

# FISD Community Education

Fall 2019

## Adult & Adolescent Class Schedule

ONLINE REGISTRATION AND PAYMENT AVAILABLE

August 16<sup>TH</sup> at 9 am

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



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

### SEPTEMBER

**Couch to 5K Running Program**    **RP01**    **T**    **6:00-7:00pm**    **9/24-11/12**    **\$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.*

**Creations Galore with (Age 17 and up)**    **AP02**    **TH**    **7:00-8:30 pm**    **9/19**    **\$45**

*Chalk Couture*- In this class we will be using Chalk Couture silk screen transfers, a variety of chalk paste colors, chalk boards and more! You will be creating a home decor finished product that will be on trend. Each person will receive a Chalk Couture 5 x 7 Board and Base, a reusable silk screen transfer and use of my chalk paste and other supplies. Each person will leave this class with a finished project and a sense of accomplishment. Come join the fun and learn how to use one of the fastest growing DIY trends of today!  
*Location: Training Room at FISD Annex*

**Diamond in the Rough Dance Academy (Age 17 & up)**      **AP01**    **M**      **7:00-9:00 pm**    **9/23-11/18**      **\$250**

**Hip Hop Fun and Fit**

*H2K Happy Healthy Kids-* Move with the beat, learn to groove with style while dancing to great music. You will learn how to own your rhythm, choreograph and sizzle on the dance floor. New and exciting Hip-Hop Dance that is equally stimulating to the mind as it is the body. Set and accomplish goals while developing courage and strength on the dance floor. Each class includes circuit training dancing that gets your heart pumping and your muscles toned! Each class, students will use meditation and visualization practices prior to performing movements. Each participant will receive 1 free pass to a Hip Hop fit cycle spin class with Dnechelle at Bliss Boutique Fitness located at 313 S Friendswood D, Suite 101 Friendswood, Texas 77546. *Training Room at FISD Annex*

**Family and Me ‘Lil Hip Hoppers A (Age 3-6 w/parent)**      **EC02**    **T**      **5:00-5:45 pm**    **9/24-10/29**      **\$120**

**Family and Me ‘Lil Hip Hoppers B (Age 3-6 w/parent)**      **EC03**    **T**      **5:00-5:45 pm**    **11/5-12/17**      **\$120**

*H2K Happy Healthy Kids-* Join H2K for our fun Family and Me Hip Hop class. Join your little ones for 45 minutes of dancing and fitness to the latest tunes. Each class will have circle time, warm up with interactive props, hip hop dancing, a musical obstacle course, games, and end with meditation and relaxation with H2K’s Mr. Bu-dog. Class will also end with a discussion of family healthy goals. Please bring water and a mat. *Bales Cafeteria*

**Martial Arts (Age 5-10)**      **KA01**      **TH**      **6:30-7:30 pm**      **9/12-12/12**      **\$50**

*B. Gray - 12 weeks.* Learn techniques in art, sport, self-defense and self-confidence in Martial Arts. 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 Teens/Adults from 7:30-8:30 pm. Student may try the first class for FREE before they sign up. (No class on 10/31 and 11/28). *Location: Westwood Gym.*

**Martial Arts (Age 13-70)**      **KA02**      **TH**      **7:30-8:30 pm**      **9/12-12/12**      **\$50**

*B. Gray - 12 weeks -* Learn techniques in art, sport, self-defense and self-confidence in Martial Arts. 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 10/31 and 11/28) *These classes meet in the Westwood Gym.*

**Mom and Daughter Kickboxing (Age 7-13)**    **EC01**      **TH**      **6:00-7:00 pm**      **9/26-11/7**      **\$120**

*H2K Happy Healthy Kids, M. Goldman-* Experience one hour of fitness fun with your daughter. Learn punches, kicks, and self-defense! We will have non-contact sparring, team building exercises and boxing drills. At the end of each class, we will meditate and work on healthy goals. Make sure to bring water, wear comfy clothes and be prepared to sweat! *Location: Bales Cafeteria*

**Tennis A (Age 8-13)**      **T01**      **M**      **3:40-4:40 pm**      **9/16-10/14**      **\$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.*

## OCTOBER

**American Red Cross Babysitting & Pediatric First Aid/CPR Certification**      **AR01**      **M**      **9:00 am-4:00 pm**      **10/14**      **\$100**

*T. and A. DiFruscio-* Jump into a one-day course to learn the “ins and outs” of babysitting! This hands-on, interactive childcare certification course is designed for those **ages 11 to 15** and focuses on leadership development, information on building your business, tips for keeping children safe, helping children behave, basic first aid, pediatric CPR, and more! Please wear comfortable clothes and bring a sack lunch and drink. **(Course fee: \$50 due upon registration and \$50 paid the day of class directly to “Simply Fit Enterprises” for all course materials and certification fees.)** *Location: FISD Board Room*

**Creations Galore with (Age 17 and up)**      **AP03**      **TH**      **7:00-8:30 pm**      **10/17**      **\$65**

*Chalk Couture-* In this class we will be using Chalk Couture silk screen transfers, a variety of chalk paste colors, chalk boards and more! You will be creating a home decor finished product that will be on trend. Each person will receive a Chalk Couture 9 x 12 Greyson Style Framed Board Board, a reusable silk screen transfer and use of my chalk paste and other supplies. Each person will leave this class with a finished project and a sense of accomplishment. Come join the fun and learn how to use one of the fastest growing DIY trends of today! *Location: Training Room at FISD Annex*

**Tennis B (Age 8-13)**      **T02**      **M**      **3:40-4:40 pm**      **10/21-11/18**      **\$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 the 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.*

## NOVEMBER

**Half-Marathon Training Program**      **RP02**      **Sat**      **7:00 am**      **11/3-1/19**      **\$99**

*V. Merkys-* Tackle your first (or next) half-marathon! In this group setting, you’ll get the support and tools needed from a RRCA certified running coach. This 12-week program includes a weekly group run, a training schedule, and access to other group runs. In addition, your running coach offers up her 11 years of experience and knowledge. An information session will be held a week before the actual training begins. You will be contacted with the location and time. The half-marathon schedule falls in place with the Houston Chevron Half Marathon on January 19, 2020. Requirements: Must have a steady base of running, the furthest being a 10K. *Location: Centennial Park*

## DECEMBER

**Tennis C (3-6)**                      **T03**                      **M/W**                      **3:40-4:40 pm**                      **12/2-12/11**                      **\$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 the 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. In case of rain, report to the next scheduled class. No restrooms available. Contact instructor for additional information, 281-250-9448.

## ONLINE CLASSES

**Ed2Go (All ages) Pricing and registration available at [www.ed2go.com/fisdcomed](http://www.ed2go.com/fisdcomed)**

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](http://www.ed2go.com/fisdcomed). New sessions start monthly and specific starting dates vary, so check to see exactly when your course begins.

**Code Wizards HQ (Age 8-18) Pricing and registration available at <https://codewizardshq.com/ce/>**

As we surround ourselves with technology, learning to code has become a fundamental skill for our children to confidently navigate the world they are going to graduate into. Recognizing this need, your School District and CodeWizardsHQ are partnering to offer a comprehensive coding education program for the 2019-20 school year. Students who register for the program will attend classes once per week from home. Enrollment into the program is limited so we accept enrollments on a first come, first serve basis Scholarships available for this program at: <https://codewizardshq.com/scholarship-application/>

