

ADULT EDUCATION

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The following is a list of course offerings for the 2024 session. You may register for courses by mailing the registration fee along with your name and the course name to: Adult Education, Stevensville Public Schools, 300 Park Street, Stevensville, MT 59870. Adults may also pre-register at the Stevensville High School office with Vickie Vernon **starting January 3rd**. Courses will fill on a first-come, first-served basis. You may also register by attending the first class, however, enrollment is based on availability. Most classes begin the week of **January 22nd**, although some vary (as indicated). Some courses may charge for books and materials if needed. Courses need a minimum of **eight** students to avoid cancellation. Days, times, and required fees are listed below. Complete course descriptions are enclosed. For more information, call **777-5481 extension 1129**.

COURSE NAME	INSTRUCTOR	MEETING TIME	COURSE LENGTH	FEE
ADULT VOLLEYBALL	Kelsey Mahan	WED. 6:30-8:30	20 HOURS 10 weeks	\$20
BOOK CLUB DISCUSSION GROUP	Anna delaRosa	MON. 6:30-8:30	10 HOURS 2 SESSIONS	\$10
CARTRIDGE RELOADING	Dan Ashmore Jim McCormack	MON. WED. 6:30-8:30	10 HOURS 3 weeks	\$10
CREATIVE WRITING FOR BEGINNERS	Angie Armour	MON. 6:00-8:00	20 HOURS 10 weeks	\$20
FLY FISHING 101	Bob Prince	WED. 6:00-7:30	7.5 HOURS 5 weeks	\$10
FUNDAMENTALS OF DRAWING	Nancy Morrison	TUES. 6:30-9:00	25 HOURS 10 weeks	\$25
GENTLE YOGA	Andrea Buchanan	THURS. 6:30-7:30	10 HOURS 10 weeks	\$10
HANDCRAFTING HERBAL BODYCARE	Andrea Buchanan	MON. 7:45-9:15	15 HOURS 10 weeks	\$15
HATHA FLOW YOGA	Andrea Buchanan	THURS. 7:45-8:45	10 HOURS 10 weeks	\$10
HERBAL MEDICINE MAKING 101	Andrea Buchanan	MON. 6:00-7:30	15 HOURS 10 weeks	\$15
INDOOR SOCCER	Cathi Cook	THURS. 6:00-8:00	20 HOURS 10 weeks	\$20
INTRODUCTION TO AMERICAN SIGN LANGUAGE	Tina Neff	MON. 6:30-8:00	15 HOURS 10 weeks	\$15
INTRODUCTION TO FLY TYING	Wes Wells	TUES. 6:00-9:00	30 HOURS 10 weeks	\$30
INTRODUCTION TO PICKLEBALL	Wes Wells	WED. 6:00-9:00	30 HOURS 10 weeks	\$30
LEAFY LESSONS	Katy Cardoza	WED. 6:00-8:00 <i>Starts Feb. 21st</i>	6 HOURS 3 weeks	\$10
OIL PAINTING	Mike Mickelson	MON. 6:30-9:00 <i>Starts Jan. 29th</i>	20 HOURS 8 weeks	\$25
SEW MUCH FUN	Katy Cardoza	TUES. 6:00-9:00	27 HOURS 9 weeks	\$30
WATERCOLOR	Nancy Morrison	THURS. 6:30-9:00	25 HOURS 10 weeks	\$25
WEIGHTLIFTING	Trae Williams	MON. TUES. WED. 5:30-7:30	32 HOURS 7 weeks	\$30
WELDING	Josette Hackett	WED. 7:00-9:00	16 HOURS 8 weeks	\$20

ADULT VOLLEYBALL

Kelsey Mahan
High School Gym

Come join a *competitive* adult volleyball class. Skill level and range from intermediate to proficient. Class will run for ten weeks. Class is not for beginning players and **is limited to 24 players.**

WEDNESDAY

6:30-8:30 p.m.
January 24

BOOK CLUB DISCUSSION GROUP

Anna delaRosa
High School Library

MONDAY

6:30-8:30 p.m.
2 sessions

January 22, February 19

Do you ever read a book and wish you had someone to pour over details about it with? This class will provide that avenue for discussion and/or prediction around a novel/nonfiction book. I will give several book talks and have participants take an anonymous vote to determine which books we read as a group. (Super-secret, mystery-style, shhh!). Books will be read outside of class. Class will consist of pointed questions and discussion regarding each book and a volunteer snack share delving deeper with dip. Participants will be responsible for acquiring the books. **Two sessions offered:** Jan. 22 - Feb.19 and Feb. 22-Apr. 1

CARTRIDGE RELOADING

Dan Ashmore and Jim McCormack
Wood Shop

MON., WED.

6:30-8:30 p.m.
January 22

People reload for many reasons: economy, accuracy, hunting performance, or high volume and they all give a sense of accomplishment. This class is for beginners. We will discuss tooling, gauges, component selection and case preparation based on the different goals attendees have. In addition to discussions on tools and components, students will get hands-on practice with sizing, trimming, headspace regulation, weighing vs. throwing charges and setting seating depth. Both rifle and pistol cartridges will be covered plus custom case forming (wildcats) if there is interest. Dan and Jim have over 60 years combined experience and have loaded for over 40 different cartridges. Course runs three Mondays and two Wednesdays. Ends on February 6. **Call 777-2991 for information.**

CREATIVE WRITING FOR BEGINNERS

Angie Armour
HS 129

MONDAY

6:00-8:00 p.m.
January 22

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.**

FLY FISHING 101

Bob Prince
ELEMENTARY MUSIC ROOM

WEDNESDAY

6:00-7:30 p.m.
January 24

A comprehensive course on basic fly casting and trout fishing techniques. 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! **Class limited to 20 students.** 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 preferred).
- One Tapered Leader (7.5 foot 2 x mono-filament 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, 406-546-7491 or princer@stevijackets.net.

FUNDAMENTALS OF DRAWING

Nancy Morrison
HS 144

Learn the basics of realistic drawing or further build your skills with discussions and practice with value, line, and space. This class is for the budding artist as well as more experienced sketchers to build artistic confidence. Have fun while experimenting with various mediums and techniques! Supply list will be available at the high school office but feel free to bring any supplies you have.

TUESDAY

6:30-9:00 p.m.
January 23

GENTLE YOGA

Andrea Buchanan
HS Chorus Room

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.**

THURSDAY

6:30-7:30 p.m.
January 25

HANDCRAFTING HERBAL BODYCARE

Andrea Buchanan
HS 112

Dive into a fun, messy, and hands-on course in creating quality body care products with Herbalist Andrea. Learn what nourishing oils, herbs, and essential oils can combine to make incredibly good-for-you products without the potentially harmful additives that many commercial skincare items are packed with. A supply fee of \$30 includes lessons and a different herbal skincare item to take home each week.

MONDAY

7:45-9:15 p.m.
January 22

HATHA FLOW YOGA

Andrea Buchanan
HS Chorus Room

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.**

THURSDAY

7:45-8:45 p.m.
January 25

HERBAL MEDICINE MAKING 101

Andrea Buchanan
HS 112

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 to paid to the instructor.***

MONDAY

6:00-7:30 p.m.
January 22

INDOOR SOCCER

Cathi Cook
MPR/Cafeteria

Have you ever played soccer indoors where it is warm and dry during the winter? This is a fast-paced game of soccer and a great workout! This is an intermediate class. Basic indoor soccer rules apply. Teams of 5 including a goalie. Please bring clean tennis shoes or indoor soccer shoes to play in and a water bottle. Shin guards and long socks covering the shin guards are mandatory. All other supplies will be provided. **Class maximum of 20 players.**

THURSDAY

6:00 – 8:00 p.m.
January 25-March 28

**INTRODUCTION TO
AMERICAN SIGN LANGUAGE**

**Tina Neff
HS 147**

We will cover basic ASL vocabulary, ASL conversation skills, and Deaf etiquette. We will also explore Deaf History and Culture. In this course you will learn to introduce yourself, exchange personal information, tell about families, different ways to get attention, use appropriate cultural behaviors, and make requests. All instruction and discussion in the classroom will be conducted in American Sign Language (ASL).

ACTFL Level: Novice Low - Mid

Pre-requisites: None

**MONDAY
6:30-8:00 p.m.
January 22**

INTRODUCTION TO FLY TYING

**Wes Wells
HS 123**

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. Each year, students tie over two dozen patterns per class and we typically will tie 2-3 patterns per night. You will learn to tie terrestrial, nymph, midge, dry, wet, and streamer fly patterns. Our class features guest speakers who are local experts on our fisheries. **Class size: 12 maximum**

Instructor Biography: Over 25 years of fly fishing experience on western state waters and 8 years of fly-tying experience.

Materials Needed: Students need a basic fly tying vise, a basic tools set, and a small fly box. These items will be explained on the first night, but most local fly shops will have basic sets available for \$40-75.

Materials Fee: \$40. All materials for each weeks' flies will be provided

Mobile Phone: 661-319-3609. Email: wwwells223@gmail.com

**TUESDAY
6:00-9:00 p.m.
January 23**

INTRODUCTION TO PICKLEBALL

**Wes Wells
Multi Purpose Room**

This class will introduce you to the fastest-growing sport in the U.S. – the rules, the equipment, and three basic variations of play including skinny singles, full court singles, and doubles play. Each week we will begin with basic movement exercises, drills, instruction, and then a variety of play opportunities. We may hold round robin style tournaments and there is the possibility of a “final” class field trip to play in some indoor courts.

Class size: 14-16 maximum

Instructor Biography: I currently play competitively 2-3 times a week and have played in a number of local tournaments as a singles and doubles player. My player ranking is somewhere between 3.5 and 4.0 currently.

Materials Needed: Court shoes, Pickleball paddle and a ball. Please bring water with you.

Materials Fee: None at this time but this depends on the quality of the nets available to us through Stevensville Schools

Mobile Phone: 661-319-3609. Email: wwwells223@gmail.com

**WEDNESDAY
6:00-9:00 p.m.
January 24**

LEAFY LESSONS: Houseplant Care & Propagation

**Katy Cardoza
HS 147**

No green thumbs required! Learn tips and tricks for caring for houseplants and how to multiply your plant collection. We'll practice multiple types of propagation and students can take home new plants to grow. If there is interest, we can coordinate a plant and seed swap too. **Class size is limited to 10.**

**WEDNESDAY
6:00-8:00 p.m.
February 21, 28, March 6**

OIL PAINTING**Mike Mickelson****HS 144**

This class is for anyone who wants to experience oil painting for the first time or for 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 available in the high school office.

Class limited to 10 students. Course is eight weeks long.

MONDAY**6:30-9:00 p.m.****Later start date-January 29****SEW MUCH FUN****Katy Cordoza****HS 112**

This class is geared toward all levels. For those just starting out or looking for a new project, free beginner friendly patterns will be available. For those more experienced sewers, bring your UFOs (unfinished objects) to finish and inspire others. Feel free to bring your preferred tools and sewing machine, but not required. Class size is limited to 10.

TUESDAY**6:00-9:00 p.m.****January 23-March 19****WATERCOLOR****Nancy Morrison****HS 144**

All skill levels are welcome to discover the fun of watercolor! We will discuss basic value and color theory and explore tools and techniques to help you create your masterpiece. The class will include demonstrations, exercises and individual guidance, progressing to work on students' choice of subject matter. Basic supply list will be available at the high school office and bringing any supplies you have is encouraged.

THURSDAY**6:30-9:00 p.m.****January 25****WEIGHT LIFTING****Trae Williams****HS Weight Room**

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 course runs January 22nd through March 6th.

MON., TUES., WED.**5:30-7:30 p.m.****January 22****WELDING****Josette Hackett****HS. Vo Ag**

Looking to learn a new skill or perfect your welding techniques? Join our adult welding course, which is held every Wednesday at 7 p.m. for two hours. Our course is designed to provide you with basic MIG and SMAW (Stick) welding instruction or winter project time, depending on your experience level. The instructor will guide you through the process of welding, from safety procedures to welding techniques. The course costs \$50, which covers the essential materials used in class. All the necessary equipment, including welding machines, helmets, gloves, and safety glasses, will be provided. By the end of the course, you will have gained valuable knowledge and skills to create your welding projects. The course will last eight weeks.

WEDNESDAY**7:00-9:00 p.m.****January 24**

For questions or more information contact:

Mike Mickelson, Director

Stevensville Adult Education Program

mickelsonadulted@gmail.com