My favorite time of year has arrived – the start of school!

It is a time that definitely keeps us moving as we welcome students and their families back to our buildings. As you’ll find by browsing our Community Education classes there is no shortage of activities during the fall season! Students, teachers, staff, families and community all combine together to make North Kansas City Schools a very active – and successful – learning environment.

And, we are growing! The district continues to see tremendous gains in enrollment as families make the intentional choice to be a part of our story. To accommodate the more than 20,000 students we serve, the district embarked on a Facility Planning study that included input from all stakeholders. The Board of Education will begin prioritizing this work to maximize the benefit our students receive. Anticipating future growth, decisions will need to be made about adding facilities while also balancing ways to improve some of our oldest sites. It’s an exciting time as we plan for the future of North Kansas City Schools!

“Be Active” is a vital theme for a class schedule. Wellness is an important strategic initiative for the school district, and we understand the value of health in sustaining a strong community. As you consider the offerings available to you, challenge yourself to reach for your goals and stretch outside your comfort zone. Jump at the opportunity to flex physical and mental muscles alike. We are excited for you to register and begin your journey!

There are great things happening in our schools every single day. Please take a moment to learn about the wonderful ways you can get (and stay) involved with the district. Sign up for classes, volunteer in our schools, attend our events. Be a champion for our students!

Thank you for your continued support of NKC Schools!

Dan Clemens, Ed.D.
Superintendent – North Kansas City Schools
superintendent@nkcschools.org
Focus on Drawing

In this intermediate drawing class, you will be working with graphite and colored pencils with areas of focus on foliage, water, clouds, texture, drapery, hair, eyes, reflections plus much more. Individual help will be given while each participant works and progresses at their own speed. Weekly practice assignments will help develop your skills. A supply list will be emailed to you prior to class and a $5 project fee is payable to the instructor the first night of class.

ART219-20A  Antioch MS, Rm 121
Thu 9/3-10/1 (5X) 6:30 PM-8:30 PM $89
Instructor Kathy Cunningham is an artist, graphic designer and illustrator with more than 30 years experience. She loves creating artwork for the home and special events.

Introduction to Watercolor

This class is an introduction for new students and re-introduction for those who want to renew their skills. Tools and techniques, as well as studio time and individual support are included in class time. A link for the supply list will be emailed with your registration confirmation. Project fee of $10 is payable to the instructor at the first session.

ART202-20A  Northland Human Services Center, Rm 2400
Fri 9/6-10/11 (6X) 1:30 PM-4:30 PM $89
ART202-20A-2  Northland Human Services Center, Rm 2400
Fri 11/1-12/13 (6X) 1:30 PM-4:30 PM $89
No class 11/29
Instructor Suzie Smith is a working artist and experienced watercolor teacher. She has studied with nationally known artists as well as at the Kansas Art Institute.

“Suzie is an excellent teacher, fun to work with and very knowledgeable. I will take more classes from her.” — Marie E.

T-shirt Quilt

Take 10-20 T-shirts and turn them into a keepsake quilt, which makes a great gift or graduation present. Students need basic sewing skills. A supply list will be provided. Please bring your own sewing machine.

ART400-20A  Antioch MS, Cafeteria I
Tue 9/3-10/8 (6X) 6:30 PM-8:30 PM $79
Instructor Melissa Ide-Laird learned to sew when she was six years old. She has made too many quilts to count and gives the majority of them away. She enjoys piecing, appliqué’ paper piecing and long arm quilting.

Beginning Quilting – Disappearing Four Patch Quilt

This class is designed for the beginning quilter with some sewing skills. You will take charm packs, learn to sew them together then cut and resew them. You will work on the basic techniques of cutting, piecing, quilting, and binding a quilt. A supply list will be emailed with your registration confirmation. You will need to bring your own sewing machine or have access to one.

ART411-20A  Antioch MS, Cafeteria I
Tue 10/22-11/26 (6X) 6:30 PM-9 PM $89
Instructor Melissa Ide-Laird

Stained Glass Suncatchers

Take your creativity to a new level and create colorful suncatchers to display in your home or give as a gift. Using the Tiffany Method you will learn to assemble cut glass into beautiful creations. No experience necessary. Take home one completed project from each class. Safety glasses and a dust mask will be provided. Supply fee of $20 payable to the instructor at the beginning of class.

Hummingbird

ART120-20A  Antioch MS, Rm 120
Tue 9/17 (1X) 6 PM-9 PM $39

Bumblebee

ART120-20A-2  Antioch MS, Rm 120
Tue 10/1 (1X) 6 PM-9 PM $39

Jack-O-Lantern with Black Hat

ART120-20A-3  Antioch MS, Rm 120
Tue 10/15 (1X) 6 PM-9 PM $39

Monarch Butterfly

ART120-20A-7  Northland Human Services Center, Rm 2400
Sat 10/19 (1X) 9 AM-12 PM $39

Etching on Square Bevel (Numerous stencils available including Christmas designs)

ART120-20A-4  Antioch MS, Rm 120
Tue 10/29 (1X) 6 PM-9 PM $39

Etching on Square Bevel (Numerous stencils available including Christmas designs)

ART120-20A-5  Antioch MS, Rm 120
Tue 11/12 (1X) 6 PM-9 PM $39

Angel

ART120-20A-6  Antioch MS, Rm 120
Tue 11/26 (1X) 6 PM-9 PM $39

Instructor Marsha Schwartz is a stained glass artisan and owner of Stained Glass Treasures. Her creative designs can be found at local craft shows and Crafters Corner in Smithville, MO.

Beginning Stained Glass

Learn the basic copper foil method of stained glass, including safety, types of glass, patterns, cutting, grinding, foiling, soldering, cleaning and patinas. A minimum of four projects will be completed. A supply fee of $180 is payable to the instructor the beginning of the first class in order to receive a kit that includes an instruction book, basic tools, chemicals, and glass. You will be required to bring the kit to each class and is yours to keep at the conclusion of the class. The supply fee does not include a grinder, however, one will be available for use during class. Safety glasses and gloves will be provided.

ART121-20A  Antioch MS, Rm 120
Thu 10/24-11/21 (5X) 6 PM-8:30 PM $129
Instructor Marsha Schwartz
**NEW**

**Stained Glass Beyond the Basics**

Prerequisite: Beginning Stained Glass previously offered by Marsha Schwartz.

Continue your knowledge of stained glass by choosing a pattern approved by the instructor previous to the first class. You will select, purchase your glass and complete one project. The basics will be reviewed and tips will be given to improve techniques. You will also learn the different types of framing used for larger stained glass projects. The beginner's supply kit purchased for the beginning stained glass class will need to be brought to each class. Glass, solder, foil and lead came will need to be purchased. Additional supplies and homework may be needed.

**ART122-20A** Antioch MS, Rm 120
Thu 10/3-10/17 (3X) 6 PM-8:30 PM $79
Instructor Marsha Schwartz

**Fused-Glass Christmas Ornaments**

Design and assemble glass pieces to create beautiful hanging ornaments. Make up to three ornaments. You may choose from a snowman, Christmas tree, balls, stocking and snowflake. Tools and materials will be provided for class use. Wearing glasses or bringing safety glasses and vinyl gloves is required. Do not wear open-toed shoes. Supply fee of $30 payable to the instructor is due at the start of class.

**ART600-20A** Antioch MS, Rm 121
Thu 11/7 (1X) 6 PM-9 PM $39
Instructor Nichole Peacher

**Knitting for the Beginner**

Learn how easy it is to create beautiful handmade knitted items. You will learn how to knit and purl, read patterns, and to fix mistakes. Your first project will be a "designer" scarf or a dishcloth. A link to the supply list will be provided with your registration confirmation or you may purchase a supply kit from the instructor for $30.

**ART401-20A** Northland Human Services Center, Rm 2400
Sat 11/2-11/23 (4X) 9:30 AM -11:30 AM $39
Instructor Sharon Euler is a skilled designer, dressmaker and tailor. Her hobbies include sewing, knitting and crocheting.

**Basic DSLR**

Learn on Location: Basic DSLR taught on site, weather permitting. To give you close to real life situations when photographing, most of the time will be spent on location in different areas of the city as well as the instructor's studio located in the stockyards district, to understand how to use window light to your advantage. Class in the school meets at 7, however, for light purposes, location classes will begin at 6 although that time is flexible. Some locations may include Liberty Memorial, Kaufman Performing Arts Center, Graffiti Alley, City Market, JC Nichols Fountain. Other suggestions are welcome.

**ART300-20A** Antioch MS, Rm 112
Thu 10/3-11/7 (6X) 7 PM-9 PM $89
Instructor Angie Jennings has been a photographer for 30 years. She has knowledge of many different cameras from working in one of Kansas City's oldest camera stores. Angie has taught photography for many years and runs one of the top photo based art centric organizations in Kansas City.

**NOW HIRING**

**Drive for North Kansas City Schools**

- Full Benefits: Health/Dental/Vision
- District Employee Health Clinic with No Copay for Visits
- We Offer Paid CDL Training
- No Experience Needed
- Guaranteed 30 Hours Per Week
- Additional Hours and Trips Available
- Member of State Retirement System

Visit [www.nkc schoo ls.org](http://www.nkc schoo ls.org) for more information or contact David at 816-321-4422.

Join a winning team that enjoys working with kids and a school schedule.

Classes are for adults 18 years and older unless otherwise specified.
Death & Taxes
Probate, Wills, Power of Attorney, Trusts, Health Care Decisions, and Estate Taxes! We will help you understand the basics of estate planning. Clay County senior discount applies.
BUS102-20A Antioch MS, Media Center Thu 9/10-9/17 (2X) 7 PM-9 PM $25
Instructor John Sanderford is a Northland attorney who has worked primarily in the field of estate planning for more than 25 years. He is a member of the Missouri Bar Association Estate Planning and Probate Administration Committee.

ABC’s of Medicare Insurance
Are you or a loved one turning 65 years old or becoming eligible for Medicare due to a disability? What are Part A and B of Medicare? How do Medicare supplement plans fill coverage gaps? What is a Plan C, Plan F and let’s not forget Part D (prescription drug plan)? Learn about Medicare PPO’s and HMO’s. This two-hour class will help you master the ABC’s of Medicare Insurance. This event is for educational purposes only: no plan specific benefits will be shared.
Clay County senior discount applies.
BUS100-20A Antioch MS, Media Center Tue 9/8 (1X) 6:30 PM-8:30 PM $25
Instructor Jeff David has been an insurance professional since 1987. He has owned his own insurance agency for more than 10 years.

“Gave me a lot of good information on this subject that I was confused on.”
— Susan O.

Social Security: Your Questions Answered
Social Security will most likely be the foundation of your retirement income. Before you retire, it’s important to understand your options regarding Social Security and the impact your decisions have on your retirement. Learn how Social Security fits into your retirement income plan, when you should take benefits and all about taxes.
BUS108-20A Antioch MS, Media Center Tue 10/22 (1X) 6:30 PM-8:30 PM $25
Instructor Jeff King is a financial advisor and an Adjunct Professor at Park University School of Business. Jeff is passionate about helping families learn about managing finances.

Optimize Your Pharmacy Benefit
Pharmacy benefits can be complicated. During this interactive class, you will learn the basics of pharmacy benefits from the consumer perspective to help you make more informed decisions and to prepare you for what may lie ahead. Become a more active member of your healthcare team so that you can be sure you are getting the medication you need, when you need it, for the best price. This class is for adults ages 18 and up with any type of health insurance plan that includes prescription coverage.
BUS401-20A Antioch MS, Media Center Thu 10/17 (1X) 6:30 PM-8:30 PM $29
BUS401-20A-2 Antioch MS, Media Center Thu 11/12 (1X) 6:30 PM-8:30 PM $29
Instructor Heather Epps has a Doctor of Pharmacy degree. She has experience in pharmacy benefit management, retail pharmacy and prescription savings methods. Heather has developed a program to help people optimize their pharmacy benefit and become advocates for themselves.

Accessing eBooks with Overdrive
Can’t find a book on the shelf? Try looking in our digital collection. Learn the steps to searching and checking out an eBook through OverDrive Digital Downloads and read them on your computer or other device. Registration is required.
BUS215-20A Mid-Continent Library, Antioch Branch Tue 9/17 (1X) 6:30 PM-7:30 PM No Charge
Instructor Tammy Doughty has more than 20 years experience working for the Mid-Continent Public Library and has been the Branch Technology Instructor for 5 years.

Google Suite Overview
Discover some of the popular Google apps that you can access for free on your computer. Registration is required.
BUS219-20A Mid-Continent Library, Antioch Branch Thu 9/26 (1X) 2 PM-3 PM No Charge
Instructor Tammy Doughty

Email for Beginners
Email is the most common form of communication used today. Learn to understand your inbox as well as how to write effective emails. Registration is required.
BUS206-20A Mid-Continent Library, Antioch Branch Fri 10/18 (1X) 2 PM-3:30 PM No Charge
Instructor Tammy Doughty

Beginning Word
This introduction will focus on how to create, save, and print a document using Microsoft® Word. Registration is required.
BUS214-20A Mid-Continent Library, Antioch Branch Wed 11/6 (1X) 2 PM-3 PM No Charge
Instructor Tammy Doughty

Windows 10
This 90-minute hands-on class will introduce the layout of the Windows 10 operating system and demonstrate navigating its functions. Computers will be provided. Registration is required.
BUS209-20A Mid-Continent Library, Antioch Branch Tue 11/19 (1X) 2 PM-3:30 PM No Charge
Instructor Tammy Doughty

60+ and live in Clay County?
Receive up to $30 off your class fees per semester at the time of registration!
Register early because the funding is limited by semester.
For more information call 816-321-5010.
Funding through the Clay County Senior Services’ levy fund.
### Social Media for Business Certificate

Enroll in all three courses below and earn a Social Media for Business Certificate. $495

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td><strong>Introduction to Social Media</strong></td>
<td>9/3-9/27, Online</td>
<td>$195</td>
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<tr>
<td><strong>Marketing Using Social Media</strong></td>
<td>10/7-11/1, Online</td>
<td>$195</td>
<td></td>
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<tr>
<td><strong>Integrating Social Media in Your Organization</strong></td>
<td>11/4-11/29, Online</td>
<td>$195</td>
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### Certificate in Project Management

Enroll in all three courses below and earn a Certificate in Project Management. $495

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<td><strong>Introduction to Project Management</strong></td>
<td>9/3-9/27, Online</td>
<td>$195</td>
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<tr>
<td><strong>Project Management Processes</strong></td>
<td>10/7-11/1, Online</td>
<td>$195</td>
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<tr>
<td><strong>Project Management Knowledge Areas</strong></td>
<td>11/4-11/29, Online</td>
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### Certificate in Accounting and Finance for Non-Financial Managers

Enroll in all three courses below and earn a Certificate in Accounting and Finance for Non-Financial Managers. $495

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<td><strong>Accounting and Finance for Non-Financial Managers</strong></td>
<td>9/3-9/27, Online</td>
<td>$195</td>
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<tr>
<td><strong>Cash is King</strong></td>
<td>10/7-11/1, Online</td>
<td>$195</td>
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<tr>
<td><strong>Financial Analysis and Planning for Non-Financial Managers</strong></td>
<td>11/4-11/29, Online</td>
<td>$195</td>
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### Six Sigma Green Belt Certificate

Enroll in all three courses below and earn a Six Sigma Green Belt Certificate. $495

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<tr>
<td><strong>Introduction to Six Sigma Green Belt</strong></td>
<td>9/3-9/27, Online</td>
<td>$195</td>
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<tr>
<td><strong>Intermediate Six Sigma Green Belt</strong></td>
<td>10/7-11/1, Online</td>
<td>$195</td>
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<tr>
<td><strong>Advanced Six Sigma Green Belt</strong></td>
<td>11/4-11/29, Online</td>
<td>$195</td>
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ONLINE CLASSES

All classes are six weeks in length and a new class starts every month.

Fall classes begin on each of the following dates:
8/14/2019 • 9/11/2019 • 10/16/2019 • 11/13/2019 • 12/11/2019

ACADEMICS

Introduction to Chemistry $109

BUSINESS

A to Z Grant Writing $109
Accounting Fundamentals $109
Administrative Assistant Fundamentals $109
Advanced Grant Proposal Writing $109
Blogging and Podcasting for Beginners $109
Business and Marketing Writing $109
Computer Skills for the Workplace $109
Fundamentals of Supervision and Management $109
Fundamentals of Supervision and Management II $109
Introduction to Microsoft Excel 2010 $109
Introduction to Microsoft Excel 2013 $109
Introduction to Microsoft Excel 2016 $129
Intermediate Microsoft Excel 2010 $109
Intermediate Microsoft Excel 2016 $129
Intermediate Microsoft Word 2010 $109
Introduction to QuickBooks 2016 $109
Introduction to QuickBooks 2018 $109
Introduction to QuickBooks Online $109
Introduction to Windows 10 $109
Learn to Buy and Sell on eBay $109
Personal Finance $109
Project Management Fundamentals $109
Start Your Own Small Business $109
Stocks, Bonds and Investing: Oh My $109

EDUCATION & TRAINING

Teaching Smarter With SMART Boards $109

HEALTH & WELLNESS

Lose Weight and Keep it Off $109

LANGUAGE

Conversational Japanese $109
Speed Spanish $109
Speed Spanish II $109

WEB & COMPUTER PROGRAMMING

Basic CompTIA A+ Certification Prep $119
Creating Web Pages $109
Creating WordPress Websites $109
Introduction to Java Programming $109
Introduction to SQL $109

WRITING

Advanced Fiction Writing $109

NOTICE TO STUDENTS

North Kansas City Schools Community Education Services offers classes to the public for purposes of information, instruction, enlightenment, and example only. Such classes are not to be construed as endorsement or investment recommendations from the individual instructor, his or her company, or Community Education.

NEW

CHILDREN & YOUTH CLASSES

Baby Sitter Training (Age 11-15 yrs)
Baby-sitting is fun, but must be taken seriously and responsibly. You will learn the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills, learn how to develop a baby-sitting business, keep themselves and others safe, help children behave, and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old. Please bring a water bottle, lunch and snack.

CHD101-20A Northland Human Services Center, Rm 2400
Sat 9/7 (1X) 8:30 AM-3 PM $59

CHD101-20A-2 Northland Human Services Center, Rm 2400
Sat 11/2 (1X) 8:30 AM-3 PM $59

Instructor Tina Biggs is a certified Red Cross instructor. She has been working with and for children for more than 20 years, as well as teaching and equipping parents for success.

Mommy & Me (Age 1-3 yrs)
Mommy & Me classes are a great way to bond with your child, while you both learn balance, coordination, and flexibility. Daddies are always welcome too. Please dress comfortably (no denim) with a clean pair of shoes for dancer and socks for Mom or Dad.

CHD200-20A Miss Dianna’s School of Dance
Tue 9/3-10/8 (6X) 9:30 AM -10 AM $55

CHD200-20A-2 Miss Dianna’s School of Dance
Sat 9/7-10/19 (6X) 10:30 AM-11 AM $55

No class 10/5

Instructor Dianna Pfaff has been teaching dance since 1975. She judges dance competitions and choreographs area high school events.

RESIDENTS AND NON-RESIDENTS CAN ENROLL.

Register early. Classes fill quickly!
COMMUNITY EDUCATION
PRESCHOOL PROGRAM
www.nkcschools.org/preschool

Shelli Wilson, Teacher

ENROLL ONLINE NOW FOR 2019-20 SCHOOL YEAR

• Early Childhood Certified Teacher
• Positive approach to kindergarten readiness
• Developmentally appropriate practices
• Stimulating and attractive environment
• Nurturing learning experience
• Rich opportunities for discovery, creativity and problem solving
• Age-appropriate playground

Days: Monday through Friday (5 days)
OR Monday, Tuesday, Wednesday and Thursday (4 days)
OR Monday, Tuesday and Wednesday (3 days)

Times: AM session 9:30 AM to Noon
PM session 12:45 PM to 3:15 PM

Fees: A $55 nonrefundable registration fee is payable at the time of enrollment.

Tuition: $225 per month
(Mon through Fri)
$190 per month
(Mon, Tues, Wed and Thurs)
$150 per month
(Mon, Tues and Wed)

Location: Staley High School Child Development Wing

Requirements: Each child must be potty-trained and 4 years old by July 31, 2019. The enrollment form and immunization record must be on file in the school office before school begins. Parents are responsible for transportation.

Competition Dance and Acrobatics (Age 3-5 yrs)
Your child will be introduced to tap, ballet and tumbling by trained staff with a love for teaching children. Our studio is a fun and positive atmosphere for your child’s first experience in the exciting world of dance! Boys and girls will enjoy the high energy class which will help them gain balance and agility. They will focus on all the keys to becoming a top athlete. Come dressed comfortably (no denim please) with a clean pair of tennis shoes. Dance clothes and shoes are not required but are welcome.

CHD201-20A Miss Dianna’s School of Dance
Tue 9/3-10/8 (6X) 10 AM -11 AM $69

CHD201-20A-2 Miss Dianna’s School of Dance
Sat 9/7-10/19 (6X) 9:30 AM -10:30 AM $69
No class 10/5
Instructor Dianna Pfaff

Competition Dance and Acrobatics (Age 6-11 yrs)
Your child will be introduced to tap, ballet and tumbling by trained staff with a love for teaching children. Our studio is a fun and positive atmosphere for your child’s first experience in the exciting world of dance! Boys and girls will enjoy the high energy class which will help them gain balance and agility. They will focus on all the keys to becoming a top athlete. Come dressed comfortably (no denim please) with a clean pair of tennis shoes. Dance clothes and shoes are not required but are welcome.

CHD202-20A Miss Dianna’s School of Dance
Wed 9/4-10/9 (6X) 6:30 PM-7:30 PM $69
Instructor Dianna Pfaff

All Boys Combination Dance and Acrobatics (Age 5 yrs & Up)
This class taught by Mr. Alex is full of energy, fun and structure. Dance teaches coordination, core strength and discipline. The class will consist of 15 minutes of tap, 15 minutes of hip-hop, and 30 minutes of acrobatic skills.

CHD205-20A Miss Dianna’s School of Dance
Mon 9/9-10/14 (6X) 5:30 PM-6:30 PM $69
Instructor Mr. Alex

Hip-Hop (Age 6-12 yrs)
Explore the fun world of hip-hop dance in this 30 minute class.

CHD206-20A Miss Dianna’s School of Dance
Mon 9/9-10/14 (6X) 7 PM-7:30 PM $55
Instructor Dianna Pfaff

See page 20 for location of buildings.
Family Music for Toddlers: Sing With Me (Age 15 mos-3 1/2 yrs)
This class is an energetic, exploratory experience combining singing, listening, playing instruments, and expressive movement. Each family will receive a delightful Musikgarten CD, parent guide and a pair of rhythm sticks for more music-making at home.

CHD316-20A  Gladstone Community Ctr
Mon 9/9-12/2 (12X) 6 PM-6:40 PM $129

CHD316-20A-2  Gladstone Community Ctr
Tue 9/10-12/3 (12X) 10 AM-10:40 AM $129

“Mrs. Hale is a very fun and knowledgeable teacher and my daughter looks forward to her classes each week.” — Brady R.

Cycle of Seasons: Wind Dancers (Age 3 1/2-5 yrs)
Celebrate your preschooler’s growing independence and love of the outdoors with activities involving the four seasons. Activities developed to build attention and self-expression include singing, focused listening, exploring musical instruments, movement and storytelling. Each family will receive two Musikgarten CDs, parent guide, and a set of animal cards for use at home to increase family involvement in the learning process.

CHD305-20A  Gladstone Community Ctr
Mon 9/9-12/2 (12X) 6:45 PM-7:30 PM $129

CHD305-20A-2  Gladstone Community Ctr
Tue 9/10-12/3 (12X) 10:45 AM-11:30 AM $129

“Mrs. Hale is a very fun and knowledgeable teacher and my daughter looks forward to her classes each week.” — Brady R.

NEW Let’s Draw! Combination Elementary and Cartoon Style
CHD505-20A  Antioch MS, Rm 116
Thu 9/12-12/12 (12X) 6 PM-7 PM $154
No Class 10/31, 11/28

Class Theme: Character Creation
CHD505-20A-2  Antioch MS, Rm 116
Tue 9/17-10/22 (6X) 6 PM-7 PM $79

Class Theme: All About Animals
CHD505-20A-3  Antioch MS, Rm 116
Tue 10/29-12/10 (6X) 6 PM-7 PM $79
No class 11/26

Sarah Hirtzel is the Young Rembrandts Program Director representing the Kansas City area.

NEW Cycle of seasons: Wind dancers (age 3 1/2-5 yrs)
Celebrate your preschooler’s growing independence and love of the outdoors with activities involving the four seasons. Activities developed to build attention and self-expression include singing, focused listening, exploring musical instruments, movement and storytelling. Each family will receive two Musikgarten CDs, parent guide, and a set of animal cards for use at home to increase family involvement in the learning process.

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Class Theme: All About Animals
CHD505-20A-3  Antioch MS, Rm 116
Tue 10/29-12/10 (6X) 6 PM-7 PM $79
No class 11/26

Sarah Hirtzel is the Young Rembrandts Program Director representing the Kansas City area.

NEW Cycle of seasons: Wind dancers (age 3 1/2-5 yrs)
Celebrate your preschooler’s growing independence and love of the outdoors with activities involving the four seasons. Activities developed to build attention and self-expression include singing, focused listening, exploring musical instruments, movement and storytelling. Each family will receive two Musikgarten CDs, parent guide, and a set of animal cards for use at home to increase family involvement in the learning process.

CHD305-20A  Gladstone Community Ctr
Mon 9/9-12/2 (12X) 6:45 PM-7:30 PM $129

CHD305-20A-2  Gladstone Community Ctr
Tue 9/10-12/3 (12X) 10:45 AM-11:30 AM $129

“Mrs. Hale is a very fun and knowledgeable teacher and my daughter looks forward to her classes each week.” — Brady R.

NEW Let’s Draw! Combination Elementary and Cartoon Style
CHD505-20A  Antioch MS, Rm 116
Thu 9/12-12/12 (12X) 6 PM-7 PM $154
No Class 10/31, 11/28

Class Theme: Character Creation
CHD505-20A-2  Antioch MS, Rm 116
Tue 9/17-10/22 (6X) 6 PM-7 PM $79

Class Theme: All About Animals
CHD505-20A-3  Antioch MS, Rm 116
Tue 10/29-12/10 (6X) 6 PM-7 PM $79
No class 11/26

Sarah Hirtzel is the Young Rembrandts Program Director representing the Kansas City area.

NEW Cycle of seasons: Wind dancers (age 3 1/2-5 yrs)
Celebrate your preschooler’s growing independence and love of the outdoors with activities involving the four seasons. Activities developed to build attention and self-expression include singing, focused listening, exploring musical instruments, movement and storytelling. Each family will receive two Musikgarten CDs, parent guide, and a set of animal cards for use at home to increase family involvement in the learning process.

CHD305-20A  Gladstone Community Ctr
Mon 9/9-12/2 (12X) 6:45 PM-7:30 PM $129

CHD305-20A-2  Gladstone Community Ctr
Tue 9/10-12/3 (12X) 10:45 AM-11:30 AM $129

“Mrs. Hale is a very fun and knowledgeable teacher and my daughter looks forward to her classes each week.” — Brady R.
ActivStars Cheerleading (Age 4-15 yrs)
Give your child what they need most beyond the classroom: exercise, fun, friends and a positive team experience. In this fun, team-building cheer course, you will learn cheers, chants, jumps and stunting. You may advance to all levels and participate in clinics, showcases, and competitions. Pom-poms with ID tags available for purchase at class for $27, or you may bring your own. There is a $10 non-refundable ActivStars registration fee due at the time of enrollment.

**CHD406-20A-DA**  Ages 4-6
Wed 9/4-1/15 (17X) Davidson Elem, Gym $153  No Class 12/24, 12/31 8 PM-9 PM

**CHD406-20A-DA-2**  Ages 7-9
Wed 9/4-1/15 (17X) Davidson Elem, Gym $153  No Class 11/27, 12/25, 1/1 7:15 PM-8 PM

**CHD406-20A-DA-3**  Ages 10 & up
Wed 9/4-1/15 (17X) Davidson Elem, Gym $170  No class 11/27, 12/25, 1/1 8 PM-9 PM

**CHD406-20A-MP**  Ages 4-6
Tue 9/3-1/14 (18X) Maple Park MS, Gym $162  No class 12/24, 12/31 6:30 PM-7:15 PM

**CHD406-20A-MP-2**  Ages 7-9
Tue 9/3-1/14 (18X) Maple Park MS, Gym $162  No class 12/24, 12/31 7:15 PM-8 PM

**CHD406-20A-MP-3**  Ages 10 & up
Tue 9/3-1/14 (18X) Maple Park MS, Gym $180  No class 12/24, 12/31 8 PM-9 PM

ActivStars Karate (Age 4-15 yrs)
Give your child what they need most beyond the classroom: exercise, fun, friends and a positive team experience. In this martial arts course, you will learn essential life skills such as respect, discipline, safety awareness, abduction prevention and anti bullying. You may advance to all levels. Karate-Gi uniforms available for purchase at class for $33. There is a $10 non-refundable ActivStars registration fee due at the time of enrollment.

**CHD407-20A-BR**  White Belts (Beginner)
Tue 9/3-1/14 (18X) Briarcliff Elem, Gym $162  No class 12/24, 12/31 6:30 PM-7:15 PM

**CHD407-20A-BR-2**  Yellow Belts & Higher
Tue 9/3-1/14 (18X) Briarcliff Elem, Gym $162  7:15 PM-8 PM

**CHD407-20A-MP**  White Belt – Ages 4-8
Wed 9/4-1/15 (17X) Maple Park MS, Gym $153  No class 11/27, 12/25, 1/1 6:30 PM-7:15 PM

**CHD407-20A-MP-2**  White Belt Ages 9 & Up and Yellow Belts
Wed 9/4-1/15 (17X) Maple Park MS, Gym $153  No class 11/27, 12/25, 1/1 7:15 PM-8 PM

ActivStars Tumbling (Age 8-18 yrs)
Learn respect for others, self-respect, and self-discipline through hard work and persistence while developing physical skills and tackling mentally challenging situations as well as pride in accomplishment. This fun course promotes coordination, confidence, poise, increased body awareness, artistic expression, and the reward of goal setting. Master basic tumbling skills and self-discipline. Children will progress at their own pace while being recognized and encouraged by their peers. There is a $10 non-refundable ActivStars registration fee due at the time of enrollment.

**CHD416-20A-MP**  Maple Park MS, Gym
Wed 9/4-1/15 (17X) 6:15 PM-7:15 PM $170  No class 11/27, 12/25, 1/1

Heartland Singers provides a fun singing opportunity to learn and perform quality music literature. Participants will focus on good choral singing including the elements of diction, harmony singing, tone quality, and musicianship.

Cost includes enrollment fee, music and T-shirt.

Directed by experienced music specialists, the Heartland Singers will have a great time preparing concerts and other performance opportunities.

Heartland Singers

**HEARTLAND SINGERS**
(Gr 4-6)

Interested singers and parents are invited to attend the parent meeting on August 26 from 6-7 PM in the Choral Room at Antioch Middle School, Room 137 (use east entrance). This is your opportunity to sign up for auditions.

**AUDITIONS**
Auditions will be held 5:30-7 PM on August 27 and 28, Antioch Middle School, Room 137.

Please call 816-321-5010 to enroll.

Concert dates are December 2, 2019 and May 4, 2020.

Instructor Andy Bowman has taught vocal music and directed school choirs since 2011. He teaches for North Kansas City Schools.

**CHD300-20A** $79
9/9-5/4/2020 Days: Mon* 6 PM-7 PM  Sessions: 30
Antioch Middle School, Room 137
No class 10/14, 10/28, 12/23, 12/30, 1/20, 2/17, 3/16

* All classes will meet on Monday except for Tuesday, Oct. 15 & 29.
**BEFORE SCHOOL ENRICHMENT**

**Chess Club (Gr K-6)**
Nationally certified chess coach, Ken Fee, and his staff of certified chess instructors from The Kansas City Chess Club will be teaching players about important rules, chess etiquette, strategy, openings, end games and tactics. Research says chess improves test scores in math and reading. The Kansas City Chess Club curriculum will guide students from pawn-to-king level advancement. Progress will be measured by a chess skills test taken at the end of each level. Students may participate as a team against other schools at local chess tournaments.

Instructor Ken Fee is a certified Boy Scouts chess merit badge counselor, a nationally certified chess coach and tournament director at the Kansas City Chess Club. Ken plays tournament chess and has coached numerous Missouri and Kansas State Chess Champions.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Location</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHD500-20A-NA</td>
<td>Nashua Elem, Media Center</td>
<td>Wed 10/23-12/4 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-NA-2</td>
<td>Nashua Elem, Media Center</td>
<td>Wed 10/23-12/4 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-NV</td>
<td>Northview Elem, Rm 166</td>
<td>Fri 9/6-10/18 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-NV-2</td>
<td>Northview Elem, Rm 166</td>
<td>Fri 10/25-12/6 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-RH</td>
<td>Rising Hill Elem, Tinker Room-B166</td>
<td>Fri 9/6-10/18 (6X) 7:45 AM-8:30 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-RH-2</td>
<td>Rising Hill Elem, Tinker Room-B166</td>
<td>Fri 10/25-12/6 (6X) 7:45 AM-8:30 AM</td>
<td>$65</td>
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</tbody>
</table>

**Early Engineers Before School LEGO Club**
Bricks 4 Kidz® enrichment classes are designed to be educational and FUN! We teach children principles of science, technology, engineering, and math (STEM) utilizing motorized LEGO® models. Every lesson is unique and designed to engage a child's mind. Each 6-week session features a new theme and models. This club is for elementary grades. Class size is limited. Students will receive a LEGO® mini-fig with enrollment.

Instructor Michael Jobe is the owner and operator of the local Bricks 4 Kidz® franchise located in North Kansas City.

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<tbody>
<tr>
<td>CHD500-20A-BR</td>
<td>Briarcliff Elem, Art Room</td>
<td>Mon 9/9-10/21 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
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<tr>
<td>CHD500-20A-BR-2</td>
<td>Briarcliff Elem, Art Room</td>
<td>Mon 10/28-12/2 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
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<tr>
<td>CHD500-20A-CH</td>
<td>Chapel Hill Elem, Media Ctr</td>
<td>Mon 9/9-10/21 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-CH-2</td>
<td>Chapel Hill Elem, Media Ctr</td>
<td>Mon 10/28-12/2 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-CL</td>
<td>Claridy Elem, Rm 4</td>
<td>Mon 9/9-10/21 (6X) 7:45 AM-8:30 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-CL-2</td>
<td>Claridy Elem, Rm 4</td>
<td>Mon 10/28-12/2 (6X) 7:45 AM-8:30 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-EG</td>
<td>Eastgate 6th Grade Center, Rm 218</td>
<td>Tue 9/10-10/15 (6X) 7:15 AM-8 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-FH</td>
<td>Fox Hill Elem, Art Room</td>
<td>Wed 9/11-10/16 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
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<tr>
<td>CHD500-20A-FH-2</td>
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</tr>
<tr>
<td>CHD500-20A-NA</td>
<td>Nashua Elem, Media Center</td>
<td>Wed 9/11-10/16 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
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<td>CHD500-20A-NA-2</td>
<td>Nashua Elem, Media Center</td>
<td>Wed 10/23-12/4 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
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</table>

**Young Rembrandts – Art Enrichment Program (Gr K-5)**
Young Rembrandts teaches drawing, the fundamental skill of all visual arts, to children grades K-5. Our unique method and step-by-step curriculum foster a wealth of skills. Children will develop increased patience, discipline and focus as well as a host of artistic skills such as art vocabulary and history, drawing and art skills, and expanded creativity, imagination and confidence. Lessons do not repeat from previous sessions so you can continue our classes all year long. All materials provided.

<table>
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</thead>
<tbody>
<tr>
<td>CHD500-20A-BP</td>
<td>Bell Prairie Elem, Flex Room EN59</td>
<td>Thu 9/5-10/10 (6X) 7:30 AM-8:30 AM</td>
<td>$78</td>
</tr>
<tr>
<td>CHD500-20A-BP-2</td>
<td>Bell Prairie Elem, Flex Room EN59</td>
<td>Thu 10/31-12/12 (6X) 7:30 AM-8:30 AM</td>
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<td>CHD500-20A-EG</td>
<td>Eastgate 6th Grade Center, Rm 218</td>
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<td>$65</td>
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<tr>
<td>CHD500-20A-EG</td>
<td>Gateway 6th Grade Center, Media Center</td>
<td>Tue 10/22-11/26 (6X) 7:15 AM-8 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-LW</td>
<td>Linden West Elem, Rm 51</td>
<td>Wed 9/11-10/16 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
</tr>
<tr>
<td>CHD500-20A-LW-2</td>
<td>Linden West Elem, Rm 51</td>
<td>Wed 10/23-12/4 (6X) 8:15 AM-9 AM</td>
<td>$65</td>
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Sarah Hirtzel is the Young Rembrandts Program Director representing the Kansas City area.
Storytime for Babies Age 0 and Up
Join us for a fun, engaging Storytime for Babies. Designed to instill a foundation into early literacy through play and one-on-one interaction with a parent or caregiver. Recommended for babies 0-18 months and a one-on-one caregiver.
- ANTIOCH BRANCH, Thursdays at 10 am
- NORTH OAK BRANCH, Fridays at 9:30 am

Storytime for Toddlers Age 2 and Up
Enjoy our Early Storytime for Toddlers as we share the world of books with your child. Parents and caregivers will enjoy a fun and interactive environment with your toddlers that will engage and encourage those next steps into early literacy. Designed for toddlers ages 18-36 months and a one-on-one caregiver. Program may require parental participation.
- ANTIOCH BRANCH, Tuesdays at 10 am
- NORTH OAK BRANCH, Mondays at 9:30 am and 10:30 am

Storytime for Families All Ages
Come share the early literacy experience with the whole family. Hear stories, sing songs, join in movement activities, and more. Bring the whole family and make some great family memories at the library! Designed for families of all ages.
- ANTIOCH BRANCH, Wednesdays at 10 am
- CLAYCOMO BRANCH, Wednesdays at 10 am
- NORTH OAK BRANCH, Wednesdays at 10:30 am

Play and Learn
Enjoy a special preschool playtime that is designed to stimulate young minds and strengthen early literacy skills.
- ANTIOCH BRANCH, first Wednesday of the month at 11 am (beginning in August)
- CLAYCOMO BRANCH, Wednesdays at 11 am (June and July)

To sign up for free programs for kids, teens, and adults, visit mymcpp.org/events.
Youth Volleyball

FALL 2019

For boys and girls in Grades 3-8. All divisions are coed.

As part of the North Kansas City Schools Community Education Services and the City of Gladstone Recreation Divisions, the developmental youth sports programs have been designed with the best interests of children in mind. The purpose of these programs is to provide an enjoyable learning experience for each child and to enhance their emotional, physical, social, and educational well-being. Good sportsmanship, equal play opportunities, learning and fun are the fundamentals of these programs.

Youth Volleyball Academy – Grades 2 and 3
This new program is to prepare boys and girls for league play. Participants will meet twice a week, on Tuesdays and Thursdays from 6:30 to 8 p.m. Instruction will be given on serving, bumping, setting and general play through fun activities.

All Session Registration:
- Mon 7/1 to Fri 8/16
- First Session: (Tu/Th) 9/3 to 9/19
- Second Session: (Tu/Th) 10/8 to 10/24
- Location: Area North Kansas City Schools Middle Schools
- Fee: $70 includes a uniform T-shirt.

Youth Volleyball – Grades 4-5 and 6-8
This program offers instruction in the fundamentals of volleyball for boys and girls in grades 4-8. This program will provide an enjoyable learning experience for children and will enhance their emotional, physical, social and educational well-being. Good sportsmanship, equal play opportunities, learning and fun are the philosophies of this 9-week program. Volunteer coaches are needed.

Registration:
- Mon 7/1 to Fri 8/16 (or until leagues are full)
- First Practice: Week of 9/3
- First Game: Sat 9/21
- Location: Area North Kansas City Schools Middle Schools
- Fee: $85 includes a uniform T-shirt. Buddy system applies.

The Buddy System: Children may register “with a buddy” for youth team programs. To guarantee same team placement, both registration forms must be received at the same time.

For more information, call 816-423-4200
www.gladstone.mo.us/Recreation

Youth Basketball

WINTER 2019-20

For boys and girls in Grades 1-8.

As part of the North Kansas City Schools Community Education Services and the City of Gladstone Recreation Divisions, the developmental youth sports programs have been designed with the best interests of children in mind. The purpose of these programs is to provide an enjoyable learning experience for each child and to enhance their emotional, physical, social, and educational well-being. Good sportsmanship, equal play opportunities, learning and fun are the fundamentals of these programs.

Youth Basketball

This program offers instruction in the fundamentals of basketball and organized team participation for boys and girls in grades 1-8. This program will provide an enjoyable learning experience for children and will enhance their emotional, physical, social and educational well-being. Good sportsmanship, equal play opportunities, learning and fun are the philosophies of this 9-week program. Volunteer coaches are needed.

Registration:
- Mon 9/16 to Fri 11/8 (or until leagues are full)
- First Practice: Sat 11/23
- First Game: Sat 12/14
- Location: Area North Kansas City Schools Elementary and Middle Schools
- Fee: Gr 1-4 – $75; Gr 5-8 – $80

The Buddy System: Children may register “with a buddy” for youth team programs. To guarantee same team placement, both registration forms must be received at the same time.

For more information, call 816-423-4200
www.gladstone.mo.us/Recreation
Workout ... Swim ... Play... Celebrate!

Gladstone Community Center

6901 N. Holmes
Gladstone, MO
816.423.4200
gladstonecommunitycenter.com

FREE MONTH
Kickstart your workout!! Free for 30 days.
For a limited time, NEW monthly auto-draft customers will receive their first month FREE when this coupon is presented at time of sign-up.
Restrictions apply. See Front Desk for details. Coupon expires December 31, 2019
FOODS

Learn to Make Fermented Veggies, Kombucha & Kefir
Before the advent of modern day canning most of our American foremothers understood the process of lacto-fermentation. They had crocks of real sauerkraut, lacto-fermented cucumber pickles and other treasures such as beets, onions or garlic waiting out the winter in the root cellar. Those countries with histories deeper than our own traditionally fermented vegetables with simply salt, water and spices – knowing that the lactic acid produced would prevent the purification of these precious nutritional storehouses, keeping them fed through winter. In this fermentation workshop, you will get to taste and take home your own kombucha scoby.

FDS103-20A The Wellness Wheel Sat 9/7 (1X) 10 AM -12 PM $25
Instructor Karen Carmack, LMT, is a certified level II Kundalini yoga instructor.

HEALTH & WELLNESS

Tai Chi – Beginner
Tai Chi is a Chinese exercise that improves balance and increases circulation. Recommended by Harvard Medical School and the Arthritis Foundation for health and fitness, participants will learn beginning basic principles of the training method of Tai Chi. Traditional Qi Gong warm-up exercises and rhythmic Silk-Reeling movements culminating in the Chen style 6 posture four directional form will be taught. Wear comfortable clothing and flat shoes.

HLH205-20A Clardy Elem, Gym Wed 9/4-10/9 (6X) 6:15 PM-7:15 PM $59
Instructor Roxie Hein has studied and taught martial arts since 2008. She is a fully certified Tai Chi instructor with a 2nd degree Blackbelt in Taekwondo and is an international gold medalist competitor in the full Tai Chi curriculum.

Advancing in Tai Chi
Build on the foundations and movements from beginning Tai Chi. This class introduces new transitional movements and postures to learn the Chen style Lao Jia Long Form. Participants who have taken the beginning class at least once have the option to enroll in both beginning &/or advancing in Tai Chi sessions.

HLH207-20A Clardy Elem, Gym Mon 9/9-10/14 (6X) 6:15 PM-7:15 PM $59
HLH207-20A-2 Clardy Elem, Gym Mon 10/21-11/25 (6X) 6:15 PM-7:15 PM $59
Instructor Roxie Hein

Quieting the Mind Through Meditation – Level I
PREREQUISITE: Quieting the Mind Through meditation – level II
Continue to focus on mindful meditations on the next level. Quiet the mind through breath, mantra and mudras. We will reinforce the importance of using our breath and experience mudras positions of the body that focus on body energy. Mantra is an instrument of the mind, a powerful sound or vibration that you can use to enter a deeper state of meditation.

HLH201-20A The Wellness Wheel Sat 11/9 (1X) 10 AM -12 PM $19
Instructor Karen Carmack

Pregnancy Wellness
Learn to practice wellness during your pregnancy in simple, everyday ways by exploring the topics of nutrition, aromatherapy, stretching and exercise.

HLH217-20A Antioch MS, Media Center Tue 10/1 (1X) 7 PM-9 PM $39
Instructor Kelsey Zydel is a Certified Childbirth Educator and DONA-trained birth doula. She has been in the education field for nine years.

Facility Usage
As a service to the community and in accordance with law, the Board of Education may allow community groups to use district facilities for educational, recreational, social, civic, philanthropic and other similar purposes when the facilities are not being used by the district or district-sponsored groups.
www.nkcchools.org/facility usage 816.321.4060

Volunteer with the Northland Shepherd’s Center!
We need volunteers to provide services and life enrichment programs for adults 60+ in Clay and Platte Counties. Volunteer opportunities include meals on wheels drivers, minor home repair volunteers, friendly visitors and transportation volunteers.

To volunteer call Northland Shepherd’s Center at 816.452.4536 and ask for Patty Monaco or email at patty@northlandsc.org or apply online at www.northlandsc.org.
Aging Mastery® aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. When you participate in the Aging Mastery Program® (AMP), you will create your own personal pathway for aging well via actionable goals, sustainable behaviors, peer support, and incentives.

9/20 – Exercise and You
Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

9/27 – Sleep
Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

10/4 – Healthy Eating and Hydration
Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

10/11 – Financial Fitness
Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial boundaries with friends and families.

10/18 – Advance Planning
Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

10/25 – Healthy Relationships
Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

11/1 – Medication Management
Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

11/8 – Falls Prevention
Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

11/15 – Community Engagement
Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

GRADUATION IS ON FRIDAY, NOVEMBER 22.
Special celebration and recognition of AMP graduates.

Funding for the Aging Mastery Program is provided in part by the George H. Nettleton Foundation.

$250 value! Refreshments included.
Free for 60+; Under age 60 $39

hlh206-20a Northland Human Services Center, Conference Rm Fri 9/13-11/15 (10X) 10 AM-11:30 AM
Graduation Fri 11/22

Core Curriculum:
9/13 – Navigating Longer Lives: The Basics of Aging Mastery
Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness, and overall quality of life.

9/20 – Exercise and You
Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

9/27 – Sleep
Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

10/4 – Healthy Eating and Hydration
Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

10/11 – Financial Fitness
Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial boundaries with friends and families.

10/18 – Advance Planning
Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

10/25 – Healthy Relationships
Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

11/1 – Medication Management
Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

11/8 – Falls Prevention
Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

11/15 – Community Engagement
Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

www.facebook.com/nkcscommunityeducation
HISTORY

Beginning Genealogy
Find out the fundamentals of beginning your genealogical research project. We will discuss organization, census information, vital records, and where to look for information. This is a beginner level class. Registration is required.

HIS103-20A Mid-Continent Library, Antioch Branch
Thu 9/19 (1X) 6:30 PM-7:30 PM No Charge
Instructor Tammy Dougherty has more than 20 years experience working for the Mid-Continent Public Library and has been the Branch Technology Instructor for 5 years.

LANGUAGE

French I – Getting to Know France
Parlez-vous français? Do you speak French? Well, if the answer is “non”, then this is the course for you! You will learn to use fundamental French in personal, practical, and culturally authentic everyday situations. We will begin with basic pronunciation, vocabulary and useful expressions to develop your ability to communicate in French. À bientôt! See you soon!

LAN601-20A Antioch MS, Rm 133
Tue 9/10-10/8 (5X) 7 PM-9 PM $69
Instructor Taji Bates has a bachelor’s degree in French from the University of Missouri-Kansas City and taught French and Spanish in North Kansas City Schools for 17 years.

Introduction to Italian
Attending this class will help you to know and communicate with people who use Italian in their daily lives. Upon completion of this class, you will be able to greet someone, ask and answer questions in Italian.

LAN501-20A Antioch MS, Rm 136A
Tue 9/10-10/8 (5X) 6:30 PM-8 PM $69
Instructor Dr. Seck earned a PhD in comparative literature from Paris-X-Nanterre, an advanced degree in Italian Study from Universita Per Stranieri di Perugia (Italy). He teaches French at the University Academy in Kansas City.

Introductory American Sign Language
This is a basic American Sign Language (ASL) class where students will learn the alphabet and numerical signs. Conversational phrases will be presented along with a wide variety of vocabulary and grammatical (facial) features. Students will be exposed to Deaf Culture and the history of how the language is evolving. A practice time will be provided during the class. Students will be encouraged to use the skills they have learned in a social setting at a local restaurant during the class. The goal of this class is to expand horizons in a fun and relaxed atmosphere! Ages 14+

LAN100-20A Antioch MS, Rm 138
Tue 9/10-10/29 (8X) 6:30 PM-8:30 PM $95
Instructor Lezlie Wendt has been a sign language interpreter since 2001 and enjoys sharing her enthusiasm for the language.
## MUSIC & DANCE

### Adult Tap Dance
This class is a wonderful opportunity to start at the basics and work up into tap rhythms. Each week you will gain confidence and musicality as your tap sounds become cleaner and clearer. You will be amazed at how fun and athletic tap dance can be!

**MUS400-20A** Miss Dianna’s School of Dance
Wed 9/4-10/9 (6X) 7 PM-7:45 PM $59
Instructor Dianna Pfaff has been teaching dance since 1975. She judges dance competitions and choreographs area high school events.

### Ballroom Line Dance
Don't have a partner but would like to learn some ballroom dance steps? Ballroom line dancing is for you. In addition to learning the Saturday Night Fever line dance, students will learn the basic steps of various ballroom dances in a line dance format.

**MUS108-20A** Chapel Hill Elem, Gym
Wed 9/25-10/2 (2X) 7 PM-8 PM $19
Instructor Paula Marie has been a dance professional for more than 30 years. Visit her website at [www.singdancekc.com](http://www.singdancekc.com).

### Beginning Big Band Ballroom Dancing
Are you tired of sitting on the sidelines while others are having fun dancing? You will learn all you need to know to dance to most big band music: Fox Trot, Waltz, East Coast Swing, Rumba, Tango, Cha-Cha, and a little Polka. Couples only. Price is per couple.

Students in this dance class will receive an electronic syllabus which has links to videos of most of the steps that are taught. Students can review and refresh what they have learned in class and perhaps even learn some new steps!

**MUS101-20A** Chapel Hill Elem, Gym
Mon 9/16-11/4 (8X) 7 PM-9 PM $95 per couple
Instructor Paula Marie

### Country Dance for Beginners
Learn basic Country Two-Step, Waltz and Swing in this entry-level course to get you around the dance floor in style! This class requires a partner and is priced per person.

**MUS201-20A** Chapel Hill Elem, Gym
Wed 10/9-10/30 (4X) 7 PM-8:30 PM $39
Instructor Paula Marie

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### Ballroom Dance: Beyond the Basics
**Prerequisite: Beginner instruction required.**
Review and continue with the dances learned in the beginning class. Students may vote and focus on dances of their choice. Instructors will be offered to suit the skill level of participants. Couples only. Price is per couple.

Students in this dance class will receive an electronic syllabus which has links to videos of most of the steps that are taught. Students can review and refresh what they have learned in class and perhaps even learn some new steps!

**MUS104-20A** Chapel Hill Elem, Gym
Mon 11/11-12/9 (5X) 7 PM-9 PM $75 per couple
Instructor Paula Marie

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### North Star Community Band
The North Star Community Band is open to adults with concert band experience. No audition is required. This is a year-round band, and members are required to participate in scheduled performances. The band meets each Tuesday from 7:30-10 p.m. at Oak Park High School.

**CONCERTS:**
- October 25 • December 6 • February 21 • April 24

Oak Park High School • 7:30 p.m.

**Director, Faye Rader**
$5 fee • Pre-registration required.

816-674-5120 • [www.nstarband.org](http://www.nstarband.org)

*New members: Please call Faye Rader prior to your first practice.*
SAFETY

AARP Smart Driver Course
The AARP Driver Safety Program has helped millions of drivers stay safe on the roads since its inception in 1979. Learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. You'll learn adjustments to accommodate common age-related changes in vision, hearing and reaction time. You may be eligible to receive an insurance discount upon completing the course. Consult your agent for details. AARP membership is not required to take the course.

SFT100-20A Northland Human Services Center, Rm 2400
Sat 9/21 (1X) 9 AM-1 PM Non member: $20
Member: $15
Instructor Jim Collier is a certified AARP instructor.

Adult and Pediatric CPR/AED/First Aid
The American Red Cross guidelines will be followed in this course designed for use on victims newborn and older. You will learn to recognize and respond appropriately to cardiac and breathing emergencies. You will also learn the skills to give immediate care to a suddenly injured or ill person until medical personnel arrive. A certificate, which is valid for two years, will be awarded to those who successfully complete the course. Please wear loose, comfortable clothing. Skill practice will require working on your hands and knees, bending and standing. Please bring a sack lunch.

SFT200-20A Northland Human Services Center, Rm 2400
Sat 10/5 (1X) 8:30 AM-2 PM $89
Instructor Tina Biggs is a certified Red Cross instructor. She has been working with and for children for more than 20 years, as well as teaching and equipping parents for success.

Driver Education
Designed to instruct students in proper techniques of driver education, this class will cover knowledge, skills and attitudes necessary for driving. Permits are not required for course participation. Students with permits or licenses will have the optional opportunity for behind-the-wheel instruction for an additional cost arranged through the instructor.

SFT101-20A Antioch MS, Rm 136A
Thu 10/17 (1X) 6 PM-9 PM $29
Instructor Tom Stout is a certified driver education instructor.

SPORTS & FITNESS

Pacesetters Walking Program
Did you know walking is the simplest positive change you can make to improve your heart health? By walking 30 minutes a day you can reduce your risk of heart disease. Let us help you keep your walking program going through the winter months. All you need is a good pair of shoes, comfortable clothing and the desire to live a healthier life. You will walk at your pace; there is no instructor. A walking map and guidelines will be provided at the school.

PHY401-20A Antioch MS, Teacher's Lounge
Tue, Thu 9/3-12/12 5:30 PM-8 PM $5
No class 11/28

Recreational Men’s Basketball
Hoops anyone? Come sweat, meet new people and play some basketball for exercise and fun! Please bring a black t-shirt and a white t-shirt to class each evening.

PHY601-20A New Mark MS, Gym
Mon 9/9-11/25 (12X) 7 PM-9 PM $69
Instructor Aaron Croley is a lifelong basketball player and enthusiast who’s been involved with North Kansas City School’s leagues for over 18 years.

PHY601-20A-2 Eastgate 6th Grade Ctr, Gym
Wed 9/4-11/20 (12X) 7 PM-9 PM $69
Instructor Aaron Croley

Coed Recreational Volleyball (Age 18-Adult)
Dig, Set, Spike! The emphasis is on fun, teamwork, and improving basic volleyball skills. Players will be divided into teams each night for two hours of team play following USVBA rules.

PHY501-20A Maple Park MS, Gym
Mon 9/9-11/25 (12X) 7 PM-9 PM $69
Instructor Gilbert Garcia has been playing volleyball for more than 20 years.

Coed Intermediate Volleyball (Age 18-Adult)
Take your game to the next level! Coed intermediate volleyball is for the skilled player who has performed at the high school level. Previous experience is a must to join other players for this class. Teams play up to 9 games, with 3 matches against 3 different teams each night. Emphasis is on teamwork while using bump, set and spike. Our goal is to have good team volleyball each session, as everyone will play the game.

PHY502-20A New Mark MS, Large Gym
Tue 9/3-11/19 (12X) 7 PM-9 PM $69
PHY502-20A-2 Maple Park MS, Gym
Thu 9/5-11/21 (12X) 7 PM-9 PM $69
Instructor Christie Brown enjoys playing competitive volleyball and has been instructing since 1998.

Discover. Inspire. Mentor.
Make a difference in the lives of young people with just an hour each week.

Call 816-321-5018 or email youthfriends@nkcschools.org to get started today!
Hip-Hop
Whether you are brand new to hip-hop or are looking for a fun, new way to burn calories, this class is for you. You will have fun and work up a sweat while learning the basic grooves and movements of hip hop with very simple, repetitive sequences that will have you filled with confidence and swag.

**PHY105-20A**  
Gateway 6th Grade Center – Multi-Purpose Rm  
Mon 9/9-10/14  
6:30 PM-7:30 PM  
$45

**PHY105-20A-2**  
Gateway 6th Grade Center – Multi-Purpose Rm  
Mon 10/21-11/25  
6:30 PM-7:30 PM  
$45

Instructor Jessica Auld is a certified group X instructor who has been teaching fitness classes since 2011. She has a salsa and dance background and enjoys sharing her passion for dance with every level. Jessica’s classes are a great start for someone who is brand new to dancing.

Zumba
Zumba is a “feel-happy” workout that is great for both the body and the mind. Zumba uses Latin and international music for a dance that creates a dynamic, exciting and effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body-sculpting movements with easy to follow dance steps. No experience is necessary to enjoy Zumba!

**PHY100-20A**  
Northview Elem, Gym  
Tue 9/10-10/15 (6X)  
6:15 PM-7:15 PM  
$39

**PHY100-20A-2**  
Northview Elem, Gym  
Tue 10/22-12/3 (6X)  
6:15 PM-7:15 PM  
No class 11/26

**PHY100-20A-3**  
Northview Elem, Gym  
Thu 9/12-10/17 (6X)  
6:15 PM-7:15 PM  
$39

**PHY100-20A-4**  
Northview Elem, Gym  
Thu 10/24-12/12 (6X)  
6:15 PM-7:15 PM  
No class 10/31, 11/28

Instructor Patti Leddy has been a licensed Zumba instructor for ten years and is also a 200-hour registered yoga instructor, ACE Certified Group Exercise Fitness instructor and ACSM Personal Trainer.

Gentle Yoga
This class is for everyone from beginners to long-time yoga participants. Exercise modifications will be given to accommodate a variety of fitness levels in a friendly, relaxed and safe environment. Class content includes work with balance, flexibility, endurance, muscle strengthening and toning, and relaxation. Stretches on the floor are included in the practice. Please bring a mat.

**PHY201-20A**  
Joseph G. Jacobs III  
Education Center, Gym  
Tue 9/10-10/15 (6X)  
3:30 PM-4:30 PM  
$39

**PHY201-20A-2**  
Joseph G. Jacobs III  
Education Center, Gym  
Tue 10/22-12/3 (6X)  
3:30 PM-4:30 PM  
$39

Instructor Patti Leddy

Core Centric Yoga
This class will focus on alignment, core strength and breath to open and release those tight areas and strengthen your core line. Please bring a yoga mat or large towel.

**PHY217-20A**  
The Wellness Wheel  
Sun 9/8-10/13 (6X)  
9:30 AM -10:30 AM  
$49

**PHY217-20A-2**  
The Wellness Wheel  
Sun 10/20-11/24 (6X)  
9:30 AM -10:30 AM  
$49

**PHY217-20A-3**  
The Wellness Wheel  
Sun 12/1-12/29 (5X)  
9:30 AM -10:30 AM  
$41

Instructor Teresa Rodriguez has been practicing yoga since 2001 under the mentorship of Karen Carmack and has experience teaching both Hatha Yoga & Kundalini Yoga. She has completed a three year study on energy healing for the body at Core Star School of Healing and a two day Yoga Teacher Training with Om Prana Yoga & Consultants.

Foam Roller
Do you want to improve circulation, decrease pain and soreness as well as increase your range of motion? Foam rolling is a form of self-myofascial release or self-massage to help you accomplish all of this. You will need to bring a yoga mat and a high-density foam roller, size 36” X 6” which can be purchased at local retailers.

**PHY218-20A**  
The Wellness Wheel  
Fri 9/13-10/18 (6X)  
10 AM -11 AM  
$49

**PHY218-20A-2**  
The Wellness Wheel  
Fri 10/25-12/6 (6X)  
10 AM -11 AM  
$49

Instructor Karen Carmack, LMT, is a certified level II Kundalini yoga instructor.

Kundalini Yoga
Kundalini Yoga is a form of physical and meditative yoga comprising various techniques using the mind, body and our senses. It goes beyond the physical performance of asanas with its emphasis on breathing, meditation, mudras and chanting. It can be very intense and appeals to those who are up for both mental and physical challenges. Kundalini yoga helps in the better functioning of the digestive, glandular, cardiovascular, lymphatic and nervous systems.

**PHY202-20A**  
The Wellness Wheel  
Wed 9/11-10/16 (6X)  
7:30 PM-8:30 PM  
$49

**PHY202-20A-2**  
The Wellness Wheel  
Wed 10/23-11/27 (6X)  
7:30 PM-8:30 PM  
$49

**PHY202-20A-3**  
The Wellness Wheel  
Wed 12/4-1/22 (6X)  
7:30 PM-8:30 PM  
$49

No class 12/25, 1/1

Instructor Karen Carmack

Align Yoga
A class for everyone no matter your age, body type or your understanding of yoga. All you need is a great attitude, alignment and action. Attitude is the power of the heart as the force behind every action or expression. Alignment is being mindful of how various parts of ourselves are integrated. Action is the natural flow of energy in the body, which provides both stability and joyful freedom. Please bring a yoga mat or large towel.

**PHY215-20A**  
The Wellness Wheel  
Mon 9/23-10/28 (6X)  
9 AM -10 AM  
$49

**PHY215-20A-2**  
The Wellness Wheel  
Mon 11/4-12/9 (6X)  
9 AM -10 AM  
$49

**PHY215-20A-3**  
The Wellness Wheel  
Mon 12/16-1/20 (6X)  
9 AM -10 AM  
$49

**PHY215-20A-4**  
The Wellness Wheel  
Wed 9/11-10/16 (6X)  
6 PM-7 PM  
$49

**PHY215-20A-5**  
The Wellness Wheel  
Wed 10/23-11/27 (6X)  
6 PM-7 PM  
$49

**PHY215-20A-6**  
The Wellness Wheel  
Wed 12/4-1/22 (6X)  
6 PM-7 PM  
$49

No class 12/25, 1/1

Instructor Karen Carmack
Golden Pass members are offered free or discounted admission to many district events. Athletic tournaments or play-offs are not included. Golden Passes are available to any individual who is 62 years of age or older. This is a lifetime pass and need not be renewed.

To receive your Golden Pass, call 816-321-5010.

Contact the school for specific event information:
North Kansas City High School . . 321-5310
Oak Park High School ............. 321-5320
Staley High School ............... 321-5330
Winnetonka High School ...... 321-5340

When schools are closed due to inclement weather, Community Education classes will be cancelled.

Please check www.nkc schools.org for the most up-to-date information about school closings.

High School Equivalency Preparation Classes
Basic Skills Review
ELL for English Language Learners

Classes are FREE.
Schedules are available for morning or evening classes.

3100 NE 83rd Street
Suite 2450
Kansas City, MO 64119
816-321-5011

Website: www.nkc schools.org/ael
Facebook: www.facebook.com/nk cael
Email: adulteducation@nkc schools.org

Expand your opportunities in the workforce; open doors to higher education and job training; become more confident in your abilities.

High School Equivalency Diploma
These classes will help adult students prepare for the High School Equivalency exam, certified by the Missouri Department of Education. Consistent attendance is required; see our website at nkc schools.org/ael for Orientation dates. Must be 17 or older and not enrolled in school.

Basic Skills Review
Classes are offered for adults who have a high school diploma but need to brush up on basic skills for the workplace or to enter college or a job training program.

Adult English Language Learners (ELL)
English classes are offered for adult speakers of other languages. Consistent attendance is required. Call for more information.

Classes are conducted in various locations throughout the Northland.

Volunteers Needed
Would you like to help an adult student study for the high school equivalency exam or learn the English language? Do you have one hour or more per week to volunteer? Teaching experience is not necessary, only a willingness to help others.

Call 816-321-5011 or email adulteducation@nkc schools.org

It’s never too late to learn. Expand your horizons with Adult Education.
LOCATION OF CLASSES

HIGH SCHOOLS
Oak Park High School
825 NE 79th Terr

MIDDLE SCHOOLS
Antioch Middle School
2100 NE 65th St
Maple Park Middle School
5300 N Bennington Ave
New Mark Middle School
515 NE 106th St
Northgate Middle School
2117 NE 48th St

SIXTH GRADE CENTERS
Eastgate
4700 NE Parvin Rd
Gateway
9201 N Indiana Ave

ELEMENTARY SCHOOLS
Bell Prairie Elementary
3000 NE 108th St
Briarcliff Elementary
4100 N Briarcliff Rd
Chapel Hill Elementary
3220 NE 67th Terr
Clardy Elementary
8100 N Troost Ave
Davidson Elementary
5100 N Highland Ave
Fox Hill Elementary
545 NE 106th St
Linden West Elementary
7333 N Wyandotte St
Nashua Elementary
221 NE 114th St
Northview Elementary
3900 NE 92nd St
Rising Hill Elementary
7301 NE 108th St
West Englewood Elementary
1506 NW Englewood Rd

OTHER EDUCATION SITES
Adult Education and Literacy
Northland Human Services Center
3100 NE 83rd St, Suite 2450
Community Education Services
Northland Human Services Center
3100 NE 83rd St, Suite 2400
Northland Human Services Center
3100 NE 83rd St
Joseph G. Jacobs III Educational Center
5700 Eugene Field Rd

OTHER SITES
Gladstone Community Center
7010 N Holmes
Mid-Continent Library – Antioch Branch
6060 N Chestnut
Miss Dianna's School of Dance
8641 N Oak Trfwy
The Wellness Wheel
5742 N Broadway

SIGN-UP QUESTIONS
Who can enroll?
Courses are for anyone 18 years or older unless otherwise specified.

When can I sign up?
We take enrollments on a first come, first served basis. Enroll early by one of the five methods listed.

How do I know if I’m registered?
You are enrolled as soon as we receive your enrollment form and fee. We will only contact you if a class is canceled or if a class schedule is changed.

Can I get a refund?
A $10 non-refundable fee is included with the tuition.
Refunds are made if:
• a class is filled before we receive your registration
• a class is canceled due to lack of enrollment
• a refund is requested 24 hours before the first class is held

What about books and supplies?
Texts will be distributed the first night of class. If supplies are required, a link to the supply list will be on the registration confirmation email.

Senior and Employee Discounts
• Employees of NKC Schools receive $5 off each class.
• Seniors, age 60+, that are Clay County residents receive $30 off one class per term.
• Must enroll by phone or in person to receive the discount.

See our brochure online at www.nkcschools.org/lifelonglearning
Follow the links for online registration

Do you have a desire to share your skills and talents with the community?
If so, please log on to www.nkcschools.org/lifelonglearning and complete the instructor proposal form.

North Kansas City Schools Mission
As champions for all students, North Kansas City Schools’ mission is to ensure all are life-ready and ethically grounded in an ever-changing world through innovative educational experiences that:
• Inspire Lifelong Learning
• Embrace Inclusion
• Forge a Unified Community

Disclaimer: Every effort has been made to make this publication accurate as of the publication date. However, all policies, procedures, tuition fees and curricula are subject to change anytime by appropriate action of the administration or the North Kansas City Schools Board of Education. This publication is not intended to be a contract, explicit or implied, and the district reserves the right to make changes regarding the information contained herein.

There will be no classes on:
September 2 ...................... Labor Day
November 27-29 ............. Thanksgiving Break
December 20-January 3 .......... Winter Break
**SIGN UP NOW!**

**Online**
www.nkcschools.org/lifelonglearning
Follow the links.
24 hours a day
7 days a week
MasterCard, Visa or Discover

**Phone**
816-321-5010
Mon-Fri, 8 AM-5 PM
MasterCard, Visa or Discover

**Mail**
Community Education
Northland Human Services Center
3100 NE 83rd St, Suite 2400
Kansas City, MO 64119

**Fax**
816-413-5465
24 hours a day
7 days a week
MasterCard, Visa or Discover

**Walk-In**
Community Education
Northland Human Services Center
3100 NE 83rd St, Suite 2400
Kansas City, MO 64119
Mon-Fri, 8 AM-5 PM

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**ENROLL NOW!**

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**PAYMENT METHOD**

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When paying by credit or debit card, a nonrefundable convenience fee will automatically be added to your transaction.

Make checks payable to: North Kansas City Schools
Mail enrollment form and fees to:
Community Education Services
Northland Human Services Center
3100 NE 83rd St, Suite 2400
Kansas City, MO 64119

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**CONTACT US**

communityed@nkcschools.org
816-321-5010

Extraordinary Educational Experiences

**Mission Statement**
Providing programs and services that connect schools and communities.
Shoot for 3!

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