

# HOBBIES – LANGUAGE & SPECIAL TRAINING ADULT/TEEN/YOUTH

## LANGUAGE (303-409-2612)

### AMERICAN SIGN LANGUAGE – BEGINNING

Ages 14 & up

Discover the universal way to speak with your hands, facial expressions, and body language. This is a great class for visual/kinesthetic learners. Curriculum includes American Sign Language. Instructor will recommend purchase of book at the first class.

**INSTRUCTOR:** Karen Chernoff

**Fee:** \$62 (District Rate: \$50) 5 weeks

### AMERICAN SIGN LANGUAGE – CONTINUING

Ages 14 & up

Become more fluent speaking with your hands, facial expressions, and body language in this continuing class. Signing enhances your personal and professional life. This is a great class for visual/kinesthetic learners. Curriculum includes American Sign Language.

**INSTRUCTOR:** Karen Chernoff

**Fee:** \$62 (District Rate: \$50) 5 weeks

### CONVERSATIONAL SPANISH I

Ages 13 & up

This beginning course will introduce you to the basics of Spanish pronunciation, vocabulary, idiomatic expressions and grammar, using conversational style. Class is taught using conversational style. Everyday lively dialogues will enable you to communicate in Spanish from the very first class! A material fee of \$10 is payable to the instructor at the first class.

**INSTRUCTOR:** Maria Bansch

**Fee:** \$74 (District Rate: \$62) 5 weeks

### CONVERSATIONAL SPANISH II

Ages 13 & up

A continuation of Conversational Spanish I. Increase your vocabulary and move on to practicing Spanish in a range of new real-life situations. A material fee of \$10 is payable to the instructor at the first class.

**INSTRUCTOR:** Maria Bansch

**Fee:** \$74 (District Rate: \$62) 5 weeks

## SPECIAL TRAINING

### BABYSITTER TRAINING – YOUTH

#### BABYSITTER TRAINING CLASSES Ages 11 – 16 TAUGHT BY HANDS FOR HEARTS

**REQUIREMENT:** You **MUST** be 11 years of age or older to take **this class**. This class will teach youth the skills needed to be a confident and responsible babysitter. Students will also learn about developmental stages, feeding, diapering and emotional aspects such as separation anxiety. **Students will learn and be certified in CPR and will receive a Babysitter Certification.** For more information, call 303-409-2510.

**Fee:** \$84 (District Rate: \$67)

#### BABYSITTER TRAINING CLASSES Ages 11 – 16 TAUGHT BY HEARTSMART

**REQUIREMENT:** You **MUST** be 11 years of age or older to take **this class**. This class will teach youth the skills needed to be a confident and responsible babysitter. Students will also learn about developmental stages, feeding, diapering and emotional aspects such as separation anxiety. Students will practice First Aid/CPR skills; however, students **will not** be certified. **Students will receive a Babysitter Certification.** For more information, call 303-409-2510.

**Fee:** \$67 (District Rate: \$54)

### LEISURE & LEARNING – ADULT

#### PLAY OF THE HAND BRIDGE Ages 18 & up (BEGINS APR 2010)

This class focuses on declarer's play. Learn methods of developing tricks, eliminating losers and planning your play. Each lesson has a review of a bidding principle and a guideline for the defense. Some knowledge of basic bridge is needed. Weekly handouts are included. For more information, please call 303-409-2612.

**Fee:** \$67 (District Rate: \$55) 10 weeks

### LEADERSHIP DEVELOPMENT – YOUTH

#### YOUTH COUNCIL

Grades 6 – 12

If your teen is interested in becoming more involved in our community, this program allows them to develop strong leadership skills and create positive change. We are looking for 6th – 12th graders from public, private and home school to join the Foothills Park & Recreation District Youth Council. Call 303-409-2510.

#### LEADERS IN TRAINING CAMP Grades 9 & 10

Leaders in Training Camp (L.I.T.) is a 10½-week camp for young adults entering Grades 9 – 10 interested in becoming camp counselors or volunteering. This camp will provide a unique opportunity to strengthen their leadership skills and help them experience real on-the-job training. Participants meet weekly on Mondays and choose their volunteer schedule for Tuesdays through Fridays at sites within the District. Volunteer sites include Children's Programs, Aquatics and Athletics. The L.I.T. will receive CPR and First Aid Certifications and will participate in different team-building activities throughout the program. For more information, please call 303-409-2510.

### ENDURANCE TRAINING

#### SWIM INSTRUCTION & ENDURANCE TRAINING FOR ADULTS & TRIATHLETES Ages 18 & up

Workouts are tailored to the needs of the individual. Emphasis will be on improving stroke mechanics and efficiency. Areas such as open water swimming, training for triathlons and building a training program will be addressed.

**GROUP TRAINING:** Register online at [www.foothills.org](http://www.foothills.org).

**PRIVATE TRAINING:** Call Stephanie Bunevich at 720-373-7694 or email [straightastephanie@comcast.net](mailto:straightastephanie@comcast.net).

#### ENDURANCE/SPORT CONDITIONING SESSIONS INDIVIDUAL & TEAM SESSIONS

– If you are interested in Endurance/Sport Conditioning Sessions, please call Geri at 303-409-2263.

**LOOKING FOR CLASS SCHEDULES?**  
**Please pick them up at our facilities**  
**OR visit [www.foothills.org](http://www.foothills.org).**