



JOHNSTON
COMMUNITY EDUCATION

Fall 2017

**JCE Classes &
Activities**



Back to School!
Check out what classes
and activities JCE has
to offer and register today!

Preschool

2017-18 Registration

For more information
call 515-278-0552



Johnston Preschool (Ages 3-4)

The Johnston Preschool curriculum is based on the Creative Curriculum for Preschool, early literacy concepts, Zaner-Bloser writing, and Everyday Math. Students are engaged in activities and learning opportunities to grow socially, emotionally, physically, and cognitively in the early learning environment. Maximum number of students for 3-year-olds is 16 students with two teachers. Project Ready for School Scholarships are available for qualifying students.

Our 4-year-old preschool receives funding from the Iowa Statewide Voluntary Preschool Program. This funding provides an opportunity for all young children in the state of Iowa to enter school ready to learn by expanding access to quality preschool curricula for all four-year-old children. There is no fee to attend our four-year-old preschool other than the \$60 initial registration fee. The maximum number of students for 4-year-olds is 20 students with two teachers.

Johnston Preschool (Age 2)

This is a lively and fun exposure for young learners to experience a variety of age-appropriate learning activities and opportunities through stories, songs, snack, and center choice exploratory time. Our goal is to provide a learning environment to help children continue to develop their skills and abilities. The maximum class size is 11 students with two teachers. Project Ready for School Scholarships are available for qualifying students.

Project Ready for School

Project Ready for School is a scholarship program for preschoolers who financially qualify. The scholarship provides financial assistance for preschool tuition. [Applications are available online.](#)

Additional information can be found at www.johnstoncsd.org or by contacting Joy Palmer at 515-278-0552 ext. 1632.

2017-2018 Preschool Registration

Registration for all ages of preschool students is open both for online and walk-in registration. The online registration is through Eleyo (formerly FeePay) at <https://johnston.ce.eleyo.com>. Walk-in registration will be at the Community Education Center, 6600 NW 62nd Avenue in Johnston. All registrations will happen through Eleyo so parents are encouraged to set up an account in advance to help the process go faster. Placement is on a first come, first serve basis until each class is filled. There is a \$60 one-time non-refundable fee required upon initial registration. Immunization records and physical examination reports will also be required at the time of registration. At this time, many of our preschool classes are full, but you are still able to put your child's name on a waiting list through enrolling on Eleyo since we commonly have openings throughout the school year.

Class Offerings

3-year-olds - Four days/week - \$280/month

MTThF	9-11:30 a.m.	16 students	Beaver Creek
MTThF	9-11:30 a.m.	16 students	Horizon
MTThF	12:30-3:00 p.m.	16 students	Lawson

3-year-olds - Three days/week - \$230/month

MWF	9-11:30 a.m.	16 students	Lawson
MTTh	12:30-3 p.m.	11 students	Horizon

3-year-olds - Two days/week - \$180/month

TTh	9-11:30 a.m.	16 students	Lawson
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2-year-olds - Two days/week - \$170/month

MT	9:30-11:30 a.m.	11 students	Horizon
WTh	9:30-11:30 a.m.	11 students	Horizon

For more information
call 515-252-8490



KTC starts on August 24th!

Register by August 16 for the 2017-2018 school year in order to participate on the first day of school, August 24th.

Kids Connection (KTC) is the Johnston CSD before and after school child care program available for K-5 during the school year and summer. The focus of the program is to provide enjoyable, motivating, and structured activities for students, along with enriching field trips.

Kids Connection uses Eleyo to allow parents to register, schedule, and pay for KTC online. Families must set up their own household account on Eleyo. This can be done at any time by going to <https://johnston.ce.eleyo.com>.

Youth

Enrichment & Activities

For more information
call 515-278-0552



Art from Books! (Gr. K-5)

Learn about art through stories in children's literature. Experience a fun art book, then create drawings, paintings, sculptures, or prints inspired by the theme of the book. Min. 6, max. 15 students. Instructor: Des Moines Art Center

Grades	Day	Dates	Time	Location	Cost	Code
K-2	M	10/2-11/6	3:35-5:05 p.m.	BCE	\$85	F17YC1
3-5	Th	9/21-10/26	3:35-5:05 p.m.	HZE	\$85	F17YC2

YEL Grandmasters of Chess (Gr. K-5)

Chess lessons and play for all levels. A chance to fine-tune skills by solving chess puzzles. Min. 6, max. 20. *No class November 2, 3, 14, 16, 22-24.* Instructor: Youth Enrichment League

Day	Dates	Time	Location	Cost	Code
M	10/16-12/4	3:40-4:40 p.m.	BCE	\$106	F17YC27
T	10/17-12/12	3:40-4:40 p.m.	HZE	\$106	F17YC28
Th	10/12-12/21	3:40-4:40 p.m.	TRE	\$106	F17YC30
W	10/18-12/13	2:40-3:40 p.m.	LAE	\$106	F17YC29
F	10/13-12/15	3:40-4:40 p.m.	WAE	\$106	F17YC31

YEL Gear Engineers (Gr. 1-5)

STEM enrichment using LEGO® bricks for the 21st Century learner. Students will build a trundle wheel, merry-go-round and design their own amusement park. Min. 6, max. 16. *No class November 14 and 24.* Instructor: Youth Enrichment League, youthenrichmentleague.com

Day	Dates	Time	Location	Cost	Code
T	11/7-12/12	3:40-4:40 p.m.	BCE	\$67	F17YC37
M	9/25-10/23	3:40-4:40 p.m.	HZE	\$67	F17YC36
F	11/10-12/15	3:40-4:40 p.m.	LAE	\$67	F17YC40
T	9/26-10/24	3:40-4:40 p.m.	TRE	\$67	F17YC38
M	11/6-12/4	3:40-4:40 p.m.	WAE	\$67	F17YC39

YEL Junior Coding with Scratch® (Gr. 2-5)

STEM Coding Enrichment for the 21st Century learner. Students will be able to learn a programming language to code their own animated story lines - westerns, space missions, dance parties, you name it! Instructors: Youth Enrichment League, *No class November 2, 16, 22-23*

Day	Dates	Time	Location	Cost	Code
F	10/13-12/15	3:40-4:40 p.m.	BCE	\$108	F17YC34
Th	10/12-12/21	3:40-4:40 p.m.	HZE	\$108	F17YC33
W	10/18-12/13	2:40-3:40 p.m.	WAE	\$108	F17YC32

Mini Dance Team Camp (Gr. K-5)

Move and groove with the Johnston Dance Team. Learn the latest dance moves & perform at halftime of the 9th grade football game on Thursday, September 14. Camp will begin daily after school on September 11, 12, & 13. Due to early out, Wednesday practices will go from 2:45-3:45 p.m. The cost includes t-shirt and daily snack. **Registration deadline: September 1**

Days	Dates	Time	Location	Cost	Code
M-W	9/11-9/14	3:45-4:45 p.m.	BCE Gym	\$30	F17CMP6
M-W	9/11-9/14	3:45-4:45 p.m.	HZE Gym	\$30	F17CMP7
M-W	9/11-9/14	3:45-4:45 p.m.	LAE Gym	\$30	F17CMP8
M-W	9/11-9/14	3:45-4:45 p.m.	TRE Gym	\$30	F17CMP10
M-W	9/11-9/14	3:45-4:45 p.m.	WAE Gym	\$30	F17CMP9

Little Dragon Cheer Camp (Gr. K-5)

JHS cheerleaders will teach cheering technique, jumps, and cheers. Participants will perform before the varsity football game on Oct 6. Camp will begin daily after school Oct 2, 3, 4 & 5. Wednesday practices will go from 2:45-3:45 p.m. Cost includes t-shirt and daily snack. **Registration deadline: September 14**

Days	Dates	Time	Location	Cost	Code
M-Th	10/2-10/6	3:45-4:45 p.m.	BCE Gym	\$32	F17CMP11
M-Th	10/2-10/6	3:45-4:45 p.m.	HZE Gym	\$32	F17CMP12
M-Th	10/2-10/6	3:45-4:45 p.m.	LAE Gym	\$32	F17CMP13
M-Th	10/2-10/6	3:45-4:45 p.m.	TRE Gym	\$32	F17CMP15
M-Th	10/2-10/6	3:45-4:45 p.m.	WAE Gym	\$32	F17CMP14



Follow us for event photos
and upcoming events!

 @johnstoncommunityed
 @JCSJ_CommEd

For more information
call 515-278-0552



Mixed Mad Science (Gr. K-2)

Learn about a wide variety of science topics from the Mad Science of Iowa including light, slime, air, engineering, pollution, minerals, elements & reactions. Min. 5, max 18.

Day	Dates	Time	Location	Cost	Code
W	10/11 & 10/25	2:45-5 p.m.	BCE	\$55	F17YC3
W	11/8 & 11/29	2:45-5 p.m.	HZE	\$55	F17YC4
M	9/25-10/2	3:45-5:45 p.m.	LAE	\$55	F17YC5
W	9/13 & 9/27	2:45-5 p.m.	TRE	\$55	F17YC7
W	12/13-12/20	2:45-5 p.m.	WAE	\$55	F17YC6



NASA Space Science (Gr. 3-5)

Join Mad Science of Iowa to learn about planets, moons, rockets, stars, the sun, atmospheres, space travel and more! Min. 5, max. 18.

Day	Dates	Time	Location	Cost	Code (3-5)
W	10/11 & 10/25	2:45-5 p.m.	BCE	\$55	F17YC8
W	11/8 & 11/29	2:45-5 p.m.	HZE	\$55	F17YC9
M	9/25-10/2	3:45-5:45 p.m.	LAE	\$55	F17YC10
W	9/13 & 9/27	2:45-5 p.m.	TRE	\$55	F17YC12
W	12/13-12/20	2:45-5 p.m.	WAE	\$55	F17YC11

Fencing (Gr. 2-5)

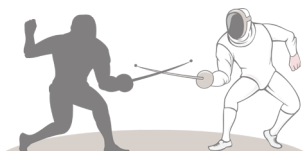
Lessons for all levels. Safety gear is provided. Min. 6, max. 16 students. Instructor: Youth Enrichment League, youthenrichmentleague.com

Grades	Day	Dates	Time	Location	Cost	Code
2-5	Su	10/22-12/10	12:45-1:45 p.m.	BC Gym	\$116	F17YC41

Fencing (Gr. 6-12)

Lessons for all levels. Safety gear is provided. Min. 6, max. 16 students. Instructor: Youth Enrichment League, youthenrichmentleague.com

Grades	Day	Dates	Time	Location	Cost	Code
6-12	Su	10/22-12/10	2:00-3:30 p.m.	BC Gym	\$150	F17YC42



Pinterest for Kids (Ages 6-12)

Explore the world of DIY crafts. Make fun creations with Halloween and Holiday projects. Min. 5, max. 15. Instructor: Kathy Comstock

Day	Date	Time	Location	Cost	Code
Sa	10/21	9-11 a.m.	JMS	\$25	F17YC43
Sa	12/16	9-11 a.m.	JMS	\$25	F17YC44

Spanish (Gr. K-5)

Learn Spanish or improve your skills and knowledge with lots of hands on and practical principles! Min. 4, max. 12. Instructor: Mrs. Guelly Mendoza

Day	Dates	Time	Location	Cost	Code
Th	9/14-10/19	3:35-4:35 p.m.	BCE	\$79	F17YC17
T	9/12-10/17	3:35-4:35 p.m.	HZE	\$79	F17YC13
F	9/15-10/20	3:35-4:35 p.m.	TRE	\$79	F17YC18
W	9/13-10/18	2:35-3:35 p.m.	WAE	\$79	F17YC15

Piano Lessons with the DSM Symphony Gr. (K-12)

Private lessons for all levels. Instructor: Des Moines Symphony Academy

Day	Dates	Time	Location	Cost	Code
Fall Semester (12 weeks) * No class 11/20					
M	9/11-12/4	4-4:30 p.m.	JMS	\$392	F17YC21
M	9/11-12/4	4:30-5 p.m.	JMS	\$392	F17YC22
M	9/11-12/4	5-5:30 p.m.	JMS	\$392	F17YC23
M	9/11-12/4	5:30-6 p.m.	JMS	\$392	F17YC24
M	9/11-12/4	6-6:30 p.m.	JMS	\$392	F17YC25
M	9/11-12/4	6:30-7 p.m.	JMS	\$392	F17YC26

Winter/Spring Semester (18 weeks) *No class 3/12

M	1/8-5/14	4-4:30 p.m.	JMS	\$578	W18YC11
M	1/8-5/14	4:30-5 p.m.	JMS	\$578	W18YC12
M	1/8-5/14	5-5:30 p.m.	JMS	\$578	W18YC13
M	1/8-5/14	5:30-6 p.m.	JMS	\$578	W18YC14
M	1/8-5/14	6-6:30 p.m.	JMS	\$578	W18YC15
M	1/8-5/14	6:30-7 p.m.	JMS	\$578	W18YC17

Youth Sports

For more information
call 515-278-0552

NEW! YEL Floor Hockey (Gr. K-3)

Get your pulse pounding with our new floor hockey class. Develop basic stick handling, shooting and teamwork skills. Floor hockey sticks and an indoor puck are provided. *No class Nov 14, 16, 22, 23, and 24.*

Day	Dates	Time	Location	Cost	Code
W	11/8-12/20	2:40-3:40 p.m.	BCE	\$77	F17YR6
F	11/10-12/15	3:40-4:40 p.m.	HZE	\$67	F17YR8
Th	11/9-12/21	3:40-4:40 p.m.	LAE	\$67	F17YR7
M	11/6-12/11	3:40-4:40 p.m.	TRE	\$77	F17YR28
T	11/7-12/19	3:40-4:40 p.m.	WAE	\$77	F17YR5

NEW! YEL Junior Soccer (Gr. K-3)

Get outside and get kickin'! We teach fundamentals of dribbling, passing, receiving, and scoring. Emphasis is on teamwork, fundamentals, safety and fast-paced action.

Day	Dates	Time	Location	Cost	Code
W	9/20-10/25	2:40-3:40 p.m.	BCE	\$77	F17YR11
F	9/15-10/20	3:40-4:40 p.m.	HZE	\$77	F17YR13
Th	9/14-10/19	3:40-4:40 p.m.	LAE	\$77	F17YR12
M	9/18-10/23	3:40-4:40 p.m.	TRE	\$77	F17YR9
T	9/19-10/24	3:40-4:40 p.m.	WAE	\$77	F17YR10

Little Ninjas (Ages 4-5)

Learn the basic fundamentals of Tae Kwon Do and Karate, focusing on self-respect, self-confidence, coordination of mind and body, and self-discipline. *No class September 28, November 16, 23 and December 28.*

Day	Dates	Time	Location	Cost	Code
Th	8/24-10/5	6-6:30 p.m.	Wallace	\$22	F17YR17
Th	10/12-11/30	6-6:30 p.m.	Wallace	\$22	F17YR18
Th	12/7-1/18	6-6:30 p.m.	Wallace	\$22	F17YR19



Tae Kwon Do (Ages 6+)

This Korean art of self-defense improves health, balance, agility, mental alertness and poise. This program is year-round but sessions may be taken on an individual basis. Instructor: Ryukyu Kemp Alliance *No class September 28, November 16, 23 & December 28.*

Day	Dates	Time	Location	Cost	Code
Th	8/24-10/5	6:30-7:30 p.m.	Lawson	\$32	F17YR14
Th	10/12-11/30	6:30-7:30 p.m.	Lawson	\$32	F17YR15
Th	12/7-1/18	6:30-7:30 p.m.	Lawson	\$32	F17YR16

Little Dragon Basketball (Gr. K-1)

Learn basketball fundamentals such as dribbling, passing, shooting, defense and rebounding in a non-competitive atmosphere. The class stresses fun, sportsmanship, and skill development. Cost includes t-shirt. Max. 40 kids per session. Volunteer coaches needed.

Registration deadline: December 29

Grade	Day	Dates	Time	Location	Cost	Code
K	Sa	1/6-1/27	1-2 p.m.	HZE Gym	\$57	W18YR1
K	Sa	1/6-1/27	2-3 p.m.	HZE Gym	\$57	W18YR2
1	Sa	1/6-1/27	1-2 p.m.	BCE Gym	\$57	W18YR3
1	Sa	1/6-1/27	2-3 p.m.	BCE Gym	\$57	W18YR4

Johnston Youth Basketball (Gr. 2-6)

Participants will be placed on teams for an 8-game season. Teams will practice one night a week starting November 6. Cost includes t-shirt. Volunteer coaches needed. Max on a team is 10 players. *No games on December 23 or 30.* Register before September 29 for \$75. All games will be held at Elementary schools. *Registration deadline: October 16*

Grade	Gender	Day	Game Dates	Cost	Code
2	Boys	Sa	12/2-2/3	\$95	F17YR20
3	Boys	Sa	12/2-2/3	\$95	F17YR21
4	Boys	Sa	12/2-2/3	\$95	F17YR22
5	Boys	Sa	12/2-2/3	\$95	F17YR23
2	Girls	Sa	12/2-2/3	\$95	F17YR24
3	Girls	Sa	12/2-2/3	\$95	F17YR25
4	Girls	Sa	12/2-2/3	\$95	F17YR26
5	Girls	Sa	12/2-2/3	\$95	F17YR27

Little Dragon Flag Football (Gr. 1-2)

Participants will be placed on a team. One to two evening practices will be held each week starting the week of August 28. Teams will play a 6-game season. Each player will receive a jersey and mouth guard. Register before August 7 for \$89. *Registration deadline: August 11*

Grade	Day	Game Dates	Time	Location	Cost	Code
1	Th	9/7-10/12	5:00 p.m.	BCE	\$95	F17YR1
2	Th	9/7-10/12	5:00 p.m.	BCE	\$95	F17YR2

Johnston Flag Football (Gr. 3-4)

Participants will be placed on a team. One to two evening practices will be held each week starting the week of August 28. Teams will play a 6-game season. Each player will receive a jersey and mouth guard. Register before August 7 for \$89. *Registration deadline: August 11*

Grade	Day	Game Dates	Time	Location	Cost	Code
3	Th	9/7-10/12	5:00 p.m.	BCE	\$95	F17YR3
4	Th	9/7-10/12	5:00 p.m.	BCE	\$95	F17YR4

Youth Open Gym (Gr. K-8)

Open gym during winter break for students and parents. Sign in and pay at the door, no registration required. Please bring your own basketball.

Days	Dates	Time	Location	Cost	Code
W-F	12/27-12/29	1-3 p.m.	SMS	\$2	---



For more information
call 515-278-0552

SAS Activities (Gr. 6-7)

Fun after-school activities offered Wednesdays and/or Fridays for Summit students. Class times vary depending on the day. If school is cancelled or dismissed, all after school activities will be cancelled. Check the web-site for all weather related cancellations. To register for activities, call Johnston Community Education at 515-278-0552 or online at johnston.ce.eleyo.com.

Grades	Days	Dates	Time	Location	Cost	Code
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Tennis						
6-7	WF	9/6-9/27	W: 1:50-4:30 p.m. F: 2:50-4:30 p.m.	SMS Gym	\$59	F17SAS9



Archery						
6-7	WF	10/4-10/20	W: 1:50-4 p.m. F: 2:50-4 p.m.	SMS Gym	\$49	F17SAS10

Powder Puff Game						
6	W	10/4	1:50-4 p.m.	SMS Gym	\$20/ team	---
7	W	10/4	1:50-4 p.m.	SMS Gym	\$20/ team	---

Volleyball/Basketball Open Gym						
6-7	W	11/1 & 11/8	1:50-4 p.m.	SMS Gym	\$2	---

Co-ed Volleyball						
6-7	WF	11/5-11/17	W: 1:50-4 p.m. F: 2:50-4 p.m.	SMS Gym	\$20/ team	---

Dodgeball Tournament						
6-7	W	12/13-12/20	1:50-4 p.m.	SMS Gym	\$20/ team	---

Swimming						
6-7	W	1/10-1/24	1:50-4 p.m.	SMS Pool	\$29	F17SAS11

March Madness 3 on 3 Tourney						
6-7	WF	3/23-3/30	W: 1:50-4:30 p.m. F: 2:50-4:30 p.m.	SMS Gym	\$20/ team	---

Golf						
6-7	W	5/2-5/16	1:50-4:30 p.m.	DSM Driving Range	\$39	SP18SAS1



SAS Sports (Gr. 6-7)

Practice volleyball, participate in basketball games, or learn cheers and stunts. Physicals recommended but not required. Depending on number of students enrolled, please be aware there will possibly be an early and late practice schedule. To register for activities, call Johnston Community Education at 515-278-0552 or online at johnston.ce.eleyo.com.

Grade	Days	Dates	Time	Location	Cost	Code
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Girls Volleyball						
6	MTTh	8/28-9/21	3-4:30 p.m.	SMS Gym	\$95	F17SAS3
7	MTTh	9/25-10/19	3-4:30 p.m.	SMS Gym	\$95	F17SAS4

Boys & Girls Cross Country						
6	MTTh	9/25-10/19	3-4:30 p.m.	SMS	\$95	F17SAS5

Girls Basketball						
6	MTTh	10/23-12/14	3-4:30 p.m.	SMS Gym	\$130	F17SAS6
7	MTTh	10/23-12/14	3-4:30 p.m.	SMS Gym	\$130	F17SAS7

Winter Cheerleading						
6/7	MTTh	10/23-12/14	3-4:30 p.m.	SMS Cafe	\$130	F17SAS8

Boys Basketball						
6	MTTh	1/8-2/22	3-4:30 p.m.	SMS Gym	\$130	W18SAS1
7	MTTh	1/8-2/22	3-4:30 p.m.	SMS Gym	\$130	W18SAS2

Dance Team						
6/7	TThF	1/8-2/22	3-4:15 p.m.	SMS Cafe	\$110	F17SAS12

Girls & Boys Track and Field						
6	MTTh	TBD	3-4:30 p.m.	SMS Gym	\$105	SP18SAS2
7	MTTh	TBD	3-4:30 p.m.	SMS Gym	\$105	SP18SAS3

Babysitting Clinic (Gr. 5-8)

Become a great babysitter with the 4-H Babysitting Clinic. Learn about caring for infants and young children, development traits, safe cooking and safe meal prep, what to do in an emergency, basic first aid, parent questions and expectations, activity ideas, and how to make babysitting a business. Min. 10, max. 20 students.

Instructor: Iowa State University Extension & Outreach - Polk County

Day	Date	Time	Location	Cost	Code
F	11/3	9 a.m.-3 p.m.	SMS	\$30	F17SAS1
M	1/15	9 a.m.-3 p.m.	SMS	\$30	W18SAS1

YEL Grandmasters of Chess (Gr. 6-7)

Chess lessons and play for all levels. A chance to fine-tune skills by solving chess puzzles. Each class ends with students playing 20-30 minutes of chess. *No class November 22.* Instructor: Youth Enrichment League, youthenrichmentleague.com

Day	Date	Time	Location	Cost	Code
W	10/18-12/13	1:55-2:55 p.m.	SMS	\$106	F17SAS2

Adult Fitness

For more information
call 515-278-0552



Morning Combo Package

A combination of cardiovascular exercise, strength training, and flexibility training to raise your heart rate and increase your physical and mental strength and endurance. Mon-suspension & weights, Tues-cardio circuits, Wed-abs/stretch, Thurs-trekking, Fri-weight circuits. Min. 8, max. 16 participants. *No class November 23-24.*

Days	Dates	Time	Location	Cost	Code
M-F	9/5-10/27	5:15-6 a.m.	JMS Fit Cntr	\$171	F17AR5
M-F	10/30-12/22	5:15-6 a.m.	JMS Fit Cntr	\$167	F17AR6

Morning Classes

Classes held during morning combo sessions for those who do not want to participate in the package. Do not sign up for these classes if you are signed up for the morning combo package. Max. 4 per class. *No class November 23-24.*

Day	Dates	Time	Location	Cost	Code
Suspension & Free Weights					
M	9/11-10/23	5:15-6 a.m.	JMS Fit Cntr	\$43	F17AR7
M	10/30-12/18	5:15-6 a.m.	JMS Fit Cntr	\$47	F17AR8
Cardio Circuit					
T	9/5-10/24	5:15-6 a.m.	JMS Fit Cntr	\$47	F17AR9
T	10/31-12/19	5:15-6 a.m.	JMS Fit Cntr	\$47	F17AR10
Abs/Stretch					
W	9/6-10/25	5:15-6 a.m.	JMS Fit Cntr	\$47	F17AR11
W	11/1-12/20	5:15-6 a.m.	JMS Fit Cntr	\$47	F17AR12
Trekking					
TH	9/7-10/26	5:15-6 a.m.	JMS Fit Cntr	\$47	F17AR13
TH	11/2-12/21	5:15-6 a.m.	JMS Fit Cntr	\$43	F17AR14
Weight Circuit					
F	9/8-10/27	5:15-6 a.m.	JMS Fit Cntr	\$47	F17AR16
F	11/3-12/22	5:15-6 a.m.	JMS Fit Cntr	\$43	F17AR15

Personal Training

Personal training programs provide one-on-one instruction. Using a wide variety of equipment available to help you meet your fitness goals, achieve optimum health, and improve quality of life. Whether you need to lose weight, improve balance, increase endurance, gain strength, or train for a specific event, your personal trainer will be able to design a program to help you attain your goals.

Sessions last for an hour and schedules are determined by you and your trainer. It is recommended to meet with your trainer once a week.

Cost: \$55 per session, \$165 for 3 sessions, or \$240 for 6 sessions.

Aimee & Jerry's Beg Couples Dance

Learn three types of dances, including ballroom, country, swing, or novelty dances. Guys will learn to lead with confidence and ladies will learn to follow with patience. Instructor: danceds@aol.com *No class November 7, 14.*

Day	Dates	Time	Location	Cost	Code
T	9/12-10/17	7:45-9:15 p.m.	WAE Cafe	\$110	F17AR3
T	10/24-12/12	7:45-9:15 p.m.	WAE Cafe	\$110	F17AR4



Aimee & Jerry's Beg/Int Line Dance

Learn line dances of all levels, see different genres, & dance to a variety of music. Instructor: danceds@aol.com *No class Nov 7, 14.*

Day	Dates	Time	Location	Cost	Code
T	9/12-10/17	6:15-7:45 p.m.	WAE Cafe	\$60	F17AR1
T	10/24-12/12	6:15-7:45 p.m.	WAE Cafe	\$60	F17AR2

Open Gym

Basketball Open Gym (18+)

Adults age 18 and older, and out of high school, are invited to participate in this open gym. Please sign in and pay at the door, no registration is required. Limit 50 participants. No children allowed. *No open gym on November 22, December 27, & March 14.*

Day	Dates	Time	Location	Cost
W	11/1-4/25	7-9 p.m.	JMS Gym A	\$2 per night

Basketball Open Gym (35+)

Adults age 35 and older are invited to participate in this open gym at Johnston Middle School. Pick up games will be held on two courts. Please sign in and pay at the door. No children allowed. *No open gym on December 10, 24, February 4, 25 & March 4, 11.*

Day	Dates	Time	Location	Cost
Su	11/12-4/22	6-8 p.m.	SMS Gym	\$2 per night

Pickle Ball Open Gym (18+)

Adults age 18 and up, and out of high school, are invited to this open gym. Please sign in and pay at the door, no registration required. Pick-up games will be self refereed. No children allowed. *No open gym on November 22, December 27 & March 14.*

Day	Dates	Time	Location	Cost
W	10/11-3/7	7-9 p.m.	JMS Gym B	\$2 per night

For more information
call 515-278-0552

Essential Oils: What's all the Hype?

Introductory class that will explain the history of essential oils, what they are, oil safety and more. You will also learn how they support the body's physical, emotional and spiritual well-being. Each participant will make an item to take home. Instructor: Dani Phillips, CAC LMT



Day	Dates	Time	Location	Cost	Code
TH	10/19	6:30-8:30 p.m.	SMS	\$20	F17AC1
T	1/30	6:30-8:30 p.m.	SMS	\$20	W18AC1
W	4/11	6:30-8:30 p.m.	SMS	\$20	SP18AC1

Chemical Free Living

The average person applies more than 80 chemicals before breakfast. Learn how to use natural products for your own wellness plan and support all of your body's systems naturally and chemical free. You will be given easy, simple and affordable tactics to use. Instructor: Dani Phillips, CAC LMT

Day	Dates	Time	Location	Cost	Code
T	11/14	6:30-8:30 p.m.	SMS	\$20	F17AC2
W	2/28	6:30-8:30 p.m.	TBD	\$20	W18AC2
M	4/30	6:30-8:30 p.m.	TBD	\$20	SP18AC2

Quilt Retreat

Put together a simple quilt top in under a weekend. Basic sewing and quilting skills required, but you can be a novice. Supplies required, but machines can be provided. Min. 4, max. 15 participants. Instructor: Kathy Comstock, kathy.comstock@johnston.k12.ia.us

Days	Dates	Time	Location	Cost	Code
Sa-Su	11/18-19	Sa: 9 a.m.-5 p.m. Su: 9 a.m.-1 p.m.	JMS	\$99	F17AC3



LERN Online Classes



Don't have time to sit in a classroom during the day? Johnston Community Education has a solution!

JCE is pleased to partner with UGotClass and the Learning Resources Network (LERN), the LARGEST continuing education association in the world, to offer a variety of online classes for adults.

UGotClass provides courses in a variety of subjects including:

BUSINESS

CAREER SKILLS

HUMAN RESOURCES

MEDIA MARKETING

BUSINESS COMMUNICATIONS

HEALTH

MANAGEMENT TRAINING

LEADERSHIP

AND MORE!

So if you want to learn a new skill or refresh one that maybe you haven't needed in a while, visit <http://www.yougotclass.org/catalog-complete.cfm/Johnston> for the complete Johnston catalog.

Aquatics

Hours & Classes

For more information
call 515-986-0951

Pool Admission

Daily admission, punch cards, and season passes are good for open swim, lap swims, and some special events. Season passes are good for one year from the date of purchase.

	2 & under	Youth (3-18)	Adult	Family
Daily Admission	Free	\$2	\$3	---
Punch Card	---	\$30 for 20 punches	\$50 for 20 punches	---

Pool Hours

Times are subject to change and will be posted at the pool. The pool may be shared with other activities during these times.

	Open Swim	Lap Swim
Monday-Friday	---	---
Saturday	1:30-3:30 p.m. (Starting Sept. 9)	1:30-3:30 p.m. (Starting Sept. 9)
Sunday	1:30-3:30 p.m. (Starting Aug. 12)	1:30-3:30 p.m. (Starting Aug. 12)

Pool Closures

Check pool schedules online and at the pool for updates and changes.

Month	Dates	Month	Dates
August	5, 12, 19, 26	November	23-26
September	2, 3, 4, 12, 26	December	23-25
October	7, 10, 19, 21, 22, 26-28	January	1

No School Days

Enjoy a fun afternoon of swimming with friends on a No School day!

Day	Date	Time	Location	Cost
M	1/15	1-3 p.m.	SMS Pool	\$3
M	2/19	1-3 p.m.	SMS Pool	\$3

Aqua Aerobics (Ages 12+)

Each class is centered on a 25-30 minute aerobic workout, including muscle toning for arms, stomach, hips, and legs, and flexibility and relaxation exercises. Min. 7 participants. *No class November 22, December 25, 27 and January 1.*

Days	Dates	Time	Location	Cost	Code
MW	9/6-10/2	8:15-9 p.m.	SMS Pool	\$45	F17SWAA1
MW	10/4-10/30	8:15-9 p.m.	SMS Pool	\$45	F17SWAA2
MW	11/1-11/29	8:15-9 p.m.	SMS Pool	\$45	F17SWAA3
MW	12/4-12/20	8:15-9 p.m.	SMS Pool	\$45	F17SWAA4

Intro to Competitive Swimming

Enroll in the Blaze intro to competitive swimming class and learn all four competitive swim strokes, drills, starts, turns, and sport rules! *No class November 25-26.*

Ages	Days	Dates	Time	Location	Cost	Code
6-10	SaSu	11/11-12/10	5:45-6:30 p.m.	SMS Pool	\$45	F17BLIC1
11-15	SaSu	11/11-12/10	6:30-7:15 p.m.	SMS Pool	\$45	F17BLIC2



The Johnston Blaze Swim Club engages in a multi-level competition program with USA Swimming that attempts to provide challenging yet success-oriented competitive situations for swimmers of all ages and abilities. Visit www.johnstonblaze.com for more information.

Information Night

The Blaze Parent/Swimmer Information Night will be Sunday, October 15th in the Summit cafeteria from 6-7 p.m. Attendees will be able to order a team suit, warm-up, and custom named caps, register for the fall season, receive a team shirt, cap, & window decal, and learn how to sign up for meets and pay fees. You will also have a chance to ask questions and meet coaches and members of the Anchor Club.

Blaze Sessions

A one time registration fee of \$115 is due upon initial registration and lasts for the entire 2017-18 school year. Fee covers swim cap, window decal, t-shirt, USA membership, and administrative fees.

Session	Practices	Dates	Cost	Registration Begins
Long Fall Session	Up to 6	9/5/17-12/23/17	\$495	8/14
Long Fall Session	Up to 3	9/5/17-12/23/17	\$280	8/14
Short Fall Session	Up to 6	10/30/17-12/23/17	\$265	10/2
Short Fall Session	Up to 3	10/30/17-12/23/17	\$150	10/2
Winter Session	Up to 6	12/26/17-2/17/18	\$265	11/13
Winter Session	Up to 3	12/26/17-2/17/18	\$150	11/13
Spring Session	Up to 6	4/2/18-5/26/18	\$265	3/5
Spring Session	Up to 3	4/2/18-5/26/18	\$150	3/5
Summer Session	Up to 9	5/28/18-7/21/18	\$280	4/23
Summer Session	Up to 3	5/28/18-7/21/18	\$165	4/23
Boys JHS Team-F	Up to 3	9/5/17-11/4/17	\$150	8/14
Boys JHS Team-F	Up to 6	9/5/17-11/4/17	\$265	8/14
Boys JHS Team-W	---	1/20/18-2/17/18	\$75	11/13
Girls JHS Team-F	---	10/23/17-12/23/17	\$130	10/2
Punch Card	10 punches	9/5/17-7/28/18	\$125	Purchase at JCE office

- \$50 discount for family's second swimmer in same session
- \$75 discount for family's third swimmer in same session
- Min. 10 parent volunteer hours expected per swimmer
- Register as early as possible in order to submit to swim in meets (Meet sign-ups begin prior to swim session)

For more information
call 515-986-0951



Swim Lessons

Learn to swim! Courses are \$54 per class and consist of eight 30-minute lessons. Descriptions are available at www.johnstoncsd.org/commed/programs/aquatics. If the course you want is full, you may put your name on a waiting list online or by calling the Community Education office at 515-278-0552. *No class October 21-23, and November 4, 25-26.*

Days	Dates	Time	Code
Parent/Tot			
SaSu	11/18-12/17	4:20-4:50 p.m.	F17SWL71
Intro to Swim			
SaSu	9/9-10/1	4:20-4:50 p.m.	F17SWL01
SaSu	10/8-11/12	3:45-4:15 p.m.	F17SWL02
SaSu	11/18-12/17	3:45-4:15 p.m.	F17SWL03
SaSu	11/18-12/17	4:55-5:25 p.m.	F17SWL04
Level I			
SaSu	9/9-10/1	3:45-4:15 p.m.	F17SWL11
SaSu	9/9-10/1	4:55-5:25 p.m.	F17SWL12
SaSu	10/8-11/12	4:20-4:50 p.m.	F17SWL13
SaSu	10/8-11/12	4:55-5:25 p.m.	F17SWL14
SaSu	11/18-12/17	3:45-4:15 p.m.	F17SWL15
SaSu	11/18-12/17	4:20-4:50 p.m.	F17SWL16
SaSu	11/18-12/17	4:55-5:25 p.m.	F17SWL17
Level II			
SaSu	9/9-10/1	3:45-4:15 p.m.	F17SWL21
SaSu	9/9-10/1	4:20-4:50 p.m.	F17SWL22
SaSu	10/8-11/12	3:45-4:15 p.m.	F17SWL23
SaSu	10/8-11/12	4:20-4:50 p.m.	F17SWL24
SaSu	11/18-12/17	3:45-4:15 p.m.	F17SWL25
SaSu	11/18-12/17	4:20-4:50 p.m.	F17SWL26

FALL LEARN TO SWIM REGISTRATION

For swim lessons starting September 9:

- Online registration: Aug. 21, 12 p.m. @ johnston.ce.eleyo.com
- Walk-in registration: Aug. 21, 12 p.m. @ **CEC, 6600 NW 62nd Ave.**
- Phone-in registration: Aug. 22, 7:45 a.m. @ 515-278-0552

For swim lessons starting October 8:

- Online registration: Sept. 18, 12 p.m. @ johnston.ce.eleyo.com
- Walk-in registration: Sept. 18, 12 p.m. @ **CEC, 6600 NW 62nd Ave.**
- Phone-in registration: Sept. 19, 7:45 a.m. @ 515-278-0552

For swim lessons starting November 18:

- Online registration: Oct. 30, 12 p.m. @ johnston.ce.eleyo.com
- Walk-in registration: Oct. 30, 12 p.m. @ **CEC, 6600 NW 62nd Ave.**
- Phone-in registration: Oct. 31, 7:45 a.m. @ 515-278-0552

WINTER LEARN TO SWIM REGISTRATION

For swim lessons starting in January:

- Online registration: Dec. 18, 12 p.m. @ johnston.ce.eleyo.com
- Walk-in registration: Dec. 18, 12 p.m. @ **CEC, 6600 NW 62nd Ave.**
- Phone-in registration: Dec. 19, 7:45 a.m. @ 515-278-0552

Level III

SaSu	9/9-10/1	3:45-4:15 p.m.	F17SWL31
SaSu	9/9-10/1	4:55-5:25 p.m.	F17SWL32
SaSu	10/8-11/12	4:55-5:25 p.m.	F17SWL33
SaSu	11/18-12/17	4:20-4:50 p.m.	F17SWL34
SaSu	11/18-12/17	4:55-5:25 p.m.	F17SWL35

Level IV

SaSu	9/9-10/1	4:20-4:50 p.m.	F17SWL41
SaSu	10/8-11/12	3:45-4:15 p.m.	F17SWL42
SaSu	11/18-12/17	4:55-5:25 p.m.	F17SWL43

Level V

SaSu	9/9-10/1	4:55-5:25 p.m.	F17SWL51
SaSu	10/8-11/12	4:20-4:50 p.m.	F17SWL52
SaSu	11/18-12/17	3:45-4:15 p.m.	F17SWL53

Level VI

SaSu	10/8-11/12	4:55-5:25 p.m.	F17SWL61
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Special Events

Holiday Events

For more information
call 515-278-0552

Calling all Makers!

for

Johnston Maker Day



WHO: You! Students and adults are invited to join us on Maker Day to take part in an unforgettable experience!

WHEN: September 24th | 1-4 p.m.

WHERE: Johnston Library & Simpson Barn

WHAT: Demonstrations, Exhibits, performances, Hands-on Activities & More!

WHY: Who doesn't love to tinker, invent, craft, create or be inspired?

For more information, visit www.johnstonce.org!

Fall Festival

Saturday, October 14 from 3-5 p.m.

FREE festival at Horizon Elementary for children up to third grade. Games, cookies, storytelling, and special treats provided by Johnston Community Education. Participants may arrive in costume.



Gingerbread House Competition

Create your own gingerbread house and enter it in the annual Holidays in Johnston Competition. Categories include age 11 and under, family, and adult. Prizes will be awarded for 1st and 2nd place in each category. Entry forms and houses will be accepted at the Johnston Public Library from Nov 29 to Dec 1 and will be judged on Dec 2 and displayed at the Holidays in Johnston event.

1st and 2nd place houses will be displayed at the library through Dec 16.

Contact Community Education for an entry form and rules.



Letters to Santa

Santa is stationed at the North Pole getting ready for the busy Christmas season and eagerly awaiting your Christmas wish lists. Write Santa a letter to let him know what you would like to find under the Christmas tree this year. Santa will, in turn, send you a letter from the North Pole. Please send your letters by December 4 so Santa has enough time to reply.



Johnston Community Education Registration Form

515-278-0552 | www.johnstonCE.org



One person per registration form please.

Date _____ Name of Participant _____ JCSD Resident? Yes No

Address _____ City _____

Zip _____ Home Phone _____ Date of birth _____

May we take photos and/or video of the participant for use in JCE print/electronic publications? Yes No

Class Name				
Class Code				
Fee				

Grade in 2017-2018 (if a student)? _____ School Attends? _____ Gender of Participant? _____
 T-shirt size: ___YS ___YM ___YL ___AS ___AM ___AL ___AXL

Parent Name(s)	
Work Phone Number	
Cell Phone Number	
E-mail address	

Does participant have special accommodation needs to enjoy JCE programs? Yes No
 If yes, please provide more information:

Additional notes/requests:

HOW TO REGISTER

Mail

Send your registration form & check by mail to:
 Johnston Community Education
 P.O. Box 10
 Johnston, IA 50131

In Person

Register in person at the Johnston Community Education office at 6600 NW 62nd Ave. in Johnston. Registration hours are Monday through Friday, 7:45 a.m. to 4:15 p.m. A drop box is available in the parking lot to drop off registrations before or after hours.

Phone

Phone-in registrations are accepted at 515-278-0552 when paying with a MasterCard or Visa.

Online

Online registration available 24/7 at johnston.ce.eleyo.com.

JCE POLICIES

Refunds

Refund requests must be made before the second class/program session is held.
 There will be a \$5 administration fee per class on all refunds.
 Full fee returned if Johnston Community Education cancels the class.

Cancellations

Johnston Community Education reserves the right to cancel classes. Class will be cancelled if there is insufficient enrollment.

Inclement Weather Cancellations

Call 515-252-8488 for program-related cancellations
 For more weather-related information visit www.johnstonCE.org.

Scholarships

Scholarships are available to those who qualify.
 Please contact the coordinator in charge of the program you are interested in prior to registering.
 Scholarships are subject to approval.

Johnston Community Education is a partnership between the Johnston Community School District and the City of Johnston.



STOCK UP ON YOUR
DRAGON APPAREL
FOR THE NEW SCHOOL YEAR!



Youth (3T-YXL) and Adult (AS-3XL) Johnston apparel is available for sale through Johnston Community Education for unbeatable prices. Jackets, sweatshirts, long sleeve t-shirts, collared shirts, and hats are available in various sizes. Come check it out!

Johnston Community Education Center
6600 NW 62nd Avenue
Weekdays between 7:45 a.m. and 4:15 p.m.

