will have our coaches and former players share their insights and give certain tips and tricks to help our players on their journey as basketball players. These specialized clinics provide campers with a unique opportunity to learn from professionals and gain a deeper understanding of various basketball techniques that will set them up for future success on the court.

**Fun and Recreation:** While skill development is a key focus, we also understand the importance of having fun. Our program includes exciting games, contests, and team-building activities that create a positive and enjoyable atmosphere for all participants.

For questions, please contact Gabe Melmed at 207-991-4497 or collin@bba315.com or ben@bba315.com

- #3086...Grades K-5th...Mo...3:50-4:50pm...9/30-11/25...Crescent Elementary...8 Sessions...\$99
- #3087...Grades K-5th...Tu...3:50-4:50pm...10/1-11/19...Brookwood Elementary...8 Sessions...\$99
- #3088...Grades K-5th...We...4:00-5:00pm...10/2-11/20...Oak Hollow Elementary...8 Sessions...\$99
- #3089...Grades K-5th...Th...3:50-4:50pm...10/3-11/21...Loan Peak Elementary...8 Sessions...\$99
- #3090...Grades K-5th...Mo...1:20-2:20pm...10/4-11/22...Peruvian Park Elementary...8 Sessions...\$99



### *Art Haven - Multi Medium Visual Arts*

Grades K-5th



Don't miss out on our Total Art Experience this Fall. Art Haven has all new multi medium experiences every session, with both two- and three-dimensional art. This session students will create masterpieces that will motivate and inspire their growing love of art. Discover principles and elements of design, art history, and culture, as students use their imaginations to turn their ideas into reality. Combining fine art with sculpture and mixed media will provide each child with the knowledge and skills they need to unleash his or her creativity and the ability to produce beautiful works of art.

Dress for mess, creativity and fun!

For questions, please contact Taska Williams at 801-885-9817 or taska@arthavenplace.org.

- #3063...Grades K-5th...Th...3:10-4:10pm...10/3-11/21...Sunrise Elementary...8 Sessions...\$135
- #3066...Grades K-5th...We...3:50-4:50pm...10/2-11/20...Crescent Elementary...8 Sessions...\$135
- #3067...Grades K-5th...Th...3:10-4:10pm...10/3-11/21...Peruvian Park Elementary...8 Sessions...\$135
- #3077...Grades K-5th...Fr...1:25-2:25pm...10/4-11/22...Butler Elementary...8 Sessions...\$135

# CANYONS COMMUNITY ED FALL 2024

## AFTER-SCHOOL PROGRAMS



### Mad Science - NASA - Academy Future Space Explorers

Ages 6-12

NASA Academy of Future Space Explorers--Mad Science worked with NASA scientists to come up with this class. Build a model rocket, explore what it might be like on the International Space Station, help build a comet and much more. Atmosphere and Beyond - We're on a mission to explore the atmosphere on Earth, and beyond! Travel to the end of the rainbow and make a sunset! Mix up various planetary atmospheres, one molecule at a time! Discover how stars would look in space and see what makes stars twinkle using your very own Shimmering Stars! Space Phenomena - Probe the mysteries of meteors and bounce around satellite light in this phenomenal program on space events! See comets up close as one is formed before your eyes, and take home your very own Catch-a-Comet! Sun and Stars - This stellar program is your ticket to the stars! Watch star dust burn, and journey through a soapy galaxy as you investigate the life cycle of stars! Use your Bead Dipper to create a 3-dimensional glow-in-the-dark constellation! Rocket Science - This is your chance to be a rocket scientist! Investigate the four forces of flight with the help of a Unique Flying Object! Explore the science involved in rocket construction as you build your own Sky blazer II Rocket that you can take home! Space Travel - Learn what it takes to be a true globetrotter! Race a balloon rocket and design your own car engine as you learn about thrust. See the principles of propulsion at work in a real rocket launch, and build your very own Shuttle Copter to fly to the skies! Space Technology - Discover technology designed for outer space! Steer a laser beam through a laser maze, find hidden mountains using the principles of radar technology and discover everyday objects originally designed for use in space! Take home a Lightning Launcher that will light up the sky! Living in Space - Live the life of an astronaut as you suit up for space flight! Find out how much you would weigh if you lived on Pluto and how old you would be if you lived on Saturn. Participate in a space mission and make your very own Cosmic Chronometer watch to measure the time here on Earth. For questions, please contact Laurie Larsen at 801-292-8646 or [laurie@madscienceglc.com](mailto:laurie@madscienceglc.com).

#3007...We...3:15-4:15pm...10/2-11/20...Butler Elementary...8 Sessions...\$114

#3016...Fr...2:00-3:00pm...10/4-11/22...Oak Hollow Elementary...8 Sessions...\$114

#3019...Th...3:50-4:50pm...10/3-11/21...Crescent Elementary...8 Sessions...\$114

#3020...Tu...3:10-4:10pm...10/1-11/19...Peruvian Park Elementary...8 Sessions...\$114

#3024...Mo...3:10-4:10pm...9/30-11/25...Sunrise Elementary...8 Sessions...\$114



### Game ON

#### Grades 1st-5th

Join us for this NEW and EXCITING program where we provide self-esteem, physical activities, social and team building skills using games. Students will play a variety of games that are fun, interactive, and large scale. We will use resources such as board games, video games, games shows, physical and recess activities, and sports as inspiration to build and create games of our own such as life-sized Hungry Hippos, Battleship, Capture the Flag, Backwards Charades, and Family Feud Kid Style etc. During each class we will focus on a self-improvement skill such as social, emotional, and physical activities. Come be part of this fun class where the sky is the limit! For questions contact Taska Williams at 801-885-9817 or [taska@arthavenplace.org](mailto:taska@arthavenplace.org).

#3201...Tu...3:50-4:50pm...10/1-11/19...Crescent Elementary...8 Sessions...\$85

#3202...We...3:15-4:15pm...10/2-11/20...Butler Elementary...8 Sessions...\$85

#3203...Th...3:10-4:10pm...10/3-11/21...Peruvian Park Elementary...8 Sessions...\$85

#3204...Fr...1:20-2:20pm...10/4-11/22...Sunrise Elementary...8 Sessions...\$85



# CANYONS COMMUNITY ED FALL 2024

## AFTER-SCHOOL PROGRAMS



...more to come!



check the website for  
classes to come  
provided by  
Utah Dance Works!

<https://entrada.revtrak.net>

### WORKSHOPS!

For questions, please contact Taska Williams at 801-885-9817 or [taska@arthavenplace.org](mailto:taska@arthavenplace.org).



#### Halloween Workshop

October 29th  
at Eastmont Middle

Grades K-5th

Get ready to be scared silly in this SPOOKY Halloween workshop! In this ghoulish new art class you will build your very own 3D haunted mansion to display for the Halloween season. We will have a hair-raising good time adding ghosts, witches, skeletons, bats and much more to our haunted landscape. We will play creepy games and do frightening activities. Wear your best costume and join us for a howling good time!

#### Holiday Workshop

Grades K-5th

December 10th  
at Eastmont Middle

Join us for this festive and fun 1.5-hour gift making workshop. Kids will get into the holiday gift giving spirit while creating a one-of-a-kind art project, worthy of displaying in your home. Parents, grandparents, friends, or neighbors will be excited to receive this priceless piece of art from your child. All projects come home gift wrapped and ready for gift-giving.