



## HAMILTON ADULT EDUCATION WINTER SESSION 2015



All classes begin the week of January 26<sup>th</sup> unless otherwise stated. Classes will be held at Hamilton High School unless otherwise stated. Please contact the high school to pre-register as most classes will have a limit as to the number of seats available. Please call Diane at 375-6060, ext. 0 to register.

**ADULT BASIC EDUCATION AND HiSET (formerly GED) TEST PREPARATION:** For those 16 years or older and not enrolled in public school. Orientation and pretests are on Mondays starting at 9:00 a.m. at Literacy Bitterroot, 316 N Third, Hamilton. HiSET testing is the first Monday of every month in room 3 at the Westview Center. All classes are free. Classes are available in Corvallis (High School, room 4), Stevensville room 3, and Darby Public Library on Tuesday and Thursday, 6:30 – 8:30 p.m. Hamilton HiSET classes are Monday and Wednesday 6:30 to 8:30 p.m. ESL classes are Tuesday and Thursday 6:30 to 8:30 p.m. Contact Dixie Stark 363-2900 for location and more information.

**HATHA YOGA FOR BEGINNERS:** This course provides a foundation for students who have an interest in learning about yoga or who are just beginning their exploration of the practice. The course will focus on teaching proper alignment within physical postures and the exploration of breath. Students will work towards developing a sense of balance, both on and off the mat. Yoga for beginners is a great place to safely stretch and strengthen the body, relieve stress, and gain awareness of the mind body connection. Please wear comfortable clothing and bring a yoga mat. Mondays, 7:00 to 8:00 p.m. 10 hours of instruction for \$20.00. Room 101 – Hamilton High School. Instructor, Val Aerni

**BEGINNING QUILTING:** This class is designed to teach basic quilting techniques through the completion of a sampler wall hanging. No supplies will be needed for the first night of class. There will be a charge of \$6.00 for a pattern, which is in addition to the regular class fee. All equipment will be available at the class. If there are openings, former students may sign up to do finish work on former projects or to start something new. If you have any questions contact Laurie Dunbar at 370-4546. The class size is limited. Tuesdays, 6:30 to 9:30 p.m. 20 hours of instruction for \$40.00. Room 130 – Hamilton High School. Instructor, Laurie Dunbar.

**BEGINNING SQUARE DANCING:** Today's Square Dancing is not the dancing you did in Junior High, or the dancing your parents did. In the 10 week course you will learn most of the moves in Basic Square Dancing. In addition you will enjoy great physical and mental exercise. Having a partner is helpful, but not required. If you have questions contact Ray Dunbar at 370-4414. Tuesdays, 7:00 to 8:30 p.m. 15 hours of instruction for \$30.00. Commons – Hamilton High School. Instructor, Ray Dunbar.

**INTRODUCTION TO COUNTRY DANCE 2-STEP:** Instruction will include dance etiquette, positions and footwork. Learn basic turns and passes, exits and entries to a variety of music tempos. As skill levels permit, more advanced moves will be taught. Couples are encouraged, but singles will be accommodated as attendance permits. Thursdays, 7:00 to 8:30 p.m. 12 hours of instruction for \$24.00. Commons – Hamilton High School. Instructors, Ronald Shaw (375-9202 or 381-3697) and Lynette Lubrant

**POTTERY:** A studio type course where you will work independently and learn how to create ceramic art you will be proud to take home! This 10 week class will cover basic hand-building techniques, using the potter's wheel, and glazing. All levels of skill are welcome. **Limited to 12.** Thursdays, 6:00 – 9:00 p.m. 30 hours of instruction for \$60.00 plus \$20.00 for materials. Room 110 – Hamilton High School. Instructor, Kasey Arceniega (375-6060).

**STUDIO ART:** This course will include instruction in drawing and painting tailored to the participant. Individual instruction and feedback on participants' projects will be the course emphasis with some themed instruction. Thursdays, 6:30 to 8:30 p.m. 20 hours of instruction for \$40.00. Room 109 – Hamilton High School. Instructor Lorna Gabel of Art City (363-0965).

**WOODS:** Beginners to Advanced – Learn woodworking safety, make or finish a project. Repair that old ?? Individual instruction for beginners. Limit 12. Tuesdays, 5:30 to 8:30 p.m. 30 hours of instruction for \$60.00. Materials extra. Room 137 – Hamilton High School. Instructor, Russ Fisk.

**ARAB SPRING PHENOMONEN:** The origins of the growing crisis & wars in the Middle East. This is a series of four lectures discussing the origins and history of the current Middle East crisis and Arab Spring phenomenon that directly affects U.S. interests in Egypt, Israel, North Africa, Syria, Iraq, Iran, Turkey, the Arab Gulf, and the security of the Suez Canal and Sinai Peace Accords of 1977. Arab nationalism, ethnic and religious divisions the Sunni-Shi'a split within Islam, the rise of Islamic fundamentalism, the Muslim Brotherhood and Islamist terrorism, and the challenges and failures of U.S. policy will be discussed. Current events involving the terrorist groups ISIS, Al-Nusra, Boko Haram, Al-Shabaab, Al Qaida, and its affiliates will be discussed. Tuesdays, 6:30 to 8:30 p.m. 8 hours of instruction for \$16.00. Room 104 – Hamilton High School. Instructor, Bruce Hemmings, retired CIA intelligence officer (821-0007).

**FLY FISHING THE BITTERROOT RIVER AND ITS TRIBUTARIES:** This is a six lecture series on basic and intermediate level fly fishing techniques, equipment and tackle needs, nymph and dry fly casting, terrestrial and aquatic insect life on the Bitterroot, seasonal nymph and dry fly hatches and fly selection, locating trout by season, float and wade fishing, fish species, and stream safety and etiquette. **STARTS April 6<sup>th</sup>.** Two field trips to the East Fork and/or West Fork are tentatively scheduled for Saturday, May 2 and May 9 pending student and weather conditions. (4 hours each). Some fishing gear will be needed for the field trips. Mondays, 6:30 to 8:30 p.m. 20 hours of instruction for \$40.00. Room 104 – Hamilton High School. Instructor, Bruce Hemmings (821-0007).

**FLEA-MARKET FRENCH:** This course is for beginners. You will learn how to communicate, not only in flea-market negotiations, but in several everyday situations for your travels throughout France. The focus will be on basic communication, pleasantries, numbers, etc. Mondays and Thursdays, 6:00 to 7:30 pm. 15 hours of instruction for \$30.00. Room 107 – Hamilton High School. Instructor, Karol Klakken May (239-5458)

**BE BEAR AWARE:** This course curriculum provides information and techniques to recreate and live in bear country safely. The class will cover such things as bear biology, bear identification, food storage, what to expect when encountering bears in the wild and the proper use of bear spray. Dealing with other large carnivores will also be covered. **STARTS Feb. 10<sup>th</sup>.** Tuesdays, 6:00 to 8:00 p.m. 6 hours of instruction for \$12.00. Room 103 – Hamilton High School. Instructor, Fred Weisbecker (546-8067)

**TONE, LOSE OR GAIN:** Ready to put that New Year's resolution to work? Come let Bryce design a program to help you tone those muscles, lose a few pounds and gain cardio endurance. Set your own pace on exercise or weight machines or free weights in a fun, safe comfortable setting. Wednesdays, 6:30 to 8:00 pm. 15 hours of instruction for \$30.00. Weight Room – Hamilton High School. Instructor, Bryce Carver (375-6060).

**INDOOR SOCCER:** Adults Only. Wednesdays, 8:30 to 10:30 p.m. (20 hours for \$40.00). Sundays, 6:00 to 8:00p.m. (20 hours for \$40.00). Limited Class Size. Hamilton Middle School Gym. Contact Shawn Wathen to register, 214-1200.

**ADULT ED VOLLEYBALL:** Co-ed. Limit 40. Wednesdays, 6:30 to 8:30 p.m. 20 hours for \$40.00. Hamilton High School Gym. Contact DeEtte Monson to register, 360-4014.

**ADULT ED BASKETBALL:** Limit 25. Wednesdays, 8:30 to 10:30 p.m. Hamilton High School Gym. Contact Neil Miller to register, 363-2011.

**65 AND OLDER ARE FREE FOR ANY COURSE**