

# Fitness PROGRAMS

## **NEW!** BODY SCULPT

This class is a combination of free weights, push-ups and abs to increase muscle/core strength and keep you sleek and toned. **Ages: Teens & Adults.**

## **NEW!** CARDIO KICKBOXING, KETTLEBELL AMPD, AND ZUMBA COMBO CLASS

This class will give you a variety of exercise each week. Cardio Kickboxing is a popular training program that is a fun, action-packed workout that combines martial arts, boxing, and dance moves. Kettlebell AMPD is not your typical workout. It takes heart-pumping music and kettlebell moves, and combines them into 60 minutes of calorie torching fun! Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. **Ages: Teens & Adults.**

## **CYCLE FIT**

This Cycle Fit program delivers a personalized workout, an incredible calorie burn and a personal challenge—all at a self-directed pace. Cycling is one of the best activities for improving cardiovascular fitness. You can work out at your pace and resistance level as the instructor takes you through drills and hills geared toward improving your cardiovascular fitness. **Ages: Teens & Adults.**

## **NEW!** DANCE FUSION

This MUST TRY class combines cardio & dance moves. The definition of fusion dance is the mixing or FUSION of different styles or genres of dance movement and music. Music is a fantastic motivator to get participants on their feet and moving. Whether you want to dance for an aerobic workout or to just simply learn dance choreograph, Dance Fusion is the class for you. **Ages: Teens & Adults.**

## **MAT PILATES**

The Pilates "method," as it is now known, is an exercise system focused on improving flexibility, strength, and body awareness, without building bulk. The mat workout focuses on controlled, graceful movements and core exercises to streamline the muscles by lengthening and strengthening. The instructors will demonstrate modifications to make this workout appropriate for all levels. **Ages: Teens & Adults.**

## **POUND®**

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! **Ages: Teens & Adults.**

## **SILVER STEPPERS**

Silver Steppers is a senior aerobics exercise program created for people 55 years of age and older. Start slowly and give yourself time to build your endurance. Senior aerobics includes low impact aerobic exercises, flexibility movements, and cardiovascular exercises. The instructors will demonstrate modifications to make this workout appropriate for all levels. **Ages: 55 & up.**



## WELLNESS BUILDING A HEALTHIER COMMUNITY

Franklin Parks and Recreation joins forces with Johnson Memorial Occupational Health and Immediate Care Center to provide a wellness initiative for community residents. Each participant will have their blood pressure taken and blood drawn to access Total Cholesterol, HDL, LDL, Triglycerides and Glucose. The lab results will be mailed to each participant. For the most accurate results, each participant must fast at least 12 hours prior to testing. Appointments are scheduled between 8:15am–9:00am on Wed., October 14, Fri., October 16, Wed., February 17, and Fri., February 19. Wellness screenings are now done at the Johnson Memorial Occupational Health and Immediate Care Center at 2085 Acorn Road in Franklin for \$28.

## PERSONAL TRAINERS

Improve your individual strength, endurance, and cardio by getting fit with a personal trainer. You can schedule a one-on-one workout with a personal trainer to develop and implement an individualized approach to physical fitness. Different exercises will be performed: weight lifting (free weights and machines), use of cardio equipment, biking, walking, and/or jogging. \$20 City-Resident/\$25 Non-Resident, per 1-hour session. Call or stop by to make an appointment.



## TAI CHI

Tai Chi (Taiji) is an ancient Chinese art of movement which promotes improved balance, relaxation, and coordination. Tai Chi has been reported to lower blood pressure, improve the ability to handle stress, improve digestion, and provide many other health benefits. The self defense applications to the physical movements are also taught, if students desire.

**Ages: Adults.**

PROGRAM	CODE	COST	DAY	DATE	TIME
Body Sculpt	10100A	\$35/\$40	Thurs	10/22-12/17	9:00-9:45am
Body Sculpt	10100B	\$35/\$40	Thurs	1/7-3/3	9:00-9:45am
Cardio Kickboxing, Kettlebell AMPD, and Zumba Combo Class	10101A	\$55/\$60	M/T/R	10/19-12/17	3:30-4:30pm
Cardio Kickboxing, Kettlebell AMPD, and Zumba Combo Class	10101B	\$55/\$60	M/T/R	1/4-3/3	3:30-4:30pm
Cycle Fit	10102A	\$35/\$40	Mon	10/19-12/14	6:00-6:45pm
Cycle Fit	10102B	\$35/\$40	Wed	10/21-12/16	6:00-6:45pm
Cycle Fit	10102C	\$35/\$40	Sat	10/24-12/19	9:00-9:45am
Cycle Fit	10102D	\$35/\$40	Mon	1/4-2/29	6:00-6:45pm
Cycle Fit	10102E	\$35/\$40	Wed	1/6-3/2	6:00-6:46pm
Cycle Fit	10102F	\$35/\$40	Sat	1/9-3/5	9:00-9:45am
Dance Fusion	10103A	\$35/\$40	Thurs	10/22-12/17	9:45-10:30am
Dance Fusion	10103B	\$35/\$40	Thurs	1/7-3/3	9:45-10:30am
Mat Pilates	10104A	\$55/\$60	T/R	10/20-12/17	8:00-8:55am
Mat Pilates	10104B	\$55/\$60	T/R	10/20-12/17	5:00-6:00pm
Mat Pilates	10104C	\$55/\$60	T/R	1/5-3/1	8:00-8:55am
Mat Pilates	10104D	\$55/\$60	T/R	1/5-3/1	5:00-6:00pm
Pound®	10105A	\$55/\$60	M/R	10/19-12/17	7:00-7:45pm
Pound®	10105B	\$55/\$60	M/R	1/4-3/1	7:00-7:45pm
Silver Steppers	10106A	\$60/\$65	M/W/F	10/19-12/18	10:00-10:55am
Silver Steppers	10106B	\$60/\$65	M/W/F	1/4-3/4	10:00-10:55am
Tai Chi	10107A	\$50/\$55	Tues	9/15-10/20	7:00-7:50pm
Tai Chi	10107B	\$50/\$55	Tues	11/3-12/8	7:00-7:50pm
Tai Chi	10107C	\$50/\$55	Tues	1/5-2/9	7:00-7:50pm
Tai Chi	10107D	\$50/\$55	Tues	2/23-4/5	7:00-7:50pm
Total Fit Aerobics	10108A	\$55/\$60	M-R/S	10/19-12/19	M-R 6pm, S 9:30am
Total Fit Aerobics	10108B	\$55/\$60	M-R/S	1/4-3/5	M-R 6pm, S 9:30am
Yoga	10109A	\$50/\$55	Mon	10/19-12/14	6:30-8:00pm
Yoga	10109B	\$45/\$50	Thurs	10/22-12/17	4:45-5:45pm
Yoga	10109C	\$50/\$55	Mon	1/4-2/29	6:30-8:00pm
Yoga	10109D	\$45/\$50	Thurs	1/7-3/3	4:45-5:45pm
Zumba	10110A	\$55/\$60	M/W/F	10/19-12/18	9:00-9:55am
Zumba	10110B	\$50/\$55	M/W	10/19-12/16	5:00-5:55pm
Zumba	10110C	\$55/\$60	M/W/F	1/4-3/4	9:00-9:55am
Zumba	10110D	\$50/\$55	M/W	1/4-3/2	5:00-5:55pm
Zumba Toning®	10111A	\$40/\$45	Wed	10/21-12/16	7:00-7:55pm
Zumba Toning®	10111B	\$40/\$45	Wed	1/6-3/2	7:00-7:55pm

## TOTAL FIT AEROBICS

Do you want to increase your fitness level and strength? Come to this class to combine a wide variety of high energy workout 5 days a week. Total Fit combines cardiovascular training with strength training and stretching. A variety of equipment will be used to achieve this such as: the step, bosu, bands, free weights, body bars, exercise balls, kettlebells, as well as the participant's own body resistance.

**Ages: Teens & Adults.**

## YOGA

You will learn to relax and reduce tension while building strength and flexibility through simple stretching and proper breathing. The final relaxation pose which closes this class will leave you feeling calm and refreshed. Exercise mats will be provided; participants will be responsible for yoga mats.

**Ages: Teens & Adults.**

## ZUMBA®

Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. It combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away those extra pounds, any worries, or stress.

**Ages: Teens & Adults.**

## PAY EARLY & SAVE

Receive a \$10 discount if you pay before the first day of class for ANY fitness class.

## NEW! ZUMBA TONING®

Zumba Toning® class is an addition to Zumba and focuses on strength training exercises within the dances, as well as the addition of toning sticks. This type of class will not give you the aerobic workout you know and expect from regular Zumba classes, but instead works on circuit training (a few minutes of cardio followed by a few minutes of strength training) which creates a higher calorie burn than strength training alone.

**Ages: Teens & Adults.**



# Preschool PROGRAMS

## BEGINNING DANCE MOVEMENT

This introductory class offers young dancers the chance to learn basic dance technique and formations in a fun environment. The class is taught in a format easily understood by small children. **Ages: 2 ½ -4.**

## CHEER

Does your child love to cheer? This program combines cheerleading moves, pom-poms, and modern dance steps to create a fun, upbeat cheerleading routine that is also great exercise! Class will be taught by a Franklin College cheerleader and each child will receive a pair of Pom-Poms. **Ages: 4 & up.**

## MAKE AND PAINT BOWL

Make your very own handmade bowl! In the first class you will make and shape the bowl. In the next class, you will paint it. Bowls will be available for pick up a week later. Enjoy cereal in their very own bowl and take pride in knowing they made it themselves. This material is dishwasher safe. Make sure your child wears old clothes to class. **Ages: 4-5.**

## PRESCHOOL CLAY CREATIONS

Discover your kid's talents at this fun-filled art class for both boys and girls. In each class, students will explore the many techniques of clay and create new projects that push their creativity. Make sure your child wears old clothes to class. **Ages: 4-5.**

## TAE KWON DO - TINY TIGERS

ATA has developed this special program just for preschool aged children. Tae Kwon Do classes feature a short informational lesson on topics such as safety and manners, activities, and physical skills. Material is presented with the physical abilities and attention span of the preschool child in mind. Instructors are certified through the American Tae Kwon Do Association, and have additional certification to teach the preschool aged child. Uniforms and testing fees are not included in class fees. **Ages: 4-6.**

## TERRIFIC TWO'S

This playgroup for children, serves as an excellent first separation experience for both parent and child. Our program helps children get ready for pre-school by learning to socialize with other children their own age, learning to share and play. They will make crafts, listen to music, and have lots of fun. Parents are required to stay one week of the session and assist the instructor. *If we fill the 9:00 class we will open an 11:30 class.* **Age: 2.**

## TUMBLING

Does your little one love to tumble? This is the perfect beginning class! Basic tumbling, balance beam skills, coordination activities and more will be taught in these classes. Including: forward rolls, balance beam, somersaults, log rolls, bridges, and lots of fun! **Ages: 2-5.**



PROGRAM	CODE	COST	DAY	DATE	TIME
Beginning Dance Movement	11500A	\$30/\$35	Thurs	9/17-10/22	4:00-4:30pm
Beginning Dance Movement	11500A	\$30/\$35	Thurs	11/5-12/10	4:00-4:30pm
Beginning Dance Movement	11500A	\$30/\$35	Thurs	1/7-2/11	4:00-4:30pm
Cheer	11501A	\$25/\$30	Tues	9/15-10/20	4:00-4:30pm
Cheer	11501B	\$25/\$30	Tues	1/5-2/9	4:00-4:30pm
Make and Paint Bowl	11502A	\$10/\$15	Tues	10/20-10/27	3:30-4:15pm
Preschool Clay Creations	11503A	\$15/\$20	Tues	1/26-2/9	3:30-4:15pm
Taekwondo - Tiny Tigers (Adv)	11504A	\$35/\$40	Tues	9/15-10/20	3:30-4:15pm
Taekwondo - Tiny Tigers (Beg)	11504B	\$35/\$40	Tues	9/15-10/20	4:15-4:45pm
Taekwondo - Tiny Tigers (Adv)	11504C	\$35/\$40	Tues	11/3-12/8	3:30-4:15pm
Taekwondo - Tiny Tigers (Beg)	11504D	\$35/\$40	Tues	11/3-12/8	4:15-4:45pm
Taekwondo - Tiny Tigers (Adv)	11504E	\$35/\$40	Tues	1/5-2/9	3:30-4:15pm
Taekwondo - Tiny Tigers (Beg)	11504F	\$35/\$40	Tues	1/5-2/9	4:15-4:45pm
Taekwondo - Tiny Tigers (Adv)	11504G	\$35/\$40	Tues	2/23-4/5	3:30-4:15pm
Taekwondo - Tiny Tigers (Beg)	11504H	\$35/\$40	Tues	2/23-4/5	4:15-4:45pm
Terrific Two's	11505A	\$40/\$45	Wed	9/23-10/28	9:00-10:30am
Terrific Two's	11505B	\$40/\$45	Wed	11/11-12/16	9:00-10:30am
Terrific Two's	11505C	\$40/\$45	Wed	1/6-2/10	9:00-10:30am
Terrific Two's	11505D	\$40/\$45	Wed	2/24-4/6	9:00-10:30am
Tumbling Parent/Tot Age 2	11506A	\$20/\$25	Wed	9/9-10/14	4:15-4:45pm
Tumbling Parent/Tot Age 2	11506B	\$20/\$25	Wed	10/28-12/9	4:15-4:45pm
Tumbling Parent/Tot Age 2	11506C	\$20/\$25	Wed	1/13-2/17	4:15-4:45pm
Tumbling Tumbling Tots Ages 3-4	11506D	\$20/\$25	Wed	9/9-10/14	5:00-5:30pm
Tumbling Tumbling Tots Ages 3-4	11506E	\$20/\$25	Wed	10/28-12/9	5:00-5:30pm
Tumbling Tumbling Tots Ages 3-4	11506F	\$20/\$25	Wed	1/13-2/17	5:00-5:30pm
Tumbling Kinder Fun Age 5	11506G	\$25/\$30	Wed	9/9-10/14	5:30-6:15pm
Tumbling Kinder Fun Age 5	11506H	\$25/\$30	Wed	10/28-12/9	5:30-6:15pm
Tumbling Kinder Fun Age 5	11506I	\$25/\$30	Wed	1/13-2/17	5:30-6:15pm

# CHILD CARE

Want to be in an aerobic program or just work out at the center but have a little one at home you need someone to watch? We have child care Mondays, Tuesdays, Wednesdays, and Thursdays from 5-8pm and Saturdays from 8:15-10:30am. The cost per child is \$1.50 per hour. Parents are required to stay in the building while your child is in child care.





# Youth PROGRAMS

## "ALL FIRED UP" POTTERY

Kids will learn techniques and skills needed to create their own pottery by using the potter's wheel and also using the slab method. They will learn to center, manipulate, and transform lumps of clay into pots, bowls, and decorative artwork. After the kids create their own masterpieces, we will get their work "all fired up" in the kiln. Class includes clay, firing, use of glazes and tools with the instructor's guidance. **Ages: 6-8 and 9-12.**

## BASIC ROCK CLIMBING

Rock climbing is a fun and safe sport for all ages. Our climbing facility provides a controlled, supervised environment where beginners can have a fun climbing experience. Class includes: knot tying, belaying, repelling, indoor climbing skills, climbing ethics, safety, fun, and fitness. **Ages: 13 and up.**

## CHEER

Students will learn cheer fundamentals and techniques such as motions, cheers, chants, jumps and conditioning exercises. **Grades K-5th.**

## NEW! CHRISTMAS DECORATION CRAFTS

These Christmas decorations will be handmade with love to enjoy all season long. Each child will be able to make two crafts. These will make great Christmas tree decorations for family members, teachers, and friends. **Ages: 9-12.**

## FENCING

En Garde! Ever wanted to try your hand with a sword? We are now offering both beginner and intermediate levels of fencing. Students will learn the basics of fencing: footwork, blade work, rules, and tactics; as well as participate in fun, fencing games. This class is taught by Anthony Joslin, a trainer of the 2013 US Youth National Champion. *There will be an additional \$10 equipment rental fee payable to the instructor at the first class.* **Ages: 6-11.**

## FENCING CAMP

This camp is designed for mini-musketeers! Learn or build on your skills of lunge attacks, parries, and ripostes over the course of the week. Taught by US Silver Medalist Caroline Gilchrist and Maestro Anthony Joslin. *You will need to provide your own lunch.* **Ages: 6-16.**

## NEW! HIP HOP

Our hip hop program offers dancers of all ages the opportunity to discover what the hip hop dance craze is all about. Class members learn the very latest hip hop/street style moves to today's hottest dance music. If you've seen it on TV, you'll learn it in this class. No prior dance experience needed. **Ages: Kindergarten-Adults.**

## NEW! INTERMEDIATE ROCK CLIMBING

Take your rock climbing skills to the next level! In this class you will work on improving balance and refine footwork and hand positions. Intermediate rock climbing also tackles more challenging climbs as well as learn more advanced repelling and belaying techniques. This program is 6 weeks and if weather permits 2 of the classes will travel to Indianapolis and Muscatuck Park for an outdoor climbing experience. Must complete the beginner level class or be approved by the instructor to be in this class. Climbing shoes are suggested, but not mandatory for the intermediate class. **Ages: 10 & up.**

# KICKAPOO KIDS CAMP

## 2016 Summer Camp Registration

Wednesday, January 27th in Beeson Hall

6:30-7pm – Lottery Numbers Drawn

7pm – Registration Starts with Lottery #1

Kickapoo Kids Camp is a summer camp for children going into Kindergarten through 6th grade (in the Fall of 2016). Campers enjoy a fun-filled summer of field trips, swimming, games, special events, snacks, and much more! Camp hours are Monday through Friday from 7:00am – 6:00pm. Weekly full-time (5 days per week) camp fees are as follows: \$100 for City Residents, \$115 for Non Residents. Weekly part-time (3 days per week) camp fees are as follows: \$65 for City Residents, \$90 for Non Residents. There is a \$75 (non-refundable) registration fee for each child due at time of signing up. Cultural Arts & Recreation Center membership and Franklin Family Aquatic Center Pool Pass are included in camp fees. Must sign up for the entire summer. Weekly fees must be paid even if your child is not present. **Space is limited so it important to come to registration night.**

## DO YOU HAVE A SPECIAL TALENT OR HOBBY?

Do you have a program idea you'd like to share with the community? You may be able to start a new class or give a lecture for Franklin Parks & Recreation. Give us a call at (317) 346-1192 or email us at [play@franklin.in.gov](mailto:play@franklin.in.gov).

## DON'T LET A GOOD PROGRAM DIE!

Nothing ends a good program quicker than waiting until the last minute to sign-up. At some point a decision must be made on whether to cancel the program due to lack of sign-ups. Registering at the last minute may mean that the program has already been canceled. Please register early!

## JAZZ

This introductory class offers your dancers the chance to learn basic dance technique and formations in a fun environment. The class is taught in a format easily understood by small children. Older kids will focus on jazz technique with an emphasis on balance, extensions, isolations, and body control.  
**Ages: Level 1 (Grades K-3rd) Level 2 (Grades 4th-7th)**

## LEARNING TO DRAW AND PAINT

The objective of this class is to teach the fundamental skills of pencil drawing during the first session. After which you may explore the mediums of colored pencil, pen and ink, acrylics, and watercolors. Lisa works with each student on an individual basis during the hour-long class. There will be a variety of ages and experience levels in each class. Additional cost for supplies paid to the instructor, beginning supplies \$25, colored pencil \$25, painting mediums \$75. **Ages: 7-Adults.**

## SPIN A POT – POTTERY

Make your own pottery on a potter's wheel! Get the feel of the movement of the clay to form your choice of a vase, bowl, or chip and dip. This quick and easy method of pottery will make you want to continue into more advanced classes. This class will include hands on demonstration, instruction, glazing, and firing. Must pre-register and reserve your time on the wheel. The first Saturday will only take approximately twenty minutes (time slots will be given to each person registering) and the second Saturday everyone will come for the whole hour.  
**Ages: 8-Adults.**

## TAE KWON DO

This is an excellent form of exercise designed to teach self-discipline, agility, balance, strength, and speed. Tae Kwon Do also teaches self-defense and improves the student's self-confidence, coordination, and physical and mental capabilities of meeting any challenge with success. Students progress in rank as they learn the required material. Safety and control are stressed in every activity. Instructors are certified through the American Tae Kwon Do Association. Uniforms and testing fees are not included in class fees.  
**Ages: 7-Adults.**

## TUMBLING

Classes will focus on the following skills: front and back roll, walkovers, handstands, and cartwheels. The class is designed for children with little or no experience and all stunts are done on the floor. Short tumbling routines on the mats will be emphasized as children are taught basic tumbling skills and techniques. Tumblers should wear clothes that do not restrict movement. **Ages: 6-9.**

PROGRAM	CODE	COST	DAY	DATE	TIME
"All Fired UP" Pottery Ages 6-8	16100A	\$30/\$35	Tues	9/22-10/13	5:00-6:00pm
"All Fired UP" Pottery Ages 9-12	16100B	\$35/\$40	Tues	9/22-10/13	6:30-8:00pm
Basic Rock Climbing	16101A	\$25/\$30	Wed	10/7-11/18	7:00-8:00pm
Basic Rock Climbing	16101B	\$25/\$30	Wed	3/9-4/27	7:00-8:00pm
Cheer	16102A	\$30/\$35	Thurs	9/17-10/22	5:00-5:30pm
Cheer	16102B	\$30/\$35	Thurs	11/5-12/17	5:00-5:30pm
Cheer	16102C	\$30/\$35	Thurs	1/7-2/11	5:00-5:30pm
Christmas Decoration Crafts	16103A	\$10/\$15	Thurs	11/12-11/19	5:00-6:00pm
Fencing (Beginners)	16104A	\$75/\$80	Thurs	10/29-12/17	6:00-7:00pm
Fencing (Advanced)	16104B	\$75/\$80	Thurs	10/29-12/17	7:00-8:00pm
Fencing (Beginners)	16104C	\$75/\$80	Thurs	1/7-2/25	6:00-7:00pm
Fencing (Advanced)	16104D	\$75/\$80	Thurs	1/7-2/25	7:00-8:00pm
Fencing Camp	16105A	\$200	M-R	12/28-12/31	8:30am-5:00pm
Hip Hop Level 1 Grades K-3rd Grade	16106A	\$30/\$35	Thurs	9/17-10/22	4:30-5:00pm
Hip Hop Level 1 Grades K-3rd Grade	16106B	\$30/\$35	Thurs	1/7-2/11	4:30-5:00pm
Hip Hop Level 2 Grades 4th-7th	16106C	\$30/\$35	Thurs	9/17-10/22	5:30-6:00pm
Hip Hop Level 2 Grades 4th-7th	16106D	\$30/\$35	Thurs	1/7-2/11	5:30-6:00pm
Hip Hop Level 3 Grades 8th - Adults	16106E	\$35/\$40	Thurs	9/17-10/22	6:00-6:45pm
Hip Hop Level 3 Grades 8th - Adults	16106F	\$35/\$40	Thurs	11/5-12/10	6:00-6:45pm
Hip Hop Level 3 Grades 8th - Adults	16106G	\$35/\$40	Thurs	1/7-2/11	6:00-6:45pm
Intermediate Rock Climbing	16107A	\$30/\$35	Thurs	10/8-11/12	7:00-8:00pm
Intermediate Rock Climbing	16107B	\$30/\$35	Thurs	3/10-4/28	7:00-8:00pm
Jazz Level 1 Grades K-3rd	16108A	\$30/\$35	Thurs	11/5-12/10	4:30-5:00pm
Jazz Level 2 Grades 4th-7th	16108B	\$30/\$35	Thurs	11/5-12/10	6:30-7:00pm
Learning to Draw and Paint	16109A	\$34/\$36	Mon	9/14-10/5	6:00-7:00pm
Learning to Draw and Paint	16109B	\$34/\$36	Mon	10/12-11/2	6:00-7:00pm
Learning to Draw and Paint	16109C	\$34/\$36	Mon	11/9-11/30	6:00-7:00pm
Learning to Draw and Paint	16109D	\$34/\$36	Mon	1/4-1/25	6:00-7:00pm
Learning to Draw and Paint	16109E	\$34/\$36	Mon	2/1-2/22	6:00-7:00pm
Learning to Draw and Paint	16109F	\$34/\$36	Mon	2/29-3/21	6:00-7:00pm
Spin A Pot - Pottery	16110A	\$10/\$15	Tues	1/12-1/19	4:30-6:00pm
Tae Kwon Do (Advanced)	16111A	\$35/\$40	Tues	9/15-10/20	6:00-6:45pm
Tae Kwon Do (Beginners)	16111B	\$35/\$40	Tues	9/15-10/20	5:15-6:00pm
Tae Kwon Do (Advanced)	16111C	\$35/\$40	Tues	11/3-12/8	6:00-6:45pm
Tae Kwon Do (Beginners)	16111D	\$35/\$40	Tues	11/3-12/8	5:15-6:00pm
Tae Kwon Do (Advanced)	16111E	\$35/\$40	Tues	1/5-2/9	6:00-6:45pm
Tae Kwon Do (Beginners)	16111F	\$35/\$40	Tues	1/5-2/9	5:15-6:00pm
Tae Kwon Do (Advanced)	16111G	\$35/\$40	Tues	2/23-4/5	6:00-6:45pm
Tae Kwon Do (Beginners)	16111H	\$35/\$40	Tues	2/23-4/5	5:15-6:00pm
Tumbling	16112A	\$25/\$30	Wed	9/9-10/14	6:30-7:15pm
Tumbling	16112B	\$25/\$30	Wed	10/28-12/9	6:30-7:15pm
Tumbling	16112C	\$25/\$30	Wed	1/13-2/17	6:30-7:15pm



# Adult PROGRAMS

## **NEW!** ADULT HEALTH EDUCATION

Health Education is a class that details what health is, how to measure it, and what some of the more common problems are when health declines. We will cover what normal health measurements are and practical ways to maintain good health across the adult lifespan. We will also have time for questions to address material that may not be planned in class." (no class 10/29) **Ages: Adults.**

## **BOTTLE ART**

Instead of tossing those wine bottles in the trash, we will transform them into decorative vases. All you need to do is sign up and let your creative juices flow. These bottles make great gifts. All supplies are included in this class.

**Ages: Adults.**

## **D.I.Y. ESSENTIAL OILS**

Create your own personal aromatic oils for everyday uses. 100% therapeutic essential oils recipes can take toxins out of your family's daily life. Essential oils are made from flowers, trees, seeds, and roots. We will make simple recipes of room and body sprays. You will also be given recipes you can make at home such as making laundry detergent for \$6 to last a year. **Ages: Adults.**

## **NEW!** FENCE BOARD SIGN

In this class you will take a fence board and turn it into a special saying to hang in your home or on your porch as a "Welcome" sign. We will supply all the materials and you just need to be creative. **Ages: Adults.**

## **NEW!** FIRST FINANCIAL SUCCESS SEMINARS

First Financial Bank is excited to share their Success Seminar Series with the City of Franklin and Franklin Parks and Recreation. We have custom-tailored each seminar to provide financial industry updates and best practices. There is no cost for you to come and join our program. We look forward to the opportunity in serving this great community and getting each of you financially certified! The classes will be on the following topics, Retirement and Investment, Fraud Protection and Identity Protection, Credit, and Budgeting and Savings! Need to pre-register for this seminar. **Ages: 16-Adults.**

## **NEW!** INTRO TO CREATIVE WRITING

Unleash your inner creative writer! Join this introduction to creative writing class, perfect for beginners and practiced writers. In a relaxed and supportive environment, we'll look at strategies for writing short stories, poems, and memoirs. Learn tips and tools for getting started, revision, and even publication. We'll read and write together, forming our own writing community. **Ages:**

**16-Adults.**



\*Pictured: Paper Christmas Wreath



## IT'S KNIFTY TO KNIT

We're not talking knit one, purl two, we're talking Knifty Knitters! It's easy, quick, and fun to do. In this two-night class you will learn from start to finish how to make a scarf that you can enjoy for years to come. Class will include yarn and instruction, you will need to supply your own knifty knitter tools. This class is so easy ANYONE can do it! **Ages: 14-Adults.**

## LEARNING TO DRAW AND PAINT

The objective of this class is to teach the fundamental skills of pencil drawing during the first session. After which you may explore the mediums of colored pencil, pen and ink, acrylics, and watercolors. Lisa works with each student on an individual basis during the hour-long class. There will be a variety of ages and experience levels in each class. Additional cost for supplies paid to the instructor include: beginning supplies (\$25), colored pencils (\$25), and painting mediums (\$75). **Ages: 7-Adults.**

## NEW! PAPER CHRISTMAS WREATH

Add a little sparkle to your Christmas Deco with this Christmas Paper Wreath! This craft is created from scrapbook Christmas paper and embellished with a signature center piece along with ribbon to hang all season long. It's fun and it's easy to make. Once you make one, you can make them for your friends and family as a great Holiday gifts. **Ages: Adults.**

PROGRAM	CODE	COST	DAY	DATE	TIME
Adult Health Education	14100A	\$45/\$50	Thurs	9/17-11/5	5:00-6:00pm
Adult Health Education	14100B	\$45/\$50	Thurs	1/7-2/18	5:00-6:00pm
Bottle Art	14101A	\$10/\$15	Thurs	2/25	6:30-8:00pm
D.I.Y. Essential with Oils Refreshing Room Spray	14102A	\$11/\$13	Mon	9/14	4:30-5:30pm
D.I.Y. Essential with Oils Calm Me Down Body Spray	14102B	\$11/\$13	Mon	10/12	7:00-8:00pm
D.I.Y. Essential with Oils Lavender Linen Pillow Spray	14102C	\$11/\$13	Mon	11/9	4:30-5:30pm
D.I.Y. Essential with Oils Holiday Spice Room Spray	14102D	\$11/\$13	Mon	12/14	7:00-8:00pm
D.I.Y. Essential with Oils Lift Me Up Body Spray	14102E	\$11/\$13	Mon	1/11	4:30-5:30pm
D.I.Y. Essential with Oils Passion Body Spray	14102F	\$11/\$13	Mon	2/8	7:00-8:00pm
Fence Board Sign	14103A	\$15/\$20	Thurs	11/12	6:00-8:00pm
First Financial Success Seminars	14104A	FREE	Thurs	9/24, 10/8, 10/22 & 11/5	2:00-3:00pm
First Financial Success Seminars	14104B	FREE	Thurs	9/24, 10/8, 10/22 & 11/5	6:00-7:00pm
Introduction to Creative Writing	14105A	\$25/\$30	Tues	10/6-11/3	7:00-8:00pm
Introduction to Creative Writing	14105B	\$25/\$30	Tues	2/2-3/1	7:00-8:00pm
It's Knifty to Knit	14106A	\$15/\$20	Wed	1/20	6:30-7:30pm
Learning to Draw and Paint	14107A	\$34/\$36	Mon	9/14-10/5	7:00-8:00pm
Learning to Draw and Paint	14107B	\$34/\$36	Mon	10/12-11/2	7:00-8:00pm
Learning to Draw and Paint	14107C	\$34/\$36	Mon	11/9-11/30	7:00-8:00pm
Learning to Draw and Paint	14107D	\$34/\$36	Mon	1/4-1/25	7:00-8:00pm
Learning to Draw and Paint	14107E	\$34/\$36	Mon	2/1-2/22	7:00-8:00pm
Learning to Draw and Paint	14107F	\$34/\$36	Mon	2/29-3/21	7:00-8:00pm
Paper Christmas Wreath	14108A	\$10/\$15	Thurs	11/19	7:00-8:30pm
Pottery Hand Building & Wheel Throwing Pottery	14109A	\$50/\$55	Tues	2/9-3/15	6:30-7:30pm
Woodcarving (Have Tools)	14110A	\$8/\$9	Thurs	10/1-12/17	6:30-8:00pm
Woodcarving (Need Tools)	14110B	\$40/\$45	Thurs	10/1-12/17	6:30-8:00pm
Woodcarving (Have Tools)	14110C	\$8/\$9	Thurs	1/7-3/24	6:30-8:00pm
Woodcarving (Need Tools)	14110D	\$40/\$45	Thurs	1/7-3/24	6:30-8:00pm

## POTTERY – HAND BUILDING & WHEEL THROWING

You will learn the techniques to make vases, mugs, and bowls in this class. The class includes: greenware, paints, firing and instructions. A great hands-on program for adults and teens to learn the basics of pottery by throw, wedge, slab roll, pinch, and trim. Supplies and firing of finished pieces are included in the price. Register one week before class starts. **Ages: 15-Adults**

## WOODCARVING

The Franklin Chipmates meet each Thursday from 6:30pm to 8pm. Woodcarving for beginners, as well as experienced, is our focus. A well-experienced carver guides participants. Beginners have a set program for introduction. This includes equipment and wood for the first two projects and the quarterly activity fee. After the introductory projects the carvers select projects and add tools with the instructor's assistance. Experienced carvers will be assisted as needed in their choice of projects and in expanding their tools. The instructor has an extensive selection of projects and the club has a modest library of "how to" books and magazines. **Ages: Adults.**