

Polson School District will be holding their winter adult education classes beginning the first week of February and will end the last week of March (8 weeks). If you're interested in attending a class, please register at <https://www.polson.k12.mt.us/community/adult-education> to reserve your spot. Only email the instructor if you have a specific question about their class. *The participant fee is a one-time payment for the entire session and is due at the first class.* If you have additional questions, please contact Deanna McElwee at dmcelwee@polson.k12.mt.us.

Adult Basketball open gym/scrimmage

Instructor: Camas McClure camasmcclure@polson.k12.mt.us

When: Wednesday evenings 8:00-9:30 PM

Location: PMS gym

Fee: \$10

Limit: 30 participants

Would you like to meet some new people while playing basketball? Men and women invited!

Circuit Training

Instructor: Deanna McElwee dmcelwee@polson.k12.mt.us, NASM certified personal trainer

When: Monday and Thursday mornings 5:40-6:30 AM

Location: PHS gym/weight room

Fee: \$10

Limit: 20 participants

A co-ed, 50-minute, group fitness workout for men and women. Includes HIIT, weights, TRX straps, bands, balance, and bodyweight exercises to achieve a total body workout. Intermediate fitness levels are encouraged to attend.

Open Sew

Instructor: Stephanie Anderson sanderson@polson.k12.mt.us

When: Thursdays 5:00-8:00 PM

Location: PHS room 211

Fee: \$15

Limit: 16 participants

Come sew with us! Bring your project or come for ideas and use the class machines. All levels are welcome, but the instruction is not comprehensive for beginners. If you are stuck or want to try a new pattern, we will support each other in learning and growing on our sewing journeys. I will have a serger available too.

Line Dancing

Instructor: Hazle Heth bazle@live.com

When: Wednesdays 6:00- 7:00 PM

Location: PHS cafeteria

Fee: \$20 for 8 weeks

Line dancing is a four count dance, not only to country music, but all different music. We are here to have fun and get some exercise too. I've been instructing since 2008.

Introduction to Backpacking

Instructor: Leslie Dalbey ldalbey@polson.k12.mt.us

When: Wednesdays 6:00-7:00 PM

Location: Polson Middle School Library (enter through the back parking lot)

Fee: \$10 plus materials for a backpacking meal taste test (stove, fuel, and cookware will be provided)

Learn about the fundamentals of backpacking in this eight-session course. The following topics will be addressed: Leave No Trace, the 10 Essentials, gear selection, basic navigation skills, wilderness safety, meal planning, backpacking techniques, and trip planning and preparation.

Yoga Flow

Instructor: Julie Snyder juliesnyder18@gmail.com, Registered Yoga Instructor

When: Monday evenings 6:00-7:00 PM

Location: PHS cafeteria

Fee: \$20

Limit: 20 participants

In this yoga class, we will tend to all areas of the body through mindful stretching and strengthening movements. Each class will be a little different with breathwork and yoga flows. All abilities are welcome and there will be modifications for beginner and intermediate yogis. Please bring a yoga mat and any props you may like. There are some available upon request!

Beginning Photography

Instructor: Roxanne Hovenkotter rhovenkotter@polson.k12.mt.us

When: Tuesdays 6:30-8:30 PM

Location: Linderman Elementary library

Fee: \$10

Limit: 10 participants

In this class you will learn the basics of beginning photography, what materials you need, how to use your digital or mirrorless camera, what makes a good composition, editing and other factors of photography. We will also spend a lesson on using our cameras as a great way to capture important moments. Please bring to class all your camera equipment that you own.

Crochet Class

Instructor: Bonnie Petersen bpetersen@polson.k12.mt.us

When: Tuesdays and Thursdays 5:00-6:30 PM

Location: Cherry Valley library

Fee: \$20

Limit: 15 participants

Crochet for beginners and those who need/ or want a little more support as they are learning. You will learn how to cast on, basic stitches and how to read a pattern. The class will supply one crochet hook and enough yarn to complete a washcloth. If you have a pattern you want to learn or need help with, I can do that too.

Knitting

Instructor: Christine Ayers cayers@polson.k12.mt.us

When: Tuesdays and Thursdays from 4:30-6:00 PM

*Times can be flexible, come the first night and we can discuss what times work for everyone!

Location: Linderman Elementary room 140

Fee: \$10, includes a set of knitting needles and a skein of yarn!

Limit: 12 participants

We will learn the basics of knitting:

- Knitting history/ knitting tools
- How to cast on a project
- The basic knit and purl stitch
- How to read patterns
- How to increase & decrease stitches
- How to finish a project

Book Study - The Anxious Generation

Instructor: Stacey Ellis sellis@polson.k12.mt.us

When: Mondays 5:30-6:30 PM

Location: PHS Library

Fee: \$20.00

Limit: 15

The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness is a 2024 book by Jonathan Haidt which argues that the spread of smartphones, social media and the loss of unstructured play have led to a rewiring of childhood and a rise in mental illness. In this book study, participants will engage in thoughtful conversations, analyze themes and ideas, and share insights, reflections, and questions. The book will be provided for you to keep.

Weight Training for People That Don't Normally Lift Weights

Instructor: Lindsay Campbell missionvalleypt@gmail.com

When: Wednesdays 5:45-7:15 PM

Location: PHS Weight Room

Fee: \$10

Limit: 15 participants

You will be learning the basic lifts, designing your own programs to reach your personal goals, and including flexibility training and joint mobility into your routine.