

BCA Bendle/Carman-Ainsworth Community Education

Winter/Spring 2015

Anyone can attend!

Bring a friend!

Make it a special night out!

Youth Enrichment

810-591-3600

Adult Enrichment

810-591-4160

Registration Website

<http://activenet.active.com/bendleainsworth>

Catalog posted on school websites—

www.carman.k12.mi.us

www.bendleschools.org

Your Link to Lifelong Learning & Fun!

Table of Contents

Register Online at: <http://activenet.active.com/bendleainsworth>

Adult Special Interest	3
Couponing Apps, Guitar, Landscaping, Stained Glass, etc.	
Family Activities	3
Adult Health and Fitness	4
Belly Dance, Zumba, Zumba Step, Zumba Toning, Tone and Flex, Yoga, Country Line Dance etc.	
Adult Computer Training	5-6
Digital Photography, Internet Basics, Build Your Own Computer, Computer Troubleshooting, Computer Maintenance, etc.	
Ed2Go Online Courses	6
Computers, Personal Finance, Career & Personal Enrichment, Test Prep, etc.	
Youth Enrichment	7
Karate, Basketball, Baseball, Ballet, etc..	

Registration Information

ONLINE

<http://activenet.active.com/bendleainsworth> (a non-refundable convenience fee applies)

BY PHONE

Call 591-3600 to register for Youth Enrichment and 591-4160 to register for Adult Enrichment.

BY MAIL

Send check payable to *Community Educator* and note with it what class(es) you want and mail to designated addresses below. Please allow a week for delivery before class start date.

Adult Enrichment

Bendle Community Education, 2294 E. Bristol Rd., Burton, MI 48529.

Youth Enrichment

The Learning Community, 1181 W. Scottwood, Flint, MI 48507.

IN PERSON

Walk-in registrations are accepted at The Learning Community, Bendle Community Education Office and C/A Administration Building.

Class Cancellation: If a class is canceled due to low enrollment, every effort will be made to notify all *registered* students by telephone. Please include alternate phone numbers on your registration form. Refund checks will automatically be processed for canceled classes.

Refunds: We reserve the right to cancel a class if the minimum enrollment cannot be met. You will be notified and your money refunded. Participants must withdraw from a class of five sessions or longer within one (1) business day before the first class. No Refund on all one day or mini session classes (2-4 sessions in length).

A \$5.00 fee will be charged for all withdrawals, except canceled classes.

A \$25 fee will be charged for all returned checks.

Senior Citizens: You may use your Gold Card on classes marked with “*gold card accepted*” in the description of the class and receive **20% off** the price of the class (Gold Cards are for Bendle or Carman-Ainsworth residents only).

School Closings: If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) will be canceled also.



Visa, MasterCard, or American Express Accepted

Special Interest

Register Online at: <http://activenet.active.com/bendleainsworth>

Guitar Beginning

Learn how to tune your guitar, the 7 basic guitar chords, right hand playing, fretboard, and notes. Bring your own guitar to class.

Cost: \$25 (gold card accepted)

Location: CAHS

Feb. 4-Mar. 11 W 6:30-8:00 PM

Couponing with Apps

Learn in this class how your smart phone apps can help you make the best out of couponing and saving you money. Bring your smart phone and charger to class.

Cost: \$25 (gold card accepted)

Location: CAHS

Feb. 11, 18 W 6:30-7:30 PM

Affordable Landscaping

Learn the 3 basic steps to obtaining an eye appealing landscape. Please bring an architect scale and pictures of your yard to class.

Cost: \$35 (gold card accepted)

Location: CAHS

Feb. 11, 18 W 6:30-7:30 PM

Shade Garden

Shady spots in your landscape take planning but reward us with interesting foliage and distinctive color. Learn about the 3 degrees of shade. Bring photos of your area to be designed.

Cost: \$19 (gold card accepted)

Location: CAHS

Feb. 25 W 6:30-7:30 PM

Stained Glass Basics

Learn the basics of cutting, grinding, foiling and soldering in this 1 day class. You will make a 5 piece sun catcher.

Cost: \$49 + material fee of \$100 minimum

Location: Stallings Stained Glass

Feb. 28 S 10:30 AM-3:30 PM

Mar. 28 S 10:30 AM-3:30 PM

Stained Glass Mosaics

Explore the basics of mosaics from design to grouting. Each student will make a project to take home.

Cost: \$39 + material fee of \$20-\$45

Location: Stallings Stained Glass

Feb. 7, 14, 21 S 10:30 AM-1:00 PM

Kumihimo Bracelet

Create a simple but elegant bracelet in just 2 hours. Kumihimo is the Japanese technique of braiding strands of silk to create intricately colored cords.

Cost: \$19 + material fee \$30.

Location: Stallings Stained Glass

Feb. 7 S 1:30-3:30 PM

Mar. 7 S 1:30-3:30 PM

Stallings is located at 8011 Miller Rd., Swartz Creek
(Corner of Morrish & Miller)

Spring Break
April 6-10

Family Activities

Register Online at: <http://activenet.active.com/bendleainsworth>

Kids Cooking

K-5th Grades

Kids & parents work together in this class preparing delicious recipes while teaching them basic healthy food preparation.

Cost: \$25 + \$5 material fee (1 child & 1 adult)

Location: West Bendle Elementary

Jan. 31-Mar. 14 S 9:00-10:00 AM

(No class Feb. 14, 28)

Basketball

K-2nd Grades

Kids will learn to develop basketball skills, good sportsmanship and teamwork. It's a great opportunity for kids to have fun with mom or dad.

Cost: \$25 (1 child & 1 adult)

Location: West Bendle Elementary

Jan. 31-Mar. 7 S 9:00-10:00 AM

(No class Feb. 14)

Family Activity and Autism

Ages 5-12 Years Old

Activities will serve as a bridge between a child with autism and his environment and the people in it. These activities can increase social skills while strengthening the bond between a child and those around him. This is a parent/child activity group.

Cost: \$25 (1 child & 1 adult)

Location: West Bendle Elementary

Jan. 31-Mar. 14 S 11:00-12:00 PM

(No class Feb. 14, 28)

School Closings:

If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) on that day will be canceled also.

Health & Fitness

Register Online at: <http://activenet.active.com/bendleainsworth>

Belly Dance

Through the art of Belly Dance get a great low impact workout! Focus on isolated moves to locate, strengthen, and tone muscles.

Cost: \$45 (gold card accepted)

Location: CAHS

Jan. 26-Mar. 2	M	7:00-8:00 PM
(No Class Feb. 16)		
Mar. 9-Apr. 13	M	7:00-8:00 PM
(No Class Apr. 6)		
Apr. 20-May 18	M	7:00-8:00 PM

Meditation

The purpose of meditation is to make the mind calm and peaceful. This class is designed for the beginner who wishes to gain a clearer understanding of how meditation works. Learn the many benefits of meditation, as well as various techniques to promote greater emotional, physical and spiritual balance. Techniques can be done from a chair or laying down.

Cost: \$39 (gold card accepted)

Location: CAHS

Jan. 29-Feb. 26	TH	7:00-8:00 PM
Mar. 5-Apr. 2	TH	7:00-8:00 PM
Apr. 16-May 14	TH	7:00-8:00 PM

Tone and Flex

This class will improve flexibility, balance and endurance while incorporating yoga principles, resistance training and core strengthening. This combination class consists of cardio and relaxation techniques. (Bring mat, physioball, towel and water.)

Cost: \$40 (gold card accepted)

Location: BMS (Media Center)

Jan. 27-Feb. 24	T	6:00-6:45 PM
Mar. 3-31	T	6:00-6:45 PM
Apr. 14-May 12	T	6:00-6:45 PM

Gentle Yoga

Gentle Yoga improves strength, flexibility and balance. Explore techniques for standing, floor postures, breathing and relaxation. The pace is gentle, comfortable and suitable for all levels of yoga.

Cost: \$35 (gold card accepted)

Location: CAHS (Media Center)

Jan. 28-Feb. 25	W	6:00-7:00 PM
Mar. 4-Apr. 1	W	6:00-7:00 PM
Apr. 15-May 13	W	6:00-7:00 PM

Indoor Walking

Walk in the warmth and comfort of our building with family and friends. Sign in at front door office.

Cost: FREE

Location: CAHS

Jan. 26-Mar. 20	M/W	6:30-7:30 PM
(No Walking Feb. 16)		

Zumba

An invigorating and fun way to dance your way to a fitter you! Mingle Latin moves with American influences to the sounds of toe tapping, hip bumping Latin rhythms. Fun for all ages and fitness levels.

Cost: \$45 (gold card accepted)

Location: CAHS

Jan. 26-Mar. 2	M	6:00-7:00 PM
(No Class Feb. 16)		
Mar. 9-Apr. 13	M	6:00-7:00 PM
(No Class Apr. 6)		
Apr. 20-May 18	M	6:00-7:00 PM

Zumba Step

Our goal is to lose weight, get fit and have fun dancing. We combine the awesome toning and strengthening power of step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor. Zumba Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.

(Bring your own step)

Cost: \$45 (gold card accepted)

Location: BMS

Jan. 27-Feb. 24	T	6:00-7:00 PM
Mar. 3-31	T	6:00-7:00 PM
Apr. 14-May 12	T	6:00-7:00 PM

Zumba Toning

Zumba Toning combines the enticing international rhythms of Zumba with strength-training techniques. Avoid age-related bone loss, boost muscle strength, accelerate mobility, posture, coordination and cognition. Zumba sticks available through instructor (water bottles will also work).

Cost: \$45 (gold card accepted)

Location: CAHS

Jan. 29-Feb. 26	TH	6:00-7:00 PM
Mar. 5-Apr. 2	TH	6:00-7:00 PM
Apr. 16-May 14	TH	6:00-7:00 PM

Line Dancing-Beginner

Line dancing is not just Country-Western anymore. We dance to all types of music. Line dancing promotes good health through physical activity while having fun. It is fun exercise for everyone—no equipment is needed. This basic line dance class is designed with the beginner in mind and will prepare the student to move further into the art form. New Instructor.

Cost: \$45 (gold card accepted)

Location: CAHS

Jan. 26-Mar. 9	M	6:00-8:00 PM
(No Class Feb. 16)		

Registering Online

Requires a Non-Refundable
Convenience Fee

Computers

Register Online at: <http://activenet.active.com/bendleainsworth>

Introduction to Computers

Master the basics of your Windows application.

Cost: \$69 (gold card accepted)

Location: CAHS

Jan. 26, 28, Feb. 2, 4 M/W 6:00-8:00 PM
Feb. 12, 19, 26, Mar. 5 TH 6:00-8:00 PM

Information Management

Be competent in saving your information and knowing the difference between a file and a folder.

Prerequisite: Intro to Computers

Cost: \$59 (gold card accepted)

Location: CAHS

Feb. 9, 11, 18 M/W 6:00-8:00 PM
(No class Feb. 16)
Mar. 12, 19, 26 TH 6:00-8:00 PM

Microsoft Word I

Comprehend basic word processing skills.

Prerequisites: Intro to Computers and IM

Cost: \$59 (gold card accepted)

Location: CAHS

Feb. 23, 25, Mar. 2 M/W 6:00-8:00 PM
Apr. 16, 23, 30 TH 6:00-8:00 PM

Microsoft Word II

Employ intermediate/advanced word processing skills.

Prerequisites: Word I

Cost: \$59 (gold card accepted)

Location: CAHS

Mar. 4, 9, 11 M/W 6:00-8:00 PM

Microsoft Excel I

Discover basic spreadsheet skills!

Prerequisites: Intro. to Computers, I.M., Word I

Cost: \$59 (gold card accepted)

Location: CAHS

Mar. 16, 18, 23 M/W 6:00-8:00 PM

Internet Basics 101

Learn how to use the Internet, web browsers, search engines, access URL's, free email, instant messaging, online safety and social networking sites.

Prerequisite: Beginning computer skills.

Cost: \$59

Location: BMS

Mar. 3, 10, 17 T 6:00-8:00 PM

One-On-One Training

Private computer instruction can be scheduled at our computer lab or your place of business. Introduction to Computers, Information Management, Word, Excel, Access, PowerPoint and Publisher.

Cost: \$39/hour (minimum 2 hours)

Blogging Basics

Blogging is a fun way to share your passions with the world. You can start a blog on virtually any topic and have it read by millions of people with just the click of a mouse! In this course you will learn how to get started with a blog, the best platforms to use, and how to use your blog to make money.

Prerequisite: Beginning computer skills and Internet Basics

Cost: \$49 (gold card accepted)

Location: CAHS

Mar. 16, 18, 23, 25 M/W 6:30-8:00 PM

Digital Publishing 101

How to Publish Your Own EBook

Did you know that you can publish books online for digital devices? Ebooks or digital publishing is creating a revolution in the book industry. Learn how to publish your own book and build your own digital publishing company.

Cost: \$39 (gold card accepted)

Location: CAHS

Feb. 2, 4 M/W 6:00-7:30 PM

Online Business Basics

You will learn how to start and run your own profitable online business. You will learn the tools and strategies needed to succeed in online business. Prerequisite: Beginning computer skills and Internet Basics

Cost: \$49 (gold card accepted)

Location: CAHS

Feb. 4, 9, 11 M/W 6:30-8:00 PM

Digital Photography 101

Get more from your digital camera with this beginner course. Explore uploading images and manipulating them, basic composition and lighting tips, printing, creating slideshows and burning to disc. (We will be working with your "Point and Shoot" cameras; however, any digital camera is acceptable, e.g. DSLR.) Bring camera, memory stick & manual.

Prerequisite: Beginning computer skills.

Cost: \$59 (gold card accepted)

Location: CAHS

Apr. 13, 15, 20 M/W 6:00-8:00 PM

Online Boutique/Store

Learn how to cost effectively start, find suppliers, market and integrate with social media your own online boutique or store.

Cost: \$39 (gold card accepted)

Location: CAHS

Feb. 23, 25 M/W 6:00-7:30 PM

Computers Continued

Register Online at: <http://activenet.active.com/bendleainsworth>

Computer Troubleshooting

Having problems with your computer? This course will run you through the basics of troubleshooting your computer including safety tips, useful tools and solving the most common problems.

Cost: \$59 (gold card accepted)

Location: CAHS

Mar. 2, 4, 9, 11 M/W 6:00-8:00 PM

Computer Maintenance

Clean Out & Speed Up

Learn how to clean up your own computer. From backups and updates to getting rid of toolbars and cleaning out the inside of a dusty PC. The best software to use on a Windows machine will also be discussed. Bring your own laptop if you have one.

Cost: \$39 (gold card accepted)

Location: CAHS

Mar. 25, 30 M/W 6:00-8:00 PM

Build Your Own Computer I

Ever considered building your own PC? This instructional class will cover what you need to know including a rundown of parts and purchasing components.

Cost: \$29 (gold card accepted)

Location: CAHS

Feb. 2, 4 M/W 6:00-8:00 PM

Build Your Own Computer II

This class is a follow up class to Build Your Own Computer I. This course will walk you through putting together your own machine. You will supply the parts and the operating system and put it all together in class.

Cost: \$49 (gold card accepted)

Location: CAHS

Feb. 9, 11, 18 M/W 6:00-8:00 PM
(No Class Feb. 16)

Education To Go

Online Education, Certification and Enrichment

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. Complete any of these courses entirely from your home or office and at any time of the day or night.

Business

Grant Writing
Designing Effective Websites
Learn to Buy and Sell on eBay
Starting a Consulting Practice
Pet Sitting Business
And Much More...

Law and Legal

Career as a Paralegal
Criminal Law
Real Estate Law
Workers' Compensation
And Much More...

Writing and Publishing

Screenwriting
Writing Fiction
Breaking Into Sitcom Writing
Writing for Children
Travel Writing
And Much More...

Technology

PC Security
Networking
Database Development
Visual Basic
And Much More...

Visit our website
for more information at
www.ed2go.com/bcacommed

Test Preparation

GED Test Preparation
LSAT Prep
SAT/ACT Prep
And Much More...

Healthcare & Medical

Become a Physical Therapy Aide
Veterinary Assistant
Certificate in Gerontology
Optical Assistant
Pharmacy Technician
Medical Coding
And Much More...

Computer Applications

Photoshop
Dreamweaver
Flash
InDesign
Flash
WordPress
And Much More...

Teaching and Education

Teaching Adult ESL/EFL
Creating a Classroom Web Site
Homeschool With Success
Differentiating K-12 Assessments
Classroom Discipline
SMART Boards
And Much More...

Online Sessions Beginning Dates:

Jan. 21, 2015, Feb. 18, 2015, Mar. 18, 2015, Apr. 15, 2015, May 20, 2015, June 17, 2015, July 15, 2015

Youth

Register Online at: <http://activenet.active.com/bendleainsworth>

Karate

Ages 3 thru Adult

Cost: \$25

Location: CAHS

Feb. 5-Mar. 26 TH 6:00-7:00 PM

Location: **South Bendle**

Feb. 3-Mar. 24 T 6:30-7:30 PM

Youth Basketball League

Grades 3 through 8th

Cost: \$55

Location: CAMS

Practices start the week of Feb. 2

Games Saturdays starting Feb. 21

*Physical required.

**Volunteer coaches needed.

Registration Deadline: January 23rd

Fairy Tale Ballet

Ages 3-4 Years Old

Class includes introduction to ballet, use of props, creative dancing and improvisation, telling stories through dance.

Cost: \$55

Location: Young People's Ballet Theatre

Jan. 14-Feb. 18 W 5:00-5:45 PM

Jan 16 - Feb 20 F 5:00-5:45 PM

Dancin' Fun

Ages 5-6 Years Old

Class includes introduction to ballet, use of props, creative dancing and improvisation, introduction to jazz and musical theatre dance.

Cost: \$55

Location: Young People's Ballet Theatre

Jan. 14-Feb. 18 W 5:45-6:30 PM

Jan 16 - Feb 20 F 5:45-6:30 PM

Introduction to Ballet

Ages 7-9 Years Old

Students will learn the fundamental principles of classical ballet technique, develop proper alignment, learn choreography and improvisation techniques.

Cost: \$65

Location: Young People's Ballet Theatre

Jan 16 - Feb 20 F 5:45-6:30 PM

****Dance classes held at
Young People's Ballet Theatre
5251 Commerce Dr.**

Baseball

7-13 year olds

May 26-July 9

Cost: \$65 includes Shirt & Hat

\$85 includes Shirt, Hat, Pants & Helmet

Games at CAMS on Tues & Thurs

Practice locations vary

Players clinic Sat., May 2

Must bring physical with you if not on file with Community Education.

7-8 yr old 9:00-10:00 AM

9-10 yr old 10:15-11:30 AM

11-13 yr old 11:45 AM-1:00 PM

**Volunteer Coaches needed.

Registration Deadline: May 15th

TeeBall

Ages 3 to 6 Year Olds

Sat. May 9 thru June 20

3-4 Yr Old 10:00-11:00 AM

Cost: \$35 Fee includes shirt and hat

Location: CAHS

Sat. May 9 Thru June 20 + 2 Mondays

4-5 Yr Old 11:30 AM-12:30 PM

Cost: \$45 Fee includes shirt and hat

Location: CAHS

Parent Meeting for Tee Ball May 2nd

3-4 Yr Old 10:00 AM

5-6 Yr Old 11:30 AM

CAMS Cafe

Registration Deadline: May 1st

Additional classes will be offered:

K-2 Basketball

Bingo Pizza Night

Preschool/Prek 2015-2016

School Closings:

If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) on that day will be canceled also.

For more information and to register for classes call
810-591-3600

*Bendle/Carman-Ainsworth
Community Education*



2015 Winter/Spring Catalog

Carman-Ainsworth
Community Schools
G-3475 W. Court Street
Flint, MI 48532

PRSR STD
U.S. POSTAGE
PAID
Permit No. 91
Flint, Michigan

ECRWSS
Residential Customer

*All courses are open for
anyone to attend!*

Youth Enrichment

810-591-3600

Adult Enrichment:

810-591-4160

Registration Website:

<http://activenet.active.com/bendleainsworth>

Catalog posted on school websites—

www.carman.k12.mi.us

www.bendleschools.org