**Fall 2011** September - December

Sewing Basics Beginning Knitting & Grocheting Baby Sign Language

Hypnosis for Weight Loss

Ashtanga Yoga

Painting & Drawing Classes

**Dancing classes** 

Hands-on computer training

Think you don't have time to take a course?

Take more than 250 online courses from the comfort of your home!

Schedule of classes and activities Community Education Office • 451-3595 Located in Oak Hills High School • 3200 Ebenezer Road Cincinnati OH 45248 Ms. Lynn M. Hericks, Program Coordinator

Community Education



## Registration begins September 14, 2011, Classes begin September 26, 2011 or later Registration Information - Page 15

#### **PURPOSE:**

The Oak Hills Community Education Program is made available by the Oak Hills Board of Education. The classes are being offered to serve the interests of those who would like to develop skills and pursue a vocation or simply for personal enjoyment.

#### GOLDEN BUCKEYE:

District residents with a "Golden Buckeye" card may register may register for most classes for a \$5 discount. The student will still be responsible for all supplies and material costs..

#### SUPPLIES OR MATERIALS:

Many of the courses require a materials fee which is payable at registration. Frequently the student is also required to bring materials to the class, but unless otherwise indicated, wait until after the first class session to purchase supplies or equipment.

# THE OAK HILLS COMMUNITY EDUCATION PROGRAM IS SELF-SUPPORTING.

#### OAK HILLS COMMUNITY EDUCATION OFFICE STAFF

Ms. Lynn Hericks, Program Manager Miss Christina Rielag, Office Assistant Phone: 513-451-3595

#### SCHOOL CLOSINGS:

Community Education classes will be canceled if Oak Hills Local Schools are closed during the day. Students should watch local television or listen to local radio stations for the latest information.

#### **D**ISCRIMINATION:

The Oak Hills Board of Education affirms that no person shall, on the basis of race, color, national origin, handicap, or sex be excluded from participation in, or be denied the benefits of, or be subject to discrimination under any education program or activity conducted under its auspices. This shall extend to employees therein and to admission thereto.

#### EARLY REGISTRATION:

Early registration helps us determine if classes will have the minimum number of students required to hold the class. Early enrollment also assures your opportunity to participate in the class. Some classes have limited enrollment and fill quickly.

#### OAK HILLS BOARD OF EDUCATION

Mrs. Jan Hunter' Mr. Steve Schinkal, Mr. Rick Ahlers, Mrs. Ritsa Tassopoulos, Mrs. Jeannie Schoonover Superintendent - Mr. Todd Yohey Treasurer - Mrs. Ronda Johnson

# COMMUNITY Education Planning Schedule

September 26, 2011	
	NOVEMBER 8 CCR MEETINGS, NO CLASSES
November 11, 2011	Veteran's Day, No Classes, Office Closed
November 21-25, 2011	Conferences & Thanksgiving Break, No Classes, Office Closed
DECEMBER 23, 2011-JANUARY 2, 2012	WINTER BREAK, NO CLASSES
	Martin Luther King Day, Office Closed
January 23, 2012	Community Ed Winter Classes Begin
February 20, 2012	President's Day, No Classes, Office Closed
March 12, 2012	
April 2, 2012	Community Ed Spring Classes Begin
April 6-April 15, 2012	Spring Break, No Classes, Office Closed
May 28, 2012	Memorial Day, Office Closed
JUNE 11, 2012	Community Ed Summer Classes Begin

## TABLE OF CONTENTS

Children's Classes	.9-10
Computer Skills	3
Cooking	4
Creative Arts	7
Dancing	6
Financial Skills	8
Ed2Go Online Classes	13
Gatlin Education Online Classes	14

Health & Fitness	
Languages	8
Oak Hills Swimming Torpedoes	11-12
Personal Skills	
Registration Information	
Social Security Workshop	6
Stitchery	7
Swimming Lessons	11

Page 2



#### About our Computer Classes:

Our classes are designed to meet the needs of today's adult learner. We'll acquaint you with key features and shortcuts of the most popular software; you can apply what you learn in class, then take it further on your own (at home or office).

#### **Our Classes Feature:**

- · Hands-on instruction so you can learn by doing
- Limited enrollment
- Certificates of completion provided on request
- Labs available for practice time outside of class
- Convenient location Oak Hills HS computer labs

#### 1108 MICROSOFT EXCEL 2010

Learn the basics and how to simplify your work with this comprehensive spreadsheet program using the Microsoft Office 2010 Suite. You will learn how to create worksheets and charts to make your calculations easier by using drag and drop movements for easy tasking. In addition, databases will also be covered. *Call for Winter dates.* Room 339

	6 weeks	6:30 - 9 p.m.
Glenn Bueker	Mondays	Fee: \$85

## Adult Health and Friness

#### 1835 HEARING LOSS, HEARING AIDS, AND MORE

So you think you or a loved one has a hearing loss? Then join us two informative sessions to learn about hearing loss, hearing aids, ear protection to prevent hearing loss, and assistive technology for deaf and hard-of-hearing people. DID YOU KNOW: Hearing loss is one of the most prevalent chronic conditions suffered by older adults. When hearing loss is not corrected, it presents serious problems for those afflicted AND their family members can also be adversely affected. Today's hearing aids are ranked among the top 25 innovations of the past 25 years, according to CNN (Cable News Network). Most people with hearing loss can be helped with hearing aids. Noise-induced hearing loss can be prevented. Amplified telephones, vibrating alarm clocks, personal FM devices, and other assistive devices are available to help people with their hearing loss. The Americans with Disabilities Act (ADA) requires that assistive listening devices be provided in places known as public accommodations. Call to register. Room 308

Fall: Sept. 26 & 28	2 nights	Mon./Wed.	6 - 7:30 p.m.
Winter: Feb. 6 & 8	2 nights	Mon./Wed.	6 - 7:30 p.m.
Laurie DeWine, Au.D	D., CCC-A		Fee: \$5

#### 1845 TROUBLED BY TINNITUS?

Tinnitus is a persistent ringing, buzzing, or humming heard in the ears or head – when there is no outside source for the sound. Tinnitus is not a disease but a symptom of an underlying condition in some part of the body. It can be intermittent or constant, but for many who suffer from it, tinnitus is so intrusive that it has a debilitating effect on their quality of life. Some 50 million Americans suffer from tinnitus, and for 12 million the problem is so severe that it affects their everyday lives. Learn about tinnitus, including the causes of tinnitus and available treatments. *Call to register*. Room 308

Fall: Oct. 19	Wednesday	6 - 7:30 p.m.
Winter: Feb. 29	Wednesday	6 - 7:30 p.m.
Laurie DeWine, Au.D	., CCC-A	Fee: \$5

<u>Community Education Office Hours</u> (located in Oak Hills High School): Monday - Thursday 3:30 p.m.-6:30 p.m. 1844 Noise Induced Hearing Loss - Are You At Risk?

Noise Induced Hearing Loss is the only type of hearing loss that is preventable. Ear protection, in the form of ear plugs and ear defenders, has been available for years. But do you know that Musician's ear plugs and ear level monitors can protect your hearing? We're seeing noise induced hearing loss in teenagers. One in eight kids suffer early hearing damage, but because people aren't aware of the warning signs, they may not even realize they've set themselves up for trouble. Symptoms of hearing loss include ringing in the ears, difficulty understanding other people when they talk, and distorted sounds. Are you or your kids at risk? Do you wear iPods? Do you or the kids play video games for hours? How loud is too loud? How long can you listen to a personal music player before noise induced hearing loss is the result? Learn the answers to these questions and more from Audiologist, Laurie DeWine. Learn more about noise, hearing and hearing loss.

neuring, und neuring 1055. Cuit to register. Room eve			
Fall: Oct. 5	Wednesday	6 - 7:30 p.m.	
Winter: Feb. 22	Wednesday	6 - 7:30 p.m.	
Laurie DeWine, Au.I	D., CCC-A	Fee: \$5	

#### 1811 <u>ASHTANGA YOGA</u> (OHHS Media Center)

This yoga follows the classical system of Ashtanga Yoga. The scientific arrangement of postures that gradually build in difficulty to allow students to safely access their full potential. Accompanied by dynamic breathing, focus, and energy activation, the student brings all of his/her attention within as they flow from one posture to another in a moving meditation. This system immediately builds strength and heat as the joints and muscles systematically open and release tension, filling the body with energy. This system offers a road to health, fitness, and empowerment to all levels of yoga aspirants. Taught by certified Ashtanga Yoga instructor. October 6-November 17 7 weeks 6:45-7:45 p.m. **Dion Savage** Thursdays Fee: \$70

Combine this class with #1812 Wellness 101 for \$110!

Find more computer classes in our listing of online <u>ed2go®</u> classes.

## Adult Health and Fiiness

#### 1810 BEGINNERS BELLY DANCING

In this exciting and unusual dance form, you will learn belly rolls, hip shakes, body shimmies, and veil twirls! Belly Dancing helps improve posture, firms and tones muscles, trims inches off the body, and helps women gain coordination, self confidence, and poise. Most of all, it's fun! Women of all ages, shapes and sizes are welcome – previous dance experience is not necessary. Wear comfortable exercise clothing, and bring a towel to sit on.

 Fall: Oct. 5 - Nov. 30\*
 8 weeks
 7:00-8:00 p.m.

 Winter: Jan 25 - Mar. 14
 Karen Best
 Wednesdays
 Fee: \$40

Instructor Bio: "Camarasha" (Karen Best), semi-professional belly dancer began taking belly dancing classes in the Oak Hills Community Education program years ago and also took belly dancing classes at the Univ. of Cincinnati, Habeeba's Dance of the Arts (3 years), and the Creative Arts Studio. She took various in-town and out-of-town seminars, performed at Rhombe's Greek restaurant (previously on Winton Rd), taught belly dancing classes at Habeeba's, Creative Arts Studio, Oak Hills Community Education, and Harrison High School Community Education classes.

#### 1816 ADVANCED BELLY DANCING

## NEW!!

This class is for students who have previously taken the Beginners Belly Dancing Class. Learn new steps, combinations, veilwork, floorwork, shakes, and shimmies! Advanced Belly Dancing helps improve posture, firms and tones muscles, trims inches off the body, and helps women gain coordination, self confidence, and poise. Most of all, it's fun! Wear comfortable exercise clothing, bring a dance belt, veil, zils, and a towel to sit on. **OHHS Media Center Fall:** Oct. 5 - Nov. 30\* 8 weeks 8:00 - 9:00 p.m. **Winter:** Jan. 25 - Mar. 14 Karen Best Wednesdays Fee: \$50 \**No classes Nov. 21* 



#### 1812 Wellness 101 (at OHHS)

If you desire to learn more about being healthy, if you want know how to lose weight or get in shape if you want to increase your happiness, or if you are ready to develop the practices that will move you towards a higher level of well being, then this is for you. We will cover diet, exercise, mental well being, & more. This information will be useful for most individuals, whether you are just beginning your quest to take better care of yourself or you are looking for more insight and motivation. Come explore and enjoy this class. Lets live well to Be Well. (Bring a pen and paper for notes). April 28 - May 26 6 weeks 5:30 - 6:30 p.m.

*Combine this clas	s with #1811 Ashtang	a Yoga for \$110!
Dion Savage	Thursdays	Fee: \$50
April 28 - May 20	o weeks	5:50 - 6:50 p.m.

#### **1802** <u>TAE KWON Do</u> (at the Frank Center)

Enjoy learning the ancient Korean Martial Art form. Instructors are trained and certified by Grandmaster Hong Kong Kim, 1992 U.S. Olympic Coach. You will learn self-defense and self-discipline, and gain strength and stamina. The class is a goal oriented program with focus on respect and confidence. Great for all ages 6 and up. Fun for the entire family. Discounts for additional family members. Classes are on Tuesday and Thursday and are held at the Frank Center at 5858 Bridgetown Road. <u>New classes begin each month</u>

# throughout the year. First session begins Oct. 4.Tues./Thurs.6:30 - 7:30 p.m.Steve NewsomeFee: \$35 per month/8 classes

#### 1330 LOSE WEIGHT AND FEEL GREAT WITH HYPNOSIS

Finally, you can take control of your weight. Even if past diet plans and efforts have failed, now you can lose the weight you want to without sacrifice or willpower. With hypnosis you will conquer your bad eating habits that are preventing you from being the person you want to be. You will learn how to lose weight, reduce stress, increase your energy level, stay motivated and have a lot of fun. It is recommended that you bring a mat or a blanket that you will be comfortable with while lying on the floor during the hypnosis portion of the class. If you prefer, you can remain seated in a chair for the hypnotic induction. Fee includes a materials charge of \$5. Media Center

Oct. 5 & 12	2 weeks	6 - 8 p.m.
Michael Thomas	Wednesdays	Fee: \$45

## 1328 THE 5 STEPS OF SELF HYPNOSIS

Uncover the realities of hypnosis, discover fail proof of techniques to hypnotize, and create powerful and effective suggestions to achieve your personal goals and reach your full potential. In this class you will learn how habits work in the mind, and why willpower has nothing to do with creating the changes you want to make in your life. You will become educated about hypnosis, uncover many of the myths and discover how hypnosis can benefit you. You will experience hypnosis first hand and learn how to go into a state of hypnosis whenever you desire. Next you will learn how to structure powerful and effective suggestions to achieve your goals. Unlike many hypnosis seminars that are offered, this is not a one time shot at a specific behavioral change. You will learn how to lose weight, quit smoking, improve your self-confidence, reduce stress in your life, and on and on. You will develop an understanding of how emotional problems, such as shyness, insecurity, etc. and unwanted behavioral problems such as overeating, smoking, procrastination, etc. come into being, and how to change or remove unwanted personal characteristics via self-hypnosis. Self Hypnosis is not "magic", however if the student follows the instructions they can quite literally become anything they want to be. The possibilities are almost unlimited, and the improvements are permanent. And most of all, vou will have fun! Bring a mat or blanket. Media Center

J		
Oct 19 & 26	2 weeks	6 - 8 p.m.
Michael Thomas	Wednesdays	Fee: \$40
Michael Thomas has	been a certified hypnotherapist for	or over a decade.
He graduated from T	he Cincinnati School of Hypnosi	is and has had a
private practice for te	en vears. He has presented manv	seminars to cor-

private practice for ten years. He has presented many seminars to corporations, high schools, and individuals who wish to explore the true power of hypnosis. Michael Thomas has developed fifteen hypnotic programs and is the author of "The Practical Guide to Self-Hypnosis."



## STITCHERY

## 1508 BEGINNING KNITTING

Learn the basics of knitting. This class is for those with no prior experience. You will learn the basic stitches, gain the ability to read and follow patterns, and get an understanding about different types of knitting needles and yarns. Bring size 8 knitting needles (10" length preferred) and worsted yarn (pastel color preferred) to class the first night. Maximum 8 people. Faculty Dining Room or Conf. Room

Session A: Sept. 22 & Sept. 29	2 weeks/Thurs.	6 - 8 p.m.
Session B: Oct. 12 & Oct. 19	2 weeks/Wed.	6 - 8 p.m.
Session C: Nov. 8 & Nov. 15	2 weeks/Tues.	6 - 8 p.m.
Session D: Dec 7 & Dec 14	2 weeks/Wed.	6 - 8 p.m.
Session E: Jan 24 & Jan 31	2 weeks/Tues.	6 - 8 p.m.
Session F: Feb 7 & Feb 14	2 weeks/Tues.	6 - 8 p.m.
Doris Grady		Fee: \$25



#### 1507 INTERMEDIATE CROCHET

This class will review everything taught in the beginner class and will give you the chance to polish your crochet skills. You will also learn to crochet in the round, the cluster and popcorn stitches, and others. Find out how to change colors and learn about gauge. **Bring 4-ply cotton yarn (Kitchen Cotton or Sugar & Creme are two brands) and a size G crochet hook to class the first night.** You should also purchase the book "I Can't Believe I'm Crocheting" by Leisure Arts Publications, available at WalMart, Michael's, Hobby Lobby, or Hancock's **Faculty Dining Room or Conf. Room** Oct 10 & Oct 17 2 weeks Mondays 6-7:30 p.m. Kathy Studt Fee: \$25

<u>Community Education Office Hours</u> (located in Oak Hills High School): Monday - Thursday 3:30 p.m.-6:30 p.m.

Swim lessons will be back in the spring!

#### 1506 BEGINNING CROCHET

Been admiring those beautiful hand-crocheted scarves, sweaters, or blankets in your friends' homes? Want to learn the basics of crocheting so you can learn to make your own? This class is designed for those who have NO prior experience. In this two-week class, you will learn the basic stitches--single, double, triple and halfdouble. Adults, as well as children 9 and up, are welcome. **Bring 4-ply cotton yarn (Kitchen Cotton or Sugar & Creme are two brands) and a size G crochet hook to class the first night.** You should also purchase the book "I Can't Believe I'm Crocheting" by Leisure Arts Publications, available at WalMart, Michael's, Hobby Lobby, or Hancock's. Faculty Dining Room

Sept. 26 - Oct 3	2 weeks	Mondays	6-7:30 p.m.
Kathy Studt			Fee: \$25

#### 1505 BASIC ALTERATIONS & REPAIRS

Learn step by step instructions for replacing zippers, taking in and letting out seams, lengthening and shortening hems and more. Classes are tailored to your requests - bring your own clothes to alter or old ones on which you can practice. You will need to bring your own sewing machine and basic sewing supplies the <u>first</u> night (see class 1504 Sewing Basics for list). Room TBA

Oct 19 - Nov 23 weeksWednesdays6-7:30 p.m.Kathy StudtFee: \$40

#### 1504 <u>Sewing Basics</u>

Learn the basics of sewing and make this versatile two-pocket tote, even if you have never sewn a stitch. Bring your sewing machine, the instruction manual, and these supplies: needles (hand and sewing machine), scissors, pins, 5-fat quarters (18"x22" pieces of fabric for bag exterior); 5/8 yd. of fabric for lining; 1 3/4 yd. of lightweight fusible lining; matching thread for top stitching; 2-46" pieces of belting for handles; rotary cutter, mat, & acrylic ruler are all optional. Faculty Dining Room

Sept. 28 - Oct. 123 weeksWednesdays6-7:30 p.m.Kathy StudtFee: \$40

See example below and on our website.



## LANGUAGES

## 1604 <u>Spanish - Beginner</u>

Travelers who are headed into a Spanish-speaking country or people who appreciate the romance of this language will enjoy the conversational approach. Communicating with others without the assistance of a Spanish-English dictionary for everyday conversation will be achieved through plenty of oral practice. **Room 409** 

Fall: Sept. 27 - Oct. 25	6 weeks	7 - 9 p.m.
Winter: Jan. 24 -Mar. 6	6 weeks	7 <b>-</b> 9 p.m.
Cecilia Teran	Tuesdays	Fee: \$60

#### 1605 <u>Spanish - Intermediate</u>

People who wish to learn more about the Spanish language and culture should continue with this course. The conversational approach will be used to promote more intense communication with students. **Room 409** 

Fall: Sept. 29 - Oct. 27	6 weeks	7 - 9 p.m.
Winter: Jan. 26 - Mar. 1	6 weeks	7 - 9 p.m.
Cecilia Teran	Thursdays	Fee: \$60



#### 1217 <u>Strategies For Living Debt Free In The 21st</u> <u>Century</u>

Learn a 3-step system for successfully managing your debts & expenses. The workshop is designed for those who want to build wealth and become financially independent by eliminating debt. Learn a linear math system that will eliminate all of your consumer debt in one to four years, and then your mortgage in another three to five years. Then you can live 100% on cash, never needing credit again. You can do this with your current income! No second job or living like a hermit. Learn specific powerful and proven strategies that work ... every single time. Bring a list of your debts with balances and monthly payments (principal and interest only for mortgage) and during class develop your own debt elimination plan that can be implemented immediately into your life-style. We will also look at some simple money management techniques that will help insure that you achieve your personal financial goals. Finally, we will uncover numerous strategies for spending your money more efficiently, thereby putting more money back in your pocket. Note: Please bring a pocket calculator to class. There will be an optional textbook available for \$39.00. Room 310

Feb. 28Tuesday6:15 - 9:30 p.m.Forest Wilson (CPCU, AIU, AIS, AIM)One nightFee: \$40



## 1609 Spanish - Intermediate Advanced

This course is for people who have taken Spanish Beginner and Spanish Intermediate and who want to learn more conversation and grammar skills. **Room 409** 

Fall: Sept. 29 - Oct. 27	6 weeks	5 - 7 p.m.	
Winter: Jan. 26 - Mar. 1	6 weeks	5 - 7 p.m.	
Cecilia Teran	Thursdays	Fee: \$60	

#### 1608 SPANISH - ADVANCED

Polish your Spanish skills acquired in previous classes by practicing friendly formal conversations in a fun and creative way. Students will also learn idiomatic expressions, more grammar, and practice real-life situations. **Room 409** 

Fall: Sept. 26 - Oct. 27	6 weeks	7 - 9 p.m.
Winter: Jan. 23 - Feb 27	6 weeks	7 - 9 p.m.
Cecilia Teran	Mondays	Fee: \$60
*No class on Feb. 20		



1808 SOCIAL DANCING FOR COUPLES (at Springmyer Elem.)

Stop sitting on the sidelines watching the fun - learn to dance and join the party! Even if you have never danced a step, with a little practice you will be twirling your partner and impressing your friends! If you have some dance experience, we will work with you on style and more complicated patterns. Each session will focus on three dances, spending two nights on each dance and a final night for review of everything that has been taught. Emphasis will be on basic steps, a few variations, and effortless transitions between moves.

Sept. 26 - Nov. 14 7 weeks

Session A: 7-8 p.m. Fox Trot (slow dancing), ChaCha, & Swing Session B: 8:15 –9:15 p.m. Waltz, Salsa & Jitterbug

\*No class Oct 31

Mary Carol Meinken Mondays Fee: \$70/couple *Sign up for both sessions for \$135/couple* 



from Oak Hills Community Education

Oak Hills Community Education now has thousands of online courses from the world's greatest authors and companies on nearly every subject imaginable! Visit the OH eLearning Center to find the largest selection of self-study online courses available. Enroll anytime you like— study when you want!

http://www.gatlineducation.com/oakhills/.

Call the Community Education Hotline at 451-3595 or Fax to 922-4900



#### 1952 **KIDZ HOME ALONE**

Many parents and children begin to think about staying home alone when they are in 4th and 5th grades. This course is designed to guide parents and teach children about being home alone. The class is an avenue to begin discussion between parent and child regarding the many situations that may arise when a child is at home alone. The Home Alone Course helps the family develop a safe plan to help a child stay home alone safely. At the end of the classes the child and parent will both be more comfortable with the child remaining home alone. This is accomplished through discussion, problem solving, suggested guidelines, learning safety skills, and appropriate actions to possible 'what ifs.' At the end of the class the students will feel more confident, learn to THINK, then ACT appropriately if unusual situation should occur while home alone. This class is appropriate for the child who has never been home alone as well as the child who has been home alone but needs extra skills and information about unexpected 'what if' situations that may occur when staying alone. For safety, a parent/guardian must sign out every child

end gaaraaan masi sign bare	very child.	
Session A: Oct. 4 & 11	Tuesdays	3:30-5:30 pm
Location: Delshire Elem.		
Session B: Oct. 13 & 20	Thursdays	3:30-5:30 pm
Location: Springmyer Elem.		
Session C: Oct. 27 & Nov. 3	Thursdays	3:15-5:15 pm
Location: C.O. Harrison		
Aileen Reinstatler	Thursdays	Fee: \$44



#### 1339 **BABY SIGN LANGUAGE**

Come sing, dance and play with your child while both of you learn American Sign Language, the third most used language in the United States. Learning sign language lowers infant and toddler frustrations due to inability to communicate and aids in the development of spoken language. This class uses the multi-award winning Sign2Me® program and is geared to children ages 6 months to 3 years. Your fee will cover your child and up to 2 adults. This class will be limited to 15 children. Media Center

Fall: Oct. 12 - Nov. 16	6 weeks	7-7:30 p.m.
Winter: Feb. 1 - Mar. 7	6 weeks	7-7:30 p.m.
Diana Lough	Wednesdays	\$40



#### 1409 DRAWING

Demonstration provided. Drawing is a highly learnable skill! Learn to "SEE," choosing seeing over knowing. Perspectives... freehand style drawing. Explore the basic principles of drawing by learning to focus and look for shapes. Rendering an object or form realistically requires careful observation and understanding of how values are affected by light. We will be working from still-life or photos. Medium & Supplies needed: Graphite pencils, charcoal, pastels or colored pencils, tablet of drawing paper 11 x 14 or larger

,,,,,,,,,,	0	
Fall A: Oct 12 - Nov. 16		6 weeks
Fall B: Nov 30 - Jan. 11	*	
Winter A: Jan 25 - Feb 2	9	6:30 - 9:00 p.m.
Diane Johnson	Wednesdays	Fee: \$60
*No class Dec. 28		

NEW!!

#### 1419 **OIL PAINTING/ACRYLIC PAINTING**

Basic techniques will be explored to get you started at all levels. Demonstration provided. Work from still-life and/or photos, exploring composition, color mixing, lighting tonal values, problem solving techniques in paintings and so much more! This class is designed with careful attention to detail to bring you hours of enjoyment and satisfying learning experience. Materials are not provided. Sharpen your skills and talents at a reasonable cost. Supplies needed: Paints, Canvas (16 x 20), palette or tray for mixing set of oil or acrylic paints, rags or paper towels, (For oils - odorless paint thinner), can or jar, set of flat brushes to start.

Fall A: Oct 13 - Nov. 17		6 weeks
Fall B: Dec 1 - Jan. 12*		
Winter: Jan 26 - Mar 1		6:30 - 9:00 p.m
Diane Johnson	Thursdays	Fee: \$80
*No class Dec. 29		



The Fisherman by Diane Johnson

# WANTED!!!

Are you a frustrated teacher??? Do you have hidden talents/skills??? Would you like to make some extra money??? Do you know someone who makes gorgeous flower arrangements, whittles like crazy, makes beautiful baskets??? These are all potential classes in the evenings. But we can <u>only</u> offer classes IF we have qualified instructors. We need your help!

FILL OUT THIS FORM AND MAIL TO: Oak Hills Community Education, 3200 Ebenezer Road, Cincinnati, OH 45248 or Fax to Oak Hills Community Education, 513-922-4900.

Classes I Would Like To See Taught At Oak Hills Community Education:

I Know A Person Who Could Teach A Class For Community Education:

Name Of Person Phone

See next page for program information.

Class He/She/I Could Teach

Oak Hills Swimming Torpedoes Competitive Swim Program



- Competitive Swim Teams Year, Winter, Summer
- Stroke Clinics Fall & Spring
- Tiny Torpedoes Once weekly program ages 5 & 6
- HS Conditioning Pre-Season, Season, Summer
- College Conditioning
- **College Conditioning** •

## **SWIM RIGHT, SWIM FAST!**

Website http://www.swimohst.com Registration Contact: Sherri Liggett at sliggett@cinci.rr.com or 309-3741 Head Coach: Ralph Brodbeck at rbrodbeck@fuse.net or 574-5503 ext 3. Parent volunteer requirements for groups 1701 through 1704.

Oak Hills Swimming Torpedor	es Compi	TITIVE SWIM ]	Program
CodeFeeDescription1701\$650TOP TORPEDO YEAR ROUND PROGRAMThis is a competitive year round program consisting of swimmers age 9 – 1session. Practices begin in September after Labor Day and swimmers maymined by age and ability. There will be mandatory practice and meet requthe number of swimmers. Parental help for OHST will primarily come fromteam fee for the summer session is also required for this group.	y choose from mos airements. Due to	t available practices at OHI the competitive nature of the	HS. Practice times are deter- his group we will be limiting
<b>1702 \$650 BLACK YEAR ROUND TORPEDO PROGRAM</b> This is a year round program consisting of swimmers ages 11 – 14 year old the summer session. Practices begin in September after Labor Day and swi are determined by age and ability. There will be monthly meet requirement Torpedo Year Round Program and will be expected. A team fee for the sur	mmers may choos ts. Parental help for	e from most available practi r OHST will primarily come	ces at OHHS. Practice times
<b>1703 \$650</b> <u>WHITE YEAR ROUND TORPEDO PROGRAM</u> This group will consist of swimmers, ages 10 and under, who wish to swin the summer session. Practices begin in September after Labor Day and swi are determined by age and ability. There will be monthly meet requireme Top Torpedo Year Round Program and will be expected. A team fee for the	mmers may choos nts. Parental help	e from most available practi for OHST will primarily c	ces at OHHS. Practice times ome from this group and the
<b>1704 \$450 BLACK WINTER ONLY TORPEDO PROGRAM</b> This group consists of swimmers ages 11 – 14 and some more developed a signed to prepare the age-group swimmer for competitive swimming. Strol will be the goal. Practices will be held at OHHS up to 3 times a week and we he no practice requirements for this group. Monthly meet requirement app	ke development alo vill begin in mid O	ong with starts, turns, finishe ctober and continue through	es, and the actual competition February/March. There will
<b>1705 \$350</b> WHITE WINTER ONLY TORPEDO PROGRAM This group will consist of ages 10 and under swimmers and brand new dev ate age group when their ability and knowledge are at the same level as the yards will be a prerequisite. Practices will be held at OHHS up to 3 times a There will be no practice requirements for this group. Monthly meet requi	Junior Plus Group week and will beg	). Knowledge of all 4 strok in in mid October and contin	tes and the ability to swim 25 nue through February/March.
<b>1706A \$125</b> <u>TINY TORPEDOES PROGRAM-WINTER</u> This program is designed to teach children ages 5 & 6 year olds basic skills meet for one hour per week from mid October through mid February. Meets meets as per coach decision. USA card is required. <b>1706B</b> , <b>\$90</b> , <u>TINY TOR</u>	s are not required h	owever, when ready, swimn	ners are allowed to enter mini
<b>1707 \$250</b> <u>SUMMER ONLY TORPEDO PROGRAM</u> This program is open to all swimmers who wish to compete in USA mee apply. Meets will be required and team fees need to be paid at sign-ups. I training in April, after the end of the Winter Session (March) and continue	Practices will be N	Ionday through Friday at C	
<b>1708 \$150 SPRING TORPEDO STROKE CLINIC</b> This program is open to all swimmers and will be held for 4 weeks in Apri times per week and will include water time, dry land, and classroom time.	N/A l/May dating back	<b>No</b> from Memorial Day Weeko	<b>No</b> end. Practices will be held 3
<b>1709 \$150</b> <u>COLLEGE CONDITIONING PROGRAM</u> This program is designed for college swimmers looking for practice time practice times are available.	N/A while home. This	Partial is a year round, open ende	<b>No</b> d conditioning program. All
1710       See Below       HIGH SCHOOL CONDITIONING PROGRAMS         The following programs are for high school swimmers only. Practice for a be available for this group. If you wish to compete it is necessary to join the available for this group. If you wish to compete it is necessary to join the available for this group. If you wish to compete it is necessary to join the available for this group. If you wish to compete it is necessary to join the available for this group. If you wish to compete it is necessary to join the following programs are for high School Conditioning – be for the following programs are for high School Conditioning – begins in April 1710-C         1710-B       \$250         Summer High School Conditioning – begins in April 100-C	he Top Torpedoes egins Mid Septemb id September throu	Program. USA card is requer through beginning of HS	ired. 5 swim season.
<b>1711 \$35/month MASTERS SWIMMING PROGRAM</b> This program is designed for swimmers 18 and over. This training program practices. Please contact Beth Savard for more details. USMS card require		N/A rough February. Practice ti	<b>No</b> mes follow Top Torpedo AM
All Coded Programs must be paid directly to the Community Education I programs. Register online with Community Education at https://www.gsi season. A \$25.00 late fee will be incurred if not paid by that date and no sy	inet.org/partners/O	ak/default.asp. All payment	nts are due at the start of the

## ONLINE ENRICHMENT CLASSES http://www.ed2go.com/oakhills

Welcome! Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

All courses run for six weeks (with a two-week grace period at the end if you fall behind). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night. Two lessons are released each week, so you may catch up even if you start late. Work at your own pace, anytime, anyplace!

#### How to Get Started:

1. Visit our Online Instruction Center at: www.ed2go.com/oakhills

Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to 2. enroll and pay for your course. Most courses are only \$89. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.

When your course starts, return to our **Online Instruction Center** and click the **Classroom** link. To begin your studies, simply log in with your 3. e-mail and choose the password you selected during enrollment.

#### **Start Dates:**

A new section of every course in this catalog will begin on the 3rd Wed. of each month: Jan. 21, Feb. 18, Mar. 18, Apr. 15, May 20 or June 17. **Requirements:** 

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements Please visit our **Online Instruction Center** for more information

tional requirements. Please visit our <b>Online Instruction Center</b> for more information.			
Accounting	Intermediate Microsoft Word 2007	Speed Spanish	
Accounting Fundamentals (US)	Introduction to Microsoft PowerPoint	Survival Kit for New Teachers (US)	
Creating a Successful Business Plan	2007	Teaching Math: Grades 4-6	
Introduction to Microsoft Excel 2007	Introduction to Microsoft PowerPoint	Teaching Science: Grades 4-6	
Introduction to QuickBooks 2007 (US)	2007	The Classroom Computer	
Performing Payroll in QuickBooks 2007	Introduction to Microsoft Project 2003	The Creative Classroom	
(US)	Introduction to Microsoft Word 2003	Understanding Adolescents	
and many more!!!	Introduction to Microsoft Word 2007	Using the Internet in the Classroom	
<b>BASIC COMPUTER LITERACY</b>	and many more!!!	Working Successfully With Learning Dis-	
101 Tips and Tricks for the iMac and	Courses for Teaching Professionals	abled Students	
Macintosh	A to Z Grant Writing (US)		
Introduction to the Internet	An Introduction to Teaching ESL/EFL	Database Management & Programming	
Introduction to Windows Vista	Big Ideas in Little Books Creating Web	Creating User Requirements Documents	
Introduction to Windows XP	Pages	High Speed Project Management	
Keyboarding	Differentiated Instruction in the Class-	Introduction to Alice 2.0 Programming	
and many more!!!	room	Introduction to ASP.NET	
<b>BUSINESS ADMINISTRATION</b>	Enhancing Language Development in	Introduction to C# Programming	
Administrative Assistant Applications	Childhood	Introduction to C++ Programming	
Administrative Assistant Fundamentals	Get Assertive!	Introduction to Crystal Reports 10	
Building Teams That Work	Guided Reading and Writing: Strategies	Introduction to Database Development	
Fundamentals of Supervision and Man-	for Maximum Student Achievement	Introduction to Microsoft Access 2003	
agement	Guided Reading: Strategies for the Dif-	Introduction to Microsoft Access 2007	
and many more!!	ferentiated Classroom	Introduction to Oracle	
Child Care & Parenting	Guiding Kids on the Internet	Introduction to Perl Programming	
Enhancing Language Development in	Integrating Technology in the K-5 Class-	Introduction to SQL	
Childhood	room	Introduction to the Game Industry	
Guiding Kids on the Internet	Leadership	Introduction to Visual Basic .NET	
Ready, Set, Read!	Microsoft Excel 2003 in the Classroom	Introduction to Visual Basic 2005	
Understanding Adolescents	Microsoft Excel 2007 in the Classroom	and many more!!!	
Working Successfully With Learning Dis-	Microsoft PowerPoint 2003 in the Class-	Digital Photography & Digital Video	
abled Students	room	Discover Digital Photography	
Computer Applications	Microsoft Word 2003 in the Classroom	Intermediate Photoshop CS3	
Advanced Microsoft Excel 2007	Microsoft Word 2007 in the Classroom	Introduction to Photoshop CS3	
Advanced Microsoft Word 2007	Ready, Set, Read!	Making Movies with Windows XP	
Intermediate Microsoft Access 2007	Solving Classroom Discipline Problems	Photographing People with your Digital	
Intermediate Microsoft Excel 2007	Page 10	Camera	

Photoshop CS2 for the Digital Photographer Photoshop CS3 for the Digital Photographer Photoshop Elements 5.0 for the Digital Photographer Photoshop Elements 5.0 for the Digital Photographer II Photoshop Elements Projects Secrets of Better Photography and many more!!! ENTERTAINMENT INDUSTRY Breaking Into Sitcom Writing Get Funny! Get Paid to Travel Introduction to the Game Industry Marketing Tools for Actors (US) Music Made Easy Theme Park Engineering GRANT WRITING & NONPROFIT MANAGE-MENT Advanced Grant Proposal Writing (US) Becoming a Grant Writing Consultant (US)Creating Your Own Nonprofit Get Grants! (US) Introduction to Nonprofit Management (US) Marketing Your Nonprofit Wow, What a Great Event! Writing Effective Grant Proposals (US) and many more!!! **GRAPHIC DESIGN** Design Projects for Adobe Illustrator CS2 Intermediate Photoshop CS3 Introduction to Microsoft Publisher 2003 Introduction to Photoshop CS2 Introduction to Photoshop CS3 Photoshop 7 for the Absolute Beginner Photoshop CS3 for the Digital Photographer Photoshop Elements 5.0 for the Digital Photographer and many more!!! HEALTH CARE, NUTRITION, & FITNESS Assisting Aging Parents (US) Become a Veterinary Assistant Handling Medical Emergencies Human Anatomy and Physiology Introduction to Natural Health and Healing Legal Nurse Consulting (US) Luscious, Low-Fat, Lightning-Quick Meals Medical Coding (US) Medical Terminology: A Word Association Approach Outdoor Survival Techniques and many more!!!

#### <u>LANGUAGES</u> An Introduction to Teaching ESL/EFL

Beginning Braille Transcription (US) Beginning Conversational French Grammar for ESL (US) Instant Italian Speed Spanish Speed Spanish II Speed Spanish III Writing for ESL and many more!!! LAW & LEGAL CAREERS Constitutional Law: Bill of Rights (US) Employment Law Fundamentals (US) Evidence Law (US) Introduction to Criminal Law (US) Introduction to Criminal Law II (US) Legal Nurse Consulting (US) LSAT Preparation - Part 1 (US) LSAT Preparation - Part 2 (US) Paralegal Preparation 1 (US) \$125.00 (USD) and many more!!! MATH, PHILOSOPHY, & SCIENCE Everyday Math Introduction to Algebra Theme Park Engineering and many more!!! PC TROUBLESHOOTING, NETWORKING, & **S**ECURITY Advanced PC Security Creating a Home Network Creating a Small Office Network Introduction to Networking Introduction to PC Security Introduction to PC Troubleshooting Wireless Networking and many more!!! Personal Development Achieving Success with Difficult People Administrative Assistant Fundamentals Building Teams That Work Communicating Like a Leader Computer Skills for the Workplace Effective Business Writing Everyday Math Personal Development Become a Veterinary Assistant Building Teams That Work Communicating Like a Leader Get Assertive! Get Funny! Get Paid to Travel Keys to Effective Communication Twelve Steps to a Successful Job Search and many more!!! Personal Enrichment Achieving Success with Difficult People Assisting Aging Parents (US)

Page 11

Genealogy Basics (US) Goodbye to Shy Wine Appreciation for Beginners Write Your Life Story and many more!!! PERSONAL FINANCE & WEALTH BUILDING Building Wealth (US) Real Estate Investing (US) The Analysis and Valuation of Stocks (US) Where Does All My Money Go? (US) and many more!!! SALES & MARKETING Business and Marketing Writing Principles of Sales Management Professional Sales Skills and many more!!! START YOUR OWN BUSINESS Beginning Braille Transcription (US) Secrets of the Caterer Starting a Consulting Practice (US) and many more!!! TEST PREP GED Preparation (US) GMAT Preparation (US) LSAT Preparation - Part 1 (US) SAT/ACT Preparation - Part 1 SAT/ACT Preparation - Part 2 and many more!!! WEB & COMPUTER PROGRAMMING Introduction to Alice 2.0 Programming Introduction to Visual Basic .NET and many more!!! Web Graphics & Multimedia Creating Web Graphics w/Photoshop CS3 Drawing for the Absolute Beginner Imaging for the Web w/Fireworks MX 2004 Introduction to Flash 8 and many more!!! WEB PAGE DESIGN Creating Web Pages **Designing Effective Websites** Introduction to CSS and XHTML Introduction to Dreamweaver 8 and many more!!! WRITING & PUBLISHING Advanced Fiction Writing Forensic Science for Writers and many more!!! There's not a bad seat in the class.

## GATILIN: ONLINE CAREER TRAINING COURSES

#### **ONLINE WORKFORCE TRAINING PROGRAMS**

These self-paced programs are designed with a team of professionals to provide the most effective web-based learning experience possible. Programs can be completed generally in less than 6 months. Instructors are actively involved in the students' online learning experience by responding to any questions or concerns as well as encouraging and motivating students to succeed. Each program includes everything needed to succeed (books, lessons, quizzes and assignments)! Grades are a combination of computer-graded tests and the instructor's evaluation of the students' work. Students love the quality as well as the convenience of anytime, anywhere learning! For detailed course outlines and demos please visit http://www.gatlineducation.com/oakhills/

Our on-line career-training certificate programs' content and materials are provided by Gatlin Education Services—the leader in online certification programs. These programs prepare students for developing expertise in their desired career fields and/or prepare them for industry certification exams. Although each course is self-study, each online course has an instructor assigned to answer student questions and help solve problems. Each program has specific learning outcomes related to industry standards. Students can enroll by calling 451-3595 or if you have technical questions prior to enrolling, contact Gatlin Education Services by emailing support@gatlineducation. com or call 817-870-2870. Our instructor-facilitated courses are available anytime, anywhere. All you need is a web-enabled computer and a desire to learn skills that will prepare you for a new career or update current skill sets. And even though you don't have to attend class, you won't be on your own. A team of available online professionals, anytime scheduling, and educational textbooks combine to give you a relevant, interactive learning experience.

We offer courses in Healthcare, Business/Legal, Internet/Computer/IT Certification (Microsoft and CompTIA Official Curriculum), Professional/Technical/Design, Construction, and Video Gaming Design and Development. See the partial list below but for a complete listing of all titles, please visit our website at <a href="http://www.gatlineducation.com/oakhills/">http://www.gatlineducation.com/oakhills/</a>. To register, please see page 15.

#### Healthcare and Fitness

Administrative Dental Assistant (150 Hours) Administrative Medical Specialist w/ Medical Billing and Coding (300 Hours) Medical Transcription (240 Hours) Personal Fitness Trainer (150 Hours) Pharmacy Technician (240 Hours) Veterinary Assistant (240 Hours)

#### **Business and Professional**

Administrative Professional with Microsoft Certified Application Specialist (MCAS) (240 Hours) Administrative Professional w/ Microsoft Office Specialist (240 Hours) Certified Bookkeeper (80 Hours) Certified Wedding Planner (300 Hours) Paralegal (225 Hours)

#### IT and Software Development

.NET Training (177 Hours) Administrative Professional with Microsoft Certified Application Specialist (MCAS) (240 Hours) Cisco® CCENT® Certification Training (70 Hours) Microsoft Certified System Administrator Plus 2003 (MCSA+) (340 Hours) Microsoft Certified System Engineer 2003 (MCSE) (700 Hours) Microsoft Certified Technology Specialist: SQL Server 2005 (MCTS) (480 Hours)

#### Management and Corporate

Alternative Dispute Resolution Certificate (180 Hours) Certified National Pharmaceutical Representative (120 Hours) Core Mediation Certificate (60 Hours)

#### Management and Corporate

Corporate Governance and Ethics (15 Hours) Management Training (360 Hours) Non-Profit Management Training (300 Hours) Payroll Practice and Management (80 Hours)

#### <u>Media and Design</u>

Digital Arts Certificate (225 Hours) Graphic Design (80 Hours) Interior Design (350 Hours) Video Game Art (300 Hours) Video Game Design and Development (500 Hours)

#### Hospitality and Gaming

Casino Baccarat Dealer (75 Hours) Casino Blackjack Dealer (100 Hours) Casino Poker Dealer (100 Hours) Certified Global Business Professional (400 Hours) Certified Wedding Planner (300 Hours) Hospitality and Casino Management (200 Hours) Personal Fitness Trainer (150 Hours) Travel Agent Training (200 Hours)

#### Skilled Trades and Industrial

Chemical Plant Operations (400 Hours) English as a Second Language - Global English (Unlimited Hrs) Freight Broker/Agent Training (150 Hours) Home Inspection (200 Hours) HVAC Technician (320 Hours) Modern Automotive Service Technician (380 Hours) Oil Refinery Operations (400 Hours) Paper Mill Operations (400 Hours) Power Plant Operations (400 Hours)

MAIL, FAX, PHONE, WALK-			FIVE EASY WAYS
IN, ONLINE!!!	REGISTRATION	Information	TO REGISTER
WITHDRAWAL/REFUNDS: Please report to the fice IN PERSON if you wish to withdraw from first class session. A refund, less a \$5 m We regret that NO REFUNDS will be may first class meeting. All cash or credit co within 4 weeks or immediate credit to	a program by the end of the egistration fee, will be given. ade for withdrawals after the <b>ard refunds will be mailed</b>	<b>CANCELLATION:</b> Oak Hills Community Eduction cancel a class due to insufficient enrollment by phone if that occurs. You will be given an <b>another class, receive a credit towards ar full refund of fees within 4 weeks.</b>	nt, and you will be notified n opportunity to <b>transfer to</b>
<b>CONFIRMATION:</b> Mailed or faxed registration as quickly as possible. <b>Please plan to</b> <b>you are registered</b> unless you hear oth Education Office. <b>Please make note</b> of <i>time of the class</i> .	ns will be confirmed by phone attend the class for which erwise from the Community	<b>RESIDENT/NON-RESIDENT:</b> People who live w District pay taxes to the school district. The fee is intended to apportion to non-resident they contribute to the overall financing of the program.	additional \$5 non-resident ts an equalized fee so that
Class fees are payable		OF FEES: RATION. You may <u>not</u> attend class until fees Please include fee payment with this enroll	
tion, 3200 Ebenezer Road, Cincinnat September 14, 2011 for all classes.	i, OH 45248. Checks should b	oney order or charge card information to Oal e made payable to Oak Hills Board of Educa	ation. Registration begins
<ul> <li>FAX: Complete the registration form a VISA or MASTER CARD registrations</li> </ul>		information to Oak Hills Community Education	ı, Fax. number, 922-4900.
		595 between 3:30 p.m. and 6:30 p.m. on Mc 2D number ready when you call. <b>Payment is</b>	
<ul> <li>WALK-IN: Visit the Oak Hills Commu days, and by appointment on Fridays</li> </ul>		ills High School between 3:00 p.m. and 6:30 <u>11</u> .	p.m. on Mondays-Thurs-
OFFICE USE ONLY: CLASS LIST		Today's Date	Ē
THE OAK HILLS COMMUNITY EDUCATION	PROGRAM IS SELF-SUPPORTING	. Please	PRINT CLEARLY
Oak Hills Community Education Registration Form			
		n, <b>3200 Ebenezer Road, Cincinnati, (</b> S ARE HELD AT OAK HILLS HIGH SCHOOL	OH 45248
Registrant's Name		Phor	1e
	(First)	(Last)	(Home)
Address		Phor	
(No. & Street) Of- fice Class No. and Class	(City) Name Section	(Zip) Student Name	(Work or Cell)
Use	(If given)		
		Fee (if ap	plicable)
Resident Non-Resident	(Non-Resident Fee	\$5.00)	TOTAL
OHHS Grad: No Yes	If Yes, Year of Grad	Maiden Name	
Email Address (optional - to be notified or	f class information): (PLEASE print clear	1γ)	
By registering, the student hereby covenants and agrees that in consideration of the sponsorship of Community Education classes by Oak Hills Board of Education, and in consideration of covenants and agreements of other persons similarly made; I hereby waive and discharge any and all claims, rights of action, demands or liabilities of whatever nature against the above named Oak Hills School District and/or employees of said Oak Hills School District, and/or Oak Hills Board of Education, for any injuries or damages which I may suffer, directly or indirectly, as a result of the sponsorship of said Community Education classes by said Oak Hills Board of Education.  CIRCLE: Cash CK Cr. Card No Exp. Date Security Code # (Check No) (Master Card or Visa only) (Required) (Required)			
	,		,

	<b>EDUCATION HOTLINE</b> 451-3595
NEW CLASSES FOR	FALL 2011 AND WINTER 2012
Oil Painting/Acrylic Painting New ed2go® Online Classes	Drawing Gatlin Career Training Courses
(located in	tion Fall and Winter Office Hours Oak Hills High School): ursday 3:30 p.m6:30 p.m.
Oak Hills Community Education Oak Hills Local School District 3200 Ebenezer Road Cincinnati, OH 45248	