

## Become Tech Savy

### COMPUTER 101

This is a beginner class – a slower paced, step-by-step program with an overview of computers and related components, using a mouse and navigating Windows. Basic Internet use, search engines and common websites will be covered. Students in Kyle Beane's class will receive an introduction to Microsoft Word and other Office programs. We've taught hundreds of persons to feel comfortable with a computer – you will, too!

Monday, February 6 & Wednesday, February 8  
6:00 PM – 7:30 PM  
Rolland-Warner Middle School/Computer Lab  
\$30

### COMPUTER 102

A follow up to Computer 101, Kyle Beane's second of two offerings covers creating, saving and organizing files. Practice your skills and use additional toolbar features to create documents. Further use of Word and simple home office/business introductions will be included.

Monday, February 13 & Wednesday, February 15  
6:00 PM – 7:30 PM  
Rolland-Warner Middle School/Computer Lab  
\$30 or Enroll in both 101 & 102 for \$50!

### AFTER 101 & 102 – MORE COMPUTER KNOWLEDGE

This class with our excellent instructor Kyle Beane follows a natural progression for general use of your computer. How do I utilize the programs available and what do I really need to know to maximize use of my machine? This is not a class for business use – it's designed for full enjoyment and total utilization of your home computer. Course is repetitive with a slower presentation to enhance and reinforce your skills.

Monday, February 20 & Wednesday, February 22  
6:00 PM – 7:30 PM  
Rolland-Warner Middle School/Computer Lab  
\$30

### THE INTERNET HIGHWAY

The Internet is no longer a novelty. It is a major part of our daily lives and a necessity for information and communication. Join instructor Kyle Beane and learn to get the most from the Web. Learn to quickly find information, change your starting page, save and organize "favorites", how to track and erase your "history", how to copy pictures from web pages and much more. We will discuss the pros and cons of online purchasing and the mystery of "cookies". Wouldn't you like to eliminate those annoying pop-up ads? This is an easy and informative class – registration limited – sign up now!

Tuesday, February 21  
6:00 PM – 8:00 PM  
Rolland-Warner Middle School/Computer Lab  
\$30

## Youth & Community

### JUNIOR GOLF LESSONS

Your child can learn all about golf! Whatever skill level, with our individually-based teaching method, those skills will improve. Just starting the very basics and this is your first class? We do that, too! Professional instructors cover grip, stance, swing fundamentals and the basics of the long game (driver and irons) and short game (pitching, chipping and putting). Kids have fun learning a life-long game. All equipment, including top-of-the-line junior golf clubs and indoor balls provided for use during class. Instructed by pros from the After-School Golf Academy, sessions accommodate youth ages 5 - 16. Lessons held at Rolland-Warner Middle School, 333 DeMille Road, Lapeer. Class size is limited – register now! Please indicate whether student is left or right-handed.

Thursdays, March 1, 8, 15 & 22  
6:00 PM – 7:00 PM  
Rolland-Warner Middle School Gym  
\$60

### SUPER BABYSITTER

Instructor Gloria Sherman, Love & Logic instructor and Middle School Counselor, and super sitter students both boys and girls age 12 and older discuss important safety issues, first aid, nutritious snacks, diapering, bottle preparation and fun-filled games in this two-week course. Let us help you develop your advertising technique and determine what wage to charge, too.

Tuesdays, February 28 & March 6  
6:30 PM – 8:30 PM  
Rolland-Warner Middle School  
\$20 or 2 students for \$30 (includes Certificate of Completion)

### LET'S GO ROLLER SKATING!

Watch for our super, fun-filled cooperative skate nights at Lapeer Skating Center, 2100 N. Lapeer Road, Lapeer. Cool music, games, and lots of fun! Bring all your friends! More info will be coming in "take-home" flyers.

### COMMUNITY WALKING, NOVEMBER - MARCH

Our FREE winter walking program is in session! Join us at Lapeer West on Monday through Thursday nights, 5:30 PM – 7:30 PM, as we walk for fitness and fun! Our quick registration is easily completed the first night you attend. ALL walkers will wear a name badge (provided) while walking. Children under age 16 must walk with an attending adult. SORRY, no power walking, running or jogging. No strollers with extended or single wheels. Please enter the high school using the door by the band room. No walking on "snow days". If school closes earlier in the day due to inclement weather, the walking program is cancelled. The walking program concludes on Thursday evening, March 29, 2012.

NOTE: Please do not call Lapeer West regarding this program. Questions can be directed to our enrichment office at (810) 538-1638.



## Just for Girls

### “FRIEND OR FOE”

This Workshop is about the Do’s and Don’ts of real friendship. The girls will make a Friend or Foe Kit to represent the “do’s and don’ts” and learn how true friends treat each other and also how to deal with an enemy. This Workshop strongly focuses on decision-making skills.

Session 1 Workshop for girls ages 6 and 7  
Monday, February 13 – 6:30 PM - 7:30 PM

Session 2 Workshop for girls ages 8 and 9  
Monday, February 27 – 6:30 PM - 7:30 PM

Rolland-Warner Middle School  
\$10 or 2 students for \$15

### “THE BUBBLE”

Just being YOU is one of the biggest challenges each of us face in life. Girls will learn that they give power away when they let others make them feel bad about themselves or are mean to others because someone was mean to them. Why do we give in to peer pressure? We incorporate decision-making skills into our presentation and reinforce development of self-esteem and confidence.

Session 1 Workshop for girls ages 8 and 9  
Wednesday, February 8 – 6:30 PM - 7:30 PM

Session 2 Workshop for girls age 10, 11 and 12  
Thursday, February 9 – 6:30 PM - 8:00 PM

Rolland-Warner Middle School  
\$10 or 2 students for \$15

### “PICK A STICK”

This workshop for ages 8 and 9 teaches different responses they can choose in any conflict situation. Social interactions are discussed as well as the five roles often played in social circles: the Mean Girl, the Bystander, the Doormat, the Instigator, and the Empowered Girl. Participants will learn both the positive and negative impact of their actions. We’ll learn how what we do impacts our own self-esteem. Decision-making skills are an integral learning portion of this presentation.

Wednesday, March 7 – 6:30 PM - 7:30 PM  
Rolland-Warner Middle School  
\$10 or 2 students for \$15

## Registration Information for Enrichment Classes

**Note:** All adult and youth classes must have pre-registration. When school is closed in the morning or dismissed early for inclement weather, enrichment classes are automatically cancelled. Classes will be rescheduled if possible.

**Call** (810) 538-1601 to register with Visa, MasterCard or Discover

**Mail-in** your registration with your check for payment of classes.

**Walk-in** to register with cash, check or credit card

**Mail or walk in to:** Lapeer Community Schools, Administration & Services Center  
250 Second Street, Lapeer, MI 48446

**Have Questions?** Call (810) 538-1638

Name of Class: \_\_\_\_\_ Price of Class: \$ \_\_\_\_\_

Dates of Class: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

First & Last Name: \_\_\_\_\_

Name of Parent (for youth classes): \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

## Healthy Living

### CINDY’S SENIOR FITNESS

Join super-instructor Cindy Headrick’s class and workout with old friends and new friends, too. Do your movements and stretches correctly and get more healthy living and eating tips! Lots of fun and laughter, too!

Mondays and Wednesdays, 2:45 PM – 4:15 PM  
January 16, 18, 23, 25, 30, February 1, 6, 8, 13, 15, 22, 27, 29,

March 5, 7, 12 14  
Community High School at Cramton  
1220 Lake Nepessing Road, Lapeer/Gym  
\$75 or \$55 with a Lapeer Gold Card

### TAI CHI (Korean Martial Arts Studio)

Tai Chi is a slow, graceful and rhythmic exercise, which originated in China. It is often referred to as meditation in movement or swimming in air. It combines deep breathing, relaxation, concentration and slow, structured, gentle movement to exercise the body, the mind and to strengthen one’s internal energy. Wear warm socks or Tai Chi shoes and comfortable clothes. Taught by Eric Scott, 22 years experience.

Tuesdays, January 3, 10, 17, 24, 31, February 7, 14, 21 OR  
Tuesdays, February 28, March 6, 13, 20, 27, April 3, 10, 17, 24  
6:30 PM – 7:30 PM  
Korean Martial Arts Studio, 935 Baldwin Road, Lapeer \$80

### YOGA (Korean Martial Arts Studio)

This class will work on discovering how movement and breath, working together, will help open tight spots in the body. You may end up discovering some areas that haven’t moved in years. This class will help bring balance to the body and is for all fitness levels. Bring your own mat and wear comfortable clothes. Taught by Chris Duncan, RYT 10 years Astanga Yoga.

Thursdays, January 5, 12, 19, 26, February 2, 9, 16, 23 OR  
Thursdays, March 1, 8, 15, 22, 29, April 5, 12, 19  
6:00 PM – 7:30 PM  
Korean Martial Arts Studio, 935 Baldwin Road, Lapeer \$80

### WOMEN’S ONLY WORKOUT

Good for beginners all the way to advanced. Taught by certified Black Belt Instructors.

Wednesdays (6:00 PM – 7:00 PM)  
and Fridays (6:30 PM – 7:30 PM)  
January 4 through March 9  
OR  
March 14 through May 18  
Korean Martial Arts Studio, 935 Baldwin Road, Lapeer \$80