



**HAMILTON
ADULT EDUCATION
WINTER SESSION 2017**



All classes begin the week of January 16th unless otherwise stated. Classes will be held at Hamilton High School unless otherwise stated. Please contact the high school to pre-register as most classes will have a limit as to the number of seats available. Please call Diane at 375-6060, ext. 0 to register.

ADULT BASIC EDUCATION AND HiSET (formerly GED) TEST PREPARATION: For those 16 years or older and not enrolled in public school. Orientation and pretests are on Mondays starting at 9:00 a.m. at Literacy Bitterroot, 303 N Third, Hamilton. HiSET testing is the first Friday of every month in room 18 at the Bitterroot College. All classes are free. Classes are available in Corvallis (High School, room 4) and Stevensville (room 3) on Tuesdays and Thursdays 6:30 to 8:30 pm. Hamilton HiSET classes are Monday and Wednesday 6:30 to 8:30 p.m. room 104 at the Bitterroot College. Contact Dixie Stark 363-2900 for location and more information.

AMERICAN SIGN LANGUAGE BASIC II: This introductory course teaches the basics of American Sign Language (ASL) and is designed for students who have little or no previous knowledge of ASL. Readiness for learning will be approached via visual-gestural communication techniques, visual discrimination, and visual memory exercises. ASL questions, commands, as well as other simple sentence structures are introduced for developing rudimentary conversational skills. Learn fingerspelling, counting, expressions, handshapes, basic conversation and more. Information about the Deaf Community, Deaf Culture and History will be introduced. Thursdays, 6:30 to 8:30 p.m. 14 hours of instruction for \$28.00. Please purchase the book "Signing Illustrated (Revised)" by Mickey Flodin prior to the class. Room 107 – Hamilton High School. Instructor: Kristen Pound

HATHA YOGA FOR BEGINNERS: (Two Classes): This course provides a foundation for students who have an interest in learning about yoga or who are just beginning their exploration of the practice. The course will focus on teaching proper alignment within physical postures and the exploration of breath. Students will work towards developing a sense of balance, both on and off the mat. Yoga for beginners is a great place to safely stretch and strengthen the body, relieve stress, and gain awareness of the mind body connection. Please wear comfortable clothing and bring a yoga mat. The class size is limited to 15 participants. Mondays, 5:30 to 6:30 p.m. and Mondays 6:45 to 7:45. 10 hours of instruction for \$20.00. Room 101 – Hamilton High School. Instructor, Pam Watts.

BEGINNING QUILTING: This class is designed for those with little or no quilting experience. The basics of quilting will be taught while making a small wall hanging. All equipment is provided, students will supply fabric, thread, and will purchase a pattern provided by the instructor for \$6.00 (this is in addition to the class fee). No supplies will be needed at the first class, just note taking supplies. The class size is limited. Tuesdays, 6:30 to 9:30 p.m. 20 hours of instruction for \$40.00. Room 130 – Hamilton High School. Instructor, Laurie Dunbar (370-4546).

KNITTING: This class will be for Beginners 1 & 2 which will focus on the basic components of knitting. Beginners 1 will be doing a dishcloth (or two or three). Supplies: 2 balls of Sugar and Cream 100% cotton yarn and a pair of size 10 knitting needles (Bamboo works nicely, but you can use aluminum if that is all you got or can get). Beginners 2 will be doing a scarf. Supplies: Pair of size 8 knitting needles or 24" circular size 8 knitting needles (preferably bamboo) and at least 390 yds of self striping worsted weight yarn. Supplies can be found at The Yarn Center in Hamilton, Valley Drug and Variety in Stevensville, JoAnn Fabrics or Michaels in Missoula. **STARTS Feb. 1st**. Wednesdays, 6:00 to 8:00 p.m. 20 hours of instruction for \$40.00. Room 130 – Hamilton High School. Instructor, Abigail Turner (375-6060).

QIGONG STRETCHING – "JUST FOR THE HEALTH OF IT": This is a course in stretching exercises and discussion of general health practices. Qigong stretching helps with backaches, as well as "waking" up the body. Wear loose clothing so that you can move, and bring a beach or bath towel for the floor work. You will receive handouts for directions and discussions. The exercises are not necessarily strenuous and can be done at your own stress level. If you have physical defects, you may just observe to see if this is for you. Mondays, 4:00 to 5:15 p.m. 4 hours of instruction for \$8.00. Study Hall (101) – Hamilton High School. Instructor, Dave Schlechten. (360-1131)

BEGINNING SQUARE DANCING: This class is for those wishing to learn to square dance, a fun and healthy activity for all ages. We will be learning the movements for Basic Part 1 dancing. Partners are preferred, but not necessary. Start the New Year with this National American Folk Dance done around the world. Dress is casual, comfortable shoes. Wednesdays, 7:00 to 8:30 p.m. 15 hours of instruction for \$30.00. Commons – Hamilton High School. Instructor, Ray Dunbar (370-4414).

INTERMEDIATE SQUARE DANCING: This session of dance instruction will cover Basic Part 2 and Mainstream moves. The class is designed for those who have had some Square Dance instruction or want to review or renew dance skills. Partners are preferred, but will be available if necessary. Come prepared to have fun! Tuesdays, 7:00 to 8:30 p.m. 15 hours of instruction for \$30.00. Commons – Hamilton High School. Instructor, Ray Dunbar (370-4414).

STUDIO ART: This course will include instruction in drawing and painting tailored to the participant. Individual instruction and feedback on participants' projects will be the course emphasis with some themed instruction. Thursdays, 6:00 to 8:00 p.m. 20 hours of instruction for \$40.00. Room 109 – Hamilton High School. Instructor Lorna Gabel of Art City (363-0965).

WOODS: Beginners to Advanced – Learn woodworking safety, make or finish a project. Repair that old ?? Individual instruction for beginners. Limit 12. Tuesdays, 5:30 to 8:30 p.m. 30 hours of instruction for \$60.00. Materials extra. Room 137 – Hamilton High School. Instructor, Russ Fisk.

PRIVATE PILOT GROUND SCHOOL INSTRUCTION: This class will prepare the student for the Private Pilot License written exam. Wednesdays, 6:30 to 8:30 p.m. 20 hours of instruction for \$40.00 plus \$140.00 for supplies. Room 107 – Hamilton High School. Instructor, Leland (Call 207-6002 for more information.)

FLY FISHING THE BITTERROOT RIVER AND ITS TRIBUTARIES: This is a six lecture series on basic and intermediate level fly fishing techniques, equipment and tackle needs, nymph and dry fly casting, terrestrial and aquatic insect life on the Bitterroot, seasonal nymph and dry fly hatches and fly selection, locating trout by season, float and wade fishing, fish species, and stream safety and etiquette. **STARTS MARCH 29th.** Two field trips to the East Fork and/or West Fork are tentatively scheduled for Saturday, April 15th and 29th pending student and weather conditions. (4 hours each). Some fishing gear will be needed for the field trips. Wednesdays, 6:30 to 8:30 p.m. 20 hours of instruction for \$40.00. Room 104 – Hamilton High School. Instructor, Bruce Hemmings (821-0007).

THE RISE OF MODERN CHINA – STRATEGIC PARTNER OR AGGRESSIVE THREAT: This is a series of five-lectures discussing the political and economic rise of Modern China since the early 19th century and particularly the People's Republic of China (PRC) since the Communist takeover in 1949 and the shedding of Maoist economic and political doctrine in 1978 under Teng Sao Peng. China's destabilization and humiliation at the hands of foreign powers starting in the early 19th century will be examined, especially its complicated history and relationships with Japan, the U.S., Britain, Germany Russia, France and its neighbors in Korea, Taiwan, Vietnam, and Southeast Asia. U.S. borrowing, debt, trade, and political relationship with China's new 5th generation leadership will be discussed with a prognosis of where the relationship has been and where it's going and should/should not go. **STARTS JAN. 30TH** Mondays, 6:30 to 8:30 p.m. 10 hours of instruction for \$20.00. Room 104 – Hamilton High School. Instructor, Bruce Hemmings (821-0007).

MAC COMPUTER/INTERNET BASICS: Part 1 (1st 5 weeks) - This class is designed for the beginner and/or intermediate level computer user. Learn the basics with Microsoft Office (any version): word processing, special formatting features. From turning your computer onto icons and toolbars, shortcuts and troubleshooting tips, brochures and/or resumes. **Part 2 (2nd 5 Weeks)** – Learn how to “surf” the web, use search engines effectively, download, create a free e-mail account, make bookmarks. Learn how to use school district Infinite Campus (grading) System and other school related applications to monitor your child's academic progress. This class is designed for the beginner and intermediate level computer. The computer environment will be MAC OS X and Safari/Firefox/Chrome. Mondays, 6:00 to 8:00 p.m. 20 hours of instruction (Both parts) for \$40.00 Hamilton Middle School Library Lab. Instructor, Kristina Rodriguez. For more information call 363-2121 ext 5021.

INDOOR SOCCER: Adults Only. Wednesdays, 8:30 to 10:30 p.m. (20 hours for \$40.00). Sundays, 6:00 to 8:00p.m. (20 hours for \$40.00). Limited Class Size. Hamilton Middle School Gym. Contact Shawn Wathen to register, 214-1200.

ADULT ED VOLLEYBALL: Co-ed. Limit 40. Wednesdays, 6:30 to 8:30 p.m. 20 hours for \$40.00. Hamilton High School Gym. Contact DeEtte Monson to register, 360-4014.

ADULT ED BASKETBALL: Limit 25. Wednesdays, 8:30 to 10:30 p.m. Hamilton High School Gym. Contact Neil Miller to register, 363-2011.

AM ADULT ED BASKETBALL – DALY: Limit 12. Tuesdays and Thursdays, 5:45 to 6:30 a.m. 15 hours for \$30.00. Daly Elementary School. Contact Nate Lant to register, 363-2122.

65 AND OLDER ARE FREE FOR ANY COURSE