REGISTRATION IS NOW OPEN!

Bicycle Maintenance | Crocheting | Dance at Your Wedding
Gentle Flow Yoga | Graphite and Ink Drawing | Golf, Beginning
Internet Money | Spanish | Teriyaki Chicken Donburi | WordPress

Visit us at wdmcs.org/commem
Welcome to the winter/spring 2018 LEARNwest catalog! We are no longer printing or mailing this catalog but you will still find a variety of opportunities for you to experiment with a new subject area or build on a previous skill and expand your area of expertise.

Many people enjoy connecting with other people who have similar interests. It’s rewarding to meet other people who also like to keep active and live in the same neighborhood!

Our early registration discount is also being offered again! When you register at least two weeks before the class start date, you will receive a $5 discount. The online class prices automatically reflect the discount when it applies. Mail-in registrations must be postmarked at least two weeks before the class start date to qualify for the discount, or the regular rates apply. Make sure to sign up in time to receive this discount, and secure your place in the class of your choice.

Enjoy your new year by trying something new.

Sue Otte
LEARNwest Program Coordinator

Top of the Class
These courses rate at the top of the class in our book.
Register early, as these classes fill up fast!

**Photography**..............................page 3
Learn necessary and important camera features, functions, controls, and operations, as well as accessories.

**Bicycle Maintenance**............page 6
Discover the basic problem-solving skills that will help if something happens to your bike while out riding.

**Gentle Flow Yoga**.............page 6
The practice of yoga is thousands of years old but perfect for today’s busy lifestyle.
**Crocheting**

Would you like to learn a new craft? Do you need a quick refresher? Come to this class and learn the basic crochet stitches and how to read a pattern while making a project. Students need to bring a size G crochet hook and one ball of yarn. Course taught by Victoria Carrington.

Tuesdays, 1/30-3/6, no class 2/20, 6:30-8:30 p.m., $54 plus materials listed above. Indian Hills Junior High, Room 1423, #ART01.

**Photography Series**

This comprehensive and inspiring class will help you connect your talents with your camera through a technical foundation in photography using Single Lens Reflex cameras (not fixed lens cameras). Learn necessary and important camera features, functions, controls, and operations, as well as accessories. Terms like metering, exposure control, f-stops, shutter speeds, and more will become a second language for you. Understand the basics of using flash and natural light to create the perfect photo. Relevant digital features and characteristics will be covered in an open discussion. Bring your talent, imagination, questions, and digital or film SLR camera. No point-and-shoot cameras, please. Course taught by Steve Alexander.

Tuesdays, 2/20-4/3, no class 3/13, 7-9 p.m., $145 plus material fee of $10 due to instructor. Learning Resource Center, #ART03.

**Sewing, Beginning**

Establish sewing machine basics, sewing terminology, pattern comprehension, fabric selection, and basic construction skills in this class. Access to a working sewing machine outside of class is helpful, but not necessary. Course taught by Deb Herring.

Tuesdays, 3/20-4/10, 6-8:30 p.m., $69 plus materials. Supply list available at registration. Stilwell Junior High, Room 1103, #ART04.

**Excel 2013, Introduction**

Designed for those who have little to no experience with spreadsheets but are familiar with computers and the Microsoft Office platform. You will learn spreadsheet uses, terminology, and work with basic formulas and functions. A flash drive is recommended, but not required, to allow for work at home. Course taught by Jeremy Fernandez.

Mondays, 1/29-2/12, 6:30-8 p.m., $50. Indian Hills Junior High, Room 1307, #COM01.

**WordPress, Beginning**

Find out why WordPress is one of the most popular website platforms due to its ease of use and excellent SEO (Search Engine Optimization). In this course, you will learn how to set up and customize a WordPress.com site. We’ll also explore some of the many themes, widgets, and plugins available to the WordPress community. Course taught by Jamie Evans.

Monday, 2/26-3/5, 6-8 p.m., $53. Learning Resource Center, Computer Lab, #COM02.

**Graphite and Ink Drawing**

Yvonne has the expertise and talent to assist you in your artistic efforts. With an Art degree from St Ambrose University, she has achieved the highest levels of artistic accomplishments. Invited to such art shows as Riverssance, The Grant Wood Art Festival and Reiman Gardens Summer Art Fest, she has a great eye for drawing, calligraphy, acrylics, watercolors and pastels. She continues to share the expertise with students at WDM Community Schools, Reiman Gardens and several senior centers in the Des Moines area.

Tuesdays, 2/6-2/27 6:30-8:30 p.m., $59 plus materials. Valley Southwoods Freshman High School, Room 254, #ART02.
Dance at Your Wedding
Fretting over how you will look on the wedding video? Bring your spouse-to-be, wedding party, family, and friends to this three-week course designed to ease your jitters. Learn how to dance the swing and rumba to some of the most common songs played at wedding receptions so you don’t get caught just swaying back and forth. Course taught by Jennifer Malcom-Brown.
Tuesdays, 1/30-2/20, 7-8 p.m., $54 per couple. Western Hills Elementary Community Room. #DAN01

Line Dancing
Line dancing has evolved into a rich blend of stylish urban dancing. Join in the excitement and see for yourself how much fun and exercise you can get without sweating at the gym! These aren’t just “country line dances”—they include ballroom, blues, Latin, Irish, hip hop, and swing. Great music from many different genres is played, and you never need a partner. Line dancing is a great way to get out, dance, and meet new people and friends! Course taught by Jennifer Malcom-Brown.
Tuesdays, 1/30-2/20, 6:15-7 p.m., $34. Western Hills Elementary Community Room. DAN02.

Salsa Dancing
Salsa is an infectious, vibrant dance filled with passion, excitement, and Latin flair! This beginner class will teach you basic steps, turns, partner work, and combinations. Through this class, you will build a good foundation and gain the confidence to get out there and dance! No partner or experience required because dancing with different partners is a great way to learn. Come prepared to take turns leading and following in class. Class taught by Salsa Des Moines.
Wednesdays, 1/31-3/7, 8-9 p.m., $59 per person. Western Hills Elementary, Community Room, #DAN03.

Swing Dance Sampler
There are many swing-style dances which can be matched with many types of music. Which one is right for you? Grab a partner and let’s find out! Have fun learning the basic steps for the Charleston, East Coast Swing with a rockabilly variation, Lindy Hop, Collegiate Shag, and others. Each class, students will sample a different dance and get a feel for music and stylings that go with it. This fun walk through swing dance is a great way for new dancers to check out a dance type before committing to a more dedicated class. Partner required, but no dance experience is necessary. Course taught by Janet and Mike Dennis.
Tuesdays, 1/30-2/20, 7-8:30 p.m., $64/couple. Fairmeadows Elementary, Community Room, #DAN04.

Swing Dance Sampler
There are many swing-style dances which can be matched with many types of music. Which one is right for you? Grab a partner and let’s find out! Have fun learning the basic steps for the Charleston, East Coast Swing with a rockabilly variation, Lindy Hop, Collegiate Shag, and others. Each class, students will sample a different dance and get a feel for music and stylings that go with it. This fun walk through swing dance is a great way for new dancers to check out a dance type before committing to a more dedicated class. Partner required, but no dance experience is necessary. Course taught by Janet and Mike Dennis.
Tuesdays, 1/30-2/20, 7-8:30 p.m., $64/couple. Fairmeadows Elementary, Community Room, #DAN04.

Estate Planning 101—Splitting Heirs: Why Everyone Needs an Estate Plan
A well-crafted estate plan can save your family undue grief and cost by ensuring your assets are distributed as you want. Whether your assets are worth thousands or hundreds of thousands, it’s important to protect everything you worked so hard to earn. Learn how to avoid unnecessary expenses and fees, how to reduce or eliminate taxes, and how to maximize the transfer of your real estate, investments, and personal belongings to your loved ones and/or charitable organizations. This course is taught by a financial planner and an attorney

What is Bitcoin and Crypto Currencies?
Mike Hartwig has a unique passion to help people realize their dreams and goals. He has led hundreds of study groups on personal finances, business leadership, and financial accountability.
He has serve as Project Director of a multi-million dollar federal grant, conducted trainings for the Social Security Administration, and conducted trainings for over a dozen Fortune 500 Companies. He has even written the training manual for QuickBooks for Park University! Still, his passion is to help people with their personal finances. Futures, stocks, bonds, real estate and now Bitcoin have all found their home in his portfolio.

Wonder what all the hype is with Bitcoin? Do you wonder what it even is? Thinking about buying some? Before you spend any of your hard earned money, you might want to sign up for this class. We’ll discuss what Cryptocurrency is and also its history. We’ll cover what miners do and how important they are to the integrity of the Crypto economy. We’ll explore some of the more popular cryptos like Bitcoin and Litecoin. We’ll show you how to set up an online wallet and how to keep it safe. But most of all, we’ll get you thinking about if you should be buying it. Course taught by Mike Hartwig.
Tuesday, 1/16, 6:30-8:30 p.m., $23. Stilwell Junior High, Room 2106, FIN02.
Navigating the Stages of Caring for Aging Loved Ones
Discover how to make the transition from independence to assistance as smooth as possible. This class is taught by a panel of elder-care specialists including a certified senior-care manager, an elder-care attorney, a home health care provider, and a financial adviser. You'll learn how to spot signs of declining health, gather financial strategies for seniors, and become familiar with the right steps to create peace of mind for you and your loved ones.

Tuesday, 3/27, 6:30-8:30 p.m., $23. Stilwell Junior High, Room 2106, #FIN03.

Retirement Planning 101
Afraid you can’t afford to retire? We will explore this question along with social security, Medicare, how to convert a 401(k) plan to an income stream you won’t outlive, ways to minimize your taxes in retirement, and options to help protect your investments from market fluctuation. This seminar is relevant to anyone who wants to become more empowered in today’s financial world. Course taught by a financial adviser with over 30 years of experience.

Tuesday, 4/3, 6:30-8:30 p.m., $23. Stilwell Junior High, Room 2106, #FIN04.

New! Starting Your Own Business
Are you ready to follow your passion and make it profitable? This class is taught by a panel of business experts consisting of a CPA, business attorney, and financial adviser as well as a representative from the Small Business Administration. We will cover the steps to start your own business from A to Z and suggest the necessary tools to get your business off the ground.

Thursday, 3/8, 6:30-8:30 p.m., $23. Stilwell Junior High, Room 2106, #FIN05.

FOOD & NUTRITION

New! Teriyaki Chicken Donburi
Donburi is a very popular Japanese dish also known as a rice bowl. In this class, you will learn how to cook Teriyaki Chicken by making a teriyaki mixture from basic seasonings. Once you learn how to make this teriyaki glaze for grilling, it will add lots of variations to your cooking. We will also make a side of miso soup. Course taught by Chikako Brown.

Wednesday, 1/31, 6-8 p.m., $35. Indian Hills Junior High, Room 1421, #FOOD01.

New! Tonkatsu—Breaded Pork Cutlet
Tonkatsu is a breaded pork cutlet and a very popular dish in Japan. It is one of the original western-influence dishes that has now become a Japanese meal. In this class, you will learn how to make this main dish along with rice and miso soup for your own delicious, home-cooked meal. Course taught by Chikako Brown.

Wednesday, 3/28, 6-8 p.m., $35. Indian Hills Junior High, Room 1421, #FOOD02.

Yakisoba
Yakisoba, or grilled noodles, is a very popular Japanese festival/street food and makes a quick and easy home-cooked meal. In this class, you will grill fresh vegetables and meat to serve with the noodles within a delicious sauce. You will also make a Napa cabbage egg drop soup to go with your meal. Course taught by Chikako Brown.

Wednesday, 2/28, 6-8 p.m., $35. Indian Hills Junior High, Room 1421, #FOOD03.

LANGUAGES

German, Beginning
This class is an introduction to basic German vocabulary and grammar. Learn conversational skills, travel vocabulary, and how to survive as a tourist. Students should purchase the textbook “German in 10 Minutes a Day” by Kristene Kershul. Course taught by Karin Gale.

Tuesdays, 2/6-3/20, no class 3/13, 6:30-8:45 p.m., $45 plus textbook. Learning Resource Center, #FOR01.

German, Beginning Conversational
This class will concentrate on promoting conversational skills, developing vocabulary and grammar, and listening skills using some digital media. Everyday idiomatic expressions will be stressed to help you enjoy a short-term visit to Germany. Students should purchase “German in 10 Minutes a Day” by Kristene Kershul. Course taught by Karin Gale.

Tuesdays, 2/6-3/20, no class 3/13, 7:45-8:45 p.m., $45 plus textbook. Learning Resource Center, #FOR02.

Spanish, Beginning
Are you planning a trip or just want to learn a new language? This class is an introduction to basic Spanish grammar and vocabulary. Learn conversational skills and travel vocabulary from an experienced teacher in a comfortable and interactive atmosphere. Students should purchase “E-Z Spanish” by Ruth J. Silverstein. Course taught by Daissy Tillapaugh.

Tuesdays, 1/30-3/27, no class 3/13, 6:30-8:30 p.m., $78 plus textbook. Valley Southwoods Freshman High School, Room 150E, #FOR03.
**PERSONAL GROWTH**

**Bicycle Maintenance**
Would you like to be better prepared for the bike-riding season? Discover the basic problem-solving skills that your need if something happens to your bike while out riding. Knowing these skills can enable you to get home on your own and save time and money. Topics include fixing a flat tire, repairing brake cables, and minor wheel truing. These skills are easy to learn and can help in a pinch—especially on RAGBRAI. Course taught by Chris Mace.

Monday, 4/30, 7:15-9:15 p.m., $27. Rasmussen Bike Shop, 301 Grand Ave., West Des Moines, #DOIT01.

**Wellness**

**Gentle Flow Yoga**
The practice of yoga is thousands of years old but perfect for today's busy lifestyle. Yoga creates a mind-body connection by developing strength, concentration, and flexibility. Join the instructor in a soulful-flowing, mindful-moving, and vinyasa practice. With breath awareness, you move your body gently into flowing yoga poses and close the practice with stillness and relaxation. Please bring your own mat and wear comfortable clothing. Course taught by Gayle Vettese.

Session 1: Wednesdays, 1/24-2/28, 6:15-7:15 p.m., #WEL01. Session 2: Wednesdays, 3/21-4/25, 6:15-7:15 p.m., #WEL02, $56 per session, Valley Southwoods Freshman High School, Room 154.

**Yoga Core Energy Flow**
This class combines the flowing movements of yoga with a focus on the abdominal muscles to create a stronger, leaner body and core center. Focus will be on strengthening and toning the entire body and creating more balance, energy, and strength throughout. The class will conclude with mind/body relaxation to provide a peaceful ending. Modifications are introduced, so all levels are welcome. Please wear comfortable clothes and bring a mat. Course taught by Nikki Thies.

Session 1: Tuesdays, 1/23-2/27, 6:30-7:30 p.m., #WEL03. Session 2: Tuesdays, 3/20-4/24, 6:30-7:30 p.m., #WEL04, $56/session, Valley Southwoods Freshman High School, Room 154.

**Class Locations**
- Valley High School
  3650 Woodland Ave., WDM
- Valley Southwoods
  Freshman High School
  625 S. 35th St., WDM
- Indian Hills Junior High
  9401 Indian Hills Drive, Clive
- Stilwell Junior High
  1601 Vine St., WDM
- Westridge Elementary
  5500 E.P. True Parkway, WDM
- Clive Learning Academy
  1600 73rd St., Windsor Heights
- Crestview School of Inquiry
  8355 Franklin Ave., Clive
- Crossroads Park Elementary
  4105 Fuller Road, WDM
- Rex Mathes
  1401 Vine St., WDM
- Western Hills Elementary
  600 39th St., WDM
- Learning Resource Center
  3550 Mills Civic Parkway, WDM

Non-Discrimination Policy: The West Des Moines Community School District does not discriminate on the basis of race, color, national origin, genetic information, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the district’s Equity Coordinator, Dr. Carol Seid, Associate Superintendent of Human Resources, 3550 Mills Civic Parkway, West Des Moines, IA 50265; Phone: 515-633-5037; email: seidc@wdmcs.org.

Register at least two weeks before class starts and receive $5 off!
(This applies to LEARNwest (adult) classes only. See page 7 for details—some exclusions do apply.)
Register Early
• Registration is required for all classes and is taken on a first-come basis.
• Early Registration Discount (LEARNwest/Adult Classes Only)
  Register at least two weeks in advance of a class start date and receive a $5 discount off your registration. If you register online, the class price listed will automatically reflect the $5 discount if it applies. If you register by mail, it needs to be postmarked at least two weeks before the class start date to qualify for the discount. Exclusions for the discount include: all ACT classes, all Adventures/Youth classes, College Planning, and online classes.
• If registering close to the start of class, call or check the website to confirm that space is still available.

Confirmations
If an email address is provided, a confirmation will automatically be sent. If not, please request a confirmation when registering.

Refunds
There is a $10 charge on all refunds except classes filled or canceled by LEARNwest. To receive a refund, requests must be made by phone or in writing to LEARNwest before the class meets a second time. For one-night classes, refunds will only be given before the class is held.

Supply List
If a supply list is required for your class, please request the list when registering. If registering online, you can link to the supply list from the class description page. A supply list will not be sent unless requested.

Scholarships
Scholarships are available for those who qualify. To learn more, please call 515-633-5001.

Questions?
Call 515-633-5001 or email communityeducation@wdmcs.org.

Winter/Spring 2018 LEARNwest Registration Form

Student Name

Address

City, State

Zip

Day Phone

Cell Phone

Evening Phone

Email

Birthdate

How did you hear about us?

❑ Catalog  ❑ Facebook  ❑ Website  ❑ Friend  ❑ Instructor  ❑ Other _____________

Early Registration Discount* $ ___________

(*Subtract $5 for every class you are registering at least two weeks in advance for.)

Method of Payment

❑ Cash  ❑ Check No. ___________ Please make checks payable to Community Education.

Photo Permission

❑ I prefer NOT to be photographed for future use in publications, website, social media, or local media and newspapers.

Total Fees = $ ___________

*The following classes are excluded from the early registration discount: Adventures, College Planning, ACT, and online classes.
TRY SOMETHING NEW!