



NEBO SCHOOL DISTRICT
Community School
Coordinator – Everett Kelepolo
801-354-7418 Winter 2021

THE FOLLOWING PROGRAMS ARE OPEN TO NEBO SCHOOL DISTRICT RESIDENTS

SPANISH FORK COMMUNITY SCHOOL

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

How to register on-line

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

FOR ANY REGISTRATION QUESTIONS CALL MARGARET RAINE 801 354 7418

Nebo School District Community School Coordinator is Everett Kelepolo 801-354-7417 or
ADA Coordinator for Facility Access is David Gneiting 801-354-7440.

We look forward to another opportunity to begin Community School in the Nebo School District. Due to the Covid 19 epidemic, we have been asked to take necessary precautions to ensure safety for all our participants. Please adhere to the following protocols from the Health Department.

Be SMART

- Stay home when sick
- Maintain clean spaces
- Advocate for distancing
- Remember your mask
- Train on hygiene and safety

A more detailed quarantine protocol document from the Board of Health has been posted to www.nebo.edu/coronavirus. Please check there for the latest information on COVID related issues.

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.

REFUND POLICY

There is a \$5.00 handling charge on all refunds, except for those classes that do not carry. A full refund (minus \$5.00 handling charge) will be given during the first week, upon request. For classes that have limited enrollment, no refund will be given unless your spot can be filled. There will be no refunds after the first week of class.

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

CLASS OR ACTIVITY	DAY	DATE	TIME	FEE	LOCATION
Fencing (ages 7-10)	Wednesday	Jan 20	5:30-6:15pm	\$60 6wks	Dance Rm
Fencing (ages 11-15)	Wednesday	Jan 20	6:15-7:00pm	\$60 6wks	Dance Rm
Fly Tying-Beginning	Wednesday	Jan 20	6:00-9:00pm	\$25 2wks	SFHS #22
Fly Tying-Beginning	Wednesday	Feb. 3	6:00-9:00pm	\$25 2wks	SFHS #22
Pilates	Thursday	Jan. 21	7:30-8:30pm	\$30 8wks	Dance Rm
Spin Class	Tu/Thurs	On Going	6:00-7:00	See below	Fitness Room C Building
Welding Fabrication	Tuesdays	Jan 5	6:00-9:00pm	\$150.00 8wks	MMHS Welding Shop

All classes need a minimum number of students in order to justify the costs of carrying them.

Class or Activity Descriptions

Fencing-Beginning: (ages 7 to 15)

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 80MPH”. 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 Andrew. Fencing equipment will be provided for use during class.

Class dates: Jan. 20, 27, Feb. 3, 10, 17, 24

Time: 5:30-6:15pm & 6:15-7 SFHS Dance Room

Fly Tying-Basic: (recommended ages 14 & up)

Basic fly tying will teach the fundamentals of fly tying from the very beginning. For example: How to set up a vice, proper technique, whip finishing. We will begin with simple flies and progress as the class is able. No unattended children. Bring glasses or a magnifying glass if you require them for reading. Benjamin Palmer will be the instructor. Supplies cost is \$25 to be paid to the instructor the first night of class.

Class dates: First Class - Jan. 20, 27 Second class Feb. 3, 10

Time: 6-9 SFHS Rm #22

Class limited to 10 people.

Pilates ages 16 & up

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on developing a strong core and improving coordination. Sara Fifia will be the instructor for this 8 week class on Wednesday nights.

Class dates: Jan. 21, 28 Feb. 4, 11, 18, 25 Mar. 4, 11 Time: 7:30-8:30 SFHS Dance Room

Spin Class:

Spin 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.

Limit 12 students per class. Please pay at class. COST: \$20 per month, \$3.00 per class

Class days: On hold due to Covid Time: 6-7am SFHS Fitness Room. (C Building).

Welding – Intro. To Fabrication (ages 18 and up)

This class is for the beginner welder who has had some exposure to welding, possibly through community school classes. Welding as a skill won't be taught but the aspects of cutting and welding a project as a whole class will be

covered, as well as see a project finish from start to finish and keep dimensions and quality at a high. Possible project ideas are: coffee table, fire pit, or book shelf. Everyone will make the same project. Approximately \$150.00 for materials. The material fees will be paid to the teacher at the first class.

Items you will be REQUIRED to bring to each session include: leather welding gloves, safety glasses, pliers, and coveralls or welding jacket. The instructor for this eight week will be Jared Massic.

Questions about this class contact Jared Massic at: jared.massic@nebo.edu Class is limited to 15 students.

COST: \$150.00 for class AND up to \$150.00 for project materials, based on project decided by class. (2 people can work on a project together) Could be used as open shop time for those needing to work on a personal project.

Class dates: Jan. 5, 12, 19, 26 Feb. 2, 9, 16, 23 Time: 6-9pm MMHS Welding Shop 51 N Spanish Fork Pkwy, Spanish Fork, UT 84660 Cap @15