

Preschool Programs

Parent/Child Interaction & Development

Join in the fun while spending quality time with your little one! This playgroup opportunity will provide social interaction and the foundation skills for building appropriate development. Each group experience will include a gathering time with songs and movement, art and sensory experiences along with fine motor and pretend play stations. Parent/Caregiver will provide guidance on how to support their little one as they explore. Developmental and parent support provided. Please dress for the outside. Cancel if stormy.

Ages: 1 Mo-4 yrs. Limit: 12 4 Fridays, 9:45 - 10:45 am



Come Cook With Me! (Virtual)

This virtual four-week class will bring literacy alive in the kitchen while featuring popular titles by author Laura Numeroff. Preschooler and their parent/caregiver will engage in a story, learn basic kitchen safety, and learn hands-on experience cooking up some fun! All cooking materials will be provided so you can jump in the kitchen and get cookin! Come hungry as we will be eating our creations! Materials including a chef hat and apron for your child will be available for pickup at Community Ed starting September 28th. Link for virtual event will be shared after registration. Parents must remain present during entire event for safety

Ages: 3-5 yrs. 4 Saturdays, 9:45 - 10:30 am. \$60. Starts Oct 10



Youth Programs

Pee Wee Karate (Virtual)

Students will receive instruction in traditional Japanese Goju Ruy Karate-do. Stretching and strengthening the body (junbiundo), basic techniques (kihon), traditional formal exercises (kata), and sparring strategy (kumite) will be the major focus of this class. All will receive expert age-appropriate

Karate (Virtual)

Students will receive instruction in traditional Japanese Goju Ruy Karate-do. Stretching and strengthening the body (junbiundo), basic techniques (kihon), traditional formal exercises (kata), and sparring strategy (kumite) will be the major focus of this class. All will receive expert age-appropriate instruction, attention and assistance in class.

Grades 3-5, 9 Thurs, 6:30 - 8:00 or 9 Sat, 11:30 am - 1 pm \$130. Starts Sept 24 or 26.

Art in a Bag (Virtual)

Complete different art projects on your own or with friends. The bag will contain all supplies and information to complete your projects. Pick up from Community Education office. **Grades: K-8**

Fall Programs already started

- ◆ Cross Country
- ◆ Soccer
- ◆ Pre-Soccer

Safe Sitter

This medically-oriented instruction session teaches boys and girls ages 11-13 to handle emergencies when caring for young children. It The 5-7 hour program offers hands-on training in: basic lifesaving techniques, safety precautions to prevent accidents, activating an emergency system, and tips on basic child care. Bring a sack lunch

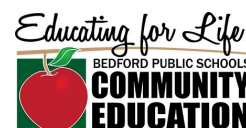
Horseback Riding Lessons (English Style)

For students in grades K-12. Saddle up and learn to ride. Classes now forming in English Style riding. Lessons are held at Stonehaven Farms, 351 Samaria Rd., Temperance, MI. Outdoor facility is utilized as weather permits. Please wear jeans or long pants & shoes or boots to class. Safety helmets are provided. **Grades K-12**, 4 Saturdays, 12:00 pm or 1:00 pm. \$120 Starts Oct 3

Acrylic Pour

Be prepared to get messy and create your own colorful one-of-a-kind masterpiece! Students can choose from a couple of different techniques. All canvas and sand supplies will be included. Please dress to make a mess! **3 separate classes:** Oct 24, Nov 7 or Nov 21, 12:00 - 2:00 pm. Admin Bldg

Register online at
<https://bedford.ce.eleyo.com/>
Office: 734-860-6036



Adult Enrichment Programs



Acrylic Pour

Be prepared to get messy and create your own colorful one-of-a-kind masterpiece! Students can choose from a couple of different techniques. All canvas and sand supplies will be included. Please dress to make a mess! **3 separate classes:** Oct 24, Nov 7 or Nov 21, 12:00 - 2:00

Puppy Kindergarten (Virtual)

Puppies age 8-18 weeks will learn socialization, puppy manners, "sit, down, stand, off, come", and walking on a leash. Vickie, the instructor, will also address housebreaking, play-biting and other problem behaviors as she demonstrates with her dog. Workbook is included in the class fee. **Virtual.** 6 Mondays, 6:30 - 8pm. \$100 Starts Sept 28

Family Dog Basics (Virtual)

For dogs over 18 weeks or kindergarten graduates. This class teaches manners, "sit, down, stay, come, leave it", walking on a leash without pulling, and how to address problem behaviors such as jumping on people. Workbook included in class fee and will be emailed to students.

Virtual. 6 Mondays, 7:15 - 8:15 pm. \$100. Starts Sept 28

Voiceover (Virtual)

One of the most enlightening ONLINE class you've ever taken, our professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. This class can be the game changer you've been looking for. You will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day.

Virtual. Tues, Nov 10. 6:30 - 8:30 pm. \$20.

Songwriting Essentials (Virtual)

Learn about the components of a song, how they fit together; focusing on writing catchy titles, strong first lines, verses, choruses and much more. You will complete songs and receive handouts, examples and assignments each week. Led by Caruso who has over 100 copyrights, and is the host a Songwriter Stories podcast.

6 Tuesdays. 6:00 - 7:00 pm, \$80. Starts Sept 22

5 Songs in 6 Weeks (Virtual)

Intermediate-Advanced. Compose a song on a different assigned topic or theme every week. Experiment with writing techniques, brainstorm your premise and develop your song during class. Play song the following week for immediate, constructive feedback. You will receive handouts, examples and assignments for every week of class. Songwriter/Instructor Dave has over 100 copyrights, albums on iTunes and hosts a Songwriter Stories podcast. **6 Tuesdays.** 7:00 - 8:00 pm, \$80. Starts Sept 22

CPR/AED

Learn proper response skills for emergency assessments, choking assistance, unconscious victim resuscitation and cardiac arrest through instructor-led discussion, hands-on application and video enhancement.

Oct 7 or Oct 27, 6:00 - 8:00 pm. Admin Bldg.

Excel - Intro Level I

Introduction to the basics needed to use this multi-purpose software. Best for personal bookkeeping, i organization, business operations, terminology, navigation/editing, cells/references, constant values, formulas, function keys, formatting, creating spreadsheets and charts.

3 Mondays, 6:00 - 7:30 pm. Admin Building. \$50. Starts Oct19

Excel - Level II

You will be introduced to the basics you need to use this multi-purpose software; personal bookkeeping, information organization, business operations, terminology, navigation and editing, cells and cell references, constant values, formulas, function keys, formatting, columns and rows, creating spreadsheets and creating and editing charts.

3 Mondays, 6:00 - 7:30 pm. Admin Building. \$50. Starts Oct19

Advanced Dog Training

Go beyond Family Dog Basics to learn more advanced techniques or train your dog to do therapy work. Take it from basic training/ improve dog's behavior and skills including overcoming distractions.

You will be prepared to take the AKC Canine Good Citizen or Therapy Dog Test after completing this course (optional).

Cardio & Tone (Outside)

This workout that offers strength training and cardio, this in a variety of levels and modifications while offering a fun and upbeat approach. It includes aerobic cardio-building moves, body weight exercises and general conditioning drills. Our instructor, Laurie, is a nationally certified personal trainer who will push you to reach your goals. Bring a mat, 2 hand weights and water. **4 Weeks, Mon/Wed,** 6:00 - 7:00 pm, Smith Road School \$30. Starts Sept 29

Tai Chi and Qigong

These Chinese forms combine slow deliberate movements, medication and breathing exercises. The benefits are consistent practice can: promote general well being and improved health, increase energy and stamina, promote deeper more restorative sleep, decrease stress and anxiety and improve muscle strength, flexibility, balance and agility. Great for any age or fitness level! **6 Saturdays,** 9:00 - 10:00 am, Smith Road School

Yoga (Outside)

Yoga is an ancient system of uniting mind, body, and spirit. Develop flexibility, strength, concentration and relaxation in a balanced way. In Begin where you are, so no experience is necessary. Inform instructor of any medical issues so allowances can be made for your ability. Please wear flexible clothing and bring a yoga mat and towel. .

4 Wednesdays, 6:00 - 7:00 pm, Admin Building. \$32. Sept 23

Zumba (Outside or Virtual)

The Latin dance-inspired fitness craze makes losing weight fun. Join our NEW instructor, Sarah, as she leads you through sweat-filled cardio moves. You've never had so much fun moving and shaking your way to a new you. **6 Tues and Thurs,** 6:00 - 7:00 pm, Smith Road Elementary. Starts Sept

Register online at
<https://bedford.ce.eleyo.com/>