



GALLATIN GATEWAY

ADULT COMMUNITY EDUCATION

Learning enriches our lives regardless of age. Adult Education at Gallatin Gateway School District #35 originated in 2004. The purpose of the Gallatin Gateway Adult Community Education program is to provide a diverse range of quality and affordable programs that enhance and inspire our community to meet their personal needs and goals.

Our Adult Education classes are for adults and children 16 and older. Adults take classes for a variety of reasons including lifelong learning, skill acquisition for employment, leisure, health and fitness, or to simply have fun and socialize. Our adult classes are geared towards adults who are not concerned about receiving college credit. There are no tests, grades, or attendance requirements. You take classes because you want to learn in a relaxed environment.

As the program grows, we will strive to stay in touch with the latest trends in technology, fitness, recreation, arts, foreign languages, personal finance, and much more. This initial semester will be heavy in personal enrichment to encourage participation as we work to expand the program. We hope you will join us over the course of this year.

Anyone interested in teaching a course for the Gallatin Gateway Adult Community Education Program, please contact Melissa Kuchynka at 406-763-4415 ext. 412 or email to kuchynka@gallatingatewayschool.com

HOW TO ENROLL

There are three ways to register:

- 1. Online.** Simply click on the register now link on the course you want to attend on the Gallatin Gateway master calendar or click on the course title on the class list; the link will take you to the google form. You can then pay through the district website with the link provided or bring in your payment to the school office.
- 2. In person at the school.** Simply print the registration form from the website, fill it out and bring it and payment to the front office. (Office Hours are 7:30 am - 4:00 pm, Monday through Thursday, and 7:30 am-3:30 pm Friday)
- 3. Mail enrollment application & payment:** Gallatin Gateway Adult Ed, P.O. Box 265, Gallatin Gateway 59730

Please note that registration will not be complete until payment AND application are received. We cannot save your spot in the course without payment.

Each class has a minimum enrollment of five and is subject to cancellation if this minimum is not met. You will be notified one week prior to the projected start of a course if the course has been cancelled and refunds will be issued. There are NO refunds for single day courses.

PLEASE ENROLL EARLY TO AVOID CLASS CANCELLATION AND ENCOURAGE OTHERS TO ENROLL!

NOTIFICATION

You will only be notified if your class is cancelled. Otherwise you are responsible for remembering to attend class. Courses will be posted on the district website which will be regularly updated.

REFUND POLICY

You may withdraw from a class two weeks prior to the opening date and receive a refund, minus a \$5.00 processing fee. Refunds will not be granted once a class has begun. If you are unable to attend a class, you may send a friend or colleague in your place. Call 763-4415 ext. 412 for any substitutions. If a class is cancelled a full refund will be given. Refunds require 4 weeks to process.

Outdoor Survival

Instructor: Chris Dover
 Dates: Two sessions Thursday October 3rd & Thursday October 10th
 Time: 6:00pm - 7:30pm
 Cost: \$30
 Location: Gallatin Gateway School - Room TBD
 Class Description: Don't go outdoors unprepared! Join us for a wilderness survival basics class by outdoor expert Chris Dover. She will discuss the skills you need and the items you should always carry to survive an unexpected night (or two) in the outdoors. This is information every person, male or female, should know! Chris Dover has been a Search and Rescue dog handler/trainer for over 30 years. She has also taught Wilderness Survival for Montana Fish, Wildlife & Parks Becoming an Outdoors Woman (BOW) program for 25 years. Chris taught in Bozeman Public Schools for 25 years and retired in 2018.



Beginning Guitar

Instructor: Matt Dickie
 Dates: Tuesdays October 8th-December 17th
 (No class 11/26) 10 classes
 Time: 6:30pm-8:00pm
 Cost: \$150 (\$400-\$500 value)
 Location: Gallatin Gateway School Music room
 Class Description: Matthew teaches all styles and levels, but specializes in teaching beginners and children. With eight years of teaching experience, Matt's goal is to help students have as much fun as possible while they are starting out in order to stay motivated throughout the challenges they'll encounter in their first year of playing guitar. But while they're having fun, his students learn the important basics, techniques and theory that they need to progress as a musician. Matthew doesn't use a set lesson plan as he believes every student needs a lesson catered specifically to their needs and interests. The first thirty minutes will be instruction time and following that Matt will walk around and give individual attention where needed. Private lessons with Matt cost between \$40-\$50 per lesson, this is an amazing value. Guitars will be available for use during class time but you are strongly encouraged to have your own to practice with at home.





Introduction to Drawing

Instructor: Dayna Bergin

Dates: Mondays- October 7th-October 28th
(4 classes)

Time: 5:30pm -7:30pm

Cost: \$48

Location: Gallatin Gateway School - Art Room

Class Description: Learn basic principles of drawing, explore a range of materials you can draw with. No experience in drawing or painting is necessary and individual expression is encouraged. This drawing class that will cover a wide range of drawing techniques and materials. The subject matter will be seasonal. This class introduces and builds upon fundamental drawing concepts that apply across disciplines. Line, value, shape, form, space, intent, and other elements are addressed using direct observation.

*Material list will be e-mailed to registered attendees. Minimum of 6 attendees for the class to run.

Meal Planning Workshop

Instructor: Sarah Baumgartner

Dates: Wednesday, October 16th (One night only)

Time: 6:00-8:00pm

Cost: \$15 (bring your spouse for free!)

Location: Gateway School Cafeteria

Class Description: Does the thought of what’s for dinner bring you to tears? Do you make 2 or more trips to the grocery store each week? Do you order take-out or go through the drive thru more than you care to admit? Do you find yourself staring into the pantry or fridge only to realize you don’t have the ingredients to make a healthy meal? This workshop is key for any person wanting to take the stress out of meal time.

You will learn:

- 10 pantry/fridge staples you need at all times for last minute healthy meals
- How to meal plan and prep ahead of time to free up extra time each day
- Ways to cut corners without sacrificing nutrition

What you get:

- Free 7 day meal plan
- Free grocery list for future meal plan
- Meal Planning template

Sarah Baumgartner is a Certified Health and Wellness Coach and Exercise Physiologist and has over 5 years experience helping individuals improve their health and well – being through behavior modification, goal setting and individualized support. She is the owner of Simply Balanced Wellness, LLC and primarily serves working parents and employers in the areas of energy management and resilience.



**Basic Country
Two-Step**

Instructor: Lauren Coleman
 Dates: Friday October 18th, 2019 (One night only!)



Time: 7:00-8:30pm
 Cost: \$10 each or \$15/couple
 Location: Gallatin Gateway School
 Class Description: Learn to dance! Country Two Step is a popular and basic dance based on walking steps. It travels around the dance floor with lots of fun turns. A great class for beginners!

Lauren Coleman is the owner of Have Fun Dancing studio in Bozeman and has been sharing her love of dancing with hundreds of students here since 1993 and she is a resident of Gallatin Gateway. She is a full time professional dancer who was trained specifically as a Ballroom and social dance instructor at Universal Studios in Spokane, WA. Her expertise includes a thorough knowledge of technique, partnering, choreography, history, music and steps. She continues her dance training with master teachers and attends numerous workshops nationally and internationally, in order to bring the latest trends and styles to Bozeman. Her emphasis is on dance as a social skill and as an art form. Her philosophy stresses cooperation over competition and in creating a friendly

atmosphere where people feel comfortable and have fun.

Watercolor Painting

Instructor: Dayna Bergin
 Dates: Monday's (November 4th, 11th, 18th)

Time: 5:30pm -7:30pm
 Cost: \$36
 Location: Gallatin Gateway School - Art Room
 Class Description: Learn the fundamentals of playing and exploring with watercolors from acclaimed artist Yao Cheng. Yao shares her process of selecting the proper paints and brushes to get started and teaches how to blend colors to create a unique palette. The essential information provided in this class will help you learn how to apply watercolor to different surfaces and create basic shapes using fun, easy techniques.

Learn how to:

- *Control the opacity of the paint
- *Blend colors to create a palette
- *Blend colors on the paper

- *Use various techniques, such as pulling and dipping
- Paint basic shapes
- *Material list will be e-mailed to registered attendees.



Sushi Rolling

Instructor:

Eric Bee

Date:

October 23rd

Time:

7:00-9:00pm

Cost: \$40

Location: Gallatin Gateway School

Class Description: Learn how to make basic maki rolls, including uramaki style (rice out).

How to make and prepare ingredients to roll will be glanced over in order to provide more hands-on rolling time.

Topics covered will be:

Handling Rice, what good rice should feel like, and proper portioning

Adding rice to Nori. Techniques and ways to develop speed and stay clean

Proper ingredient placement inside the rolls, as well as flavors to pair with fish

Shaping Rolls. What they should look like, and use of the rolling mat (maki su)

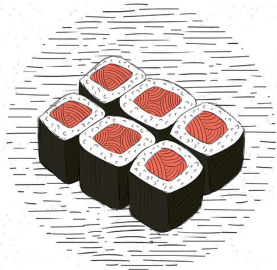
Cutting! Go over proper cutting techniques since it varies greatly from western style cutting

How to plate sushi like a professional

Eric has taught private courses at the Yellowstone Club & Big Sky Resort and has over 15 years of professional experience.

Running on Empty? Practical Strategies to improve energy and Resilience for the whole family

Instructor: Sarah Baumgartner



Dates: Wednesday November 13th

Time: 6:00-8:00pm

Cost: \$10 (bring your spouse for free!)

Location: Gateway School Cafeteria

Class Description: Are you or your family members constantly low on energy, anxious and stressed and feel there is never enough time for the things you want to be doing?

This workshop focuses on 3 key wellness areas proven to improve energy and resilience and includes practical strategies to immediately implement change in you and your family's life.

You will learn:

- * Latest research regarding sleep, nutrition and fitness to improve energy
- * How to set boundaries and stick with them
- * 10 Strategies that result in happiness, contentedness and stress reduction

Sarah Baumgartner is a Certified Health and Wellness Coach and Exercise Physiologist and has over 5 years experience helping individuals improve their health and well – being through behavior modification, goal setting and individualized support. She is the owner of Simply Balanced Wellness, LLC and primarily serves working parents and employers in the areas of energy management and resilience.



Simply Balanced Wellness, LLC

Women's Beginning Archery

Instructor: Dick Shockley

Dates: Monday's & Tuesday's 12/9, 12/10,
12/16 & 12/17 (4 sessions)

Time: 5:30pm - 7:30pm

Cost: \$50

Location: Gallatin Gateway School gym

Class Description: The purpose of the course is to introduce students to the basic techniques of indoor target archery emphasizing the care and use of equipment, range safety, stance and shooting technique. You will be instructed in basic equipment used for archery, practice components for nocking, drawing, aiming and shooting on targets and will have ample target practice time.

All equipment and gear will be set up and provided. Grab a group of gals and and have fun!



Watch the website for additional exciting new classes that may add during the course of the trimester! Additionally, a new schedule for winter and spring will come out in early 2020.

www.gallatingatwewayschool.com/adult-ed