



FRANKFORT/
FRANKLIN
COUNTY
COMMUNITY
EDUCATION

FRANKFORT/FRANKLIN COUNTY COMMUNITY EDUCATION

VOLUME 24, ISSUE 1

WINTER / SPRING 2012

Your Community Education program is sponsored by Franklin County Public Schools, and the Kentucky Department of Education.

Office Hours: 9:30 am to 6:00 pm

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WINTER/SPRING 2012

KIDS & TEENS ZONE!!

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CHILD/PARENT YOGA

Yoga has so much to offer and the younger you start the more it will benefit you throughout life. Children naturally do yoga and in this class they will learn that it is yoga that they love to do. They will learn simple and fun yoga stretches called asanas, how to breathe and to relax. This is a great class for children and parents to do together and do at home to keep healthy bodies for life. Min 5 Max 15

Instructor: Julia Rome, RYT

Dates: Session 1 - Tuesdays – February 13 to March 5, 2012

Time: 4:00 pm – 5:00 pm

Session 2 – Tuesdays – March 12 to April 9, 2012 (no class April 2)

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St

Fee: \$35.00 child or \$50.00 child & parent

KARATE FOR KIDS

Students ages 6 to 13 will learn fundamentals of Kiyojute Ryu Kempo Karate. Along with basic karate techniques, we will teach the history and philosophy of the martial arts with an emphasis on the avoidance of fighting and the concepts of self defense. Students should wear loose long pants that will allow complete movement in exercise along with a t-shirt or sweatshirt. Min 5 Max 20

Instructor: William Durbin

Dates: Saturdays – February 18 to April 7, 2012 Time: 10:00 am – 11:00 am

Location: Christian Martial Arts, 85 Anderson Road (beside the Bowling Alley) Fee: \$50.00

FAMILY MOVE TIME

Looking for a way for you and your family to get some exercise during the cold winter months? Family Move Time is a class that combines

singing, dancing and games with physical movements designed to get your heart rates up and your funny bones energized! Class is designed with pre-school aged children in mind, though all ages are welcome., Min 5 Max 15

Instructor: Julia Rome, RYT

Dates: Tuesdays – February 21 to March 13, 2012 Time: 10:00 am – 10:45 am

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St

Fee: \$30.00 per family

GUITAR FOR KIDS

Learn how to play the guitar in this 7-week class. You will learn the scales, chords and some melodies. Please bring your instrument to class. A \$10.00 book fee will be collected the first night. Ages 6 and up. Min 4 Max 10

Instructor: Curtiss Vickers

Dates: Mondays – March 12 to April 30, 2012 (no class April 2) Time: 6:00 pm – 7:00 pm

Location: Franklin County High School Fee: \$49.00 (plus book fee)

BEGINNERS BATON TWIRLING

This class will focus on learning the basic fundamentals needed in Baton Twirling. No experience needed. At the end of the class we will put on a small production for parents. There will be a fee of \$19.00 payable directly to the instructor to cover the baton. Space is limited, sign up early. There will be two classes, one for ages 5 to 9 and another for ages 9-13. Min 4 Max 7

Instructor: Sophia Thompson

Dates: Thursdays – March 22 to May 17, 2012 (no class April 5) Time: 5:30 pm – 6:30 pm – (Ages 5-9) OR

Time: 6:30 pm – 7:30 pm – (Ages 10-13)

Location: Western Hills High School

Fee: 55.00

(plus \$19.00 baton fee)

PLEASE REGISTER EARLY! CALL US AT (502) 875-8400X167 OR (502)352-2286

ARTS & CRAFTS

CHRISTMAS/WINTER SCRAPBOOKING

Time to get some of those Christmas photos into your scrapbook! Class will include one 2-page layout (12"x12" size) for Christmas, and one 2-page layout for winter photos. Layouts will be embellished with patterned paper, ribbon, buttons, die-cuts and more. No previous scrapbooking experience is necessary. Bring your own adhesive. Please pre-register by February 24. Min 4 Max 8

Instructor: Amy Covert

Dates: Monday - February 27, 2012

Location: Western Hills High School

Time: 6:00 pm – 8:00 pm

Fee: \$15.00

WARM HAND-MADE SOCKS

This is the time of year we all would like a pair of warm, woolen socks. Knitting these socks is not as hard as you may think. We will walk you through casting on, turning the heel, and finishing the toe. This class is not for beginners, you need a little experience with knitting using double point sock needles. Supply list will be sent before the class. Min 4 Max 12

Instructor: Patty Thomas

Dates: Mondays-February 7 to March 12,, 2012

Location: Western Hills High School

Time: 6:00 pm – 7:00 pm

Fee: \$24.00

KNIT 1, PURL 2

Everyone is doing it! KNITTING, of course! Two straight sticks and some yarn and two simple stitches and you will be doing it, too! This beginner class will take you through the basics of knitting. Learn the different yarns and needles; learn to cast on and cast off, and learn the two main stitches KNIT and PURL. We will complete a cotton dishcloth and start another project, if time permits. Beginning skills are helpful, but not required. Bring a size 7 (length 10") knitting needles and a ball of cotton yarn. Min 4 Max 10

Instructor: Patty Thomas

Dates: Thursdays – March 1 to 22, 2012

Location: Western Hills High School

Time: 6:00 pm – 7:00 pm

Fee: \$30.00

BASIC SEWING CLASS

The student will learn to care for and use the sewing machine. Students will learn how to sew. Several projects will be completed in the five day period. Bring your sewing machine to class, along with the manual. Supply fee will be \$5.00; to be paid to the instructor the first night. Min 4 Max 12

Instructor: Judith Ricks

Dates: Tuesday to Saturday – March 6 to 10, 2012

-Tuesday to Friday

10:00 am – 3:00 pm - Saturday

Location: Franklin County Extension Office, Room E & F

material fee)

Time: 6:00 pm – 8:30 pm

Fee: \$55.00 (plus \$5.00 material fee)

INTRODUCTION TO IMPROV

An introductory improvisational acting class. A variety of games and exercises will teach basic elements of acting while creating scenes and stories on the spot. The course will

feature an emphasis on teamwork and constructive decision making. The course will include a final performance open to the public. Min 3

Instructor: Sellus Wilder

Dates: Monday – March 7 to April 25, 2012 (no class Apr 4) Time: 6:00 pm – 7:30 pm

Location: Western Hills High School

Fee: \$49.00

BEGINNER WATERCOLOR

Learn the exciting medium of watercolor with no drawing skills needed. This class will show you easy-to-follow, step-by-step techniques that will help you to achieve a finished painting in one evening. A \$10.00 material fee will be collected in class, which will cover all the materials you will be using to complete your painting. Come to relax and learn how to paint with confidence! Min 5 Max 12

Instructor: Pamela Viterna

Dates: Monday – March 19, 2012

Location: Franklin County High School

material fee)

Time: 6:00 pm – 8:00 pm

Fee: \$25.00 (plus a \$10.00

COTTON CANDY QUILT

This design of squares and rectangles is so simple. It can be completed in one weekend. You can use flannel or regular cotton fabric. A materials list will be provided. Min 5 Max 12

Instructor: Judith Ricks

Dates: Saturday – March 24, 2012

Location: Franklin County Extension Office, Basement, Room G

Time: 9:00 am – 4:00 pm

Fee: \$25.00

SPRING/EASTER SCRAPBOOKING

Spring is almost here! Class will include one 2-page layout (12"x12" size) for spring, and one 2-page layout for Easter photos. Layouts will be embellished with patterned paper, ribbon, buttons, die-cuts and more. No previous scrapbooking experience is necessary. Bring your own adhesive. Please pre-register by March 23. Min 4 Max 8

Instructor: Amy Covert

Dates: Monday – March 26, 2012

Location: Western Hills High School

Time: 6:00 pm – 8:00 pm

Fee: \$15.00

NEEDLE FELTED EASTER EGGS

Create some adorable Easter eggs to decorate your Easter tree tabletop. This class is not for beginners; you should know how to needle felt. Bring your needle felting needles, foam block and wool roving in a color of your choice. Min 4 Max 10

Instructor: Patty Thomas

Dates: Monday – March 26, 2012

Location: Western Hills High School

Time: 6:00 pm – 8:00 pm

Fee: \$15.00

DRAWING FOR THE BEGINNER

Discover your hidden talents! This is a workshop that will help you to understand how to draw with confidence. By using simple exercises and techniques, you can train your mind and eye to work together. Come to class and enjoy an evening of relaxation and fun. Please bring #300 series Bristol Vellum paper pad, and drawing pencils; 4, 2H, HB, 2B, 4B and a pencil sharpener to class. Min 5 Max 12

Instructor: Pamela Viterna

Dates: Monday – March 26, 2012

Location: Franklin County High School

Time: 6:00 pm – 8:00 pm

Fee: \$25.00



BEGINNING HAND QUILTING

We will cut, hand piece, hand quilt, and bind a quilt block in the old fashioned way using only a needle and thread... no machine piecing or quilting. We will also make our own bias tape to bind the block. This block can be used for a candle mat or enlarged for a table mat, or table runner. Bring scissors, quilting needles and thread, thimble, one yard each of coordinating cotton fabric. Min 4 Max 12

Instructor: Patty Thomas

Dates: Mondays – April 9 and 16, 2012

Location: Western Hills High School I

Time: 6:00 pm – 7:30 pm

Fee: \$22.00

MAKE A CHILD'S PILLOWCASE DRESS

Bring your own sewing machine, one pillow case, approximately 5 ft. of coordinating ribbon, thread, and a seam ripper in order to learn how to make an adorable and easy child's dress. Min 4 Max 10

Instructor: Patty Thomas

Dates: Thursday – April 12, 2012

Location: Western Hills High School

Time: 6:00 pm – 8:00 pm

Fee: \$15.00

FAMILY/FRIENDS SCRAPBOOKING

Wouldn't it be great to look at your photos of family and friends in a scrapbook, instead of keeping them in that old shoebox? Class will include one 2-page layout (12"x12" size) that focuses on family, and one 2-page layout focusing on friendship. Layouts will be embellished with patterned paper, ribbon, buttons, die-cuts and more. No previous scrapbooking experience is necessary. Bring your own adhesive. Please pre-register by April 13. Min 4 Max 8

Instructor: Amy Covert

Dates: Monday – April 16, 2012

Location: Western Hills High School

Time: 6:00 pm – 8:00 pm

Fee: \$15.00

BEVY OF BANGLES

If you like bangle bracelets but hate the eternal clanging... this is for you. These bracelets are knitted and felted before we decorate them. If you have scraps of wool yarn and bits of sock yarn left, we can use those pieces up to make a one of a kind bracelet. Basic knitting skills required. Min 4 Max 10

Instructor: Patty Thomas

Dates: Mondays – April 23 and 30, 2012

Location: Western Hills High School

Time: 6:00 pm-7:00 pm

Fee: \$15.00

COMMUNITY EDUCATION KNITTING GUILD

Come and join us! Knitting guilds provide an opportunity to meet other knitters, learn new skills, share knowledge, laugh, and form new friendships. We will meet the 2nd Tuesday of every month at 6:30 pm at Western Hills High School. Bring your current project, start a new one, ask a question, or just come and watch. For more information call Gina at 875-8400x167.

CHARITY CHIX WITH STIX

This is your chance to get involved and help others in your community who are struggling economically or dealing with a family crisis. CHARITY CHIX WITH STIX will meet the 1st Monday of every month at 6:30 pm. at Western Hills High School. Bring your knitting needles, crochet hooks, or quilting needles, and your favorite yarn or material and join us as we work together to warm up and comfort Frankfort. For more information call Gina at 875-8400x167 or e-mail charitychixwithstix@yahoo.com.

PLEASE REGISTER EARLY! CALL US AT (502) 875-8400X167

OR (502)352-2286

MENTORS

We are looking for mentors for our middle schools students. Being a part of a mentoring program can make a difference in the lives of our students, please consider being a positive influence on our students. Hours are flexible.

For more information call Gina at 875-8400x167 or e-mail Gina.Hagan@Franklin.kyschools.us.

WINE, GARDENING AND FLORAL ARRANGEMENTS

COZY HOME FOR YOUR FEATHERED FRIENDS

Nesting songbirds catch hundreds of insects daily to feed their baby, which means fewer insects in your garden and yard! We will learn the basics of attracting birds to your yard and build a birdhouse to take home. A \$15.00 materials fee is payable to the instructor. Min 5 Max 12

Instructor: Connie May

Dates: Monday – February 20, 2010

Location: Franklin County High School

Time: 6:00 pm – 8:00 pm

Fee: \$15.00 (plus \$15.00 material fee)

WINE CLASSES AT CAPITAL CELLARS

This is a terrific way to learn about wine regions, wine styles, winemaking, and the wine industry, and for all levels of wine educating – there is a lot to learn, we always have repeat participants because we keep the topics new and exciting. This is a fun class to take with a family member or friend! We will be tasting wines at every class, and we will show you how to expectorate (spit out) if you don't wish to swallow the wine. Many of the classes will involve a guest speaker, a winery field trip or a visit by a winemaker/representative of the wines being tasted. Min 15 Max 24.

Participants must be 21 years old. No materials required. Do not wear perfume or heavily scented products.

Instructor: Rachael Peake

Dates: Tuesdays – February 28 to April 17, 2012

Location: Capital Cellars, 227 W. Broadway

Time: 6:00 pm – 7:15 pm

Fee: \$75.00 per class

(includes a Riedel crystal glass to keep and use for the class)

PLANTING A MICRO-FOREST IN YOUR BACKYARD

Planting a diversity of tree and shrub species in even a small backyard is easy and low cost. Most native trees grow very fast when young, so you will have a shade and a yard full of birds and butterflies before you know it! Handouts include a list of suggested species of native trees, shrubs and wildflowers. Min 5 Max 12

Instructor: Connie May

Dates: Tuesday – March 27, 2012

Location: Franklin County High School

Time: 6:00 pm – 7:30 pm

Fee: \$15.00



ZEBRAS EAT PAW-PAWS, TIGERS EAT TULIPS (Planning a successful butterfly garden)

You can attract more butterflies and keep them in your yard longer if you provide both nectar and host plants for them to lay their eggs on. Learn which plants attract the most butterflies. Handouts include a butterfly garden plan and recommendations. You get to take home 6 perennial butterfly plants. Min 5 Max 12

Instructor: Connie May
Dates: Thursday – May 3, 2012
Time: 6:00 pm – 7:30 pm
Location: Franklin County High School
Fee: \$40.00

RAISING BUTTERFLIES INDOORS

Monarch and Black Swallowtail butterflies can easily be raised indoors as a school project or just for fun. Beautiful close-up images of the process of metamorphosis: Tiny caterpillar to chrysalis to butterfly by Lexington photographer and “butterfly momma” Betty Hall. Handouts included detailed instructions for raising butterflies indoors and sample butterfly garden plans for your yard. You will get to take home a host plant and a caterpillar. Min 4 Max 12

Instructor: Connie May
Dates: Monday – May 7, 2012
Time: 6:00 pm – 7:30 pm
Location: Franklin County High School
Fee: \$25.00

BEGINNING FLOWER ARRANGEMENT

Everyone should know the basics of a good flower arrangement. Even the simplest garden or cut flowers from your local market can be made into a charming arrangement. With a little knowledge, practice and the right container, you can make an artistic design. Have fun while learning! Participants should bring their own container – the funkier the better. Participants should also bring any plant material (green filler, flowers, etc.) that would be fun to work with and a pair of clippers for plant material. There will be plant material, other tools and mechanics available. A \$12.00 fee will be charged to cover mechanics and extra plant materials. Come have a great time and take home a fresh arrangement for your home! Min 5 Max 12

Instructor: Sue Kirkman and guest designers
Dates: Thursday – May 17, 2012
Time: 6:00 pm – 8:30 pm
Location: Western Hills High School
Fee: \$18.00 (plus \$12.00 materials fee)

PRE-REGISTRATION IS REQUIRED
PLEASE REGISTER EARLY! CALL US AT (502) 875-8400X167
OR (502)352-2286

COMPUTERS, MONEY & BUSINESS

THE INSTANT ENTREPRENEUR

This is a 3 week course that meets once each week. Participants will learn the fundamentals of starting their own business, including writing a business plan, marketing your business, finances, and legal issues. Each class will be a minimum of 2 hours long and will review examples of business plans while in class. This short, but intense learning lesson will prepare an individual for taking that next step in small business ownership. There will be a material fee of \$5.00 to be paid directly to the instructor the first night. Min 5 Max 30

Instructor: Douglas C. Howard
Dates: Thursdays – March 8 to 22, 2012
Time: 6:00 pm – 8:00 pm
Location: Western Hills High School
Fee: 25.00 (plus material fee of \$5.00)

COMPUTER BASICS

Do you still need help making the most of your computer? Do you go to the Internet and get lost? Students will receive an overview of computers: how to turn them on, use a mouse, open and close programs, navigate the desktop and the Internet, and how to address all those pesky messages that keep popping up in your computer. We will also teach you how to manage your files. Bring a USB flash drive with you to your first class. Min 4 Max 9

Instructor: Danita Farrier
Dates: Thursdays – March 22 to April 26, 2012 (no class April 5)
Time: 6:00 pm – 7:30 pm
Location: Western Hills High School
Fee: \$45.00

HOW TO SAVE MONEY AT THE GROCERY STORE (Coupon class!)

The 2-hour class covers everything you need to know to drastically reduce your spending on groceries, household supplies, and toiletries. The class includes these topics: Shopping the store sales, benefits of buying on sales, stockpiling, where to get coupons, organizing, electronic and printable, organizing, rules, etiquette, drug-store shopping and best websites. Andrea has been teaching this class for over 2 years and blogging about saving money at www.ASmartShopper.net. She saved \$10,000.00 in one year by using the strategies in this class. Please bring a pen and paper to class. Pre-registration by March 20.

Instructor: Andrea Charles
Dates: Thursday – March 22, 2012
Time: 6:00 pm - 8:00 pm
Location: Western Hills High School
Fee: \$15.00

FRANKFORT/FRANKLIN COUNTY COMMUNITY EDUCATION 2012 BUSINESS PLAN COMPETITION

You are never too young to start a business and think like an entrepreneur! To that end, Frankfort/Franklin County Community Education is proud to announce its 2012 Business Plan Competition for students of Frankfort's three High Schools. This is a great way for young entrepreneurs to get started in business. This is also a great teaching tool to young people in business, marketing, financial literacy, career exploration and how to give a presentation. Under this competition students learn the fundamentals of a business plan, research their particular industry, draft financial statements and become familiar with business concepts. There is no entry fee and the winner will receive a prize donated by Paul Sawyer Library. To obtain a copy of the rules of the contest and entry form, go to our website, call 875-8400x167, or Email Gina.Hagan@Franklin.kyschools.us

PERSONAL DEVELOPMENT

BASIC DIGITAL PHOTOGRAPHY

Transitioning from film cameras to digital cameras can be intimidating, but this class will help ease you into becoming a digital photographer. The 6-week course will cater to different photography levels depending on the participant's needs. A digital SLR camera is required for the class (one with detachable lens). Bring your camera along to ask questions from how to turn it on to improving the quality of your photos. We will be having a photo shoot field trip followed by a group critique session. Min 5 Max 15

Instructor: Hilly (Schiffer) Dobner
Dates: Tuesdays – February 21 to March 27, 2012
Time: 6:00 pm – 7:30 pm
Location: Franklin County High School
Fee: \$53.00



IMPROVE YOUR BRIDGE

Join Kaye and update and sharpen your bridge skills. This course is NOT for complete beginners, rather for those who are in a rut and want to improve their bidding and playing. This is a great opportunity to make new friends and have a great time! Bring a double deck of cards, a score pad, and paper and pen for note taking. Min 4 Max 12

Instructor: Kaye Triplett

Dates:

Session 1 - Tuesdays and Thursdays – March 6 to 15, 2012 Time: 6:30 pm – 8:00 pm

Session 2 – Mondays and Thursdays – April 9 to 19, 2012

Location: Western Hills High School

Fee: \$32.00

THE REIKI PRINCIPLES AND DR. USUIS SECRET FOR HEALTH AND HAPPINESS

Reiki is a healing system developed in Japan by Dr. Mikao Usui in the 1920's. This is a course about "being" Reiki vs. "doing" Reiki. We will discuss the 5 Reiki principles as a framework for life and as a means of improving health and increasing happiness. This class will be a discussion – not a lecture or "hands on" class. No prerequisite. Min 4 Max 12

Instructor: Judy Deal

Dates: Thursday – March 15, 2012

Time: 6:00 pm – 8:00 pm

Location: Western Hills High School

Fee: \$12.00

ARM CHAIR TRAVEL

Join Karen and John and be transported to these countries. They will show you the architecture, ambiance and natural beauty so you can be there with them. They will share with you all their adventures and at the same time give you historical facts and origins of local customs in the different countries. If you are planning a trip, or even if your budget does not allow you to travel at this time, this class is for you.

FLOWERS IN GREAT BRITAIN -

Britain's mild climate the year around is a gardener's dream. From formal gardens, to vast landscape gardens to cottage gardens to wildflowers tumbling over stone walls and growing atop castle ruins, Britain's flowers will not disappoint.

Date: Monday - March 19, 2012

CABO SAN LUCAS

Come enjoy the ambiance of a safe area of Mexico where flowers and birds thrive in the desert, whales frolic in the mild waters, spectacular sunrises and sunsets compliment the hacienda style architecture, it seldom rains, and dancers and artisans are always ready to entertain.

Date: Monday – March 26, 2012

SWITZERLAND

Switzerland is a county where German, French and Italian are each the primary language in a different part of the country. Thus the architecture and customs vary greatly among those sections. But everywhere, the scenery is outstanding, flowers are abundant and the architecture is charming.

Date: Monday – April 9, 2012

CHINA

China was closed to the rest of the world for centuries so come for a visit to see some of its renowned sites including the Forbidden City, the Great Wall, the Terracotta Warriors, Shanghai's famous neon, the amazing scenery along the Yangtze river and the world's largest dam, Giant Pandas, at a special nature preserve, Tibet – the location of the Dalai Lama's Potala Palace and Hong Kong.

Date: Monday – April 16, 2012

Instructors: Karen and John Cosby

Time: 6:00 pm – 8:00 pm

Location: Western Hills High School
the 4 for \$29.00

Fee: \$9.00 per class, or sign for

REIKI I AND REIKI II

LEVEL I REIKI will introduce you to Dr. Mikao Usui's method of healing including both the Reiki principles and the hands on practice. The student will learn the history of Reiki, basic hand positions, self healing and the treatment of others. An attunement to Reiki energy and a certificate will be received. No prerequisite.

LEVEL II REIKI builds on Reiki I with the addition of Reiki symbols and distance healing work. We will use body scanning, Reiki breath and the eyes in the treatment of others. Prerequisite: Level I Reiki certification. Bring a pillow and a blanket, for both classes. Min 2 Max 6

Instructor: Judy Deal

Dates:

Tuesdays and Thursdays – March 20 to 29, 2012 – Reiki I

April 10 to 19, 2012 – Reiki II Time: 6:00 pm – 8:00 pm

Location: Western Hills High School

Fee: \$49.00 each class

PHOTOS: FROM CAMERA TO COMPUTER

You snapped all those Christmas pictures and now what to do? In this 6 hour class you will learn how to transfer pictures from camera to your computer, then organize and improve them. Add these pictures to documents and presentations, e-mail to friends and family, print your own pictures and burn pictures files to CD. Basic computers skills are needed for this class, familiarity with Windows and Windows based programs. Please bring a digital camera (if you have one) along with the USB cable that allows to connect it to a computer (if you have one); some photos to scan, and a USB flash drive. Min 5 Max 10

Instructor: Jim Johnson

Dates: Mondays – April 9 to 23, 2012

Time: 6:00 pm – 8:00 pm

Location: Franklin County High School

Fee: \$32.00

REFLEXOLOGY BASICS

Reflexology is a science that deals with the principles that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. Come and learn how to use your fingers and thumbs to relieve stress and tension, improve nerve and blood supply and help your body to normalize itself.

Min 2 Max 15

Instructor: Judy Deal

Dates: Thursday – April 12, 2012

Time: 6:00 pm – 8:00 pm

Location: Western Hills High School

Fee: \$12.00

GEOLOGY – A FUN LOOK AT: MINERALS, ROCKS, MAPS, WATER AND LOCAL GEOLOGY

This is a fun 10 hour class that takes a brief look at minerals, rocks, maps, groundwater, karst, and other topics related to geology. Focus is given to local (Kentucky) geology. There will be a field trip to Clay's Ferry on Saturday that will serve as capstone to the class. You will be able to apply what you learned in the classroom to the natural environment. On the field trip you will see: rocks, minerals, fossils, the famous Clay's Ferry fault, water-related surface features, rock layers, ancient streams channels, a volcanic layer that is 450 million years old, and the oldest exposed rock unit in Kentucky – the Camp Nelson Limestone- which is 480 million years old. Min 5 Max 10

Instructor: Trent M. Garrison

Dates: Tuesday and Saturday – May 1 and 5, 2012

Time: 5:00 pm – 8:00 pm

(Tuesday)

Time: 11:00 am–3:00 pm

(Saturday)

Location: Franklin County High School

Fee: \$45.00



HOLA!

¡Hola! is a word that is used more than 340 million times a day. Hola means hello and is used by millions of people to greet each other. This class is for beginners who need to learn the basic skills of the language. Learning "Español" is a challenging and exciting experience. This 9-week class will help you to communicate with Spanish speaking individuals when you are at work, local restaurants, and traveling. It will broaden your knowledge of the world and mankind. A \$19.00 book fee is due the first night. Min 6 Max 12

Instructor: Gina Ortiz-Hagan

Dates: Wednesdays – March 14 to May 16, 2012 (no class Apr 4) Time: 6:00 pm – 8:00 pm

Location: Western Hills High School Fee: \$78.00 (plus \$19.00 book fee)

COMMUNITY EDUCATION BOOK GROUP

Community Education Book Group meets the 4th Monday of each month at 5:00 pm. Book selections include contemporary fiction and an occasional classic or current book. You are invited to read with us and join in friendly discussions. No fee required. For more information call 875-8400x167.

MUSIC & DANCE

CLOGGING

If you love bluegrass music you will love clogging. Clogging is a wonderful way to move to bluegrass music while getting a great aerobic workout. In this class you will learn the basic clogging steps and build on more advanced steps. All ages are welcome. Min 4 Max 15

Instructor: Julia Rome

Dates: Wednesdays – February 15 to March 7, 2012 Time: 6:40 pm – 7:20 pm

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St Fee: \$35.00

HAND DRUMMING

No drumming experience is needed. The class will teach easy-to-learn West African and Middle East rhythms and original creative drum techniques such as soft meditative drum styles on the djembe drum. Just come ready to learn, laugh, and play. Drums will be provided or you may bring your own drum. Min 4 Max 15

Instructor: Jeff Ellis and Lara Panayotoff

Dates: Wednesdays – February 29 to March 21, 2012 Time: 6:45 pm – 8:00 pm

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St. Fee: \$50.00

VIOLIN

Have you always wanted to play the violin? Come and join Elena, in this 7-week class, where you will learn the basic of violin and bowing, play simple melodies and much more... Please bring your violin to class and a Mel Bay's "First Lessons" Violin by Craig Duncan. Min 4 Max 10

Instructor: Elena Nelson

Dates: Thursdays – March 1 to April 19, 2012 (no class Apr 5) Time: 6:00 pm – 7:00 pm

Location: Franklin County High School Fee: \$49.00

BEGINNER DULCIMER IN DAA

All you need to succeed in this class is a dulcimer, a pair of hands, and the desire to

make music. Included in his class will be DAA tuning, chords, and easy to learn mountain tunes in different styles. A \$10.00 book fee will be collected the first night. This 7-week class will teach you the essentials of this Kentucky musical instrument. Please bring your instrument to class. Min 4 Max 10

Instructor: Curtiss Vickers

Dates: Mondays – March 12 to April 30, 2012 (no class Apr 2) Time: 7:10 pm – 8:10 pm

Location: Franklin County High School Fee: \$49.00 (plus \$10.00 book fee)

PHYSICAL FITNESS

ZUMBA

Zumba is a Latin-inspired, easy-to-follow fitness workout, pairing world dance moves with aerobic activity to burn calories in a fun environment. You are guaranteed to sweat and smile. There are modifications so everyone can do it. Max 15

Instructor: Julie Dodson

Dates:

Session 1 - Mondays – February 13 to March 5, 2012 Time: 6:45 pm – 7:30 pm

Session 2 – Mondays – March 12 to April 9 (no class Apr 2)

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St Fee: \$36.00

BEGINNERS YOGA

Yoga is so rich in what it offers your mind, body, and spirit. It teaches you how to care for yourself. Yoga begins where you are, no matter what condition your body is in. The primary purpose of yoga is to promote mental well-being by connecting the mind and body together. Success in yoga is measured not by one's flexibility, but by one's willingness to make the union of mind, body, and spirit. One's mental well-being is the key to improving one's health. Through relaxing exercises, deep breathing, and easy-to-learn stretches, you will work at your own pace and level to release stress, gain strength, and feel restful and rejuvenated. A great class to introduce you to yoga! Min 5 Max 15

Instructor: Marilyn Morris, RYT

Dates: Session 1 - Mondays – February 13 to March 19, 2012 Time: 10:30 am -11:30 am OR 5:15 pm – 6:30 pm

Thursdays – February 16 to March 22, 2012 Time: 5:15 pm – 6:30 pm

OR 6:30 pm – 7:30 pm

Session 2 - Mondays – March 26 to April 30, 2012 Time: 10:30 am – 11:30 am

OR 5:15 pm – 6:30 pm

OR Thursdays – March 29 to May 3, 2012 Time: 5:15 pm – 6:30 pm

OR 6:30 pm – 7:30 pm

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St. Fee: \$54.00

CHAIR YOGA

Yoga is for all, but for some it must be done in a chair. Chair Yoga is geared for people with knee problems and difficulty getting up and down from the floor. This class will help you to find where you need to start your yoga practice. Yoga is for healing and strengthening your body as you learn deep breathing, mindfulness, gentle stretches, and relaxation techniques. Min 5 Max 15

Instructor: Julia Rome, RYT

Dates: Session 1 - Tuesdays – February 14 to March 20, 2012 Time: 4:45 pm - 5:45 pm

OR Wednesdays – February 15 to March 21, 2012 Time: 10:00 am – 11:00 am

Session 2 – Tuesdays – March 27 to May 1, 2012 Time: 4:45 pm - 5:45 pm

OR Wednesdays – March 28 to May 2, 2012 Time: 10:00 am – 11:00 am

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St. Fee: \$54.00



TAI CHI

Tai Chi is a martial art from Chinese culture that focuses on a moving meditation and a wellness practice. Our goal is to have fun, while moving properly so you gain the health benefits. In this class you will learn the short 16 Tai Chi Chuan (TCC) Yang Style form.

Instructor: Joseph Schmidt

Dates: Session 1: Thursdays – February 16 to March 22, 2012 Time: 12:05 pm -1:00 pm OR 5:00 pm – 6:00 pm

Session 2: Thursdays – March 29 to May 3, 2012

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St Fee: \$54.00

SELF DEFENSE FOR WOMEN

Susan B. Anthony said. "Women should not depend on men to protect them, women should learn to protect themselves." Let William Durbin, a teacher of self defense for over thirty six years, and his wife Carol teach you the skills of self defense. Self defense is more than just learning a set of fighting skills. Self defense teaches threat recognition, methods of avoiding conflict, and then the skills of actual combat when that option is the only option. All women are welcome to participate in this training geared specifically for them. The skills will teach students how to use an attacker's strength against them, how to deal with a stronger attacker, and how to strike the most vital points of an assailant. Loose clothing, including long pants should be worn for these classes. A book fee of \$20.00 is due the first day of the class. Min 5 Max 20

Instructor: William Durbin

Dates: Saturdays – February 18 to April 7, 2012 Time: 11:00 am – 12:00 pm

Location: Christian Martial Arts, 85 Anderson Road (beside the Bowling Alley)

Fee : \$50.00 (plus \$20.00 book fee)

HOOP YOGA

Hoop Yoga is a unique form of movement combining aspects of two amazing and expressive ways to work with our bodies. We will be using our hoop as a friendly balancing tool and prop to allow us to indulge deeper into our yoga postures. This class is open to all those who are open to fun. No previous experience in either yoga or hula hooping is necessary. Max 20

Instructor: Paige Hankla, certified RYT

Dates: Saturdays – February 18 to March 17, 2012 Time: 1:00 pm – 2:00 pm

Location: Frankfort Yoga Studio, McClure Bldg., 306 W. Main St Fee: \$54.00

FOR YOUR BEST FRIEND

DOG OBEDIENCE

Students and their dogs will be trained in basic obedience commands such as: SIT, DOWN, COME, WALK and STAY. This class is designed to show you how to teach your dog good manners. At the end

Instructor: Liz Norris

Dates: Tuesdays – March 13 to April 17, 2012 Time: 6:30 pm - 8:00 pm

Location: Pawsibilities Unleashed, 1410 Versailles Rd., Suite 5 Fee: \$225.00

PUPPY OBEDIENCE 101

Bring your puppy and we will teach you husbandry skills: grooming, bathing, feeding schedules, puppy come-to-me and basic obedience for puppies under 6 months.

Instructor: Liz Norris

Dates: Saturdays – March 17 to April 21, 2012 Time: 11:30 am – 12:30 pm

Location: Pawsibilities Unleashed, 1410 Versailles Rd., Suite 5 Fee: \$125.00

NEW INSTRUCTORS

Frankfort/Franklin County Community Education welcomes community members who would like to share their hobby, business venture, computer ability, musical ability, or passion by teaching a Community Education class. Classes are informal.

We are specifically looking for instructors to teach Microsoft Office programs, ACT preparation, cooking and dance classes.

Please call Gina Hagan at 875-8400, extension 167, or 352-2286 or e-mail gina.hagan@franklin.kyschools.us

Frankfort/Franklin County Community Education is for everyone in Franklin County and surrounding counties. You are invited to be a part of it!

Take a class

Teach a class

Help in the Schools

Contribute to Community Planning Activities

In whatever you may choose—be a part of Frankfort/Franklin County Community Education.

FRANKLIN COUNTY PUBLIC SCHOOLS

916 East Main Street
Frankfort, Kentucky 40601
502-695-6700

Harrie Lynne Buecker, Superintendent Harrie.buecker@franklin.kyschools.us

Maurice Chappell, Director of Secondary Curriculum and Instruction

Maurice.Chappel@franklin.kyschools.us

Gina Hagan, Community Education Director gina.hagan@franklin.kyschools.us

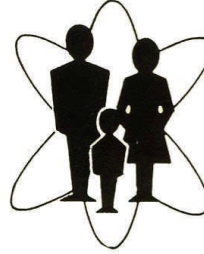
FRANKFORT/FRANKLIN COUNTY COMMUNITY EDUCATION

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REGISTRATION INFORMATION:



**FRANKFORT/
FRANKLIN
COUNTY
COMMUNITY
EDUCATION**

BY MAIL

Mail completed registration form with your check, money order, Visa, Master Card or Purchase Order number to:
Frankfort/Franklin County Community Education
Western Hills High School
100 Doctor's Drive
Frankfort, KY 40601

BY PHONE or FAX

Call (502) 875-8400x167 or (502) 352-2286 and give us your information. Fax (502) 227-4568 use the completed form

BY E-MAIL

E-mail Gina.Hagan@Franklin.kyschools.us

INCLEMENT WEATHER

If Franklin County Public Schools are closed for the day, or close early due to inclement weather, there will be **NO CLASSES** that day or night. Go to FCPS website: <http://franklin.kyschools.us/Default.aspx> for closing information.

FEES

Course fees are listed with each class description. Some classes have an additional materials fee that is usually paid directly to the instructors. Checks should be made payable to FFCCE. When you pay the class fee, you are automatically registered and will not be contacted unless the class is cancelled or there is additional information that we need to send you.

E-MAIL LIST

You can subscribe to our e-mail list by going to our website: <http://franklin.kyschools.us/ffcce.aspx> , or you can call or e-mail us.

REFUND POLICY

We are happy to refund tuition, less a \$5.00 processing fee, when you cancel your class two full working days prior to the first class meeting. If request for refund is made less than two working days prior to the first class, one-half refund will be made. We are unable to refund after the first class.

FRANKFORT/FRANKLIN COUNTY COMMUNITY EDUCATION
REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HOME PHONE _____ WORK PHONE _____

E-MAIL _____

COURSE _____

COURSE _____

COURSE _____

VISA OR MASTERCARD (16-NUMBERS)

EXPIRATION DATE _____ CARDHOLDER _____