

Offered by  
Culinary Comfort  
Since 2007

# After School Cooking Classes



## April 2026

At Sacred Heart School

Wednesdays  
3:00-5:00

An easy, fun, and no-fuss approach  
to cooking and Baking

### Hands-On Cooking for Young Chefs!



- \* Real skills kids use for life
- \* Discover healthy foods & global flavors
- \* Build confidence, teamwork & responsibility
- \* Learn safe kitchen skills every class
- \* Even picky eaters find new favorites
- \* Healthy habits—even with sweet treats

A creative space where kids explore, cook & express themselves.

Wednesdays  
3:00-5:00 PM

**April**  
15, 22, & 29th

**\$139**



Simple. Fun. No stress.

All  
materials  
provided -  
No extra fees



Join us  
for some fun in  
the kitchen!

**Individual  
Class  
\$49**



Who knew healthy eating could taste so good!

Turn in Registration to Sacred Heart School Office



**Any Questions? text or call Mary at (760) 774-0228**



Kids are naturally creative and adventurous...the kitchen is a perfect place for their self expression

April 2026



After School Cooking Class Registration Form Sacred Heart School

Classes held in the ART ROOM and SCHOOL KITCHEN

PICK UP at the ART ROOM at 5:00 pm

TURN FORM INTO SHS OFFICE

\$139 \_\_\_\_\_ WEDNESDAYS

\$49 Individual Classes:

WEDNESDAY: \_\_\_\_\_ April 15th \_\_\_\_\_ April 22nd \_\_\_\_\_ April 29th

*Please fill in form legibly...One form per student*

Name \_\_\_\_\_ Gender: M / F Age: \_\_\_\_\_ DOB \_\_\_\_\_ Grade \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Email 1: \_\_\_\_\_ Email 2 \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Work: \_\_\_\_\_

Allergies: \_\_\_\_\_ Medical Conditions: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Relationship: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Physician address: \_\_\_\_\_ City \_\_\_\_\_

Insurance Co: \_\_\_\_\_ Policy #: \_\_\_\_\_

**Policies:**

- \* Students need to arrive on time and need to be picked up directly at the end of class by an approved guardian.
- \* Students are expected to be respectful of other students, instructors and all rules. Parent will be called to pick up student that disrupt class. No refunds for classes when removed for disorderly conduct.
- \* Students must wear close toed shoes, their hair must be pulled back off the face, and no jewelry should be worn.
- \* All tuition is due at the first of the month. There are no refunds, credits or transfers to another month.
- \* No registration fees are required. Make up class available with instructor approval and if class space allows.

Participation in a Culinary Comfort cooking class may involve student use of cooking equipment and tools in a kitchen environment. It is understood and expressly agreed to by the Parent (or student) that by making payment for (including the redemption of a gift certificate or volunteering) and/or by participating in the class, the Parent / Student releases, indemnifies and hold harmless Mary Gefroh, Culinary Comfort and any and all contractors, subsidiaries or associates, from any and all liability of any kind for any damages and/ or injuries incurred in connection with the students attendance at a Culinary Comfort class and understands and accepts the risks inherent in the preparation, cooking and eating of food with other people in the kitchen.

Parent/guardian hereby give permission for participant to attend the after school cooking class at Sacred Heart School and agree to the above listed policies.

Parent / Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

**Questions: Contact Mary at (760)774-0228 text/call**