

YOUTH ENRICHMENT

If using online registration, all emergency contact information will be stored electronically and can be updated via WebAdvisor if information changes. Registration by any other method requires a **completed emergency information form** be submitted at the time of registration. See page 47.

Video Game Creation Workshop I

For as long as you can remember you've played video games. Now, learn to create them! Using Game Maker software, design and program a real working game. Learn to create 2D environments, and discover how to access and use online game resources. Best of all, on the last day of class show off your creation to friends and family and then take it home to play. Bring headphones or ear buds to class. **No class 3/3.**

CES2 6093				\$139
8 weeks	Sat	Feb 3	9-11 am	
Sec. 919728	AS320	Grades 5-9	W. Marra	

Video Game Creation Workshop II

Bring the thumb drive with the game you started in Video Game Creation I and create your own characters and more. Continue using Game Maker software to update, add to and improve your game. Learn to create multi-player options while discovering even more online game resources including sound and action.

Prerequisite: CES 2-6093 Video Game Creation Workshop I. Bring headphones or ear buds to class.

No class 3/3.

CES2 6118				\$139
8 weeks	Sat	Feb 3	11 am-1 pm	
Sec. 919730	AS320	Grades 5-9	J. Ruff	

Video Game Creation Workshop III

Bring the thumb drive with the games you designed in Video Game Creation I and II and get ready to do some advanced gaming. Using Game Maker software you'll create new games and improve your skills as a game developer. Learn advanced multi-player programming and game design with script writing, while discovering new ideas and more online game resources.

Prerequisite: CES 2-6118 Video Game Creation Workshop II. Bring headphones or ear buds to class.

No class 3/3.

CES2 6126				\$139
8 weeks	Sat	Feb 3	1-3 pm	
Sec. 919727	AS320	Grades 5-9	J. Ruff	

Radical Robots

Robots are everywhere - in your family's car, in your doctor's office, even on the space shuttle! Discover how robots came to exist and how they are used in the movies and in science fiction books. Learn engineering principles as you do different robot experiments. Rally with your classmates in building and programming Lego Mindstorm EV3 robots. **No class 3/3.**

CES 8395				\$139
8 weeks	Sat	Feb 3	9-11 am	
Sec. 919726	AS930	Grades 7-9	J. Scollon	
8 weeks	Sat	Feb 3	11 am-1 pm	
Sec. 919731	AS930	Grades 3-6	J. Scollon	

WELLNESS



Meditation - A Journey of Self Discovery: The Series

This money saving series is a real value and includes the following 4 classes:

CES 0984 Meditation—Experience the Self: An Inner Journey

CES 0986 Meditation—A Peaceful Mind is a Precious Gift

CES2 0034 Meditation—Design a Life That You Love!

CES2 0020 Meditation—10 Tools for Health, Harmony & Joyful Living

See class descriptions for more information.

CES 0983	(.8 CEU)		\$80/Senior Cost \$64
4 weeks	Wed	See dates below	6:30-8:30 pm
Sec. 917330	JC122		K. Bindu Henning

You must register prior to the start of the series to take advantage of the savings.

Meditation - Experience the Self: An Inner Journey

Have you ever wondered who you are beyond your name, form and the many roles you've played throughout your lifetime? Take an in-depth look at the essence of Self, your inner being. Through interactive lecture and meditation embark on an extraordinary inner journey and experience the radiant, peaceful presence within. Learn how to maintain a connection with your inner Self while living in today's hectic world.

CES 0984	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Jan 10	6:30-8:30 pm
Sec. 917329	JC122		K. Bindu Henning



Meditation - A Peaceful Mind is a Precious Gift

A peaceful mind is the foundation for health, happiness and well-being, yet quieting the mind can be a difficult task. Through interactive lecture and meditation learn powerful tools to help calm the restless activity of the mind. Learn how to relax, unwind, and enjoy deep, soothing meditations. Create a powerful shift, enjoy a fresh perspective and experience life anew!

CES 0986	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Jan 17	6:30-8:30 pm
Sec. 917331	JC122		K. Bindu Henning

Meditation - Design a Life That You Love!

Life has a way of flying by as we fast-track our way from one year to the next, without pausing to see exactly where we are going. Through interactive lecture and meditation, take this golden opportunity to stand powerfully in the present and with a light-hearted approach, clean house! Break free from the 'same old ways' of thinking. Design a life filled with happiness, fulfillment and renewed enthusiasm.

Requirement: bring a notebook and pen to class.

CES2 0034	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Jan 24	6:30-8:30 pm
Sec. 917328	JC122		K. Bindu Henning

Meditation - 10 Tools for Health, Harmony & Joyful Living

Incorporate ten simple and effective tools into everyday living and enjoy peace, contentment and more! Using a natural approach for the body, mind and spirit, these tools transform and support every area of life. Through interactive lecture and meditation, learn to remain steady and at ease amidst life's ups and downs. Reduce stress, improve health, and enhance your love and appreciation for yourself and others.

CES2 0020	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Jan 31	6:30-8:30 pm
Sec. 917327	JC122		K. Bindu Henning

Present Moment Meditation: A Path to Inner Peace

Meditation is an easy, natural way to access inner peace and stillness. It reduces stress; quiets the mind; and is beneficial for health and managing challenges. Using a light-hearted approach, students will be gently guided into deep, soothing meditation. Learn how to stay calm and centered throughout your day! Class includes two meditations, a short reading and discussion relating to meditation and stress reduction. Beginners and repeat students welcome. Chairs provided.

CES2 0046	(.4 CEU)		\$45/Senior Cost \$36
3 weeks	Wed	Feb 7	6:30-7:50 pm
Sec. 917326	JC122		K. Bindu Henning