

Parkview Community School



Parkview High School

998 Cole Road SW
Lilburn, Ga. 30047

FALL 2016

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Directors: Alison Samuels/Pam Walton

Assistant: Katie Jordan

Website: <http://parkviewcommunityschool.onmycalendar.com/>

Office Hours:

M-TH: 2:30 - 9:00 pm

Youth Classes

Class	Day	Date(s)	Time	Fee	Instructor
ACT Test Strategies (1 night)	TU	10/11 or 11/29	5:00-7:00 pm	\$25	K. Stephens
SAT Prep	TU,TH	9/13-9/29; 10/18-11/3	4:00-7:00 pm	\$250	Cornerstone
Drivers Education for Teens	M-TH	9/19-10/4; 11/14-12/6	4:00-7:00 pm	\$345	Staff
Healthy Cooking with Kids, Ages 5-13 NEW!	TH	10/6-10/27; 11/10-12/8	5:30-7:00 pm	\$129	AppleCulinaryStudio
Chess Builders Class, Ages 6-12	TU	9/20-11/15 (8 weeks)	6:00-7:30 pm	\$99	M. Scott
Ballet, Grades, K-5	TH	9/22-11/17 (8 weeks)	5:00-5:45 pm	\$70	L. Meyer
Dance Fusion, Grades 3-8 NEW!	TH	9/22-11/17 (8 weeks)	6:00-7:00 pm	\$70	L. Meyer
Impact Bootcamp, Grades 5-12 NEW!	M	9/19-12/12 (10 weeks)	6:00-7:00 pm	\$90	L. Johnson
Impact Martial Arts, Grades 5-12 NEW!	M, TH	9/19-12/12 (10 weeks)	6:00-7:00 pm	\$149	L. Johnson
Holiday Basketball Camp, Boys, Grades 2-8	TH-F	12/22-12/23	9:00am-12:00pm	\$50	N. Gast
Middle School Wrestling, Grades 6-8	M,TU,TH	11/1-3/2	7:00-8:30pm	\$60	A. Burt
Youth Wrestling, Grades K-5	TU,TH	11/1-3/2	6:30-7:30pm	\$60	A. Burt

ADULT CLASSES

Students 17 years old and older are permitted to register for an adult class.

Class	Day	Date(s)	Time	Fee	Instructor
Adult Dance and Cardio NEW!	TH	9/22-11/17 (8 weeks)	3:00-4:00 pm	\$70	L. Meyer
Cardio, Strength, Abs*	M	9/19-10/24; 10/31-12/12	7:00-8:00 pm	\$60	C. Walker
Cardio, Strength, Abs*	W	9/21-10/26; 11/2-12/14	7:00-8:00 pm	\$60	C. Walker
(Earn a \$10 discount if you register for both Monday & Wednesday of the same Cardio session.)					
Cardio, Strength, Abs, Interim	W	1/11 - 2/1	7:00-8:00 pm	\$40	C. Walker
Defensive Driving, Teens/Adults	TU, TH	9/13, 9/15; 11/1, 11/3	6:00-9:00 pm	\$45	NatSafCounc
Impact Bootcamp for Adults NEW!	TH	9/22-12/8 (10 weeks)	6:00-7:00 pm	\$90	L. Johnson
Yoga: Slow Burn	TU	9/27-12/13 (10 weeks)	6:30-7:30 pm	\$90	S. Duncan
Yoga: Slow Burn, Interim	TU	1/17-2/7	6:30-7:30 pm	\$40	S. Duncan

REGISTRATION METHODS: ONLINE THROUGH MY PAYMENTS PLUS (MPP) OR BY MAIL, FAX, PHONE, IN PERSON.

No refunds issued after class has begun.

Registration must be received at least 7 or more days prior to first class.

Submit request for withdrawal or cancellation 4 or more business days before camp/class.

Check our website for more detailed information about our classes/camps.

Interested in teaching a class? We would love to hear from you!

To receive future class lists via e-mail, please send request to www.parkviewcs@yahoo.com.

OFFICE CLOSED Sept. 5, Nov. 8, Nov. 21-25, AND EVERY FRIDAY.

Class Descriptions

ACT TEST STRATEGIES: As part of their college admission requirements, many colleges ask for ACT scores in addition to SAT scores, so many students take both tests. In this workshop you will learn some tips and tricks to help improve your ACT test score.

ADULT DANCE CARDIO: The theme is for adults to be able to get full body & cardio workouts using leaning basic dance techniques. Class is designed for anyone that wants to get in shape while having fun learning basic dance skills. **No class Nov. 3.**

BALLET: Students will learn classical ballet techniques and terminology including center floor work and across the floor combinations. **No class Nov. 3.**

CARDIO/STRENGTH/ABS: This class includes a mixture of low to moderate impact cardiovascular exercises, weight training, and abdominal exercises to target the lower core muscles. Class size limited, so register early. Bring a mat and water.

CHESS BUILDERS: Class includes interactive play and scholastic lessons. Individualized instruction and reinforcement of chess skills are provided to all players of all skill levels. Bring a snack and bottle of water. Parents are invited to stay and observe. **No class November 8th.**

DANCE FUSION: Includes many dance styles such as modern, contemporary, jazz, and hip hop. Technique and choreography will be taught so that students can begin to choreograph their own dances and prepare for high school dance. Wear comfortable clothes/closed toe shoes. **No class Nov. 3.**

DEFENSIVE DRIVING FOR TEENS/ADULTS: Interested in qualifying for a discount on your automobile insurance premium? Many insurance carriers will provide up to a 10% discount to any driving age family member that takes this certificate course sponsored by the National Safety Council.

DRIVERS EDUCATION: The course includes 30 hours of class instruction, 6 hours of behind-the-wheel instruction in a driver's education car, and use of a driving simulator. Class meets for 10 school days. **Use the special driver's education registration form found on the Community School website or pick up a form at the Community School office.** Additional driving hours are available for an extra fee. *(For high school age students only.)*

HEALTHY COOKING FOR KIDS: Students will learn about raw food ingredients, their source and taste along with learning their use to make a yummy recipe. Chef instructors will teach culinary skills, food and kitchen safety, and life skills such as organization, patience, cooperation, math skills, and reading comprehension. Limit 20 students per session. Fee includes the cost of food.

HOLIDAY BASKETBALL CAMP, BOYS GRADES 2-8: Director: Nick Gast, PHS Varsity Boys Coach. Wear basketball shoes & bring snack & water. Fee includes t-shirt. Include t-shirt size on your registration form. **Please register by no later than Thursday, December 15th**

IMPACT BOOT CAMPS: The classes involve a high intensity, circuit style fitness regimen designed to promote weight loss and overall good health. Classes will be taught by a NASM certified personal trainer. Proper workout attire must be worn. **No class September 26 and 29, October 31.**

IMPACT MARTIAL ARTS: American Kun Gek Do is a mixed art containing aspects of Muay Thai Kickboxing, Karate, and Kung Fu. It is a system that is designed to promote good health, weight loss/control, self-defense, self-awareness, and confidence. Uniforms will be worn (available for purchase for \$80.) **No class September 26 & 29, October 31.**

SAT PREP: This 18 hour course will expose students to concepts & strategies for the challenging SAT. This will include material for the Reading Test (interpreting infographics, contextualization, synthesis), the Writing Test (passage improvement, expression of ideas, grammar), the Math Test (algebra, data analysis, complex functions, trigonometry), and the new Essay. Fee includes instructional materials. **Enrollees are encouraged to take the free SAT practice test on August 27th in order to get baseline data on their test performance. Sign up at www.cornerstoneacademic.com.**

WRESTLING: \$60 fee includes instruction only. Each wrestler must also purchase a USA wrestling card. Instructions and tournament schedule can be found at www.parkviewwrestling.com; click on the "Youth" tab. Practices are held in the Parkview High School wrestling room. **Refer to the special registration form located on the Community School and Parkview wrestling websites for deadlines and registration procedures.**

YOGA: SLOW BURN: This slow flow yoga class is designed to build heat from the inside out! Melt away tension and feel the burn in this dynamic class set to music. Beginners and experienced yogis will understand how to use alignment to move deeper into every pose. Breath work (pranayama) and Meditation will be included. Expect to work hard! **No class November 8th or 22nd.**

----- ✂ ----- Parkview Community School Registration Form

**(Special Driver's Ed & Wrestling registration forms are available @ www.parkview.net or pick up in Community School office.)
Mail, fax, or walk in this registration form or use My Payments Plus for online registration.**

Participant Name _____ Age _____ Cell Phone _____

Address _____ City _____ Zip _____

** E-mail** _____ Home Phone _____

****Please make sure that you include an e-mail address so that we can contact you to confirm the class and its location.****

Class	Dates	Days	Times	Fee	TOTAL

Method of Payment: Cash Receipt# _____ Check # _____ Discover VISA MasterCard

Credit Card # _____ Exp. Date _____ Auth. # _____

Online registration is easy through My Payments Plus (MPP).