

FISD Community Education

Adult & Adolescent

Spring 2019 Class Schedule

ONLINE REGISTRATION AND PAYMENT AVAILABLE

January 8th at 9 AM

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



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

JANUARY

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|--|-------------|-----------|---------------------|------------------|--------------|
| Karate (5-12) | KA01 | TH | 6:30-7:30 pm | 1/17-3/28 | \$50 |
| <i>B. Gray - 10 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. KA02 for ages 13-70 from 7:30-8:30 pm. Student may try the first class for <u>FREE</u> before they sign up. (No class on 3/14) <i>These classes meet in the Westwood Gym.</i></i> | | | | | |
| Pathway to Healthy Eating | PH01 | T | 6-7 pm | 1/22 | Free |
| <i>Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – What is “healthy” eating? Should you be gluten free? What about dairy? Is it “ok”? What about Paleo, Keto, low/high fat, so many different diets...so many questions?! Dr. Serge will guide us in the right direction. School aged children may also attend accompanied by an adult. This class will be held at 106 Pecan Dr. Friendswood, 77546.</i> | | | | | |
| Tennis A (5-13) | T01 | M | 3:40-4:40 pm | 1/21-2/18 | \$100 |
| <i>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. <u>These camps located at the old junior high tennis courts on Woodlawn.</u> In case of rain, report to the next scheduled class. No restrooms available. Contact instructor for additional information, 281-250-9448. <i>All classes meet 5 times. Tennis WILL be taught on Professional Development Days.</i></i> | | | | | |

FEBRUARY

ADHD: Information and Tips for Parents AD01 T 6-7 pm 2/12 \$15
Huntington Learning Center, Pearland – C. Justice – (Ages 12 and up may attend) We offer tips for motivating students, strategies for parents during homework time, as well as strategies for students to implement when learning new material.

Babysitting (11-15) BS01 M 9-4 pm 2/18 \$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 Beekeeping BB01 TH 7-9 pm 2/7-4/18 \$90
H. Rogers – Texas 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 3/14)

Couch to 5K Running Program A RP01 T 5:00-6:00pm 2/5-4/2 \$60
Couch to 5K Running Program B RP02 TH 9:00-10:00 am 2/7-4/4 \$60

V. Merkys – (Ages 18 and up) 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.*
 (A- No class on 3/12, B - No class on 3/14)

Mindful Self-Compassion Course (MSC) MS01 T 6-8:30 pm 2/26-4/30 \$225
D. Koustrup – (Ages 20 and up) 9 WEEK COURSE - Rapidly expanding research demonstrates that Mindful Self-Compassion is strongly associated with emotional well-being, less anxiety, less empathy fatigue, depression and stress, maintaining of healthy habits such as diet and exercise, and satisfying personal relationships. So if you would like to learn to be less harsh on yourself (perhaps even treat yourself as nice as you would treat a dear friend), and become better to manage various relationships and life in general, then perhaps this course is for you. During the course we will work with topics such as mindfulness, compassion, gratefulness, forgiveness and much more. You are welcome to read more about the teacher and the course at www.mindthebusymind.dk. The normal price for an MSC course is \$450-500 in the Houston Area, but as it is taught through Community Education, The Center for Mindful Self-Compassion has allowed me to charge a lower price. *This class will be held at Friendswood Public Library.*

Signs You May Have a Hormonal Imbalance HI01 T 6-7 pm 2/5 Free
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – Suffering from the negative effects of PMS, menopause, or other issues, doesn’t have to be tolerated! Learn how to free yourself from mood swings, painful periods, hot flashes and more through a natural approach. Dr. Serge will explore ways to identify and treat these common issues. *This class will be held at 106 Pecan Dr. Friendswood, 77546.*

Tennis B (5-13) T02 M 3:40-4:40 pm 2/25-4/1 \$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.*
 (No class on 3/11)

MARCH

How To Combat Stress and Anxiety Without Medication CS01 T 6-7 pm 3/19 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 and even anxiety at times. Do you know that your nutrition can directly impact how you and your body cope with these inevitable factors? Dr. Serge will present natural solutions to creating a resilient mind and body. *This class will be held at 106 Pecan Dr. Friendswood, 77546.*

APRIL

Do You Suffer From Chronic Pain and Inflammation? CP01 T 6-7 pm 4/9 Free
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – Chronic inflammation can eventually cause several diseases like autoimmune diseases such as hypothyroidism, MS, Lupus, as well as Type 2 Diabetes, and pulmonary and neurological diseases. Our diet and lifestyles have created a “perfect storm” that is further escalating our crisis. Learn what to do so that the storm doesn’t hit you! ***This class will be held at 106 Pecan Dr. Friendswood, 77546.***

Karate Mini-Session (5-12) KA03 TH 6:30-7:30 pm 4/4-5/23 \$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 of class. **KA04** for ages 13-70 from 7:30-8:30 pm. Student may try the first class for **FREE** before they sign up. *These classes meet in the Westwood Gym.*

Tennis C (5-13) T03 M 3:40-4:40 pm 4/8-5/6 \$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.*

MAY

Are Headaches and Migraines Leaving You Debilitated? HM01 T 6-7 pm 5/7 Free
Dr. S. Gregoire, Owner of Mind and Body Solutions Wellness Center – Do you know that nutrition can deadly impact how you and your body cope with these issues? It can be a food sensitive or allergy. Maybe even a hormone or adrenal issue could be the culprit. Come find out how to alleviate these naturally with out medicine! ***This class will be held at 106 Pecan Dr. Friendswood, 77546.***

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.

