The following is a list of courses which will be offered during the 2022 session. Adult Education registration for each evening course will be during the first class meeting, or you may pre-register by mailing the registration fee along with your name and the course you wish to take to: Adult Education, Stevensville Public Schools, 300 Park Street, Stevensville, Montana 59870. Adults may also pre-register at the Stevensville High School office with Vickie Vernon **starting January 10th.** Courses will fill on a first-come, first-served basis. Most classes will begin during the week of **January 24th**, although some classes vary (as indicated). Some courses will charge for books and materials if needed. Courses need a minimum of 8 students in most cases to avoid cancellation. Complete course descriptions, starting dates, and fees are enclosed. For more information, call 777-5481 extension 129.

<table>
<thead>
<tr>
<th>COURSE NAME</th>
<th>INSTRUCTOR</th>
<th>MEETING TIME</th>
<th>COURSE LENGTH</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>ADULT VOLLEYBALL</td>
<td>Lori Lewis</td>
<td>WED. 6:30-8:30</td>
<td>16 HOURS</td>
<td>$20</td>
</tr>
<tr>
<td>ADULT WEIGHT LIFTING</td>
<td>Trae Williams</td>
<td>MON. &amp; WED. 5:30-7:30</td>
<td>32 HOURS</td>
<td>$30</td>
</tr>
<tr>
<td>ALL THINGS GOOGLE</td>
<td>Angie Armour</td>
<td>WED. 6:00-8:00</td>
<td>20 HOURS</td>
<td>$20</td>
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<tr>
<td>CPR/AED FIRST AID</td>
<td>Melissa Henderson</td>
<td>WED. &amp; THURS. 6:30-9:00</td>
<td>8 HOURS</td>
<td>$10</td>
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<tr>
<td>CREATIVE WRITING FOR BEGINNERS</td>
<td>Angie Armour</td>
<td>TUES. 6:00-8:00</td>
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<tr>
<td>FINANCIAL WORKSHOP</td>
<td>Cody Velin</td>
<td>TUES. 6:00-8:00</td>
<td>8 HOURS</td>
<td>$10</td>
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<tr>
<td>FLY FISHING 101</td>
<td>Bob Prince</td>
<td>MON. Starts 6:00-7:30</td>
<td>15 HOURS</td>
<td>$15</td>
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<tr>
<td>FUNDAMENTALS OF DRAWING</td>
<td>Kiana Fecteau</td>
<td>TUES. 6:00-8:30</td>
<td>25 HOURS</td>
<td>$25</td>
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<tr>
<td>FUNDAMENTALS OF FLY TYING</td>
<td>Wes Wells</td>
<td>TUES. 6:00-9:00</td>
<td>30 HOURS</td>
<td>$30</td>
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<tr>
<td>FUNDAMENTALS OF WATERCOLOR</td>
<td>Kiana Fecteau</td>
<td>THURS. 6:00-8:30</td>
<td>25 HOURS</td>
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<tr>
<td>GENTLE YOGA</td>
<td>Andrea Buchanan</td>
<td>THURS. 6:45-7:45</td>
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<td>HATHA FLOW YOGA</td>
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<td>OIL PAINTING</td>
<td>Mike Mickelson</td>
<td>MON. Starts 6:30-9:00</td>
<td>25 HOURS</td>
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<tr>
<td>PIYO</td>
<td>Libbi Hyde</td>
<td>WED. 6:30-7:30</td>
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<td>SEW FUN MONDAYS</td>
<td>Colleen Koeplin</td>
<td>MON. Starts 6:00-9:00</td>
<td>30 HOURS</td>
<td>$30</td>
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ADULT VOLLEYBALL
Lori Lewis
High School Gym
Wednesday
6:30-8:30
January 26

A competitive volleyball class for adults. Playing length is eight weeks. Class is not for beginning players. Class size is limited to 24 players of intermediate skill or better.

ADULT WEIGHT LIFTING
Trae Williams
HS Weight Room
Monday & Wednesday
5:30-7:30
January 24

This class is offered to teach the proper techniques of weight lifting and to allow time for participants to accomplish their individual goals. Course is offered over 32 hours. The class runs January 24 through March 16.

ALL THINGS GOOGLE
Angie Armour
HS 129
Wednesday & Monday
6:00-8:00
January 26

This class will cover the basics of Gmail, Google Forms, Docs, and Calendar as well as help incorporate the use of Google on Apple iPhones. Learn to create and use a group calendar, and, if needed, review the use of Google Classroom as well. Class is limited to 15.

CPR/AED FIRST AID
AMERICAN HEART ASSOCIATION
Melissa Henderson, AHA/AEMT
HS Library
Wednesday & Thursday
6:30-9:00
January 26-27

The course will include instruction on adult, child and infant CPR, AED (automated external defibrillator), and Basic First Aid skills. Class will be hands-on and lecture. Upon completion of the course, participants will receive an American Heart Association CPR/AED/ First Aid card that certifies their training and is valid for two years. Students must be at least 18 to participate in the course. Course is limited to 12 per session. Students must bring a self-addressed stamped envelope, $6 for a card, and a materials fee of $35.

CREATIVE WRITING FOR BEGINNERS
Angie Armour
HS 129
Tuesday
6:00-8:00
January 25

This class will cover the foundations of creative writing. Discover your own writer’s voice and use it to take the reader to different time periods, places, and experiences. You will learn how to write from your own experiences in a multitude of writing types such as poetry, short story, personal essay, or movie/play script format. Class size is limited to 15.

FINANCIAL WORKSHOP
Cody Velin
HS 147
Tuesday
6:00-8:00
January 25
At our Financial Workshop, you will learn the key features of bonds, stocks, and mutual funds. You will learn steps you can take to prepare for retirement and how insurance can help protect against unexpected life events. You’ll also learn the basics of estate planning. The course is four weeks long.

FLY FISHING 101
Bob Prince
Elementary Music Room

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<th>Monday</th>
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FLY FISHING 101
Bob Prince
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<td>February 21</td>
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A comprehensive course on basic fly casting and trout fishing techniques. During class you will be taught the fundamentals of casting, knot tying, fly and equipment selection, reading the water, rigging your flies, fly selection and the world class fishing opportunities around our area. At the end of the class you should be able to confidently approach a trout stream, read the water, tie on the right fly and make a decent cast. With any luck you might even catch some fish!

What to bring:
- Your own Fly Rod. (9 foot, 4-6 weight rods are preferable, but not required)
- Reel equipped with backing and fly line (weight forward floating lines are preferably)
- One Tapered Leader (7.5 foot 2x monofilament leaders are recommended, these can be purchased from any sporting goods store or fly shop.)

Those who are interested in taking the class are responsible for bringing their own fly rod and reel. If you currently do not have a rod and reel, complete outfits can be purchased from many sporting goods stores and local fly shops at a very modest price. These outfits generally come with a fly line and the necessary backing. If you have any questions, please contact Bob Prince at 406-546-7491 or princer@stevijackets.net

FUNDAMENTALS OF DRAWING
Kiana Fecteau
HS 144
January 25

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<th>Tuesday</th>
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This course is designed for anyone interested in drawing. Use this class as a starting off point for beginners or as a refresher course for those who have some experience drawing. You will learn basic concepts and techniques, train your eye to see shapes and light, and apply tones and textures to create depth. All students will be drawing from life and will get constructive feedback from the instructor. Bring a spiral bound sketchbook, a #2 pencil, and a good eraser.

FUNDAMENTALS OF FLY-TYING
Wes Wells
HS 123
January 25

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The experience of catching trout on a fly imitation is even more rewarding when you have tied the fly! This class will serve as an introduction into the materials, tools, and patterns that will get you started tying your own flies. Emphasis will be on patterns that are both easy to tie and effective for our local rivers and creeks. The plan will be to introduce several patterns per meeting so that each student leaves with bugs for their box. Last year, students tied over two dozen patterns. You will learn to tie terrestrial, nymph, midge, dry and wet fly patterns. Students will need to bring a simple vice and basic tying tools but a recommended equipment list will be provided. A material fee of $30 will cover all needed material costs. Instructor biography: Over 25 years of fly fishing experience on western state waters and 6 years of fly-tying experience. Class limited to 10 students.

FUNDAMENTALS OF WATERCOLOR
Kiana Fecteau
HS 144
January 27

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<tr>
<th>Thursday</th>
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Learn to paint in transparent watercolor. All skill levels from beginners to experienced will benefit from this class. Each class will cover different aspects of watercolor painting: materials, textures, techniques, color mixing, etc. You will begin applying these concepts at the first class and will have time and opportunity to incorporate them into your own paintings throughout the course. Have fun painting in a relaxed atmosphere with support and feedback from the instructor. For a materials list, please email Kiana@KianaFecteau.com.

GENTLE YOGA Thursday
Andrea Buchanan  6:45-7:45
Elementary Music Room  January 27

Ever felt like trying yoga but thought you were “not flexible enough?” This is a class where all are welcome, especially anyone who could benefit from the strength and flexibility that yoga provides. Join in an hour of gentle yoga stretches and breathing, and leave with a feeling of calm and balance. All types are invited, all ages and all levels—especially beginners. If you have a mat, blocks, blanket and a strap, please bring them. Course limit is 20.

HATHA FLOW YOGA Thursday
Andrea Buchanan  8:00-9:00
Elementary Music Room  January 27

This class uses a combination of sustained poses, breath, mindfulness, and flowing movement to incorporate a feeling of well-being, strength, and flexibility into your life. With the help of props such as blocks and straps, this class emphasizes proper alignment. Classes are balanced with energy, to give you a good physical workout, and calm, to help you feel relaxed and refreshed. All levels, ages, and body types are encouraged to come. If you have a mat, blocks, blanket and a strap, please bring them. Course limit is 20.

HERBAL MEDICINE MAKING 101 Tuesday
Andrea Buchanan  7:00-9:00
HS 112  January 25

Up your DIY skill level by learning how to make your own herbal medicine. Herbs have been used as a gentle, yet powerful way of caring for yourself. This course will cover what you need to know to create your own herbal medicine cabinet. From teas to tinctures, packs to poultices, syrups to salves, you will gain the skills needed to build your own herbal first aid kit and know how to use it. $30 supply fee.

OIL PAINTING Monday
Mike Mickelson  6:30-9:00
HS 144  January 31

This class is for anyone who wants to experience oil painting for the first time or those who are serious painters. The instructor will use classroom critiques and individual help to instruct students. Students will be allowed to work on the subject matter of their choice. The instructor will discuss and demonstrate techniques applicable to most painting situations. Individual help will be available. Mike has been a painting instructor for 45 years. Material list is available in the high school office. Class size limited to 10. Course is 25 hours.

PIYO Wednesday
Libbi Hyde  6:30-7:30
Multi Purpose Room  January 25

Ever tried yoga and thought it was a little too slow for you? Try this cardio yoga and pilates combo where we
crank up the speed to deliver a low-impact, core sculpting, strength and flexibility workout that will get your body into fat burning mode. This workout will challenge you by using your own body weight for a long, lean and more defined look. This is a beginner to intermediate fitness class. We will have modifications for all ages. Yoga mats required. Wear comfy workout clothes for maximum flexibility. These workouts can be done with or without shoes, depending on your preference.

*Clean food list and meal plan will be offered as a bonus.

SEW FUN MONDAYS
Colleen Koeplin
HS 112

Monday
6:00-9:00
January 31

This class is geared toward sewers who have projects that start out strong and now are hidden deep in your closet. We can help you get those finished or start new ones. I will supply several easy quilt patterns for those just starting out. You may bring your own machine to class. I love making bags and I will have mini classes in which sewers can participate. Zippers will be a breeze when you complete this class! I will have a simple project to complete on the first night. Bring two complimentary fat quarters to the first class with matching thread. See you there.

For questions or more information contact:
Mike Mickelson, Director
Stevensville Adult Education Program