

Wayland Community Education

Course Catalog

SPRING 2025



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

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



**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.

**Wayland Union Schools**  
701 Wildcat Drive  
Wayland MI 49348

(269)792-9153

Our office is located at Wayland Union Middle School, new wing, 701 Wildcat Drive, Wayland, MI 49348.

Office hours: M - Th 8 – 11am

Phone: 269-792-9153

# Wayland Community Education Courses

SPRING 2025



## YOUTH RECREATION

### Archery I (4<sup>th</sup> – 12<sup>th</sup> 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 ran 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:** 4<sup>th</sup> – 12<sup>th</sup>

**Day:** Tuesdays, 6 weeks

**Dates:** April 15 – May 20, 2025

**Class:** 5:00 – 6:00pm

**Location:** Dorr Elem. Gym, 4259 18<sup>th</sup> St. Dorr

**Fee:** \$30

### Archery II (4<sup>th</sup> – 12<sup>th</sup> 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:** 4<sup>th</sup> – 12<sup>th</sup>

**Day:** Tuesdays, 6 weeks

**Dates:** April 15 – May 20, 2025

**Class 1:** 6:00 – 7:00pm

**Location:** Dorr Elem. Gym, 4259 18<sup>th</sup> 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 Gym**

Spring Session: March 24 – May 19, 2025

No class on April 7 due to Spring Break

**Tuesdays at Steeby Elementary Gym**

Spring Session: March 25 – May 20, 2025

No class on April 8 due to Spring Break

Youth 6-7pm/Families 6-7pm or 7-8pm

Adult - Teen 7-8pm

**Instructor:** Sanchin Systems

[www.sanchinsystems.com](http://www.sanchinsystems.com)

**Fee:** \$45 youth/individual or \$85 family

## YOUTH ENRICHMENT

### Babysitter Training (ages 11 & up)

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 youths ages 11 and up. Please pre-register!



**Day/Date:** Saturday, May 3, 2025

**Time:** 10:00am – 2:00pm

**Location:** WUS Transportation Building, 851 Wildcat Drive, Wayland

**Fee:** \$55

## Adult Enrichment

### 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; April 14 – May 19, 2025

(Rain dates if needed: June 20/May 20)

**Time:** 6:00 – 7:00pm

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

**Class is outside**, behind back of building, use back parking lot.

**Fee:** \$95.00, 6 weeks

## AMERICAN RED CROSS Adult & Pediatric First Aid/CPR/AED

### Full Blended Course



This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants.

4-5 hours: Online portion (to be completed independently)

3 hours: Instructor-led classroom; In-person skill session

**Dates:** In-person session:

2 options: February 25 **or** April 22, 2025

**Time:** 4:30 – 7:30pm

**Location:** Steeby Elem. 435 E. Superior St. Wayland, Room #144

**Fee:** \$90.00

# ADULT FITNESS

## Adult POUND



POUND is the world's first cardio jam session inspired by the

infectious, energizing and sweat-dripped fun of playing the drums. 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! This is an adult class for anyone 18 years or older.

**Day/Dates:** Thursdays; April 17 – May 29, 2025

No class May 8

**Time:** 6:00 – 6:45pm

**Location:** Baker Elem. Gym, 507 W Sycamore St., Wayland (use back side door)

**Fee:** 45 min class / 6 weeks / \$30

## 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.

**Day/Dates:** Wednesdays; March 26- May 21, 2025

No class April 9 due to WUS Spring Break

**Time:** 6:30-7:45 pm

**Location:** WU Fine Arts Center, Dance Studio, 870 E Superior St. , Wayland

**Fee:** \$80 / 8 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!

**Day/Dates:** Tuesdays; April 15 – June 3

**Time:** 12:15 – 1:00pm

**Location:** Ivy Rehab

709 W Superior St., Wayland

**Fee:** \$20, 8 weeks

## Hall walking

Get fit and walk indoors at Wayland Union Middle School! There will be no hall walking when school is not in session; this includes holiday breaks and snow days.



**Location:** Wayland Union Middle School, 701 Wildcat Drive, Wayland. Please use bus loop parking lot and back entry door #9.

**Days/Time:** Monday-Friday, 6:00-8:00pm

**Dates:** Now through April 25, 2025

**Fee:** No cost



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## Refund Policy

### Wayland Community Education

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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

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# Wayland Community Education REGISTRATION

**Refund Policy:** 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:** 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 [www.waylandunion.org](http://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

**By Phone:** Call (269) 792-9153

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**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 \_\_\_\_\_

Emerg Contact: Name \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_