

LONE ROCK SCHOOL ADULT EDUCATION Winter Classes 2010

Digital Photo Class

2 Hours/1Week

Mon.

Jan. 25

7:00 to 9:00 pm

Fee: \$5.00

Instructor: RuthAnn Kellogg

Tired of juggling JPEGs? Learn the answer to photo overload...no more long frustrating searches for you favorite photos! You'll learn simple ways to sort and organize and edit your digital images using Creative Memories Memory Manager software. Also included in the class is a segment on digital graphics & photo book design.

Beginning Computers

10 hours/5 weeks

Wed.

Jan. 20

6:30 – 8:30 pm

Fee: \$25.00

Instructor: Dona Fisher

Learn basic computer terminology, Windows XP operating system, file handling, and proper mouse use. Learn basic Internet exploration and basic word processing tasks with Office 2007. This course is for the individual with little or no prior computer experience.

Intermediate Computers

10 hours/5 weeks

Wed.

March 3

6:30 – 8:30 pm

Fee: \$25.00

Instructor: Dona Fisher

Learn to use Windows Office 2007 Word and Excel for tasks required in the work place. Learn how to use the features in email including attachments, group lists, blind copies and more. This course requires the student to be familiar with the keyboard and file handling.

Gardening 101

8 Hours/4 Weeks

Tues.

Jan. 19

6:30 to 8:30 pm

Fee: \$35.00

Instructor: Nancy Maruska

Bitterroot Valley gardening basics. We will discuss seeds, climate, irrigation and more. If you are new to our growing season or just getting your hands

dirty in your first garden come and join us. At the end of four weeks we will be inspired and ready to plant.

Perennials for Your Garden

8 Hours/4 Weeks Thurs. Jan. 21 6:30 to 8:30 pm

Fee: \$35.00

Instructor: Nancy Maruska

Learn about great perennial choices for your flower beds and borders. Care, pruning, propagating and some design concepts included. The Bitterroot Valley has a great climate to grow a wide variety of colorful hardy perennials to fill your gardens with flowers from spring to fall. Information on native plants and xeriscape plants too.

Landscape/Garden Design

8 Hours/4 Weeks Tues. Feb. 19 6:30 to 8:30 pm

Fee: \$40.00

Instructor: Nancy Maruska

This is a four week course to focus on your landscape. Bring photos, measurements and your ideas. It is helpful to have some plant knowledge before taking this class.

Alpine I (Beginning Skiing)

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|----------------|------|---------|-------------------|
| 7 hours/1 Week | Fri. | Jan. 22 | 7:00 am – 6:00 pm |
| 7 hours/1week | Fri. | Feb. 5 | 7:00 am - 6:00 pm |
| 7 hours/1 Week | Fri. | Feb. 19 | 7:00 am – 6:00 pm |

***Fee:** \$125.00 whole day or 2 for \$225.00

Instructor: Cher Galusha-Sommer, P.S.I.A. (Professional Ski Instructor of America)
-The Never Ever Skier –

Interested in learning to ski. Includes: all day personal instruction, ride, lift ticket, rental equipment, snack, drink and a great time on the snow. "Come out and Play."
-Warm layered clothes required- rides will be provided- release required.

Alpine II (Intermediate Skiing)

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|----------------|------|--------|-------------------|
| 7 hours/1 Week | Fri. | Jan 29 | 7:00 am – 6:00 pm |
| 7 hours/1 Week | Fri. | Feb 12 | 7:00 am – 6:00 pm |
| 7 hours/1 Week | Fri. | Feb 26 | 7:00 am – 6:00 pm |

***Fee:** \$125.00 whole day or 2 for \$225.00

Instructor: Cher Galusha-Sommer, P.S.I.A. (Professional Ski Instructor of America)
For the beginner skier that wants to step it a notch and go for a ride. "Learn a little, live a lot." Personal instruction available all day.

Digital Photography Intermediate

10 Hours/5 Weeks

Wed.

Jan. 20

7:00 to 9:00 pm

Fee: \$20.00

Instructor: Ron Mueller

Using the individual controls on your camera for various photographic effects. Why we use wide-angle through telephoto focal lengths. Shutter speeds and F-stop – how they work and what they do. Principles of photographic techniques – composition exposures (high key vs low key) – contrast – color – other effects.

Basic Digital Photo Editing

10 Hours/5 Weeks

Thurs.

Jan. 21

7:00 to 9:00 pm

Fee: \$20.00

Instructor: Ron Mueller

How to enhance – make corrections and special effects to your photos with simple software.

Knifty Knitters

4 Hours/4 Weeks

Tues.

Mar. 3

6:30 – 7:30 pm

Fee: \$10.00

Instructor: Emma Lou Elliott

Knitting on looms and hoops instead of with knitting needles. Learn how to make a scarf, hat, or blanket.

Materials: two skein of yarn (If making a baby hat or baby blanket buy baby yarn).

Decker Packing on Horses and Mules

18/24 Hours/6 Weeks

Fri.

Feb. 19

6:30 – ?

Fee: \$40.00

Instructor: Boone Jones

Students will learn basic information for packing Decker pack saddles on horses and mules, fitting saddle to animal, making loads, and putting loads on pack saddle.

Materials: You will need to bring a pair of gloves. All other materials will be provided.

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Beginning Belly Dance

6 Hours/6 Weeks (1st Session)

Wed.

Jan. 21

7:00 to 8:00

Fee: \$30.00 per session

Instructor: Debora Simmons

1st Session: Belly Dancing is great exercise. Come join us and learn this ancient art form. This class will teach the basic movements and includes a choreographed dance routine to show

students how to link individual movements together. Students should wear fitted exercise or dance apparel or similar clothes that permit viewing of body movement. Bare feet are preferred, but ballet/jazz shoes are permitted.

2nd Session: Belly Dance

6 hour/6 Weeks

Wed.

Mar. 4

7:00 – 8:00 pm

Fee: \$30.00

Instructor: Debora Simmons

2nd Session: Belly Dance Veil. Learn to do basic moves using one of the classic belly dance props, the veil. You will need a 2 ½ to 3 yards piece of light weight (example: chiffon) flowing material. Students should wear fitted exercise or dance apparel, or similar clothes that permit viewing of body movement. Bare feet are preferred, but ballet/jazz shoes are permitted

Cross-Country Ski-Yellowstone Park

Depart on Jan. 28 Ski Jan. 29, 30, and 31. Return Feb. 1.

3 Days/1 Week

Jan. 28

Day & Night

Fee:

Instructor: Peter Lethenstrom

If all the pieces line up you can experience the NE corner of Yellowstone Park for up to two cross-country ski outings and one night ski. January 29 and 31 are daylight skis and January 30 will be full-moon night ski.

It will probably be cold; could be snowy, sunny or mildly warm. Day ski trips offer sightings of bison, elk, coyotes and possibly wolves. To see and hear wolves and coyotes compose a symphonic poem on a full-moon night ski is worth the price of admission! There is also the opportunity to soak in the Boiling River after a day ski of watching and photographing wildlife. Most of the terrain will be flat to gentle rolling hills. Strong plus beginner to intermediate skills needed. We can work on enhancing the fluid and rhythmic movements of cross-country skiing and give you the encouragement of knowing that you can return to Yellowstone and experience the park's solitude during its season of "rest" ... chances are!

Fees: \$20.00 /person. Accommodations and travel not included. We will be having at least one group dinner &/or brunch at a pre-arranged location.

Lodging, suggested clothing/equipment etc. will be discussed the evening of January 18, at 7:00 pm in Lone Rock Middle School. No insurance provided, sign release required.

Peter Lethenstrom is a past alumnae member of the National Nordic Ski Patrol with a long history of active status and teaching.

For more information about courses offered or to register by phone, please call Nancy Wandler at 777-3314 ext 211 or mail your registration to:

Lone Rock School
1112 Three Mile Creek Road
Stevensville, MT. 59870

Attention: Adult Education

www.lonerockschool.org has a registration page to sign up for adult education classes. Look for the link on the main page. Fill out the fields and submit, and we will contact you to complete the registration.