

Registration for Youth Instructional programs is explained on pages 4 & 5. More information on specific class requirements is included in each description. All classes will be taught by qualified instructors. Participants will meet once a week unless stated otherwise. Most classes are scheduled to start in March. Youth up to and including high school students (when indicated) may participate in youth classes. Minimum age require-

Beginning Sewing.....Smart Tote Bag

Spring Break will soon be here and you will need a new easy tote for your trips so make a fun simple bag in this sewing class. This class is for the very beginner so instruction on parts and the use of a sewing machine, and practice time are part of this class. Stop by the Quilting Bee to see a sample of what we will make. Sewing machines, pins, and scissors, etc. will all be provided. Students will need to purchase a smart tote bag kit (includes fabric, thread, and interfacing pattern) at the class for the cost of \$12.00. This class will be held at the Quilting Bee, 120 S. Santa Fe. The instructor will be Shawn Delker. For questions, call 785-823-9376.

Date: Friday, March 6, 2009 (no school that day)
 Times: 10:00am-noon **5001.101** OR 2:00-4:00pm **5001.102**
 Ages: 8-14
 Class Fee: \$20.00
 Class Size: Minimum 2/Maximum 5

Kid Guard Karate

Hey Kids, welcome to Kid Guard Karate! Children will learn self-defense, martial arts, athletic development skills, and much more. Kid Guard helps children develop values that create a sound mind, and how to solve problems with words rather than fists. Sign up now for one of the Beginner Classes held on Monday or Tuesday. Three monthly sessions are being offered. Instructor: Rachael Weber, 785-577-4042

Session I: March 1-30, 2009
 Monday, 4:30-5:15pm **5501.101** OR Saturday, 9:00-9:45am **5501.102**
Session II: April 5-27, 2009
 Monday, 4:30-5:15pm **5501.205** OR Saturday, 9:00-9:45am **5501.204**
Session III: May 2-30, 2009
 Monday, 4:30-5:15pm **5501.305** OR Saturday, 9:00-9:45am **5501.304**
Age: 5-12 years old
Where: Premier Martial Arts, 115 N. Santa Fe
Fee: \$25.00
Class Size: Minimum 6 / Maximum 20

Music Together

5601.101

Everyone knows that a child's IQ level is set by the time they are in grade school. Not many know that a child's musical IQ is set at the same time. Music Together is a music and movement approach to early childhood music development. It is designed for infants, toddlers, pre-schoolers, families, and children, who will experience folk song, chants, movement activities and instrumental jam sessions in a relaxed and playful atmosphere. It will encourage children to develop their imaginations and musical aptitude while having fun with egg shakers, sticks, parachutes, and more. Marcella Cosby, 822-5001 is a certified instructor and has taught Music Together for 6 years. She has an extensive theatre background as well as being a music and acting teacher for years. Class meets each week for 9 weeks, 45 minutes per week.

Dates: March 27-May 22, 2009
When: Fridays, 10:00-10:45am
Where: Emmanuel Christian Center, 1325 E. Cloud
Fee: \$93.00 per child (**This price includes 2 cd's, a song book and parent guide**)
 Any child 8 months and under are free with registered sibling.
Ages: Birth-5 years old (w/parent) **Class Size:** Minimum 6/Maximum 12

Tiny Champs Karate

This program is for children 3-4 years old. They will learn basic martial arts while learning basic coordination drills. Instructor: Rachael Weber, 785-577-4042.

Session I: Tuesdays, March 3-31, 2009, 7:00-7:30pm **5501.104**
 Saturdays, March 1-29, 2009, 11:00-11:30am **5501.105**
Session II: Tuesdays, April 7-28, 2009, 7:00-7:30pm **5501.208**
 Saturdays, April 5-26, 2009, 11:00-11:30am **5501.209**
Session III: Tuesdays, May 5-26, 2009, 7:00-7:30pm **5501.309**
 Saturdays, May 3-31, 2009, 11:00-11:30am **5501.310**
Where: Premier Martial Arts, 115 N. Santa Fe
Fee: \$29.00
Class Size: Minimum 5/Maximum 10

Play in Clay

Come 'play in clay' with artist/instructor Helen Weaver. Students ages 4 and up will learn basic hand building techniques, beginning with the pinch pot and creating textures. Next they will learn how to make two pieces of clay stay together, creating just about anything their imagination and time will allow! The first class is making, second is glazing, third is making, etc., continuing for eight classes. Students will take home their pieces when completed. If your child will miss the first class, please don't sign up.

| Preschool/Kind. Ages 4 & Up | Preschool/Kind. Ages 4 & Up | Grades K-2 | Grades 3 & Up |
|--------------------------------------------|--------------------------------------------|-----------------------------|-----------------------------|
| <u>Tue., 10:30-11:30am</u> | <u>Tue., 1:30-2:30 p.m.</u> | <u>Wed., 4:00-5:30 p.m.</u> | <u>Tue., 4:00-5:30 p.m.</u> |
| 5001.113 | 5001.110 | 5001.111 | 5001.112 |

Dates: March 3-April 29, 2009 (No classes March 17 & 18)
Fee: All Classes \$20.00 (includes all materials & firings)
Class Limit: Preschool/Kindergarten - 8 / Grades Kindergarten & Up - 12

Track & Field Clinics

This is an opportunity for boys and girls ages 9-14 to be able to participate and learn about the different events in a track meet. It also serves as a practice session to prepare kids for the Hershey Track Meet held on Saturday, May 9, 2009, at Central High School track. No registration or cost, just show up ready to participate.

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|---------------|------------------------------------------|
| Where: | Central High School Track |
| When: | Saturdays, April 18, April 25, and May 2 |
| Ages: | 9-14 year old boys and girls |
| Times: | 9:00-10:00 a.m. |

Olympic Style Weightlifting

Continuing this spring will be a weightlifting class for beginners. This class is for boys and girls ages 12-16 who would like to learn the art of weightlifting. Participants will learn safety in the weight room, how to lift, and how to improve athletic ability. In each session participants will work on speed strength, explosive strength, and absolute strength. Weightlifting helps increase heart strength, along with balance and coordination. Sign up now! There will be two 6-week sessions offered. The instructor is Dennis Espinosa who is a sanctioned USA weightlifting strength coach, certified trainer, and is a master USA weightlifter. Safety is always a priority for our participants.

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| Session I: | March 23 - May 2 | 5501.103 |
| Session II: | May 4 - June 13 | 5501.308 |
| Days/Times: | Monday, Tuesday, Thursday, & Saturday 3:00pm- 4:30pm | |
| Where: | Reps & Sets, 703 Bishop | |
| Ages: | 12-16 years of age | |
| Limit: | 8 participants | |
| Fee: | \$95.00 | |

Camp Salina—NEW!

This school aged day camp offers interesting and entertaining weekly activities for kids ages 6-11 who have completed 1st-5th grade. Qualified staff will lead participants in activities such as arts and crafts, sports, academic enrichment, special presentations, swimming, and field trips. Nine one-week sessions will be offered beginning June 1st. This full day camp meets from 8:00am-5:00pm, Monday through Friday at Friendship Center, 746 Commanche.

Fee: \$80.00/week (Registration Packets available March 1). For more information or a parent manual contact Parks & Recreation at 309-5765.

Celebrate MOM!

Parents must participate with their child. Bring a grown up with you to make a beautiful gift for your special mom, grandmother, or other woman that you would like to celebrate this Mothers Day. We can tell this special lady how much you care with a surprise made and wrapped just by you.

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| Date: | Saturday, May 2, 2009 |
| Times: | 9:00-9:45 am 5001.303 or 10:00-10:45am 5001.304 |
| Where: | Friendship Center, 746 Commanche |
| Fee: | \$10.00 |
| Class Size: | Minimum 5/Maximum 10 |