

STRATFORD CONTINUING EDUCATION

Summer 2010 Class Schedule

Please note location of each class: **SHS** = Stratford High School **SES** = Stratford Elementary School

6/18/10

COURSE TITLE	DAY	TIME	X	FEE	START/END	NOTES
MIND & BODY "STRATFORD"						
15/15/15	M	5:45 - 6:30pm	8	28.00*	6/14 - 8/9	Zion Fellowship Hall
15/15/15	M	6:45 - 7:30pm	8	28.00*	6/14 - 8/9	Zion Fellowship Hall
Zumba	W	5:45 - 6:45pm	6	\$21.00	6/16 - 7/21	SHS Gym; Door # 1
Zumba	W	7:00 - 8:00pm	6	\$21.00	6/16 - 7/21	SHS Gym; Door # 1
MIND & BODY "SPENCER"						
Vinyassa Flow Yoga	TH	5:45 - 7:00pm	6	\$28.00*	6/3 - 7/8	Spencer Village Hall
20/20/20	TH	7:15 - 8:15pm	9	\$31.50*	6/3 - 7/29	Spencer Village Hall
Zumba	T	5:45 - 6:45pm	6	\$21.00	6/22 - 7/27	Spencer Village Hall
Zumba	T	7:00 - 8:00pm	6	\$21.00	6/22 - 7/27	Spencer Village Hall
Ultimate Core Workout	TH	6:00 - 7:00pm	6	\$21.00*	7/15 - 8/26	Spencer Village Hall
20/20/20	TH	7:15 - 8:15pm	9	\$31.50*	8/19 - 10/14	Spencer Village Hall
MIND & BODY "GRANTON"						
20/20/20	W	6:15 - 7:15pm	8	\$28.00*	6/9 - 7/28	Granton Elementary Gym
OTHER INTERSTING THINGS						
Pond Management (large ponds)	W	6:00 - 8:30pm	1	\$23.00	5/19	Pond Site; Marshfield
Make a Garden/Patio Pagoda Light	W	6:30 - 8:30pm	1	\$16.00	6/2	Instructor's Home; Marshfield
Red Cross Baby-Sitting Clinic	SA	8:30 - 4:00pm	1	\$45.00	6/5	Stratford Community Hall
Leaf Casting (see note below)	M	6:00 - 8:00pm	2	\$30.00*^	6/21 - 6/28	Klemme Pk Shlter – Stratford
Leaf Casting (see note below)	M	6:00 - 8:00pm	2	\$30.00*^	7/19 - 7/26	Klemme Pk Shlter – Stratford

*Supplies required (see below) ** Additional Supply Fee ^ No additional supply fee - cost of supplies included + Fee is per person

Note: Leaf Casting class has 2 sessions – casting and painting - plus un-molding time to be scheduled at participant's convenience)

T SHIRTS & YOGA MATS ¼" extra thick, light pink, 72" long mats \$15.00. Shirts – 4 styles \$10 short sleeve and \$15 long sleeve. Email for more information.

COURSE DESCRIPTIONS IN ALPHABETIC ORDER

15/15/15 (Cardio/Strength/Abs) This is a cross training class -15 minutes cardio + 15 minutes total body strength/toning + 15 minutes of awesome abs work. A blend of cardio, strengthening and stretching exercises that will raise the heart-rate, increase flexibility, tone core muscles and improve mind/body awareness. Join Becca Rucker for this invigorating workout! **SUPPLIES REQUIRED:** Exercise mat, Hand weights (your choice of weight). Class limit 15 **NOTE: No class on 7/26**

20/20/20 (Cardio/Strength/Abs) This is a cross training class -20 minutes cardio + 20 minutes total body strength/toning + 20 minutes of awesome abs work. A blend of cardio, strengthening and stretching exercises that will raise the heart-rate, increase flexibility, tone core muscles and improve mind/body awareness. Join Linda Rachu in Spencer and Christina Knez in Granton for this invigorating workout! **SUPPLIES REQUIRED:** Exercise mat, Hand weights (your choice of weight). Class limit: Spencer 20; Granton 25.

Leaf Casting Here's a great use for those big rhubarb, hosta, squash or pumpkin leaves! Learn how to cast them into a candy dish, bird feeder, birdbath or other garden/home décor. June Krueger will help students design, construct and paint these creations. **SUPPLIES REQUIRED:** 1 bag 'play' sand - or enough to support the leaf -remember the larger the leaf the more sand needed - available at Menards or Fleet Farm for appx. \$3; 1 medium leaf (14" or less) of your choice (i.e.: hosta, rhubarb, squash, pumpkin, burdock) Class Limit = 10

Make a Garden/Patio Pagoda Light Have fun creating a garden pagoda light. Mary Oertel will show how to use a light cement mixture (hypertufa) that will dry white, and there's no need to paint. Students should have a style in mind of a pagoda light they want to make (bring a picture along). **SUPPLIES REQUIRED:** 1 child's sand pail (or something similar with a cone shape); 1 small sturdy square box about 12-16" square; 1 Bag of play sand; 2 plastic garbage bags; rubber/latex gloves. Class limit = 10

Pond Management (for large ponds) Tom Nikolai will discuss the practical aspects of building and managing a pond. The discussion will include bank and shore structure, weed/algae control, fish habitat/food sources and aeration systems. **SUPPLIES REQUIRED:** insect repellent; hiking or rubber boots. **NOTE:** No smoking. Class limit = 9 **RAIN DATE:** 5/20

Red Cross Baby Sitting Clinic This class is open to students age 11 or older who wish to become certified baby sitters. The \$45 class fee includes an excellent reference manual and more. Your spot will be guaranteed upon receipt of payment, which is due before the first day of class. Please make checks payable to the **American Red Cross**, mailed to the Stratford FRC, 300 Larch St., Stratford, WI 54484. Please indicate you heard about the class through the SCE flyer. Class Limit = 10

Ultimate Core Workout Join Renee Bull, PTA for this exciting new class that will strengthen and tone the core (abs and back) as well as improve flexibility, posture and balance. This class utilizes a wide range of Pilates inspired mat exercises as well as weights to assist in sculpting awesome abs. **SUPPLIES REQUIRED:** Exercise mat, Hand weights (your choice of weight). Class Limit = 16 **NOTE: No class August 5**

Vinyassa Flow Yoga This gentle/moderate yoga class will focus on Vinyassa Flow which integrates a number of postures into a sequence. White Lotus Yoga Instructor Cathy Taylor will focus on sun salutations, strengthening, balance and transition from posture to posture. It is a great class for continuing students who want to add to their practice and strengthen current skills. However, modifications of all postures will be taught, so anyone can enjoy and benefit from this kind of Yoga. **SUPPLIES REQUIRED:** Yoga mat. Class limit = 22

Zumba This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! Join our instructors for this hour of total fun!! **SUPPLIES REQUIRED:** Cross training or Aerobic style shoes; Water Class Limit: Stratford 25; Spencer 20.

 **TO REGISTER FOR MIND & BODY CLASSES VISIT THIS SIGN UP SHEET:**

<http://www2.mysignup.com/summer2010classes>

(control + left mouse click to follow the link)

 **TO REGISTER FOR ALL OTHER CLASSES:**

E-mail Linda : stratfordclasses@gmail.com