



**NEBO SCHOOL DISTRICT  
Programs and Information  
WINTER 2018**

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THE FOLLOWING PROGRAMS ARE OPEN TO NEBO SCHOOL DISTRICT RESIDENTS  
AND ARE HELD AT VARIOUS LOCATIONS THROUGHOUT THE DISTRICT.

The following communities offer Community School Classes through Nebo School District.

**PAYSON COMMUNITY SCHOOL**

Payson High School  
1050 South Main  
Payson, Utah 84651

**SALEM COMMUNITY SCHOOL**

Salem Hills High School  
150 N. Skyhawk Blvd.  
Salem, Utah 84653

**SPANISH FORK COMMUNITY SCHOOL**

Spanish Fork High School  
99 North 300 West  
Spanish Fork, Utah 84660

**SPRINGVILLE COMMUNITY SCHOOL**

Springville High School  
1205 East 900 South  
Springville, Utah 84663

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**TO PRE-REGISTER FOR A COMMUNITY SCHOOL CLASS**

On-line registration is here! Go to [www.nebo.edu](http://www.nebo.edu) to complete your registration.  
The form at the end of this book is also available for mail-in registrations.

**NEW COMMUNITY SCHOOL CLASSES**

The goal of the Community School Program is to meet the needs and interests of the people in the community. If you have an idea for a class or activity, call the Nebo School District / Community School Office at 354-7418.



## NEBO SCHOOL DISTRICT Programs and Information WINTER 2018

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### **NEBO SCHOOL DISTRICT NOTICE OF NONDISCRIMINATION**

It is the policy of Nebo School District that no person shall, on the basis of race, religion, sex, color, national origin, age, disability, or any other classification protected by law, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal assistance. Equal opportunity is a priority of Nebo School District.

Nebo School District Community School coordinator is Troy Bohling 801-354-7417 or ADA Coordinator for Facility Access is David Gneiting 801-354-7440.

### **REFUND POLICY for Community School classes**

There will be a \$5.00 handling charge on all refunds except for those classes that do not carry. A full refund (minus \$5.00) will be given during the first week when requested.

For classes that have limited enrollment, there will be **NO REFUND** given unless the spot can be filled. All classes need a minimum number of students in order to justify the costs of carrying them.

**NO REFUND** will be issued for those classes that do carry with a minimum enrollment.

**There will be no refunds during the second week or thereafter.**



**NEBO SCHOOL DISTRICT  
Community School  
Coordinator – Troy Bohling  
801-354-7418**

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**PAYSON COMMUNITY SCHOOL – WINTER 2018**

<b>CLASS OR ACTIVITY</b>	<b>DAY</b>	<b>DATE</b>	<b>TIME</b>	<b>FEE</b>	<b>LOCATION</b>
1. Art, Oil Painting	Tues.	Jan. 16	5:30-7:30pm	\$60+ 6 wks	C-15
2. Art, Portrait	Wed.	Jan. 17	5:30-7:30pm	\$60+ 6 wks	C-15
3. Fitness Classes	M-Th	On going	8:00-9:00pm	\$15 m	Dance Rm
4. Guitar (ages 8 & up)	Wed.	Feb. 7	7:00-7:45pm	\$40 4 wks	C-21
5. Hunter Safety	See class description for more information				PHS Library
6. Sewing – Table Runner	Tues.	Jan. 16	6:00-9:00pm	\$45 4 wks	C-13

**Community School classes will be held at Payson High School, unless another location is listed.**

**Register on-line [www.nebo.edu](http://www.nebo.edu)**

**How to register on-line**

**Go to our website: [www.nebo.edu](http://www.nebo.edu)**

**Click on: Departments**

**Click on: Community School**

**Go to: Pay on line – click on a city**

## PAYSON – Community School WINTER 2018

### Class or Activity Descriptions

#### 1. Art Class – Oil Painting for Adults ages 18 to 102 PHS Room #C-15

Come take your first step to becoming an accomplished oil painter! This introductory class will take you through the basic techniques for oil painting. You will learn how to mix oil paints, keep clean brushes, create clean colors, and how to use mediums. You will learn how to create oil paintings understanding value, color mixing and good composition. Please email Kim for material list at [kim.meade@gmail.com](mailto:kim.meade@gmail.com) **CLASS DATES: Jan. 16, 23, 30, Feb. 6, 13, 20, 2018.**

**Class limit: 12 students**

#### 2. Art Class – Head / Portrait for Adults ages 18 to 102 PHS Room #C-15

Have you always wondered how to paint/draw faces? This is your opportunity to learn! This is a 6 week class focusing on painting portraits from neck/shoulders up. We will use live models in class, as media to draw/paint from.

All abilities are welcome. We take a step by step approach to drawing and painting the face/portrait so no one will be left behind.

Beginners start working in pencil, then move onto oil. Those with drawing and oil experience start painting portraits in oil immediately.

We will be learning about anatomical proportions and how to measure them. What features make more feminine and masculine faces. How to mix colors for the face and what colors to look for. How to apply paint and much more. Please email Kim at [kim.meade@gmail.com](mailto:kim.meade@gmail.com) for materials list.

**CLASS DATES: January 17, 24, 31, Feb. 7, 14, 21, 2018**

**Class limit: 12 students**

#### 3. Fitness Classes

**Zumba, Power Pump, TurboKick, Insanity, PiYo PHS Dance Room**

**Power Pump:** This class combines the power of high intensity cardio intervals, bodyweight exercises, core exercises and weight lifting for maximum fitness results.

**Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Turbo Kick:** A Combination of Dance and Kickboxing moves; Cardio aerobic activity; put together to heart pounding high energy music.

**Insanity:** A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training.

**PiYo:** Using your body to build your body. Strength Training, Core Conditioning, Stretching, Balance and Cardio all choreographed to upbeat fun music.

## PAYSON – Community School Winter 2018

### Class or Activity Descriptions

#### **Fitness class - continued**

**Monday** is Power Pump; **Tuesday** is Zumba; **Wednesday** is Turbo Kick, Insanity, or PiYo; **Thursday** is Zumba. Lots of variety, and lots of fun. Drop-ins welcome \$2.00 each time or \$15/mo for all the classes. No contracts or registration fees. **Please pay at class.**

#### **4. Guitar – Beginning ages 8 & up PHS Rm # C-21**

This course is a 4 week introduction to guitar. We will learn the basics of playing songs and be challenged to improve our playing with each week. The instructor for the class will be Russell Brown. Class Dates: February 7, 13, 21, 28, 2018. 7:00pm to 7:45pm \$40

#### **5. Hunter Safety**

The Utah Hunter Education program helps you learn essential safety skills and develop practical techniques useful for hunting. Completion of a basic hunter education course is required to obtain a hunting license in Utah if you were born after Dec. 31, 1965. Students are required to obtain a voucher (cost \$10.00) at a license agent for the Utah Division of Wildlife Resources, prior to registering for a Hunter Education course. Upon successful completion of the course, the license will allow a Hunter Education graduate to hunt small game during the current season. The Hunter Education card, commonly known as the “Blue Card” will be mailed to the student at the address provided on the voucher.

Dates for Hunter Safety held at: **Spanish Fork High School cafeteria**  
***please enter at the Main entrance of the High School***

**COST: \$5.00 Register online and fill out the “Hunter Safety” form.** Print, sign, and bring the form to class.

**LOCATION: Spanish Fork High – 99 North 300 West, Spanish Fork, Utah**

**TIME: 6:00pm to 9:00pm Instructor: Todd Stoker**

**DATES: January 16, 17 18 2018**

**[http://www.nebo.edu/sites/nebo.edu/files/Hunter\\_Education\\_form.pdf](http://www.nebo.edu/sites/nebo.edu/files/Hunter_Education_form.pdf)**

Dates for Hunter Safety held at: **Payson High School**

**COST: \$5.00 Register online and fill out the “Hunter Safety” form.** Print, sign, and bring the form to class. *Class Limit 50 students.*

*Limit 50 students per class*

**LOCATION: Payson High School – PHS Library**

**TIME: 6:00pm to 9:00pm Instructor: Todd Stoker**

**DATES: February 13, 14, 15 2018**

***PLEASE - NO Food or Drinks in the Library***

**PAYSON – Community School WINTER 2018**

**Class or Activity Descriptions**

**6. Sewing – WINTER Table Runner ages 18 & up PHS sewing Room C-13 6:00pm to 9:00pm**  
You will love this this cute Winter Table Runner! This is the perfect class for beginners to learn applique and snowball blocks! Basic skills, like rotary cutting and piecing can be learned and practiced. Holly Jensen will be the teacher for this 4 week class. Call Gwen at 801-354-7418 for your supply list.

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**PAYSON – Community School WINTER 2018**

**How to register on-line**

- Go to our website: [www.nebo.edu](http://www.nebo.edu)
- Click on: Departments
- Click on: Community School
- Go to: Pay on line – click on a city

**REGISTRATION FORM**

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**REGISTER and PAY BY MAIL FORM (for Community School classes only)**  
**WINTER 2018 \_\_\_\_\_ Community School**

Yes I would like to register early for the following classes:

- 1. \_\_\_\_\_ \$ \_\_\_\_\_
- 2. \_\_\_\_\_ \$ \_\_\_\_\_
- 3. \_\_\_\_\_ \$ \_\_\_\_\_

Name: (Student) \_\_\_\_\_

Address: \_\_\_\_\_ Phone \_\_\_\_\_

City: \_\_\_\_\_ Zip Code \_\_\_\_\_

Email: \_\_\_\_\_

**Check for \$ \_\_\_\_\_ enclosed**

**Please make checks payable to: Nebo School District  
Mail to: 350 South Main, Spanish Fork, UT 84660**