



Salmon School District #291

In cooperation with

EASTERN IDAHO TECHNICAL COLLEGE

Announces

COMMUNITY OUTREACH CLASSES

---Spring 2017---

SIGN UP: January 23, 2017 until class begins – 8:00 a.m. to 5:00 p.m. at the Salmon School District office located at 907 Sharkey St., Salmon. Tuition must be paid at the time of registration and lab fees are due and payable to the instructor on the first night of class. For more information or to request classes not listed in this schedule call Deb Cheney, Program Coordinator at 756-4271 or 303-0202. To register over the phone with a credit card or debit card, please call EITC Student Services at 1-208-524-3000. A full refund is issued for classes cancelled due to lack of sufficient enrollment. Refund Schedule: Prior to class=100%-\$10.00 processing fee, 1st week=75%-\$10.00 process fee, 2nd week=50%-\$10.00 processing fee, 3rd week=25%-\$10.00 processing fee, later =none.

For more information for ONLINE CLASSES to get critical job training skills: go to <http://www.ed2go.com/eitc.edu>.

E-mail deb.cheney@salmon291.org. *SJSHS locations refer to Salmon Jr. Sr. High School. Classroom # will be available upon registration.

Course	Instructor	Location	Time	Date(s)	Fee
Beginning X-Country Skiing RECR 108 02SP	Tawna Skinner	Sacajawea Center	1:30-3:30pm	2/4, 2/11	\$18.00
<p>Learn the basics of x-country skiing with an instructor who has 56 years of experience and was certified in both Nordic and downhill skiing through PSIA for nearly 30 years. The first class will be an introduction to gear, clothing and basic skills. During the second class you will be practicing the skills you learned the first week, learn new skills and enjoy a short ski tour.</p> <p>Students need to bring their own gear or rent x-country gear at The Hub at the discounted price of \$20.00 per day. They are open Thursday through Saturday from 9:00 – 1:00. Schedule ahead of time. Contact Max @ 756-7613 if you need more information. Class size minimum 3, maximum 10.</p>					
Nutrition COMM 155 01SP	Kate Curet	SJSHS	6:00-8:00pm	3/15, 3/22, 4/5	\$25.00
<p>Eat Well and Bloom! Kate Curet, owner of Nature's Pantry and certified Nutritional Therapy Practitioner will teach you how to eat well and live strong!</p> <p>Class 1: Burning up? Acid reflux explained – what goes down shouldn't come back up! Class 2: Does Eating Fat Make You Fat? Nutritional keys to reducing inflammation. Class 3: Supplements: Are They Even Necessary? Which ones are most important? Classes will be a mix of cooking demonstrations (and eating!!), discussions on nutrition and digestion and plenty of time for Q&A. In addition to course fee there is a class fee of \$5.00 to cover materials.</p>					
Welding TRIN 108 01SP	Ron Lineback	SJSHS	6:00pm-9:00pm 8:00am-1:00pm	4/21, 4/28, 4/22, 4/29	\$65.00
<p>Would you like to learn how to weld or improve your skill? Come and learn by an experienced welder who can teach you the safety and art of welding. Class size limited to 10. In addition to course fee there is a class fee of \$50.00 to cover supplies.</p>					

Course	Instructor	Location	Time	Date(s)	Fee
Welding TRIN 108 01SU	Ron Lineback	SJSHS	6:00-9:00 pm	5/3, 5/4, 5/5, 5/10, 5/11, 5/12	\$75.00
Do you want to continue your journey or were you unable to attend the first welding class? Sign up for this second class. Come and learn by an experienced welder who can teach you the safety and art of welding. Class size limited to 10. In addition to course fee there is a class fee of \$50.00 to cover supplies.					
Intro to Digital Photography & Photo Editing ARTS 113 01SP	Maggie Harings	SJSHS Library	6:00 – 8:00 pm	2/27, 2/28, 3/2	\$25.00
Course will cover a general introduction to photography, including more in-depth, interactive instruction using DSLRs and smartphones. We will discuss manual settings, lenses, types of photography, and editing techniques and programs. The final session will include a photo walk. Participants will need a pen/paper, camera or smartphone, laptop/smartphone/tablet and a tripod (can share tripods and laptops if necessary).					
Intro to Social Media Use for Business Promotion SOCI 116 02SP	Maggie Harings	SJSHS Library	6:00 - 8:00 pm	3/6, 3/7, 3/9	\$25.00
Course will cover a general introduction to social media, including more in-depth, interactive instruction regarding the use of Facebook and Instagram. We will also discuss the use of social media as it pertains to business promotion, including topics like online etiquette and creating effective, timely posts. Participants will need a pen/paper, email account, personal Facebook profile, and a laptop and smartphone (if owned).					
Spring Forest Qigong, Level 1 HEAL 142 02SP	Deb Cheney	SJSHS Library	9:00 – 5:00 pm	4/8	\$35.00
In this Spring Forest Qigong (SFQ) Level 1 Workshop you will learn techniques to help yourself heal, increase self-awareness, build internal energy and develop a healthy mind, body and spirit. The simple, gentle, energy movements help you to heal physical pain, stress, depression and so much more. In Level 1, you learn how to put the four key elements of SFQ into practice ~ mind/visualization, breathing, posture/body movement, and sound. Come learn these simple but effective techniques then join us weekly for free practice sessions!					
Qi-ssage HEAL 201 01SP	Deb Cheney	SJSHS Library	9:00 am-2:00 pm	4/22	\$25.00
Qi-ssage is a technique that combines the energy principles of qigong with the art of massage, using your hands, head and heart to help heal yourself and others. Like massage, it involves touching and physical stimulation of the body to activate and balance the flow of energy through the body's energy channels (meridians). You will learn to apply gentle, firm pressure in a rotating motion to stimulate powerful key energy points to eliminate blockages and open energy channels for optimum health, wellness and healing. No prior knowledge of massage or qigong is required to attend the workshop.					

Course	Instructor	Location	Time	Date(s)	Fee
Beginning Kumihimo Braiding ARTS 242 01SP	Jan Dakan	SJSHS	10:00 – 1:00	3/11	\$15.00
<p>The term Kumihimo means “to bring the threads together.” The purpose of this class is to learn the Japanese Kumihimo method of braiding cords into beautiful, artistic jewelry. In this first class we will learn to use the Kumihimo wheel, select and prepare our cords for braiding, choose colors and design patterns for one 18” - 20” necklace. We will add beads and sliders for focal impact. In addition to course fee there is a class fee of \$15.00 to cover supplies.</p>					
Kumihimo Braiding 2 ARTS 243 01SP	Jan Dakan	SJSHS	10:00 – 1:00	3/18	\$15.00
<p>In this second class you will create a beautiful beaded Kumihimo bracelet. In addition to the course fee there is a class fee of \$15.00 to cover supplies. If you enrolled in both Kumihimo Braiding for Beginners and Kumihimo Braiding 2 your class fee for both classes will be a total of \$27.00.</p>					
Cupcake Decorating FOOD 128 01SP	Teresa Hamilton	SJSHS	6:00 – 7:30pm	3/28, 4/4, 4/11	\$20.00
<p>For the beginner cupcake decorator. Come enjoy some basic cupcake instruction, from tinting frosting, filling frosting bags, setting up frosting tip, and learning how to frost cute, fun, yummy cupcakes! This class may bring out the addict in you.</p> <p>March 28th - Tinting frosting, loading bags, setting up frosting bags and tips. Practice making decorations on cardboard. April 4th - More practice using different tips for decorating on cardboard. April 11th – Decorate cupcakes with fun Easter designs. Take home your yummy creations to enjoy!</p> <p>In addition to course fee there is a class fee of \$32.00 to cover supplies that will be yours to keep for future decorating.</p>					
Polymer Clay Trolls or Gnomes ARTS 244 01SP	Helen Corriere	SJSHS	6:00 pm – 8:00 pm	3/6, 3/8, 3/13, 3/15	\$35.00
<p>A quick whimsical class in polymer clay. Fun and stress free! Let your mind take you away and lose yourself in the clay. In addition to the class fee there is a \$10.00 fee to cover supplies.</p>					
Family History COMM 154 01SP	Ann Hamill	SJSHS Library	6:00 – 8:00 pm	3/2, 3/9, 3/16, 3/23	\$10.00
<p>Family history for anybody beginning through advanced using modern technology to find your ancestors. Bring your own thumb drive to download your family history.</p>					
Computer Class COMP 111 02SP	Evelyn Crumb	SJSHS Library	10:00 am-1:30 pm	2/25, 3/4, 3/11, 3/18, 3/25	\$75.00
<p>Basic Computer Class – Learn how to increase your typing speed! Learn about Microsoft Word, Publisher, PowerPoint, and even Excel! We will be discussing several aspects of using the internet including effectively using search engines, different browsers, and devices! We will discuss several tools you can use in both your professional and personal life. Come with excitement and questions!</p>					

