



Wayland Community Education

Course Catalog

FALL 2025

Wayland Community Education offers programs for youth and adults. Please take a look at the variety of classes offered this fall.

Classes are listed online at the district's webstore powered by RevTrak. <http://wayland.revtrak.net>

**Wayland Union Schools
Community Education
701 Wildcat Dr.
Wayland MI 49348
(269)792-9153**

REGISTRATION: All registrations can be done online on RevTrak using a debit or credit card. You may also register by phone; by mail using check; or in person. A General Registration Form is also available at the end of this document.

Our office is located at the WUS Middle School, 701 Wildcat Dr. Wayland, MI 49348 and is open Monday - Thursday 8am - Noon Phone: 269-792-9153.

Wayland Community Education Courses

Fall 2025

YOUTH ENRICHMENT

Babysitter Training



This one day course provides youth with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave. Find answers to common babysitting questions like sibling squabbling and meal time tips. The course also covers American Heart Association CPR, diaper duties, bedtime tips and much more. Each participant will receive a completion certificate through Heartbeat LLC. This class is designed for youth ages 11 and up. Pre-registration is required.

Age: 11 and older

Date: Saturday, November 15, 2025

Time: 10:00am – 2:00pm

Location: WUS Transportation Building; Conference room, 851 Wildcat Drive, Wayland

Fee: \$55

YOUTH RECREATION

Archery I (4th – 12th Grades)



Archery indoors! During these classes students will first learn the range set up and instructions, safety, which eye is dominant, and proper form for shooting a bow. Following the initial instructions, students will enjoy honing their skills through practice and instructor

guidance. The class will be run using the NASP (National Archery in Schools Program) format. A website and many YouTube videos feature NASP's history, how it is run, and benefits. Please feel free to look over their site; <http://naspschools.org/>

Grades: 4th – 12th

Day: Tuesdays, 6 weeks

Dates: Sept. 9 - Oct. 14, 2025

Class: 5:00 – 6:00pm

Location: Dorr Elem. Gym, 4259 18th St. Dorr

Fee: \$30

Archery II (4th – 12th Grades)

IT IS A PREREQUISITE THAT YOU HAVE TAKEN THE ARCHERY I CLASS TO BE ELIGIBLE FOR ARCHERY II.

Archery II is for those students who want to continue honing your archery skills. Shooting at two different ranges will be practiced and scoring of your shooting will be taught. Assistance and recommendations from the instructor will continue, but archery II will be much more like a "league." Students will spend time shooting and working toward personal best. Archery II will be for six weeks and will again follow the NASP format.

Grades: 4th – 12th

Day: Tuesdays, 6 weeks

Dates: Sept. 9 - October 14, 2025

Class 1: 6:00 – 7:00pm

Location: Dorr Elem. Gym, 4259 18th St. Dorr

Fee: \$30

Sanchin Ryu Karate

Youth (4-17 yrs.) & Adult



Looking to increase flexibility, relieve stress and increase overall wellness? Learn an effective, peace-seeking

approach to karate. People of all ages and backgrounds have the opportunity to experience the benefits of martial art study in a positive, non-competitive, family friendly environment.

Mondays at Dorr Elementary

Fall Session 1 (8 wks): Sept. 8 - Nov. 1, 2025

(No class Oct. 6, Oct. 13)

Fall Session 2 (5 wks) Nov. 17 - Dec. 15, 2025

TUESDAYS at Steeby Elementary Gym

Fall Session 1 (8 wks): Sept. 9 - Nov. 4, 2025

(No class Oct. 7 due to PT conferences)

Fall Session 2 (5 wks): Nov. 18-Dec. 16, 2025

Age: 4 yr - adult

Time: Youth/Families 6-7pm,

Adult/Teen 7-8pm

Instructor: Sanchin Systems

www.sanchinsystems.com

Fee: 8 week class:

\$45 youth/individual or \$85 family

5 week class:

\$30 youth/individual or \$55 family

ADULT FITNESS

Yoga - Mixed Level

This mixed level class is based on a unique style of Hatha Yoga, where positive intentions

integrate with the scientific principles of biomechanics. The class includes breathing exercises and a physical practice. The focus is on developing concentration and awareness, as well as stretching and strengthening. Emphasis is put on detailed instruction and basic alignment principals – modifications are given for different levels. Students must be able to move down onto a mat and up off of a mat without assistance. Participants are



asked to bring their own yoga mat and block to class.

Dates: Wednesdays

Session 1 (8 wks.): Sept. 3 - Oct. 22, 2025

Session 2 (6 wks.): Oct. 29 - Dec. 10, 2025

No class Nov. 27

Time: 6:30 – 7:45pm

Location: WUS FAC, Dance Studio (use back parking lot & back side door #13)

Fee: \$80, 8 weeks. \$60, 6 weeks

Adult POUND

POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripped fun of playing the drums. This is an adult class for anyone 18 years or older. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out!

Age: 18 and older

Dates: Thursdays; Sept. 4 - Oct. 9, 2025

Time: 6:15 – 7:00pm

Location: Baker Elem. Gym, 507 W Sycamore St., Wayland (use back parking lot and back door #9)

Fee: \$30, 6 weeks

SeniorFit (65 & over)

Looking to try something new? Grab a friend and join us for SeniorFit, a group exercise class for people over 65. A trained physical therapist will lead this class with the goal of improving your overall health and wellness, increase your strength, and decrease the risk for falls. This class is for people of all abilities

- we can modify exercises to fit your needs.
We can't wait to work out and have fun with you! **Space is limited, sign up today!**

Dates: September 23 - November 11, 2025

Day/Time: Tuesdays; 12:15 – 1:00pm

Location: Ivy Rehab
709 W Superior St., Wayland

Fee: \$20, 8 weeks

Pickleball

One of the fastest growing sports in America.

Pickleball. Join in on the fun of instruction along with game play.

Please bring your own paddle but extra paddles will be available if you don't have one.

Dates: Thursdays
October 23 - Dec. 11, 2025
No class on Nov. 20 & 27

Time: 7:00 – 8:30pm

Location: Wayland Union Middle School
Gym, 701 Wildcat Drive, Wayland

Fee: \$40, 6 weeks



Dog Obedience (6 mths & older)

Would you like a dog that you can be proud to take out in public? This class will help you teach your dog many basic commands including sit, down, stay, come, walking on a loose leash, plus many more commands. No dog is too old to learn new things. Bring treats to the class to help motivate your dog to listen to you and to learn. About the instructor: Jan McLean has been teaching dog obedience classes for over 25 years. She also trains and competes with her own dogs in

obedience, rally, agility and musical freestyle and is very active in animal assisted therapy.

Dates: Mondays; Sept. 8 – Oct. 13, 2025

(Rain dates if needed: Oct. 20, 27)

Time: 5:30 – 6:30pm

Location: Steeby Elem. 435 E. Superior St.
Wayland

Class is OUTSIDE, behind the back of building, use back parking lot.

Fee: \$95.00, 6 weeks

Community Indoor Hall Walking



Get fit and walk indoors this fall & winter at Wayland Union Middle School!

There will be no hall walking when school is not in session; this includes holiday breaks and snow days. There will also be no hall walking on January 21 & 23, 2025 (due to PT conferences).

Days: Monday - Friday

Dates: October 20, 2025 – April 24, 2026

Time: 6:00 – 8:00pm

Location: Wayland Union Middle School
701 Wildcat Drive, Wayland

* Use the new wing entrance; Door #9, Bus Loop parking lot

Refund Policy

Wayland Community Education

Classes canceled by Wayland Union Community Education due to lack of enrollment will be fully refunded. You may receive a refund up to two days prior to the first day of class minus a \$10 processing fee. No refunds will be granted after that time.

REGISTRATION

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Registration: All classes require pre-registration, unless noted. Most classes have size limits, so please register early. You may register in the following ways:



Online: Register 24/7 with your credit or debit card! All classes and descriptions are online.

Go to <http://wayland.revtrak.net>, follow Community Ed

Go to www.waylandunion.org and see the Community Education homepage.



Mail: Please use the registration form at the bottom and mail to:

Wayland Community Education

701 Wildcat Drive, Wayland MI 49348

In Person: Wayland Community Education is located at WUS Middle School at

701 Wildcat Drive, Wayland

Wayland Community Education, 701 Wildcat Drive, Wayland, MI 49348 (269) 792-9153

Class: _____ Session/Dates: _____

Class: _____ Session/Dates: _____

Student Name: _____ Birth Date: _____ (mm/dd/yyyy)

Parent/Guardian Name: _____ Email: _____

Phone: () _____ Cell: () _____ Work () _____

Address: _____ City: _____ MI Zip _____

Emergency Contact Name: _____ Phone: _____ Relationship: _____

Credit card: (please circle) Visa MC Discover Card # _____ Exp. Date: _____

Signature: _____ Date: _____