



**NEBO SCHOOL DISTRICT**  
**Programs and Information**  
**WINTER 2018**

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The following communities offer Community School Classes through Nebo School District.

**SPANISH FORK COMMUNITY SCHOOL**

Spanish Fork High School  
99 North 300 West  
Spanish Fork, Utah 84660

**SPRINGVILLE COMMUNITY SCHOOL**

Springville High School  
1205 East 900 South  
Springville, Utah 84663

**PAYSON COMMUNITY SCHOOL**

Payson High School  
1050 South Main  
Payson, Utah 84651

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**SALEM COMMUNITY SCHOOL**

Salem Hills High School  
150 N. Skyhawk Blvd.  
Salem, Utah 84653

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**TO PRE-REGISTER FOR A COMMUNITY SCHOOL CLASS**

On-line registration is here! Go to [www.nebo.edu](http://www.nebo.edu) to complete your registration.  
The form at the back of this book is also available for mail-in registrations.

**NEW COMMUNITY SCHOOL CLASSES**

The goal of the Community School Program is to meet the needs and interests of the people in the community.  
If you have an idea for a class or activity, call the Nebo School District / Community School Office at 354-7418.



## NEBO SCHOOL DISTRICT Programs and Information WINTER 2018

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### **NEBO SCHOOL DISTRICT NOTICE OF NONDISCRIMINATION**

It is the policy of Nebo School District that no person shall, on the basis of race, religion, sex, color, national origin, age, disability, or any other classification protected by law, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal assistance. Equal opportunity is a priority of Nebo School District.

Nebo School District Section 504 coordinator is Troy Bohling 801-354-7417 or ADA Coordinator for Facility Access is David Gneiting 801-354-7440.

### **REFUND POLICY for Community School classes**

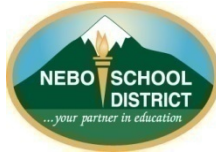
There will be a \$5.00 handling charge on all refunds except for those classes that do not carry.

A full refund (minus \$5.00) will be given during the first week when requested.

For classes that have limited enrollment, there will be **NO REFUND** given unless the spot can be filled. All classes need a minimum number of students in order to justify the costs of carrying them.

**NO REFUND** will be issued for those classes that do carry with a minimum enrollment.

**There will be no refunds during the second week or thereafter.**



**NEBO SCHOOL DISTRICT**  
**Community School**  
**Coordinator – Troy Bohling**  
**801-354-7418**

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**SPANISH FORK COMMUNITY SCHOOL – Winter 2018**

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<b>CLASS OR ACTIVITY</b>	<b>DAY</b>	<b>DATE</b>	<b>TIME</b>	<b>FEE</b>	<b>LOCATION</b>
1. Computers – Word (Beg.)	Tu/Thur	Jan. 16	6:00-7:30pm	\$50 <i>5 classes</i>	#33
2. Computers – Excel (Beg.)	Tu/Thur	Jan. 16	7:30-9:00pm	\$50 <i>5 classes</i>	#33
3. Fencing (ages 7 to 10)	Tues.	Jan. 16	5:30-6:15pm	\$55 <i>6 wks</i>	Dance Rm
4. Fencing (ages 11 to 15)	Tues.	Jan. 16	6:15-7:00pm	\$55 <i>6 wks</i>	Dance Rm
5. Fencing (Adult)	Tues.	Jan. 16	7:15-8:00pm	\$55 <i>6 wks</i>	Dance Rm
6. Hunter Safety	See class description for more information				
7. Martial Arts (ages 8 to 12)	Thurs.	Jan. 18	5:30-6:15pm	\$45 <i>6 wks</i>	Dance Rm
8. Middle Eastern Dance	Thurs.	Jan. 18	6:30-7:30pm	\$45 <i>5 wks</i>	Dance Rm
9. Spinning	See class description for more information				
10. Welding	Tues.	Jan. 16	6:00-9:00pm	\$125+ <i>8 wks</i>	SFHS Welding Shop

Community School classes will be held at Spanish Fork High School, unless another location is listed.

Register online [www.nebo.edu](http://www.nebo.edu)

Register online [www.nebo.edu](http://www.nebo.edu) or mail in the registration form.

**How to register on-line**

Go to our website: [www.nebo.edu](http://www.nebo.edu)

Click on: **Departments**

Click on: **Community School**

Go to: **Pay on line – click on a city**

## SPANISH FORK – Community School WINTER 2018

### Class or Activity Descriptions

#### 1. **Computers - Microsoft Word - 18 through 99 years old SFHS Rm #33 Main Building**

This 5 session class is great for those who want to learn basic computer concepts like how to do research on line, open an email account, send and receive messages, write up documents using Microsoft Word. Lisa Ross will be the instructor.

**Class Dates: January 16, 18, 23, 25, 30, 2018 TIME: 6:00pm to 7:30pm**

#### 2. **Computers- Introduction to Excel - 18 through 99 years old SFHS Rm #33 Main Building**

This 5 session course will cover the basic concepts of Microsoft Excel 2010.

Participants will learn how to insert text in columns and rows, how to change the size of the cells, how to add, subtract, multiply and divide, how to design spreadsheets, how to change the size, color and font of the text, orientation of the document, and other basic skills.

Lisa Ross will be the instructor.

**Class Dates: January 16, 18, 23, 25, 30 2018 TIME: 7:30pm to 9:00pm**

#### 3, 4. **Fencing – Beginning ages 7 to 15 (Tuesdays) SFHS Dance Studio**

This class is exactly what a budding swordfighter is looking for! Fencing teaches self-discipline, strategy, and critical thinking. It has been described as “chess at 80 MPH”. In this introductory class we will learn footwork, simple blade work, how to build a basic tactical plan, the rule of the game and (of course) weapon safety. The instructor for this six week class is Bethany Andrews. *Fencing equipment will be provided for use during class time.* Class held in the Dance Studio at SFHS.

#### 5. **Fencing – Beginning Adult 18 years & up (Tuesdays) SFHS Dance Studio**

This class is exactly what a budding swordfighter is looking for! Fencing teaches self-discipline, strategy, and critical thinking. It has been described as “chess at 80 MPH”. In this introductory class we will learn footwork, simple blade work, how to build a basic tactical plan, the rule of the game and (of course) weapon safety. The instructor for this six week class is Bethany Andrews. *Fencing equipment will be provided for use during class time.* Class held in the Dance Studio at SFHS.

#### 6. **Hunter Safety**

The Utah Hunter Education program helps you learn essential safety skills and develop practical techniques useful for hunting. Completion of a basic hunter education course is required to obtain a hunting license in Utah if you were born after Dec. 31, 1965. Students are required to obtain a voucher (cost \$10.00) at a license agent for the Utah Division of Wildlife Resources, prior to registering for a Hunter Education course. Upon successful completion of the course, the license will allow a Hunter Education graduate to hunt small game during the current season. The Hunter Education card, commonly known as the “Blue Card” will be mailed to the student at the address provided on the voucher.

Dates for Hunter Safety held at: Spanish Fork High School cafeteria

***please enter at the Main entrance of the High School***

**COST: \$5.00 Register online and fill out the “Hunter Safety” form.** Print, sign, and bring the form to class.

**LOCATION:** Spanish Fork High – 99 North 300 West, Spanish Fork, Utah

**TIME:** 6:00pm to 9:00pm **Instructor: Todd Stoker**

**DATES:** January 16, 17, 18, 2018

## SPANISH FORK – Community School WINTER 2018

### Class or Activity Descriptions

#### Hunter Safety – continued

[http://www.nebo.edu/sites/nebo.edu/files/Hunter\\_Education\\_form.pdf](http://www.nebo.edu/sites/nebo.edu/files/Hunter_Education_form.pdf)

Dates for Hunter Safety held at: **Payson High School**

**COST:** \$5.00 **Register online and fill out the “Hunter Safety” form.** Print, sign, and bring the form to class. ***Limit 50 students***

**LOCATION:** **Payson High School** - PHS Library

**TIME:** 6:00pm to 9:00pm **Instructor:** **Todd Stoker**

**DATES:** February 13, 14, 15, 2018

***PLEASE – NO food or drink in the Library***

#### **7. Martial Arts – ages 8 to 12 SFHS Dance Studio C-Building**

Introduce your child to the martial arts with an all-around-approach. Your child will be introduced to the basic of strikes, grabs escapes, discipline, and ground work of self-defense. The instructor for this 6 week course is Kelly Larson.

#### **8. Middle Eastern Dance. Ages 18 to 103 years old SFHS Dance Room**

Originating from the cultural heritage of the Middle Eastern nations, this beautiful but accessible dance form will have you moving and grooving to exciting beats and captivating melodies. In this 5 week course, you will learn Middle Eastern dance steps and build them into a fun choreography. Just wear comfortable clothing (yoga/workout clothes are fine) and come ready to enjoy learning to move your body the Middle Eastern way. All levels welcome. Ages 18 and up. **CLASS DATES:** January 15, 25, Feb. 1, 8, 15, 22, 2018

#### **9. Spinning SFHS Fitness Room**

Spinning class is a 45 minute indoor cycling class on stationary bikes. Spinning boosts calorie burn by 40% and is great for all fitness levels. Don't forget a water bottle and towel. Class is held in the fitness room at Spanish Fork High School (C Building). *Please pay at class.*

Limit 12 students per class. **COST:** \$2.00 per class

***Some classes may be canceled if there is not enough participants.***

**Class will start September 5, 2017**

**thru May 2018**

Spin Schedule: Tuesdays & Thursdays

6:00am – 6:45am

7:30pm – 8:30pm

**SPANISH FORK – Community School WINTER 2018**

**Class or Activity Descriptions**

**10. Welding – ages 18 and up starts: 1/16/2018 SFHS Welding Shop**

This is a welding class where you will be taught the basics of SMAW (stick) welding, GMAW (MIG) welding, GTAW (TIG) welding, plasma cutting, and oxy-fuel cutting. **Items you will be REQUIRED to bring to each session include: leather welding gloves, safety glasses, pliers, and coveralls or welding jacket.** Each session will include basic information and demonstration of the process and then include individual process practice. Materials will be provided for the practice of each process. After the initial classes, time will be allotted for you to work on an individual project of your own design and choosing. Project materials for the class will not be provided. Shaun Black is the instructor for this 8 week class at **Spanish Fork High School Welding Shop.**

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**SPANISH FORK – Community School WINTER 2018**

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- Click on: Departments
- Click on: Community School
- Go to: Pay on line – click on a city

**REGISTRATION FORM**

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**REGISTER and PAY BY MAIL FORM (for Community School classes only)**  
**WINTER 2018 \_\_\_\_\_ Community School**

Yes I would like to register early for the following classes:

- 1. \_\_\_\_\_ \$ \_\_\_\_\_
- 2. \_\_\_\_\_ \$ \_\_\_\_\_
- 3. \_\_\_\_\_ \$ \_\_\_\_\_

Name: (Student) \_\_\_\_\_  
Address: \_\_\_\_\_ Phone \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code \_\_\_\_\_  
Email: \_\_\_\_\_

Check for \$ \_\_\_\_\_ enclosed

**Please make checks payable to: Nebo School District  
Mail to: 350 South Main, Spanish Fork, UT 84660**