

## BOUNTIFUL HIGH COMMUNITY SCHOOL—Spring 2010

**Registration: Mar. 15, 16 & 17** from 6-8 PM at BHS. Please register at the Bountiful High School Office at this time. Most classes begin week of Mar. 22—check beginning date on each class. **Please Register and Pay for all classes at registration time**, however, if necessary, call 402-3990 and leave **work** and **home** phone numbers (speak slowly) on voice mail ***with specific class inquiry***.

No classes Ap. 5-9. Since fees are tuition, refunds must be requested by the 2<sup>nd</sup> week of class.

### “Alternative Healing”—Herbal Class

Harker Rm 809 T&Th 3/23 & 3/25 1 Wk 7-9 pm \$30

Christine Harker, Master Herbalist from Dr. Christopher's School of Natural Healing teaches how to use herbs to heal the body/will demonstrate various ways herbs can be used (beginner and intermediate.)

### BAGPIPES—Beginning

Morrill Rm 301 T 3/30 8 Wks 7-8 pm \$55

Learn to play the bagpipes from an instructor with experience in bagpipe bands, and competitions. A practice chanter (what you will learn on) is required—information about purchasing will be given at the first class.

### Ceramics (Pottery)

Bradbury Rm 232 T 3/23 8 Wks 7-9 pm \$55

Nessen Rm 232 W 3/24 8 Wks 7-9 pm \$55

Learn the skills to make pottery on a potter's wheel—or by hand building—a cost for a tool set and clay usage.

### Chi-Kung

Stringham Library T 3/23 8 Wks 7-8 pm \$45

(Qigong) is a system of self-healing exercises: healing postures, movement, self-massage, breathing techniques, standing meditation—strengthen the immune system, improve health/vitality and maintain a peaceful state of mind/body when exposed to stress—similar to Tai Chi yet simpler. Open to all levels. \$75 fee for those in Chi-Kung and Tai Chi.

### Tai-Chi Chuan

Stringham Library T 3/23 8 Wks 8-9 pm \$45

Tai-Ch'Chuan is a Chinese internal martial art—famous for healing qualities/known for its martial power. Learn/practice the foundation techniques and the short Yang style, including Tui-shou (sensing hands.) \$75 fee for those in Chi-Kung and Tai-Chi.

### College—Parents of College Bound

Grow Rm 809 T 3/23 3 Wks 7:45-8:45 \$20

Parents/students of 8-12 graders—learn the importance of college strategic planning for scholarships, admissions, financial aid—maximize admissions, earn college credit in high school, and manage rising cost of education.

[amada@collegefastlane.com](mailto:amada@collegefastlane.com)

### Computer—For Beginners—“WINDOWS and INTRODUCTION to COMPUTERS”

Beutler Rm 804 M 3/29 7 Wks 7-9 pm \$55

Andrus Rm 804 W 3/24 7 Wks 7-9 pm \$55

Learn Windows fundamentals so learning other applications is easier. Learn to set up your computer, configure your desktop, manage files, backup your work, use a simple word processing program, connect to the Internet, etc.

### Computer—“THE BASICS OF EXCEL”

Stapler Rm 804 Th 3/25 4 Wks 7-9 pm \$45

This class will introduce you to working the 2007 spreadsheet with handouts for Excel XP and 2003 versions. The basics of entry, editing, and navigating will be covered—formatting of text, cells, numbers, AutoFormat, Autofill, and simple formulas.

### Computer—“Take Another Bite of Excel XP” (Part 2)

Stapler Rm 804 Th 4/29 4 Wks 7-9 PM \$45

For those continuing from “The Basics of Excel ” or comfortable with the basics. Taught with 2007 program; handouts for Excel XP and 2003 versions. Work with charts, large spreadsheets, database, and organizational tools.

### Computer—PowerPoint

Stapler Rm 804 T 3/23 4 Wks 7-9 pm \$45

Learn the basics of entry, editing/navigating in creating a slide show using design templates—add slide transitions, sound/object animation. Taught with 2007 version; handouts for XP and 2003 provided.

**Computer—“BASIC PHOTOSHOP” Digital Imaging**

Stauffer Rm 224 Th 3/25 5 Wks 6:30-8 pm \$50

Learn the basics of Photoshop CS—enhance and manipulate digital photos, preserve family history—good class for scrap bookers—apply to other photo software.

**Computer—“QuickBooks”—Small Business/Home Accounting Software**

Steenblik Rm 803 W 3/24 4 Wks 7-9 \$45

The basics of QuickBooks for home/business. Learn the tools necessary to set-up an accounting system, track cash inflows/outflows, and create the necessary reports to make better decisions and better controls.

**Dance—Ballroom/Social Dance**

Margene Anderson Dance Studio M 3/22 3 Wks 5:30-6:30 pm \$25/person

Fun/easy intro to ballroom for beginners—sizzling salsa, fun-loving swing, foxtrot. Learn simple/stylish moves for weddings/cruises/social events—the secrets of dancing success from master teacher, Margene Anderson with 26 years of professional/teaching experience. Couples and singles welcome. Info call Margene at 801-298-8047.

**Dance—Belly Dance**

Moon Dance Studio

Beginning M 3/29 8 Wks 7-7:50 pm \$45

Intermediate (Continuing) M 3/29 8 Wks 8-8:50 pm \$45

Advanced M 3/29 8 Wks 9-9:50 pm \$45

Fun/exercise of Belly Dance—learn proper techniques from an experienced instructor.

**Homes—“Home Buying 101: Purchasing a New Home or Investment Property”**

Blood Rm 109 W 4/28 1 Wk 6:30-8:45 pm \$15/\$20 couple

The basics of real estate—first homes to obtaining multiple investment properties. Learn market trends, foreclosure issues, short-sales, financing, tax/credit ratings strategies—for first time/current owners—build wealth and provide for retirement. \$5 material charge.

**Improve Your Relationship Skills**

Jones Rm 805 T 3/23 8 Wks 7-9 pm \$55

Develop coping skills for relationships, which are ending or have ended—enhance skills for those beginning a relationship. Topics include: myths of divorce/relationships, developing self-esteem, examination of guilt, anxiety, depression, communication/nurturing relationships, starting over and developing trust.

**“INVESTMENT STRATEGIES FOR THESE TIMES”—Financial and Estate Planning**

Bennett Rm 100 W 3/24 3 Wks 7-9 pm \$35

MAKE SURE YOUR PLANS ARE CURRENT for family security! Sound financial/estate principles—risk management, asset allocation, diversification, tax-advantaged investments, aspects of tax law, IRA rules, retirement planning. Estate Planning: Wills/Trusts—myths/misconceptions.

**Make-Up Artistry 101**

Standing Rm 202 W 3/31 5 Wks 7-9 pm \$45

Save time and money—take the guesswork out of applying and purchasing. Professional tips that work for you. A \$68 kit required first class. Info., Andrea, 801-891-7190.

**Opti-Stretch versus Recurrent Back Pain**

Murray Dance Studio W 3/24 4 Wks 7:35-9 pm \$45

Learn optimum therapeutic stretching. Core muscles can remain in a state of partial spasm for long periods. Screening stretches detect injured muscles that tend to be evident in the lower/upper back, and neck muscles—goal is back pain rehabilitation. Visit [www.opti-stretch.com](http://www.opti-stretch.com). Bring exercise mat. Cost for book/DVD.

**Opti-Stretch versus Recurrent Back Pain Exercise Class**

Murray Dance Studio W 4/28 4 Wks 7:35-8:30 pm \$45

This class incorporates all the exercises learned in the Opti-Stretch class. Having taken the Opti-Stretch Class is prerequisite.

**Organize—“Lights On Organizing: Bright Ideas for cutting clutter in your home and office.”**

Bohn	Rm 300	W	3/24	2 Wk	7-9 pm	\$25
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If your home is big or small—stuff grows. If you suffer from too many piles and not enough time, take this class! Time management/organization skills help bring peace, more time, and a happier life. \$2.00 materials fee.

**Positive Thinking and Affirmations**

Smart	Rm 807	W	4/28	3 Wks	7-9 pm	\$55
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Learn the techniques that will assist you in being able to change your thought pattern from negative to positive—strengthen your mind so you will have more productive thoughts, which can yield more positive results.

**Signing With BABIES—Introduction**

Hamblin	Rm 102	W	3/24	5 Wks	6:30-7:30 pm	\$45
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Imagine your infant asking for a drink or diaper change without fussing. Communicate with your baby using American Sign Language before they can speak. Learn strategies/methods of using signs—for babies 7 to 24 months or older special needs children—babies welcome!

**Taekwon-Do**

Hemphill	Dance Studio & Gym					
Beginning to Yellow Belt		T/Th	3/23	9 Wks	7-8 pm	\$50
High Yellow to Advanced		T/Th	3/23	9 Wks	7-9:30 pm	\$55

Korean martial art of self-defense with the philosophy of Moral Culture—outstanding for health, self-confidence and conditioning. Mr. Hemphill is a certified 5th degree Black Belt/ITF International instructor. For all ranks including beginners—ages 6 and up. Tuition for 2<sup>nd</sup> or more immediate family members is \$5 less.

**Wills and Trusts**

Miller	Rm 807	T	3/23	2 Wks	7-8:30 pm	\$35
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Attorney teaches wills, trusts, durable powers of attorney, Utah’s Advance Health Care Directive—what happens when you die without an estate plan; care for special needs children; provide for minor children if parents die; avoid/ protect against estate taxes; prepare for incapacity/medical emergencies; how the probate process works.

**Yoga**

Tarbet	Dance Studio	W	3/24	8 Wks	6:25-7:25 pm	\$45
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For all levels—learn proper breathing, increase strength/flexibility, relieve stress—gain greater personal awareness/learn to relax. Yoga mats recommended

**Boy Scout Merit Badge Classes**—Please bring pencil to each class and blank merit badge card to last class.**Citizenship in the Community**

Harris	Rm 109	M	4/19	2 Wks	4-5 pm	\$15
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No class Ap. 26 to encourage outside objectives be completed.

**Citizenship in the Nation**

Harris	Rm 109	M	3/22	3 Wks	5-6 pm	\$15
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**Citizenship in the World**

Harris	Rm 109	M	3/22	3 Wks	4-5 pm	\$15
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**Communications**

Davis	Rm 102	W	3/24	3 Wks	4-5 pm	\$15
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**Emergency Preparedness**

Davis	Rm 102	W	4/21	3 Wks	4-5 pm	\$15
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**Personal Management**

Barker	Rm 109	T	3/23	2 Wks	5-6:30 pm	\$15
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Instruction provides packet for 13 weeks to record finances—allowing scouts to report to scout master/local counselor.

**Safety**

Davis	Rm 102	W	3/24	3 Wks	5-6 pm	\$15
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**SUMMER MERIT BADGE CLASSES**—Register Mar. 15, 16, or 17—6-8 pm. at BHS office.**Environmental Science (Last 2 classes on Temple View Drive)**

Session 1	Rm 102	M-Th	6/7—6/10	4 days	8-10 AM	\$30
Session 2	Rm 102	M-Th	6/7—6/10	4 days	10-12 AM	\$30
Session 3	Rm 102	M-Th	6/14—6 /17	4 days	8-10 AM	\$30
<b>Insects</b>	Rm 102	M,W,F	6/14—6/18	3 days	10-12 AM	\$30
<b>Nature</b>	Temple View	T,TH	6/15—6/17	2 days	10-12 AM	\$25

(Meet in room 102 the first class for Insects, the other two classes and the Nature class will meet off Temple View Drive)

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