



NEBO SCHOOL DISTRICT  
Community School  
Coordinator – Everett Kelepolo  
801-354-7418 Fall 2021

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THE FOLLOWING PROGRAMS ARE OPEN TO NEBO SCHOOL DISTRICT RESIDENTS

### **SPANISH FORK COMMUNITY SCHOOL**

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

#### **How to register on-line**

Go to our website: [www.nebo.edu](http://www.nebo.edu)  
Click on: Departments  
Click on: Community School  
Click on: A City - Register - Pay online

FOR ANY REGISTRATION QUESTIONS CALL MARGARET RAINE 801 354 7418

Nebo School District Community School Coordinator is Everett Kelepolo 801-354-7417 or  
ADA Coordinator for Facility Access is David Gneiting 801-354-7440.

We look forward to another opportunity to begin Community School in Nebo School District.

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

It is the policy of Nebo School District that no person shall be based on 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.

#### **REFUND POLICY**

There is a \$5.00 processing fee on all refunds, except for those classes that do not carry. Upon request, a full refund (minus the \$5.00 processing fee) will be given during the first week. For classes that have limited enrollment, no refund will be given unless your spot can be filled. There will be no refunds after the first week of class.

#### **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

CLASS OR ACTIVITY	DAY	DATE	TIME	FEE	LOCATION
Computers - Excel (Beg)	Tu/Thurs	Sept 14	7:00-8:30pm	\$50 5classes	SFHS Library Comp
Pilates	Thursday	Sept 16	7:30-8:30pm	\$30 8wks	Dance Rm
Spin Class	Tu/Thurs	On-Going	6:00-7:00am	See below	Fitness Room C Building
Welding	Thursday	Sept 16	7:00-10:00pm	\$150.00 8wks	MMHS Welding Shop

All classes need a minimum number of students to justify the costs of carrying them.

#### Class or Activity Descriptions

#### **Computers-Introductions to Excel: (ages 18 & up)**

This 5 session course will cover the basic concepts of Microsoft Excel. Participants will learn how to insert text in columns and rows, how to change the size of the cells, how to add, subtract, multiply and divide, how to design spreadsheets, how to change the size, color, and font of the text, orientation of the document, and other basic skills. Lisa Ross will be the instructor.

**Class dates: Sept. 14, 16, 21, 23, 28 Time: 7-8:30pm SFHS Library Computer Lab**

#### **Pilates: (ages 16 & up)**

Pilates improves flexibility, builds strength, and develops control and endurance in the entire body. It puts emphasis on developing a strong core and improving coordination. Sara Fafia will be the instructor for this 8-week class on Thursday nights.

**Class dates: Sept.16, 23, 30 Oct.7, (NO CLASS 14th) 21, 28 Nov. 4, 11 Time: 7:30-8:30pm SFHS Dance Rm**

#### **Spin Class:**

Spin class is a 45-minute indoor cycling class on stationary bikes. Spinning boosts calorie burn by 40% and is great for all fitness levels. Don't forget a water bottle and towel.

Limit 12 students per class. Please pay in class. COST: \$20 per month, \$3.00 per class

**Class days: Tuesday and Thursdays Time: 6-7 am SFHS Fitness Room. (C Building).**

#### **Welding: (ages 18 and up)**

This is a welding class where you will be taught the basics of SMAW (Stick) welding, GMAW (MIG) welding, GTAW (TIG) welding, plasma cutting, and oxyfuel cutting. REQUIRED items to bring to each session include leather welding gloves, safety glasses, pliers, and coveralls or welding jackets. Each session will include basic information and demonstration of the process and then include individual process practice. Materials will be provided for the practice of each process. On the final night, we will build a small project to take home. Jared Massic is the instructor for this 8-week class.

**Class dates: Sept. 16, 23, 30 Oct. 7 (NO CLASS 14th) 21, 28 Nov. 4, 11 Time 7:00 - 10:00 pm  
MMHS Welding Shop 51 N Spanish Fork Parkway, Spanish Fork UT 84660**