

COMMUNITY WALKING PROGRAM

Our free winter walking program begins at Lapeer West on Monday, November 2. Join us Monday – Thursday from 5:30 – 7:30 PM. Registration is easy – complete the form the first night you arrive. ALL walkers must wear a name badge (provided) while participating. Children under age 16 must walk with an adult. NO power walking, jogging or running. Sorry, NO walking on November 25 & 26, December 19 – January 3, January 18 & 21, February 15, March 5 or on “snow days”. Questions can be directed to the LCS Enrichment Office at 667-2401, ext. 2112 or 2134. The walking program concludes Thursday evening, March 25. *Please do not call Lapeer West regarding this program.

LOTS OF FUN FOR KIDS & TEENS

Roller Skating – it’s a Blast!

Join us at Lapeer Skating Center, 2100 N. Lapeer Rd., Lapeer, for safe and supervised skating with cool music, games, and lots and lots of fun! Bring all your friends!

“No School Days”- open skating 12 noon – 4 PM

admission \$6.50 – skate rental is free

Wednesday, November 25

Thanksgiving Friday, November 27

Monday, January 18

Presidents Day, February 15

Records day, Friday, March 5

“Holiday Skate Days” - open skating 2 – 4:30 PM

admission \$1.99 - skate rental is \$2.00

Winter Break: December 19 – January 3

Spring Break: Friday, April 2 - Sunday, April 11

Kids Karate Programs

This is a great way to assist children with the development of confidence while learning about discipline, respect for self and others, and the vital skill of teamwork. Kids Karate is one of the fastest growing youth sports today. Classes conducted in a safe setting at Dragon Karate Studio, 183 W. Nepeensing St., downtown Lapeer. Class is designed for youth ages 5 – 12.

Mondays & Wednesdays

5:15 – 6:00 PM

September 28, 30 October 5 7 12, 14, 19, 21, 26, 28 November 2, 4

\$60

Super Babysitter

Instructor Gloria Sherman and super sitter students discuss important safety issues and first aid, nutritious snacks, diapering, bottle preparation, and fun-filled games in this two-week class. Let us help you develop your advertising technique and determine what wage to charge, too.

Wednesdays

October 14 & 21

6:30 – 8:30 PM

Rolland-Warner Middle School

\$20/2 for \$30 - includes Certificate of Completion

Advanced Super Sitter

Now that you have sitting experience, Mrs. Sherman will expand your knowledge so you can sit all night or go with the family on vacation. You'll learn the basics of CPR and be prepared to assist in an emergency. Both sitter classes, for boys and girls age 12 and older, are perfect for those earning scout badges or 4-H Club members. Register as a club or troop!

Wednesday

November 11

6:30 – 8:30 PM

Rolland-Warner Middle School

\$20/2 students for \$30

Jewelry – I Can Make My Own!

Join Miss Anna and learn how to select the right line, clasp, and what beads fit your arm or leg and artistically work together. Students will make an arm or ankle bracelet in class. This is perfect for those who like to make holiday gifts for friends and family! Church clubs and Girl Scout troops welcome to register as a group. Fee includes all supplies. Class sizes limited – register now!

Tuesday, November 10

6:30 – 7:30 PM, grades 3, 4, and 5

7:45 – 8:30 PM, grades 6, 7, and 8

Rolland-Warner Middle School

\$15

Snowmobile Safety Certification

Taught by a DNR-certified instructor, this is a home study course with classroom follow-up. A Michigan Snowmobile Safety Certificate, which allows persons over 12 years of age to operate a snowmobile without adult supervision, will be awarded to students who successfully complete the class and pass the **written test**. The Certificate will become valid on the child's twelfth (12th) birthday. Parent/Guardian must provide child's proof of age and pick up the home study booklet at registration. Parents/Guardians are encouraged to attend. **Sorry, no telephone or registration at the door.** The last day to register is Wednesday, November 25.

Thursday, December 3

6:00 – 9:00 PM

Rolland-Warner Middle School

\$25/2 for \$45

HEALTH, FITNESS, RELAXATION

Forever Fit with Pilates

Relieve your stress! Our expert instructor, Sharon Stone, coaches Pilates to build strength without bulking, increase flexibility and agility, and develop optimum core control. Learn aerobics and yoga. Ages 16 and up – dress comfortably and bring a floor mat.

Mondays and Wednesdays

October 5, 7, 12, 14, 19, 21, 26, 28, November 2, 4, 9, 11, 16, 18, 23

6:15 – 6:45 PM, Pilates \$65

6:15 – 7:05 PM, Pilates & More! \$85

Murphy/Gym

register with a new student and receive \$10 off either class!

Senior Fitness

Join Cindy Headrick's class and return to your post-summer habits of eating healthy and working out! Learn how to do your movements and stretches correctly, what to do for various parts of the body, and get healthy living and eating tips! Lots of fun and laughter, too!

Mondays and Wednesdays

September 28, 30, October 5, 7, 12, 14, 19, 21, 26, 28, November 2, 4, 9, 11, 16, 18
3 – 4 PM

Community High School at Cramton

\$60/\$40 with a Lapeer Gold Card - bring a new student and register for \$35

Brazilian Jiu Jitsu at Dragon Karate

Jiu Jitsu is a self-defense system designed to work with the principles of leverage and technique. The main focus is on ground grappling. Build confidence, discipline and respect. This six-week class, great for self-defense and fitness, held at internationally-award winning Dragon Karate Studio, 183 W. Nepessing Street, Lapeer, is for persons age 12 - up.

Tuesdays & Thursdays

8:15 – 9:30 PM

September 29, October 1, 6, 8, 13, 15, 20, 22, 27, 29 November 3, 5

\$60

Cardio Kick Boxing

Instructors at Korean Martial Arts Institute, 935 Baldwin Rd., Lapeer, will conduct an overall fitness class which includes cardio, strengthening, and Tae Kwon Do punching and kicking techniques.

Session A – seven weeks of class on Wednesdays

5:30 – 6:15 PM

September 16 – October 28

\$35

Session B – 14 classes held on Wednesdays & Fridays, 11:45 AM – 12:30 PM

September 16 – October 30

\$70

Just For Men – Cardio Kickboxing Class

Just For Men is a Korean Martial Arts Institute program for average exercisers age 16 and up who want to jumpstart an exercise routine or add something different to a current workout. Program covers overall cardio, strengthening, stretching, and Tae Kwon-Do punching and kicking techniques. The Korean Martial Arts Institute is located at 935 Baldwin Road, Lapeer.

Saturdays

9:00 – 9:45 AM

September 12, 19, 26 October 3, 10, 17, 24

\$35

Yoga – for Beginners and Intermediate skill levels

This seven-week class held at the Korean Martial Arts Institute, 935 Baldwin Road, Lapeer, incorporates discovery of breathing and movement working together. You may open tight spots and discover lightness in other areas of the body. Help bring balance into your life. All fitness levels are acceptable. Bring a mat to class.

Thursdays

6:00 – 7:30 PM

September 10, 17, 24 October 1, 8, 15, 22

\$70

Tai Chi - for Men and Women

Tai Chi is a slow, graceful and rhythmic exercise originated in China. It is often referred to as “meditation in movement” or “swimming in air”. This seven-week Tai Chi class combines deep breathing, relaxation and concentration with slow, gentle, structured movements to exercise the body and mind and strengthen one’s internal energy. Wear warm socks or Tai Chi shoes. The Korean Martial Arts Institute is located at 935 Baldwin Road, Lapeer.

Tuesdays

6:00 – 7:30 PM

September 15, 22, 29 October 6, 13, 20, 27

\$70

**Join Cassey Mieslik at Hilltop Barn,
4073 North Lake Road, Columbiaville
for these special offerings:**

Twigs, Vines and Wild Berries

Join the group for a Fall *Wild Gathering Walk* through beautiful Hilltop Barn pathways. You'll find vines, twigs and berries for both eating and decorating! Enjoy demonstrations, tasting and Cassie always serves light refreshments! E-mail hilltopbarn@usol.com for more information.

Saturday

September 12

11:00 AM

\$10

Create a Scarecrow

This whimsical or fearsome (you decide!) garden or yard art project is perfect for the fast approaching Halloween season! Call Cassie of Hilltop Barn at 810-793-2401 for suggestions of clothing and supplies to bring. As always, seasonal tea and treats are included.

Saturday

October 3

11:00 AM

\$20

COMPUTER WORLD

Computer 101

This is a beginner class – a slower paced, step-by-step program with an overview of computers and related components, using a mouse, and navigating Windows. Students will use Word to create and print documents. Very hands-on and repetitive.

Mondays

October 5 & 12

6:00 – 7:30 PM

Rolland-Warner Middle School/Computer Lab

\$25

Computer 102

A follow up to Computer 101, this class covers tables, clip art, drawing objects, and colors. Practice your skills and use additional toolbar features to create documents. Tips on file management and saving created documents.

Mondays

October 19 & 26

6:00 – 7:30 PM

Rolland-Warner Middle School/Computer Lab

\$25

Enroll in both 101 & 102 for \$45!

Family Dynamics

THE G.L.O. SERIES – Great Learning Opportunities!

“Stop the Roller Coaster – I Want to Get Off!”

Do you ever think, “What happened to my sweet, lovable child? That’s it – you’re grounded! Why are you acting that way?” This Workshop is for parents of adolescents and designed to help you understand and cope with the “new child” who seems to have “moved in” to your home – a pre-teen or a teenager! Mrs. Sherman, Rolland Warner counselor, will help you understand adolescent developmental issues and work through them in ways that strengthen your parent/child relationship. Discover how a conflict starts and learn ways to prevent it from happening. Learn to support and reconnect with your child. Create that win-win environment and enjoy a peaceful home and a resilient child!

Thursday

October 1

6:30 – 8:30 PM

Rolland-Warner Middle School

\$15 or 2/\$25

“NO, I Won’t – and You Can’t Make Me!”

Do you ever think the kids are driving you crazy or they never listen to a thing you say? Tired of fighting over everything? Counselor Gloria Sherman assists you to discover what’s behind these power struggles and how to disengage from them. Learn simple, practical strategies to help children comply without defiance. Techniques are taught to prevent power struggles and provide steps for helping children build free will without stepping over your boundaries.

Thursday

October 8

6:30 – 8:30 PM

Rolland-Warner Middle School

\$15 or 2/\$25

“Why Try?” (a FREE Seminar)

Gloria Sherman (Parenting and Teaching With *G.L.O., LLC*) and Chad Myers (*Live Out Loud, LLC*) team up to offer an overview of an exciting new Workshop “**Why Try**” for parents and teens. Presentations are specifically designed to help parents and teens understand, communicate and develop stronger relationships. Attend this **FREE** Seminar and learn about coming attractions in a fun, entertaining and very informative environment. Pre-registration required – (810) 538-1622.

Thursday

September 24

6:30 – 8:30 PM

Rolland-Warner Middle School

FREE!