



Life Skills University
1404 Corporation Lane Suite 40
Perryville, MO 63775
Lacie Tiehes, LSU Lead
TrendlineLT@gmail.com
573-605-1600

Participants Information

| | | | |
|-----------------------------|-------|-------------------------------|-------|
| Full Name: | _____ | Date of Birth: | _____ |
| Address: | _____ | Contact Phone Number: | _____ |
| City, State | _____ | | _____ |
| Guardian's Name: | _____ | Guardian's Phone Number: | _____ |
| Support Coordinator's Name: | _____ | Support Coordinator's Number: | _____ |
| Agency: | _____ | | |

Emergency Contact Information

| | | | |
|---------------|-------|------------------------------|-------|
| Name: | _____ | Relationship to Participant: | _____ |
| Phone Number: | _____ | | |

Medical Information

Does participant have any allergies, chronic illness, or medical conditions? If yes, please describe. Please include use of a prescribed inhaler or EPI pen.



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Consent to Participate

A parent or guardian's signature is required for the consumer to participate. Please initial each line and sign a consent form.

_____ All classes outside of Power Hour will be held at the office. Some relevant class outings can be expected. I agree to allow Trendline staff to transport.

_____ I can expect times where internet access will be permitted and supervised.

_____ I agree to the consumption of sugar, food dyes, gluten, and dairy products unless specifically noted in medical information.

_____ I agree to the use of kitchen tools and equipment and understand the risk of kitchen safety.

_____ I agree that individuals will encounter common household cleaning supplies such as disinfectants, soaps, and detergents unless specifically noted in medical information.

_____ I agree to outings that may extend more than sixty miles for Great Outdoors classes.

_____ I agree that during classes such as crafting, cooking, Great Outdoors, and Power Hour that clothing may be torn or stained.

_____ I agree that some outings for the Great Outdoors and expectations could result in a risk of injury. Please note any gait or balance issues in medical history.

_____ I agree to allow Trendline Consulting staff to communicate with participant's support coordinator and/or representatives of his/her support coordination agency in order to seek authorization and funds for this consumer to participate.

_____ I agree not to hold either Trendline Consulting or its employees responsible for any injuries or damages that occur during or as a result of these classes.

Participant's
Signature: _____

Date: _____

Guardian's
Signature: _____

Date: _____

All Year Classes
January-December

Please mark the class(es) you would like to register for.



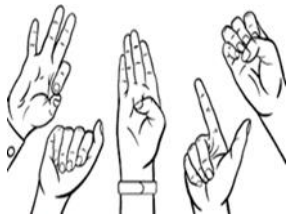
Power Hour
Mon/Wed/Fri 4:15PM-5:15PM

Students will meet at pre-determined locations to engage in a variety of exercise activities determined by a monthly calendar. Calendars are available at the Trendline office or online at www.trendlineconsulting.org Power Hour meets all year around.

If you would like to register for certain semesters or days, please indicate here.

Spring Semester
January 14th -April 3rd, 2025

Please mark the class(es) you would like to register for.



Sign Language 101
Tues/Thurs 3:15PM-5:00PM

Students will be exposed to a variety of helpful lessons and activities that will teach a number of basic signs. Learning through demonstration videos, flashcards, and games. Learning empathized on communicating everyday ideas, concepts, and needs.

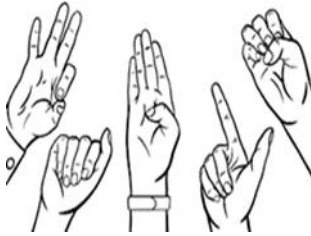


Bowling League
Tues/Thurs 3:15PM-5:00PM

Students will travel to Alley Cat Bowling Alley to learn and demonstrate good sportsmanship while bowling in teams. Students will learn bowling basics and etiquette.

Summer Semester
April 29th – August 14th, 2025

Please mark the class(es) you would like to register for. Semester break June 30th -July 11th



Sign Language 102
Tues/Thurs 3:15PM-5:00PM

Students will be exposed to a variety of helpful lessons and activities that will teach several basic signs. Learning through demonstration videos, flashcards, and games. Learning empathized with communicating everyday ideas, concepts, and needs. Pre-requisite is Sign Language 101.



Open Swim/Aerobic
Tues/Thurs 3:15PM-5:00PM

Students will travel to the Perry Park Center to participate in open swim days. Students will also learn and demonstrate water aerobics skills under the supervision of Trendline staff and on duty lifeguards.



Driver's Ed
Friday 3:00PM-5:00PM

Students will learn relevant materials needed to pass their written permit test. Join our success stories!



Great Outdoors May 2nd, 9th, 16th, 23rd, 30th
Friday 9:00AM-2:00PM

Students will travel to destinations throughout southeast Missouri to learn and demonstrate outdoor skills such as hiking, fishing, swimming, and kayaking. Class will end with a BBQ. **Please note that this is only a five-week class, taking place each Friday in May.** Staff will communicate inclement weather and move activities to either the office or Perry Park center.

Fall Semester

September 2nd – November 20th, 2025

Please mark the class(es) you would like to register for.



Crafting

Tues/Thurs 3:15PM-5:00PM

Students will create unique crafts celebrating the holidays. They will use a wide variety of materials and techniques including paper mâché, weaving, found objects, and papers of differing thickness and texture. Students will take home their completed projects to spread holiday cheer throughout their rooms or homes.



Holiday Cooking

Tues/Thurs 3:15PM-5:00PM

Consumers will learn how to cook delicious holiday themed foods such as mashed potatoes, gravy, and turkey. Each week consumers will demonstrate their knowledge in cooking tools, measurement, and substitutions while being able to learn skills that will allow them to assist their friends and families in the kitchen during the holidays.

Holiday Class



Santa Claus Preparation

December 2nd – December 18th

Tues/Thurs 3:15PM-5:00PM

Consumers will learn how to make and purchase thrifty and crafty gifts for Christmas. Consumers will take a trip to \$5 Below where they can purchase Christmas gifts. Personal money will be needed for this trip to purchase the gifts.