



Vashon Community Education Full Service School

Class Offerings

Fall 2013



The Community Education Program receives funding from the St. Louis Board of Education and the City of St. Louis through a grant from the U.S. Department of Housing and Urban Development, administered by the Community Development Administration, under the provisions of Title I of the Housing and Community Development Act of 1980 (P: 96-399)



Graduate Equivalency Diploma (GED) Classes

New students must attend 4-day orientation to be enrolled. New classes beginning:

September 10, 2013

October 8, 2013

November 8, 2013

December 3, 2013

Call center for more information and to get on list.

314.652.9961

Tuesdays and Thursdays 6:00—9:00 pm

Cost: FREE



Water Aerobics

Water Aerobics fitness, a program of water exercise designed to develop cardiovascular fitness. A variety of water exercises for all ages and swimming levels. Non-swimmers can participate.

Monday - Thursday 5:00—7:00 pm

Cost: FREE



Chicago Style Steppin' Boot Camp

Open to Adults. This class lets you kick up your heels and learn a variety of steppin' styles. Helps your leader skills.

Tuesdays and Thursdays 7:00 - 9:00 pm



ZUMBA

What is a Zumba fitness class like? It's a very exciting dance party atmosphere full of Latin and international music. You'll forget you're working out with the sexy but simple moves to dance music like Cha Cha, Salsa, reggaeton, rumba and more. Best of all, you don't need any previous dance experience!

Wednesdays 4:00—5:00 pm



Community Advisory Council

Help make the school and neighborhood a better place. Participate in the decision-making process that effects the Future of the community. Meetings are held on the fourth Thursday of each month at 6:30 pm. All interested parties are welcomed to attend. Looking for neighbors, business persons, parents, and service providers.

Meetings Scheduled:

September 26, 2013

October 24, 2013

November 21, 2013 (Due to Thanksgiving Holiday)

December 19, 2013 (Due to Winter Break)





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ACT Prep

Saint Louis University students work with students on passing the ACT. Vashon students attend sessions at SLU.

Wednesdays 3:30—5:30 pm

Cost: FREE



Violin Lessons

Making music matters. Students (middle school age) learn the basics of the violin using the Suzuki method and the Essential Elements for Strings Series.

Tuesdays 4:00—5:00 pm

Cost: FREE



Tutoring

After—school tutoring for all. Get the extra help in all subject areas. Open to all students.

Tuesdays, Wednesdays, and Thursdays

3:15—5:15 pm

Cost: FREE



Chess Club

Learn the fundamentals of chess strategy and performance. Tuesdays, 4:00—5:00

Cost: FREE



Youth Crime Prevention Council

Open to youth who want to take charge of their circumstances. Focus on peaceful creative solutions to everyday problems, such as bullying, fighting, and other crimes.

Group scheduled to meet every other Tuesday
3:30—5:30 pm



Venturing BSA

Venturing provides positive experiences to help young people mature and to prepare them to become responsible and caring adults. Venturing provides the skills needed for young adults to make ethical choices, experiences a fun program full of adventure and challenges, acquire leadership skills, and to take advantage of opportunities to advance their skills and knowledge in the areas of high adventure, sports, arts, hobbies and Sea scouting. Monday—Thursday

Cost: FREE



Cheerleading

Practice M—R, 3:15—5:30 Perform at Games

Drum Line

Practice M—R, 3:15—5:30 Perform at Home Games

Vashon Flags

Practice M—R, 3:15—5:30 Perform at Home Games

V-cette

Practice M—R, 3:15—5:30 Perform at Home Games

Boys Football

Practice M—F, 3:15—5:30 Participate in league play

Girls Volleyball

Practice M—R, 3:15—5:30 Participate in league play

Boys Soccer

Practice M—R, 3:15—5:30 Participate in league play

Boys/Girls Cross Country

Practice M—R, 3:15—5:30 Participate in league play

Girls Softball

Practice M—R, 3:15—5:30 Participate in league play

Girls Tennis

Practice M—R, 3:15—5:30 Participate in league play