



# Four Valleys Community School, Inc.

P.O. Box 790 Girdwood, AK 99587 Tel 742-5317 Fax 742-5322

[www.fourvalleys.org](http://www.fourvalleys.org)

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## Winter/Spring 2013 Program Guide

For classes held September 30, 2013 - January 24, 2014

We provide high quality educational, recreational and cultural activities for the communities of Girdwood, Indian, Bird, & Portage

Register online @ [www.fourvalleys.org](http://www.fourvalleys.org)

### **Sports Swap 10.19.13**

*Four Valleys Community School, Inc. is pleased to announce that the annual Sports Swap will be held **October 19<sup>th</sup> at the Alyeska Day Lodge from Noon-5p.** Gear drop-off from 9-11am. Bring your high quality used sporting equipment to sell, and pick-up the gear you need for the upcoming snow season! You can prep your gear for sale ahead of time by picking up tags and control sheets from the FVCS office located in the Girdwood School beginning early October. Call 742-5317 if you have questions. 25% commission on total sale to FVCS. This is our annual fundraiser!*

### **Fall Health Fair 10.12.13**

*Take advantage of flu shots, low cost comprehensive blood tests and thyroid & prostate AIC blood tests. Free health screenings for blood pressure, vision, height/weight/BMI. There will be a mobile mammogram unit there as well! Sponsored by Girdwood Rotary, Alaska Health Fair, Inc. and Four Valleys Community School.*

### **Don't Miss A Thing!**

*There are many wonderful things going on in the Four Valleys area, don't miss out on a thing! Be sure to "like" Four Valleys Community School on Facebook, and sign-up for our weekly e-mail newsletter with timely events, announcements and new class offerings at [www.fourvalleys.org](http://www.fourvalleys.org).*

*FVCS sincerely appreciates the generous donations from: Click.Pick.Give donors, Alyeska Resort, The Byrne Family, The Forest Fair Committee, The Fungus Fair, Anonymous Donation in appreciation of Julie Jonas, Forget-Me-Not Nursery, The Bake Shop, The Ice Cream Shop, Alaska Wildlife Conservation Center, Girdwood 2020, OTC Web Design, & others. This program is supported in part by the citizens of the Municipality through an appropriation by the Girdwood Board of Supervisors and Anchorage Municipal Assembly.*

## Adult/Teen Fitness and Sports

### **Basketball**

*Tuesdays, 10/1-1/21, 7-9pm*

*Kelvin Doyle, instructor \$55*

Recreational coed basketball with a friendly yet competitive spirit. Fast paced games are a great workout. Wear non-marking shoes. Drop in for \$5.00. No class December 3, December 24 & December 31st.

### **Introduction to Bellydance**

*Mondays, 9/30-11/25, 7:30-8:30pm*

*Jody Carlsen, instructor \$56*

Looking for a way to shake up your fitness routine? What about belly dancing? It's fitness, sensuality, strength, and fun all rolled into one! This is a beginner belly dance course designed to teach basic moves and technique as well as some history and information on the many different styles of this ancient dance. Don't think you have the body for belly dance? You do! All fitness levels welcome. If you've taken this class before, take it again- you'll learn something new and it's a good workout! You can pay a drop-in fee or use your punch pass for this class.

### **Introduction to Kung Fu for ADULTS**

*Tuesdays, 10/1-1/21, 6-7pm*

*Shayla Pedersen, instructor \$112*

This class is an introduction to Kung Fu. Sifu Shayla has had years of experience teaching Kung Fu in our community, and lead a popular introduction class this past spring. Come learn the basics of this ancient form of martial arts.

### **Pilates with Patty**

*Wednesdays, 10/9-1/22, 8:30-9:30am*

*Patty Montague, instructor \$98*

A conditioning routine to develop flexibility, strength, and endurance for a long, lean body. Pilates enhances core strength, proper breathing and awareness for controlled fluid movements for a balanced body and lifestyle. Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (tones abdominals while strengthening the back), and improving coordination and balance. Pilates' flexible system allows for different exercises to be modified in range of difficulty from beginning to advanced. Intensity can be increased over time as the body conditions and adapts to the exercises. No muscle group is under or over trained. It enhances core strength and brings increased reach, flexibility, sure-footedness and agility. Drop-in to this popular class for \$11.00, or use your punch pass! No Class Dec 25th or Jan 1st.

### **Wake-up with Weights**

*Tues and Thurs, 8/27-10/31, 6-7am*

*Kris Malecha, instructor \$128*

Kick off the fall right. Wake up, get up and get your workout done! This is a total body conditioning workout that features cardio, resistance training, balance and flexibility. Great dry land training for skiing, and complements our active Girdwood lifestyles. No experience necessary; work at your level and increase your cardiovascular fitness, core strength, muscle strength, and tone. Unsure about early mornings? The best thing about morning workouts is; its done! You know how the day has a way of getting away from you sometimes, and your workouts often suffer. Plus, you will jump start your metabolism and keep it elevated for hours, meaning you will burn more calories all day long. It also energizes you for the day and increases your mental acuity. If you are not a morning person, don't worry. Once you start working out early in the morning, you begin to regulate your body's circadian rhythms and it becomes second nature. Just do it!

### **Yoga: Vinyasa Flow**

*Tuesdays, 10/15-1/21, 7-8pm*

*Carl Propes, instructor \$91*

Learn and practice basic yoga postures and breathing exercises to improve your mind and body awareness. Open to beginners and practitioners at all levels. Register for the entire class, drop-in for \$11, or use your punch pass!

### **Yoga with Jen**

*Thursdays, 10/10-1/23, 6:30-7:30pm*

*Jen McCombs, instructor \$84*

Practice yoga to increase flexibility, balance, strength and agility. Start with warm-up, move into warrior series, focus on certain muscle groups and strengthening muscles, cool down- feel great! Register for the entire class, drop-in for \$11, or use your punch pass! Held at the Girdwood Community Room.

**\*\*The following two courses are offered consecutively, but you must register separately: \*\***

### **Yoga with Shannon**

*Sundays, 11/24-12/15, 9:30-10:45am*

*Shannon Stinson, instructor \$28*

What better way to ease into your Sunday than coming to your yoga mat to reconnect your breath, mind, and body in this playful, alignment focused Hatha yoga style practice? In this class you will be guided through basic yoga poses (with advanced variations offered) as we practice connecting movements with our breath. A balance of holding poses longer and taking time in restorative poses will leave you feeling calm, clear, and open to transition into **Guided Meditation with Haley!**

### **Guided Meditation**

*Sundays, 11/24-12/15, 11-11:30am*

*Haley Hirsch, instructor \$23*

Whether you are new to meditation, out of practice, or a regular meditator, guided meditation can help you feel the way you want. Calm, happy, energetic, active...however you want to feel, you can achieve that by tapping into the power of meditation. This class will follow **Yoga with Shannon**. Sign up for both classes and enjoy a peaceful Sunday morning to start your week off right!

### **Zumba with Robin**

*Mondays, 9/30-1/20, 6-7pm*

*Robin Randich, instructor \$84*

Are you ready to party yourself into shape? That's exactly what zumba is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party. There are numerous styles of Latin dance mixed in, and the beautiful part of this class is that you don't have to be a dancer or professional. Zumba Fusion allows anyone and everyone to have fun while dancing and exercising, and at the same time - learning different styles of movement to amazing music. You can't beat that! Start your week with fitness and fun!

### **Punch Pass - 10 Classes \$90**

### **Punch Pass - 5 Classes \$50**

Some adult fitness classes may be attended on a drop-in basis. Purchase a punch pass to fulfill the drop in charges at a rate of 10 classes for \$90. Payment and registration, along with the "Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement" must be completed before we process your punch pass. One punch pass can be used for all classes that allow drop-ins unless otherwise noted. Punch passes expire at the end of each session.

## **Arts, Crafts and Cooking**

### **Tlingit, Haida, and Aleut/Aluutiq Basket Weaving**

*Tuesday, 10/15, 6-7:30pm*

*Dorrie Dean, instructor \$30*

Join cultural anthropologist Dorrie Dean for this fascinating, hands-on basket weaving class. Using rattan reeds, each class participant will weave a basket using the same technique as those made by the Tlingit, Haida, and Aleut/Aluutiq cultures. You will leave the class with a functional sturdy basket to keep or give as a gift! A hand-out on natural dyes and color weaving instructions are provided. Appropriate for ages 10 and up.

### **Community Mosaic Project**

*Sundays: 1/16, 2/23, 3/30, and 4/27*

*Thalia Wilkinson, instructor \*no fee for this class, but please register.\**

Leave your mark on Girdwood! Your help is needed on the next community mosaic project. Individuals and families are invited to help with this fun & creative indoor project. Our finished pieces will be installed in the new park next summer! Thank you to **Girdwood Parks & Recreation and the Girdwood Board of Supervisors** for donating the use of the Girdwood Community Room. Four Valleys Community School is providing administration for this class gratis.

### **Haloween Cupcakery**

*Tuesday, 10/29, 3:15-5pm*

*Selita Rios, instructor \$18*

Join Ms.Selita and create a sensation with creepy creations perfect for Haloween and El Dia de los Muertos! You will go home with half a dozen tasty treats to share with friends and loved ones!

### **Glacier Valley Quilters**

*Wednesdays, 9/25-1/22, 9am-6pm*

Join a group that has been meeting for years with the motto

"quilting+sewing+knitting=camaraderie+laughter+creative products!" Bring your own machines and materials, and join in. This group gets together to knit, sew, quilt, and do other hand-made projects, and freely shares their vast experience with others. This group of local Girdwood residents also work together each year to produce a beautiful quilt that they donate to a local non-profit for auction, complete with their signature "gold piece". Find out what they are all about each Wednesday. Come for one hour, or all day! Drop-ins welcome at \$5 per visit.

### **\*\*Fused Glass Classes with Laura Walter coming soon! \*\***

Check our website soon for details and dates.

### **Knife Skills with Chef Porter**

*Tuesday, 10/22, 7-8:30pm*

*Jason Porter, instructor \$6*

Learn how to keep an edge, dice, julienne, chiffonade, and more.&nbsp; Bring a kitchen knife or two, sharpening stone/implement, an onion, a carrot, plus a vegetable/herb of your choice.

### **Pies In Time for Turkey Day**

*Tuesday, 11/26, 7-9pm*

*Tommy O'Malley, instructor \$30*

Learn the secrets to making the perfect pie crust from an international pie baking champion! Tommy O' Malley will teach you just in time for Thanksgiving. You will go home with two delicious pies to delight your loved ones.

Choose from: pear-mince-almond, apple-cranberry-walnut, or pumpkin. All ingredients are provided, however you must bring two pie pans and a rolling pin. Bring your own beverages if you wish .

## **Special Interest**

### **Calling all Pets I, Monday, 10/14**

### **Calling all Pets II, Monday, 12/2**

**4-9pm**

*Dr Michelle Leibold \$5*

Dr. Michelle Liebold provides physical exams, consultations and vaccinations for your pet here in Girdwood.

Register here on-line, then call 345-5886 for your specific appointment time and to review your pet concerns. Price listed here is per pet, payable to FVCS. Pay Dr. Liebold's fees at your appointment. Registration will close one week prior to appointment day.

### **Divide and Conquer... Dahlias!**

*Friday, 10/18, 6-8pm*

*Courtney Thompson, instructor \$12*

Come join us in the greenhouse at Forget-Me-Not Nursery Friday, October 18th at 6 p.m. for a Dahlia Dividing session. Bring your questions, your knowledge, your tools, and your tubers (if you have them); no experience necessary! We will enjoy food, beverages, music, and good company while exploring methods for dividing, storing, and growing Dahlias. Snacks and beverages provided, dividing knives will be available for purchase.

### **Essential Oils 101**

*Tuesday, 11/5, 7-8:30pm*

*Mauri Parks, instructor \$12*

Are you ready to learn how to enhance your life with essential oils? Would you like to know how you can protect your family and pets from environmental toxins? Please join us and experience the healing properties of plants. Add a new tool to your medicine cabinet to keep yourself and those you love happy and healthy this winter. Essential oils 101 will be an informal gathering with a brief presentation followed by experiential hands on time with the essential oils. Everyone will leave with a sample to delight the senses long after the class is over. Bring a friend!

### **How to Write Your Own Simple Will**

*Thursday, 10/10, 7-9pm*

*Jerry Reichlin, instructor \$10*

If you don't make a will before your death, state laws may determine who receives your property and a judge may decide who will raise your children. Taking the time to write a simple will is an important step to be sure that your belongings and children are taken care of when you are gone. Join Girdwood lawyer Jerry Reichlin in this class where you will write your own simple will under the advisement of someone with legal expertise and who is familiar with Alaskan laws. If you do nothing else to take care of your legal affairs, you should write a will! Scholarships available, call 742-5317.

### **Heartsaver CPR, AED, and First Aid**

*Wednesdays, 10/30 & 11/6, 5:30-9pm*

*Linda Masolini, instructor \$95*

Heartsaver First Aid, CPR, and AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond and manage a first aid, choking, or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) can arrive. This course is for anyone with limited or no medical training who needs a course completion card in first aid, CPR, and AED use to meet job, regulatory, or other requirements. Upon completion of this course, students receive an American Heart Association Heartsaver First Aid CPR AED Course Completion Card that is valid for two years. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult and child CPR and AED use.

### **Learn the Thriller**

*Saturday, 9/28, 3-5pm*

*Karen Montague, instructor \$6.50*

Join your fellow "walking dead" and learn Michael Jackson's infamous "Thriller" dance. We'll transform you into a dancing zombie in no time! Two left feet? No problem; all ages and abilities welcome.

### **Skincare and Basic Glamour**

*Monday, 10/21, 5-6pm*

*Tory Harding, instructor \$21*

This is an educational class for ages 15 and up teaching the importance of proper skincare and basic glamour looks. We will be using Mary Kay Botanical skin care line and mineral eye and cheek colors. Every participant will go home with a goodie bag containing the following: botanical cleanse and hydrate samples, lip color sample, color card (mineral eye color and cheek color) sample, Mary Kay fall catalog (optional). You will also receive educational hand-outs and how-to's. Bring foundation and makeup brushes if you have them.

## Starwatchers

*Orientation on Wed, 10/9, 7-8:30pm*

*John Gallup, instructor (no fee for this class, but please register)*

It's our 16th year! Join us to view the winter sky with your friends on clear nights. Orientation meeting for new and returning star watchers on Wednesday, October 9th at the Girdwood School. Subsequent meetings via phone tree depending on clear skies. Binoculars and telescopes are helpful, but not necessary (bring them to orientation meeting). Youth under 13 must be accompanied and supervised by registered adult. Watch those stars (and planets and other fascinating things in the universe)! Contact John Gallup at 783-2308 if you are not able to make it to the first orientation meeting. THERE IS NO FEE FOR THIS CLASS.

## Ed2Go

*Online courses, \$89*

Unique Instructor Facilitated Online Courses- Interested in Spanish? Grant-writing? Natural Healing? Photoshop? Personal Finance? and more. For a complete listing of the many courses see:

[www.gatlineducation.com/fvcsi](http://www.gatlineducation.com/fvcsi)

From here, you can enroll, and either pay online, or make your payment through the FVCS office, and we will verify your status as an online student so you can get started. All courses run for six weeks (with a two-week grace period at the end) and cost \$89. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of the courses entirely from your home or office and at any time of the day or night.

## Young Children

**After School Crafts for K-2 Oct. 2nd**

**After School Crafts for K-2 Oct. 9th**

**After School Crafts for K-2 Oct. 16th**

**After School Crafts for K-2 Oct. 23rd**

*Wednesdays in October, 3:15-4:15pm*

*Jen O'Neill, Alex Roberto, and Misty Pekar, instructors \$5 per class*

Hey all you crafty and creative kids; Join us after school for different crafts that you will take home to share with your family that day! Each week will offer something different- get ready to use scissors, glue, paper, paints, glitter, beads, and felt to create a variety of seasonal creations! Register separately for each class.

**Fire Station Tour for Pre-School to 2nd Graders**

*Friday, 10/18, 10-11am*

*Steve Bartholamew, instructor \$3*

What goes on inside of the Fire Station anyway? October is Fire Safety Awareness month, so come learn about fire safety, fire engines, ambulances, and other emergency vehicles as well as what makes for a well dressed firefighter. This tour is held on a Girdwood School in-service day, and is especially important to teach children about what to do in case there is a fire in their home. It also is a chance for firefighters to show children what a fully-dressed firefighter looks like, so that they will not be as afraid of them in the event of a rescue. Repetition with this tour is a positive thing so that your child remains familiar with our community firefighting staff and facility. Come visit the station once a year with this great class!

**Indoor Soccer: Cubs Aged 4, 5 and K**

*Thursdays, 10/3-10/31, 3:15-4:15pm*

*Ari Stiassny, instructor \$15*

Join Coach Ari and other parents for some Indoor Soccer. Come to the Girdwood School gym and have fun playing lots of different games with soccer balls. Meet new friends! Learn to dribble, pass and shoot. Coach Ari will lead the charge, and parents need to jump in and lend a hand during practice.

**Lil' Tykes on Bikes**

*Fridays, 11/1-11/22, 4:30-5:30pm*

*Ashley Wade, instructor \$8*

Biking in the winter? Absolutely! Bring your preschooler and their bicycle, tricycle, or scooter and get ready to roll! The little ones will have fun while practicing their biking skills in the warmth of the school gym. It's also a great way to get those wiggles out before dinner... All levels of riders welcome!

**Make a Plate**

*Tuesday, 10/8, 3:15-3:45pm*

*Barb Crews, instructor \$10*

Make your dinner table an art gallery! Create a keepsake good enough to eat from! You can make a plate that will not only preserve the artwork and memories of your children, but it is a great opportunity for all ages to be creative. These make great gifts, and many people opt to keep for home use too. Have one for each year of your child's life! Open to all ages, adults can have fun with this too.

**Pottery Tree Ornaments**

*Thursday, 12/5, 3:15-4:15pm*

*Ashley Wade, instructor \$15*

Make a fun 'make and take' pottery project. Decorate a half dozen pottery tree ornaments with paint, beads and glitter. Give as gifts or hang on your own tree. Parents are encouraged to attend with young children. A big thank you to Leola Rutherford who generously provided these ornaments for Four Valleys this year!

**Romp-n-Snore Mondays**

*Mondays, 9/30-1/13, 9:30-10:45am*

*Ashley Wade, instructor \$12*

This is our morning session to bring your preschool aged children to the school gym for supervised exercise and activities. We will take over the gym and bring out the balls, mats, and hula hoops for free-play. Bring your own trikes, trucks, scooters, etc. Parents, you must be present to play with and supervise your child. This is a great chance not only for your child to run and play in a wide open space with other small children, but it is a great opportunity to get to know other parents in this community. Come and check it out! Register only one child per family as class fee is per family.

**Spooky Halloween Craft**

*Wed, 10/30, 3:15-4:15pm*

*Jackie Moser, instructor \$5*

Make a spooktacular Halloween craft and decorate a candy bag in time for the Halloween Carnival!

### **Yoga for Pre-Schoolers Sept/Oct**

Tuesdays, 9/10-10/15, 10:15-11am

Briana Sullivan, instructor \$37

Little Yogis is back! Fun, engaging, and healthy activity for children to balance your fall. Kids will learn basic yoga poses and improve coordination, motor skills, and confidence in a safe and comfortable environment. Registration strongly encouraged, but drop-ins welcome.

## **Children**

### **Chess Club**

*Wednesdays, 10/23-1/22, 3:30-5pm*

*Gary Galbraith, instructor \$11*

Think of chess as an exercise for the mind- come play and have a blast! The game of chess is a fun way to practice concentration, patience, logic, and mental calculations. Don't know how to play? Come learn how! Beginners and all levels welcome. If you have a portable chess set, please bring it along.

### **Dance Club with Tanya Lee**

*Tuesdays, 9/24-10/15, 3:15-4:15pm*

*Tanya Lee, instructor \$10*

This class will emphasize free-form movements and expression across many musical genres. Join Tanya for fun, energetic dancing that will build self-confidence, improve posture and teach an appreciation for the dance arts. Lets party!

### **Group Guitar Lessons**

*Tuesdays, 11/12-1/21, 3:15-4:15pm*

*Bob Misley, instructor \$108*

This is a weekly 1-hour class for beginning guitar players 9-years old and up! Players will learn to play in a fun, social setting. Students will learn basic chords and how to keep time in a group, strum basic songs, and become familiar with their instrument. Students need to bring their own guitar. Scholarships available for this class! Please call the FVCS office for details, 742-5317.

### **Private Guitar Lessons 4:30, 5:00, 5:30, 6:00pm**

*Bib Misley, instructor \$243*

*Tuesdays, 11/12-1/21*

This is a weekly 1/2 hour private guitar lessons that teach to your ability levels and interests. Students will be coached and challenged to improve and build skills one-on-one with an experienced instructor. Scholarships available for this class! Please call the FVCS office for details, 742-5317

### **Holiday Cookie Decorating I**

### **Holiday Cookie Decorating II**

*Monday, 12/9 or Tuesday, 12/10, 4-5pm*

*Stephanie Flynn, instructor \$7*

The Flynn's are celebrating their 14th year of inviting you and your children to decorate delicious cookies at The Bake Shop! All ages welcome at both sessions, but children younger than grade 1 must be supervised directly by an adult.

### **Fire Station Tour for 3rd-6th Graders**

Friday, 10/18, 1-2:30pm

Steve Bartholamew, instructor \$3

What goes on inside of the Fire Station anyway? October is Fire Safety Awareness month, so come learn about fire safety, fire engines, ambulances, and other emergency vehicles as well as what makes for a well dressed firefighter. This tour is held on a Girdwood School in-service day, and is especially important to teach children about what to do in case there is a fire in their home. It also is a chance for firefighters to show children what a fully-dressed firefighter looks like, so that they will not be as afraid of them in the event of a rescue. Repetition with this tour is a positive thing so that your child remains familiar with our community firefighting staff and facility. Come visit the station once a year with this great class!

### **Kung Fu for Beginners Aged 3-5**

Tuesdays, 10/1-1/21, 3:15-4pm

Shayla Pedersen, instructor \$98

Sifu Shayla has been working with Four Valleys Community School for years teaching our children martial art forms, take-downs, basic tumbling, discipline, self esteem, respect and rank advancement. Class is geared for children new to the martial arts, and specifically for children between 3-5 years of age.

### **Kung Fu for Beginner to Intermediate**

Tuesdays, 10/1-1/21, 4-5pm

Shayla Pedersen, instructor \$98

Sifu Shayla has been working with Four Valleys Community School for years teaching our children martial art forms, take-downs, basic tumbling, discipline, self esteem, respect and rank advancement. Class is geared for children above the age of 5 who are new or have some experience with the martial arts.

### **Kung Fu for Advanced**

Tuesdays, 10/1-1/21, 5-6pm

Shayla Pedersen, instructor \$112

Sifu Shayla has been working with Four Valleys Community School for years teaching our children martial art forms, take-downs, basic tumbling, discipline, self esteem, respect and rank advancement. Class is geared for children who have been practicing the martial arts for several years. Please call the FVCS office if you have questions as to your child's placement.

### **Soccer: Indoor for Kids Grades 4-6 and Grades 1-3**

10/5-11/9 Games on Saturdays between 9am and 1pm, one weekly practice TBD

\$40

Enjoy the fast paced game of indoor soccer. Develop your dribbling, passing and shooting skills. Learn good sportsmanship and have fun playing on a team. Practice one-hour a week (days and times will vary). One hour games on Saturdays between 9:00am-1:00pm (note no game on Saturday October 12th due to a scheduling conflict in the gym). Bring a water-bottle and wear shin-guards. Leagues and teams will be arranged after registration.

## Tweens and Teens

### **After Skool Youth Media**

*Mondays, 9/30-11/25*

*Karen Montague, instructor \$60*

Tune in to Youth Radio! Become a DJ at Glacier City Radio and share the music you love with our community. The mission of this class is to provide time and space for the youth of Girdwood, Bird, Indian and Portage to express themselves through music, news, and other forms of media at KEUL in the Park. Youth will learn be DJs that are a productive part of the station and our community. Begin by attending the Glacier City Radio volunteer meeting on Sunday, Sept. 29th at NOON to fill out paperwork and meet the DJs! The first class will review FCC regulations, tour the studio, and observe while DJ Flowergirl runs the board. The next few weeks will focus on how the station processes new CDs that come to the station, including alphabetizing and sorting, news, community outreach, social media, plus reading and writing Public Service Announcements. Next the class will focus on underwriting, and learn about fundraising for a station such as KEUL. Students will also have the opportunity to bring their own music and take turns running the board, and downloading music. Come and check it out! This class meets 10 times, and each session builds on the last. Scholarships are available for this class, please contact the FVCS office at 742-5317.

### **Skincare and Basic Glamour for Tweens**

*Monday, 10/14, 3:30-4:30pm*

*Tory Harding, instructor \$17*

This is an educational class directed toward the tween help her understand the importance of proper skincare and basic glamour looks. We will be using Mary Kay Botanical skin care line and mineral eye and cheek colors. Every participant will go home with a goodie bag containing the following: botanical cleanse and hydrate samples, lip color sample, color card (mineral eye color and cheek color) sample, Mary Kay fall catalog (optional). You will also receive educational hand-outs and how-to's.

### **Girls Volleyball for grades 4-8**

*Thursdays, 10/3-11/21, 5:30-6:30pm*

*Cheyenne Barnard, instructor \$12*

Bump, Set, SPIKE! Learn and develop the basic skills of the game of Volleyball! All levels welcome for this introduction to team playing on the court. Participants must have knee pads in order to practice!

### **Tween Yoga**

*Wednesdays, 9/11-10/16, 3:15-4:15pm*

*Briana Sullivan, instructor \$37*

Great cross training before ski season! Yoga practice can help all abilities of youth during their busy school schedule. Learn basic yoga curriculum through the introduction of poses, expand full-body coordination, self-awareness, meditation and breath. Classes will encourage the individuality of each teen while increasing strength and flexibility.

**Gym Games for High Schoolers**

*Fridays, 10/18-12/13, 8-9:15pm*

*Rich Parry, instructor \$14*

Come play soccer, dodge ball, climb on the Traverse Wall, or bring a suggestion for an activity. The group will choose their own adventure! For 9th through 12th grades only.

**Basic Hunter Education- coming soon!**

*Dates in November, TBA*

*Guy Wade, instructor*

The Basic Hunter Education courses provide training in firearms safety, wildlife conservation, as well as respect for our natural resources, landowners, and other hunters. This will be a two day class- one classroom day, and one day at the Rabbit Creek Shooting Park in Anchorage,