

# FISD Community Education

## Fall 2017 Adult & Adolescent Class Schedule

ONLINE REGISTRATION AND PAYMENT AVAILABLE

August 21 at 9 am

<https://fisd.revtrak.net/tek9.asp>



**All classes are held at the Friendswood High School unless otherwise noted**

**Babysitting (11-15) BS01 Saturday 9-4 pm 11/4 \$90**  
*T. DiFruscio, A. DiFruscio, Oxygen & Iron - American Red Cross Certification.* Jump into a one-day course to learn the “ins and outs” of babysitting! This course prepares youths ages 11 through 15 with the training every parent wants in a babysitter: safety, basic childcare, safe play, first aid/critical emergency skills and leadership! Students should wear comfortable clothing and bring a sack lunch with drink. Classes held in the FISD Annex Training Room, 402 Laurel Drive.

**Basic Nutrition/Digestive Health BN01 T 6:30-8 pm 9/26 \$25**  
*Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center* – Let’s talk about Basic Nutrition and how it affects our health. In this ninety minute presentation, we will also cover the topic of Digestive Health, including issues such as IBS, Heartburn, Crohn’s Disease, etc.

**Beginner Bridge BB01 TH 6:30-9 pm 9/21-11/16 \$65**  
*P. Harley – American Contract Bridge League Accredited Teacher* - Learn the basics of contract bridge bidding, play of the hand and scoring. This 9 week course is designed for beginners and those who have not played bridge for years. A relaxed and fun way to learn bridge by playing with cards on the table and not blackboards and lectures. Topics include opening bid and responses; planning the play; and the two most popular conventions- Stayman and Jacoby Transfers. You will be purchasing 2 books in the Audrey Grant’s Bridge Basics series for (\$14 total) in addition to the cost of the class. (No class on 11/9)

**Bridge Intermediate BI01 M 10-12:30 am 9/18-11/13 \$65**  
*P. Harley – American Contract Bridge League Accredited Teacher* Learn intermediate topics of contract bridge— competitive bidding and slam bidding. This 9 week course is designed for players with some experience. A relaxed and fun way to learn bridge by playing with cards on the table and not blackboards and lectures. Topics include Weak-2 bids, pre-emptive bidding, overcalls, doubles, strong opening bids, and the two popular slam bidding conventions—Blackwood and Gerber. You will be purchasing a book in the Audrey Grant’s Bridge Basics series for (\$7) in addition to the cost of the class. (No class on 11/6) This is a morning class held at the Annex.

**Bridge Supervised Play**      **BS01**      **T**      **6:30-9 pm**      **9/19-11/14**      **\$65**  
*P. Harley – American Contract Bridge League Accredited Teacher and T. Boyd.* A mini-lesson (15 to 20 minutes) is followed by supervised play. You play a minimum of eight hands each week, with ample time for analysis and discussion. There will be a focus on planning and counting. An optional Bridge at a Glance booklet is available for \$5.  
 (No class on 11/7)

**College Prep**      **CP01**      **T**      **7-9 pm**      **10/3**      **\$25**  
*J. Brand, Brand College Consulting* - SAT or ACT – Class will discuss the difference between the two tests, the recent changes, essay requirements, average test scores for several colleges and how to prepare. Testing timeline for juniors along with recommendations for test prep strategies and skills will be distributed. Class is ideal for juniors and their parents, but also open to sophomores.

**Comedy Driving Inc.**      **CD01**      **Online *but not ed2go***  
*Comedy Driving Staff* - ComedyDriving.com is the #1 driving safety course provider in Texas. We have the lowest cost for driving safety classes allowed by the state of Texas, and offer the course in a convenient and fun fashion. We have three types of courses, which include online, mobile, and 5 physical classroom locations around the Houston area. Any of these classes can be used for ticket dismissal and insurance rate reductions, and each class is state approved by the Texas Education Agency (TEA) and Region XIII for any court in Texas. If you have any questions or concerns about the class, whether online or in person, just contact us for assistance; Comedy Driving offers customer support 24 hours a day, 7 days a week. Go to the FISD website, find Community Education under Departments and click on Defensive Driving to register.

**Dinner is Served**      **DS01**      **TH**      **6-8:30 pm**      **10/19**      **\$60**  
*N. Burke* – Come and have fun cooking together! Make a pan of delicious homemade lasagna and scrumptious pear cake to take home and feed your family.

**Edible Thanksgiving Centerpiece**      **ET01**      **TH**      **6-8:30 pm**      **11/16**      **\$50**  
*N. Burke* – Join us in creating a beautiful chocolate centerpiece! Make a 3D cornucopia or pumpkin for your Thanksgiving meal.

**Everything Parents Need to Know to Prepare for College**      **CP02**      **T**      **7-9 pm**      **9/26**      **\$25**  
*J. Brand, Brand College Consulting* - College Financial Aid and Scholarships – Class will discuss FAFSA changes and how it affects current high school students and families, how to maximize scholarship and financial aid changes, how to find the “right” colleges that offer the most generous awards packages, and strategies for finding scholarships.

**First Time Home Buyers**      **HB01**      **F**      **6-9 pm**      **10/27**      **\$20**  
*A. J. Culembourg* - We will walk you through everything you need to know when planning to purchase your first home! What things you need to consider before you begin the process, the steps of the sale and home ownership! A lender will be on hand to go over preapproved requirements and programs and grants that may benefit first time home buyers as well.  
***Class held at Stanfield Properties, 807 S. Friendswood Drive.***

**Genealogy Research**      **GR01**      **T**      **7-8:30 pm**      **10/10-10/24**      **\$20**  
*G. Gregory and N. Royce* – G. Gregory and N. Royce - Whether you are just starting to research your family history or are a seasoned researcher, come discover and practice searching records, building trees and sharing memories on FamilySearch.org, a free online resource accessible from home. Learn tips to effectively search and filter information to find your ancestors in various types of records including census, military, newspapers, land, court, immigration, family and local history books. Discuss several ways to save, preserve, and share the information found. You are welcome to bring your family history information, laptop, or mobile device for use during class. Free WiFi is available. ***This class will be held at the Friendswood Public Library Community Room at 416 S. Friendswood Drive.***

**Growing Old Without Going Broke**      **GO01**      **T**      **7-8:30 pm**      **10/10**      **\$20**  
*Hegwood Law Group, PLLC* - **Get answers to the questions you are afraid to ask.** Discover the estate planning basics every adult in Texas MUST know to protect assets, children, pets and end-of-life wishes following their death or incapacity. Families often worry that the assets they have worked so hard for could be gone in a matter of months at the hand of a nursing home facility, and rightfully so. Learn how to plan for the second half of life and learn what assets are exempt in the first place and how to hold on to those assets that are not. Wills, Probate, and Elder Law will be discussed.

**Heart Health/Stress & Fatigue HH01 T 6:30-8 pm 10/17 \$25**

*Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center* – During this 90 minute session we will discuss Heart Health, focusing on Cholesterol, heart problems and high blood pressure. Stress and fatigue will be addressed at length as well.

**Holiday Chocolate HC01 TH 6-8:30 pm 12/14 \$50**

*N. Burke* – Are you a Chocolate Lover?! Have fun working with a group to create beautiful edible masterpieces. Make Belgium Chocolate Barks and hand painted Oreo cookies perfect for holiday gifts.

**Karate (5-12) KA01 TH 6:30-7:30 pm 9/14-12/7 \$50**

*B. Gray* - Learn techniques in art, sport, self-defense and self-confidence in American Karate. Includes kidnap prevention and awareness. UNIFORMS are REQUIRED and may be purchased for \$30 (cash only, please) at the class. Registrations accepted the first three weeks. You may try the first class free before you sign up.

*Meets in the Bales Cafeteria.*

**Karate (13-70) KA02 TH 7:30-8:30 pm 9/14-12/7 \$50**

*B. Gray* - Learn techniques in art, sport, self-defense and self-confidence in American Karate. Includes kidnap prevention and awareness. UNIFORMS are REQUIRED and may be purchased for \$30 (cash only, please) at the class. Registrations accepted the first three weeks. You may try the first class free before you sign up.

*Meets in the Bales Cafeteria.*

**Real Estate Investing RE01 F 6-9 pm 11/3 \$20**

*A. J. Culembourg - 101 things you need to know.* Have you been thinking of investing in Real Estate? It's time to soak up as much as you can! Our panel that night will include myself, a local lender, tax consultant and other investors. Some of the topics include: commercial properties; real estate flipping; long term rentals/holding long term; vacation rentals; furnished short term rentals; calculating return on investment; foreclosures; short sales; 1031 exchange and tax auctions.

*Class held at Stanfield Properties, 807 S. Friendswood Drive.*

**Watercolor Art Class – A WC01 TH 6:30-8 pm 9/21-10/19 \$100**

**Watercolor Art Class – B WC02 TH 6:30-8 pm 11/9-12/14 \$100**

*L. Marx* - This is a beginner class. This course provides a basic understanding of how to paint successfully with watercolors. Explore how to mix watercolors and apply pigment to paper. Learn the effects that can be achieved using fun easy techniques to create your own individual watercolor painting. *Supplies included*

**Writing Your Memoir WM01 T 7-9 pm 9/19-10/24 \$60**

*S. Peirce* – Don't let your stories be lost to time! In this 6 week course, writing exercises will help you unearth and explore characters, plots and themes as you organize your memories. Let's have fun while preserving history! All levels of writers welcome!

**Yoga YO01 T 6:30-7:30 pm 9/26-10/31 \$65**

*A. Bendixen* – A six week course for beginners and anybody interested in brushing up on fundamentals based on the ancient practice of Hatha Yoga, with attention to proper alignment of the body and the deeper layers of yoga. The intention is to bring balance, strength, improved flexibility and calmness to the practitioner. This class includes instruction in pranayama (breathing practices), basic asana (yoga postures), vinyasa (flow yoga), restorative yoga and basic meditation. *Please bring a yoga mat and water to class.*

**Tennis A (5-13) T 01 M 3:40-4:40 pm 9/11-10/9 \$100**

**Tennis B (5-13) T 02 M 3:40-4:40 pm 10/16-11/13 \$100**

**Tennis C (5-13) T 03 M/W 3:40-4:40 pm 11/27-12/11 \$100**

*S. Bouis* - Great instruction in tennis from a top professional. Develop tennis strokes and promote match play with strategic purpose. Racquets discussed at first class; bring yours if you already have one. Classes with less than 10 students will be combined with other classes on same dates. These camps located at the old junior high tennis courts on Woodlawn. In case of rain, report to the next scheduled class. No restrooms available. Contact instructor for additional information, 281-250-9448. *All classes meet 5 times. Tennis WILL be taught on Professional Development Days.*



FISD provides equal educational opportunities and does not discriminate against any person on the basis of race, color, religion, national origin, sex or handicap.

## Office Hours are T/W/TH, 8 am-12 pm, August 22-December 21

\*Register Online at <https://fisd.revtrak.net/tek9.asp>

\*Register in person at the Community Ed Office, T/W/TH - 8 am-12 pm, 402 Laurel Dr.

\*Register in person at the Admin Bldg. M-F - 8 am-4:30 pm, 302 Laurel Dr.

\*Mail registrations to: Friendswood ISD Community Education, 302 Laurel Dr.

**Community Ed is looking for new instructors. Are *You* Interested?** Do you have a talent or skill you'd like to share? We're always interested in new ideas. Call the Community Education Office at 281-482-6000 for information, applications and recommendations. Our goal is to bring people together who want to share learning experiences with one another. Residence in Friendswood is *not* required to take or teach our classes.

### ADULT REGISTRATION FORM

Please make checks payable to:  
Friendswood Community Education  
302 Laurel Drive, Friendswood, TX 77546

Office Use Only:  
Check \_\_\_\_\_  
Cash \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Course Code: \_\_\_\_\_ Course Name: \_\_\_\_\_ Fee \$ \_\_\_\_\_

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Age (Circle Group): 13-17      18-21      22-35      36-64      65+

LIABILITY RELEASE: I hereby release Friendswood ISD, its agents, employees, independent contractors and volunteers from all responsibility in case of illness, injury, accident, or other loss.

**I understand I will be notified only if a class is full or canceled.**

\*Signature \_\_\_\_\_ Date \_\_\_\_\_ \*E-mail \_\_\_\_\_