



College of Eastern Idaho and Teton School District 401

Community Education Classes

ARTS & HOBBIES

Adult Improv Comedy 101

HOBB-102-01FA - Get ready to say "Yes and" to improv! Learn the "rules" of improv and use these building blocks to tap into your playfulness and creativity. During weekly sessions, you'll learn the fundamentals of scene work and character development while playing games and having fun. No experience necessary.

Instructor: Mel Paradis
Teton High School Room: 207
September 5, 12, 19 & 26 from 7-9 pm - \$45

Beginning Country Dancing

HOBB-103-01FA - Learn to country dance! We will be teaching a variety of styles of western dance that will help you feel more comfortable on the dance floor and have a lot more fun! Everything from the fundamental steps to dips and spins will be covered. Come with your partner or on your own, and bring your cowboy boots!

Instructor: Casey Singer and Ralph Boyack
Teton High School Room: stage
September 5, 7, 12 & 14 from 7-8 pm - \$30



Start Sewing!

CRFT-166-01FA - Have you always wanted to learn to sew but don't know where to start? Excited to learn a new skill? Join us on Thursdays nights and Start Sewing! We'll create 3 projects from scratch- a pillowcase, a tote bag, and a fold-over throw pillow cover. Learn the basics of sewing with a machine, how to calculate fabric amounts, how to cut fabric and ultimately construct your project using your own sewing machine and creativity. Please email jenny.vanwinkle@my.eitc.edu for the supply list.

Instructor: Erica Rice
Teton High School Room: 210
September 14, 21 & 28 from 7-9 pm - \$35

Pet First Aid

PETS-102-01FA - Learn what you can do to help your dog or cat in an emergency situation on the way to your vet. This course will discuss common medical problems for dogs and cats and some safe home treatments. We will also cover things that should be included in your pet first aid kit.

Instructor: Katie Alexander, DVM
Teton High School Room: 206
September 7, 14 & 21 from 7-8:30 pm - \$30



COMPUTERS

Windows/Gdocs/MS 2016

COMP-111-02FA - This is an introduction to Windows 7/10, Microsoft Office 365/2016, and Google Docs. Will cover obtaining and installing software, navigation, and user interfaces as pertaining to small business and home office environments. Computers available or bring a laptop.

Instructor: Carolyn Cleary
Teton High School Room: 204
September 7, 14, 21 & 28 from 7-9 pm - \$45

FITNESS

Learn Pilates: The Man & The Exercises

PHYE-153-01FA - In this 8 class program you will learn the history and principles of Pilates as well as a series of exercises designed to work out the "kinks" in your body. No experience necessary for this stretch and strengthen program taught by 28 year veteran master teacher. Come and see what Pilates can do for you. Maximum class size is 15 students.

Instructor: Frankie Owens-Puglisi
Location: Pilates with Frankie Studio
(76 N Main St, Driggs, Suite 206)
September 6, 11, 13, 18, 20, 25, 27 & October 2
from 6:30-8 pm - \$66

PERSONAL DEVELOPMENT/ LIFE

Be Well, Be Happy: Stress & Chronic Pain Self Care Classes

HEAL-202-01FA - Stress and chronic pain really have an adverse affect on our overall health and enjoyment of life. The nervous system becomes overloaded and our ability to cope diminishes very quickly. This class will help you how to relieve chronic pain, aching muscles, how to cope with the effects of stress and how to recognize the patterns that lead to these conditions. Please bring a yoga mat and a foam roller. Foam rollers can be easily purchased on Amazon (size 3' long 6" diameter) for approx \$25 for the more dense black foam type (the softer, more pliable type cost more). It really becomes personal preference as to what works best for you . These are a good investment for everyday use after the class.

Instructor: Jared Power
Teton High School Room: 308
September 12, 14 & 19 from 7-8:30 pm - \$30

Principles of Parenting

HEAL-203-01FA - Does your child somehow know that screaming at the top of their lungs during the busy time at the grocery store will inevitably result in getting a candy bar? Or, do you find your teenager sucked into video games at all hours of the day and night? Parenting is something almost everyone does at one point or another, but it's not taught in high school or college. Join us to learn about principles of Love & Logic, Positive Discipline, and child and adolescent development to improve your relationship with your kids and to help keep yourself sane.

Instructor: Megan O'Brien, LCSW
Teton High School Room: 310
September 5, 12 & 19 from 7-8:30 pm - \$30

Checks must be made out to College of Eastern Idaho (CEI)

Registration DEADLINE: 4 business days before the class starts

College of Eastern Idaho Workforce Training Registration Form

Last Name _____ First _____ Middle _____
 Home Mailing Address _____ City _____ State _____ Zip _____
 Phone # _____ Gender Male Female
 SSN _____ DOB _____ Email _____

Ethnicity Hispanic Non-Hispanic
 Race White Asian American Indian/Alaska Native Black or African American
 Native Hawaiian/Pacific Islander

Course Number & Section	Course Title	Room #	Cost
			\$
			\$
			\$
			\$

Total | \$

Two ways to register:

1. Call CEI Student Services at 524-3000 to register over the phone and pay with a credit card.
2. Mail registration form with check to:
 CEI - Attn: WFT
 1600 S. 25th E.
 Idaho Falls, ID 83404.

Fees must be paid at the time of registration. Classes will be held on a first come, first serve basis. If enrollment is too low the class will be cancelled and money refunded.

For more information, to request classes not offered here, or if you have skills you would like to share as an instructor, contact:

Jenny Van Winkle
 208-201-3526
 jenny.vanwinkle@my.eitc.edu
*Teton Community
 Education Coordinator*

**Community Education
District 401**

P.O. Box 775
Driggs, ID 83422

Learning for Life

in Association with



College of Eastern Idaho

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