



NEBO SCHOOL DISTRICT
Programs and Information
WINTER 2018

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

SPRINGVILLE COMMUNITY SCHOOL

Springville High School
1205 East 900 South
Springville, Utah 84663

SPANISH FORK COMMUNITY SCHOOL

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

PAYSON COMMUNITY SCHOOL

Payson High School
1050 South Main
Payson, Utah 84651

SALEM COMMUNITY SCHOOL

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

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

On-line registration is here! Go to www.nebo.edu to complete your registration.
The form at the end 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**

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.

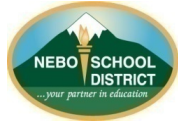
Nebo School District Section 504 coordinator is Troy Bohling 801-354-7417 or ADA Coordinator for Facility Access is David Gneiting 801-354-7440.

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

SPRINGVILLE COMMUNITY SCHOOL WINTER 2018

CLASS OR ACTIVITY	DAY	DATE	TIME	FEE	LOCATION
1. Aerobics, Jazzercise	Tu/Th	On going	6:00-7:00am	\$18 <i>on going</i>	G-Wing
2. Dance, Ballet (ages3-4)	Thurs	Jan. 18	5:30-5:55pm	\$45 <i>8 wks</i>	G Wing
3. Dance, Ballet (ages3-4)	Thurs	Jan. 18	6:00-6:25pm	\$45 <i>8 wks</i>	G Wing
4. Dance, Ballet (ages5-8)	Thurs.	Jan. 18	6:30-7:15pm	\$50 <i>8 wks</i>	G Wing
5. Dance, Hip Hop-Beg.(ages9-14)	Wed.	Jan. 16	6:30-7:25pm	\$40 <i>6 wks</i>	G Wing
6. Dance, Ballroom (Adult)	Thurs.	Jan. 18	7:30-8:30pm	\$80/cpl <i>6 wks</i>	G Wing
7. Gymnastics (ages 3-12)	See class description for more information				
8. Hunter Safety	See class description for more information.				
9. Pottery, Beginning	Tues.	Jan. 9	6:00-9:00pm	\$150 <i>12 wks</i>	C-15
10. Pottery, Intermed/Adv.	Wed.	Jan. 10	6:00-9:00pm	\$175 <i>12 wks</i>	C-15
11. Quilting – Mystery Quilt	Wed.	Jan. 31	6:00-9:00pm	\$45 <i>4 wks</i>	C-13
12. Quilting – Jelly Roll	Tues.	Feb. 27	6:00-9:00pm	\$15 <i>1 wks</i>	C-13
13. Quilting - “Piece Makers”	See class description for more information				
14. Spinning	See class description for more information				
15. Welding	Wed.	Jan. 17	6:00-9:00pm	\$125 <i>8 wks</i>	B-5

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

Register on-line www.nebo.edu

How to register on-line

Go to our website: www.nebo.edu

Click on: **Departments**

Click on: **Community School**

Click on: **Pay on line – click on a city**

SPRINGVILLE – Community School Winter 2018

Class or Activity Descriptions

1. **Aerobic / Jazzercise ages 16 and up**

A powerfully fun and effective workout that will lift your spirits and strengthen your heart, muscles, and core. You'll get a healthy dose of cardio, strength, and stretch moves and finish up feeling energized. Nancy Jaspersen is a certified 'Jazzercise' instructor. **Please pay at class.** \$18 per month. **Walk-ins welcome \$3 per class (pay at class).** **Register for this class the last week of each month. Classes held on Tuesdays & Thursdays at 6:00am**
No classes on Holidays.

2, 3, 4. **Dance – Ballet ages 3 to 4 ages 5 to 8 SHS Dance Room G-Wing**

This ballet class will focus on learning the basic of ballet and move on to simple combinations. A great class for beginning dancers. The instructor for this 8 week class is Nicole Jeffs. Nicole has a degree in Dance Education from BYU and has been dancing for over 20 years.

Limited enrollment - 8 students per class for ages 3 to 4

Limited enrollment - 12 students per class for ages 5 to 8.

Class is held in the G-Wing Dance Room at SHS

5. **Dance - Hip Hop – Beginning Level (Ages 9-14) \$40 -- 6 Week Course**

This beginning hip hop class is for kids who love to move! Hip hop is a great way to channel their energy into building self-esteem, embracing their individuality, and having fun! New routines and styles are taught each week to help each student learn how to find their own style. We use group activities and kid-friendly songs to give students the best possible environment to explore and learn. This style of dance is growing rapidly around the world, even for people who are not trained dancers! Join the fun and bust a move! Instructor: Melanie Carpenter

For Girls and Boys Ages 9-14

Start Date: 1/16/18

Day/Time: Wednesdays 6:30-7:25 PM

Location: **Springville High School, G-Wing Dance Studio**

Fee: \$40

**Register online. Class Fee due at Registration.

**Wear clothes you can move in and shoes that stay on your feet.

6. **Dance, Ballroom ages 18 & up \$80/Per Couple or \$45/Per Person -- 6 Week Course**

Ditch the "Dinner and a Movie" and join us for a fun night of Ballroom Dancing! It's the perfect date night every week! In this 6-week course you will learn a new style of Ballroom Dance each class, with steps to impress from the Cha Cha to the Tango. Bring all your couple friends for twice the entertainment! And don't worry, we accommodate "hesitant" husbands with user-friendly techniques and an easy-going vibe. Both modern and traditional tunes set the mood while you learn the steps, improve your skills, work as a partnership, and earn the ultimate "Awesome Husband" award for participating. This is a no-brainer! See you on the dance floor! "
Instructor: Melanie Carpenter

Start Date: 1/18/18

Day/Time: Thursdays 7:30-8:30 PM

Location: Springville High School, G-Wing Dance Studio

Fee: \$80/Per Couple

**Register Online. Class Fee due at Registration.

SPRINGVILLE – Community School WINTER 2018

Class or Activity Descriptions

Dance, Ballroom - continued

**Highly recommended to sign up with a partner (plus you get a discount!). If you do not sign up with a partner, you are not guaranteed a partner for this class.

Class is held in the G-Wing at SHS

7. Gymnastics Indoor track at SHS

By teaching the basics of gymnastics for the pre-beginner to advanced beginner, these classes hope to develop children's body awareness and control, improve their mental concentration and strengthen their muscles which will help in other sports and activities. Susan Hawks is the teacher for this 8 week course. Classes will be held on **Wednesday's**. Class size is limited.

Ages 6 to 12 4:00pm to 5:30pm COST: \$55.00 *limit 35 students*

Ages 3 to 5 5:30pm to 6:30pm COST: \$50.00 *limit 25 students*

LOCATION: Springville High School - Indoor track

**Class Dates: Wednesdays, January 17, 24, 31, Feb. 7, 14, 21, 28, Mar. 7, 2018
(class dates may change – please check with teacher for changes)**

8. 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

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. *Class Limit 50 students.*

Limit 50 students per class

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 drinks in the Library

SPRINGVILLE – Community School WINTER 2018

Class or Activity Descriptions

9. Pottery, Beginning – ages 18 and up SHS Rm # C-15

This 12 week course is designed for both the beginner and the intermediate student. The class will include wedging clay, throwing a bowl form, trimming and glazing. Intermediate students will throw an altered form, a closed form, and/or throwing a large platter. *Enrollment is limited to 14 students.* The instructor for this class is Mario Gonzales. Class is held in room C-15 at Springville High. **Class starts: Tuesday, January 9, 2018**

This class fills up really fast so register early. Questions? call Gwen at 801-354-7418 for more information.

10. Pottery, Intermediate/Advanced – ages 18 and up SHS Rm # C-15

Want to develop your own style while learning to create larger items? This 12 week course is designed for those with some previous experience in pottery. A basic knowledge of pottery (beginning class) is suggested. Be prepared to build upon existing skills by learning to throw larger and more complex forms. *Enrollment is limited to 14 students. Mario Gonzales will be the instructor for this class.* Class I held at Springville High in room C-15.

Class starts: Wednesday, January 10, 2018

11. Quilting – “Mystery Quilt “ ages 18 & up SHS Rm #C-13 4 wks \$45

Mystery Quilt

Love a good mystery? You pick the fabric and we'll supply the pattern. When you pick fabrics with nice contrast and look great lined up together, you can let the mystery unfold and at the end you'll have a beautiful quilt. Whether you're a beginning quilter or more experienced, you will love piecing this quilt together, one clue at a time. This 4 week class will allow you to complete up to a queen sized quilt. All you need is fabric you love, a basic sewing kit (including a rotary cutter) and a sense of adventure. Join us for this 4 week class.

This quilt is great for beginning as well as advanced quilters. Sue Ann Harding will be the instructor for this class. Class is held on Wednesday nights January 31, Feb. 7, 21, 28, 2018 - 6:00pm to 9:00pm Springville High School room C-13. Please call Gwen at 801-354-7418 for your supply list.

12. Quilting – “Jelly Roll Quilt “ ages 18 & up SHS Rm #C-13 ONE NIGHT ONLY \$15

Jelly Roll Race

Wished you had a quilt to give at Christmas, but didn't have the time to finish it? Come finish a quilt top in one night! Yes, in one night you can have a quilt top done and ready to quilt. Bring your favorite jelly roll, a pair of scissors, and get ready to sew! You'll have a beautiful quilt top in one night! This quilt is fun and easy for beginners as well as advanced quilters. Sue Ann Harding will be the instructor for this ONE NIGHT ONLY class. Class is held on Tuesday, February 27, 2018 6:00pm to 9:00pm Springville High School room C-13. Please call Gwen at 801-354-7418 for your supply list.

13. Quilting – “Piece Makers Quilting Bee” SHS Rm #C-13

Beginners to advanced quilters welcome. We meet once a month the 3rd Thursday from 6:00pm to 9:00pm. We will have quilting & tool demonstrations, and learn various methods to improve quilting skills. We do monthly quilting projects. List of materials will be provided each month. Most projects utilize your fabric stash. Come make new friends, learn and have fun! Yearly “Bee” fee \$5.00 in addition to the District \$10.00 yearly fees. Meet in Room C-13 at Springville High School. ***Please pay at class.***

SPRINGVILLE – Community School WINTER 2018

Class or Activity Descriptions

14. Spinning SHS Indoor Track

Spinning class is a 45 minute indoor cycling class on stationary bikes twice a week. 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 Springville High School (Indoor Track). Choose a class time. **Pay at class**. Limit 15 students per class. Walk-ins welcome \$2 per class.

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

Spin Schedule for **January 2, 2018 thru May 2018:**

Tuesdays & Thursdays
7:00pm to 7:45pm – January only
8:00pm-8:45pm – January thru May

15. Welding ages 18 and up SHS Room # B-5

This is a welding class were you will be taught the basics of ARC welding, MIG or wire-feed welding, plasma cutting, and oxy-acetylene cutting. **You need to bring a pair of leather welding gloves, a pair of safety glasses, and a long sleeve shirt or coveralls to the first class.** After the initial few classes, time will be allotted for you to work on individual projects of your own design and choosing. Materials to learn on will be provided. **Projects for the class will not be provided.** Brian Ostler is the instructor for this 8 week class.

How to register on-line

- Go to our website: www.nebo.edu
- Click on: **Departments**
- Click on: **Community School**
- Click on: **Pay on line – click on a city**

- OR -

REGISTRATION FORM

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**