

ADULT EDUCATION OPPORTUNITIES AT LLCS

Adult Education classes will be offered at LLCS starting in March. Pre-registration is required. Register with Mrs. Lisa Walker by Friday, February 18th at 624-2221. Children and students are not eligible to attend except where noted. Preference will be given to Long Lake residents.

Pottery-Ms. Michele Gannon

This will be an open studio class for those who have had experience working with clay and would like access to materials and a kiln, or for those who have had little or no experience and would like to learn basic hand building techniques. Some possible projects are platters, tiles, boxes, lanterns, bowls, plates, vessels. The possibilities are endless. Wear clothes that you don't mind potentially getting dirty!

6 classes-March 2nd to April 6th

Wednesdays 6:00-8:00 pm

Room: 204

Cost: \$25.00

Limited to 6 participants (Minimum of 4)



American Heart Association Basic HEARTSAVER Adult/Child CPR/AED

Class-Ms. Gen Boyd

This class is for those who wish to know how to respond in an emergency situation, how to recognize the signs of cardiac arrest or stroke, and what to do when someone is choking. You should dress comfortably and be able to get down on the floor in a kneeling position. To receive a course completion card you must pass the skills test.

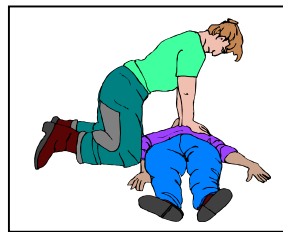
1 class-March 1st or March 15th

Tuesday-6:00-9:00 pm

Room: 210

Cost: Completion Card \$10

Limited to 5 participants (Minimum of 3)



American Heart Association Basic FIRST AID Class-Ms. Gen Boyd

This class will teach the immediate care to give someone with an illness or injury (whether it is minor or critical), and what to do before trained help arrives and takes over. The first aid that you provide may mean the difference between a quick recovery and a long illness. To receive a course completion card you must pass a written test.

1 class March 8th or March 22nd

Tuesday-6:00-9:00 pm

Room: 210

Cost: Completion Card \$10

Limited to 5 participants (Minimum of 3)



Computer Aided Drafting & Design (CADD)-Mr. Duane Finch

This course provides participants with a thorough understanding of the basic skills necessary to successfully create computer-generated three-dimensional drawings using the latest version of Autodesk Inventor™ software (2011). Upon completion of the course, participants should be proficient in 3D part and assembly drawings. If you have ever thought about computer aided drafting as a career, this course will give you the basic skills to get you on your way. Participants with basic computer skills should fare well in this course.

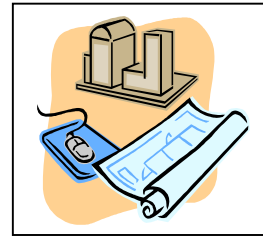
6 classes March 1st to April 5th

Mondays-6:00 to 8:00 pm

Room: 100

No Cost

Limited to 4 participants (Minimum of 2)



Learn Computer Basics-Mr. Charles Taylor

This is a class that will teach you about your computer. You will learn how to communicate online, use email more effectively, generate labels for cards, letters and packages, use the internet to shop or get information or directions, and make your computer "friendlier."

6 classes March 1st to April 5th

Mondays-7:00-9:00 pm

Room: 302

No Cost

Limited to 10 participants (Minimum of 3)



Yoga in an Adirondack Chair – Mrs. Becky Pelton

If you're interested in maintaining physical health and finding relaxation, come to this class. Whatever your goal – toning your body, relieving stress or gaining peace of mind – yoga will help you attain it. With its sloped back and wide arms, the Adirondack chair provides an ideal starting point for relaxation. The stillness and stability that are essential for yoga practice can be experienced in the comfort of an Adirondack chair. This class is for adults of all ages.

4 classes March 3rd, 17th, 24th, 31st

Thursdays -5:30-6:30 pm

Room: 202

No Cost

Limited to 8 participants (Minimum of 3)



Beekeeping Basics – Mr. Joseph P. Koehring

Please join me to learn some basics about beekeeping. I will teach you enough so you can continue to learn about honey bees, ask the right questions, and maybe try your hand at raising your own honey bees for small-scale honey production.

Wouldn't it be "sweet" to harvest honey from your own hive?

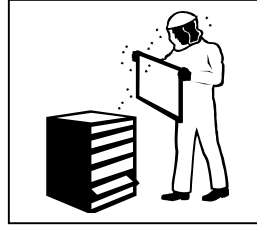
6 classes March 2nd to April 6th

Wednesday-6:00-7:00 pm

Room: 318

No Cost

No class size limit (Minimum of 3)



Badminton-Mr. Dave Olbert

Beginner to expert badminton players encouraged to participate. Continuation of current program.

Starting March 3rd to April 7th

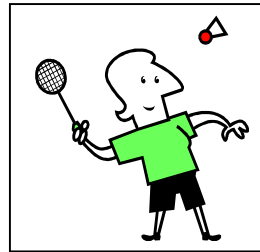
Thursday 6:00-7:30 pm

Room: 209

No Cost

No class size limit (Minimum of 3)

*Students may participate if space is available.



Volleyball-Mrs. Gail Seaman

Beginner to expert volleyball players encouraged to participate.

6 classes March 1st to April 5th

Tuesday 6:00-7:30 pm

Room: Gymnasium

No Cost

No class size limit (Minimum of 6)

*Students may participate if space is available.

