



MOSINEE COMMUNITY EDUCATION CLASS OFFERINGS FOR WINTER/SPRING 2012

Pre-registration is required no later than one week prior to class.
We reserve the right to cancel any program due to insufficient enrollment.

COMMUNITY EDUCATION OFFERINGS

Mosinee Community Education is interested in hearing from community residents about classes/activities they would like to see offered. If you have ideas about new programs or suggested changes to existing programs, please contact Community Education at 693-2550 Ext. 3696.

EVERYONE LEARNS - EVERYONE TEACHES

Consider teaching a Mosinee Community Education class. Everyone has a special skill or talent they can share with others. Teaching certification not required. Call 693-2550 Ext. 3696

JANUARY

	Date	Time	Sess.	Fee	Location
Strength Training 50+	1-3-12	5:00-6:00	6/12	\$15/\$30	MMS Fitness Ctr.
Learn specific training exercises and how to develop a workout that best is for you.					
Strength Training 50+	1-5-12	5:00-6:00	6	\$15.00	MMS Fitness Ctr.
Learn specific training exercises and how to develop a workout that best is for you.					
Keepin' Fit	1-9-12	6:00-7:00	8/16	\$10/\$20	MES Cafeteria
No instructor, no routines to learn, just fitness dvds to work out to.					
Fleece Blanket	1-11-12	6:00-8:00	1	\$15.00	MHS 406
Make a no-sew fleece blanket. Supplies: scissors, sewing tape, 1.25 yards of main and contrast color fleece for baby blanket - 2.5 yards of each for an adult blanket.					
Keepin' Fit	1-11-12	6:00-7:00	8	\$10.00	MES Cafeteria
No instructor, no routines to learn, just fitness dvds to work out to.					
Vinyasa Yoga	1-11-12	4:45-6:00	6	\$50.00	MHS IMC
Energizing, yet relaxing yoga sessions based on the vinyasa flow style. Mat required.					
Vinyasa Yoga	1-11-12	6:30-7:45	6	\$50.00	MHS IMC
Energizing, yet relaxing yoga sessions based on the vinyasa flow style. Mat required.					
Beginning Crochet	1-18-12	6:00-8:00	3	\$20.00	MHS IMC
Learn basic crochet and start one of three projects. Bring yarn and size "K" hook.					
Zumba Exercise	1-23-12	6:15-7:15	6	\$24.00	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
Zumba Exercise	1-24-12	3:45-4:45	6	\$24.00	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
FREE Belly Dance	1-24-12	6:00-7:00	1	FREE	MES Cafeteria
Try Belly Dance during this fun, free demo.					
Zumba Exercise	1-25-12	6:15-7:15	6/12	\$24/\$38	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
FREE Yogalates	1-25-12	6:00-7:00	1	FREE	MES Cafeteria
Combines yoga with pilates building strength and endurance. Mat required.					
Belly Dance Lessons	1-31-12	6:00-7:00	6	\$35.00	MES Cafeteria
Learn Belly Dance to tone and shape your body. Increases strength and endurance.					
Basket Weaving	1-31-12	6:00-8:00	2	\$25.00	MHS 404
Create a muffin basket. Supplies: tape measure, hand towel, and one gal. container.					

FEBRUARY

	Date	Time	Sess.	Fee	Location
Yogalates	2-1-12	6:00-7:00	6	\$35.00	MES IMC
Combines yoga with pilates building strength and endurance. Mat required.					
Women's Health	2-7-12	6:00-7:30	1	\$10.00	MHS IMC
Learn about women's health issues and exercises to balance hormones.					
Intro. to Computers	2-8-12	5:30-7:00	1	\$15.00	MHS IMC
Never used a computer before? Learn email and internet. Class limit: 7.					
Advanced Crochet	2-8-12	6:00-8:00	3	\$20.00	MHS IMC
Learn advanced crochet. Start a project or receive help on one you've started.					
Couples Dance	2-9-12	7:30-8:30	3	\$30.00/Cpl.	MES Cafe
Learn the Argentine Tango with Dancesport Champions - Todd and Julia.					
Haunted Wausau	2-13-12	6:00-7:30	1	FREE	MHS IMC
Shawn Blaschka will give a presentation on "The Ghostly History of Big Bull Falls."					
Strength Training 50+	2-13-12	5:00-6:00	6/12	\$15/\$30	MMS Fitness Ctr.
Learn specific training exercises and how to develop a workout that best is for you.					
Strength Training 50+	2-15-12	5:00-6:00	6	\$15.00	MMS Fitness Ctr.
Learn specific training exercises and how to develop a workout that best is for you.					
Intro. to Computers II	2-15-12	5:30-7:00	2	\$30.00	MHS IMC
Prerequisite: Intro. to Computers. The next step for beginners. Class limit: 7.					
Couponing	2-16-12	6:00-7:00	1	\$5.00	MHS IMC
Learn how to be a realistic coupon diva. Bring unused coupons to swap and share.					
Healthy Breakfasts	2-28-12	6:00-8:00	1	\$15.00	MHS 404
Hands-on cooking class to learn how to make healthy breakfasts.					
Starting Seeds	2-28-12	6:00-8:00	1	\$12.00	MHS 406
Carol Bray's hands-on class will show step-by-step how to grow with seeds.					
Photography 101	2-29-12	6:00-7:00	3	\$25.00	MHS IMC
Learn to take better pictures. Camera required.					
Vinyasa Yoga	2-29-12	4:45-6:00	6	\$50.00	MHS IMC
Energizing, yet relaxing yoga sessions based on the vinyasa flow style. Mat required.					
Vinyasa Yoga	2-29-12	6:30-7:45	6	\$50.00	MHS IMC
Energizing, yet relaxing yoga sessions based on the vinyasa flow style. Mat required.					
Advocare/Medicare	2-29-12	1:00-3:00	1	FREE	Auditorium
Learn Medicare basics, coverage options, star ratings, and various plan options.					

MARCH

	Date	Time	Sess.	Fee	Location
Zumba Exercise	3-5-12	6:15-7:15	6/12	\$24/\$38	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
Keepin' Fit	3-5-12	6:00-7:00	8/16	\$10/\$20	MES Cafeteria
No instructor, no routines to learn, just fitness dvds to work out to.					
Zumba Exercise	3-6-12	3:45-4:45	6	\$24.00	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					

COURSE REGISTRATION FORM

(Please Print)

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Email: _____ (H) Phone: _____ (W) Phone: _____

Course Title	Day	Time	Start Date	Location	Fee
Total:					

Your "Release and Consent" signature is required on the reverse side of this form.

Belly Dance Lessons	3-6-12	6:00-7:00	6	\$35.00	MES Cafeteria
Learn Belly Dance to tone and shape your body. Increases strength and endurance.					
Keepin' Fit	3-7-12	6:00-7:00	8	\$10.00	MES Cafeteria
No instructor, no routines to learn, just fitness dvds to work out to.					
Zumba Exercise	3-7-12	3:30-4:30	6	\$24.00	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
Basket Weaving	3-7-12	6:00-8:00	3	\$48.00	MHS 404
Make a weaver's tool caddy. Supplies: tape measure, hand towel, one gal. container.					
Calligraphy I	3-10-12	9:00-11:00	1	\$10.00	MHS IMC
Learn the upper case letters of calligraphy. Supply fee: \$3.50 to instructor for pen.					
Chinese Cooking	3-12-12	6:00-9:00	1	\$20.00	MHS 404
Hands-on Chinese cooking class. Recipes and samples served.					
Healthy Dinners	3-13-12	6:00-8:00	1	\$20.00	MHS 404
Hands-on cooking class to learn how to make healthy dinners.					
Detox Your Body	3-13-12	6:00-7:00	1	\$10.00	MHS 406
Learn how colon cleansing boosts your energy, immune system, and helps weight loss.					
Intro. to Word 2007	3-14-12	5:30-7:00	2	\$30.00	MHS IMC
For those who have never used Word before. Class limit: 7.					
Basic Electrical	3-15-12	6:00-9:00	6	\$35.00	MHS 404
Learn about electricity, components, circuits, and troubleshooting to complete electrical projects at home. Taught by a registered electrician.					
Aquatic Species	3-20-12	6:00-8:00	1	FREE	MHS IMC
Learn about invasive species and how to prevent their spread to our waterways.					

APRIL

	Date	Time	Sess.	Fee	Location
Basket Weaving	4-3 to 4-5-12	6:00-8:00	3/wk.	\$40.00	MHS 404
Make a spring basket. Supplies: tape measure, hand towel, one gal. container.					
Belly Dance Lessons	4-3-12	6:00-7:00	6	\$35.00	MES Cafeteria
Learn Belly Dance to tone and shape your body. Increases strength and endurance.					
Yogalates	4-4-12	6:00-7:00	6	\$35.00	MES Gym
Combines yoga with pilates building strength and endurance. Mat required.					
Card Making	4-4-12	6:00-8:00	1	\$10.00	MHS IMC
Make 12 different occasion cards. Bring glue or double-sided tape. Supply fee: \$7.00.					
Strength Training 50+	4-9-12	5:00-6:00	6/12	\$15/\$30	MMS Fitness Ctr.
Learn specific training exercises and how to develop a workout that best is for you.					
Adult Golf Lessons	4-10-12	5:30-6:30	5	\$40.00	Indianhead
Customized lessons for the beginner or to improve your game. Clubs required.					
Beginning Knitting	4-10-12	6:00-7:30	3	\$15.00	MHS 406
Learn the basic stitches by making a square, then a dishcloth. Bring size 7 needles and one skein of worsted yarn.					
DSLR Photography	4-10-12	6:00-8:00	1	\$30.00	MHS IMC
Master the basics of digital SLR cameras. Digital SLR camera required.					
Adv. Beg. Knitting	4-10-12	6:00-7:30	3	\$15.00	MHS 406
Work on a project from home with the help of our instructors.					
Strength Training 50+	4-11-12	5:00-6:00	6	\$15.00	MMS Fitness Ctr.
Learn specific training exercises and how to develop a workout that best is for you.					
Intro. to Excel 2007	4-11-12	5:30-7:00	2	\$30.00	MHS IMC
For those who have never used Excel before. Class limit: 7.					
Teen Golf Lessons	4-12-12	5:30-6:30	5	\$40.00	Indianhead
Customized lessons for kids or to improve their game. Ages 13-16. Clubs required.					

Jr. Golf Lessons	4-12-12	5:30-6:30	5	\$40.00	Indianhead
Customized lessons for kids or to improve their game. Ages 6-12. Clubs required.					
Forgiveness Seminar	4-12-12	6:00-7:00	1	\$10.00	MHS IMC
Learn to practice forgiveness to unlock the power to attract what you want in life.					
Digital Photography	4-17-12	6:00-8:00	1	\$30.00	MHS IMC
Master the basics of digital cameras. Digital camera required.					
Card Making	4-18-12	6:00-8:00	1	\$10.00	MHS IMC
Make 12 different occasion cards. Bring glue or double-sided tape. Supply fee: \$7.00.					
Couponing	4-19-12	6:00-7:00	1	\$5.00	MHS IMC
Learn how to be a realistic coupon diva. Bring unused coupons to swap and share.					
Zumba Exercise	4-23-12	6:15-7:15	6/12	\$24/\$38	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
Zumba Exercise	4-24-12	3:45-4:45	6	\$24.00	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
Growing Orchids	4-24-12	6:00-7:30	1	\$10.00	MHS 404
Learn the care and maintenance of growing orchids. Receive a plant to take home.					
Landscape Photos	4-24-12	6:00-8:00	1	\$20.00	MHS IMC
Learn the art of taking landscape photographs.					
Zumba Exercise	4-25-12	6:15-7:15	6	\$24.00	MES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					
Intro. to PowerPoint	4-25-12	5:30-7:00	1	\$15.00	MHS IMC
For those who have used PowerPoint before. Class limit: 7.					
Vinyasa Yoga	4-25-12	4:45-6:00	6	\$50.00	MHS IMC
Energizing, yet relaxing yoga sessions based on the vinyasa flow style. Mat required.					
Vinyasa Yoga	4-25-12	6:30-7:45	6	\$50.00	MHS IMC
Energizing, yet relaxing yoga sessions based on the vinyasa flow style. Mat required.					
Mushroom Identif.	4-25-12	7:00-9:00	1	\$15.00	MHS IMC
Learn to identify different types of mushrooms. Class taught by UWSP instructor.					
Keepin' Fit	4-30-12	6:00-7:00	6/12	\$7.50/\$15	MES Cafeteria
No instructor, no routines to learn, just fitness dvds to work out to.					

MAY

	Date	Time	Sess.	Fee	Location
Keepin' Fit	5-1-12	6:00-7:00	6	\$7.50	MES Cafeteria
No instructor, no routines to learn, just fitness dvds to work out to.					
Basket Weaving	5-2-12	6:00-8:00	3	\$36.00	MHS 404
Create a Nantucket-style vase. Supplies: tape measure, hand towel, one gal. container.					
Watercolor Painting	5-2-12	12:30-4:30	1	\$25.00	Dessert Lib.
Create a spring picture using watercolors.					
Starting Perennials	5-15-12	6:00-7:30	1	\$10.00	MHS 406
Learn to plan and design a perennial bed for long-term beauty.					
Calligraphy II	5-19-12	9:00-11:00	1	\$10.00	MHS IMC
Learn the lower case letters of calligraphy. Supply fee: \$3.50 to instructor for pen.					

JUNE

	Date	Time	Sess.	Fee	Location
Zumba Exercise	6-13-12	6:15-7:15	6	\$24.00	MHS Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					

AUGUST

	Date	Time	Sess.	Fee	Location
Zumba Exercise	8-8-12	6:15-7:15	6	\$24.00	MHS Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.					

RELEASE AND CONSENT

Students taking Mosinee Community Education courses are required to sign this form releasing the Mosinee School District from liability for injury or loss. Each student is expected to procure their own personal insurance coverage or to otherwise be responsible for any injury or loss.

The undersigned hereby agrees to release the Mosinee School District and all of its trustees, instructors, agents, contractors, and/or employees from any and all liability or claim for loss or damage including costs, expenses, and attorney fees arising from any actual or alleged property damage or loss or any personal injury including death, directly or indirectly arising from any activities which are undertaken from:

Signature: _____ Date: _____

MAIL TO: MOSINEE COMMUNITY EDUCATION • 1000 HIGH STREET • MOSINEE, WISCONSIN 54455

For more information contact: Michelle Pozorski • Mosinee Community Education • 715-693-2550 Ext. 3696 • mpozorski@mosineeschools.org
or visit our website at www.mosineeschools.org • Creske Center • Mosinee Community Education