

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

January through April 2012 Catalog



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Washoe County
School District

775-829-9010 | www.washoecommunityed.org

Why take a class from Community Education?

Invest energy into classes that further your personal goals and enhance your quality of life. Our experienced staff dedicates themselves to offering you the best classroom experience possible.

We offer courses that start weekly and are offered nights, weekdays and weekends; at dozens of convenient locations throughout the Truckee Meadows; taught by expert instructors who are passionate about their subjects; and that are easy to enroll in through the Internet, in person, on the phone, fax or mail.

Register today at www.washoecommunityed.org.

Help your child become a safe driver



Driver's Education in the Classroom

Send your teen to after school, Saturday and spring break driver's education classes and help them build a strong base to become a safe driver. Classes are conveniently held at each area high school.

Designed for teens aged 15 to 18, these sessions fulfill the 30-hour classroom mandate required for a Nevada Driver's License (this class does NOT include behind the wheel instruction or the 50 required driving hours also needed to qualify for a license).

For full details and to register, visit www.washoecommunityed.org and click on classroom courses or call 829-9010.

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Arts and Crafts

Whether it's capturing the sunrise on canvas or crafting a personalized gift, you're an original and you seek to express yourself in new ways. Designed with you in mind, these classes offer you new creative outlets. Most art classes require additional supplies.

Crafts/Textiles

Sewing I

Learn how to use basic sewing techniques, understand patterns and how to cut fabric. Bring your sewing machine to class and know its basic operations.

2/1-4/18 W 6:30-9:30 p.m.
Pelham
TMCC Meadowood Center S103 \$149

Candle Making

Candles make perfect gifts, especially when you make them yourself. In this hands-on class, learn to create container and votive style candles from scratch. By the end of class you will have made four candles.

2/4 S 9 a.m.-12 p.m.
Fihri
TMCC Meadowood Center S103 \$39

Crochet for Beginners

Discover this practical, relaxing craft. Learn how to read basic patterns and common finishing techniques. In addition, learn the chain stitch as well as single and double crochet. Be able to differentiate between stitch and space, and learn how to hold your needle. You'll complete several projects by the time you've finished this class.

3/15-4/5 TH 6:30-8:30 p.m.
Foote
Dilworth E8 \$54

This was a "good hands-on learning class. It was so much better than trying to read a pattern on my own."

— crochet student

Crochet Intermediate

This is a medium-easy class where you will make a textured three-tone harvest wrap. Learn single crochet, double crochet, half-double crochet, treble crochet, front and back post stitch and changing colors mid-stitch. Use creativity to switch up colors to create a different feel or season. Enjoy one-on-one attention.

4/19-5/10 TH 6:30-8:30 p.m.
Foote
Dilworth E8 \$54

HOT CLASS!

Pottery on the Wheel

Transform raw clay into a functional piece of pottery. Learn how to prepare clay as well as the techniques of center and throw, pinch, slab and coil. Experiment with different glazing and firing methods. Classes offered 2/7-28 and 3/6-27.

see above T 5:30-7:30 p.m.
Gandolfo
Reno High IA 4 \$99

HOT CLASS!

Blacksmithing for Art - An Introduction

Learn blacksmith fundamentals and history while using traditional and modern tools to turn metal into works of art. Understand the function and design of hand tools, plasma cutting, oxy acetylene welding, wire-feed welding, forges and anvils.

1/24-3/13 T 6:30-8:30 p.m.
Stokes
Sparks High Metal Shop \$245

Blacksmithing Intermediate

Build upon your blacksmithing skills while you explore a variety of techniques like piercing, tooling, using a striker, upsetting, slitting and punching. Expand your knowledge of tools and design.

3/20-5/15 T 6:30-8:30 p.m.
Stokes
Sparks High Metal Shop \$245

Make Art Your Business

Take your art to the next level by making it your business. Learn alternative ways to present yourself as an artist and discover excellent resources for marketing and promotion of your arts company. The instructor is a multi-award winning designer and happy to share her knowledge with you.

4/11-4/25 W 6-7:30 p.m.
Foldvary-Anderson
TMCC Meadowood Center S300 \$59

This is an excellent class for anyone looking to earn money with their art, and a great place to network with artists."

— art business student

HOT CLASS!

Turn Your Crafts into Cash

Turn your hobby or craft into a moneymaker. Learn dozens of tips to improve sales and profitability while operating on a low budget. Discover how to prepare your crafts, promote, set prices, find the best outlets and expand your market opportunities. Find out how to obtain the materials you need to make your products for less and keep your enterprise running successfully.

2/6 M 2-5 p.m.
Veltkamp
TMCC Meadowood Center S300 \$39

Jewelry

Beaded Bangle

Using silver wire and gemstone beads, learn basic wire techniques to create a beautiful and stylish bangle perfect for spring.

3/5 M 6-8 p.m.
Hooff
Mendive Teacher's Lounge \$26

Crystal Beaded Earrings

Create beautiful crystal earrings for yourself or for fantastic gifts using easy-to-follow patterns and techniques. Finish two pairs in class and a third pair at home.

3/10 S 10 a.m.-12:30 p.m.
Coffey
TMCC Meadowood Center \$26

Jewelry: Wirewrap Stones

Create something new, exciting and one of a kind as you learn various wrapping techniques using your favorite polished stones. Individual expression is encouraged and beginners are welcome.

4/7 S 9 a.m.-12 p.m.
Shaw
TMCC Meadowood Center S103 \$39

Simply, A Beaded Bracelet

Beginning beaders - learn how easy it is to make a chevron stitch bracelet. Gain the skills needed for following a pattern.

4/17 T 6-8:30 p.m.
Coffey
Shaw 202 \$26

Glass Art

Glass Fusion—An Introduction
Experience the beauty and fun of fused glass. Learn basic fusing techniques, design, glass cutting, grinding and fixing while creating wonderful pieces of art. Classes offered 2/17-2/18 and 3/30-3/31

see above F 5:30-8 p.m.
S 8-10:30 a.m.

Salvagione
Kadam Studios \$79

"Glass fusion takes glass art to the next step. If you like working with glass, this is the ultimate class for you."

— Kathy F., glass fusion student

Stained Glass—An Introduction

Learn the techniques for creating stained glass art using the Tiffany copper foil method. Gain glass cutting, foiling and soldering skill experience while making a work of art.

2/18-2/25 S 12-4:30 p.m.
Salvagione
Kadam Studios \$79

Drawing/Painting

Calligraphy

Develop your own distinctive style by creating beautiful free-flowing letters. Explore the exciting ways you can use your newfound talent for scrapbooking, wedding and party invitations, specialty items and much more. Your multi-award winning instructor will show you how rewarding it is to learn this graceful artistry.

3/1-3/29 TH 6-7:30 p.m.
Foldvary-Anderson
TMCC Meadowood Center \$59

Pen and Ink Drawing

In this hands-on class, learn techniques to help make your pen and ink drawings come to life. Discover how to create tones and dimensions in your drawings by using value and crosshatching.

1/28-3/10 S 1-4 p.m.
Holland
TMCC Meadowood Center S103 \$125

HOT CLASS!

Drawing I

Basic drawing skills can open up a whole new world of artistic expression. In this beginning class learn about contour drawing, negative shades, perspective and proportion. Use graphite or pen and ink to create realistic drawings.

3/5-4/2 M 1:30-4:30 p.m.
Woodard
TMCC Meadowood Center S324 \$99

Drawing II

Give your artwork more dimension and realistic features by practicing aerial perspectives, shading, composition and value. In addition, explore using pen and ink, charcoal and graphite techniques.

4/9-5/7 M 1:30-4:30 p.m.
Woodard
TMCC Meadowood Center S324 \$99

Why take art?

Learning art teaches you "to see better, to persist, to be playful, to learn from your mistakes and to make critical judgments," according to "Studio Thinking: The Real Benefits of Visual Arts Education."

HOT CLASS!

Watercolor Techniques I

Enjoy personalized step-by-step instruction while learning practical techniques. Build a strong foundation while gaining a deep understanding of color study, value relations, compositions and more.

2/13-3/12 M 1-5 p.m.
Hervin
TMCC Meadowood Center S103 \$119

Watercolor Techniques II

Discover your own painting style while learning more exciting and versatile possibilities of watercolor painting. Control the amount of water on your brush and paper as you create your picture. Explore wet on wet, color changes, values, glazing, and negative painting techniques while moving closer to achieving your personal artistic goals.

4/16-4/30 M 1-5 p.m.
Hervin
TMCC Meadowood Center S103 \$99

HOT CLASS!

Oil Painting Landscapes Using the Bob Ross Technique

Discover fun and relaxing oil painting techniques to create beautiful, realistic landscapes. Practice painting techniques used by Bob Ross to create one landscape painting per class session. Find out about paints, brushes, wet-on-wet technique, color mixing and more.

1/26-2/9 TH 5:30-8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$99

Painting Seascapes Using the Bob Ross Technique

Use Bob Ross' legacy and oil painting technique to create beautiful canvases of oceans, beaches, lighthouses, rowboats, waves, stormy skies and rocky shores. Also, master the ability to blend colors on canvas and properly use Ross' painting supplies and brush strokes.

2/16-3/1 TH 5:30-8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$99

Bob Ross Technique for Oil Painting Flowers

Learn to paint realistic flowers in a short amount of time. Find out the proper use of paints, color mixing and depth perception while creating a beautiful oil painting during each class.

3/15-4/5 TH 5:30-8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$99

Painting Country Living Scenes with the Bob Ross Technique

Go back in time and create beautiful country scenes in oil. Paint rustic barns, bridges, a watermill, windmills and an oak tree. View country life and scenery in an exciting way, put it on canvas and take it home each week.

4/12-4/26 TH 5:30-8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$99

Beauty and Wellness

Empower yourself and gain confidence so you can feel truly beautiful inside and out.



HOT CLASS!

Makeup Made Easy

Discover your makeup and fashion personality and how it influences the choices you make. In this workshop, learn how to update your look with correct color choices. Also, see live demonstrations for day, evening and special occasion makeup application. Learn makeup tricks and how to use makeup tools more effectively.

2/9 TH 5:30-7:30 p.m.
Lopez
TresImage Salon \$29

Pamper yourself and help a student

Indulge in a relaxing one hour, full-body massage for just \$25 and help a TMCC advanced massage student earn the clinical hours he/she needs for certification. Massage appointments are available Tuesdays and Thursdays at 5:30 and 6:45 p.m. from Feb. 7 through April.

To register, www.washoecommunityed.org and click on Classroom Courses, then \$25 Massages.

Meditation

If a health professional suggested meditation or if you need to create peaceful space in a busy schedule, this is the class for you. A number of techniques will be presented so you may select a meditation style which best fits your personal needs.

2/15-3/7 W 6-8 p.m.
Anderson
TMCC Meadowood Center S308 \$79

The instructor was "energetic and enthusiastic. This class helped me develop in my meditation and personal life."

— Dale B., meditation student

Emotional Freedom Techniques and Stress Reduction

Discover and practice the emotional freedom techniques that have been taught worldwide and can be used as a way to relieve emotional and physical blockages that may be expressed as stress, imbalance, and illness. In this introductory class you will learn specific tapping points of the body that will act as acupressure, clear blockages and how to compliment yourself through affirmative statements.

1/23 M 6-9 p.m.
Holland Conner
TMCC Meadowood Center S315 \$39

"This class was informative and immediately helpful."

— Rachel L., EFT student.

Couples Massage

A fun class for couples. Indulge in the basics of Swedish massage and aromatherapy. Partners will learn and practice techniques and prepare massage oil that can easily be created at home. A relaxing way to celebrate life. Price covers two individuals. Must have a partner.

2/11 S 9 a.m.-2 p.m.
Anderson
TMCC Meadowood Center S217 \$79 a couple

Computers for Home Use

Gain confidence and simplify your life by learning the latest technology. For professional computer courses, log on to www.washoecommunityed.org and click on Classroom Courses, then Computers and Software.



Computer Basics

Clean Your Hard Drive

Give your hard drive a spring cleaning. In this lecture course, discover how to clean off unwanted and unnecessary items from your hard drive to get your computer running at optimal speed. Find out about spyware which downloads without your knowledge and learn to protect your computer from viruses.

2/1 **W** **6:30-9 p.m.**
Lenga
TMCC Meadowood Center S322 **\$49**

HOT CLASS!

Hardware, Software, Windows 7, Internet and More

This two-part class is for those who are brand new to, or intimidated by computers. Learn a bit of the computer lingo (monitor, processor, hard drive, RAM, hardware, operating system, software) and get lots of practice using the computer. Explore the world of Windows. Type a short letter on the keyboard, using a word processing program. Draw a simple picture with the mouse, using an art program. Make practicing the computer FUN while surfing the Internet!

1/26-2/2 **TH** **2:30-5:30 p.m.**
Gage
Mendive Library Computer Lab **\$99**

Creative Photo Slideshow

Turn your digital photos and videos into an entertaining movie slideshow. Learn easy ways to create movies with your photos by adding transitions, motion effects, titles, credits and more. Burn a DVD to play on your television or computer or share it with your friends and family. Class uses free Windows Live software that you can install at home.

3/24 **S** **9 a.m.-12 p.m.**
Morganson
TMCC Meadowood Center S321 **\$39**

HOT CLASS!

Create Websites for Fun, Profit and Business

Find out the secrets to creating a website that attracts viewers with minimal set up time. Learn about easy-to-use design tools and other essentials for building your pages in this lecture class. Gain insight into the best techniques for search engine optimization and how to build up your traffic fast. In addition, find out how to generate excellent product ideas using instant market research tools and how to find reputable suppliers and drop shippers, so you won't have to stock an inventory.

4/21 **S** **9 a.m.-3 p.m.**
Boyd
TMCC Meadowood Center S315 **\$97**

HOT CLASS!

Selling on eBay

Learn the tips, tricks and the traps in order to succeed in all your eBay dealings. Sell effectively on eBay by developing procedures on how to set up a seller account, create listings and how to set up credit card payments. Streamline packing and shipping procedures, monitor listings, and upload great pictures. Taught by an award-winning eBay instructor.

4/19 **TH** **6-9 p.m.**
Boyd
TMCC Meadowood Center S315 **\$49**

Microsoft Word 2010 Basics

Are you new to Microsoft Word or have been using it a while—but it's frustrated or gotten the best of you? This six-hour class will put you in control of your word processing. We'll explore the ribbon, tabs, groups and commands; and learn the tips and tricks for using the program. Of course, the basics include moving and copying your text, setting margins and sprucing up your work with different fonts and colors. Let Word check the spelling and grammar for you, and then you're ready to save and print your work. By the end of the class, you'll also know how to use bullets and numbers for lists and create envelopes and mailing labels for your letters.

2/9-2/16 **TH** **2:30-5:30 p.m.**
Gage
Mendive Library Computer Lab **\$99**

Word 2010 Intermediate

If you have already mastered the basics of Microsoft Word, you're a good candidate to learn more advanced formatting techniques. In the first half of this six-hour course, you'll create an activities brochure that includes graphics, columns and multiple headers and footers. You'll learn how to quickly and easily alphabetize lists and learn the basics of tables for schedules, lists and forms. In the second half of the class, you'll explore Word's mail merge function by creating a list of names and addresses (or using an existing list from Outlook, Excel or Access) and then merging that data to generate letters, mailing labels, envelopes, emails or a catalog.

4/5-4/19 **TH** **2:30-5:30 p.m.**
Gage
Mendive Library Computer Lab **\$99**

Excel 2010 Basics

Learn essentials including screen components, ribbon, tabs, groups and commands, and identify tricks to make you a more efficient user, including how to use the four mouse pointers and the many right-click shortcut menus. Build a spreadsheet, enter and modify data, refine it with new easy formatting, save it and print it. Formulas are key components of Excel, and you'll engage in hands-on practice creating totals, minimums, averages and percentages.

2/23-3/1 TH 2:30-5:30 p.m.

Gage

Mendive Library Computer Lab \$99

Excel 2010 Intermediate

Building on the basics course, learn to work with large files by freezing panes and splitting the window, use named ranges to make navigation easier, and use styles and the amazing conditional formatting feature. You'll also learn how to create pie, bar, column, XY and other charts to present your numeric data in a professional-looking and easy-to-read format. In addition, find out how to sort and filter data lists and practice working with formulas and functions.

4/26-5/3 TH 2:30-5:30 p.m.

Gage

Mendive Library Computer Lab \$99

Windows 7 FUNdamentals

Immerse yourself in all the fun things without getting bogged down in a bunch of technological babble. Discover quick tips for getting around, where to put your stuff and how to easily find it, smarter ways to shop online, share photos and more. If you ever thought that computer classes were too boring or technical, this is the class for you.

2/25-3/10 S 9 a.m.-12 p.m.

Morganson

TMCC Meadowood Center S321 \$99

"Linda explained the class in a really informative manner."

— Windows student

PowerPoint 2010 Basics

Learn how to create dynamic, high-impact presentations using PowerPoint. Also, explore screen components, learn how to type the content of your slide show, and learn how to add to that content with its many themes, graphics, charts, and even animation and sound. Sharing slides between files is easy and the new publish choices give you control over what is hidden and what shows.

3/8-3/15 TH 2:30-5:30 p.m.

Gage

Mendive Library Computer Lab \$99

Photoshop Elements

Photoshop Elements Basics

Release the images held captive inside your camera and jazz them up to create eye-popping photos. Learn how to use the wide array of features of Adobe Photoshop Elements, a mid-range photo editing software. Find out how easy it is to use, even if you have no image editing experience.

2/8-2/15 W 5:30-8:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

"This was a wonderful class. The instructor is very knowledgeable, easy-going and has a great sense of humor."

— Photoshop student.

Photoshop Elements Intermediate

Build on the skills you learned in Basics. Explore the very powerful layers and effects palettes. Using these two pieces, you can take yourself out of a photo in your kitchen and put yourself relaxing on a beach or climbing a mountain—then make that picture look like a pencil drawing or an oil painting! You are limited only by your imagination.

3/7-3/14 W 5:30-8:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

Photoshop Elements Projects

Take your skills to the next level. Be guided through every step of the way as you repair an old photo, add color to a black and white photo, create greeting cards with your own photos, design a heart-warming photo collage, construct a panoramic photo and much more!

4/18-4/25 W 5:30-8:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

Macintosh

Macintosh Computer Do's and Don'ts

Whether you're a new or experienced Mac user, learn tips and tricks to keep your computer running at its best and avoid problems. If you wish, bring your personal Macintosh laptop to follow along.

2/28 T 6-8 p.m. Freeman

Swope Middle School IE-2 \$39

Macintosh Computer Basics

You'll have fun learning how to organize, find, view and backup your files for safe keeping. Also, learn to use shortcuts and customize your Mac to make it easier to use, along with various hints and tips.

3/6-3/13 T 6-8 p.m.

Freeman

Little Flower School Computer Lab \$84

Macintosh Computer Basics 2

Learn how easy it is to use email, find information on the web, store addresses, print envelopes, organize your life with a calendar of tasks and events, watch movies and explore various useful things.

3/20-3/27 T 6-8 p.m.

Freeman

Little Flower School Computer Lab \$84

Macintosh Intro to Digital Photography

Learn how easy it is to organize and improve then share your digital photos with family and friends as e-mail, cards, books or slideshows on CD, DVD and the Web using iPhoto '11. Organize your photo collection so that you can easily find photos.

5/1-5/14 T 6-8 p.m.

Freeman

Little Flower School Computer Lab \$129

Dance

You've never been one to sit when compelling music is played. The melody, whether it's classical or country, is a part of you. These classes bring the world of dance to you.

HOT CLASS!

Hoop Dance

Relive your childhood, relieve stress and laugh while taking this incredibly fun class led by a certified hoop dance instructor. Move in all directions, while you learn the fundamentals of hooping on the waist. Explore transitions on- and off-the body, change planes of rotations and add flair with tricks. Increase your body awareness and coordination through techniques that build cardiovascular endurance, strength and flexibility. Find the flow as you integrate skills with seamless transitions.

1/18-3/7 W 6:30-7:45 p.m.
Rizzoli
Caughlin Ranch \$89

HOT CLASS!

Belly Dancing I

Experience the beat of the Middle East. As a beginner, learn how to isolate and control muscles for performing the steps and movements. Enjoy this relaxing way to exercise.

2/3-4/27 F 5:30-6:45 p.m.
Carver
TMCC Red Mountain Bldg. 240 \$79

Belly Dancing II

Further develop your dance technique through music interpretation, improvisation and choreography. Also, delve into the world of costuming.

2/3-4/27 F 6:45-8:15 p.m.
Carver
TMCC Red Mountain Bldg. 240 \$79

Belly Dancing III

Welcome to the home of Hipswitch. If you are an advanced student, take your dancing to the next level. Further develop your choreographic and performance skills as you perfect your belly dancing technique. Performance opportunities are available for those who are eligible.

2/3-4/27 F 6:45-8:15 p.m.
Carver
TMCC Red Mountain Bldg. 240 \$79

HOT CLASS!

Argentine Tango

Learn the beloved dance of Buenos Aires in its authentic form. Practice lead and follow techniques from the founder of Reno Tango Society. Also, find out about the dance history and terminology.

1/23-3/5 M 7:30-8:45 p.m.
Suhr
Let's Dance Studio \$69

Argentine Tango II

Increase your dance skill level in technique, style and complexity. Learn signature steps such as molinetes, also known as grapevines, ganchos a.k.a. hooks of the legs, and giros a.k.a. dance turns and practice them to different types of music.

3/12-4/23 M 7:30-8:45 p.m.
Suhr
Let's Dance Studio \$69

Why take dance?

Dance builds confidence because it requires a coordinated movement of the body that engages the mind and challenges the person's ability to express themselves in a manner that draws judgment from others, according to Examiner.com.

Argentine Tango III

Increase your dance skills by learning advanced musicality and expression. Find out how to use steps such as leg loops, Ganchos, Molinetes, Boleos and more as floor craft or show techniques.

4/30-6/18 M 7:30-8:45 p.m.
Suhr
Let's Dance Studio \$69

Latin Dancing

Discover how easy it is to perform your favorite Latin dances in a social setting. Learn moves to dances from Take the Lead, Dancing with the Stars, and Dirty Dancing: Havana Nights, as you master the basics to the Cha-cha-cha, Rumba, Salsa, Merengue and more.

1/26-3/8 TH 7:30-8:45 p.m.
Suhr
Let's Dance Studio \$69

Cultures and Religions

Better understand our world by learning about the beliefs and customs of people throughout the world.



Photo by Luba/Shutterstock.com

HOT CLASS!

A Taste of Kabbalah: Jewish Mysticism

Discover Kabbalah, the bridge between heaven and earth, while engaging in meditation, self-reflection and prayer. Color your world view and spark your passion to learn about the practices of Kabbalah. Become a more enlightened person and elevate your soul through Kabbalist teachings.

4/4-4/25 W 6:30-8:30 p.m.
Beyer
TMCC Meadowood Center S315 \$79

HOT CLASS!

Zumba

Ditch the workout and have some fun. Exercise in disguise by taking part in a Zumba party. Zumba incorporates Latin dance rhythms and easy moves for a fun and unique moderate to strenuous cardio activity. Classes offered 1/23-3/5 and 3/12-4/23.

See above M 5:45-6:45 p.m.
Buzzone
Billinghurst Multipurpose Room \$52

Sizzling Salsa

Build on your individual styles and partnership skills while learning basic salsa moves. Practice exciting combinations in a relaxed and fun environment.

4/16-5/21 M 6:30-7:30 p.m.
Vaughan
Dilworth Multipurpose Room \$49

HOT CLASS!

Line Dancing

Kick up your heels and dance to country music. Learn basic steps that when adapted can be used to dance to just about any kind of music. Perfect fun for singles and couples.

1/30-3/19 M 7-9 p.m.
Wilson
Sparks Middle School Multipurpose Room \$59

"This is one of the best classes to take as a single or couple. We always bring a group of friends to come along."

— Norma H., line dance student

HOT CLASS!

Country Line Dancing

Come experience the many benefits of dance: social ease, exercise, increased self-confidence, sense of achievement, stress relief, grace, poise and more. We'll learn the Boot-Scot-Boogie, Slap Leather, Electric Slide, Tosh Push and more. New dances include Black Velvet, Cowboy Waltz and others. Join the fun, meet new friends, and share in the enjoyment of dance. No partner necessary.

2/24-3/30 F 6:15-7:15 p.m.
Vaughan
Dilworth Multipurpose Room \$49

Country and Social Dance

Develop your confidence and feel comfortable in any social setting by learning country swing, the two-step, country waltz, cotton-eyed-Joe and more. Regardless of your experience level, enjoy learning about dance concepts, lead/follow, music interpretation, creative expression and more.

2/24-3/30 F 7:30-8:30 p.m.
Vaughan
Dilworth Multipurpose Room \$49

Ballroom and Social Dance

You don't have to dance like a star to feel like one. Feel more relaxed and confident in any social situation. Learn the foxtrot, waltz, rumba, East Coast swing, tango and more. Gain an understanding and application of dance concepts, lead/follow, music interpretation, creative expression and partnership.

2/27-4/2 M 6:15-7:15 p.m.
Vaughan
Dilworth Multipurpose Room \$49

Social Dance Mix

Dance well in any social setting after taking this class. Regardless of your dance experience enjoy learning the cha-cha, nightclub two-step, West Coast swing and country two-step. Singles are welcome. To better develop your partnering skills, you will rotate partners during each class.

2/27-4/16 M 7-9 p.m.
Renner
TMCC Red Mountain Bldg. Lobby \$79

Let's Swing

Develop a greater love and understanding of some of swing's most popular dances. Have a kick learning East Coast, West Coast and country swing, while improving your partnering skills.

2/27-4/2 M 7:30-8:30 p.m.
Vaughan
Dilworth Multipurpose Room \$49



Fitness and Sports

You love the freedom that a fit body gives you to pursue all of your interests. Test your mettle, push your limits and reach your goals.

Cardio

Biggest Loser Challenge

Take this challenge and discover how to stop fighting yourself about food and exercise. Explore what type of foods and activity you really need for optimal health and energy. Discover the critical aspects of nutrition and exercise. Learn how to incorporate healthy patterns into a wellness lifestyle. You could lose 5 to 20 pounds. Note: Course includes 12 weeks of Wednesday night classes plus two workouts per week on days and times of your choice. Challenge winner gets three months of full membership at ACHIEVE Fitness.

1/25-4/11 W 7-8:30 p.m.
Carabio
ACHIEVE Fitness \$250

Why exercise?

The Mayo Clinic says regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise also can improve your sleep, which is often disrupted by stress, depression and anxiety. The end result can be a calming sense of command over your body and life.

Spin For Weight Loss

Get in the spin of things with one of the safest and most effective cardiovascular programs for losing weight. In this eight-week program, learn how to use a heart monitor, track your nutritional intake and achieve fitness and weight goals. Classes offered 1/28-3/22 and 3/24-5/17.

See above T,TH 6:30-7:30 p.m.
S 8:30-9:30 a.m.
Carabio
ACHIEVE Fitness \$124

Spinning

Enjoy this excellent, non-impact training that carries a low risk of injury and is one of the best cardiovascular exercises you can do no matter your age or fitness level. Ride a specially designed stationary cycle to music under the leadership of an experienced, certified instructor. Whether you are a beginner, intermediate or advanced student, you can enjoy this training at your own level and intensity. Classes offered 1/30-3/21 and 3/26-5/16.

See above M, W 5:30-6:30 p.m.
Carabio
ACHIEVE Fitness \$94

Kickboxing

Use the bags for a sweat-dripping workout that can burn more than 600 calories per hour! Master authentic kickboxing moves, drills and combinations that deliver a total body workout. Improve your cardiovascular function and agility by working the bag like a real pro. Classes offered 1/31-3/20 and 3/27-5/15.

See above T 6:30-7:30 p.m.
Carabio
ACHIEVE Fitness \$69

Strength Training

Weight Training for Weight Loss

Dive into this challenging weight training workout designed for maximum muscular strength and endurance gains. Build a leaner physique with bars and dumbbells. Boost metabolism to burn more fat. Classes offered 1/28-3/22 and 3/24-5/17.

See above T,TH 5:30-6:30 p.m.
S 9:30-10:30 a.m.
Carabio
ACHIEVE Fitness \$124

Martial Arts and Self Defense

HOT CLASS!

Tai Chi

Gain more harmony and equilibrium in your life by integrating the mind and body elements of this ancient balanced, healing Chinese art.

1/24-3/13 T, TH 6:30-7:30 p.m.
Sigler
TMCC Meadowood Center S308 \$79

NEW!

Tai Chi Intermediate

Further explore Tai Chi in this intermediate level course which will include the second and third set of the Yang style long form as well as standing Qi Gong and moving meditation.

1/24-3/13 T, TH 5:15-6:15 p.m.
Sigler
TMCC Meadowood Center S308 \$79

NEW!

Shaolin Kung Fu

Increase your strength, flexibility, coordination and balance while practicing natural body movements to develop speed and power. Learn basic strikes, kicks, stances and the principles of these movements. Expand your mind, body and spirit while learning about Chinese culture and traditions within the Shaolin temple.

1/23-4/23 M 7-8 p.m.
Lindeman
TMCC Meadowood Center S308 \$89

Karate

Begin learning the basic movements of karate. Find out how to block, punch, kick and utilize basic stances while performing these movements. Learn self defense techniques, too.

1/25-5/9 W 6:30-8:15 p.m.
Walker
TMCC Red Mountain Bldg. 240 \$79

Toning

NEW!

Balletone

Have fun developing muscular endurance, core strength, balance and coordination. This workout will leave no muscle untouched. Designed for the non-dancer, you'll enjoy traditional fitness training blended with techniques from Pilates, dance and yoga. Classes offered 1/30-3/5, 3/12-4/16 and 4/23-5/28.

See above M 6:30-7:30 p.m.
Carabio
ACHIEVE Fitness \$99

HOT CLASS!

Gentle Yoga at Swope

Relax, de-stress and learn to listen to your body through practicing gentle yoga in a slow and supportive environment. Follow Anusara's basic Universal Principles of Alignment and focus on slow movement, stretching and strengthening postures as well as meditation. Modifications will be offered for all poses. No prior yoga experience is required. Classes offered 1/17-2/21, 2/28-4/3 and 4/17-5/22.

See above T 4:45-5:45 p.m.
MacLellan
Swope \$79

Why take yoga?

Yoga can reduce high blood pressure, high cholesterol and may even cut the number of atrial fibrillation episodes, according to the American College of Cardiology.

Vinyasa Flow Yoga

If you have some yoga experience, explore the relationship between breath and movement, awareness and alignment in a non-competitive environment. Gain an understanding of the Universal Principles of Alignment as you move through a sequence of poses, standing postures and calming seated postures. End each session with a final relaxation pose and meditation. Find more balance and flexibility in your body, mind and life. Classes offered 1/17-2/21, 2/28-4/3 and 4/17-5/22.

See above T 6-7 p.m.
MacLellan
Swope \$79

Yoga at Depoali Middle School

Do something great for your mind and body by learning yoga in a friendly, casual atmosphere. Delve into its principles, philosophy and movements, as well as yoga's breathing and relaxation techniques. Whether you're an absolute beginner or you've had some yoga experience, this course is for you. Classes offered 1/18-2/22, 2/29-4/4 and 4/18-5/23.

See above W 4:45-5:45 p.m.
MacLellan
Depoali \$79

Yoga for a Happy Heart

Enjoy an inspiring yoga experience by blending your physical movements and breath while working on your thoughts. Through meditation, work on opening your heart for a rejuvenating workout. You will be working on and off the mat. Classes offered 1/26-3/1, 3/8-4/12, 4/19-5/24.

See above TH 6:30-7:30 p.m.
Carabio
ACHIEVE Fitness \$69

Pilates

Pilates Using a Reformer

Feel refreshed and alert by applying basic Pilates conditioning principles on the reformer to give you an overall fitness workout. Through this method, enhance your core strength, flexibility and posture. For class dates, time and to register, go to wdce.tmcc.edu and click on Classroom Courses, then Pilates. Classes are offered weekdays, weeknights and Saturdays.

TMCC Meadowood Center S200
see website \$99 for eight sessions

"Excellent environment, excellent teaching, excellent workout and conditioning."

-Robin D., Pilates student

Sports

Fencing

You've seen it in movies, now make the art of swordplay a part of your reality. Discover this sport's artful grace, coordination and timing through demonstrations, exhibitions and hands-on exercises. Equipment provided.

1/23-5/7 M 6:30-8:30 p.m.
Germano
TMCC Red Mountain Bldg. 240 \$79

Beginning Golf

Tap into your desire to become a better sportsperson by learning the basics of golf. Gain tips on how to swing and the rules and etiquette of the game from a professional with more than 40-years experience in the industry. Learn to putt, chip and to play with both iron and wood clubs. At the end of this course you should be able to play at least a par three course. Classes offered 3/6-4/10 and 4/4-5/9.

See above T 6:15-7:15 p.m.
Krivanek
Grand Sierra Resort Driving Range \$99

"Informative! Good pointers and instruction on my swing. I can even hit the ball!"

- golf student

Volleyball I

Boost your enjoyment of this lively and social sport by learning passing, setting and serving in both drills and game settings. Classes offered 1/24-3/6 and 3/13-5/8.

See above T 6-8:15 p.m.
Spino
Sparks Middle School Gym \$79

Boxing

Decrease stress while reducing your weight through the art of boxing. Increase your energy, stamina, endurance, speed and reflexes by practicing technique, footwork, body alignment and other basics.

1/27-5/11 F 12-1:55 p.m.
Manning
TMCC Red Mountain Bldg. 240 \$89
2/13-5/2 M, W 9:30-11 a.m.
Manning
TMCC Red Mountain Bldg. 240 \$89

Food and Beverage

Food can be an adventure! Whether you are learning a new recipe or exploring a new culture, these classes can help you expand your culinary horizons.



Discovering Wine

Impress your friends when you identify wine varietals in a blind tasting. Learn tasting techniques from a professional sommelier and understand the factors that add up to good wine. Build a base of knowledge for a lifetime of wine tasting and appreciation.

2/7-3/6 T 7-9 p.m.
Whalen
TMCC Meadowood Center S315 \$99

The instructor was "very knowledgeable! The class was a good balance between basic and more complex information. I learned more about wine than I thought I would, not just how to taste it."

— Melissa W., wine student

Indian Cuisine

Shake up your normal dinner routine by creating exotic meals for your family to enjoy. Discover how Indian spices are used and how they are believed to help heal the body. Prepare and sample affordably-priced lentil-based entrees, healthy meat dishes and mouth-watering desserts.

2/1-2/22 W 6-8:30 p.m.
Zed
Depoali \$99

Ayurvedic Cooking

Entice your senses while learning how food can affect the body. Mix spices and veggies together to gain the most nutrition and healing benefits from your food. Learn simple steps you can integrate into your daily routine to feel your optimal best. Reap the benefits of thousands of years of Eastern medicine to get the results you want.

4/18-5/9 W 6-8 p.m.
Zed
Depoali \$134

Living Foods

Boost the nutritional value of what you eat and overhaul your wellness! Living foods are the original fast foods: fruits, veggies, seeds, grains and nuts. Learn ingenious ways (without cooking) to bring out the full flavor of nature's bounty without gluten, dairy, preservatives and chemicals. For more details, visit www.naturalnana.com.

Intro to Living Foods: Breakfast

Change your diet and change your life. Gain an introduction to living foods and see how eating a raw foods breakfast can get your day off to a great start. Taste delicious items, like nut milk bags, and receive a recipe book. Come hungry, bring your questions and join the health conscious for an evening of tasting and fun.

1/10 T 6-7:30 p.m.
Clark
McQueen Culinary Arts 308 \$20

Living Foods: Valentine Chocolates

Make two boxes of candy with a half dozen pieces in each box, one for you and one to give away. Learn how to make sumptuous carob-that-tastes-like-chocolate truffles, candy-covered brownie bites and Ferrero Rawcher. Your sweet tooth will love these treats.

2/7 T 6-8 p.m.
Clark
McQueen Culinary Arts 308 \$29

The instructor is "fantastic and has a great energy," said Eric H.

-living foods student.

Living Foods: Soup

Nothing hits the spot in winter, like a hearty soup. Even if you've attended past soup classes, come to this to learn four entirely new recipes. Then, top off the meal with a fresh salad of veggies and kelp noodles, and a surprise dessert.

4/17 T 6-8 p.m.
Clark
McQueen Culinary Arts 308 \$29

Living Foods: Cheezburgers, Fries and a Shake

Indulge without the guilt. Forget the barbecue, since these meat-free, dairy-free burgers require no cooking. You'll be surprised at how much cheeze tastes like cheese. It's easy to make delectable fries, pickles and a chocolate shake.

1/24 T 6-7:30 p.m.
Clark
McQueen Culinary Arts 308 \$29

HOT CLASS!

Living Foods: Lasagne

Don't miss out on this popular class and you'd better come hungry. Create an amazing lasagna with layers of pesto, cheeze and rich marinara sauce. You'll also learn how to make garlic not quite breadsticks and cheezecake for dessert.

2/21 T 6-8 p.m.
Clark
McQueen Culinary Arts 308 \$29

Living Foods: Crackers and Spreads

Snack without the guilt by learning how to make zucchini and onion crackers, along with garlicky jicama toast. Plus, discover how easy it is to create delicious spreads and toppings, such as a bacon substitute, deviled egg spread, pimento cashew and more. This is a great class for those who own dehydrators.

3/6 T 6-8 p.m.
Clark
McQueen Culinary Arts 308 \$29

HOT CLASS!

Living Foods: Desserts

You won't believe these amazing desserts. Learn how to make key lime pie, cookies and cookie bars like chocolate chip, lemon coconut and oatmeal raisin. Wash down those tasty treats with substitute chocolate milk. You'll even take extras home.

3/20 T 6-8 p.m.
Clark
McQueen Culinary Arts 308 \$29

Living Foods: Burritos and Churros

Eating right doesn't mean foregoing comfort foods. Create burritos out of mock tortillas, refried beans, fresh veggies and sour cream substitute. And don't forget the tortilla chips dipped in a zesty guacamole or salsa. You won't be able to wait for the tasty churros.

4/24 T 6-8 p.m.
Clark
McQueen Culinary Arts 308 \$29

Home and Garden

You work to make your home welcoming to your family and friends. Whether it's learning how to reflect your personality in your décor or cultivating a lush garden, these courses will help you make your home a haven. For floral industry training, visit www.washoecommunityed.org.



Basic Home Repair

Save money and avoid scheduling repairmen by fixing it yourself! Learn from a local construction professional how to do light repairs on drywall, plumbing, electrical and carpentry.

2/8-3/14 W 6-8 p.m.
Shumway
TMCC/IGT Applied Tech Center 175 \$89

NEW!

Couponing 101

Get your food budget under control. Save time and money by learning tactics for using coupons, making shopping lists and stock piling products. This is not extreme couponing but rather a doable method. Find out how to make a price book and other ways to discount your grocery bills.

2/4-2/11 S 9-11 a.m.
Alburger
TMCC Meadowood Center S320 \$39

Feel Great About Your Home

Discover simple tips to creating a harmonious home that you love. Learn to express your style using the exciting elements of color, light and space and find out how to bring all of your ideas together. At the first class, bring photos and your inspirations to start working on the room of your choice.

3/27-4/17 T 6-8 p.m.
Gilman
TMCC Meadowood Center S315 \$79

HOT CLASS!

Floral Arranging for Fun

Create beautiful flower arrangements like a pro that will smell wonderful and decorate any room beautifully. Learn more about the specifics of floral design including the types of flowers used in bouquets, how to design flowers artistically and the steps necessary to make a flawless arrangement. Get a hands-on demonstration from an expert and an opportunity to use professional tools that will enhance your arrangements. Classes that fall near a holiday will explore ways to make holiday-themed pieces that are great to use as gifts or to decorate your home or office. Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome!

3/8-3/15 TH 5-6:30 p.m.
Henderson
Sparks Florist Design Center \$49

Rose Pruning in Northern Nevada

Find out the best time and manner to prune your roses to keep them healthy and promote new growth. Learn the difference between pruning hybrid teas, florabundas, old garden roses, miniatures or climbers.

3/10 S 9 a.m.-1 p.m.
Shaw
TMCC Meadowood Center S315 \$39

Why take gardening?

Gardeners score higher on zest of life, optimism and fortitude than non-gardeners, according to a study by Texas A&M and the University of Texas.

NEW!

High Desert Gardening Basics

Get better results in your garden by understanding the horticultural conditions of northern Nevada. Learn proper pruning of trees, shrubs, perennials and roses. Discover how to recognize damage from insects, diseases and cultural problems. Enjoy gardening success while minimizing cost and labor.

4/9 M 6-9 p.m.
Adams
TMCC Meadowood Center S320 \$29

"Suzanne is a great instructor, very enthusiastic and excited about her field, she made the course a joy to come to every week!"

— Rachel C., gardening student

HOT CLASS!

High Desert Edible Gardening

Grow the fruits, vegetables and herbs you love despite living in a desert climate. Learn the appropriate conditions for the development of your planted items and watch your hard work come to life. Organic methods of fertilization, pest control, companion planting and crop rotation will all be discussed in class, as you will be eating the items you learn to grow.

4/16 M 6-9 p.m.
Adams
TMCC Meadowood Center S320 \$39

NEW!

High Desert Plant Selection

Modify and enrich your existing gardens to make them more fun and less labor and resource intensive. Better understand high desert plant maintenance. Learn plant selection and culture for xeriscape, permaculture and fire-safe gardening. Be able to select and plant edible and ornamental trees, shrubs, perennials, annuals, ground covers and lawns.

4/23 M 6-9 p.m.
Adams
TMCC Meadowood Center S320 \$39

Wood I

Shape wood by learning how to work safely with a planer, jointer, table saw, hand-held power tools, belt sander and more. Start by cutting boards and benches and then continue with more complex projects suggested by you or the instructor. In addition, learn about finishing techniques such as sanding and staining.

1/25-5/2 W 6:30-9:30 p.m.
Sutherland & Hayes
Clayton Shop \$199

Wood II and Wood III

Design and create your own masterpiece using joinery such as miter, dovetail, dado, rabbit, mortise and tennon. Learn the art of creating face frames, raised panel doors and drawer construction, or take a break and spin a bowl. Explore the use of exotic woods such as cocobolo, purple hart, padauk and zebra wood. From a simple box to the furniture to display it on, this class can help you develop your skills to achieve whatever you desire.

1/25-5/2 W 6:30-9:30 p.m.
Hayes & Sutherland
Clayton Shop \$199

Languages

Better communicate with others so you can get the most out of your career, your travels, your life! For professional language courses, visit www.washoecommunityed.org

Practical French

Whether you're traveling abroad or just want to sound well-traveled, you'll enjoy learning this elegant language. Receive tips on correct pronunciation from the real thing, an instructor who hails from France.

1/24-4/3 T 6-8:30 p.m.
Seelye
TMCC Meadowood Center \$99

Practical French II

Practice your reading and speaking skills as you further your understanding of French. Delve deeper into grammar, vocabulary and pronunciation while also discussing France, its culture, places to visit and current events.

1/21-4/7 S 9-11:30 a.m.
Seelye
TMCC Meadowood Center \$99

Why take French?

Learn a language that is understood in 55 countries.

Mandarin Chinese

Learn basic conversational skills for the most widely spoken language of China. Practice the most commonly used greetings, phrases and questions used in everyday conversation while gaining an understanding of Chinese culture through its traditions, history and geography. The class is taught by an instructor from China who is fluent in both English and Mandarin Chinese.

1/26-3/29 TH 5:30-7p.m.
Nelson
McQueen 603 \$129

HOT CLASS!**American Sign Language**

Open up new worlds by learning to communicate with the deaf. Learn the basics of American Sign Language including introductions, food, ABCs, storytelling and more. Learn in a fun environment that incorporates instruction with games.

2/1-3/14 W 6-7:30 p.m.
McPartland
TMCC Meadowood Center S315 \$125

"I loved this course! This was an amazing introduction to a beautiful language."

— Alejandra H., sign language student

HOT CLASS!**Conversational Spanish**

If you once took Spanish, strengthen your conversational skills. Have fun learning phrases in a safe environment. No grammar is presented in this course.

2/2-4/12 TH 5:30-7p.m.
Sefchick
TMCC Meadowood Center S320 \$149

HOT CLASS!**Spanish for Travelers**

Take your vacation enjoyment up a notch by being better able to speak and read Spanish.

2/14-4/24 T 5:30-7p.m.
Sefchick
TMCC Meadowood Center S320 \$129

Learn a new language at your own pace with Rosetta Stone®

Enjoy maximum learning flexibility with Rosetta Stone®. Pace yourself with these online courses available 24/7 and immerse yourself in a world of rich, visual imagery to help you think in a new language.

Community Education has partnered with Rosetta Stone® to offer these online classes:

- Arabic
- Polish
- French
- Chinese
- German
- Japanese
- Italian
- Hebrew
- Russian
- Irish
- Korean
- Dutch
- Hindi
- Persian (Farsi)
- Swedish
- Latin
- Tagalog
- Vietnamese
- English (U.S. and U.K)
- Greek
- Spanish (Latin America and Spain)
- Turkish

Rosetta Stone's Dynamic Immersion® method ensures a direct connection between words and their meanings. Become proficient in listening, comprehension, speaking, reading and writing.

You can take up to six months to complete a course, which costs \$150. You will need a computer with Internet access, a headset with microphone for voice recognition and a USB connector to take these courses.

For full details, visit <http://wcsd.rossettastoneclassroom.com>. Click on first time user to take the product tour. To register, visit www.washoecommunityed.org or call 829-9010.

Money and Investing

Get ahead financially by learning the ropes of investing and retirement strategies.



HOT CLASS!

Building Your Financial Portfolio on \$25 a Month or Less

Gain insight on how to invest in historically proven secure investments that can grow even during a recession. Improve your finances by understanding what is happening in our economy and stock market. Learn from successful investors who have implemented their practical strategy since the 1980s. Find out what your broker won't tell you, how to bypass your broker, what the current economy means to your wallet and what your options are.

3/2 F 6-9 p.m.
Christensen
Swope E-2 \$49

Retirement Planning Today

Devise a strategy to get ahead. Assess your financial situation and develop a personalized plan to achieve your retirement goals. Explore the many ways you can save for retirement as well as the disadvantages and advantages of each method. Also, gain advice on how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses.

1/28-2/4 S 9 a.m.-12 p.m.
Costelloe
Nell J. Redfield Building A213 \$69
1/31-2/7 T 6-9 p.m.
Costelloe
Nell J. Redfield Building A213 \$69

The instructor had a "nice presentation style and provided an excellent binder for future reference. It was a good refresher on investing."

— retirement planning student

HOT CLASS!

Stocks and Bonds

Make better informed investment decisions. Learn how to manage your own assets by understanding stocks, bonds, mutual funds, options and their roles in the market.

3/7-4/18 W 6:30-9:30 p.m.
Gant
TMCC Meadowood Center S324 \$99

Music

Music isn't just background noise to you; it's an enjoyable aspect of your life. You want to create pieces that resonate in you and others whether it's playing an instrument or singing.



HOT CLASS!

Guitar I

Learn the beginner fundamentals of contemporary rhythm guitar. Develop skills in proper handling, coordination, timing, open position chords, basic strum patterns and songbook use. Song playing includes folk, blues, rock, R&B, country and classical styles.

1/31-5/15 T 7:30-9 p.m.
Trotter
TMCC Meadowood Center S320 \$99

"He broke every single step down to where a five-year-old could do it! I picked up on it very quickly."

— Steven A., guitar student

Guitar II

Transform your guitar playing by learning intermediate contemporary rhythm and lead guitar fundamentals. You'll learn about proper handling, coordination, timing, various chords, strumming and arpeggiating, chart navigation, improvisation and more. Practice playing a wide range of music including folk, blues, rock, rhythm and blues, country, classical and jazz styles.

2/1-5/16 W 7:30-9 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Guitar III

Progress to the next level of guitar playing by practicing proper handling, using a tuner, tuning by ear and using a metronome. Work on open chords, power chords, barre chords, rhythms, arpeggios, written form, bass runs and chord embellishments. In addition, learn about finger style guitar, primary scales, advanced chord forms harmonic theory, note reading fundamentals, songwriting and arrangement. Practice playing popular songs you couldn't play before.

2/2-5/17 TH 7:30-9 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Why play an instrument?

Learning to play a musical instrument can increase an adult's IQ, according to the University of Zurich.

HOT CLASS!

Blues Guitar for Beginners

Develop an understanding of general guitar, blues rhythm and lead techniques. Blues is the foundation for most modern American music—jazz, rock, rhythm and blues—and it is surprisingly fun and easy to play. Learn basic blues rhythm by the end of the first class.

2/8-3/28 W 6-8:30 p.m.
Goodrich
Reno High 11 \$99
2/9-3/29 TH 6-8:30 p.m.
Goodrich
Damonte Ranch 144 \$99

I Used to Play Piano, But...

If you have a basic knowledge of how to play the piano, but need to regain your skills and technique, this class is ideal for you. Learn to play by ear, sight read, double check chords and harmonies, do ensemble playing and also play for your own amusement. Your lost skills will return in no time and you will be entertaining your friends and family with beautiful music for years to come.

1/27-4/20 F 2-4p.m.
Smith
TMCC Red Mountain Bldg. 242 \$99

Piano I

Bring music into your home. Join us in the TMCC piano lab to learn all the basics of piano playing, including reading music. Be prepared to practice your newly acquired skills at home.

2/2-5/3 TH 7-9 p.m.
Smith
TMCC Red Mountain Bldg. 242 \$99

HOT CLASS!

Voice

Feel comfortable and confident singing whether it's with your radio or in public. Find out how to sing vowels and breathe properly along with how to use warm-up exercises, phrasing techniques and musical stage presence.

1/30-5/21 M 7-9 p.m.
Lee
Reed 508 \$145

Concert Band

Strike up a tune and join TMCC's band. If you play woodwind, brass or percussion and have an equivalent of high school band performance, you'll study, rehearse and perform music encompassing a wide-range of styles and historical periods.

1/24-5/8 T 7-9:50 p.m.
Redfield Performing Arts Center \$79

Concert Choir

Whether your singing experience is confined to the shower or you can belt out an aria, enhance your singing by joining TMCC's Concert Choir. Learn how to sing a wide range of songs ranging from classical and folk to pop, among others. In addition, work on your performance skills as you prepare for the end of the class concert.

1/25-5/9 W 7-9:50 p.m.
Redfield Performing Arts
Center 106 \$79

Jazz Ensemble

Join our traditional 18 piece big band which plays everything from standard dance band music to more contemporary literature. Hone your reading and improv chops as you develop new musical skills. Must be able to read at an advanced high school level. You must audition for this class if you are not already a member. Contact barbmolt@gmail.com for details.

1/26-5/10 TH 7-9:30 p.m.
Molt
TMCC Vista Bldg B206 \$60

Outdoors

You won't be confined by the city; it's Mother Nature that gives you joy.



Beginning Fly Fishing

Experience the serenity of fly-fishing by learning about casting strokes and techniques, equipment selection, knot tying, flies, landing trout and more. In addition, gain in-depth information on fishing local waters. Classes offered 4/22 or 4/29.

See above SU 8:30 a.m.-12:30 p.m.
Wharton
Hidden Valley Regional Park \$50

Scuba Diving

Open a new world with underwater diving. Become comfortable in the water and dive safely to a depth of 60 feet under ideal conditions. Provide your own mask, snorkel, fins, boots and gloves for morning open water sessions. Equipment may be rented, borrowed or purchased. Upon successful completion receive PADI open water certification.

3/7-3/25 See schedule online
Chesnut
Sierra Diving Center \$249

Why engage in an outdoor sport?

Studies show outdoor exercise improves one's mood and reduces anxiety, according to WebMD.

Rock Climbing

Scale Sierra rock faces for a greater perspective of our beautiful and unique area. Head to the hills to learn about safety, equipment and emergency techniques.

4/7-4/28 S 9 a.m.-5 p.m.
Spina
TMCC Meadowood Center S105 \$99

Train to Hike Half Dome

Get conditioned to take on some of the country's most challenging hikes, such as Half Dome, Mt. Shasta, Mt. Rainier and Mt. Whitney. Enjoy weekly hikes with progressively challenging trails. To help you reach your peak fitness, you will be given an individualized 12-week training plan designed by a certified Personal Trainer to be used at location of your choice. Top off this class with an optional trek up Half Dome in July. See detailed schedule online.

4/7-7/8 S, SU
Carabio
ACHIEVE Fitness \$250

Photography

Capture the moment! The sentimental. The eventful. The everyday. Enhance your ability to freeze places, people and memories in time.



Point and Shoot Photography

Take the best possible photos with your basic point-and-shoot camera or cell phone. Master the techniques to get professional-looking images without having to invest in expensive equipment. Learn the different modes and settings and when to use them. Get amazing family and vacation photos for your scrapbook or to give as gifts.

3/31 S 10 a.m.-1 p.m.
White
TMCC Meadowood Center S324 \$39

HOT CLASS!

Digital Camera Basics

This course is a basic introduction to using your digital camera. You will begin by learning the camera's features, including flash, macro, zoom, menus, modes and scenes and discuss selecting, using and caring for memory cards and batteries. Use Windows Explorer to see your camera's photos, transfer images from your camera to your computer or USB flash drive and burn CDs to backup photos. You will also learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

3/22-3/29 TH 2:30-5:30 p.m.
Gage
Mendive Library Computer Lab \$99

Photographing the Quiet Beauty of Winter

Find out how to easily overcome the challenges of winter photography, so you can capture the essence of this photogenic season. Through a lecture and photography field trip, further develop your photography skills through strengthening your composition and use of natural light, color, patterns and textures. This class is open to photographers of all levels. Furnish your own transportation and winter walking gear.

1/28 S 9 a.m.-6 p.m.
Vollmer
TMCC Meadowood Center S103 \$89

"Absolutely loved the field trip! This class far exceeded my expectations."

— Megan P., winter photography student

Garden Photography

Capture the essence of beautiful gardens on film with the help of an expert photographer. Learn to create powerful images in public gardens or in your own backyard with either a digital or film camera. Also, when you bring your garden shots to class, gain a critique on how to improve your art.

4/14 S 9 a.m.-6 p.m.
Vollmer
TMCC Meadowood Center S103 \$89

Creative Digital Photography

If you've already mastered digital photography basics, take your photos to a higher level. Learn the keys to composition, image adjustment, manipulation, correctly sizing photos and more. In addition, pick up relevant tips, tricks and techniques. This is a great class for digital SLR users.

4/7-5/5 S 10 a.m.-12 p.m.
White
TMCC Meadowood Center S115 \$99

Real Estate

Enhance your success with real estate dealings, whether it is attaining your dream home or rental to bring you financial security.

HUD Properties for First-Time Home Buyers

Learn the benefits of purchasing a HUD home and how to successfully navigate the system. Understand what a HUD property is, the basics of purchasing and financing your purchase. Find out how the bidding process works, what the timelines are and how to complete the sales contract package. Locate HUD properties, approved brokers and be aware of the idiosyncrasies of the HUD system.

3/1 TH 6-9 p.m.
Kraus
TMCC Meadowood Center S300 \$39

HUD Properties for Investors

Learn the basics of real estate investing, the three types of HUD properties and HUD home sale timelines. Become aware of inspection timetables and cancellation limitations. Find out what different financing options are available and how they work whether it is cash, conventional, FHA 203(b) or FHA 203(k). Gain an understanding of real estate language, present-value calculation and internal rate of return.

4/2-4/16 M 6-8 p.m.
Kraus
TMCC Meadowood Center S300 \$79

"An interesting class infused with real world experiences."

— HUD student

Special Interest

You defy categorization—so do these courses! For related online courses, log on to www.washoecommunityed.org.

Snow Sports

You don't hide indoors because it is winter. You thrive on the brisk air and snowscaped beauty.



Photo by Kapu/Shutterstock.com

Snowshoeing

Experience the majesty of the Sierra on snowshoes. Classroom session focuses on conditioning, equipment, winter travel and safety. The field trips will take you into the beautiful winter backcountry. You must attend the classroom session in order to go on the fieldtrips.

1/28-2/25 S 8 a.m.-1 p.m.
Carabio
ACHIEVE Fitness \$99

"This class was a great motivator to be outside. Karen instilled confidence in each student."

—snowshoeing student

Stand Up Comedy

If you have always wanted to be a comic, but weren't sure where to get the exposure, look no further. Gain confidence in your public speaking abilities and learn to write jokes that will get the laughs you want. Also, learn to turn your life's ups and downs into joke materials, structure your performance and enhance your timing.

3/27-5/1 T 6-9 p.m.
Damon
TMCC Meadowood Center S324 \$149

Travel Free, Plus Make Money Doing It!

You can still afford a vacation! Listen to a world travel specialist share hundreds of ways for you to get free airline tickets, hotels, cruises, tours, car rentals, meals and more. Learn how to maximize your frequent flyer miles, get bumped and fly for free. Fly as an air courier, teach English, become a tour guide or organize your own tours for family and friends. Write articles, shoot photos, volunteer, or get paid to drive. Learn the best travel websites, how to pack light, maintaining your health and more. Also, discover the 50 most important words in any language that will empower you to travel anywhere.

1/21 S 10 a.m.-1 p.m.
Henry
TMCC Meadowood Center S320 \$34

Social Media Marketing for Home and Small Business

Learn the secrets of leveraging social media to drive customers to your business website and get them to buy. Increase leads and sales using free resources, while networking with your customers. Beef up your online presence utilizing Facebook, Twitter, YouTube and Flickr along with LinkedIn, Slideshare and blogs. Maximize your time by automating, cross-posting and managing your accounts through fewer interfaces. Find out how to monitor your competition's social media presence.

3/29 TH 6:30-9 p.m.
Fifelski
TMCC Meadowood Center S300 \$42

How to Teach a Class for Community Education

Learn how to share your knowledge and expertise with others by exploring teaching possibilities with WCSD Community Education. Understand what you need to know to prepare lessons, write course descriptions, materials, class fees and more. Discuss your ideas and get feedback.

4/24 T 6:30-8:30 p.m.
Melahn
TMCC Meadowood Center Free

Writing

Express yourself! Learn how to effectively convey and captivate an audience through your writing.

Editing for Writers

Become your own editor and greatly improve your writing. Whether you write creatively or commercially, fiction or nonfiction, you can learn the art of editing like a pro. Practice makes perfect as you discover how to spot problems in your own work, discover common writing mistakes and follow the techniques for revision.

4/24-5/8 T 5:30-9:30 p.m.
Banning
TMCC Meadowood Center S315 \$119

Writing, Publishing & Marketing Your First Book (or 7th)

Whether you're a potential writer or a published author, discover a proven method to develop and complete your manuscript in just six weeks. This course is taught by Bobbie Christensen, a California author of 12 books (some of which are award-winners and best-sellers).

3/3 S 9:30 a.m.-4 p.m.
Christensen
TMCC Meadowood Center \$79

Craft Compelling Nonfiction Books for Kids and Teens

Launch your career as a children's author in the exciting and ever-evolving nonfiction market. Gain practical experience on topics, research, self-marketing and how to find publishing venues. Learn market and submission tips from a successful author of eight books.

3/3-3/10 S 9 a.m.-12 p.m.
MacKay
TMCC Meadowood Center S300 \$69

Youth Classes

Expand your child's or grandchild's world.

Creative Writing

Explore the diverse world of creative writing. Practice journal writing and collage, poetry and essay writing in an accepting and supportive environment. By the end of class, you will have a portfolio with writing samples and resources to help you in future writing endeavors.

2/27-4/23 M 6:30-8 p.m.
Wohlford
TMCC Meadowood Center S315 \$119

"I am not a writer, but it has made me come out of the box and try to be creative."

— Toni O., writing student.

HOT!

TMCC's Writers' Conference

Turn your publishing dreams into a reality. Network with literary professionals and your writing peers while taking in presentations on Evaluating Your Book for Success, Driving Stories to their Destinations, Techniques to Telling a Story and more. Ask your most pressing questions during the Agents and Editor Panel Discussion and take part in informal roundtables on your craft. Speakers include New York Times Bestselling Memoirist Jennifer Lauck, Novelist Shawn Grady, Seal Press Executive Editor Brooke Warner, Agent Elizabeth Kracht, How-to-Market-Your-Book Expert Nina Amir, Children's Literature Agent Andrea Brown, Women's Fiction and Young Adult Agent April Eberhardt, Short Story Author Patrick Michael Finn, Poet Lindsay Wilson and KUNR General Manager David Stipech. Save \$10 when registering by March 9. One private, ten-minute meeting with the agent or editor of your choice may be reserved for \$32. Sack lunches may be ordered in advance for \$11.

4/14 S 9 a.m.-4:30 p.m.
TMCC Sierra Bldg. Sierra 108 \$109

"There is an energy around this conference from the people who put it together to the speakers and participants that is electric, motivational and necessary in starting and maintaining a career in writing."

— Tony G., 2011 conference participant



Photo by WaveBreakMedia/Shutterstock.com

Kenpo Karate

All students from kindergarten to twelfth grade are eligible to participate in this monthly martial arts class that starts in January. Have your child learn discipline, while having fun with instructor Sam Brown, who has taught for more than 30 years. Hour-long classes are held twice a week at 13 area schools. If classes aren't at your school, you may attend a nearby school's program. Children ages five through 11 have class from 6:30 to 7:30 p.m. and older students meet from 7:30 to 8:30 p.m. The cost is \$24 a month, plus insurance (\$12 for six months). Look for fliers at your child's school for details. To register, bring your payment to the first class.

HOT CLASS!

Wheatley Taekwon-Do at Hunsberger

Girls and boys of all ages can improve their concentration, increase their discipline, build confidence, develop respect, and more through practicing this martial art. Maybe one day these skills will help your child become a leader. The instructor is the president of the International Taekwon-Do Federation in the United States. Classes offered 1/18-3/7 and 3/14-5/9.

See above W 2:50-4p.m.
Wheatley
Hunsberger \$120

Indoor Golf for Kids

Have your children, ages 8 to 14, develop foundational golf skills including the basic stance, swing and etiquette. Each week, your kids will play a different virtual course.

1/24-3/13 T 6-7 p.m.
Williams
Grand Sierra Bunker Indoor Golf \$110

NEW!

Novel Writing for Teens

Stop dreaming about writing a novel and learn how to become an author. Discuss the basics of fiction writing, practical tips for setting goals, word counts and making time to write. Engage in interactive discussions on writing and practices. Work through problems and writers' block. Understand the different aspects of writing, characterization, pacing, point of view and setting.

1/21-2/25 S 10 a.m.-12 p.m.
Alburger
TMCC Meadowood Center \$99

NEW!

Editing for Teen Fiction Writers

Become a more professional writer. Tighten your prose, look for grammar and spelling mistakes, remove excess adverbs, and prepare your final manuscript. Read your manuscript out loud and receive helpful critiques.

3/3-3/31 S 10 a.m.-12 p.m.
Alburger
TMCC Meadowood Center \$79

Beginning Guitar for Kids

If your children are in fifth through eighth grade, have them learn the basics of guitar playing. They'll learn how to tune and care for their instruments, as well as how to do first position, scales, chords and chord structure and basic music theory.

3/5-3/28 M, W 6:30-7:30 p.m.
Maes
Sparks Middle School Band Room \$99

Kids in the Kitchen

Boys and girls will learn how to create their own meals and snacks. During hands-on classes, they will prepare food from recipes, eat their own creations or take them home to share with their family. In addition, they will learn cooking safety tips and techniques that will help them grow into knowledgeable cooks.

Around the World

Mendive \$64
 1/31-2/21
 A) 6-9 Year Olds T 4:30-6 p.m.
 B) Ages 10 and up T 6:30-8 p.m.
 Ishoy

Damonte Ranch \$64
 2/2-2/23
 C) 6-9 Year Olds TH 4:30-6 p.m.
 D) Ages 10 and up TH 6-8 p.m.
 E) Ages 10 and up W 6:30-8 p.m.
 Ishoy

"Madison is eleven and enjoys cooking. This class gives her easy-to-make recipes. She can cook things for us now and it makes her feel like she is contributing to the household."

— Lisa, parent of Madison, kids in the kitchen student.

Breakfast

Mendive \$64
 2/28-3/20
 A) 6-9 Year Olds T 4:30-6 p.m.
 B) Ages 10 and up T 6:30-8 p.m.
 Ishoy

Damonte Ranch \$64
 3/1-3/22
 C) 6-9 Year Olds TH 4:30-6 p.m.
 D) Ages 10 and up TH 6-8 p.m.
 Ishoy

Snacks, Fun to Make & Eat

Mendive \$64
 3/27-4/24
 A) 6-9 Year Olds T 4:30-6 p.m.
 B) Ages 10 and up T 6:30-8 p.m.
 Ishoy

Damonte Ranch \$64
 3/29-4/26
 C) 6-9 Year Olds TH 4:30-6 p.m.
 D) Ages 10 and up TH 6:30-8 p.m.
 Ishoy

Silver College

You know that retirement doesn't mean being idle. You enjoy all life offers you!



Arts for Seniors

Beginners Sample Quilt

Create a 16-block sampler quilt using roman candle, friendship star, snowball, simplified log cabin, flying geese, windmill, bow tie and other blocks. Gain confidence and better understand different fast and fun quilting techniques.

2/6-3/5 M 9 a.m.-12 p.m.
 Lish
 TMCC Meadowood Center S103 \$59

T-Shirt Quilt

Create a fun, one-of-a-kind quilt from t-shirts you have collected from special events or on vacation. Learn how to bind and apply to a quilt, use a square rule and work with fusible interfacing. Enjoy this unique technique while enhancing your quilting skills.

3/12-3/26 M 9 a.m.-12 p.m.
 Lish
 TMCC Meadowood Center S103 \$45

Quilting a Machine Applique Wall Hanging

Learn this fun and easy machine applique technique using layers of fabric. Create a beautiful project you will be proud to hang on your wall or give as a gift.

4/2-4/16 M 9 a.m.-12 p.m.
 Lish
 TMCC Meadowood Center S103 \$45

Beginning Crochet

Discover this practical, relaxing craft. Learn how to read basic patterns and common finishing techniques. In addition, learn the chain stitch as well as single and double crochet. Be able to differentiate between stitch and space, and learn how to hold your needle. You'll complete several projects by the time you've finished this class. Enjoy one-on-one attention.

3/24-4/7 S 10 a.m.-1 p.m.
 Foote
 TMCC Meadowood Center S315 \$55

Intermediate Crochet

This is a medium-easy class where you will make a textured three-tone harvest wrap. Learn single crochet, double crochet, half-double crochet, treble crochet, front and back post stitch and changing colors mid-stitch. Use creativity to switch up colors to create a different feel or season. Enjoy one-on-one attention.

4/21-5/5 S 10 a.m.-1 p.m.
 Foote
 TMCC Meadowood Center S308 \$55

Piano I for Beginners

You may have never played before or you might want to pick up where you left off. Come develop your musical creativity, build piano skills and enjoy learning all the basics of piano playing, including reading music.

1/19-3/1 TH 10-11 a.m.
 Smith
 Steinway Piano Gallery \$69

Piano II for Beginners

Continuation of Piano I reviews all major keys and accompaniment styles to further your playing enjoyment. Upon finishing this class, your skills will have progressed to an intermediate level.

3/8-4/19 TH 10-11 a.m.
 Smith
 Steinway Piano Gallery \$69

Piano III Intermediate

Fill your home with music. If you are comfortable playing or have completed Piano for Beginners II, build on concepts and lessons previously learned. Increase your confidence playing minor scales, chords and understanding accompaniment patterns, sight-reading and playing by ear.

1/19-3/1 TH 11:30 a.m.-12:30 p.m.

Smith

Steinway Piano Gallery \$69

Piano IV Intermediate

Fulfill your desire to play your dream pieces. Continue to build your skills in theory, accompaniment patterns, improvisation and ensemble playing at its best.

3/8-4/19 TH 11:30 a.m.-12:30 p.m.

Smith

Steinway Piano Gallery \$69

Photography for Seniors



HOT CLASS!

Digital Camera Basics

Have fun with your digital camera by taking great pictures indoors or outdoors—portraits, birthday parties, scenery and more. Take photos you like while learning the camera's features, including flash, macro, zoom, self-timer and menus. Find out how to select, use and care for memory cards and batteries. Classes offered 1/23-2/13 and 4/23-5/7.

See above M 9 a.m.-1 p.m.

Gage

TMCC Meadowood Center S115 \$59

Digital Camera Intermediate

Discover how to take all kinds of pictures. Get the results you want by managing the aperture, shutter speed and exposure values, using bracketing and controlling the colors in your shots with the white balance. Experiment with depth of field and other focus techniques and more.

3/26-4/16 M 9 a.m.-12 p.m.

Gage

TMCC Meadowood Center S115 \$59

TMCC SILVER COLLEGE

Silver College is for me

It is great, you will agree

It might be hard, but it's fun

It is there for everyone

School is a challenge for me

Life, a new way I can see

One can take most anything

Knowledge and fun it can bring

You gain a new social life

Singles, or husband and wife

It fills time in a good way

Classes are during the day.

Written by Silver College
Student Leah Giffin

Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer, flash drive or burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized. Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

2/27-3/12 M 9 a.m.-12 p.m.

Gage

TMCC Meadowood Center S115 \$49

Photoshop Elements Basics

Release the images held captive inside your camera and jazz them up to create eye-popping photos. Explore this software's photo editing features including how to remove red-eyes or wrinkles, touch-up scratches or blemishes, change the contrast or brightness of a photo, make it sepia or black and white, and crop out what you don't want in a picture. Classes offered 1/25-2/15 and 4/25-5/9.

See above W 9 a.m.-12 p.m.

Gage

TMCC Meadowood Center S115 \$59

HOT CLASS!

Photoshop Elements Layers and Effects

Building on your Photoshop Elements class experience, explore the very powerful layers and effects palettes. Discover how to take yourself out of a photo and insert yourself into another more exotic one. Also, try your hand at making a photo look like a pencil drawing or an oil painting. Find that your imagination is limitless.

2/29-3/28 W 9 a.m.-12 p.m.

Gage

TMCC Meadowood Center S115 \$59

Photoshop Elements Projects

Take your Photoshop Elements skills to the next level by working through fun, hands-on projects. Repair an old photo, add color to a black and white photo, create greeting cards with your own photos, design a photo collage, construct a panoramic photo and much more.

4/4-4/18 W 9 a.m.-12 p.m.

Gage

TMCC Meadowood Center S115 \$45

Special Topics for Seniors

HOT CLASS!

Silver Spanish

If you have never taken Spanish or took classes years ago, this class will teach you the basics and have you speaking Spanish in a fun, comfortable environment.

Learn conversational elements including salutations, commonly used words and phrases and Spanish customs. No grammar is presented in this course.

2/2-4/5 TH 4-5 p.m.

Seifchick

TMCC Meadowood Center S320 \$59

Silver Tai Chi

Feel great by increasing your energy, range of motion and flexibility through the gentle movements of Tai Chi. Practice fluid, low-impact exercises improve your balance, coordination and stamina. Classes offered 1/17-3/1 and 3/6-4/19.

See above T, TH 4-5 p.m.
Sigler
TMCC Meadowood Center \$79

Why take tai chi?

"Tai chi reduces the rate of falls and fear of falling, and lowers blood pressure," according to a study published in the "Journal of the American Geriatrics Society."

Sidelines for Seniors

Retired doesn't mean you need to live on a fixed income. Supplement your earnings in a variety of ways that easily fit into your lifestyle. There are many part-time businesses and freelance gigs particularly well-suited to those over 50. With a little startup money, you can have fun and greatly improve your financial situation.

2/10 F 10 a.m.-1 p.m.
Veltkamp
TMCC Meadowood Center S300 \$59

Technology for Seniors

HOT CLASS!

Computer Basics for Beginners

You have a computer, now learn how to use it in a laid back environment. Understand the fundamentals of using the mouse, keyboard, desktop and taskbar. A fun and easy way to learn basic skills.

1/20-3/9 F 9-11 a.m.
Chang
TMCC Meadowood Center S115 \$79

Computer Basics II

If you have basic computer skills or have taken Computer Basics I and want to gain more knowledge about your computer this course is for you. Learn how to create and manage files and folders, and modify simple settings. Explore the Internet and email more fully.

1/20-3/9 F 12-2 p.m.
Chang
TMCC Meadowood Center S115 \$79

Word 2010 Basics

Become less stressed and more efficient by learning how to file and find your documents when you need them. Gain the basic skills and concepts needed to produce letters, newsletters, envelopes, labels and much more. Become familiar with your mouse, keyboard and terminology. Create and edit documents using a variety of formatting options and discover how to incorporate clipart, tables and other graphics.

1/31-3/1 T, TH 9-11 a.m.
Lish
TMCC Meadowood Center S115 \$79

Word 2010 Intermediate

Take your computer skills up a notch learning how to format tables, print labels and envelopes. Find out how to use document templates, work with styles, sections and columns. Learn time saving tips and shortcuts and gain the ability to perform real world tasks.

3/6-4/5 T, TH 9-11 a.m.
Lish
TMCC Meadowood Center S115 \$79

Excel 2010 Basics

Step up your current knowledge to create a home inventory, checkbook register, monthly expense worksheets and more. Become proficient in spreadsheet design and development. Manage large multiple worksheets, calculate with advanced formulas, filter and sort data.

1/31-3/1 T, TH 12-2 p.m.
Lish
TMCC Meadowood Center S115 \$79

Excel 2010 Intermediate

Step up your current knowledge of Excel to create a home inventory, checkbook register, monthly expense worksheets and more. Become proficient in spreadsheet design and development. Manage large multiple worksheets, calculate with advanced formulas, filter and sort data.

3/6-4/5 T, TH 12-2 p.m.
Lish
TMCC Meadowood Center S115 \$79

Make the Most of Your Computer

Save money learning how to keep your computer running its best by keeping it up-to-date. Understand the difference between XP, Vista and Windows 7 operating systems. Increase security and discover why virus protection is important. Know what to look for when buying a computer. In addition, find out the difference between software and hardware along with seeing what different hardware is used to build a computer. Be comfortable backing up your files to a disk, CD, DVD and flash drive.

4/6-5/11 F 12-2 p.m.
Lenga
TMCC Meadowood Center S322 \$59

Getting to Know Windows 7

Learn how to navigate and use new features, tools and programs efficiently and confidently. Gain the knowledge needed to perform basic preventative maintenance to keep your PC safe and running smoothly. Find out how to customize the desktop, easily store, locate and search for files and have fun getting to know this program.

4/6-4/20 F 9 a.m.-12 p.m.
Morganson
TMCC Meadowood Center S321 \$45

The Fun Side of Windows 7

Easily turn your digital photos and videos into a fun movie slideshow. Learn transitions, motion effects titles credits and music. Use Windows Live to fix red-eye, crop, straighten and create a panoramic photo. Simplify your on-line life with smarter ways to surf, shop, and share photos.

5/4-5/18 F 9 a.m.-12 p.m.
Morganson
TMCC Meadowood Center S321 \$45

Connect with Others Through E-Mail

Stay in touch with your children, grandchildren, family and friends with e-mail. Find out how easy it is to send open attachments and how to save pictures sent to you. It is a fun way to stay in touch. See how easy scanning and sharing your photographs along with converting an image into digital format can be. Learn etiquette, compose, send, receive, reply, forward address book, how to personalize your message, change the web start page and how to troubleshoot.

1/17-1/26 T, TH 9-11 a.m.
Lish
TMCC Meadowood Center S115 \$39

Buying and Selling on the Web

Become a successful buyer, seller or window shopper by learning how to safely use eBay, Craigslist and other Internet auction sites. Gain the skills necessary to sort the good from the bad, how to comparison shop and understand how e-commerce works.

2/8-2/29 W 12-2 p.m.
Lenga
TMCC Meadowood Center S321 \$49

Cell Phone Basics

Become the master of your cell phone by becoming comfortable with its options. Learn how to easily dial phone numbers, add names and numbers, and access your voice mail messages. Discover how easy it is to turn your phone to silent, set an alarm and even take a picture and send it to a friend. Personalize your phone by changing the screen, ring tones and other settings

1/23-1/30 M 1-4 p.m.
Gage
TMCC Meadowood Center S321 \$29

"For someone who's technologically-challenged, this was a most helpful course,"

-Kay M., phone student

Fun with Social Networking

Have fun learning how to use Facebook and Twitter, as well as LinkedIn and other social networking sites to talk to relatives and friends, reconnect with people, find jobs, network and more. Discover how easy it is to be safe and protect your identity on the Internet.

3/5-3/26 M 12-3 p.m.
Chang
TMCC Meadowood Center S321 \$49

Exploring the Internet

Put your hands on your keyboard and search the Internet with confidence. Learn how to use a browser effectively, examine various search engines and find information easily. Locate the best sources for news, email, planning trips, weather and more.

4/2-5/7 M 1-3 p.m.
Lenga
TMCC Meadowood Center S322 \$59

Make Your Own Book Using Blurb

See how easy it is to make a coffee table book adding photos, artwork and text using Blurb, a free online service. Learn how to personalize a cookbook, travel photo book or fundraising book. Publish your book with photos and narration and even sell it online.

4/2-4/16 M 1-4 p.m.
Gage
TMCC Meadowood Center S321 \$45

Writing for Seniors



Life Stories

Ignite your imagination as you recall and appreciate your life stories. Develop your own creative style and expression as you document your story for your family. Learn how to create memorable narratives and improve your writing skills.

2/1-4/4 W 1-3 p.m.
Brown
TMCC Meadowood Center S320 \$99

HOT CLASS!

Creative Writing

Better develop characters, dialogue, image and figurative language while enhancing overall narrative skills. Receive individual attention to help you complete a project you've been working on or establish a new one.

2/6-4/16 M 1-3 p.m.
Brown
TMCC Meadowood Center S320 \$99

Class Locations

ACHIEVE Fitness,

600 So. Center Street, Reno, Bus Rt. 1

Billingshurst Middle School,

6685 Chesterfield Lane, Reno, Bus Rt. 4

Caughlin Ranch Elementary School,

4885 Village Green Pkwy., Reno

Clayton Middle School,

1295 Wyoming Ave., Reno, Bus Rt. 3

Damonte Ranch High School,

10500 Rio Wrangler Pkwy., Reno, Rt. 57

Depoali Middle School,

9300 Wilbur May Pkwy., Reno, Rt. 56

Dilworth Middle School,

255 E. Prater Way, Sparks, Bus Rts. 21, 25, 26

Grand Sierra Resort,

2500 E. Second Street, Reno, Bus Rts. 14, 14A

Hidden Valley Regional Park,

4740 Parkway Dr., Reno

Huffaker Elementary School,

980 Wheatland Dr., Reno

Hunsberger Elementary School,

2505 Crossbow Ct., Reno

Kadam Studios,

47 Glen Carran Cir., Sparks, Rt. 18

Let's Dance Studio,

1151 N. Rock Blvd., Sparks, Bus Rt. 25

Little Flower School,

1300 Casazza Dr., Reno, Rt. 19

McQueen High School,

6055 Lancer St., Reno, Rts. 3, 4

Mendive Middle School,

1900 Whitewood Dr., Reno

Nell J. Redfield Building A,

18600 Wedge Pkwy, Reno

Redfield Performing Arts Center,

505 Keystone Avenue, Reno, Bus Rt. 3

Reed High School,

1350 Baring Blvd., Sparks, Bus Rt. 22

Reno High School,

395 Booth St., Reno, Bus Rt. 16

Shaw Middle School,

600 Eagle Canyon Dr., Sparks

Sierra Diving Center,

104 E. Grove St. Reno, Bus Rt. 1

Sparks Florist Design Center,

1440 Hymer, Sparks, Bus Rts. 18, 18X

Sparks High School,

820 15th Street, Sparks, Rt. 11

Sparks Middle School,

2275 18th Street Sparks, NV, Bus Rt. 2

Steinway Piano Center,

500 E. Moana Lane, Reno, NV 89502, Bus Rt. 6

Swope Middle School,

901 Keele Dr., Reno, Rt. 16

TMCC IGT Applied Technology Center,

475 Edison Way, Reno, Bus Rt. 14

TMCC Meadowood Center,

5270 Neil Rd., Reno, Bus Rts. 6, 9, 54

TMCC Red Mountain Bldg.,

7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TMCC Vista Bldg,

7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TrésImage Salon, 9660 S. McCarran, Reno

Policies and General Information

Office Hours

Community Education, located at TMCC's Meadowood Center, 5270 Neil Road in room 216 (across from the Sears Auto Center), is open Monday through Friday, 8 a.m. to 5 p.m. Registrations may be made online at our secure website — www.washoecommunityed.org, over the phone at 775-829-9010 or in person.

Age-range for classes

Adult courses are open to those 18 and older; some exceptions may be made depending on the class to allow students 16 or 17 years old. Silver College courses are open to those 60 and older. Children's courses have descriptions that stipulate the age group served. Some children's courses require a parent to attend.

Senior Citizen Tuition Assistance/ Discount

Seniors 65 and older can apply for the Senior Sunshine Fund established by Helaine Greenberg. This fund provides financial assistance (\$20 toward any class priced \$50 or more) to attend Community Education's personal enrichment classes. To apply, call our office at 829-9010.

Community Education offers seniors, aged 65 and older, a 10 percent discount off of regular personal enrichment classes with the exception of Silver College, conferences/series/events, online classes and a few select other classes. To find out if a course is eligible for a senior discount, visit www.washoecommunityed.org, click on Classroom Courses and the area you are interested in. Each class lists available discounts.

Employer-Paid Tuition

An employer or other third party may pay for any Community Education course. Please provide a check, credit card or purchase order from the third party at registration. Employer or third party registrations may be made in person if you are paying by check or purchase order. If you are paying by credit card, you may register online at www.washoecommunityed.org or by calling 775-829-9010.

Class Completion Certificates

If you would like a certificate to document CEUs earned or to prove your successful completion of a course, you may request a completion certificate for an additional \$10. Some course fees include a completion certificate; check with your instructor. Call 775-829-9010 for details.

Non-Grading

Most Community Education courses do not issue letter grades. Should you need documentation to prove that you successfully completed a course, please notify the instructor at the beginning of the class.

Refund Policy

Should you need to cancel your registration, you will receive

- A full refund—minus a \$10 cancellation processing fee—if you cancel at least three working days prior to the class start date;
- A 50 percent refund—minus a \$10 cancellation processing fee—if you cancel less than three working days prior to the class start date;
- No refund if you are a no-show or cancel after the course has begun.

This refund policy does not apply to conferences or online classes. Please see the policy for those programs. All classes cancelled by Community Education will return 100 percent of the tuition cost back to each student.

Cancellation Policy

Continuing Education courses are self-supporting, so if a course does not have enough students enrolled in it to cover costs, it will be cancelled. If we cancel a course, you will receive a full refund. Beyond providing a timely refund, Community Education assumes no liability for expenses incurred by a student because of a class cancellation.

Inclement Weather Class Cancellations

For courses at a TMCC facility: visit the www.tmcc.edu or call 673-7000.

For courses at a Washoe County School District facility: classes are closed during announced snow closures, check www.washoe.k12.nv.us for details. For courses at other locations, call Community Education at 775-829-9010.

Accessibility

Washoe County School District classes, services and programs are readily accessible to and usable by persons with disabilities. We will make reasonable accommodations for the disabled, except for where to do so would: result in undue financial or administrative burden; require fundamental alteration in a program, service or activity; or threaten or destroy the significance of a historic property. Persons with special needs are invited to call Community Education at 829-9010 as far in advance of a scheduled class as possible.

Registration

Sign up today and save your spot! Class sizes are limited to ensure you receive the personal attention you deserve.

Online

Sign up 24/7 on our secure website at www.washoecommunityed.org

- Click on “Classroom Courses.”
- Create a New Student Profile if you haven’t done so before.
- If you are a returning student, just sign in.

Browse the classes and follow the registration prompts.

Phone

Call us at 775-829-9010

Mail

Fill out the form in this schedule and mail it with your payment to
 Community Education
 C/O TMCC Workforce Development
 5270 Neil Road S216,
 Reno, NV 89502

Please make checks payable to the “Board of Regents.”

Visit Us

5270 Neil Road, #216, Reno in TMCC’s Meadowood Center.
 We are open Monday-Friday 8 a.m. to 5 p.m.

Questions?

Call us at 775-829-9010 or e-mail us at wdce@tmcc.edu.

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

E-mail Address _____ Birthdate (mm/dd/yy) _____

Daytime Phone _____ Evening Phone _____

1. Class Title _____ Beginning Date _____ Cost \$ _____

2. Class Title _____ Beginning Date _____ Cost \$ _____

Total Amount \$ _____

To pay by credit card, print your card number here: _____

Credit card expiration date: _____ Security Code (back of card): _____

Make your check payable to the “Board of Regents.” Mail to TMCC WDCE, 5270 Neil Road S216, Reno, NV 89502.

Welcome TMCC Personal Enrichment Students

Enjoy the same classes, instructors, locations and registration system with us!

Washoe County School District's Community Education has worked with TMCC's Workforce Development and Continuing Education Division to present a seamless transition for you to take the same quality personal enrichment courses you've enjoyed for years. Our goal is to create a one-stop locale for you to access a wide-range of recreational, artistic and personal growth courses at every stage of your life.

You don't have to do anything different than you've done before. Use the same registration system and log-in, or call us at the same phone number: 829-9010.

We invite you to browse our hundreds of courses designed for everyone in our community from children to our esteemed elders. We look forward to serving you.

What's hot right now

Find out why these courses are so popular!

- Makeup Made Easy
- Pottery on the Wheel
- Argentine Tango
- Hoop Dance
- Tai Chi
- American Sign Language
- Drawing I
- Watercolor Techniques I
- Selling on eBay
- A Taste of Kabbalah: Jewish Mysticism
- Introduction to Living Food Nutrition
- Stocks and Bonds

Browse our schedule and look for the Hot! icon to see our screamingly popular topics. Register today at www.washoecommunityed.org before these classes sell-out!

This publication is not printed or mailed at school district expense. Community Education classes are self-supporting; they are paid for by the students taking these personal enrichment programs.

Register today at www.washoecommunityed.org to reserve your seat!



Washoe County School District
Community Education
P.O. Box 30425
Reno, NV 89520-3425

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ECRWSS

Residential Customer

More topics. More convenient locations.

Washoe County School District's Community Education brings you the region's largest selection of noncredit personal enrichment programming.

Here's what your neighbors are saying about our classes:

"Pilates has been so great for my body. I've really noticed a difference in my strength and my posture. I'm already signed up for the next class!" — Machel H., pilates student

"I would recommend this class to anyone, especially people that want to be their own handy person. I really learned a lot."

— Ed T., home repair student

"Mr. Stokes is enthusiastic, engaging and knows what he's doing. We spent most of our time making art; it's great getting to heat and beat metal to create roses, feathers and other items. He makes this craft very accessible and fun." — Steve H., blacksmithing student