

Beginning/Intermediate

Guitar with Cori Connors

For those who have taken Beginning Guitar and would like to continue to learn basic chords and progress to learning simple picking and strumming techniques (Priority given to those who took the fall Beginning Guitar course, but others with similar experience may register. Cori and John Connors teach Accompaniment Style Guitar).

Registration: Open - Jan. 31
Class Begins: January 31st
Class Day: Thursday
Class Time: 6:30pm - 7:15pm
Ages: 12 and up
Cost: \$45

Location: Community Arts Center
Basement, Rooms 3 & 4



YOGA

No matter what your age or fitness level may be, there is no better way to learn the basics of yoga than an introductory class. You will learn the foundation poses in a step-by-step fashion. The curriculum includes proper breathing techniques, greater personal awareness, gaining flexibility, increasing strength and proper balance while allowing you to unwind and truly relax.

Registration: Ongoing
Class Day: Thursday
Class Time: 8:30pm - 10:00pm
Ages: 16 and up
Cost: Resident \$30 for six week session
Non-Resident \$40 for six week session
First Session Begins January 3rd - February 21st
(No Classes Held Jan. 17th and Feb. 14th)
Location: Community Arts Center Basement
Instructor: Lorraine Gregory

KARATE

HELD AT DRAGON'S EYE KARATE UNDER THE
DIRECTION OF SEN SEI SKIP CARLSEN.
WITH A VARIETY OF DAYS AND TIMES YOU ARE
SURE TO FIND A SESSION THAT WORKS WITH
YOUR SCHEDULE

REGISTRATION:

ONGOING

SESSION 4: JAN 4 - JAN 31

SESSION 5: FEB 4 - FEB 28

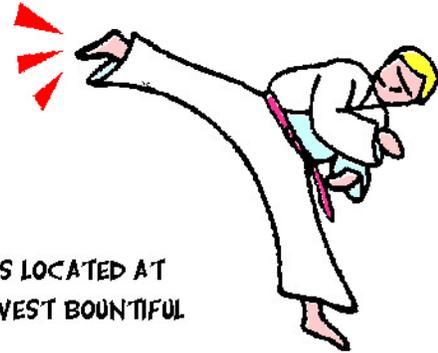
SESSION 6: MARCH 3 - 27

COST:

RESIDENTS \$35

NON-RESIDENTS \$45

DRAGON'S EYE KARATE IS LOCATED AT
2268 NORTH 640 WEST, WEST BOUNTIFUL



Q: How do I register online?

A. Before you get started, you will need to call and get a HOUSEHOLD ID number from Farmington City. If you already have an ID and have forgotten it, also call!

Parks and Recreation: 801-451-0953.

For a new number, you will be asked to provide the following

information:

Your Name

Address (Residency ONLY, not a business address)

Telephone (home, work, cell)

Names of family members participating

Birthdates of family members participating

A log-in ID and user name will be automatically assigned, or you can request one that you would like. With this information you can visit www.farmington.utah.gov and click on the activity you are interested in. "Click Here to Register Online" and log-in with your new user name and password! You can perform a Type Search for a specific activity, browse other activities, or even purchase tickets to an upcoming show once you have logged in! Of course, the kind folks at Parks and Recreation are always willing to help - so if you get confused, give us a call!

