



REGISTRATION  
BEGINS  
—  
MONDAY  
NOVEMBER 18!

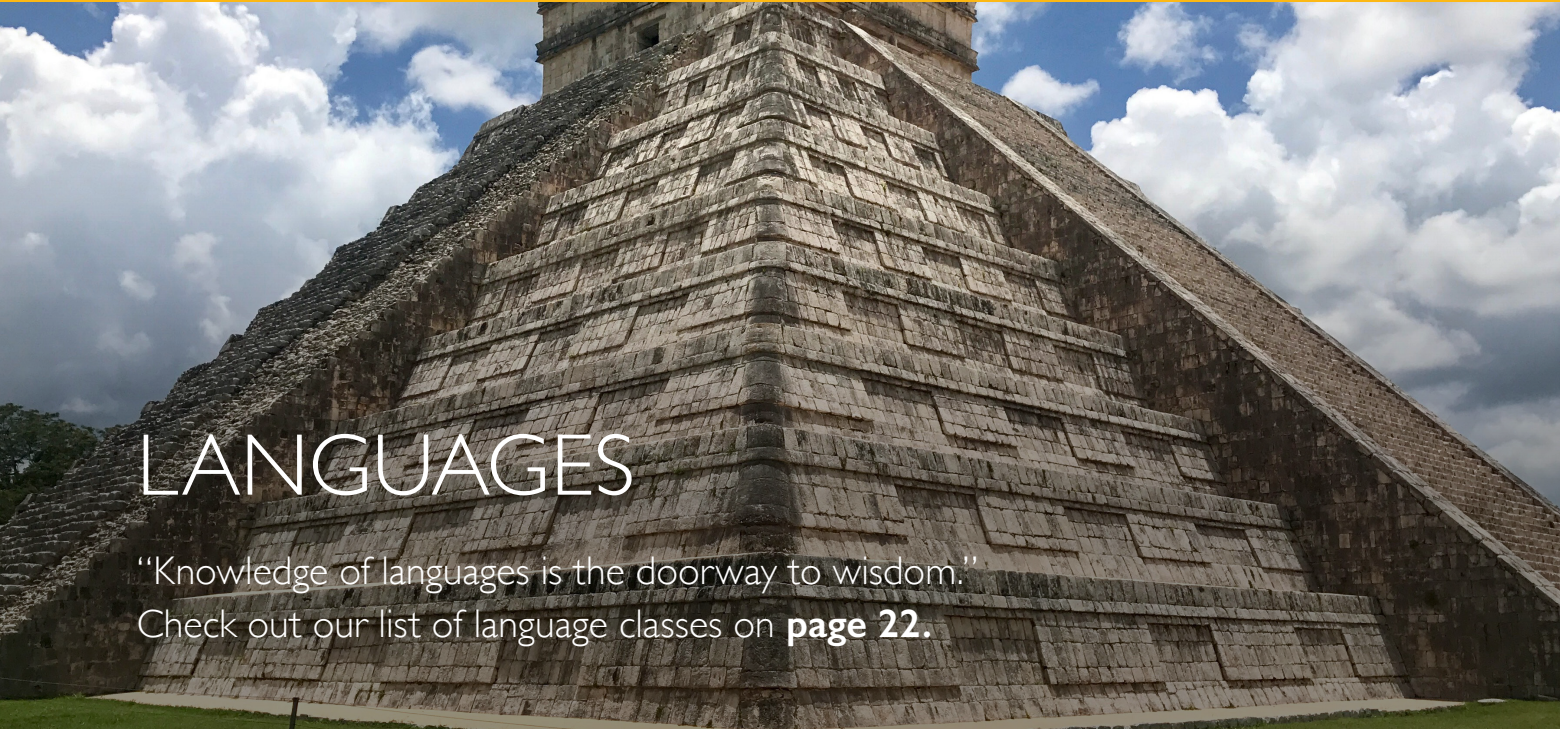
ENROLL ONLINE AT  
[COMMED.DMSCHOOLS.ORG](https://COMMED.DMSCHOOLS.ORG)

COMMUNITY EDUCATION  
**comm**ed  
DES MOINES PUBLIC SCHOOLS 

# WINTER/SPRING 2025 CLASS CATALOG

YOUTH, ADULT AND FAMILY PROGRAMS

LOOKING FOR YOUR NEXT CHALLENGE?  
WE HAVE IT FOR YOU!



# LANGUAGES

“Knowledge of languages is the doorway to wisdom.”  
Check out our list of language classes on **page 22**.

**FITNESS**  
Stay fit and healthy by taking one of the many exercise and fitness classes offered. See the list of classes starting on **page 14**.



**HOME AND GARDEN**  
Ever thought of keeping bees? Check out **page 21** for everything you need to know.



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WINTER/SPRING | 2025

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**VISIT OUR REGISTRATION  
PLATFORM ON REVTRAK**



# CLASS CENTERS

Birdland Sports Park.....	645 Birdland Dr.
Blank Park Zoo.....	7401 SW 9th St.
Brody Middle School.....	2501 Park Ave.
Capitol View Elementary School.....	320 E 16th St.
Central Academy.....	1912 Grand Ave.
Central Campus.....	1800 Grand Ave.
D1 Training Des Moines.....	890 SE Olson Dr, Waukee
Dinks Pickleball.....	3800 Merle Hay Rd Suite 1000
East High School.....	815 E 13th St.
Findley Elementary School.....	3025 Oxford St.
Gameday Lanes.....	3800 Merle Hay Rd.
Garton Elementary School.....	2820 E 24th St.
Harding Middle School.....	203 E Euclid Ave.
Hiatt Middle School.....	1214 E 15th St.
Hoover High School.....	4800 NW Aurora Ave.
Howe Elementary School.....	2900 Indianola Ave.
Hoyt Middle School.....	2700 E 42nd St.
Hubbell Elementary School.....	800 42nd St.
Jefferson Elementary School.....	2425 Watrous Ave.
Meredith Middle School.....	4827 Madison Ave.
Merrill Middle School.....	5301 Grand Ave.
Monroe Elementary School.....	3015 Francis Ave.
Moore Elementary School.....	3716 50th St.
North High School.....	501 Holcomb Ave.
Oak Park Elementary School.....	3928 6th Ave.
Pioneer Columbus Community Center.....	2100 SE 5th St.
Pleasant Hill Elementary School.....	4801 E Oakwood Dr.
Pleasant Hill Public Library.....	5151 Maple Dr # 2, Pleasant Hill
Roosevelt High School.....	4419 Center St.
Samuelson Elementary School.....	3929 Bel Aire Rd.
Skateland.....	5621 Meredith Dr.
South Union Elementary School.....	4201 S Union St.
St. Luke's Episcopal Church.....	3424 Forest Ave.
Verti-Go Athletics Urbandale.....	3100 101st St Suite B, Urbandale
Wright Elementary School.....	5001 SW 14th St.

## BOARD OF EDUCATION

**Chair**  
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**MANAGER**  
Jacob Burke

**COORDINATORS**  
Brian Tate  
Ryan Westerkamp

**SUPPORT STAFF**  
Andrea Baker

## COMMUNITY EDUCATION OFFERS BIAS-FREE INSTRUCTION.

We advise each of our instructors that they are not to promote any specific products or organizations as a part of their instruction.

### Discrimination Policy

The Des Moines Public Schools prohibits discrimination based on age, race, creed, color, sex, marital status, national origin, religion, sexual orientation, or disability in educational and employment programs and activities. In addition, the District prohibits acts of intolerance or any form of harassment toward employees or students. For information regarding procedures for discrimination complaints, contact the District Compliance Officer who is also the Title IX and 504 Coordinator, Des Moines Public Schools, 2100 Fleur Drive, Des Moines, Iowa 50321, (515) 242-7781.

# ARTS & CRAFTS

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



Explore your creativity with a new craft each week, featuring different mediums and techniques in "Adult Crafts".

### FANTASY DRAWING

**6 WEEKS FREE**

Embark on a magical journey into the realm of fantasy! This exciting class will ignite your imagination and teach you how to bring your wildest dreams to life on paper. Learn essential drawing techniques, from sketching and shading to perspective and composition, all while exploring the boundless world of mythical creatures, enchanted forests, and otherworldly landscapes. **For MS and HS students. No class Feb 11.**

Instr: Carissa Dannen

YE-02-291-W25-CC-F  
Tues Jan 7

Central Campus Cafeteria Overflow  
5:00-6:00 p.m.

### CREATING COMICS

**6 WEEKS FREE**

This drawing class for Middle School & High School students is designed to help you develop essential drawing skills and techniques. Let your creativity flow in this class. Whether you're a complete beginner or looking to refine your abilities, this course will provide a solid foundation for your artistic journey. **For MS and HS students.**

Instr: Carissa Dannen

YE-02-301-S25-CC-F  
Tues Apr 1

Central Campus Cafeteria Overflow  
5:00-6:00 p.m.

### BEGINNING STAINED GLASS - WINDOW DANGLER **2 WEEKS \$55**

Learn to cut, grind, foil, and solder glass, along with a bit of beading, in this beginner-friendly class. You'll create and take home two unique stained glass window dangles made by you! Perfect for those new to stained glass.

Instr: Joleen Weller

AE-02-621-W25-ES-B  
Mon Jan 6

East HS 058E  
6:00-8:00 p.m.

### BEGINNING STAINED GLASS - PART 2 - ABSTRACT WINDOW DECORATION **2 WEEKS \$66**

Build on your stained glass skills by creating a beautiful 4x6 to 5x7 abstract window decoration. This class expands on cutting, grinding, foiling, and soldering techniques learned in the Window Dangler class or from previous experience. Take home your unique creation to brighten up your window!

Instr: Joleen Weller

AE-02-632-W25-ES-B  
Mon Jan 27

East HS 058E  
6:00-8:00 p.m.

**INTERMEDIATE STAINED GLASS - STAINED GLASS HEART** **3 WEEKS \$77**

Expand your stained glass skills by creating a heart-shaped project of your choice. This class is perfect for those with previous experience or who have completed the beginner stained glass classes. Continue mastering cutting, foiling, and soldering techniques while crafting your unique heart design.

Instr: Joleen Weller  
 AE-02-643-W25-ES-B East HS 058E  
 Mon Feb 17 6:00-8:00 p.m.



**MIDDLE SCHOOL ART CLUB (WATERCOLORS)** **6 WEEKS FREE**

Students who attend Art Camp with Watercolor artist and mom Lisa Christensen will explore waterbased mediums along with learning design elements and design principles including: Composition, Form, Color theory, textures, watercolor techniques, rhythm, patterns, and designs to create vibrant summer inspired pieces of art. Each week we will explore mediums that will help broaden our minds with inspired techniques and design principles. **No class Jan. 20, Feb. 10, Apr. 28.**

Instr: Lisa Christensen  
 YE-02-431-W25-HD-F Harding Science Room  
 Mon Jan 13 3:30-4:30 p.m.  
 YE-02-431-S25-HD-F Harding Science Room  
 Mon Apr 7 3:30-4:30 p.m.

**BEGINNING GLASS MOSAIC** **2 WEEKS \$55**

Learn to create beautiful glass mosaics by working with small pieces of glass to design your choice of projects, such as a pendant, coaster, or hanging décor. Perfect for beginners looking to explore this creative art form!

Instr: Joleen Weller  
 AE-02-651-S25-ES-B East HS 058E  
 Mon Apr 7 6:00-8:00 p.m.

**BALLOON TWISTING** **1 DAY \$13.50**

Learn the basics of balloon twisting and create fun balloon animals and shapes in this hands-on workshop. Perfect for beginners, all materials, including balloons and pumps, are provided by the instructor for an engaging and creative experience.

Instr: Christine R. Carroll  
 YE-02-891-W25-SL-B Samuelson ES Library  
 Tues Feb 18 3:30-4:30 p.m.  
 YE-02-891-W25-FD-B Findley ES Library  
 Tues Feb 25 3:30-4:30 p.m.  
 YE-02-891-W25-SU-B South Union ES  
 Tues Mar 4 3:30-4:30 p.m.

**ADULT CRAFTS** **6 WEEKS \$0-\$10**

Explore your creativity with a new craft each week, featuring different mediums and techniques. Enjoy guided projects or opt for freestyle crafting to express your unique ideas. Perfect for adults looking to relax and explore their creative side. **No class Jan. 20, Feb. 10, Mar. 31, Apr. 28.**

Instr: Dawn Knutson  
 AE-02-391-W25-SU-B Jefferson Elementary Library  
 Mon Jan 6 5:30-6:30 p.m.  
 AE-02-391-S25-SU-B Jefferson Elementary Library  
 Mon Mar 24 5:30-6:30 p.m.

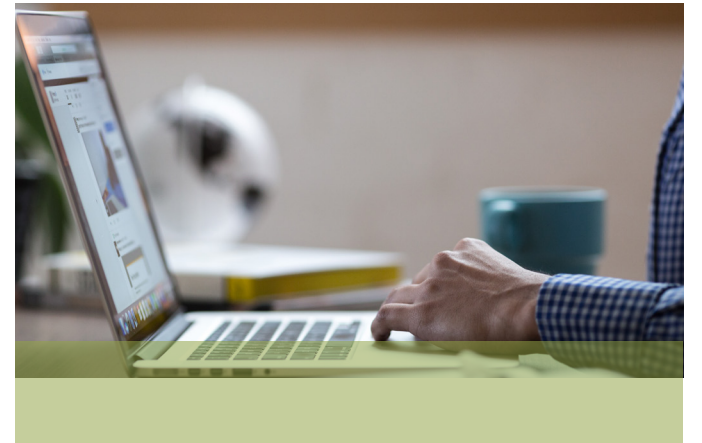
**BUSINESS & COMPUTERS**

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)

**DIGITAL MARKETING IN ACTION: HANDS-ON STRATEGIES FOR SUCCESS** **4 WKS \$137.50**

Join an interactive journey into digital marketing! Each session involves hands-on activities where you'll apply strategies in real-time—from creating compelling content to launching social media campaigns. Gain practical experience and the confidence to elevate your digital marketing skills to the next level.

Instr: Belle DuChene  
 AE-03-321-W25-CA-B Central Academy  
 Thur Feb 6 6:00-7:30 p.m.



**INTRODUCTION TO PUBLIC RELATIONS** **4 WKS \$137.50**

Embark on a journey into public relations, exploring its rich history and powerful influence on today's media landscape. Learn essential skills to build brand reputations, manage public perceptions, and navigate a world where communication is key. Gain insights every PR professional needs to thrive in this dynamic field.

Instr: Belle DuChene  
 AY-03-311-S25-CA-B Online  
 Tues Apr 15 6:00-7:30 p.m.

**INTRODUCTION TO GRAPHIC DESIGN WITH CANVA** **4 WKS \$137.50**

Transform ideas into stunning visuals with Canva! This course equips you with skills to create impactful, professional-looking designs. Sign up today to kickstart your graphic design journey and bring your creative visions to life!

Instr: Belle DuChene  
 AY-06-081-W25-CA-B Online  
 Wed Feb 5 6:00-7:30 p.m.

**BIZ INNOVATOR** **8 WKS \$170.00**

The Biz Innovator course focuses on creating a business start-up through proven methods. We utilize these proven methods by having participants focus their start-ups on businesses. The course helps to validate business ideas with facts and reduces spending their time on the wrong direction. The course is eight weeks in length. **For high-school students and adults. Class on Feb. 11 will be virtual.**

Instr: Jewels Academy (Kimberly Wayne)  
 AY-03-001-W25-CC-B Central Campus/online  
 Tues Jan 7 5:30-7:30 p.m.

**INTRODUCTION TO GENERATIVE AI AND CHATGPT** **1 DAY \$35**

Explore the exciting world of generative AI in this introductory course! Learn the basics of AI technology and discover how tools like ChatGPT are transforming industries. Perfect for beginners, this course covers foundational concepts, real-world applications, and hands-on experience with ChatGPT.

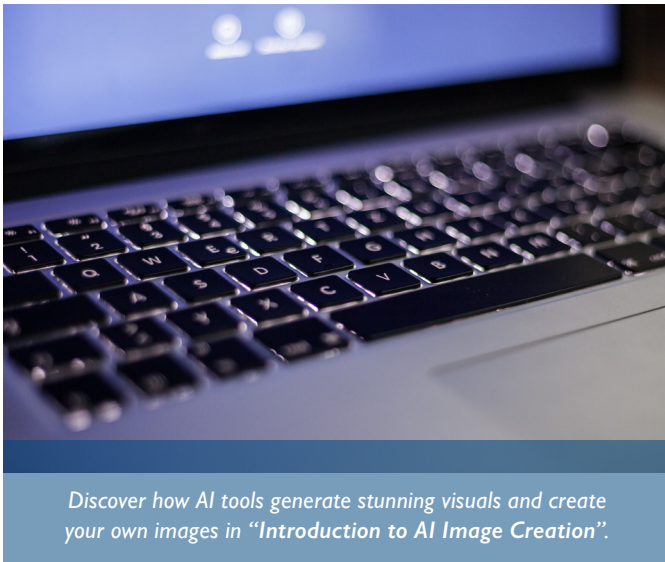
Instr: Jacob Burke  
 AY-06-011-W25-HV-B Hoover High School Library  
 Mon Jan 6 5:30-7:00 p.m.  
 AY-06-011-S25-HV-B Hoover High School Library  
 Mon Apr 7 5:30-7:00 p.m.



**PARENTS**

**Classes with this symbol are youth-friendly! Check the class description for minimum ages.**





Discover how AI tools generate stunning visuals and create your own images in "Introduction to AI Image Creation".

**🕒 INTRODUCTION TO AI IMAGE CREATION**  
1 DAY \$25

Unlock the creative potential of AI in this course on AI-driven image creation! Discover how AI tools generate stunning visuals from text prompts, explore popular platforms, and create your own images. Ideal for anyone interested in digital creativity and innovation through artificial intelligence.

**Instr: Jacob Burke**  
**AY-06-061-W25-HV-B** Hoover High School Library  
 Mon Feb 3 5:30-6:30 p.m.  
**AY-06-061-S25-HV-B** Hoover High School Library  
 Mon May 5 5:30-6:30 p.m.

**🕒 CREATING YOUR OWN GPT WITH CHATGPT**  
1 DAY \$25

Take your ChatGPT skills to the next level by learning to create your own personalized AI assistant! In this hands-on course, you'll customize a GPT model to meet your unique needs, from automating tasks to answering questions. No advanced programming experience is required.

**Instr: Jacob Burke**  
**AY-06-072-W25-HV-B** Hoover High School Library  
 Mon Feb 3 6:45-7:45 p.m.  
**AY-06-072-S25-HV-B** Hoover High School Library  
 Mon May 5 6:45-7:45 p.m.

**TEACH FOR US**

Do you have an interesting skill, craft or hobby you would like to share with others?

**CALL 242-8530**  
**OR VISIT**  
**COMMED.DMSCHOOLS.ORG**

Share your expertise and experience—teach!



COLLEGE PREPARATION

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](https://COMMED.DMSCHOOLS.ORG)

**READY FOR THE REAL WORLD: PREPARING HIGH SCHOOLERS FOR COLLEGE AND CAREER SUCCESS**

4 WKS \$137.50

Join an interactive journey to prepare for the real world. Build key skills like resume writing, interview techniques, and crafting an elevator pitch. Gain tips for college and job applications, and learn confident networking. By course end, you'll have the tools needed to take your next step confidently.

**Instr: Belle DuChene** YE-05-111-S25-CA-B CentralAcademy Thurs Apr 17 6:00-7:30 p.m.

PHOTOGRAPHY & VIDEO

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](https://COMMED.DMSCHOOLS.ORG)

**🕒 MASTERING CAMERA PHONE PHOTOGRAPHY**

2 WEEKS \$137.50

Unlock your smartphone's potential in our Mastering Camera Phone Photography class! This hands-on course is perfect for beginners and enthusiasts eager to capture stunning images in any setting. Learn techniques to elevate everyday moments and special events, transforming your camera phone into a powerful storytelling tool.

**Instr: Belle DuChene** AY- 20-161-W25-HV-B Hoover High School Library Sat Jan 18 9:00 a.m.-12:00 p.m.

# DANCE

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



*"Aimee and Jerry's Couples Dancing" is perfect for couples or families planning weddings.*

## SALSA DANCING

6 WEEKS \$66

Learn the lively rhythms and steps of Salsa in this dynamic dance class. Perfect for beginners, this course covers the basics of Salsa footwork, timing, and partner dancing. A fun way to get active, meet new people, and enjoy Latin music! **No class Jan. 20, Feb. 10.**

Instr: Karen Rose

AE-07-941-W25-CV-B  
Mon Jan 6

Capitol View Gym  
6:00-7:00 p.m.

AE-07-941-S25-CV-B  
Wed Apr 2

Capitol View Gym  
6:00-7:00 p.m.

## CUMBIA DANCING

6 WEEKS \$66

Discover the vibrant world of Cumbia dancing! This class introduces you to the basics of Cumbia footwork, rhythm, and partner moves. Enjoy a fun, energetic workout while learning the steps to this popular Latin American dance style. **No class Jan. 20, Feb. 10.**

Instr: Karen Rose

AE-07-951-W25-CV-B  
Mon Jan 6

Capitol View Gym  
7:00-8:00 p.m.

AE-07-951-S25-CV-B  
Wed Apr 2

Capitol View Gym  
7:00-8:00 p.m.

## "JHF" COUNTRY SOUL LINE DANCE 6 WEEKS \$25

Join the "Just Having Fun" Country Soul Line Dancing class! Learn the latest Soul Line Dances while building relationships and networking in a fun, welcoming environment. All levels of dancers are encouraged to join, from beginners to advanced. **No class Jan. 16, Feb. 20, May 1.**

Instr: Mary Noel-Gaudineer

AY-07-521-W25-PL-B  
Thurs Jan 9

Pleasant Hill Elementary Gym  
6:30-8:00 p.m.

AY-07-521-S25-PL-B  
Thurs Mar 27

Pleasant Hill Elementary Gym  
6:30-8:00 p.m.

## "JHF" SOUL LINE DANCE

6 WEEKS \$25

Have fun and learn the latest Soul Line Dances while connecting with others! This class welcomes all skill levels, from beginners to experienced dancers. Perfect for ages 14 and up, it's a great way to enjoy dancing and build new relationships. **No class Feb. 11.**

Instr: Mary Noel-Gaudineer

AY-07-531-W25-MN-B  
Tues Jan 7

Monroe Gym  
6:30-8:00 p.m.

AY-07-521-S25-PL-B  
Tues Mar 25

Monroe Gym  
6:30-8:00 p.m.

## AIMEE & JERRY'S COUPLES DANCING 4 WEEKS \$55

Learn Ballroom, Country, Swing, and Novelty dances in this fun, 4-week session. Each class covers three different styles, teaching men to lead with confidence and women to follow with patience. Perfect for couples ages 14 and up. Contact the instructor for details.

Instr: Aimee Shedd

AY-07-781-W25-WE-B  
Tues Jan 7

Wright Elementary Gym  
7:15-8:15 p.m.

AY-07-781-S25-WE-B  
Tues Apr 1

Wright Elementary Gym  
7:15-8:15 p.m.

## AIMEE & JERRY'S LINE DANCING

4 WEEKS \$55

Discover the joy of line dancing as you learn a variety of styles, starting with beginner dances and progressing to intermediate levels. This class covers different genres and music, with regular reviews to help you master each dance. Ages 14 to adult. Come join the fun!

Instr: Aimee Shedd

AE-07-501-W25-WE-B  
Tues Jan 7

Wright Elementary Gym  
6:00-7:00 p.m.

AE-07-501-S25-WE-B  
Tues Apr 1

Wright Elementary Gym  
6:00-7:00 p.m.

## SCOTTISH COUNTRY DANCE, BEG. 10 WEEKS \$77

Learn a Celtic dance form from the 1700's. Reels, jigs and strathspeys are fun to do, plus providing great aerobic exercise to marvelous music. Wear cool, comfortable clothing and soft shoes. Partner not required. Ages 14 to Adult.

Instr: Royal Scottish Dance Society

AY-07-095-W25-STL-B  
Mon Jan 6

St. Luke's Episcopal Church  
7:00-9:00 p.m.



*"Salsa Dancing" is for the experienced student who wants to learn technique.*

### REMINDERS



No smoking on school grounds



Please turn off your cell phone during class



**PARENTS**  
Classes with this symbol are youth-friendly!  
Check the class description for minimum ages.



# DMPL and YOU!



## Storytimes

The Des Moines Public Library offers several storytimes each week at all six locations! Our storytimes are tailored for specific age groups, including infants, toddlers, preschoolers, and storytimes meant for the whole family! Storytimes feature books, rhymes, songs, and more, and there are several special-themed storytimes throughout the year.

Find our full storytime schedule at [dmpl.org/storytimes](https://dmpl.org/storytimes).

## ASAP Days

A partnership between the Des Moines Public Library and After School Arts Program (ASAP) brings unique and meaningful arts experiences to school-aged children Monday through Thursday after school. These programs are offered thanks to a \$100,000 grant awarded to both organizations by Bravo Greater Des Moines.

Each week, four DMPL branches will each host a free arts class — led by a professional, paid teaching artist — designed for kids age 5-14. Each program also includes a snack. Past classes have included fiber art, yoga, paper crafting, breakdancing, and more. The following days are when each branch hosts classes. Check our events calendar ([dmpl.org/events](https://dmpl.org/events)) for times and themes, as availability is subject to change.

- Monday: Forest Avenue Library
- Tuesday: East Side Library
- Wednesday: North Side Library
- Thursday: South Side Library



## Summer Reading 2025

The Des Moines Public Library Summer Reading Challenge will be back once again in 2025! This year's challenge is expected to start in early June, as in previous years. With fun prizes for kids of all ages, it's the perfect way to keep brains sharp and active during the summer. Check the library's website — [dmpl.org](https://dmpl.org) — and follow us on our social media channels to get more information as we get closer to summer! (insert box with Facebook, Instagram, and TikTok info)

### Follow Us Online

Website: [dmpl.org](https://dmpl.org)

 Des Moines Public Library

 @desmoineslibrary

 @desmoinespubliclibrary

### Locations & Hours

#### Central Library

- 9:00 AM-8:00 PM Monday-Thursday
- 9:00 AM-6:00 PM Friday
- 10:00 AM-5:00 PM Saturday
- 12:00-4:00 PM Sunday

#### Franklin Avenue Library

- 9:00 AM-8:00 PM Monday-Thursday
- 9:00 AM-6:00 PM Friday
- 10:00 AM-5:00 PM Saturday
- 12:00-4:00 PM Sunday

#### East Side, Forest Avenue, North Side, South Side Libraries

- 10:00 AM-8:00 PM Monday-Thursday
- 10:00 AM-6:00 PM Friday
- 10:00 AM-5:00 PM Saturday
- Closed Sunday

## Comics Plus

Find dozens of fun digital comics for all ages by using the Comics Plus app with your library card. Comics Plus offers some of the best independent publications out there, including comics and graphic novels that your family loves. Popular titles include the *Big Nate*, *Avatar: The Last Airbender*, *Teenage Mutant Ninja Turtles*, *Mob Psycho 100*, *Cat+Gamer*, *Nightschool*, and more. Just download the ComicsPlus app to your tablet or phone and punch in your library card number to get started. Need a library card? Look at the box in the bottom of the page to learn how to get one.

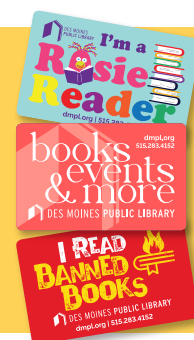


## Now Available: Yoto Cards and Yoto Players

The Des Moines Public Library recently added Yoto cards and Yoto players to our catalog! The Yoto player is screen-free audio device for kids that offers audiobooks, music, and more for kids and families to listen to. Each branch has a collection of cards you can borrow for your own Yoto player at home. We also have a Yoto player at each branch that families can borrow as part of our Library of Things! Ask the help desk at each branch to see their collection of Yoto cards and go to [dmpl.org](https://dmpl.org) to learn more about the Yoto Player.

## Libby

Take your library on the go with you! Download the Libby app on your tablet or phone and get access to thousands of eBooks, audiobooks, eMagazines, and more. Libby is the perfect companion for commuting, sports travel, spring break, and more. Not only will you find big name authors and best-selling books, but there is also a robust young adult section and even hundreds of digital picture books. Libby is available to any DMPL cardholder that lives in Des Moines, Windsor Heights, and Saylor Township. Need a library card? Check out the box in the bottom of the page to learn how to get one



## Getting a Library Card

Getting a library card is easy! Just stop in with a parent or guardian at any of the six DMPL locations with two items:

- A photo ID (your student ID counts!)
- Proof of address (a piece of mail, billing statement, etc.)

That's it! With your library card, you get access to our whole catalog of books and movies, our entire digital catalog on Libby, Comics Plus, and more.

# EXERCISE & FITNESS

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)

## DMPS TEMPO TRAINING

12 WKS \$150

Enhance your track skills with DMPS Tempo Training, a dynamic performance-focused training designed to improve speed, endurance, and technique. Join us at D1 Training's state-of-the-art facility in Waukee for high-energy sessions that fit seamlessly into your schedule. Open to track enthusiasts of all levels, this program is crafted to build strength and elevate athletic performance through targeted drills and expert coaching. Don't miss this opportunity to take your skills to the next level! **No class Jan. 20, Feb. 10 & 11.**

Instr: John Newton

YE-10-003-W25A-D1-B  
Mon, Wed Jan 6

D1 Training Des Moines  
8:00-9:30 p.m.

YE-10-003-W25B-D1-B  
Tues, Thur Jan 7

D1 Training Des Moines  
8:00-9:30 p.m.

## STRETCH & BREATHE: YOGA-PILATES BLEND

12 WKS \$66

Experience the perfect blend of yoga and Pilates in this calming, yet invigorating class. Improve flexibility, strength, and posture while focusing on breathwork and mindful movement. Suitable for all fitness levels, this class promotes relaxation and overall wellness.

Instr: Dee Sasseen

AE-10-831-S25-HW-B  
Tues, Thur Apr 1

Howe Elementary School  
5:30-6:15 p.m.

## LIL YOGIS/FIT & FUN!

2 DAYS \$95

Need something for your child to do on No School Days in January, sign up for Firefly Wellness Lil Yogis/Fit & Fun! This program will engage students in various yoga poses, unique stretching, animated play, games, and movement. Some forms will be upbeat and include vigorous activity. Children will learn the importance of stretching, balance, and flexibility. Children will also engage in upbeat

games and activities indoors and out. Enjoy hikes/walks, interval training, dodgeball, kickball and races! **For 1st-5th graders.**

Instr: Firefly Wellness

YE-10-001-W25-HB-B  
Thur, Fri Jan 16

Hubbell Elementary School  
9:00-11:30 a.m.

## YANG STYLE 24 SIMPLIFIED TAI CHI 8 WKS \$55

Strengthen your body, improve flexibility, and discipline your mind with the most practiced form of Tai Chi. Taught by Sifu Anthony Bates, this class breaks down movements into easy-to-follow sections, making it accessible to all levels. Discover the ancient art of Tai Chi for holistic wellness. **No class Feb 11.**

Instr: Anthony Bates

AY-10-281-W25-MR-B  
Tues Jan 7

Moore Elementary School  
6:00-7:30 p.m.

AY-10-281-S25-MR-B  
Thur Mar 27

Moore Elementary School  
6:00-7:30 p.m.

## DMPS VERTI-GO + WINTER TRAINING 12 WKS \$65

Unleash your full athletic potential with our dynamic community education course, "Verti-Go Athletic Performance Training." Tailored for individuals seeking to enhance their performance on the field or court, this course delves into the intricate world of movements, positions, and reactions critical in athletic competitions. **No class Jan. 16 & 20, Feb. 10 & 11.**

Instr: Cody Morris

YE-10-003-W25A-VA-B  
Mon, Wed Jan 6

Verti-Go Athletics Urbandale  
7:00-8:00 p.m.

YE-10-003-W25A-VA-B  
Tues, Thur Jan 7

Verti-Go Athletics Urbandale  
7:00-8:00 p.m.

# FAMILY & PERSONAL DEVELOPMENT

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)

## READY FOR THE REAL WORLD: PREPARING ADULTS FOR CAREER SUCCESS 4 WEEKS \$137.5

Join us for a hands-on journey to career readiness. Each week, build key professional skills, including resume crafting, interview techniques, and networking. By course end, you'll have a polished resume, a strong elevator pitch, and experience in mock interviews and networking scenarios to launch your career with confidence.

Instr: Belle DuChene

AE-11-551-W25-CA-B  
Tues Jan 7

Online  
6:00-7:30 p.m.

## FINDING YOUR CAREER 4 WEEKS \$35

Explore your career interests and learn how to access the education and training necessary to pursue your desired path. Gain essential job skills applicable to any career, and discover the resources that will help you succeed in today's workforce.

Instr: Alyssa Halferty

AE-11-111-W25-OK-B  
Thurs Jan 23

Oak Park Public Library  
5:00-7:00 p.m.

AE-11-111-S25-OK-B  
Thurs Apr 3

Oak Park Public Library  
5:00-7:00 p.m.

## LIFE^N: UNDERSTANDING AND AIMING YOUR LIFE 5 WEEKS \$0-\$10

Explore your life's journey to better understand your purpose and direction. This course helps you reflect on your past, recognize your strengths, and align them with the legacy you wish to create. Perfect for those seeking personal growth and clarity.

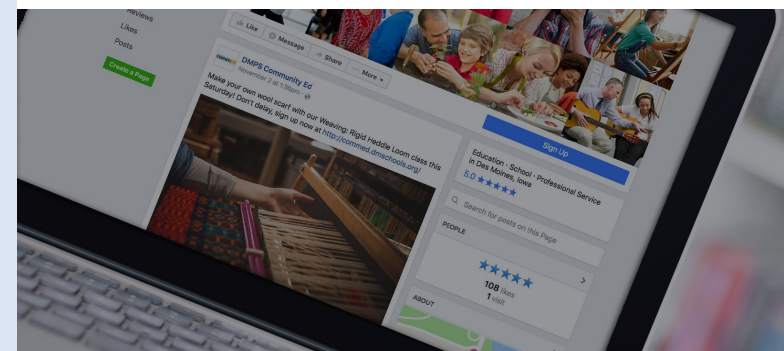
Instr: Jennifer Berg

AY-11-101-W25-SU-B  
Thurs Jan 23

South Union ES Library  
7:00-9:00 p.m.

AY-11-101-S25-SU-B  
Thurs Apr 3

South Union ES Library  
7:00-9:00 p.m.



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# FINANCE & INVESTMENT

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



## ① GLOBAL GETAWAYS ON A BUDGET 8 WEEKS \$88

Learn how to plan and organize affordable global getaways while enjoying unforgettable experiences. This course covers budgeting, preparation, and tips for creating lifelong memories through travel. **No class Feb. 11.**

Instr: Samantha Thomas

AE-12-741-W25-ML-B	Merrill MS Room 110
Tues Jan 7	6:00-7:00 p.m.
AE-12-741-S25-ML-B	Merrill MS Room 110
Tues Mar 25	6:00-7:00 p.m.

## ① WHEN TWO BECOME ONE; COMBINING HOUSEHOLD FINANCES 1 DAY \$15

Whether you are moving in together or moving towards marriage, how do you transition and combine your separate finances? This class will explore all the different options available as well as the pros and cons of each strategy and how to overcome the challenges of different financial philosophies.

Instr: Ann Merkley

AE-12-061-W25- ML-B	Merrill MS Room 115
Wed Feb 5	6:30-8:00 p.m.
AE-12-061-S25- ML-B	Merrill MS Room 115
Tues May 6	6:30-8:00 p.m.

## ① ESTATE PLANNING 101 1 DAY \$15

Even everyday folks need an estate plan. A well-crafted estate plan saves your family undue grief and cost by ensuring your assets are distributed as you wanted. Whether your assets are worth thousands or hundreds of thousands, it's important to protect everything you worked so hard to earn.

Instr: Ann Merkley

AE-12-241-W25-ML-B	Merrill MS Room 164
Tues Jan 21	6:30-8:00 p.m.
AE-12-241-S25- ML-B	Merrill MS Room 164
Tues Mar 11	6:30-8:00 p.m.

## ① RETIREMENT PLANNING 101 1 DAY \$15

Afraid you can't afford to retire? Will you stay ahead of inflation and not outlive your money? Concerned about the stock market? We will help answer these questions along with discussing social security, how to convert a 401(k) plan to an income stream you won't outlive, and ways to help minimize your taxes in retirement.

Instr: Ann Merkley

AE-12-261-W25- ML-B	Merrill MS Room 164
Thur Jan 30	6:30-8:00 p.m.
AE-12-261-S25- ML-B	Merrill MS Room 164
Thur Apr 3	6:30-8:00 p.m.

## ① SOCIAL SECURITY AND MEDICARE 101 1 DAY \$15

This class is taught by a panel of Social Security and Medicare Specialists. We will discuss the different types of Social Security and how your benefits are calculated along with taxability and how specific life events such as divorce or death may affect your benefits. We will cover when and how you apply for benefits along with comparing all of the different types of plans and how to choose the best fit.

Instr: Ann Merkley

SE-22-561-W25- ML-B	Merrill MS Room 164
Tues Feb 25	6:30-8:00 p.m.
SE-12-561-S25- ML-B	Merrill MS Room 164
Tues Apr 15	6:30-8:00 p.m.

## ① BUYING A HOME 1 DAY \$15

Learn the essential steps to buying a home in this informative class. From understanding the mortgage process to navigating the housing market, you'll gain the knowledge and confidence needed to make informed decisions and successfully purchase your dream home. Perfect for first-time buyers!

Instr: Amy Schafer

AE-12-091-W25-RH-B	Roosevelt HS RM 1870
Tues Feb 4	6:00-8:00 p.m.



**REGISTER ONLINE!**  
Fast and easy—it's the best way to register.

We've upgraded our registration system to better serve you.



# FOOD & NUTRITION

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



## HY-VEE KIDS FIT

4 WKS FREE

Join Hy-Vee Dieticians and learn how to make fun and easy after school snacks! Parents are encouraged to attend class with their child. Join us for this FREE 4-week cooking class series! **For K-5th grade.**

**Instr:** Hy-Vee (Tori Sajovec)  
**YE-13-001-W25-GN-F** Garton Elementary School Cafeteria  
**Tues Jan 14 3:15-4:00 p.m.**

**Instr:** Hy-Vee (Jenn Blaser)  
**YE-13-001-S25-SU-F** South Union Elementary School Cafeteria  
**Thur Mar 27 3:15-4:00 p.m.**

## INTRO TO CAKE DECORATING

I DAY \$55

Master basic piping techniques to create stunning cakes for any occasion. Whether you're looking to save on your next birthday cake or dreaming of starting a bakery, this class covers essential skills. Basic piping tips are included in the cost. Perfect for beginners!

**Instr:** Jennifer Berg  
**AE-13-311-W25-MH-B** Meredith Middle School  
**Wed Feb 26 6:00-8:00 p.m.**

**AE-13-311-S25-MH-B** Meredith Middle School  
**Wed Mar 26 6:00-8:00 p.m.**

## CUPCAKE CREATIONS: FUN WITH FROSTING! I DAY \$44

In this fun, 1.5-hour class for kids ages 5-12, young bakers will learn decorating techniques and experiment with colorful toppings. Each child will take home beautifully decorated cupcakes and plenty of inspiration to continue baking at home! Perfect for fostering creativity and kitchen fun.

**Instr:** Jennifer Berg  
**YE-13-011-W25-MH-B** Meredith Middle School  
**Sat Feb 8 10:00-11:30 a.m.**

**YE-13-011-S25-MH-B** Meredith Middle School  
**Sat Apr 12 10:00-11:30 a.m.**

## BITES & BOARDS: A CHARCUTERIE WORKSHOP FOR BEGINNERS

I DAY \$77

Learn to create stunning charcuterie boards in this 1.5-hour hands-on workshop. Discover tips for selecting and arranging ingredients, and take home a complimentary wooden cutting board. Enjoy delicious bites along the way! Perfect for beginners looking to impress at their next gathering.

**Instr:** Jennifer Berg  
**AY-13-111-W25-MH-B** Meredith Middle School  
**Sat Feb 1 10:00-11:30 a.m.**

**AY-13-111-S25-MH-B** Meredith Middle School  
**Sat Apr 5 10:00-11:30 a.m.**

## CZECH BREAD FOR BEGINNERS

2 WKS \$55

Learn to make your own Czech bread starter while exploring the rich history and traditions of early Czech monasteries. This hands-on class is perfect for beginners who want to experience the art of traditional bread-making.

**Instr:** Samantha Thomas  
**AE-13-651-W25-ML-B** Merrill Middle School Cafeteria  
**Mon Jan 27 6:00-7:30 p.m.**

## FONDANT CAKES

I DAY \$66

Explore new decorating techniques with fondant, perfect for creating designs buttercream can't achieve. Decorate and take home a 6" fondant-covered cake. A supply list will be provided after registration. Prerequisite: Try-It Cupcake or Cake class.

**Instr:** D'anne Dzon  
**AY-13-321-W25-ML-B** Merrill Middle School  
**Thur Feb 20 6:00-8:00 p.m.**

**AY-13-321-S25-ML-B** Merrill Middle School  
**Thur Apr 17 6:00-8:00 p.m.**

## ROYAL ICING FLOWERS

I DAY \$55

Enhance your decorating skills by learning to create four different royal icing flowers. Royal icing dries hard, allowing you to make and store flowers in advance. A supply list will be provided after registration. Prerequisite: Try-It Cupcake or Try-It Cake class.

**Instr:** D'anne Dzon  
**AY-13-001-W25-ML-B** Merrill Middle School  
**Tues Feb 18 6:00-8:00 p.m.**

**AY-13-001-S25-ML-B** Merrill Middle School  
**Tues Apr 15 6:00-8:00 p.m.**

## TIERED CAKES

I DAY \$66

Learn how to construct and decorate a stable, two-tier cake. Uncover the secrets of creating tall cakes that stay standing, and take home your beautifully decorated creation. A supply list will be provided after registration. Prerequisite: Fondant or Try-It Cake class.

**Instr:** D'anne Dzon  
**AY-13-341-W25-ML-B** Merrill Middle School  
**Tues Feb 25 6:00-8:00 p.m.**

**AY-13-341-S25-ML-B** Merrill Middle School  
**Thurs Apr 24 6:00-8:00 p.m.**

## TRY-IT CAKE DECORATING

I DAY \$44

Learn basic cake decorating techniques and take home your own decorated 6" round cake. Perfect for beginners, a supply list will be provided after registration.

**Instr:** D'anne Dzon  
**AY-13-351-W25-ML-B** Merrill Middle School  
**Tues Feb 4 6:00-8:00 p.m.**

**AY-13-351-S25-ML-B** Merrill Middle School  
**Tues Apr 8 6:00-8:00 p.m.**

## TRY-IT CUPCAKE DECORATING

I DAY \$44

Learn basic cupcake decorating techniques and take home six beautifully decorated cupcakes! No prior experience required. A supply list will be provided after registration. Perfect for beginners looking to explore their creativity.

**Instr:** D'anne Dzon  
**AY-13-361-W25-ML-B** Merrill Middle School  
**Wed Jan 29 6:00-8:00 p.m.**

**AY-13-361-S25-ML-B** Merrill Middle School  
**Wed Apr 2 6:00-8:00 p.m.**



## PARENTS

Classes with this symbol are youth-friendly!  
 Check the class description for minimum ages.



# HEALTH & WELLBEING

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](https://COMMED.DMSCHOOLS.ORG)

## SUMMER SOLSTICE: A SECULAR, HOLISTIC AND ROMANTICIZED APPROACH TO LIVING

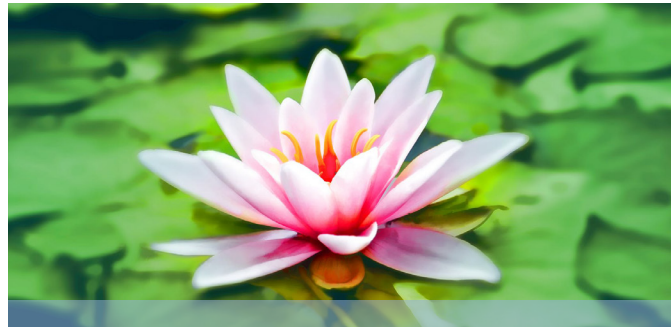
7 WEEKS \$25

Connect with nature's cycles for holistic wellness of mind, body, and spirit. Learn ancient Summer Solstice practices and create your own seasonal traditions. Explore meditation, movement, art, food, and writing, concluding with a potluck celebration. Perfect for those seeking to romanticize their lifestyle with seasonal rituals. **Last class off site for two hours.**

Instr: Amanda Gold

AE-14-501-S25-JF-B  
Mon Mar 5

Merrill Middle School Library  
6:00-7:00 p.m.



Focus on your health and wellbeing by trying something new!

## REIKI LEVEL I: ENERGY HEALING FOR PERSONAL WELLNESS

3 WEEKS \$110

Discover the Japanese energy healing technique of Reiki, promoting relaxation and holistic wellness. This Level I certification course covers Reiki's history, principles, energy centers, hand positions, and includes a Reiki attunement to begin practicing on yourself, others, animals, and plants.

Instr: Amber Diehm Heuer

AE-14-441-W25-WE-B  
Wed Jan 8

Wright Elementary Gym  
6:00-8:30 p.m.

## REIKI LEVEL II: TOOLS, DISTANCE HEALING, ENERGY

3 WEEKS \$110

Advance your Reiki practice by learning three energy symbols, distance healing techniques, and how to use tools like crystals and pendulums. This Level II certification course builds on Level I and includes an attunement to enhance your healing abilities.

Instr: Amber Diehm Heuer

AE-14-452-W25-WE-B  
Wed Feb 5

Wright Elementary Gym  
6:00-8:30 p.m.

# HOME & GARDEN

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](https://COMMED.DMSCHOOLS.ORG)

## BEEKEEPING 101

6 WEEKS \$55

Perfect for beginners or those seeking foundational knowledge. Learn honey bee biology, hive setup, honey production, off-season management, and handling diseases and predators. Includes a free phenology calendar at the final class. **Class on Jan. 20, Feb. 10 will be virtual.**

Instr: Julia McGuire

AE-15-111-W25-ML-B  
Mon Jan 13

Merrill MS Room 110/Virtual  
6:00-8:00 p.m.



Learn how to successfully keep honey bees to increase the yield of your kitchen garden, to have a trusted source for local honey, and to help the environment. Our Beekeeping courses will show you how.



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## OUTDOOR ADVENTURES

# OUTDOOR ADVENTURES

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## ZOO ACADEMY

5 WEEKS FREE

Connect with nature and the zoo through authentic STEM experiences and career explorations. The Zoo is open until 4 p.m. Program participants are allowed and encouraged to explore the zoo after each program. **For students 1st-3rd grade.**

Instr: Blank Park Zoo

YE-19-001-S25-BPZ-F

Blank Park Zoo

Sun

Mar 30

10:15-11:15 a.m.



**PARENTS**  
Classes with this symbol are youth-friendly!  
Check the class description for minimum ages.



### STUDENTS WITH SPECIAL NEEDS:

If you need special physical accommodations, please let us know when registering. Thank you!

# LANGUAGES & CULTURES

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



Learn a language and immerse yourself in a new culture!

## CONVERSATIONAL FRENCH 6 WEEKS \$66

Enhance your spoken French skills in a relaxed, supportive setting. Each session begins with a topic, but students can guide the conversation. Ideal for intermediate and advanced speakers looking to practice and improve fluency. **No class Feb. 11.**

Instr: Emily Fiscus

AE-17-202-W25-CC-B Central Academy RM 1013  
Tues Jan 7 6:30-8:00 p.m.

## ESSENTIAL FRENCH FOR TRAVELERS 6 WEEKS \$66

Learn key French words and phrases for public transit, dining, shopping, and more! Perfect for beginners or those needing a refresher, this course is taught by an experienced instructor who has lived in France and traveled to French-speaking countries. Ideal for enhancing your travel experience. **No class Jan. 16.**

Instr: Emily Fiscus

AE-17-251-W25-CC-B Central Academy RM 1013  
Thurs Jan 9 6:30-8:00 p.m.

## AFRICAN AMERICAN/BLACK HISTORY COURSE: A PERSPECTIVE IN BLACKNESS 6 WEEKS \$11

This course aims to deepen learners' understanding of the historical foundations of African American/Black culture, with a specific focus on how it has influenced social, economic, and political interactions within the broader context of United States history. Participants will embark on a journey of Blackness, exploring crucial ideas, events, social and cultural values, beliefs, and traditions that shape the Black experience. **No class Jan. 20, Feb. 10.**

Instr: Alex Hanna

AY-17-191-W25-CC-B Central Campus  
Mon Jan 6 6:00-7:00 p.m.

## FUN FRENCH FOR KIDS 2 WEEKS \$137.50

Introduce your child to the enchanting world of French in our "Fun French for Kids" course! Through games, songs, and hands-on activities, kids will explore basic vocabulary like colors, animals, and family, making language learning an exciting adventure that fosters a love for French culture and language.

Instr: Belle DuChene

YE-17-201-S25-HV-B Hoover High School  
Sat Apr 12 9:00-11:00 a.m.

## SPANISH FOR ADULTS (BEGINNERS) 8 WEEKS \$65

Start your journey in learning Spanish with this beginner-friendly class. Designed for adults, you'll cover essential vocabulary, phrases, and basic grammar to help you build conversational skills. Perfect for anyone looking to learn Spanish for travel, work, or personal growth! **No class Jan. 20, Feb. 10.**

Instr: Marcia Foster

AE-17-811-W25-ML-B Roosevelt HS RM 1800  
Mon Jan 6 6:30-8:30 p.m.

AE-17-811-S25-ML-B Roosevelt HS RM 1800  
Tues Mar 25 6:30-8:30 p.m.



Take another step on our journey to learn Spanish in our "Spanish for Adults" course.

REGISTER ONLINE!  
Fast and easy—it's the best way to register.

We've upgraded our registration system to better serve you.



# MUSIC & THEATRE ARTS

TO REGISTER VISIT [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



Learn to play a southern old-time fiddle by ear. No experience necessary to take "Fiddle for Beginners."

## CLAWHAMMER BANJO, BEGINNING 5 WEEKS \$66

Enjoy a fun introduction to southern old-time clawhammer banjo, no experience required. Learn to play a tune in the first session and join a fiddle class for a final jam. Ages 12 to adult. Rental instruments available; contact the instructor for details. **No class Jan. 20, Feb. 10, Mar. 31, Apr. 28.**

**Instr: David Losure**

AY-18-551-W25-MN-B	Monro	Monroe Elementary School Library
Mon	Jan 13	6:15-7:45 p.m.
AY-18-551-S25-MN-B	Monroe	Monroe Elementary School Library
Mon	Mar 24	6:15-7:45 p.m.

## FIDDLE, BEGINNING 5 WEEKS \$66

Learn to play southern old-time fiddle by ear, no experience needed! Play a tune in your first session and join a final jam with the banjo class. Rentals available; contact the instructor for details. **No class Jan. 20, Feb. 10, Mar. 31, Apr. 28.**

**Instr: David Losure**

AY-18-301-W25-MN-B	Monroe	Monroe Elementary School Library
Mon	Jan 13	8:00-9:30 p.m.
AY-18-301-S25-MN-B	Monroe	Monroe Elementary School Library
Mon	Mar 24	8:00-9:30 p.m.

## INTRODUCTION TO BODHRAN (IRISH DRUM) 4 WEEKS \$44

Learn the basics of playing the Bodhran, a traditional Irish drum. This course covers essential techniques and rhythm patterns for jigs, reels, and hornpipes, focusing on the Kerry style with a double-ended tipper. Participants must bring their own drum and tipper.

**Instr: Stuart Walker**

AE-18-451-W25-RH-B	Roosevelt	Roosevelt HS Room 1410
Tues	Jan 7	6:30-7:30 p.m.



# SENIOR EDUCATION OPPORTUNITIES

TO REGISTER VISIT [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)

## SOLVING THE MEDICARE PUZZLE 1 DAY \$15

Medicare can be confusing. Learn your rights, options, and entitlements from a licensed health insurance professional, and gain the knowledge to confidently navigate the Medicare system.

**Instr: John Strawn**

SE-22-571-W25- ML-F	Merrill	Merrill MS Room 115
Mon	Feb 17	5:30-7:00 p.m.
SE-22-571-S25- ML-B	Merrill	Merrill MS Room 115
Mon	Apr 14	5:30-7:00 p.m.

## SOCIAL SECURITY AND MEDICARE 101 1 DAY \$15

This class is taught by a panel of Social Security and Medicare Specialists. We will discuss the different types of Social Security and how your benefits are calculated along with taxability and how specific life events such as divorce or death may affect your benefits. We will cover when and how you apply for benefits along with comparing all of the different types of plans and how to choose the best fit.

**Instr: Ann Merkley**

SE-22-561-W25- ML-B	Merrill	Merrill MS Room 164
Tues	Feb 25	6:30-8:00 p.m.
AY-12-561-S25- ML-B	Merrill	Merrill MS Room 164
Tues	Apr 15	6:30-8:00 p.m.

# TEACH FOR US

Do you have an interesting skill, craft or hobby you would like to share with others?

**CALL 242-8530**  
**OR VISIT**  
**[COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)**

Share your expertise and experience—teach!

## STUDENTS WITH SPECIAL NEEDS:

If you need special physical accommodations, please let us know when registering. Thank you!

# SEWING & NEEDLE ARTS

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



Learn the basics of crocheting in our introductory course.

## CROCHET FOR BEGINNERS 6 WEEKS \$38.50

Learn the basics of crochet and start creating handmade gifts for yourself or loved ones. In this class, you'll complete two simple projects to get you started and build your confidence in this fun, creative craft! Perfect for beginners.

**Instr:** Dawn Knutson  
 AY-23-101-W25-HT-B Hiatt MS  
 Wed Jan 8 6:00-7:30 p.m.  
 AY-23-101-S25-HT-B Hiatt MS  
 Wed Mar 26 6:00-7:30 p.m.

## NEEDLE FELTING 101 1 DAY \$44

Discover the basics of needle felting and learn to transform wool into beautiful creations. Perfect for gifts or home display, you'll take home your handmade project by the end of the class. Great for beginners!

**Instr:** Dawn Knutson  
 AY-23-331-W25-HT-B Hiatt MS Room 1420  
 Thurs Feb 6 6:00-7:30 p.m.  
 AY-23-331-S25-HT-B Hiatt MS Room 1420  
 Thurs Apr 10 6:00-7:30 p.m.

## LEARN TO CROCHET 6 WEEKS \$49.50

Learn the basics of crochet and how to read patterns while creating fun, easy projects. Perfect for beginners looking to start a new hobby!

**Instr:** Victoria Carrington  
 AE-23-101-W25-RH-B Roosevelt HS Room 1860  
 Wed Jan 8 5:30-7:00 p.m.  
 AE-23-101-S25-RH-B Roosevelt HS Room 1860  
 Wed Mar 26 5:30-7:00 p.m.



# SPECIAL INTEREST

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)

## PORCH LEANER SIGN 1 DAY \$27.50

Create your own personalized porch leaner sign to display at home. Learn how to paint, stain, and customize your design in this fun, hands-on class. Perfect for adding a personal touch to your outdoor decor!

**Instr:** Lacy Tharp  
 AE-24-101-W25-FD-B Findley Elementary School  
 Tues Jan 14 6:00-9:00 p.m.

## STAINED GLASS SUNCATCHER 4 WKS \$110

Discover the art of stained glass by creating your own unique suncatcher. Learn pattern making, cutting, grinding, foiling, and soldering techniques in this beginner-friendly class. Perfect for adding a colorful, handcrafted touch to your home!

**Instr:** Julie Scherrer  
 AE-24-611-W25-HB-B Hubbell Elementary School  
 Sun Jan 12 1:00-3:00 p.m.  
 AE-24-611-S25-HB-B Hubbell Elementary School  
 Sun Mar 30 1:00-3:00 p.m.

## DISCOVERING ANTIQUE JEWELRY 8 WKS \$88

Explore global gold and silver hallmarks, learn to identify natural gemstones, and discover how to date jewelry pieces from the 1700s to the 1960s. Perfect for antique enthusiasts and collectors. **No class Feb. 11.**

**Instr:** Samantha Thomas  
 AE-24-951-W25-ML-B Merrill Middle School  
 Tues Jan 7 7:15-8:15 p.m.

## VENOMOUS SNAKES OF THE MIDWEST AND THE GLOBAL SNAKEBITE CRISIS 8 WKS \$35

Learn to safely identify venomous snakes of the Midwest and understand the public health challenges of the global antivenom crisis. This course covers snake safety, response to encounters, and the complexities of antivenom production and snakebite management. **No class Jan. 16.**

**Instr:** Samantha Thomas  
 AE-24-111-W25-ML-B Merrill Middle School  
 Thur Jan 9 6:00-7:30 p.m.  
 AE-24-111-S25-ML-B Merrill Middle School  
 Thur Mar 27 6:00-7:30 p.m.

## BASIC SOAP-MAKING 3 WKS \$38.50

Learn the cold process method of soap-making, using vegetable oils, essential oils, and natural colorants. Safety with lye will be emphasized. Create several bars while learning to prepare molds, labels, and calculate ingredient quantities. Perfect for beginners looking to craft homemade soap.

**Instr:** Byron Strom  
 AE-24-081-W25-PHL-B Pleasant Hill Public Library  
 Tues Jan 14 7:00-9:00 p.m.



## PARENTS

Classes with this symbol are youth-friendly!  
 Check the class description for minimum ages.



## STUDENTS WITH SPECIAL NEEDS:

If you need special physical accommodations, please let us know when registering. Thank you!

## SPORTS &amp; GAMES

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](https://www.commed.dmschools.org)

### PICKLEBALL - YOUTH (4TH-8TH GRADE)

6 WEEKS \$22

Join the fastest-growing sport in America! This 6-week session is designed for 4th-8th graders to learn the basics of Pickleball, including rules, strategy, and gameplay. A fun and fast-paced way to get active and enjoy the sport!

Instr: Brad Kalina

YE-25-761-S25-BRD-B  
Thurs Mar 17Birdland Park Courts  
4:30-5:30 p.m.

### YOUTH INDOOR SOCCER CLINIC 1ST-3RD GRADES

1 DAY \$10

Develop soccer skills in a fun, supportive environment! This indoor soccer clinic offers age-appropriate training for 1st-3rd graders, focusing on ball handling, teamwork, and gameplay. Perfect for young athletes looking to improve their skills and enjoy the sport.

Instr: Des Moines Soccer Club

YE-25-701-W25A-HD-B  
Sat Jan 11Harding MS Gym  
9:00-9:45 a.m.YE-25-701-W25A-BR-B  
Sat Jan 25Brody MS Gym  
9:00-9:45 a.m.YE-25-701-W25A-HY-B  
Sat Feb 8Hoyt MS Gym  
9:00-9:45 a.m.YE-25-701-W25A-MH-B  
Sat Feb 22Meredith MS Gym  
9:00-9:45 a.m.

### YOUTH INDOOR SOCCER CLINIC 4TH-6TH GRADES

1 DAY \$10

Develop soccer skills in a fun, supportive environment! This indoor soccer clinic offers age-appropriate training for 4th-6th graders, focusing on ball handling, teamwork, and gameplay. Perfect for young athletes looking to improve their skills and enjoy the sport.

Instr: Des Moines Soccer Club

YE-25-701-W25B-HD-B  
Sat Jan 11Harding MS Gym  
9:45-10:30 a.m.YE-25-701-W25B-BR-B  
Sat Jan 25Brody MS Gym  
9:45-10:30 a.m.YE-25-701-W25B-HY-B  
Sat Feb 8Hoyt MS Gym  
9:45-10:30 a.m.YE-25-701-W25B-MH-B  
Sat Feb 22Meredith MS Gym  
9:45-10:30 a.m.

### ADULT OPEN GYM BASKETBALL 30+ AGE OR OLDER

8 WEEKS \$40

Stay active and enjoy friendly competition with Adult Open Gym Basketball. Designed for those 30 years and older, this session offers recreational basketball, fostering fitness, teamwork, and fun in a relaxed, welcoming environment.

Instr: Event Manager

AE-25-691-W25-HV-B  
Sun Jan 12Central Campus Gym  
6:00-8:00 p.m.AE-25-691-S25-HV-B  
Sun Mar 30Central Campus Gym  
6:00-8:00 p.m.

### INTRODUCTION TO PICKLEBALL CLINIC (YOUTH 10YRS-17YRS)

1 DAY \$16.50

Get started with the fastest-growing sport in America! This beginner-friendly Pickleball course introduces adults to the rules, strategy, and basic gameplay. Learn in a supportive, fun environment while improving your fitness and enjoying social play.

YE-25-211-W25-DK-B  
Sat Feb 8Dinks @ Merle Hay Mall  
1:00-3:00 p.m.

### INTRODUCTION TO PICKLEBALL CLINIC (ADULTS 55+)

1 DAY \$16.50

Enjoy friendly, recreational Pickleball in a welcoming environment designed for adults 55+. Whether you're new to the game or a seasoned player, this open gym offers a fun way to stay active, socialize, and improve your skills.

YE-25-211-S25-DK-B  
Sat Apr 12Dinks @ Merle Hay Mall  
1:00-3:00 p.m.

### INTRODUCTION TO PICKLEBALL CLINIC (ADULTS 18+)

1 DAY \$16.50

Get started with the fastest-growing sport in America! This beginner-friendly Pickleball course introduces adults to the rules, strategy, and basic gameplay. Learn in a supportive, fun environment while improving your fitness and enjoying social play.

AE-25-211-W25-DK-B  
Sat Feb 15Dinks @ Merle Hay Mall  
1:00-3:00 p.m.AE-25-211-S25-DK-B  
Sat Apr 5Dinks @ Merle Hay Mall  
1:00-3:00 p.m.

### FUTSAL TOURNAMENT (ADULTS 18+)

1 DAY \$175

For Adults (18+). Get ready for fast-paced, skillful soccer in our Adult Futsal Tournament! This 5v5 futsal competition is a great opportunity to gather your friends and challenge other teams for the title of champions. Prizes include a trophy for the winning team and medals for both champions and runners-up. Sign up now! Only 8 teams can register!

Instr: Community Education Department

AE-25-751-S25-HV-B  
Sat May 3Hoover High School Futsal Court  
8:30 a.m.-7:00 p.m.

### BOWLING CLINIC (YOUTH 4TH-8TH GRADE)

1 DAY \$20

Join Coach Mike Ericson at Gameday Lanes for a fun and skill-building Bowling Clinic! Designed for 4th-8th graders, this clinic teaches bowling basics, including stance, aim, and technique, while building confidence on the lanes. Perfect for beginners and young bowlers looking to improve, this clinic promises strikes, spares, and fun!

Instr: Mike Ericson

YE-25-711-W25-GDL-B  
Sat Jan 18Gameday Lanes  
9:00-10:00 a.m.YE-25-711-W25-GDL-B  
Sat Feb 15Gameday Lanes  
9:00-10:00 a.m.YE-25-711-S25-GDL-B  
Sat Apr 19Gameday Lanes  
9:00-10:00 a.m.YE-25-711-S25-GDL-B  
Sat May 3Gameday Lanes  
9:00-10:00 a.m.

### INTRODUCTION TO UMPIRING: BASEBALL / SOFTBALL

2 WEEKS \$22

Gain the skills to officiate baseball and softball games effectively. This course covers rule knowledge, positioning, and techniques for accurate and confident decision-making on the field. Perfect for aspiring umpires seeking to officiate at the recreational or youth sports level.

Instr: John Parsons

AY-25-331-W25-HV-B  
Wed Mar 26Hoover High School  
6:30-8:30 p.m.

### INTRODUCTION TO OFFICIATING: FOOTBALL

2 WEEKS \$22

Learn the fundamentals of football officiating, including key rules, positioning, and signals. This course equips you with the skills needed to manage the game, make fair calls, and ensure safety. Ideal for beginners looking to start officiating at entry-level games.

Instr: John Parsons

YE-25-211-S25-DK-B  
Wed Apr 23Hoover High School  
6:30-8:30 p.m.

**INTRODUCTION TO SPORTS OFFICIATING**  
2 WEEKS \$22

Explore the basics of officiating multiple sports in this introductory course. Topics include rules, field positioning, and essential skills for various games. Graduates are prepared for entry-level officiating opportunities, gaining foundational knowledge across sports like football, basketball, and baseball/softball.

Instr: John Parsons  
AY-25-351-W25-HV-B Hoover High School  
Wed Feb 5 6:30-8:30 p.m.

**HS GIRLS FLAG FOOTBALL LEAGUE** \$25

Join us for an exciting season of High School Girls Flag Football! Participants will learn the fundamentals of flag football, including skills, strategies, and game rules and test their skills in competitive games. Perfect for beginners and experienced players alike—get ready to learn, compete, and have fun! **Games on April 6, 13, 27, May 4, 18.**

YE-25-100-S25-ES-B Mediacom Stadium  
Sun Mar 23 1:00-5:00 p.m.

**SKATELAND (LEARN TO SKATE CLASSES)**  
6 WEEKS \$82.50

Learn the basics of roller skating (Stop, stride, getting up and bending down) Skate rental included if needed. Fee includes admission for open skate session (\$14 value x 6), feel free to stay longer after your class to practice your skills. 2 make up practices allowed if needed.

Instr: Romina Muse

YE-25-321-W25A-SKL-B	Skateland
Sat Jan 4	11:45 a.m.-12:45 p.m.
YE-25-321-W25B-SKL-B	Skateland
Sat Feb 1	11:45 a.m.-12:45 p.m.
YE-25-321-S25A-SKL-B	Skateland
Sat Mar 1	11:45 a.m.-12:45 p.m.
YE-25-321-S25B-SKL-B	Skateland
Sat Apr 5	11:45 a.m.-12:45 p.m.
YE-25-321-S25C-SKL-B	Skateland
Sat May 3	11:45 a.m.-12:45 p.m.

**TEACH FOR US**

Do you have an interesting skill, craft or hobby you would like to share with others?

**CALL 242-8530 OR VISIT [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)**

**Share your expertise and experience—teach!**

**CONNECT WITH US**  
**@DMPSCOMMUNITYED**

**HELLO MY NAME IS**  
CITY OF **DES MOINES** PARKS AND RECREATION

...and we have a lot to offer Des Moines Public Schools students!

Explore upcoming programs and ways to get involved in the fun below and at [DMPARKS.ORG](http://DMPARKS.ORG).

**Spring Sports Registration**  
Youth Soccer & Youth Volleyball  
January 1 - May 1

**Swim Lessons**  
April 1:  
Registration Open  
June 9:  
Session 1 Begins

**DES MOINES YOUTH SPORTS LEAGUES**

**Scholarships - YRSP**

In partnership with DMPS, Des Moines Parks and Recreation offers scholarships for \$5 swim lessons and youth sports!

**[DSM.city/scholarships](http://DSM.city/scholarships)**

**SCAN TO SIGN UP**

[DMPARKS.ORG](http://DMPARKS.ORG)



## STEM

TO REGISTER VISIT [COMMED.DMSCHOOLS.ORG](https://commed.dmschools.org)

### TIGERLILY STEM - WINTER WONDERLAND

2 DAYS \$90

Bundle up for Winter STEM Wonderland, where chilly fun meets exciting science! Kids will explore the science of snow and ice, engineer winter-themed projects, experiment with frosty reactions, and explore how plants and animals adapt to survive in cold climates. **For 1st-5th students.**

Instr: TigerLily STEM  
YE-21-021-W25A-DT-B  
M/T Jan 16  
Downtown School  
9:00 a.m.-12:00 p.m.

### TIGERLILY STEM - ENGINEERING CHALLENGE

DAYS 2 DAYS \$90

Step into the world of innovation with our Engineering Explorers class! Kids will tackle exciting design challenges that encourage creativity and critical thinking. From building bridges to creating roller coasters, students will work in teams to brainstorm, prototype, and test their designs using everyday materials. Each session focuses on engineering principles like structure, force, and motion, all while fostering collaboration and problem-solving skills. **For 1st-5th students.**

Instr: TigerLily STEM  
YE-21-021-W25B-DT-B  
M/T Feb 10  
Downtown School  
9:00 a.m.-12:00 p.m.

### TIGERLILY STEM - KITCHEN SCIENCE

2 DAYS \$100

Get ready to mix, measure, and marvel in our Kitchen Chemists class! In this fun and interactive course, kids will explore the science behind everyday cooking. From fizzy drinks to homemade ice cream, students will discover the magic of science in the kitchen while developing their culinary skills. **For 1st-5th students.**

Instr: TigerLily STEM  
YE-21-021-W25C-DT-B  
Th/F Mar 13  
Downtown School  
9:00 a.m.-12:00 p.m.

### TIGERLILY STEM - EARTH SCIENCE

5 DAYS \$170

This intro to Geology includes hands-on activities that begin to introduce Earth's processes. Students will crack open geodes to reveal sparkling crystals, create exploding volcanoes for a thrilling eruption, build their own mini watersheds, and more! **For 1st-5th students.**

Instr: TigerLily STEM  
YE-21-021-S25C-DT-B  
M-F Mar 17  
Downtown School  
9:00 a.m.-12:00 p.m.



### TIGERLILY STEM - FLIGHT SCHOOL

5 DAYS \$170

Soar into adventure with Flight School! If it flies—rockets, kites, planes, or even birds—we'll explore it all in this exciting, hands-on program. Dive into the world of flight through engaging games, creative crafts, thrilling experiments, and challenging engineering design projects. Students will discover the wonders of physics, engineering, technology, and biology in a fun and interactive environment! **For 1st-5th students.**

Instr: TigerLily STEM  
YE-21-021-S25D-DT-B  
M-F Mar 17  
Downtown School  
1:00-4:00 p.m.

### TIGERLILY STEM - VOLCANO SCIENCE

1 DAY \$50

In this hands-on STEM class, kids will learn about the science behind volcanic eruptions through exciting experiments and creative projects. From building their own volcano models to conducting safe and colorful eruptions, young explorers will uncover the mysteries of geology, chemistry, and earth science. **For 1st-5th students.**

Instr: TigerLily STEM  
YE-21-021-S25E-DT-B  
Mon Mar 31  
Downtown School  
9:00 a.m.-12:00 p.m.

### TIGERLILY STEM - TINY TERRARIUMS

1 DAY \$55

Dive into the enchanting world of terrariums in this interactive STEM class! Kids will discover the fascinating balance of ecosystems as they design and build their own miniature gardens. Through hands-on activities, they'll learn about plant biology, the water cycle, and sustainability while creating a vibrant indoor habitat. **For 1st-5th students.**

Instr: TigerLily STEM  
YE-21-021-S25F-DT-B  
Mon Apr 28  
Downtown School  
9:00 a.m.-12:00 p.m.

### YOUNG EMERGING SCIENTIST WORKSHOP

4-6 WEEKS

Jewels Academy is excited to host the Young Emerging Scientist Program, a dynamic STEM experience designed for young learners eager to explore and innovate. This program offers hands-on opportunities to delve into fields such as artificial intelligence, environmental science, mechanical engineering, and more. Join us to ignite curiosity, build skills, and inspire the next generation of STEM leaders! **No class March 31.**

Instr: Instructor Jewels Academy  
YE-21-021-W25-ML-F  
Thurs Jan 30-Mar 6  
Merrill Middle School Cafeteria  
4:00-5:00 p.m.

Instr: Instructor Jewels Academy  
YE-21-021-S25-MH-F  
Mon Mar 24-Apr 21  
Merrill Middle School Cafeteria  
4:00-5:00 p.m.

## REMINDERS



No smoking on school grounds



Please turn off your cell phone during class

VISIT OUR REGISTRATION PLATFORM ON **REVTRAK**



**PARENTS**  
Classes with this symbol are youth-friendly!  
Check the class description for minimum ages.



# SWIMMING

TO REGISTER Visit [COMMED.DMSCHOOLS.ORG](http://COMMED.DMSCHOOLS.ORG)



Give your child a lifelong love for the water—enroll them in a Swimming course.

**👶 INFANT SWIM (6 MONTHS-4 YEARS OLD)**  
**2 WEEKS \$22**

In this family-oriented class, parents and children ages 6 months to 4 years learn water orientation together in a warm, welcoming pool. Each child advances at their own pace, with the instructor offering personalized guidance. Swim diapers are required for children not potty-trained. A parent must accompany each child.

**Instr: Thad Gunther**  
**YE-27-511-W25-HV-B** Hoover High School Pool  
**Sat Jan 4, Jan 18** 12:00-12:45 p.m.

**YE-27-511-S25-HV-B** Hoover High School Pool  
**Sat Apr 12, Apr 19** 12:00-12:45 p.m.

**👶 OPEN WATER SCUBA DIVING** 4 WEEKS \$633

Dive into the world of underwater exploration with this Open Water Scuba Diving course. Learn essential scuba skills, safety protocols, and experience the thrill of open water diving. Perfect for beginners looking to explore marine life and earn a scuba certification.

**Instr: Steve Kitchen**  
**AY-27-621-S25-NR-B** North High School Pool  
**Wed Mar 26** 7:00 p.m.-10:00 p.m.

**STUDENTS WITH SPECIAL NEEDS:**

If you need special physical accommodations, please let us know when registering. Thank you!

# GREAT FUN WITH METRO KIDS



For more information, call 242-7951 or 242-7605.



DES MOINES PUBLIC SCHOOLS

**COME JOIN THE FUN!**

Join us! We will focus on enrichment activities through Health and Fitness, Arts and STEM, Academics, Swimming, Field Trips, Friendship and Learning. Your children will be in a safe, nurturing, and fun environment right at their neighborhood school. Metro Kids program is for students that have completed Kindergarten – 5th grade. Afternoon Snacks Provided.

**Registration Fee: \$40 registration fees are collected twice, once for school year Metro and once for Summer Metro.**

**WEEKLY PROGRAM OPTIONS**

- AM Care (Cowles only) (begins at 6:30 a.m.): \$70 per week
- PM Care (ends at 5:30 p.m.): \$85 per week
- AM & PM Care: \$95 per week (Cowles only)
- Custom Care (PM only, flexible scheduling): \$24 per day
- Full-Day Regional Care  
*Available at Selected Sites When School is Closed*  
*Cost: \$40 per day per child*

The Metro Kids Care Program is self-supporting. Child care fees may change based on enrollment and other factors.

**CURRENT METRO KIDS OPENINGS**

<b>Brubaker</b> 2900 East 42nd Street	<b>McKinley</b> 1610 SE 6th Street
<b>Capitol View</b> 320 East 16th Street	<b>Park Avenue</b> 3141 SW 9th Street
<b>Catell</b> 3101 East 12th Street	<b>River Woods</b> 2929 SE 22nd Street
<b>Cowles</b> 6401 College Avenue	<b>Samuelson</b> 3929 Bel Aire Road
<b>Howe</b> 2900 Indianola Avenue	<b>South Union</b> 4201 South Union Street
<b>Jackson</b> 3825 Indianola Avenue	<b>Stowe</b> 1411 East 33rd Street
<b>Lovejoy</b> 801 E. Kenyon Avenue	<b>Windsor</b> 5912 University Avenue

# ONLINE COURSES

Prepare for the Future with DMPS  
Community Ed Online Courses –  
From First Steps to Expert, We've  
Got Your Next Move!

## BUSINESS

Build skills in finance, bookkeeping, QuickBooks, and entrepreneurship essentials.  
Certificates in Bookkeeping, Accounting & Finance, Entrepreneurship

## BUSINESS COMMUNICATION

Improve writing, customer service, and workplace communication skills.  
Certificates in Business Writing, Customer Service, Workplace Communication

## MANAGEMENT

Gain expertise in project management, remote work, and Six Sigma.  
Certificates in Nonprofit Administration, Project Management, Remote Work Manager, Management, Six Sigma, Supervisory

## DATA SCIENCE

Master data analysis, Excel, Power BI, and SQL skills.  
Certificates in Data Analysis, Excel, SQL

## LEADERSHIP

Develop leadership, strategic planning, and career advancement abilities.  
Certificates in Leadership Development, Strategic Planning

## PERSONAL DEVELOPMENT

Grow in language, cultural awareness, and creative expression.

## SOCIAL MEDIA FOR BUSINESS

Leverage social media to strengthen your business's online presence.  
Certificate in Social Media for Business

## NEW MEDIA MARKETING

Enhance skills in digital, video, and social media marketing.  
Certificates in Marketing, Digital Marketing, Video Marketing

## TECHNOLOGY SKILLS

Advance in AI, web design, coding, and cybersecurity.  
Certificates in AI, Computer Skills, Web Design, Coding, Cybersecurity, Graphic Design Software Essentials, WordPress

## VIDEO GAME DESIGN

Develop skills in video game design to pursue a career in this fast paced industry.  
Certificate in Basic Game Design

## TRAINING & EDUCATION

Excel in virtual teaching, course design, and facilitation.  
Certificate in Online Teaching

**ENROLL NOW!**

[comm ed.dmschools.org](https://comm ed.dmschools.org)



# REGISTRATION INFORMATION

REGISTRATION BEGINS MONDAY, NOVEMBER 18!

## WELCOME TO DMPS COMMUNITY EDUCATION!

Our wide range of classes is designed to inspire, educate, and enrich our community. Whether you're interested in learning a new skill, advancing your career, or enjoying a new hobby, we have something for everyone—children, adults, and families alike.

## HOW TO REGISTER

Registering for classes is simple and done through our Online Registration Site. Follow these steps:

1. Visit our registration platform on RevTrak.  
<https://dmps.revtrak.net/Community-Ed-Classes/>
2. Browse the course catalog and choose a class that interests you.
3. Complete the registration and payment process online.

## IMPORTANT REGISTRATION DATES

- Registration Opens: Monday, November 18, 2025
- Sign Up Early! Courses can fill up quickly.
- Registration Closes: 7 days before the start date of each course

## REGISTER EARLY

To avoid disappointment, register as soon as possible. Early registration helps prevent the cancellation of classes due to low enrollment and ensures that last-minute registrations do not miss out on fully booked sessions. Additionally, early registrations help us contact you should there be any updates or changes before your class begins.

Certain classes or programs may have specific registration requirements or limited spots. Please read the details for each class carefully to understand the instructions and register accordingly.

## PRE-REGISTRATION

Pre-registration is required for all classes. While walk-in registrations might be allowed for some sessions, classes can fill quickly or be canceled due to insufficient enrollment. We recommend calling ahead to check class availability. Payment is required at the time of registration; this ensures your spot and respects those who have already secured their place.

## CHANGES/CANCELLATIONS

You will be contacted if any class changes occur or if a class is canceled. Please provide both your daytime and evening phone numbers to facilitate communication. Efforts will be made to notify participants of any class cancellations before the first meeting.

## WEATHER CANCELLATIONS

Evening classes will automatically be canceled on days when Des Moines Public Schools are closed for weather, holidays, or during breaks. If weather-related cancellations occur, the decision will typically be made by 5:00 p.m. on the day of the event. Efforts will be made to make up classes canceled due to the weather.

## REFUNDS

Instructors are contracted based on class enrollments; thus, participant cancellations can only be refunded (minus the \$10 processing fee) if requested within seven days of the class start date. Refunds will not be processed after this period and amounts of \$10 or lower are non-refundable.

For one-night classes, refund requests must be made at least 48 hours before the start time. Refunds will not be issued after the class has taken place.

**VISIT OUR REGISTRATION  
PLATFORM ON REVTRAK**



**ENROLL NOW!**

[dmps.revtrak.net/Community-Ed-Classes](https://dmps.revtrak.net/Community-Ed-Classes)

