

## BULLETIN BOARD

# Community Education Classes

## Fall 2010

### Crandall Independent School District

Volume 19 Number 1

Crandall, Texas

Fall 2010

#### **Crandall-Combine Community Center**

500 W. Lewis Street  
Crandall, Texas 75114  
(972) 427-6000

**Class information and  
this publication can now  
be found online!**

[www.crandall-isd.net](http://www.crandall-isd.net)

#### **Community Organizations**

Crandall/Combine Lions  
Club  
1st & 3rd Monday  
7:00p.m.

Senior Citizens "Pot Luck  
Lunch"  
2nd & 4th Monday  
9:00a.m.-2:00p.m.

Senior Citizen "Play Day"  
3rd Monday  
9:00a.m.-2:00p.m.

Crandall Chamber of  
Commerce  
2nd Thursday 12:00p.m.

Country Gardeners  
4th Monday  
7:00-9:00p.m.

#### **Attention Parents**

Are you looking for strategies to better  
communicate with your child?  
Are you looking for discipline techniques  
that are effective?

**CRANDALL ISD has a tool to HELP**



#### *Love and Logic Training*

*Love and Logic* is an approach to work-  
ing with students that:

- ♥ Puts parents and educators in control.
- ♥ Teaches kids to think for themselves.
- ♥ Raises the level of student responsibility.
- ♥ Prepares kids to function effectively in a society filled with temptations, decisions, and consequences.

**FREE** training opportunities will be  
offered:

**November 11, 2010  
6:30-8:00p.m. at**

**W.A. Martin Elementary**

**FREE** Childcare will be provided for  
those that **RSVP**.

To RSVP for this **FREE** class, please  
call 972-427-6000 x5840.

#### **hunter Safety Education**



This class is the official  
Texas Parks and Wildlife  
hunter safety course for  
ages 12 through adult. Par-  
ticipants will earn certifica-  
tion on the safe handling of firearms and  
outdoor hunting skills. This course will  
provide information on game laws in the  
state of Texas.

Mon. Tue. & Wed. H.S. Ag building  
October 18-20th B. Johnson, Instr.  
6:00-10:00 P.M. **FEE: \$25.00**

#### **country Gardeners**



The Crandall/Combine  
Country Gardeners are look-  
ing for members who like to  
dig in the dirt! Come share  
new ideas, gardening tips  
and learn about nature. The  
club meets on the fourth  
Monday of each month.

Fourth Monday Community Center  
7:00-9:00 P.M. Guest Speakers

**FEE: \$15.00 per year**  
To be paid at club meeting

# Reading is Fun!

## Community Library

13385 FM 3039

Crandall, Texas 75114

(Located at Crandall High School)

(972)-427-8170

## Hours

Monday 8:00a.m.-4:30p.m.

Tuesday 8:00a.m.-7:00p.m.

Wednesday 8:00a.m.-4:30p.m.

Thursday 8:00a.m.-7:00p.m.

Friday 8:00a.m.-3:30p.m.

Saturday 9:00a.m.-1:00p.m.

Sunday- CLOSED



# ZUMBA

**SPICE UP YOUR LIFE...  
COME JOIN THE  
PARTY AT ZUMBA!**

**Guaranteed to boost your energy,  
improve strength, tone, and burn  
calories!**

## WHAT IS ZUMBA ?

Zumba is a fitness dance mix inspired by Latin, Salsa, Merengue, Cumbia, Reggeton, and hip hop.

Zumba combines Latin dancing with vigorous fitness moves. Zumba started in the late 1990s in Columbia, South America and soon after, the hip-moving concept was brought to the United States and is now an international phenomenon. While Zumba embraces all the fundamental principles of fitness using dance and sculpting movements, the secret behind the phenomenon is how it motivates the body to efficiently burn calories, tone all muscle groups, incorporate a full range of motion, and improve the cardiovascular system. No previous dance experience is needed to join the party!

## WHAT DO I NEED TO BRING?

Although dance shoes are helpful, they are not required. Plan to wear breathable clothing. Bring a sweat towel and a bottle of water to stay hydrated!

### Class Times

Wednesdays 6:00p.m.

Fridays 6:00p.m.

L.F. Raynes  
Community Center

J. Mote, Instr.  
(972)-965-2651



### Fees

\$40 month

Or

\$8 per class

Join Anytime

# Piano/Keyboard Workshop



## LEARN TO PLAY PIANO/KEYBOARD

The piano/keyboard program is designed as an 8 week workshop that is taught in a group setting using the Simply Music piano method. Students will learn to play one classical, one blues, one ballad, one accompaniment and two Christmas songs during the course of the workshop. Students are not required to bring an instrument to class but will need one at home to practice. Previous musical experience is not needed. The Simply Music piano method equips students with the musical tools to play, read music, compose, improvise, accompany, and understand all keys and contemporary chords to make music a lifelong companion.



## About The Instructor

Music has been my passion and companion throughout my life. This relationship has enriched my life and my family's life. My grown children have fond memories of going to sleep listening to me play. Piano lessons began at 8 yrs. old and continued past high school. College brought straight music courses in theory, ear training, voice, pipe organ, etc. My music education continued on in Bible School.

I love music. I love teaching music and sharing this gift with people of all ages and abilities. Let me help you discover the joy and "the smile" in music for yourself and your family with Simply Music!

### Class Times

Thursdays

Beginning in October

7:00 p.m.

Community Center

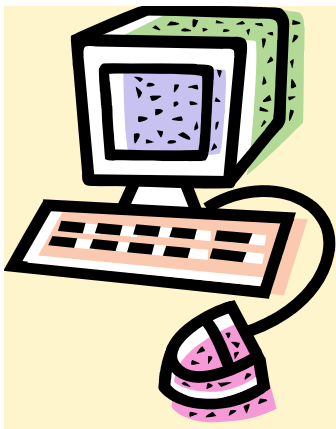
(972)-474-9195

### Fees

\$65.00

8 week sessions

Solum, Instr.



## CISD Offers Online Classes

The CISD Community Education Program is excited to announce that it has partnered with Education To Go to offer quality opportunities for online learning. Ed2Go courses are taught by instructors who are experts in their fields. Many courses are taught by nationally recognized authors. Class topics range from personal enrichment, music, art, technology, foreign language, photography, travel writing, and advanced employment skills.

[www.crandall-isd.net](http://www.crandall-isd.net)



## Yoga

### Class Times Mon & Wed

Beginner 5:00p.m.  
\*Advanced 6:15p.m.  
\*Advanced class will resume  
Oct. 4th

### Tues. & Thurs.

Advanced 4:45p.m.  
Beginner 6:00p.m.

### Monthly Fee: \$38\*

L.F. Raynes  
Classroom #201

L. Clearman, Instr.  
Join Anytime

\*2 Classes per week

Crandall ISD Community Education offers yoga classes year round. Please call 972-452-8864 to reserve a spot in the class. The number of participants is limited and are taken on a first-come, first-serve basis.

Taught in the Gentle Yoga style, this series is for those new to yoga and teaches basic poses with modifications for those of any age or condition.

Participation is limited and reservations are required. Call Lerna Clearman, RYT, instructor, at 972-452-8864 to secure your spot.

## Gentle Yoga Classes

This introductory class is taught in the "gentle yoga style" and is ideal for those who think they are too out of shape, not flexible, too big, or too small, too young, too old, have physical limitations, or just prefer a less vigorous class. This one hour class teaches basic poses, proper use of breath, elongating the spine, balance practice, relaxation techniques for stress reduction, and very simple stretches that work into classic, easy-to-do yoga poses.

## Vinyasa Yoga Classes

Vinyasa is a mixed level class suitable for experienced beginners and intermediates. Vinyasa Flow is offered on Tuesdays and Thursdays at 4:45p.m. for approximately 70 minutes. This class practices different variations and progression of postures practiced in sequence and linked with breath.



## BOOT CAMP

Kenny Barnes, certified strength and conditioning specialist, is offering a Strength and Fitness boot camp. Since 1985, Kenny has helped many men, women, and young people improve their level of physical and mental well-being as well as their athletic ability with safe, sensible, and effective workout programs.

### WHY A BOOT CAMP?

Boot camps are proving to be popular as a cost effective way to receive professional training and instruction. For a fraction of the cost of a personal trainer, a boot camp creates a high intensity environment for six weeks where you can see and measure your improvement.

### WHO IS A GOOD CANDIDATE FOR THE BOOT CAMP?

Everyone 13 years of age or older – men, women, young and old. All fitness levels are accepted; so if you're not in great shape, don't feel like you'll be holding everyone up.

### WHAT TYPE OF EXERCISES SHOULD BE EXPECTED?

No two workouts will be the same. Campers should expect a "total body workout". A typical session could include interval training, resistance training, sprint and agility drills, stations, plyometrics, body weight strength exercises, cardio-respiratory, and much more. Most drills are timed to allow all fitness levels to get the best workout possible.

### WHAT DO I NEED TO BRING?

Most importantly, simply bring yourself. If possible plan on bringing an exercise mat, which can be purchased at Walmart for \$10.00, a pair of dumbbells you can handle, water, and a towel. Wear workout clothing and running shoes.

### HOW MUCH DOES IT COST?

#### WEEKLY :

5:00A.M. MONDAYS, WEDNESDAYS, FRIDAYS  
1 PERSON - \$125.00  
1 PERSON + A FRIEND - \$ 225.00  
1 PERSON + A FAMILY MEMBER - \$200.00

Next Session Begins October 18 (15 classes)

For More Information Contact:

Kenny Barnes

214-802-4969

[KBarnes1024@msn.com](mailto:KBarnes1024@msn.com)

# CLASS REGISTRATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

I Wish to enroll in \_\_\_\_\_ Cost \_\_\_\_\_

I Wish to enroll in: \_\_\_\_\_ Cost \_\_\_\_\_

Email \_\_\_\_\_

Mail to : Crandall I.S.D. Community Education, P.O. Box 128, Crandall, Texas 75114

## Registration

To register for a community education class, come to the community education office located in the **Community Center** from 8:00 A.M. to 4:00 P.M. Don't wait until the last minute to register. You are encouraged to register early to help prevent cancellation of classes for insufficient enrollment. Classes will be cancelled three days before the beginning date if minimum enrollment has not been met. The school reserves the right to cancel courses, adjust curriculum or schedule, substitute instructors, change class locations, or limit enrollment.

**MAIL:** You may also register by mail by completing the registration form and mailing it. Check should be made payable to Community Education. Fees must be paid to reserve a spot in the class. You may register as soon as you receive this brochure.

**REFUNDS:** If the class is cancelled before it starts or the class does not make, you will receive a full refund. Enrollment in some classes is limited to a maximum number on a "first come, first serve" basis.

**CLASSES CANCELLED:** Classes are automatically closed when Crandall I.S.D. closes due to inclement weather and during CISD's scheduled holidays.

For more information call Kristin Reznicek, Community Education Coordinator, at 972-427-6000 x5840.

*The Crandall Independent School District does not discriminate on the basis of race, color, sex, age, national origin, religion, sexual orientation, or disability in matters affecting employment or in providing access to programs. Inquiries related to the policies of the Crandall ISD should be directed to Dr. Sharon Long.*

**Crandall**  
**INDEPENDENT SCHOOL DISTRICT**  
**P.O. Box 128, Crandall, Texas 75114**

Nonprofit Organization  
Permit No. 8

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## LOCAL POSTAL PATRON

**Fall 2010**  
**Community Education**  
**School and Communities Learning Together**