

FISD Community Education

Fall 2018

Adult & Adolescent Class Schedule

ONLINE REGISTRATION AND PAYMENT AVAILABLE

August 27TH at 9 am

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



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

SEPTEMBER

Back to School: the Road to a Good Report Card BS01 T 6:30-8:00 pm 9/11 \$20
Huntington Learning Center, Pearland – C. Justice – The class focuses on getting students, at any grade level, back into the transition of school. The class provides an overview of back to school stress for both parents and students, and 12 tips to get off to a great start. *This class is for parents of any grade level student. Annex: Training Room, 402 Laurel*

College Prep CP01 TH 7-9 pm 9/20 \$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. Held at FHS.*

Couch to 5K Running Program RP01 T 6:00-7:00pm 9/25-11/13 \$60
V. Merkys – This 5K training program is designed for people who are new to running and walking. While this program focuses on beginners, all levels of walkers and runners are welcome. Over an 8-week period, you will meet on a weekly basis with an RRCA certified running coach who will lead a group run/walk. In addition you will be provided with an 8-week training program that will further prepare you for the ultimate goal of completing a 5K. The running coach will give you guidance motivation and advice for proper nutrition, choosing the right gear, and avoiding injury. Plus, you'll have the camaraderie of others just like you! *This class will meet at Centennial Park. *Please note the program includes two other weekly run/walks done on your own. **Does not include the cost of a 5K race.*

Financial Aid for College FA01 TH 7-9 pm 9/27 \$25
J. Brand, Brand College Consulting - FAFSA opens October 1 for **seniors and their parents**. Are you prepared? Course will discuss timeline for seniors, but also what younger students and their parent can be doing to get better prepared for college expense, including an overview of university costs, financial aid averages, student loan information, and federal work-study programs. *Held at FHS.*

Intro to Lacrosse B (Grade 5-8) L02 W 5:30-6:30 pm 9/19-10/17 \$50
T. Benson – Are you ready to learn the basics of the fastest growing sport in the nation? Join our lacrosse experts to learn the fundamentals through fun drills and games. This is a *coed* class. Lacrosse equipment provided – wear tennis shoes. *Old Jr. High Lacrosse Field*

Karate (Age 5-12) KA01 TH 6:30-7:30 pm 9/13-12/6 \$50
B. Gray - 12 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 of class. Student may try the first class for FREE before they sign up. (No class on 11/22) *These classes meet in the Westwood Gym.*

Karate (Age 13-70) KA02 TH 7:30-8:30 pm 9/13-12/6 \$50
B. Gray - 12 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 of class. Student may try the first class for FREE before you sign up. (No class on 11/22) *These classes meet in the Westwood Gym.*

PSAT Pipeline A (6th - 9th Grade Parents) PP01 T 6:30-8:00 pm 9/18 \$20
Huntington Learning Center, Pearland – C. Justice – Did you know that performing well on PSATs can elevate a student’s potential for college entrance and scholarship? In this workshop we will explore how preparing for a good PSAT score can be a prediction of future college entrance SAT potential. Learn the content areas, timing, scoring and strategies of the PSAT and how to plan your pipeline to PSAT success. **You may bring your student with you if you wish.** *Held at FHS.*

PSAT Pipeline B (10th - 11th Grade Parents) PP02 TH 6:30-8:00 pm 9/20 \$20
Huntington Learning Center, Pearland – C. Justice – Did you know that performing well on PSATs can elevate a student’s potential for college entrance and scholarship? In this workshop we will explore how preparing for a good PSAT score can be a prediction of future college entrance SAT potential. Learn the content areas, timing, scoring and strategies of the PSAT and how to plan your pipeline to PSAT success. **You may bring your student with you if you wish.** *Held at FHS.*

Tennis A (5-13) T01 M 3:40-4:40 pm 9/17-10/15 \$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. **Tennis WILL be taught on Professional Development Days.**

Thyroid Issues: You May Have One and Not Even Know it! TI01 W 6-7 pm 9/26 Free
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – “*Thyroid Issues: You May Have one and Not Even Know it!*” – As many as 59 million Americans suffer from a thyroid problem, but the majority don’t even know it yet. When your thyroid doesn’t work, it can affect almost every aspect of your health: Hair and skin changes, bowel problems, muscles and joint pain, cholesterol issue, menstrual irregularities and fertility problems, weight changes, neck discomfort or enlargement and fatigue. Do you have any of these symptoms? Maybe you were diagnosed with a thyroid problem, yet still have symptoms. Dr. Serge Gregoire will enlighten us on this issue and point us in the right direction. Let us be your personal guide to natural health and healing. **This class will be held at 106 Pecan Dr. Friendswood, 77546.**

OCTOBER

ACT Practice Test and Workshop (9th – 11th Graders) AP01 M 1-5 pm 10/22 \$50

J. Brand, Brand College Consulting - Brand College Consulting will be offering a full ACT practice test to help students feel more at ease taking the actual exam. After this practice exam, the students will know what to expect and have a clearer picture of how they will perform on the actual ACT. The ACT practice test will be followed by scoring of the students' tests and an overview of what their scores mean at various colleges. Students will leave the workshop with their practice test booklet and know which sections or content they need to focus on in test prep or tutoring before taking the actual ACT. The discussion afterward will include a comparison of their ACT score to SAT score ranges, so that students can determine which test suits them better. *Annex: Board Room, 402 Laurel*

Finding Peace in a Busy Mind FP01 T 11:30 am-2:30 pm 10/2-11/6 \$90

D. Koustrup- "Finding Peace in a Busy Mind" - Do you have a busy mind and/or would like to bring more calmness into your life combined with learning how to meditate? Then Mindfulness and the 6-week course "Finding Peace in a Busy Mind using Mindfulness" might be of interest to you. You will be introduced to mindfulness, the advantages, how it influences your brain and general well-being. We will meditate together and you will be introduced to a few gentle yoga stretches. Each week you get meditation recordings you'll have to practice 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. You can read more about the course here: <https://www.mindthebusymind.dk/finding-peace-in-a-busy-mind>
This class is taught at 429 Mary's Creek Lane Friendswood 77546.

Medicaid 101: Preserving Dignity, Preserving Assets MD01 T 10-11 am 10/16 \$20

Hegwood Law Group - V. Watts - Topics include: Medicaid myths, Medicaid facts, penalty period, income, countable & non-countable assets, and Medicaid estate recovery process. *Annex: Small Training Room, 402 Laurel*

SAT Practice Test and Workshop (9th-12th graders) SP01 M 8:30 am -12:30 pm 10/22 \$50

Huntington Learning Center, Pearland - C. Justice- We will provide an introduction to the SAT, followed by administration of a real test in testing conditions that simulate the actual SAT test. Students will also receive analysis of results, and a complimentary consultation with our Center Director. *Annex: Board Room, 402 Laurel*

Tennis B (5-13) T02 M 3:40-4:40 pm 10/22-11/26 \$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. *Tennis WILL be taught on Professional Development Days.* (Tennis B - No class on 11/19)

What You Practice Grows Stronger- Mindfulness, Joy, Gratitude and Well-Being PS01 T 7:30-9 pm 10/2-10/30 \$60

D. Koustrup - "What you practice grows stronger- mindfulness, joy, gratitude and well-being" Would you like to learn to take in the good moments in life and practice mindfulness, gratitude and joy to increase well-Being? Neuroscientists have found that the brain is plastic and changeable, so by practicing taking in the good moments in life repeatedly, we can all be better at focusing on positive experiences in life. This 5-week course will introduce you to a new topic each week, meditations, exercises and a few "go-home-with" exercises. You can read more about the course here: www.mindthebusymind.dk/what-you-practice-grows-stronger *Held at FHS.*

Why Can't I Lose Weight LW01 W 6-7 pm 10/10 Free

Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – Weight Loss: Tired of the ride on the weight loss/weight gain roller coaster? Feel like despite your best efforts you just can't get the results you want? In this seminar, Dr. Serge Gregoire will explore common weight-loss myths, as well as present solutions for your success! Come learn how to lose weight now and dramatically improve your health- naturally! * Dr. Serge Gregoire is a Harvard graduate, holistic practitioner and herbalist whose main focus is to figure out "why" to your issue and not "diagnosis". *This class will be held at 106 Pecan Dr. Friendswood, 77546.*

NOVEMBER

How to Handle Stress Naturally – Through Nutrition HS01 W 6-7 pm 11/7 Free
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – In today’s hectic, fast paced world, most of us have experienced stress, fatigue, and exhaustion at times. 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.***

DECEMBER

Fatigued? Exhausted?? FE01 W 6-7 pm 12/5 Free
Learn How Through Nutrition to Combat This!
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – Fatigue/Adrenal Issues: Are you exhausted even after a full night’s sleep? Can you get up and get moving without caffeine? Do you nod off or get drowsy midday? You may suffer from adrenal issues. Come hear Dr. Serge discuss the NATURAL solution! ***This class will be held at 106 Pecan Dr. Friendswood, 77546.***

Tennis C (5-13) T03 M/W 3:40-4:40 pm 12/3-12/17 \$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.

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 online:

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.

