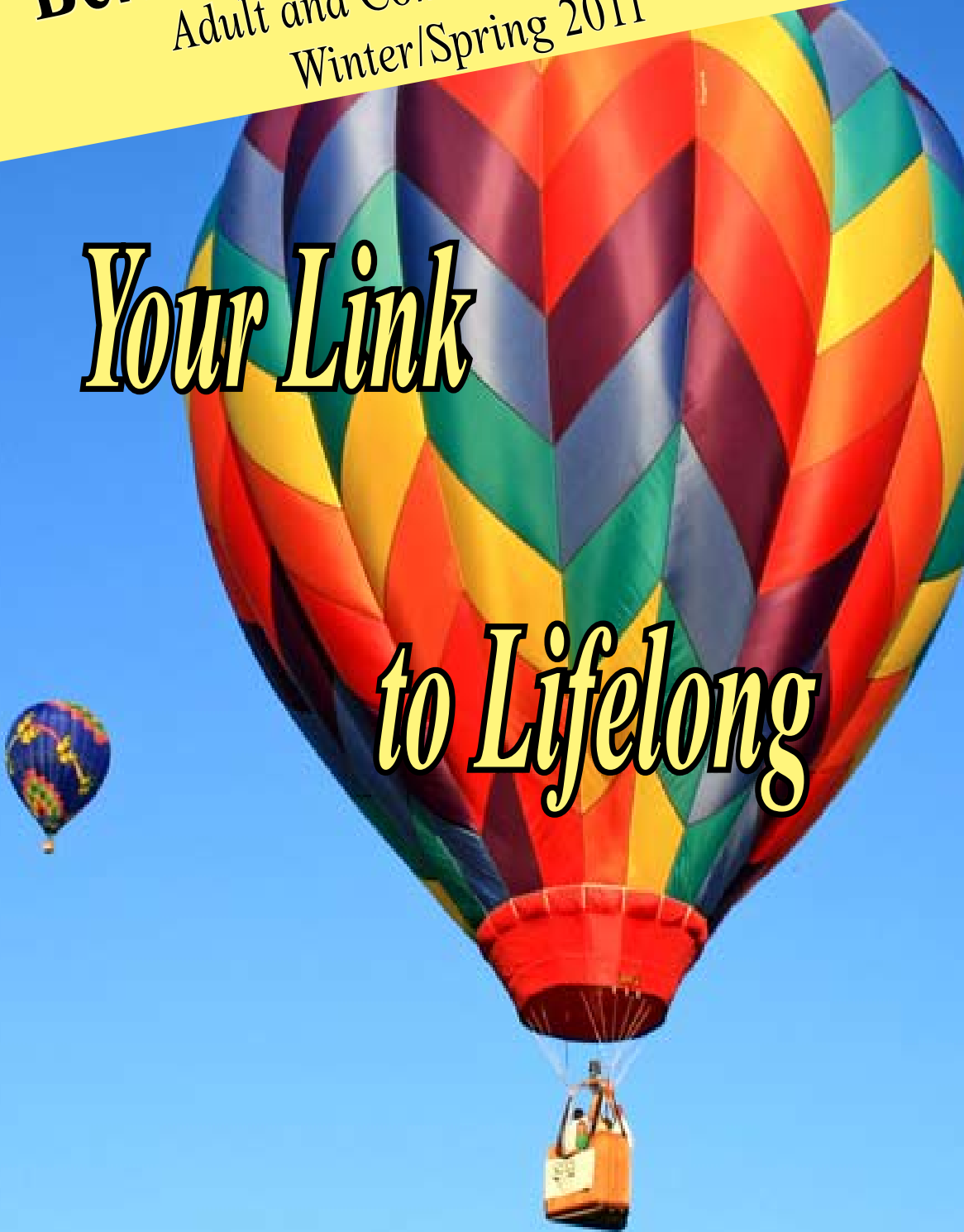


**Bendle/Carman-Ainsworth**  
Adult and Community Education  
Winter/Spring 2011

***Your Link***

***to Lifelong***

***Learning and Fun!***



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**School Closings:** If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) will be canceled also.

**Spring Break:**  
**April 4-8**

BCA reserves the right to photograph classes and program participants for promotional purposes.

### **Notices of Non-Discrimination**

The Bendle Board of Education shall not discriminate in its policies and practices with respect to compensation, terms or conditions of employment because of such individual's race, color, religion, sex, national origin, height, weight, marital status, political belief, disability or handicap which does not impair an individual's ability to perform adequately in that individual's position or activity. Inquiries regarding this policy or Section 504 should be directed to: John Angle, Superintendent, Bendle Public Schools, 3420 Columbine, Burton, MI, 48529, 810-591-2501.

The Carman-Ainsworth Community Schools does not discriminate on the basis of race, color, national origin, gender, age, disability, height, weight, religion or marital status in any of its programs, activities or employment. Inquiries regarding this policy should be directed to: Carman-Ainsworth Community Schools, Office of Human Resources, G-3475 West Court Street, Flint, Michigan, 48532, Phone (810) 591-8241. Inquiries regarding Section 504 policy should be directed to: Director of Student Support Services, 1300 North Linden Road, Flint, Michigan, 48532, Phone (810) 591-6251.

#### Bendle Board of Education

- Loretta Bendall, President
- Maureen Holmes, Vice President
- Dave Wallace, Secretary
- Janis Bugbee, Treasurer
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# Adult Special Interest

## Guitar

This course is aimed at the beginner and will concentrate on guitar tuning and the development of your ear to the tuned guitar. Featured will be 7 basic guitar chords, playing with your right hand, guitar fretboard, understanding notes and note relationship to individual strings. Bring your own guitar to class.

**Cost:** \$25 (gold card accepted)

**Location:** CAMS

Feb. 3-Mar. 10 TH 6:30-7:30 PM

Mar. 24-May 5 TH 6:30-7:30 PM

(No Class Apr. 7)

Do you have a special talent and would like to share it with others? We're always looking for new class ideas. Please call 810-591-4160

## Ukulele Lessons

Ukulele is more popular than ever! Have fun learning music or expanding your musical horizons with this fun, easy instrument. You will play songs, strum chords, and make plenty of smiles right from our very first lesson. No musical experience necessary. If you do not have a ukulele, one can be purchased from the instructor during the first class meeting for around \$30. A few ukuleles will be available for use free of charge during each session-must specify when registering. Lesson book available for \$15.

**Cost:** \$39

**Location:** CAHS

Jan. 24-Mar. 7 M 7:00-8:00 PM

(No Class Feb. 21)

Mar. 16-Apr. 27 W 7:00-8:00 PM

(No Class Apr. 6)

Register online at:  
<http://active13.active.com/bendleainsworth>

## Round Table

### Question and Answer Forum

Do you have questions and not sure where to get the answers? Join an informal group and ask your questions about the topic as it relates to you. Certified financial consultants can help you with what you want to know in these uncertain economic times. Choose from the 2 following forums:

*Refreshments will be served!  
Sign up early as space fills fast.*

## Tax Workshop

Some topics to choose your questions from or just come and listen:

- Review of recent tax law changes.
- Looking at new ideas for 2011.
- Financial implications and tax issues to consider.
- Impact investing has on your taxes.
- Staying on track with your financial goals.

**Cost:** \$5/person

**Location:** CAHS

Feb. 7 M 6:30-8:00 PM

## General Financial Planning 101

Some topics to choose your questions from or just come and listen:

- Setting financial goals
- Making financial decisions
- Cash flow-budgeting
- Debt management
- Adequate protection
- Mortgage strategies
- Importance of saving
- Understanding income taxes
- College planning
- Proper investing
- Basics of estate planning

**Cost:** \$5/person

**Location:** CAHS

Feb. 28 M 6:30-8:00 PM

**NEW!**

Register online and receive a 5% discount toward your total registration fee. Check us out at:

<http://active13.active.com/bendleainsworth>



# Adult Special Interest

## ***Glass Blown Ornaments***

Learn how to blow your glass ornaments. Each student will complete 6 ornaments.

**Cost:** \$20 + material fee of \$30

**Location:** Stallings Stained Glass

Feb. 12	S	10:30 AM-1:00 PM
Mar. 19	S	10:30 AM-1:00 PM

## ***Wire Wrap Bead Bracelet***

Learn the basics of wire wrapping. Each student will wire wrap glass beads to make a bracelet that they can wear home.

**Cost:** \$10 + material fee of \$15-\$30

**Location:** Stallings Stained Glass

Feb. 5	S	1:30-4:00 PM
Mar. 5	S	1:30-4:00 PM

## ***Stained Glass Stepping Stones***

Learn the basics of making a stepping stone. Each student will cut, fit, and pour a stepping stone in this class.

**Cost:** \$15.00 + material fee of \$30-\$50

**Location:** Stallings Stained Glass

Feb. 10, 17, 24	TH	11:00 AM-1:00 PM
Mar. 17, 24, 31	TH	11:00 AM-1:00 PM
Apr. 14, 21, 28	TH	11:00 AM-1:00 PM

**NEW!**

Register online and receive a 5% discount toward your total registration fee.  
Check us out at:

<http://active13.active.com/bendleainsworth>

Register online at:  
<http://active13.active.com/bendleainsworth>

## ***Stained Glass Mosaics***

Learn the basics of mosaics from design to grouting. Each student will have a choice of making a bird-house, gazing ball, table top bird bath, or mirror.

**Cost:** \$15 + material fee of \$20-\$45

**Location:** Stallings Stained Glass

Feb. 5, 12, 19	S	11:00 AM-1:00 PM
Mar. 17, 24, 31	TH	2:00-4:00 PM
Apr. 2, 9, 16	S	11:00 AM-1:00 PM
Apr. 14, 21, 28	TH	2:00-4:00 PM

## ***Stained Glass Basics***

Learn all the basics of cutting, grinding, foiling and soldering. You will make a 9 piece Victorian sun catcher and possibly a stained glass panel lamp, box, etc. Beginners and advanced students welcomed.

**Cost:** \$20 + material fee of \$50-\$75

**Location:** Stallings Stained Glass

Feb. 7-28	M	6:00-8:00 PM
Mar. 7-28	M	11:00 AM-1:00 PM
Apr. 4-26	M	6:00-8:00 PM

## ***Stained Glass Basics***

### ***One Day Workshop***

Mar. 26	S	10:30 AM-4:00 PM
Apr. 23	S	10:30 AM-4:00 PM

## ***Lampwork Torch Beads***

Learn to make glass beads using a torch and glass rods. You will make several different types of glass beads to take home.

**Cost:** \$20 + material fee of \$30

**Location:** Stallings Stained Glass

Feb. 26	S	10:30 AM-1:00 PM
Mar. 26	S	10:30 AM-1:00 PM
Apr. 16	S	10:30 AM-1:00 PM

## ***Glass Fusing***

Learn all the basics of glass fusing in this class. Each student will make 5 glass cabochons (used in making jewelry).

**Cost:** \$20 + material fee of \$30

**Location:** Stallings Stained Glass

Feb. 26	S	10:30-1:00 PM
Mar. 26	S	10:30-1:00 PM
Apr. 16	S	10:30-1:00 PM

Stallings is located at  
8011 Miller Rd., Swartz Creek





# Adult Health/Fitness

## *Gentle Yoga*

Improve strength, flexibility, balance and enhance your ability to relax with yoga. Class includes instruction in standing and floor postures and breathing and relaxation techniques. The pace is gentle with your comfort a priority and is suitable for all levels of yoga. Wear comfortable clothes that allow you to move and bring an exercise mat or blanket to class.

**Cost:** \$30 (gold card accepted)

**Location:** CAHS (Media Center)

Feb. 2-23	W	6:30-7:30 PM
Mar. 2-23	W	6:30-7:30 PM
Apr. 13-May 4	W	6:30-7:30 PM
May 11-June 1	W	6:30-7:30 PM

**Spring Break:**  
**April 4-8**

## *Power Flex Yoga*

This class emphasizes flexibility, balance and endurance while incorporating yoga principles, resistance training and core strengthening. This faster pace class involves some cardio and some relaxation techniques. All levels welcome. Bring mat, towel and water.

**Cost:** \$35

**Location:** BMS (Media Center)

Feb. 1-Mar. 1	T	7:00-7:45 PM
Mar. 8-Apr. 12	T	7:00-7:45 PM
(No Class Apr. 5)		
Apr. 19-May 17	T	7:00-7:45 PM

## *Personal Training*

Whether you need to lose weight, train for an athletic event or just get into better shape, this is for you! Private (1-2 people) and small group (3-4 people) sessions are available.

Instructor: Donnell Cornelius is a Certified Personal Trainer, Massage Therapist, Spinning Instructor, Yogafit certified and Kinesio taping practitioner. He is also an Adjunct Professor & Life Coach, and has degrees as a Health Care Administrator and Physical Therapist Assistant.

### **Private Group (1-3 people)**

**CAHS Fitness Room**

**Cost: \$79 each**

Jan.24-Feb. 28	M	6:45-7:30 PM
(No class Feb. 21)		
Mar. 7-Apr. 11	M	6:45-7:30 PM
(No Class Apr. 4)		

### **Semi-Private Group (4-6 people)**

**CAHS Fitness Room**

**Cost: \$59 each**

Jan. 24-Feb. 28	M	7:30-8:15 PM
(No class Feb. 21)		
Mar. 7-Apr. 11	M	7:30-8:15 PM
(No Class Apr. 4)		

**NEW!**

Register online and receive a 5% discount toward your total registration fee.

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Do you have a special talent and would like to share it with others? We're always looking for new class ideas. Please call 810-591-4160



# Adult Health/Fitness

## Indoor Walking

Here's a great way to keep up your walking routine or establish a new one. Walk in the warmth and comfort of our buildings with family and friends or meet new friends. Just sign in at the door and you are ready to go.

**Cost:** FREE

**Location:** CAHS

Jan. 24-Mar. 30                      M/W                      6:00-7:00 PM

**Location:** CAMS

Jan. 25-Mar. 31                      T/TH                      6:00-7:00 PM

**School Closings:** If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) will be canceled also.

## Tai Chi

This class is for the individual looking for a level of fitness that enhances flexibility, balance and strength. It is forgiving on the body especially the muscles, bones and joints. Tai Chi has often been called "Meditation in Motion" because of its slow, graceful and precise body movements. Additional benefits include increased self-confidence, range of motion, stamina and endurance, decrease in stiffness and a better flow of energy through the body.

**Cost:** \$45

**Location:** CAHS

Jan. 26-Mar. 2                      W                      6:00-7:00 PM

Mar. 9-Apr. 20                      W                      6:00-7:00 PM

(No Class Apr. 6)

**NEW!**

## Cardio and Sculpt

Let this one hour class help you get into shape after enjoying the holidays. You will focus on the important moves that burn calories and sculpt muscles. You will use your own body weight as resistance for the sculpting portion of the class. This class is designed to target all muscle groups and increase your cardio level at the intensity you choose.

**Cost:** \$35

**Location:** CAHS

Jan. 26-Mar. 16                      W                      6:30-7:30 PM

**NEW!**

## Adult Pool Exercise Classes

Check out our exercise classes held in the Carman-Ainsworth High School pool. More information can be found under swimming on page 22.

## Zumba

An invigorating and fun way to dance your way to a fitter you! Learn basic dance moves such as Salsa, Cha Cha, Merengue and Cumbia with American influences to the sounds of toe tapping, hip bumping and Latin rhythms. Fun for all ages and fitness levels.

**Cost:** \$39

**Location:** CAHS

Jan. 24-Feb. 28                      M                      6:30-7:30 PM

(No class Feb. 21)

Mar. 7-Apr. 11                      M                      6:30-7:30 PM

(No class Apr. 4)

Apr. 18-May 16                      M                      6:30-7:30 PM

**Location:** CAMS

Jan. 27-Feb. 24                      TH                      6:30-7:30 PM

Mar. 3-31                      TH                      6:30-7:30 PM

Apr. 14-May 12                      TH                      6:30-7:30 PM

Register online at:  
<http://active13.active.com/bendleainsworth>

Or Call:  
 591-4160 or 591-3600



# Adult Health/Fitness

## Hoop Fit

### Hula Hoop for Fun & Fitness!

Hooping helps build strength, increases flexibility, and improves balance & coordination. A perfect workout for your core! Weighted fitness hoops will be provided. Be a part of the newest fitness craze! Grab a hoop and get ready to hoop to a Fun & Fitter You.

**Cost:** \$25

**Location:** CAMS

Jan. 27-Feb. 24	TH	6:00-7:00 PM
Mar. 3-Mar. 31	TH	6:00-7:00 PM

**Location:** CAHS

Jan. 24-Feb. 28	M	6:00-7:00 PM
(No class Feb. 21)		
Mar. 7-Apr. 11	M	6:00-7:00 PM
(No class Apr. 4)		

**NEW!**

Register online and receive a 5% discount toward your total registration fee.

Check us out at:

<http://active13.active.com/bendleainsworth>

**NEW!**

## Body Sculpt Express New Year New You!

Get in, get out and be on your way with this 30 minute head to toe body sculpting program. If you don't have a lot of time and need something that offers all the benefits in less time then this is the class for you. No fuss, no muss exercises that will challenge all those misbehaving areas. You are going to love the way you look and feel. Bring a hand towel, set of 2-5 pound weights, and exercise mat.

**Cost:** \$25

**Location:** CAHS

Jan. 24-Feb. 28	M	5:30-6:00 PM
Jan. 24-Feb. 28	M	7:00-7:30 PM
(No class Feb. 21)		
Mar. 7-Apr. 11	M	5:30-6:00 PM
Mar. 7-Apr. 11	M	7:00-7:30 PM
(No class Apr. 4)		
Apr. 18-May 16	M	5:30-6:00 PM
Apr. 18-May 16	M	7:00-7:30 PM

**Location:** CAMS

Jan. 25-Feb. 22	T	6:30-7:00 PM
Mar. 1-29	T	6:30-7:00 PM
Apr. 12-May 10	T	6:30-7:00 PM

## Pilates

Pilates is an exercise that is focused on building strength without the bulk. Some doctors and physical therapists are now recommending Pilates along with physical therapy. Pilates is very different from Yoga. It consists of a sequence of exercises that flow together instead of holding a pose. It has controlled movements that engage your body and mind. The results are gained flexibility, a toned body with increased abdominal and back strength. Suitable for experienced beginners and intermediate levels. Bring a hand towel and exercise mat.

**Cost:** \$45

**Location:** CAHS

Jan. 24-Feb. 28	M	6:00-7:00 PM
(No class Feb. 21)		
Mar. 7-Apr. 11	M	6:00-7:00 PM
(No class Apr. 4)		
Apr. 18-May 16	M	6:00-7:00 PM

**Location:** CAMS

Jan. 25-Feb. 22	T	5:30-6:30 PM
Jan. 25-Feb. 22	T	7:00-8:00 PM
Mar. 1-29	T	5:30-6:30 PM
Mar. 1-29	T	7:00-8:00 PM
Apr. 12-May 10	T	5:30-6:30 PM
Apr. 12-May 10	T	7:00-8:00 PM



# Adult Computers

## ***Introduction to Computers***

Great for beginners! Learn how to navigate your Windows application. Learn to tour and navigate Windows, run programs, use control panel, help and accessories.

**Cost:** \$59

**Location:** CAHS

Jan. 24, 26, 31	M/W	6:30-8:30 PM
Mar. 21, 23, 28	M/W	6:30-8:30 PM

## ***Information Management***

Learn how and where to save your information and manage it efficiently. Learn basic word processing concepts, cut and paste, creating and saving files, shortcuts and file and folder management.

**Cost:** \$59 (gold card accepted)

**Location:** CAHS

Feb. 2, 7, 9	M/W	6:30-8:30 PM
Apr. 11, 13, 18	M/W	6:30-8:30 PM

## ***Microsoft Word***

Learn basic word processing skills. Topics covered include creating, saving and printing files, editing and formatting text, cutting, copying and pasting text, page numbers, headers, footers, styles, templates and writing tools. Prerequisite: Working knowledge of Windows and basic file management.

**Cost:** \$59 (gold card accepted)

**Location:** BMS

Feb. 14, 16, 23	M/W	6:30-8:30 PM
Apr. 20, 25, 27	M/W	6:30-8:30 PM

## ***Microsoft Excel***

Learn basic spreadsheet skills like creating, saving, printing, modifying and formatting worksheets, using ranges, functions and formulas. Prerequisite: Knowledge of Windows.

**Cost:** \$59 (gold card accepted)

**Location:** BMS

Feb. 28, Mar. 2, 7	M/W	6:30-8:30 PM
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## ***Microsoft Access***

Learn basic database skills including working with tables, forms, queries and enhancing forms and reports. Prerequisite: Knowledge of Windows and Microsoft Excel is recommended.

**Cost:** \$59 (gold card accepted)

**Location:** BMS

Mar. 9, 14, 16	M/W	6:30-8:30 PM
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**Spring Break:  
April 4-8**

Do you have a special talent and would like to share it with others? We're always looking for new class ideas. Please call 810-591-4160

**NEW!**

## ***Quickbooks***

Learn how to set up your company on Quickbooks or modify QuickBooks to get the information you need to run your business. You will also learn how to invoice customers, buy merchandise, pay bills, reconcile bank accounts, create and modify reports, customize forms and create graphics.

**Cost:** \$85

**Location:** CAMS

Mar. 15-30	T/TH	6:00-8:00 PM
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# Adult Vocational Trades

## Basic Plumbing

Discussion will cover basic drain parts, repair and replacement. You will also learn water line routing and repairs, basic faucet repair and replacement and all the tools you'll need to complete your own plumbing projects. Copper and plastic pipe fittings will also be covered. Learn to replace faucets in your bathroom, kitchen sink, tub and laundry room.

**Cost:** \$59 (gold card accepted)

**Location:** BVC

Jan. 31-Feb. 7	M	10:00 AM-1:00 PM
Jan. 31-Feb. 7	M	6:00-9:00 PM

**School Closings:** If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) will be canceled also.

## Ceramic Tile

Take the mystery out of floor, wall and counter top ceramic tiling by learning techniques and methods that will result in a rewarding and enjoyable tiling project. Cutting tile will become a snap, especially when cutting around those otherwise troublesome pipes and fixtures. Greenboard and cement board will become familiar terms, and the application of adhesives and grout will seem to go effortlessly. Learn to do your own home projects with ease.

**Cost:** \$79 (gold card accepted)

**Location:** BVC

Feb. 14-21	M	9:00 AM-12:00 PM
Feb. 14-21	M	6:00-9:00 PM

## Residential Electrical I

In this hands-on class, you will learn the basics to wiring your home. Topics covered include safety, terms and phrases, box fill, circuit breakers and testing, plugs, switches and testing devices. Learn the basics for basements, garages, fans, blowers, pumps, bathroom, kitchen and laundry.

**Cost:** \$99

**Location:** BVC

Jan. 26-Mar. 2	W	10:00 AM-1:00 PM
Jan. 26-Mar. 2	W	6:00-9:00 PM

## Residential Electrical II

Learn more involved wiring concepts. Topics covered in class include stud walls, floor joists, metal studs, wire molding, wire basic circuits and plugs, breaker panels, duplex circuits and troubleshooting.

Prerequisite: Residential Electrical I.

**Cost:** \$99

**Location:** BVC

Mar. 9-Apr. 20	W	10:00 AM-1:00 PM
(No class Apr. 6)		
Mar. 9-Apr. 20	W	6:00-9:00 PM
(No class Apr. 6)		

## Residential Electrical III

You will learn more advanced skills such as meter bases, outside disconnects, a/c safety disconnects, pools, spas, hot tubs, general back-up systems and safety, sub feeds, pole barns, garages and troubleshooting. Prerequisite: Residential Electrical II

**Cost:** \$99

**Location:** BVC

Apr. 27-June 1	W	10:00 AM-1:00 PM
Apr. 27-June 1	W	6:00-9:00 PM

## Small Engine Repair

Learn how to make that small 4 stroke engine run like new again. Detailed instructions on: lapping and adjusting valves, understanding cleaning and adjusting carburetors, understanding testing and adjusting the ignition assembly, and the possibility of using nothing but carburetor cleaner, sandpaper and hand tools. Bring to class your own lawn mower, tiller, generator, power washer, etc. May need to bring some of your own tools which will be discussed the first night.

**Cost:** \$149 (gold card accepted)

**Location:** BVC

Feb. 2-Mar. 9	W	6:30-9:30 PM
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# Adult Vocational Trades

## Glass Blocking

Learn the techniques and the materials needed for building glass block sections. Glass block continues to be a favorite addition to a home because it allows light to pass through while offering sound abatement, privacy and security. Glass blocks also make an excellent replacement for drafty and worn basement windows or for a bathroom.

**Cost:** \$59 (gold card accepted)

**Location:** BVC

Feb. 28-Mar. 7	M	9:00 AM-12:30 PM
Feb. 28-Mar. 7	M	6:00-9:30 PM

## Drywall Certification Prep

*(Qualifies for Michigan Works! Funding)*

Learn to simplify the planning and completion of your drywall project. Includes hands-on techniques for developing a materials list, estimating cost, cutting, hanging tape, mudding and sanding drywall and how to prime and finish your drywall project.

**Cost:** \$99

**Location:** BVC

Mar. 28-Apr. 18	M	9:00-11:00 AM
(No Class Apr. 4)		
Mar. 28-Apr. 18	M	6:00-8:00 PM
(No Class Apr. 4)		

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Do you have a special talent and would like to share it with others? We're always looking for new class ideas. Please call 810-591-4160

## Masonry Made Easy

Learn the art of masonry using brick, block, and stone. You will learn to construct a story pole and the rules for footings, stress loads and firecuts. A hands-on approach for learning simple techniques will enable everyone to ease into a successful masonry project with confidence.

**Cost:** \$59 (gold card accepted)

**Location:** BVC

Mar. 14-21	M	9:00 AM-12:30 PM
Mar. 14-21	M	6:00-9:30 PM

## Roofing Certification Prep

*(Qualifies for Michigan Works! Funding)*

Learn to determine the pitch of your roof and estimate materials and costs. Demonstration will include installation of ice and water shield, #15 or #30 roofing paper, flashing valleys, step flashing, weaving roofing tile and installing continuous roofing vents.

**Cost:** \$99

**Location:** BVC

Apr. 25-May 9	M	9:00-11:00 AM
Apr. 25-May 9	M	6:00-8:00 PM

**Spring Break:**  
**April 4-8**



**Builders Pre-License Series**  
*(Qualifies for Michigan Works! Funding)*

**Take all or just one**

*(Do not have to take in numbered sequence)*



**Carpentry I**  
*Foundations and Framing*

The objective of this class is to advise and instruct in the building of structure or structures with foundations and framing being the areas of concentration.

**Cost:** \$199

**Location:** BVC

Jan. 25-Feb. 17	T/TH	9:00-12:30 PM
Jan. 25-Feb. 17	T/TH	6:00-9:30 PM

**Carpentry II**  
*Doors, Windows, & Exterior Finish*

The objective of this class is to introduce an in-depth approach to the hanging of doors, windows and completing exterior finishes. This course will include creating and hanging a fixed window frame. Additionally, you will learn to make a door and jam. A hands-on approach learning simple techniques will enable everyone to build a fixed window or door with your own personal touch.

**Cost:** \$199

**Location:** BVC

Feb. 22-Mar. 17	T/Th	9:00-12:30 PM
Feb. 22-Mar. 17	T/Th	6:00-10:00 PM

**Carpentry III**  
*Electrical, Plumbing, Insulation & Interior Finish*

The objective of this class is to introduce both the novice and seasoned handyperson to the materials, building codes and techniques for installing electrical and plumbing into a new home or retrofitting and improving an existing one. The critical areas of electrical and plumbing are tightly regulated by national, regional and local codes. The hands-on techniques and methods introduced in this class will make you more comfortable when performing electrical and plumbing installations and assist in guiding you to the completion of a safe and successful project.

**Cost:** \$199

**Location:** BVC

Mar. 22-Apr. 21	T/Th	9:00-1:00 PM
Mar. 22-Apr. 21	T/Th	6:00-10:00 PM

(No Class Apr. 5 & 7)

**Carpentry IV**  
*Interior Trim, Cabinetry and Floor Covering*

The objective of this class is to advise and instruct on the interior finishing and maintenance of a building's interior. Our first project will be to develop a "maintenance checklist" in order to maintain the value of a home and proceed to drywall, cabinets and floor coverings; including an introduction to ceramic tile for floors and walls.

**Cost:** \$199

**Location:** BVC

Apr. 26-May 19	T/Th	9:00-12:30 PM
Apr. 26-May 19	T/Th	6:00-9:30 PM

Register online at:  
<http://active13.active.com/bendleainsworth>

Or Call:  
 591-4160 or 591-3600



# Adult Online Classes

## *Computers*

- Introduction to Quickbooks
- Keyboarding
- Intro. to MS Word, Excel & Access
- Creating Web Pages
- Introduction to the Internet
- Introduction to PC Troubleshooting
- Introduction to FLASH 8

## *Personal Finance and Wealth Building*

- Real Estate Investing
- Debt Elimination Techniques that Work
- Building Wealth
- Stocks, Bonds, and Investing
- Real Estate Investing
- Buy and Sell on eBay

## *Career Enrichment*

- Become a Veterinary Assistant
- Administrative Assistant Fundamentals
- A-Z Grant Writing
- Start Your Own Small Business
- Medical Coding
- Become an Optical Assistant
- Advanced Grant Writing
- Marketing your Business on the Internet

## *Test Preparation*

- GED Test Preparation
- GED prep for Language Arts, Writing Test
- Prepare for GED Math Test
- SAT/ACT Preparation
- LSAT Preparation

## *Certificate Programs*

- Issues In Oxygenation
- Pain Assessment and Management
- Prenatal Issues

Update your skills, discover a new talent or chart a career path at your own pace and at your convenience with our online courses. You'll discover plenty of opportunities to interact not only with your instructor, but also with your fellow students.

## *Personal Enrichment*

- Drawing for the Absolute Beginner
- Genealogy Basics
- Speed Spanish
- Everyday Math
- Discover Digital Photography
- Introduction to Algebra

## *Writing Courses*

- Fundamentals of Technical Writing
- Business and Marketing Writing
- Advanced Fiction Writing
- Beginning Braille Transcription
- Effective Business Writing
- Writing for Children
- Resume Writing Workshop
- Mystery Writing
- Write Your Life Story

## And Much More!

### Online Sessions Beginning Dates:

Feb. 16, 2011	July 20, 2011
Mar. 16, 2011	Aug. 17, 2011
Apr. 20, 2011	Sept. 21, 2011
May 15, 2011	Oct. 19, 2011
Jun. 15, 2011	Nov. 9, 2011
	Dec. 14, 2011

Online courses run for 6 weeks and have 12 lessons. Register no later than one week before class begins!

For more information  
and cost visit  
[www.ed2go.com/bcacom-](http://www.ed2go.com/bcacom-)



# Preschool

Early Childhood Classes!  
A great investment for your child's future  
in a highly competitive world.

2011-2012 Early Childhood Education  
program using High Scope curriculum  
which includes parent progress reports.  
The program is open to the public.  
Classes begin the week of  
September 12, 2011.

## Preschool

This class is open to children who are not yet ready for Prekindergarten and may have no previous preschool experience. Must be 3 by December 1, 2011 and potty trained.

Tuesday/Wednesday/Thursday  
Multi-age 3-5 year olds for a great school experience  
9:00 AM-12:00 PM  
9 Payments of \$85  
Due the first of each month

## TLC Kiddie Campus

This program is designed for the working parent(s). This class is open to children who are 3-5 years of age by December 1, 2011. This is a licensed child care program providing education and child care with a certified teacher using High Scope curriculum and providing progress reports. Breakfast, lunch and snack included. DHS accepted. Site visits are welcome!

Monday through Friday  
7:00 AM-5:30 PM  
\$135 Weekly

## Prekindergarten

This class is open to children who will be eligible to begin Kindergarten in the fall of 2011 but are 4 years old by December 1, 2011.

Monday/Tuesday/Wednesday/Thursday  
9:00 AM-12:00 PM or 12:30-3:30 PM  
Payments of \$110  
Due the first of each month

***Children must be potty trained for all of the above classes***



# Preschool

## ***Baton and Pom Pon Class***

6-18 year olds

Learn the basics of baton twirling and pom pon dance with proper technique. This class is a great way to gain self-esteem, pride and sportsmanship, while making friends and having fun. This class is taught by instructors from the Great Lakes Twirling Academy. GLTA has 17 years of success winning numerous State, Regional and National Titles.

**Cost:** \$55

**Location:** The Learning Community

Feb. 2-Apr. 13                      W                      7:30-8:30 PM

## ***Tumbling Toddlers***

2-4 year olds

Toddlers will have fun on the mats, while learning music, dance and gross motor skills. Parents are encouraged to participate.

**Cost:** \$30

**Location:** The Learning Community

SESSION 1 - (5 weeks)

February 2-March 2                      W                      7:00-7:30 PM

SESSION 2 - (5 weeks)

March 9-April 13                      W                      7:00-7:30 PM

## ***Tumble and Twirl***

Participants will have fun tumbling on the mats and gaining flexibility. Along with learning the basics of baton twirling and being introduced to music and dance.

**Cost:** \$55

**Location:** The Learning Community

February 2 - April 13                      W                      6:15-7:00 PM

## ***Genesee County All-Star Pom Pon Squad***

Join the best of the best, as we gather the top Pom Pon Dancers from across the county to form a championship team. The team will perform at community events and half-time shows, and compete in competitions. Our All-Star Champions will be taught by top professional coaches. Two teams will be formed, a middle school and a high school division. Ages 10-18 are welcome. No experience necessary, but team members must audition. Practices will be held twice a week. Payments will be broken into 6-week sessions.

Each session will cost \$65.00 for the lessons/practices.

Auditions: Will be held on Tuesday, February 1st and Friday, February 4th from 7:30-9:00 PM in the Davison High School Cafeteria. You MUST be registered through the Davison Community Enrichment and Recreation to audition.

Contact 591-1038 for more information.





# Youth Enrichment

## **Recreational Basketball Program** **3rd thru 8th Graders** (For all level of players)

Do Not Miss Out  
Recreational Basketball Returns  
February 12, 2011!

- |                     |   |
|---------------------|---|
| <b>Features:</b>    | <ul style="list-style-type: none"><li>• Full-Court play</li><li>• 2 registered officials per court</li><li>• Jersey</li><li>• Practice once a week</li><li>• More instruction</li></ul> |
| <b>Games Begin:</b> | Saturday, February 12, 2011 (7 Weeks)   |
| <b>Location:</b>    | Carman-Ainsworth Middle School  |
| <b>Cost:</b>        | \$75 with new jersey<br>\$65 with fall jersey   |

Registration Held:  
Tuesday, January 11 at CAMS 5:30-6:30 PM-Front Entrance  
or  
Wednesday, January 12 at CAHS 5:30-6:30 PM-Front Entrance

### PRE-REGISTRATION and PHYSICAL REQUIRED

Physical due with registration  
DEADLINE: January 13, 2011  
(No late registrations accepted)

### MANDATORY PARENT & PLAYERS MEETING

Saturday, January 15, 2011  
3-4 Grades 9:00-10:00 AM  
5-6 Grades 10:00-11:00 AM  
7-8 Grades 11:00-12:00 PM  
C/A Middle School Cafeteria

#### **Parents must attend!!**

This is an important meeting. We will go over the rules, program events, and introduce the coaches. At the end of the meeting you will go home knowing who your child's coach is as well as when and where they will practice.





# Youth Enrichment

**NEW!**

Register online and receive a 5% discount toward your total registration fee.  
Check us out at:

<http://active13.active.com/bendleainsworth>

## ***Basketball***

Kindergarten-2nd Graders

This program will be for instructional purposes. Children in kindergarten through second grade will learn the fundamentals of basketball along with team building skills. So come out, join your friends, meet new friends and have some fun.

**Cost:** \$20 (5 weeks)

**Location:** Woodland Gym

Jan. 27-Feb. 24

TH

6:30-7:30 PM

***Registration Deadline: January 21, 2011***

**Pre-Registration Required for all programs/classes**

## ***Karate for Kids!***

Ages 4-14

Our program combines two crucial courses into one, Sanchin-Ryu Karate & Self-Defense and Project Secure Child (child safety). Students will be trained with proven, age-appropriate techniques that are necessary for kids to protect themselves from attackers. This program is set in a fun, yet structured, environment which will give your child a positive outlook on learning a martial art. We focus on healthy attitudes versus perfection! Participants will achieve great self confidence and leadership through the physical techniques, mental strategies, drills and exercises they are lead through. An ongoing course where students have the opportunity to continue their education in the same location with no hidden fees!

**Cost:** \$25 (8 Wks)

**Location:** South Bendle

Feb. 1

T

6:30-7:30 PM

Apr. 12

T

6:30-7:30 PM

**Location:** Randels

Feb. 2

W

6:00-7:00 PM

Apr. 13

W

6:00-7:00 PM







# Swimming

**School Closings:** If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) will be canceled also.

## *Classes held at CAHS pool*

Winter Aquatics (Swim)  
Starts January 24, 2011  
8 Weeks

## *Classes held at CAHS pool*

Spring Aquatics (Swim)  
Starts April 11, 2011  
8 Weeks

### *Network with B/CA Aquatics on Facebook at: BCA Aquatics*

#### **Monday Evening Classes**

Circuit Training in Shallow Water (Adult)	7:45-8:30 p.m.	\$49
Lap Swim (Adult)	8:30-10:00 p.m.	\$30

#### **Wednesday Evening Classes**

Liquid Toning Shallow Water (Adult)	7:45-8:30 p.m.	\$49
Lap Swim (Adult)	8:30-10:00 p.m.	\$30

#### **Saturday Morning Adult Classes**

Triathlon Swim	8:30-9:30 a.m.	\$49
Conditioning in Deep Water	9:30-10:15 a.m.	\$49
Circuit Training in Deep Water	10:15-11:00 a.m.	\$49
Open Swim	12:00-1:00 p.m.	\$1.25/ day

#### **Saturday Morning Youth Classes**

Parent/Child GUPPY & TADPOLE Level 1 & 2	9:30-10:00 a.m.	\$44
Preschool SEAHORSE Level 1	9:30-10:00 a.m.	\$44
Preschool CLOWNFISH Level 3	10:00-10:30 a.m.	\$44
Preschool STARFISH Level 2	10:00-10:30 a.m.	\$44
PIRANHA Level 1	10:30-11:15 a.m.	\$49
BARRACUDA Level 1	10:30-11:15 a.m.	\$49
TIGER SHARK Level 2	11:15-Noon	\$49
STINGRAY Level 3	11:15-Noon	\$49
Open Swim	12:00-1:00 p.m.	\$1.25/day



# Summer Youth

Spring Break:  
April 4-8

**NEW!**

Register online and receive a 5% discount towards your total registration fee.

Check us out at:

<http://active13.active.com/bendleainsworth>

## **Baseball**

7-8 years old (coach pitch)  
9-10 year olds  
11-13 year olds

**Cost:** \$60 (includes shirt & hat)  
\$75 (includes shirt, hat, pants, & helmet)

**Location:** CAMS

May 31-June 30 T/TH 5:45-7:30 PM  
(July 5 & 7 rain make-up dates)  
July 12 & 14 (playoff games)  
July 16 (Final game & picnic)

### **7-8 year old coaches meeting**

April 30 S 1:00 PM CAMS

### **7-8 year old players & coaches clinic**

April 30 S 1:45-3:30 PM CAMS

### **9-13 year old coaches meeting**

April 30 S 2:45 PM CAMS

### **9-13 year old players & coaches clinic**

April 30 S 3:45-5:45 PM CAMS

### **Registration Deadline--April 27**

Current Physical due to Comm Ed office before first practice. **NO EXCEPTIONS**

Practices will begin the week of May 9th. This will allow 3 weeks of practices prior to games beginning.

**Pre-Registration Required for all programs/classes**

## ***Summer Camp Adventure Returns***

### ***June 13th***

### ***Watch for further information!***



# High School Completion



*FREE Classes  
to Those Who Qualify!*

## **Bendle/Carman-Ainsworth Education Centers of Choice**

### **Adult/Alternative Education**

- Where: Stalker Building  
G-3329 Burnell Ave., Flint, MI, 48504  
(near Flushing Rd. and Ballenger Hwy.)
- How: Call 810-591-2880
- Who: Out of school students ages 16-19
- What: Complete high school diploma requirements.  
GED Preparation and Testing Center.
- When: **Enrollment begins January 10, 2011**  
**Classes start the week of February 1, 2011**

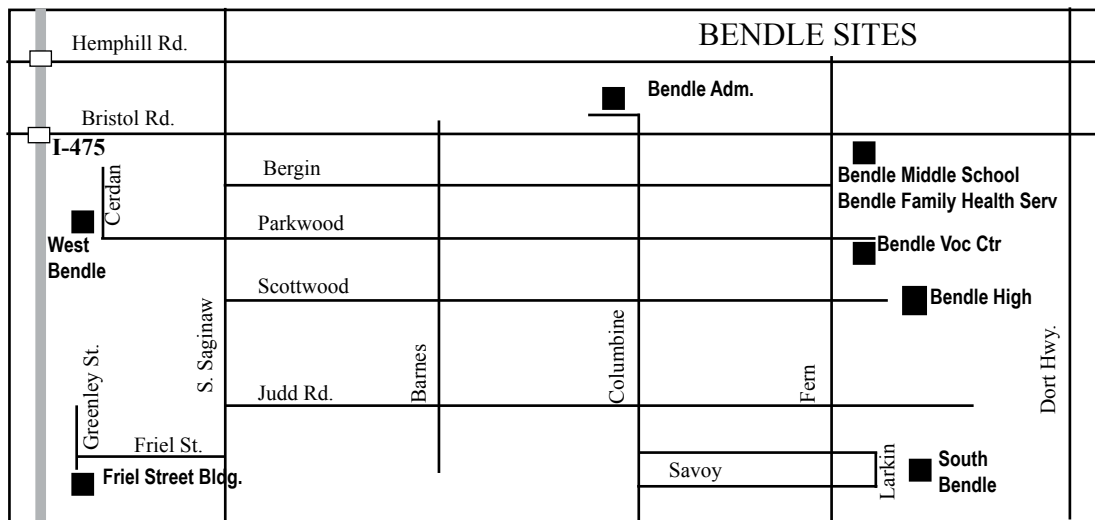
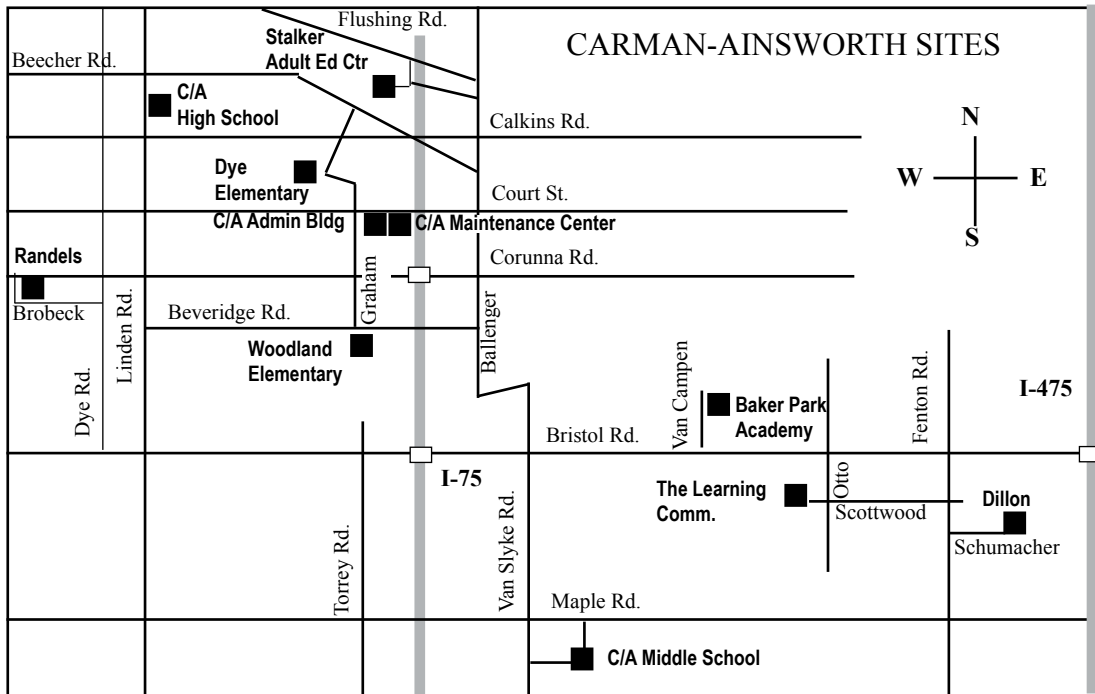
### **Alternative Education**

- Where: Atlantis High School  
1110 Eldon Baker Dr., Flint, MI 48507
- How: Call 810-591-3276
- Who: Out of school students ages 16-19
- What: Complete High school diploma requirements
- When: **Enrollment begins January 17, 2011**  
**Classes start the week of February 1, 2011**

### **Carman Park-Baker Career Academy**

- Where: 3375 Van Campen Dr., Flint, MI 48507
- How: Call 810-591-3620
- Who: Students in grades 9-12
- What: Earn high school and college credit.  
Gain work experience and career preparation skills.
- When: **Enrolling NOW!**  
**Classes start February 1, 2011**

# District Maps



## CARMAN-AINSWORTH BUILDINGS

- Adult Ed Ctr (Stalker).....G-3329 Burnell Ave.
- C/A Administration Building ..... G-3475 W. Court St.
- C/A High School (CAHS)..... 1300 N. Linden Rd.
- C/A Middle School (CAMS) ..... 1409 W. Maple Ave.
- C/A Maintenance Center ..... G-3475 W. Court St.
- Baker Park Acad .....3375 Van Campen
- Dillon Elementary ..... 1197 Schumacher Ave.
- Dye Elementary .....1174 Graham Rd.
- The Learning Comm .....1181 W. Scottwood Ave.
- Randels Elementary ..... 6022 Brobeck St.
- Rankin Elementary..... G-3459 Mundy Ave.
- Woodland Elementary.....G-3493 Beveridge Rd.

## BENDLE BUILDINGS

- Bendle High School (BHS)..... 2283 E. Scottwood
- Bendle Administration ..... 3420 Columbine
- Bendle Community Ed.....2294 E. Bristol Rd.
- Bendle Family Health Serv .....2294 E. Bristol Rd.
- Bendle Voc. Ctr (BVC) .....2317 Parkwood Ave.
- Bendle Middle School (BMS) .....2294 E. Bristol
- Friel Street Elementary .....4469 Greenley St.
- South Bendle Elementary ..... 4341 Larkin Ave.
- West Bendle Elementary ..... 4020 Cerdan Dr.

# Registration Form



## Enrollee Information

Participant's Name: \_\_\_\_\_

Payee Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

### Shirt Size

(if activity requires)



Adult Sm  
Youth Sm

Adult Med  
Youth Med

Adult Large  
Youth Large

Adult XLarge  
Youth XLarge

### Class Information

Class	Day/Date	Time	Location	Fee



### Payment Type

\_\_\_\_\_ Visa \_\_\_\_\_ Master Card \_\_\_\_\_ Amer Exp \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

(Please print ) \_\_\_\_\_

## How to Register for Enrichment Classes

### ONLINE

Online with our website at:  
<http://active13.active.bendleainsworth> (a non-refundable convenience fee



### BY FAX

Fax your registration form with credit card information to 591-9007 or 591-3650.



### BY PHONE

By Phone call 591-4160 (adult) or 591-3600 (youth) to register by telephone.



### IN PERSON

Walk-in registrations are accepted at The Learning Community, Bendle Community Education Office and C/A Administration Building. Please call for office hours.



### BY MAIL

By mail send the completed "Registration Form" and the class fee to the addresses listed below. Please allow a week for delivery before class start date. Make checks payable to *Community Education* and mail to:

Adult Enrichment

Bendle Community Education, 2294 E. Bristol Rd., Burton, MI 48529.

Youth Enrichment

The Learning Community, 1181 W. Scottwood, Flint, MI 48507.

**You may use Visa, MasterCard, or American Express**



**Class Cancellation:** If a class is canceled due to low enrollment, every effort will be made to notify all *registered* students by telephone. Please include alternate phone numbers on your registration form. Refund checks will automatically be processed for canceled classes.

**Refunds:** We reserve the right to cancel a class if the minimum enrollment cannot be met or if enrollment exceeds class maximum numbers. In each event, you will be notified and your money refunded. Participants must withdraw from a class of five sessions or longer within one (1) business day after the first class. No Refund on all one day or mini session classes (2-4 sessions in length).

**A \$5.00 fee will be charged for all withdrawals, except canceled classes.**

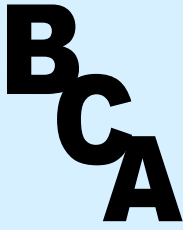
**A \$25 fee will be charged for all returned checks.**

**Senior Citizens:** You may use your Gold Card on classes marked with "*gold card accepted*" in the description of the class and receive **20% off** the price of the class (Gold Cards are for Bendle or Carman-Ainsworth residents only).

**School Closings:** If the Bendle or the Carman-Ainsworth Schools are canceled for any reason, all Community Education programs at that district(s) will be canceled also.

All Bendle/Carman-Ainsworth courses are open for anyone to attend. You do not need to live in the districts.

***Bendle/Carman-Ainsworth  
Community Education***



***2011 Winter/Spring Catalog***

Carman-Ainsworth  
Community Schools  
G-3475 W. Court Street  
Flint, MI 48532

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U.S. POSTAGE  
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Permit No. 91  
Flint, Michigan

ECRWSS  
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***Your Link***

***to Lifelong***

***Learning and Fun!***

**Youth Enrichment  
591-3600**

**Adult Enrichment  
591-4160**

**High School Choices  
591-2880**

**Michigan Works! Related Programs  
591-4160**