

FISD Community Education

Adult & Adolescent Classes

Spring 2018

ONLINE REGISTRATION AND PAYMENT AVAILABLE

January 9 at 9 am

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



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

JANUARY

Adrenals **AD01** **W** **6-7 pm** **1/24** **Free**
*Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – In today’s hectic, fast-paced world, most of us have experienced anxiety, stress, and fatigue at some time. Did you know that your nutrition can directly impact how you and your body cope with these inevitable factors? Dr. Serge Gregoire will present natural solutions to creating a resilient mind and body, so you’re equipped to perform at your peak - always! **This class will be held at 106 Pecan Dr. Friendswood, 77546.***

Karate (13-70) **KA02** **TH** **7:30-8:30 pm** **1/11-3/29** **\$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.***

Tennis for Adults –A (14 & up) **TA01** **M** **7-8 pm** **1/22-2/19** **\$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. **These camps located at 2555 West Eldorado Friendswood, 77546.** 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.**

FEBRUARY

Artful Game Design (Jr. High) AR01 TH 4-5:30 pm 2/8-4/5 \$120
The Art School at UHCL This semester students will be inspired by the exciting world of gaming! Students will create a pixel origami sculpture, design their own trading cards using printmaking techniques, make game pieces out of clay, and assemble their own game board! Students will have 8 class sessions, and all supplies are included.
This class is for grades 6-8. This class will be held at Friendswood JH.

Babysitting (11-15) BS01 M 9-4 pm 2/19 \$90
T. DiFruscio, A. DiFruscio, Oxygen & Iron - American Red Cross Training & 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 Tr. Room, 402 Laurel Drive*

Backyard Beekeeper BB01 TH 7-9 pm 2/8-4/19 \$90
H. Rogers – Advanced Master Beekeeper. Become a backyard beekeeper – beekeeping is fun, interesting, and rewarding in many ways. This class starts with a general introduction about why we keep bees, and to fast track you to enjoy your own bees in the spring. Classes progress through all aspects of beekeeping, including equipment, bee behavior, pests and diseases, seasonal maintenance, and apiary inspections. By the end of class you could have your own active hives and hopefully even a honey harvest this year! (No Class on 3/15)

College Prep - A CP01 T 7-9 pm 2/13 \$25
J. Brand, Brand College Consulting - Picking the Right Courses and Electives for Next School Year - Learn the importance of course selection as it pertains to admissions chances, and SAT/ACT scores. Discussion will include an overview of graduation requirements and endorsements, typical 4 year plans, and differences between AP and Dual Credit. Class would be most useful for students in 8th-11th grades and their parents.

College Prep - B CP02 T 7-9 pm 2/27 \$25
J. Brand, Brand College Consulting - SAT or ACT- Class will discuss the differences between the two tests, the 2016 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.

Finding Peace in a Busy Mind FP01 T 7:30-10 pm 2/6-3/20 \$90
D. Koustrup -“Finding Peace in a Busy Mind” is a 6-week course, combining mindfulness, meditation and a bit of gentle yoga stretches. You will be introduced to mindfulness, the advantages, how it influences your brain and general well-being.. You will get meditation recordings you can listen to at home from week to week. The course is based on the 8-week evidence-based Mindfulness Based Stress Reduction (MBSR) course from Center for Mindfulness at UMass University. The teacher is an MBSR teacher, who graduated from University of Massachusetts. To learn more about the teacher and the course, go to Mindthebusymind.dk. Bring a yoga mat to class.

Heart Health/Stress & Fatigue HH01 W 6-7 pm 2/28 Free
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – During this 60 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. This class will be held at 106 Pecan Dr., Friendswood, 77546.

Tennis for Adults - B (14 & up) TA02 M 7-8 pm 2/26-4/2 \$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. **These camps located at 2555 West Eldorado Friendswood, 77546.** In case of rain, report to the next scheduled class. No restrooms available. Contact instructor for additional information, 281-250-9448*

MARCH

Basic Nutrition/Digestive Health **BN01** **W** **6-7 pm** **3/21** **Free**
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 60 minute presentation, we will also cover the topic of Digestive Health, including issues such as IBS, Heartburn, Crohn’s Disease, etc. ***This class will be held at 106 Pecan Dr. Friendswood, 77546.***

Genealogy Research **GR01** **T** **7-8:30 pm** **3/20-4/3** **\$20**
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.***

Introduction to Online Marketing **IM01** **M** **12-1 pm** **3/5-4/2** **\$40**
K. Millsap - **SEO, Facebook Ads, & Adwords** - Gain an overview of online marketing and search engine optimization, so that you can go beyond the “Boost a Post” Button on Facebook, and learn how to get the most out of your advertising online, both paid and organic. Discover the power of social media marketing to more effectively build your business reputation online. Develop a deeper understanding of how the pieces fit together to help you get the best results and biggest impact for your time and money, whether doing it yourself or outsourcing to an agency. ***This class will be held at the Friendswood Public Library Community Room at 416 S. Friendswood Drive.***

APRIL

Hormones **HO01** **W** **6-7 pm** **4/18** **Free**
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – Suffering from the negative effects of PMS, menopause, and other hormonal issues doesn’t have to be tolerated! Learn how to free yourself from mood swings, hot flashes, painful periods, and more through a natural approach. Dr. Serge Gregoire will explore ways to identify and treat these common issues. ***This class will be held at 106 Pecan Dr. Friendswood, 77546.***

How to Build Your Student Resume for College **HB01** **T** **7-9 pm** **4/3** **\$25**
J. Brand, Brand College Consulting - Do you know what colleges look for in extracurricular and summer activities? Class will show students the college applications and how to prepare to compete for college admissions and scholarships, including examples of great activities, community service, and summer camps. Students will be given student resume templates. This class is for students in 8th-11th grades.

Karate Mini-Session (13-70) **KA04** **TH** **6:30-7:30 pm** **4/5-5/24** **\$45**
B. Gray - 8 weeks. - 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.***

Tennis for Adults -C (14 & up) **TA03** **M** **7-8 pm** **4/16-5/21** **\$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. **These camps located at 2555 West Eldorado Friendswood, 77546.** 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.*

Watercolor Art Class **WC01** **TH** **6:30-8 pm** **4/5-5/3** **\$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***

MAY

Anxiety **AX01** **W** **6-7 pm** **5/23** **Free**
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – \$42 billion a year is spent on anxiety treatment...Have you ever thought about going natural? Anxiety affects all ages and with varying degrees of severity. Dr. Serge will present a natural solution to this issue to help you wherever you fall in this spectrum. Come and join us. ***This class will be held at 106 Pecan Dr. Friendswood, 77546.***

College Essays **CE01** **T** **7-9 pm** **5/22** **\$25**
J. Brand, Brand College Consulting - Juniors can start college essays in May and write over the summer to be ready when college applications open in July and August. This class will review essay prompts for Apply Texas and Common Applications. Students will be shown great (and bad!) examples of essays and an overview of what colleges are looking for.

Online Courses – www.ed2go.com/fisdcomed

FISD Community Education offers over three hundred online classes via Education to Go to meet the needs of self-starters who are motivated to learn when and where the time is right! For complete information including course descriptions, fees, prerequisites, registration information, supplies, software and hardware requirements, go to: www.ed2go.com/fisdcomed. New sessions start monthly and specific starting dates vary, so check to see exactly when your course begins. **Be sure to register online or you will not be enrolled in the class.**

Here is a sampling of just a few classes offered through ed2go:

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.

Discover Sign Language **Sessions: Each Month** **Online**
J. Carmean - Starting with an introduction to the language itself, you will learn the signs for numbers and the sign alphabet so you will be able to fingerspell proper names. Then you will learn to sign phrases and expand to complete sentences, and see how to put it all together so you can introduce yourself and carry on a conversation! You will learn by watching videos that demonstrate how to make the signs and how to incorporate facial expressions to communicate in this beautiful language.

Discover Digital Photography **Sessions: Each Month** **Online**
B. Schulz – This course introduces the technology that has catapulted the photographic world in the 21st century. You will explore a broad overview of the basics of digital photography, including equipment, software and practical uses. We will discuss different types of digital cameras, from phones and tablets to digital SLRs, all of which offer a wide array of photographic options.

Accounting Fundamentals **Sessions: Each Month** **Online**
C. Messier – Learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions.

Marriage and Relationships Sessions: Each Month Online

B. Eaker Wiel, Ph.D. - **Keys to Success** – Review the basic stages every relationship goes through, and you will learn the importance of balancing your needs as an individual with your needs as a couple. You will gain key strategies for maintaining your relationship and great tips for “tune ups” that help keep love alive!

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, January 9 - May 30

*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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Course Code: _____ Course Name: _____ Fee \$ _____

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 _____