



Glenwood City
Community Ed
Fall/Winter
2016-2017



Jill Tiffany , CN, CPT
Clinical Nutritionist
Certified Personal Trainer

Holiday Health Challenge: "Reshape your body! Revive your health!"™ Don't let this holiday season 'weigh' you down! Treat yourself to the gift of health and beat the holiday bulge! "My 'Holiday Health Challenge' is designed to set you up with the tools you need to succeed at being healthy and fit through the holiday season...and beyond! You will learn how to make this a healthy lifestyle that you can continue on with for the rest of your life!" The Holiday Health Challenge will meet 2 times over the course of 5 weeks.

On the first night we will cover: • what foods you need to fuel your body every time you eat • what foods fight inflammation • which exercises will help you to burn more fat and improve your blood pressure, hormone levels, flexibility, and more • which exercises will help you build muscle and increase your metabolism • fitness assessments (body measurements, strength tests, and body fat testing)

Midway through the Challenge, Jill will contact everyone by email to see how you're doing! This will give you a chance to ask her any questions that may have arisen. Then, on the ending night we will: • Do fitness re-assessments (body measurements, strength tests, and body fat testing). • Celebrate a healthier you!

The Holiday Health Challenge includes: *2 classes with Jill *4 weeks of menus (all of your meals planned out for you!) *4 weeks of workouts (all of your workouts planned out for you!) *fitness assessments *nutrition & fitness teachings, tips, and tidbits (booklet emailed to you) *Goal setting, and much more! • no equipment necessary • any age; any fitness level • outside of the 2 classes, it can all be done in the privacy of your own home.

Classes:	Nov.10th, Dec. 15th. G.C. High School 6-7 pm
Materials:	No materials for participants to purchase. Handouts provided.
Fee:	Home Challenge @ \$49/participant



Boost Your Immune: Natural Ways to Beat the Cold & Flu Season

Your immune system is a complex defense system against bacteria, viruses, and everyday toxins. Your key to good health is to strengthen your body's natural defenses and help your immune system do the job it is meant to do: protect you against illness, infection, and disease

Classes:	Oct. 20th at G.C. High School. 6-7 pm
Materials:	No materials for participants to purchase. Handouts provided.
Fee:	\$19 per participant



The Viking Knit Bracelet

(Trichinopoly chain) is a Norse invention that originated in the 8th or 9th century. Discoveries of the earliest examples of Viking Knit jewelry have been found in archaeological sites in Scandinavia and the British Isles.

In this class, students will learn how to “knit” wire around a simple mandrel, splice, and finally pull through a draw plate to achieve the final result. Students will use copper wire to form a bracelet, attach an end cap, and add a clasp. The Viking Knit Technique can be used to create a chain for bracelets, pendants, or even earrings.

This craft is so simple that even a beginner can achieve beautiful results the very first time. Students will leave class with a finished bracelet and the mandrel tool needed to design more Scandinavian styled jewelry at home.

Class size limited to 6 students.

Instructor :Jerry McDougal

Cost \$20.00 plus \$ 10.00 materials fee paid to instructor

Date: Oct 4, 2016

Time: 6:00 - 9:00

Location: G.C. High School



Hall Walking

The school halls are open for walking weekdays from 6 am-7:30 am and from 3:30 pm-9:30 pm.

Registration is required. Call the High School office for details.





Wire Wrapped Cabochon Pendant

The history of wire wrapped jewelry can be dated back to 1446 B.C.

Researchers have found elements of wire jewelry in ancient pharaohs' tombs and the pyramids in Egypt. In this class, students will learn how to wire wrap a cabochon (polished stone) using a basic cage wrap.

Choose from a wide selection of cabs to wrap and end up with a finished piece of jewelry.

The class will cover: types and sizes of wire to use, wire requirements, and where to purchase tools required for wrapping. Students will leave with an elegant wire wrapped cabochon suitable for hanging from metal or leather necklace.

Class size is limited to 6 students.

Instructor: Jerry McDougal

Cost \$25.00 plus a \$12.00 materials fee paid to the instructor

Date: Oct 18

Time: 6:00 - 9:00

Location: G.C. High School

Weight Room

The school weight room is available for public use during the hours of 6 am-7:30 am and 3:30 pm -9:30 pm, Monday-Friday.

Registration is required and participants MUST view a safety video prior to being approved for weight room use.

Zumba

Instructor: Aubria Simmons

Monday and Wednesday Evening

13-18 years \$3.00 class, all others \$5.00 class

Location: Glenwood City School

6:30-7:30 pm

Open to the public, age 13+

Guitar Lessons:

Tuesdays from 3:30-7 in the
High School Band room.

30 minute sessions

Lessons are \$15.00

Instructor: Rob Rule



Karate Classes:

Mondays at 5:30. Lessons are \$27/
month and will be held at

Tiffany Creek Elementary.

Registration is \$35.00 which in-
cludes the uniform (\$15.00 for re-
turning students). You can join at
any time.



Registration Information

By mail: Send registration form and fee payable to

“Glenwood City Community Education., 850 Maple Street, Glenwood City, Wi 54013

By phone: Call 715-265-7472 Placement confirmed when fee is received.

In person: Office hours are 9 am– 3 pm Monday—Friday

By email: hansepeg@gcsd.k12.wi.us. Placement confirmed when fee is received.

Please note that when school is not in session or school is cancelled, there will be no Community Education classes on those days.

General cancellation: If the class does not have minimum number of students, the class will be cancelled. You will be notified by phone or email prior to class.

School District of Glenwood City COMMUNITY EDUCATION Registration Form

Student's Name: _____

If under 18 years of age. Age _____

Parent or Guardian's Name: (If under 18) _____

Address: _____

CLASS NAME	FEE
TOTAL AMOUNT DUE	

Please note that ALL classes must be prepaid with a completed registration form.

For complete registration instructions, visit our web site at gcsd.k12.wi.us