



Welcome to Fall 2019!

MDPC is delighted to present an expansive lineup of quality classes and activities for all ages—children, youth, and adults. Some are ongoing, some are repeating, and some are being offered for the first time. Pick something and jump in!

The REACH Ministry of MDPC exists as a center of activity where we express the love of Christ. This vibrant ministry offers quality recreational, educational, and sports activities that meet the needs of the congregation and reach out in Christian fellowship to the community-at-large.

If you have questions or suggestions for classes, contact Diane Seckinger, REACH Coordinator, at **dseckinger@mdpc.org** or 713-490-9568.

Registration and Payment Options

Register at least one week in advance of the first day of class.

- Go to reach.mdpc.org to pay by credit card or electronic check.
 A non-refundable bank service fee will be included.
- Use the form at the back of this booklet (page 24).
 Either bring the completed form to the REACH Office, located in Children's Ministries at MDPC, or mail it, along with a check payable to "MDPC," to the address at the bottom of this page, Attention: REACH Ministry.
- Contact Jan Keener or Cathy Moerer at **reach@mdpc.org** or 713-490-9564.

MDPC

Memorial Drive Presbyterian Church 11612 Memorial Drive | Houston, TX 77024 mdpc.org | 713-782-1710



FALL 2019 CLASSES

AT-A-GLANCE

DAY	CLASS	PAGE
Monday	Basketball Skills Class Bridge Little Geniuses Chess Tumbling & Gymnastics	9 18 12 14
	Yoga	20
Tuesday	Abrakadoodle Art Class Bridge Coder Kids Dance with Vanessa Music Together Voice Lessons Woodworking	8 18 10 11 13 15/20
Wednesday	Art Art Studio Cooking for Kids Piano Lessons Soccer Shots Voice Lessons Yoga	17 17 10 13/19 14 15/20
Thursday	Art Pro Studio Ballet, Tap, Jazz, and Hip Hop Basketball 3-on-3 League Core Strength Training Mini-Stars Sports Woodworking	17 8 9 19 12 15
Friday	Music Together Yoga Yoga (lyengar)	13 20 21
Saturday, Dec. 7	Gingerbread House Event	11

For more information, contact us at reach@mdpc.org or 713-490-9564.

TABLE OF CONTENTS

CHILDREN AND **YOUTH**

Abrakadoodle	8	Little Geniuses Chess	12
Ballet, Tap, and Jazz	8	Mini-Stars Sports	12
Basketball Skills Class	9	Music Together	13
Basketball 3-on-3 League	9	Piano Lessons	13
Coder Kids	10	Soccer Shots	14
Cooking for Kids	10	Tumbling & Gymnastics	14
Dance with Vanessa	11	Voice Lessons	15
Gingerbread House Event	11	Woodworking	15

ADULT CLASSES

Art	17
Art Studio & Pro Studio	17
Bridge	18
Core Strength Training	19
Piano Lessons	19
Voice Lessons	20
Yoga	20
Yoga - Iyengar	21

FORMS AND RESOURCES

Contact Information	22
Worship Times	22
Church Holidays	22
Letter from the Pastor	23
REGISTRATION FORM	24
Class Policies	25
MDPC Floor Plan	26-27
Area Map	Back Cover

CHILDREN AND YOUTH









ABRAKADOODLE

Tuesdays, Sept. 10-Dec. 10

(No class Nov. 26) 2:40-3:30 PM**

3-5 Aae: Location: Room 206 \$252* Cost:

**Fscort from The Yellow School and The Little School is available.

Abrakadoodle art programs are designed to build creative thinking and problem-solving skills in children. Our programs focus on the elements of art, art techniques, styles, art history, and the sequential development of skills. We provide specially trained, qualified, and pre-screened art teachers and safe non-toxic art materials that bring an engaging multi-arts experience to students. Come have fun and find your inner artist!

Contact Julieta de Cara: 832-348-9257

BALLET, TAP, AND JAZZ

Thursdays, Sept. 12-Dec. 12

(No class Nov. 28)

Pre-Ballet and Creative Dance (No Tap)

2:40-2:50 PM** Snack Time • 2:50-3:30 PM Class

3-5 \$174* Cost:

Uniform: Black leotard, pink tights, pink leather ballet shoes, any color ballet skirt

Ballet, Tap, and Jazz

4:00-4:45 PM

Age: Kindergarten-3rd Grade

\$180* Cost:

Uniform: Black leotard, black jazz pants or tights with shorts, pink leather ballet shoes, black tap shoes

Hip Hop, Tap, and Jazz

4:50-5:35 PM

3rd-5th Grade Aae:

Cost: \$188*

Uniform: Jazz pants or tights with shorts, jazz and tap shoes

Location: Rooms 171-172

**Escort from Yellow School and Little School is available. Please pack a peanut-free snack for your child.

Children are grouped according to age and dance experience. Christmas recital has no fee. Participation encouraged.

Students will learn dance basics, correct body posture, and the mechanics of more advanced combinations and dance styles. Beginning dance at an early age promotes self-esteem, discipline, confidence, and a stronger body.

Super Stars Dance offers a dance program that is age appropriate, wholesome, and fun. Cat Wood, teacher, trained under Margo Marshals and worked with Susan Bates for 10 years.

BASKETBALL CO-FD SKILLS CLASS: HOOPS SCHOOL

Mondays, Sept. 9-Nov. 18

(No class Oct. 14)

5·45-7·15 PM

Ages: Level I, 1st-3rd grade (Co-ed)

7:15-8:45 PM

Level II, 4th-8th grade (Co-ed) Ages:

Location: Gym \$278* Cost:

Both levels teach comprehensive introduction or continuing work on core fundamentals including shooting technique, ball handling, passing, rebounding, defense, and offense.

Level I (Beginner and novice): Creates a foundation with work on essential individual & team skills.

Level II: Builds on the concepts of Level I, incorporating more detailed, more intense, and longer duration of individual skill work and team concepts, with more full-court game time.

All coaching is in a Christ-centered environment, and teaches the importance of hard work. sportsmanship, discipline, and honesty. Each level has no more than 8 kids per coach.

Heidi B. Horton, former professional women's basketball player overseas and in the WNBA, has coached children for 25 years and has two children of her own. She played for the LA Sparks, and was a first round, first pick for the Washington Mystics. Prior to that, Heidi, who speaks six languages, played six seasons in Europe. She also is a motivational speaker. The 2002 Disney movie Double Teamed is based on the lives of Heidi and her identical twin sister. Heidi has run Hoops School since 2001.

BASKETBALL CO-ED 3-ON-3 LEAGUE: **HOOPS SCHOOL**

Thursdays, Sept. 19-Nov. 14

(No class Oct. 31)

6:15-7:30 PM

3th-5th grade boys only Ages:

& 3rd-5th grade girls only

7:30-8:45 PM

Ages: 6th-8th grade (co-ed teams)

Location: Gvm

\$149* (8-week session) Cost:

Referees, coaches, jerseys all provided by Hoops School.

This class is NOT for beginners. Players must know the essential fundamentals of basketball (running a basic offense, shooting correctly, etc), and have experience being coached professionally (e.g., Hoops School Skills Class, at least one semester) or playing 3+ years of rec or church league basketball. This is a developmental league. No coach provided per team. Kids run their own offenses; and make adjustments during the game accordingly. Referees will act as "coaches" to ensure proper technique.

Players can sign up in pre-arranged teams of up to 4 players OR as individual players. Individual players assigned to teams according to age/skill level. The first day of class is an assessment day for director and refs to properly allocate players to teams. The goal for each child is to improve in over-all court presence, offensive and defensive techniques and understanding of spacing, court-awareness, and game skills (passing, fakes, shot moves, team concepts on defense and offense).



CODER KIDS

Tuesdays, Sept. 10-Dec. 10 (No class Nov. 26)

(No class Nov. 26) 4:30-5:30 PM

Ages: 3rd-6th Grade Location: Room 209 Cost: \$257*

Kids who love technology will love Coder Kids! Students learn the fundamentals of computer programming in a fun, project-based setting.

Beginner students build games, animations, and art in Scratch, a programming platform developed by MIT for young learners.

Older students can complete more challenging projects in other programming languages for web or app development.

Go to **coderkidstx.com** for details.



COOKING

Wednesdays, Sept. 11-Dec. 11

(No class Oct. 16 & Nov. 27) 2:40-3:30 PM**

 Ages:
 4-6

 Location:
 Room 206

 Cost:
 \$235*

**Escort available from Yellow School

Let your child discover the joy of cooking in this fast-paced, hands-on class. Students learn cooking techniques while developing math and science skills, with a few lessons on manners thrown in, too. Each week we will make all sorts of goodies, try things we never thought we would, make some messes – and of course learn how to clean them up!

Chris McClurkin is the owner of Catering to Kids. While teaching, she decided to give catering a try, making lunches for children in many area schools. This evolved into the Catering to Kids Cooking School, which has been teaching children cooking for over 15 years.



DANCE WITH VANESSA

Tuesdays, Sept. 10-Dec. 10

(No class Nov. 26) 2:40-3:30 PM**

Ages: 3-5

Location: Room 171-172 **Cost:** \$180*

**Escort available from The Yellow School

Uniform: Pink or black leotard, pink tights, pink leather ballet shoes, black tap shoes, any color ballet skirt.

Parents are allowed in-room viewing on Visitors' Day only (last day of semester).

Beginning ballet technique and rhythm tap steps, especially designed for three to five year olds. The primary emphasis is on developing rhythm, basic motor skills, attention span, self discipline, and self expression through song and dance.

Vanessa Brown is an assistant director of Allegro Ballet of Houston and has been on the faculty at Allegro Academy of Dance since 1982. She majored in Ballet on a dance scholarship at the University of Oklahoma and has been awarded many scholarships to continue her study. She is co-director of Young Tanzsommer/Austria and Assistant Director of the Glenda Brown Choreography Conference.



GINGERBREAD HOUSE EVENT

Saturday, Dec. 7

9:00-10:30 AM 10:30 AM-12:00 PM

Location: Fellowship Hall

Cost: \$36*

Come and enjoy a wonderful event to start the Christmas season! Two hours of creativity and fellowship while designing a masterpiece for the holidays. There will be a snowstorm of icing and the largest candy buffet anywhere to help your family create your own special gingerbread house! This continues to be one of the most popular events for our congregation and community.

We highly recommend registering for this event early. We have a limited number of houses available that are pre-ordered.

10 *Cost includes processing fee *Cost includes processing fee 11



LITTLE GENIUSES CHESS CLASS

Mondays, Sept. 9-Dec. 9

(No class Oct. 14 & Nov. 25) 2:40-3:30 PM**

Ages: 4-6

Location: Room 209
Cost: \$235

Notes: Escort available from The Yellow School

Contact Coach Justin with questions: justin@theknightschool.com, 713-489-8830

Little Geniuses is a chess-song singing, laughing, chess-tourney, dancing, chess clock-slapping, zany chess video, puppet show introduction to chess and being the smart kid in class. The high-energy 50-minute chess practice, kids compete for beads and one of 20 brightly-colored silicone wristbands, and look forward to 22 daily activities. Kids report Little Geniuses to be the favorite part of their week, finding the thinking activities and compelling, fun, and extremely gratifying. We delightfully impart to every one of our Little Geniuses a self-identity as a very smart person at this crucial and formative preschool stage!

Coach Justin, a Rice University Master's degree graduate and the second Houston City Coach, learned to play chess as a young child and was able to see the benefits in his own life.

Contact Coach Justin for more details: justin@theknightschool.com



MINI-STARS SPORTS

Thursdays, Sept. 12-Dec. 12

(No class Nov. 28) 2:40-3:30 PM**

 Ages:
 3-6

 Location:
 Gym

 Cost:
 \$242*

**Escort available from The Little School and Yellow School.

The concept of this class is for children to be able to interact with one another through sports. They will be introduced to a variety of sports such as Fun Flag Football, Softball/Baseball, Soccer, Volleyball, Golf, Kickball and Basketball. By playing different games and sports, we keep the learning fun and the fitness level high for every child. The coaches will be introducing a new sport every two to three weeks so that the children are able to practice, learn, and develop new skills throughout the program.

Luis Labastida, the Director of the Mini-Stars program, has played professional soccer internationally for many years. He coaches extensively at the youth level, club soccer, and Olympic Development Program.

Contact Luis with questions: 281-865-6031



MUSIC TOGETHER

Tuesdays, Sept. 10-Nov. 12

9:30-10:15 AM

Fridays, Sept. 13-Nov. 15

9:30-10:15 AM

Ages: Mixed-age classes, birth-5

Parent or caregiver participation required

Location: Room 210

Cost: \$257* per 10-week session

Siblings: \$218* (under 8 months, free)

Music Together® is an internationally recognized early childhood music and movement program for babies, toddlers, and preschoolers, and the adults who love them. Classes are research-based and designed in recognition of the fact that all children are musical. CDs and songbooks for use at home are included in the tuition. Come join us for fun-filled mornings of singing, clapping, wiggling, dancing, and drumming!

Tina Throckmorton studied Comparative Literature and Theatre and Dance at Princeton University. She lived in New York City for 15 years, where she was a musical theatre performer and choreographer. Tina is the proud mother of two children, and her family has found great joy in participating in Music Together since 2010.

Contact Tina: memorialmusictogether@gmail.com



PIANO LESSONS, PRIVATE – JOHN FORD

Wednesdays, Sept. 4-Dec. 18 (No class Nov. 27)

2:00-8:00 PM

Ages: 3 and up Location: Room 210

Cost: \$119 (Four 30-minute lessons)

Extended times available
Make-ups by appointment only
Termination requires 30-day notice

Contact John with questions or to schedule lessons: czerny32@sbcglobal.net or 832-978-6566

John Ford has been teaching piano full-time since 1988. He is a member of the Katy Music Teachers Association and Past President of the Houston Music Teachers Association. He teaches acoustic piano, digital keyboard, duets, jazz, classical, pop, and ragtime. He combines games, theory, recitals, and guild auditions in piano lessons.



SOCCER SHOTS

Wednesdays, Sept. 11-Dec. 11

(No class Nov. 27) 2:40-3:30 PM**

 Ages:
 3-6

 Location:
 Gym

 Cost:
 \$235*

**Escort available from The Little School and Yellow School.

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-inclass coaching, curriculum, and communication. Soccer Shots coaches are the best-trained in the business, and our expert-approved curriculum is age-appropriate and aligns with childhood education standards. In addition we provide an exceptional customer experience and ongoing communication with parents. We look forward to having you on our team!



TUMBLING AND GYMNASTICS

Mondays, Sept. 9-Dec. 16

(No class Oct. 14 & Nov. 25)

2:40-3:25 PM**

Ages: Almost 3s–Kindergarten

3:30-4:20 PM**

Ages: Older 3-5 yrs.; 6-8 yrs.

More focus on tumbling skills. Separated by age.

4:20-5:20 PM

Ages: K-5th Grade

Location: Gym Cost: \$190*

Classes are separated into age groups.

**Escort from The Little School and Yellow School is available.

Since 1976, the Tumbling Company of Houston has offered children success-oriented, positive learning experiences in a noncompetitive, Athletic setting. Class activities include age appropriate groupings and well-supervised practice of floor tumbling, vaulting, balance beam, simplified bars, obstacle courses, and movement games.

Robbie Hirst (Coach Robbie), director of the Tumbling Company, is a committed follower of Christ, devoted to his wife and five children, and holds a BS in mechanical engineering from Texas A&M. He's been coaching full time since 2001, when he transitioned from the engineering world of objects in motion to the developmental instruction world of children in motion.

Contact Coach Robbie with questions: 713-866-4822



VOICE LESSONS – MEGHAN GARVIN

Tuesdays & Wednesdays, Sept. 3-Dec. 18 (No class Nov. 26 & 27)

2:30-7:00 PM

Ages: 6 and up Location: Room 215

Cost: \$35/half-hour, payable monthly

Contact Meghan to schedule or for information: meggarvin@gmail.com or 785-640-5638

Enhance your singing talent through private voice lessons with personalized goal setting and vocal training at your own rate and level. If you want to sing better in choir or as a soloist, or just to find out what you can really do, voice lessons are for you.

Meghan Garvin, soprano, holds a Masters of Music in Voice Performance and Pedagogy from the University of Houston's Moores School of Music. In addition to teaching, Meghan maintains an active performance career in Houston and across the country. Meghan tailors her instruction to the individual to best address each student's unique instrument and musical goals, teaching general music, beginning piano, and voice lessons to students age 6 to adult.



WOODWORKING

Tuesdays, Sept. 24-Dec. 3

(No class Nov. 26)

Advanced (w/ instructor permission; must have taken II) 2:30-3:30 PM** or 3:30-4:30 PM or 4:30-5:30 PM

Ages: 5-10

Thursdays, Sept. 26-Dec. 5

(No class Nov. 28)

Woodworking I

2:30-3:30 PM** or 3:30-4:30 PM

Ages: 4½-6

Advanced (with instructor permission; must have taken II)

4:30-5:30 PM **Ages:** 5-10

Location: Room 170
Cost: \$273*

**Fscort from The Yellow School available

Priority enrollment for current students; waiting list available.

Boys and girls learn basic woodworking skills while building small projects (no kits, and all supplies included). They learn to safely use hand tools as they progress through these leveled classes.

Linda Engelland has a BS in Education from The University of Texas at Austin and is an AMS Montessori-certified teacher. She has taught woodworking for children for over 20 years.

15

Contact Linda with questions: woodworkingforyoungchildren@gmail.com

ADULT CLASSES







ART

Wednesdays, Aug. 21-Dec. 11

(No class Sept. 18 & 25, Nov. 27) 1:00-4:00 PM

Location: Room 170 Cost: \$360*

This class teaches oil painting for adults. Beginning students will learn the basics of color theory, composition, and shading. Intermediate students will be encouraged through class exercises and their individual projects. Instruction includes lessons, demonstration, and one-on-one guidance. This is for first-time art students, as well as those who are looking for a safe, supportive place to paint.

Bridget Wolk's love of art began in childhood and led to training in fine art, illustration, and graphic design. She has exhibited in many art shows, including a spotlight on alumni show at the Art Institute of Houston. She is an avid painter and member of the Prism Painter's Society, HAS, and HCAA.



ART STUDIO

Wednesdays, Aug. 21-Dec. 11

(No class Sept. 18 & 25, Nov. 27) 9:00-12:00 PM

Location: Room 170 Cost: \$216*

This painting studio is for adults with intermediate to advanced level painting skills working in oils or acrylics. Students will receive input on paintings at the beginning and the end of class. The remainder of the time will be spent on individual projects working without instruction.

ART PRO STUDIO

Thursdays, Aug. 22-Dec. 12

(No class Sept. 19 & 26, Nov. 28) 11:00 AM-2:30 PM

Location: Room 206 Cost: \$216*

This painting pro studio class is for advanced level professional artists working in oils or acrylics. Artists will receive input on paintings at the beginning and end of class. The remainder of the time will be spent on individual projects working without instruction. Class will include insights into professional marketing. To register for the class, the instructor must pre-approve potential students.

Bridget Wolk's love of art began in childhood and led to training in fine art, illustration, and graphic design. She has exhibited in many art shows, including a spotlight on alumni show at the Art Institute of Houston. She is an avid painter and member of the Prism Painter's Society, HAS, and HCAA.



BRIDGE

SESSION I (6 weeks)

Cost: \$150* Location: Room 260

Mondays, Sept. 9-Oct. 21 (no class Oct. 14) 10:00 AM-12:00 PM

Judgement Opening Bidding: This is an advanced class. Learn about opening bids in the first and second seat using additional guidelines and opening the bidding in the third and fourth seats with borderline hands. Learn how to respond to bids in the third and fourth chairs. Obstructive opening bids using guidelines of 500 and improve your judgment on obstructive bids. Learn strong opening bids with balanced and unbalanced hands. The hands you play must be carefully analyzed and played or you will go set!

Tuesdays, Sept. 10-Oct. 15

10:00 AM-12:00 PM

Competitive Bidding: This class covers the information needed when both partnerships are bidding during the auction. Players want to get to the best contract but also want to make it difficult for the opponents to reach their best spot. This class introduces innovative methods of hand valuation and the bids that experts use in competitive situations. Preemptive bids, take out doubles and advances, and overcalls and advances are taught.

Tuesdays, Sept. 10-Oct. 15

1:00-3:00 PM

Beginning Bridge: Never played bridge before? This is the class for you! Have friends that would like to learn the game? Please let them know! This is a great class for people who have never played before or who played decades ago and are ready to begin playing again!

SESSION II (4 weeks)

Cost: \$100* **Location:** Room 260

Mondays, Oct. 28-Nov. 18

10:00 AM-12:00 PM

Major Suit Raises 1: This class is for Advancing Players. Weak major suit raises; Help Suit Game Tries; Weak Freak; Two Step; Limit Raise; Jacoby 2NT; Jordan 2NT: Law of Total Tricks.

Tuesdays, Oct. 22-Nov. 12

10:00 AM-12:00 PM

Defense: Hate it when the opponents make a contract and you think you should have set it? This class teaches the fundamental defensive techniques you need to set contracts including opening leads and signals. Defense is the toughest part of the game and you're defending HALF the time. You will play 8 hands each session practicing defense techniques.

Tuesdays, Oct. 22-Nov. 12

1:00-3:00 PM

Bidding Review and Practice for Beginning Bridge Players: This class is for players who have learned how to play bridge but need to get additional practice. It is a review of bidding using contemporary no-trump ranges. Players will use current techniques for counting points for opening the bidding and raising partner's suit. Using length and shortness in the modern way is reviewed. If you have taken the beginning classes but need a thorough review of that material in a fast paced class, this is the class for you! In addition, you will review requirements for overcalls, take out doubles and the advancer's ranges.

Instructor: Joyce Ryan



CORE STRENGTH TRAINING

Thursdays, Aug. 22-Dec. 12

(No class Nov. 28) 11:45 AM-12:30 PM

Location: Rooms 171-172
Cost: \$10/class

Participants must purchase an attendance card (minimum of 5 classes) in the REACH office. Bring water bottle to class. Classes are ongoing; please add your name to our email list for current updates.

This two-fold method of exercise is suitable for men and women of all ages. Strength training exercises increase your lean muscle mass and fat-burning metabolism, while core stability training is essential for daily living and injury prevention. Instead of training your core muscles separately, the strength core classes use the coordinated movement of your core muscles with traditional weight-lifting exercises to work the deep muscles of the entire torso at once. Each class will begin with a five to ten minute warm up, and end with five minutes of stretching and relaxation.

Kathryn White is a certified instructor with Aerobics and Fitness Association of America, and, in over twenty years of teaching, has taught strength training, Zumba, kickboxing, step, slide, and hi-lo aerobics with the YMCA, 24 Hour Fitness, Country Clubs, and corporate and neighborhood fitness centers. Kathryn was an active dancer for over 11 years and is a graduate of The University of Texas at Austin and The University of Cincinnati. Kathryn is MDPC's Coordinating Director of Music and Organist.



PIANO LESSONS, PRIVATE – JOHN FORD

Wednesdays, Sept. 4-Dec. 18 (No class Nov. 27)

2:00-8:00 PM

Ages: 3 and up Location: Room 210

Cost: \$119 (Four 30-minute lessons)

Extended times available Make-ups by appointment only Termination requires 30-day notice

Contact John with questions or to schedule lessons: czerny32@sbcglobal.net or 832-978-6566

John Ford has been teaching piano full-time since 1988. He is a member of the Katy Music Teachers Association and Past President of the Houston Music Teachers Association. He teaches acoustic piano, digital keyboard, duets, jazz, classical, pop, and ragtime. He combines games, theory, recitals, and guild auditions in piano lessons.

*Cost includes processing fee *Cost includes processing fee 19



VOICE LESSONS – MEGHAN GARVIN

Tuesdays & Wednesdays, Sept. 3-Dec. 18 (No class Nov. 26 & 27) 2:30-7:00 PM

Ages: 6 and up Location: Room 215

Cost: \$35/half-hour, payable monthly

Contact Meghan to schedule or for information: meggarvin@gmail.com or 785-640-5638

Enhance your singing talent through private voice lessons with personalized goal setting and vocal training at your own rate and level. If you want to sing better in choir or as a soloist, or just to find out what you can really do, voice lessons are for you.

Meghan Garvin, soprano, holds a Masters of Music in Voice Performance and Pedagogy from the University of Houston's Moores School of Music. In addition to teaching, Meghan maintains an active performance career in Houston and across the country. Meghan tailors her instruction to the individual to best address each student's unique instrument and musical goals, teaching general music, beginning piano, and voice lessons to students age 6 to adult.



YOGA

Mondays, Wednesdays, and Fridays, Sept. 4-Dec. 20

(No class Oct. 14, Nov. 29) 9:15-10:15 AM

Location: Rooms 171-172
Cost: \$10/class or

\$90/10-class card (expires after 3 months)

Participants must bring a mat.

Tone the body and tune the mind! Increased strength and stamina, improved balance, and flexibility are yours through Hatha Yoga. Feel energized, refreshed, and relaxed, all at the same time, with a 5,000-year-old tradition of physical poses and flowing sequences linking breath and movement.

Instructor: Polly Patton Christie



YOGA (IYENGAR)

Fridays, Sept. 6-Dec. 20

(No class Nov. 29) 11:30 AM-12:45 PM

Location: Room 171-172 Cost: \$10 per class or

\$90/10-class attendance card

This class is designed for beginner and continuing adults as well as expectant mothers with healthy pregnancies. All equipment is provided, but students may elect to bring their own mats.

Jimena Lieb practices and teaches lyengar Yoga, which emphasizes correct alignment of joints for maximum benefit and safety. In this class, the use of props such as chairs, blocks, blankets, or straps may be incorporated to help students adjust or support themselves in the different postures and thereby achieve a range of motion that is effective and safe. Students will practice seated, twisting, standing, and some inverted postures to reduce stress, create strength and flexibility, and correct structural imbalances caused by poor posture, sports training, and daily activities.

Jimena has had a regular yoga practice since 2007 and has studied with professional yoga teachers that are nationally and internationally known. She is a certified lyengar Yoga teacher and the Scheduling Director here at MDPC.

21

*Cost includes processing fee *Cost includes processing fee

IMPORTANT INFORMATION

Contact REACH Ministry:

reach.mdpc.org

Jan KeenerCathy MoererDiane SeckingerRegistrarRegistrarCoordinatorreach@mdpc.orgreach@mdpc.orgdseckinger@mdpc.org713-490-9564713-490-9568

MDPC Ministries	mdpc.org 713-782-1710
CARING MINISTRIES PRAYER CHAIN	713-490-9541 713-953-2558
CHILDREN'S MINISTRIES THE LITTLE SCHOOL (formerly C THE YELLOW SCHOOL	713-490-9261 CDI) 713-490-9267 713-784-0820
EQUIPPING MINISTRIES	713-490-9561
FOOD SERVICE MINISTRIES	713-490-0916
HISPANIC MINISTRIES	713-953-2550 x113
NEXT GEN MINISTRY	713-953-2550 x158
OUTREACH MINISTRIES	713-490-9551
RELATIONSHIPS MINISTRIES REACH OFFICE SPORTS OFFICE	713-490-0931 713-490-9564 713-490-9568
WORSHIP & MUSIC	713-490-0946
YOUTH MINISTRIES	713-490-9291

Sunday Services

8:30 AM, Chapel Blended Worship • A mix of traditional and contemporary music
9:45 AM, Sanctuary Contemporary Worship • Led by MDPC's praise band
11:15 AM, Sanctuary Traditional Worship • Hymns led by a full choir
11:15 AM, Chapel Spanish-language Worship

11:15 AM, Chapel Spanish-language Worship 6:00 PM, Chapel Portuguese-language Worship

2019 Fall Closure Schedule

MDPC's offices and campus will be closed in observance of the following holidays:

- Labor Day, Monday, September 2
- Columbus Day, Monday, October 7
- Thanksgiving Holiday, Thursday-Friday, November 28-29
- Christmas Holiday, Tuesday-Wednesday, December 24-25

WELCOME TO MDPC!



Thank you for exploring the many outstanding options offered by MDPC's REACH Ministry! Believing that God is involved in all aspects of our lives, our staff puts together a wonderful potpourri of ways to experience Him more fully through recreation and personal enrichment. These programs are especially designed for your and your family's enjoyment. To that end, we genuinely hope you'll always feel comfortable during your moments spent at MDPC.

We invite you to experience the many other fine opportunities here for you and your family. Consider visiting a Sunday worship service, which offer a chance to encounter God in a way that is both authentic and intimate.

Check out mdpc.org for up-to-date information and to explore the myriad ways available to grow in God's grace through the life and programs of MDPC!

Brett Hurst, MDPC Relationships Minister



MEET MDPC'S SENIOR PASTOR

If you're looking for a church home, now is a great time to check out MDPC. With a heart for service and a gift for preaching, senior pastor Rev. Dr. Alf Halvorson is leading this church during an exciting time in our history. Our country and our church are facing changes, challenges, and opportunities, and, with strong, focused leadership, MDPC is poised to embrace a vibrant future. Come experience it with us!

MDPC REACH Class Registration

Please print. Use on	e form per student. Visit the REACH of	fice for more forms, or reach .	.mdpc.org to register online
Last Name		First Name	
Date of Birth			
Parents' Names (Mo	other/Father)		
Phone (H)		(C)	
Address			
City		Zip_	
Email Address			
Family/Friend to be	e called in an emergency if parent/g	uardian cannot be contacte	ed:
Name		Phone	
Please list any knov	vn allergies or medical conditions: _		
I hereby authorize	the REACH instructor to release my	child ONLY to the people lis	ted below:
Name		Phone	
Name		Phone	
Class Name			Page #
	Class Day(s)/Time		
Class Name			Page #
Amount	Class Day(s)/Time	Dates	
If available, do you If yes, an Escort For	need an Escort from The Little Scho need an Escort from The Yellow Schor on for each class must be filled out a school (formerly CDI), The Yellow Scho	ool to class? Yes No and turned in to your child's	school. Forms are available
	s payable to MDPC and note REACH Office, or mail to MDPC, 11612 Memo		
Check Number	Amo	unt	
Through my signature and have retained a c	e I verify that I have read the indemnity aropy for my records.	nd General Release below, accep	t these terms and conditions
Signature			Date

Indemnity and General Release

- In the event that my child is injured, or should require medical or dental attention while participating in a REACH class, I hereby authorize the church representatives or instructors to secure necessary medical treatment. I also acknowledge that ultimately I will be responsible for the cost of any medical care should the cost of that medical care not be reimbursed by the health insurance provider.
- I do hereby release, forever discharge, and agree to hold harmless MDPC and the directors thereof from any and all liability, claim of demands for personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever, which may be incurred by the above-named person
- I give my permission for my child to attend this class in the event that only one adult instructor is present
- The REACH Ministry, MDPC, and instructors will not assume responsibility for a child who has not been brought into their classroom by an adult when they arrive.
- I understand that the REACH Ministry program is not licensed by the state.
- I give my permission for videos or photographs taken of the student to be used on the MDPC website or any MDPC publication.

 CLASS POLICIES

All children MUST be walked into their classroom by an adult.

Parents and/or caregivers MUST return to the classroom to pick up the child. Children are only released to authorized persons listed on the registration form.

Please pick up your child on time. If there is an emergency, please call the MDPC Front Office at 713-782-1710, or Diane Seckinger, REACH Coordinator, at 713-490-9568.

Registration and Payment Options

Register at least one week in advance of the first day of class in one of the following ways:

- Go to reach.mdpc.org to pay by credit card or electronic check. A non-refundable bank processing fee will be included.
- Use the form on the opposite page.
 Either bring the completed form to the REACH Office, located in Children's Ministries at MDPC, or mail it, along with a check payable to "MDPC," to the address at the bottom of this page, Attention: REACH Ministry.
- Contact Jan Keener or Cathy Moerer at reach@mdpc.org or 713-490-9564.

Class Cancellations and Refunds

If a student is unable to attend or complete a class and a refund is requested, a refund will be made only with the approval of the instructor, and include an administrative fee of \$20 retained from the fee.

If a class is cancelled due to insufficient enrollment, the student will be notified, and a full refund for tuition will be processed within 30 days.

In the event of an unplanned church closing, classes that are cancelled may or may not be rescheduled or refunded, per the instructor's discretion.

In case of inclement weather, MDPC's REACH Ministry follows the school closing of Spring Branch Independent School District. If they are closed, we are closed.

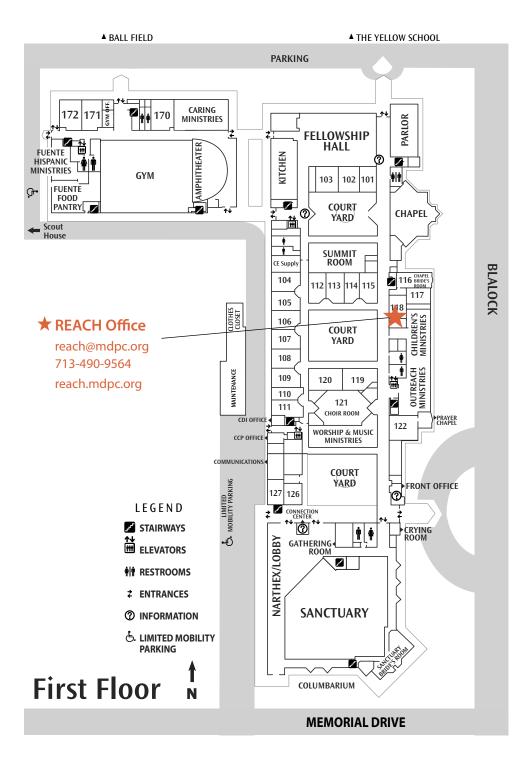
Injury

Every effort is made to insure the safety of all children participating in REACH classes. In the unlikely event that an injury occurs, appropriate first-aid medical attention will be provided and an accident report will be completed.

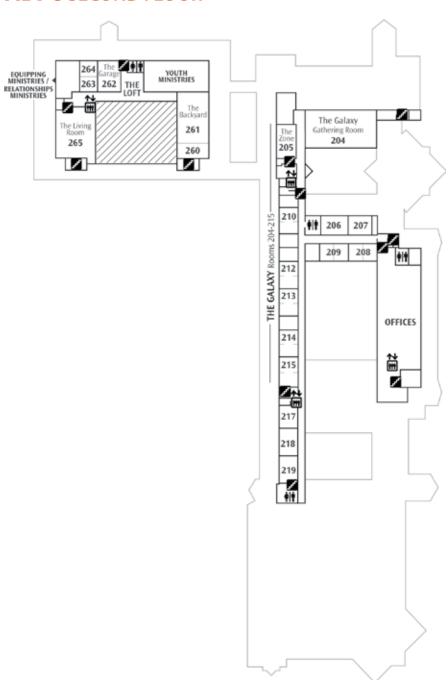
If the injury is minor and your child returns to full participation in activities, you will not be notified until you return to pick up your child.

If the injury requires emergency treatment, we will provide and/or obtain such treatment and notify you as soon as possible.

Memorial Drive Presbyterian Church 11612 Memorial Drive | Houston, Texas | 77024 mdpc.org | 713-782-1710



MDPC SECOND FLOOR



MAP TO MDPC

-N-

