



Mosinee Community Education

– January/February 2020 –

CLASS SCHEDULE

– January –

| | | | | |
|---------------|-------|--|-------|-----------------|
| Mon, Jan. 6 | | POUND Fitness | | 6:00pm - 7:00pm |
| Tues, Jan. 7 | | Eastern Flow Yoga | | 6:00pm - 7:00pm |
| Wed, Jan. 8 | | Zumba | | 6:00pm - 7:00pm |
| Thur, Jan. 9 | | Cooking Workshop - Shish Kebabs | | 6:00pm - 8:00pm |
| Fri, Jan. 10 | | Guitar Lessons - Free Demo | | 5:00pm - 6:00pm |
| Sat, Jan. 11 | | Eastern Flow Yoga | | 8:00am - 9:00am |
| Tues, Jan. 14 | ... | Intro to Sign Language | | 6:00pm - 7:00pm |
| Tues, Jan. 14 | ... | Acrylic Painting - Sunset Point | | 4:30pm - 7:30pm |
| Wed, Jan. 15 | ... | FabLab Night - Design a Mug | | 5:30pm - 7:30pm |
| Tues, Jan. 28 | ... | Acrylic Painting - Moonlit Buck | | 4:30pm - 7:30pm |

– February –

| | | | | |
|---------------|-------|---|-------|-----------------|
| Tues, Feb. 4 | | Eastern Flow Yoga | | 6:00pm - 7:00pm |
| Wed, Feb. 5 | | FabLab Night - Valentine Ornament | | 5:30pm - 7:30pm |
| Sat, Feb. 8 | | Eastern Flow Yoga | | 8:00am - 9:00am |
| Tues, Feb. 11 | ... | Acrylic Painting - Glitter in the Mist | | 4:30pm - 7:30pm |
| Thur, Feb. 13 | ... | Cooking Workshop - Valentine Desserts | | 6:00pm - 8:00pm |
| Mon, Feb. 17 | ... | POUND Fitness | | 6:00pm - 7:00pm |
| Wed, Feb. 19 | ... | Zumba | | 6:00pm - 7:00pm |
| Thur, Feb. 20 | ... | Mosinee Area History | | 6:00pm - 8:00pm |
| Tues, Feb. 25 | ... | Acrylic Painting - Tulips with a Twinkle | | 4:30pm - 7:30pm |
| Thur, Feb. 27 | ... | Genealogy Seminar | | 6:00pm - 7:00pm |

*** Complete class descriptions on reverse.***

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. Please call 693-2550, Ext. 3696.

For More Information:

Michelle Pozorski,
Mosinee Community Education

715-693-2550, Ext. 3696

mpozorski@mosineeschools.org

mosineeschools.org/community

Course Registration Form

PLEASE PRINT

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: (Home) _____ (Work) _____

| Course Title | Day | Time | Start Date | Location | Fee |
|---------------|-----|------|------------|----------|-----|
| | | | | | |
| | | | | | |
| TOTAL: | | | | | |

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

CLASS DESCRIPTIONS

POUND Fitness - 6 Sessions

SWEAT. SCULPT. ROCK. POUND® is the world's first cardio jam inspired by the infectious, energizing and sweat-dripping fun of playing drums. Sticks provided.

Start Date: Monday, January 6

Time: 6:00pm - 7:00pm

Location: MES Gym **Fee:** \$30 or \$5 walk-in

Eastern Flow Yoga - 4 Sessions

This class features a mix of yoga, Pilates, tai chi and breathing.

Start Date: Tuesday, January 7

Time: 6:00pm - 7:00pm

Location: MHS Yoga Room **Fee:** \$15* or \$5 walk-in

**Enroll in Tuesday & Saturday classes for \$20/month*

Zumba - 6 Sessions

Zumba® is a Latin-based fitness class that is part dance, part aerobics.

Start Date: Wednesday, January 8

Time: 6:00pm - 7:00pm

Location: MES Gym **Fee:** \$24 or \$5 walk-in

Cooking Workshop – Shish Kebabs - 1 Session

Make shish kebabs using different meats, vegetables and seasonings. Prizes and samples will be given out.

Start Date: Thursday, January 9

Time: 6:00pm - 8:00pm

Location: MHS 404 **Fee:** \$10

Guitar Lessons - Free Demo

Learn the options available for electric or acoustic guitar lessons by Wisconsin Rock Guitar Academy.

Start Date: Friday, January 10

Time: 5:00pm - 6:00pm

Location: MHS 408 **Fee:** Free

Eastern Flow Yoga - 4 Sessions

This class features a mix of yoga, Pilates, tai chi and breathing.

Start Date: Saturday, January 11

Time: 8:00am - 9:00am

Location: MHS Yoga Room **Fee:** \$15* or \$5 walk-in

**Enroll in Tuesday & Saturday classes for \$20/month*

Intro to Sign Language - 6 Sessions

Learn the basics of sign language and how to communicate with your hands from a registered interpreter.

Date: Tuesday, January 14

Time: 6:00pm - 7:00pm

Location: MHS IMC **Fee:** \$40

Acrylic Painting - 1 Session

Amy Anderson from Create A-Way Art will teach you how to create "Sunset Point" canvas print. All experience levels welcome. All supplies provided.

Date: Tuesday, January 14

Time: 4:30pm - 7:30pm

Location: MHS 404 **Fee:** \$30

FabLab Community Night –

Design a Mug - 1 Session

Personalize a coffee mug or water bottle with a name or message. All supplies provided.

Date: Wednesday, January 15

Time: 5:30pm - 7:30pm

Location: MHS FabLab **Fee:** \$10-\$20

Acrylic Painting - 1 Session

Amy Anderson from Create A-Way Art will teach you how to create "Moonlit Buck" canvas print. All experience levels welcome. All supplies provided.

Date: Tuesday, January 28

Time: 4:30pm - 7:30pm

Location: MHS 404 **Fee:** \$30

Eastern Flow Yoga - 4 Sessions

This class features a mix of yoga, Pilates, tai chi and breathing.

Start Date: Tuesday, February 4

Time: 6:00pm - 7:00pm

Location: MHS Yoga Room **Fee:** \$15* or \$5 walk-in

**Enroll in Tuesday & Saturday classes for \$20/month*

FabLab Community Night – Valentine Ornament - 1 Session

Engrave a message, saying or picture on a small piece of acrylic to create a personalized valentine ornament. All supplies provided.

Date: Wednesday, February 5

Time: 5:30pm - 7:30pm

Location: MHS FabLab **Fee:** \$5/each

Eastern Flow Yoga - 4 Sessions

This class features a mix of yoga, Pilates, tai chi and breathing.

Start Date: Saturday, February 8

Time: 8:00am - 9:00am

Location: MHS Yoga Room **Fee:** \$15* or \$5 walk-in

**Enroll in Tuesday & Saturday classes for \$20/month*

Acrylic Painting - 1 Session

Amy Anderson from Create A-Way Art will teach you how to create "Glitter in the Mist" canvas print. All experience levels welcome. All supplies provided.

Date: Tuesday, February 11

Time: 4:30pm - 7:30pm

Location: MHS 404 **Fee:** \$30

Cooking Workshop – A Valentine Dessert Experience - 1 Session

Make and sample different desserts, and take home a box of decorated valentine treats. All supplies provided.

Start Date: Thursday, February 13

Time: 6:00pm - 8:00pm

Location: MHS 404 **Fee:** \$10

POUND Fitness - 6 Sessions

SWEAT. SCULPT. ROCK. POUND® is the world's first cardio jam inspired by the infectious, energizing and sweat-dripping fun of playing drums. Sticks provided.

Start Date: Monday, February 17

Time: 6:00pm - 7:00pm

Location: MES Gym **Fee:** \$30 or \$5 walk-in

Zumba - 6 Sessions

Zumba® is a Latin-based fitness class that is part dance, part aerobics.

Start Date: Wednesday, February 19

Time: 6:00pm - 7:00pm

Location: MES Gym **Fee:** \$24 or \$5 walk-in

Mosinee Area History - 1 Session

Topic to be determined.

Date: Thursday, February 20

Time: 6:00pm - 8:00pm

Location: MHS IMC **Fee:** Free

Acrylic Painting - 1 Session

Amy Anderson from Create A-Way Art will teach you how to create "Tulips with a Twinkle" canvas print. All experience levels welcome. All supplies provided.

Date: Tuesday, February 25

Time: 4:30pm - 7:30pm

Location: MHS 404 **Fee:** \$30

Genealogy Seminar - 4 Sessions*

Learn how to research your family history and which websites offer the best information.

Presenter: Deb Nelles

Date: Thursday, February 27

Time: 6:00pm - 7:00pm

Location: MHS IMC **Fee:** Free

**Class meets monthly: March 26, April 23, May 28*

FITNESS CENTER



Open to all Mosinee School District students, athletes/teams, staff and community members free of charge.

HOURS:

Monday - Thursday
3:30pm - 7:30pm

Wednesday
6:30am - 7:20am

Friday
3:30pm - 4:30pm

Saturday & Sunday
Closed

***Note:*

The Fitness Center will be CLOSED on the following days: non-school days, early release days, inservice days, winter break & spring break.