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Continuing Education

FALL 2015

Registration begins August 3

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stlcc.edu/ce | 314-984-7777

HOW TO READ COURSE LISTINGS

The listing details found below course titles and descriptions provide this information:



St. Louis Community College expands minds and changes lives every day. We create accessible, dynamic learning environments focused on the needs of our diverse communities.

BOARD OF TRUSTEES

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Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs at St. Louis Community College, visit www.stlcc.edu and click on the Continuing Education tab. More details and up-to-date information, including senior fees, can be found online.

Explore the Possibilities...

Continuing Education

Call 314-984-7777 to register beginning August 3

Continuing Education

Fall 2015

More than ever, life presents daily challenges to learn more, do more and be more.

We have classes to help you **advance your career, find a creative outlet, or acquire new skills.** Whether you're eager to refresh your knowledge or embark on a new adventure, **Continuing Education** provides access to personal and professional growth in a world that never stops changing.

We're here to help you create a **more rewarding future** through lifelong learning.

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Healthcare Occupations

Free Information Sessions

Whether you are just starting out in healthcare or looking to switch careers- but you aren't sure about the direction to take-our **free Healthcare Occupations information sessions** will help you identify your interests and learn about career pathways that might be the **right fit for you!**

Pharmacy Technician Information Session

This free session is designed to provide information to individuals interested in the Pharmacy Technician Training. The presentation will include an explanation of the pre-requisites, an overview of the training and requirements needed for certification. The session is free but registration is required.

AHCE:786

C01 W 6pm-7pm

Oct. 28

Corp. College, 209

Central Sterile Processing Technician Information Session

This free session is designed to provide information to individuals interested in the Central Sterile Processing Technician Training. The presentation will include an explanation of the pre-requisites, an overview of the training and requirements needed for certification. The session is free but registration is required.

AHCE:788

450 Th 6pm-7pm

Nov. 5

FP - G Tower, 119



Registration begins August 3!

For more information or to register, call 314-984-7777

MoSTEMWINS

Missouri STEM Workforce Innovation Networks
Science, Technology, Engineering and Math (STEM)

Step into STEM and watch your Job Opportunities Grow!

The STEM fields of Science, Technology, Engineering and Mathematics have high-demand job opportunities and St. Louis Community College will help you step into the right STEM career pathway.



The MoSTEMWINS program serves Trade Adjustment Assistance (TAA) participants, veterans, underemployed workers and job seekers ready to gain STEM job skills for St. Louis area workforce opportunities.

To learn more and complete an online application, visit
STLCC.edu/MoSTEMWINS

STEM Career Pathway programs

Health Science



Patient Care Technician

Life Science



Life Science Lab Assistant

Engineering Technology



Precision Machining Technology

Information Technology



IT Help Desk/End-User Support

This workforce solution is funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership.



Enrollment is open. Get started today!

Professional Development

Take charge of your professional development this fall!

Continuing Education has the courses you need to **gain knowledge, sharpen your skills and advance your career.**

Essentials Training

Professional Essentials

LEAN Six Sigma Green Belt

Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt noncredit certification for your own professional development, this course is appropriate for you. We blend classroom instruction and online instructor-led labs. Program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Materials included in cost of course. Students successfully completing this training will receive their LEAN Six Sigma Green Belt noncredit certification and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and 2 consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program. Lunch provided on Saturdays. This program is approved by DESE for WIA funding through the Missouri Career Center for qualified individuals. You must be approved for funding prior to registering for the class if using these funds. Class meets Wednesdays 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11. Saturdays 11/7, 11/14. Registration by 9/2 is encouraged.

BPCT:701 | \$1,899

C50 W 6pm-9pm
Sept. 9 - Nov. 11
Sa 8:30am-4pm
Nov. 7-Nov. 14

Patricia Dalton
Corp. College, 207

Corp. College, 207 & 209

Project Management Orientation

This free session is designed to provide information to individuals interested in obtaining the Project Management Professional (PMP) certification. You'll learn about the concepts, test preparation and requirements needed for certification. Presentation includes an overview of the program, a look at class materials, trends in the industry and potential job opportunities for PMPs. The orientation is free but registration is required.

BPCT:703 | No fee
C80 Sa 9am-12pm
Sept. 19

Dirk Lupien
Corp. College, 211

Project Management

Project managers are in demand when the need is for skills that include time, resource and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria, 35 hours, required to register for the PMP exam. This practical learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. This program is approved by DESE for WIA funding through the Missouri Career Center for qualified individuals and presented by a Registered Educational Provider (REP). You must be approved for funding prior to registering for the program. Class meets Wednesdays: 10/6, 10/13, 10/20, 10/27, 11/3 and Saturdays: 10/17, 10/24, 10/31. Lunch provided on Saturdays. Registration by 9/28 is encouraged.

BPCT:703 | \$1,699

C50 Tu 6pm-9pm
Oct. 6 - Oct. 27
Sa 8:30am-4pm
Oct. 17-Oct. 31
Tu 6pm-9pm
Nov. 3

Dirk Lupien
Corp. College, 211

Corp. College, 211

Corp. College, 208

Essentials of Leadership

This foundational course is designed to teach leaders how to get results through people. You'll learn a set of essential skills to meet both practical business needs and individual personal needs. Discussions will focus on acquiring a set of proven interaction skills, discovering the seven leadership imperatives for meeting today's challenges, and the role as a catalyst leader-a leader who inspires others to act. Course is approved for HRCI credit. Registration deadline is September 28.

BUSN:704 | \$99

600 Tu 8:30am-12:30pm
Oct. 13

Barry Schapiro
MC - CS, 119

New Bringing Out the Best in People and Managing the Conflicts

Effectively managing people in an organization leads to outstanding individual performances and great organizational performance. Through interactive activities, you'll learn how to identify and address behavioral causes of performance challenges, as well as maximize success of current strong performers. You'll discover how to pinpoint key business results and significant behaviors that impact results. In addition, you'll be able to provide objective positive and constructive feedback to bring out the best in others.

BUSN:745 | \$79

600 Tu 8:30am-5pm
Sept. 22

James Lombardo
Corp. College, 211

Mastering the Art of Effective Facilitation

You have to pay attention to the process elements of meetings if you want them to be effective. With its focus on asking rather than telling, and listening to build consensus, facilitation is the new leadership idea, the core competency everyone needs. Through interactive activities, you'll learn common process tools to make meetings easier and more productive, to identify the stages of team development, to identify the competencies linked to effective small group facilitation and more. Lunch on your own.

BUSN:714 | \$79

600 Tu 8:30am-5pm
Sept. 29

James Lombardo
Corp. College, 209

Reaching Agreement, Understanding Consensus

The velocity of work, the diversity of ideas and people, and the rapid flow of information make it increasingly difficult to get groups to agree and commit to action. This course focuses on the dynamics of group agreement and the importance of having everyone's commitment. It teaches seven techniques for making clear, high-quality decisions that have the buy-in and commitment of every group member. Course is approved for HRCI credit. Registration deadline: Oct. 5.

BUSN:709 | \$99

600 M 8:30am-12:30pm
Oct. 19

Barry Schapiro
MC - CE

Exclamation Point!

Mastering the Art of Effective Facilitation was exactly what I hoped it would be. It provided strategies for running effective meetings-setting agendas, facilitator roles, addressing disruptive behaviors and more. I spend considerable time in meetings at work and facilitate weekly staff meetings with key company leadership. Implementing some of the ideas I learned today will help improve the outcomes of our meetings and hopefully help build a more cohesive leadership team.

Elise R., St. Louis

Small Business *Essentials*

Business Start-Up

Starting and Managing a Small Business

Are you thinking about starting and managing a small business in Missouri? Designed for individuals who are considering starting a business, have made the decision to start or who have been in business for less than two years, this program will discuss: the basics of business ownership, planning for success, organizational forms of business, legal and regulatory environment, record keeping and information management, marketing, financing and resources. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:701 | \$59

680 Sa 9am-12pm
Sept. 19 – Sept. 26

Lynette Watson
MC - BA, 220

Business Start-Up Skills for Artisans and Crafters

You've been honing your talent and finding a demand for your handmade craft or artistic products, but how do you navigate the "indie" marketplace? Get ready for the upcoming holiday season and learn tips from award winning artist, 35-year veteran in the arts and former Executive Director of Best of Missouri Hands, "Mike" Ochonicky as she discusses: effective marketing techniques, outlets to sell online and in-person, balancing creativity with administrative tasks, and more. Bring a notebook and pen to class.

BUSS:701 | \$29

450 M 6pm-9pm
Sept. 14

Michelle Ochonicky
FP - G Tower, 117

650 M 6pm-9pm
Sept. 21

Michelle Ochonicky
MC - SO, 204

Recipe For Success: How To Start A Restaurant Or Catering Business

Join Larry G., owner of Championship Catering and food service provider to the St. Louis Cardinals, Verizon Amphitheater and the Casa Loma Ballroom, as he shares his knowledge and insight about the essential aspects in opening your own restaurant or catering business. Learn concept development, finding a location with a feasibility study, lease negotiations, licensing, financing, opening and operating costs, menu planning, cost analysis and advertising your concepts.

BUSS:701 | \$59

681 Sa 9am-12pm
Sept. 26 – Oct. 3

Larry Gerstein
MC - BA, 112

Understanding Patents, Trademarks and Copyrights

If you are a business or creative person selling a product or service, you need to know how to protect your trademark, copyright and patent so that you can profit by their use. In this problem-solving course, you will explore topics relating to the law for intellectual property such as patents, trademarks, trade names, copyrights and trade secrets. Taught by an attorney.

BUSS:734 | \$55

680 Sa 8:30am-1:30pm
Sept. 26

Morris Turek
MC - BA, 114

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Business Plan Development

An intensive, four-session, individually customized course designed to provide new and aspiring entrepreneurs with the tools and resources to create a solid business plan. Experienced business facilitators/coaches will guide group sessions, and share practical experiences to enhance your business. Participants learn with and from their peers, creating a powerful network that continues well after the program is complete. These sessions are enriched with guest speakers from various disciplines including the legal profession, marketing, human resources, and financing. In addition, each participant will begin by taking the GrowthWheel assessment and receive customized tools based on this assessment to assist as you build your plan. Weekly homework assignments are given and participation is required to be successful in the class. Continued counseling from a business counselor and certified life coach is available after the completion of the class. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:702 | \$99

650 W 6pm-9pm
Sept. 23 – Oct. 14

Lynette Watson
MC - HE, 112

S.C.O.R.E. Seminar

You will enjoy this special short course to acquaint the small business owner or operator with current management principles as they relate specifically to small business operations. It is designed to be particularly helpful if you are planning to start your own business. Topics include business terms, forms and risks of ownership, marketing, record keeping, legal aspects and insurance needs. Finding capital, financial planning, tax considerations and other business functions will also be discussed. All students must register with the SCORE Office online at www.stlouis.score.org. Lunch not provided. Fee for class materials payable to SCORE at registration; \$60 pre-register and pre-pay; \$70 at the door.

BUSS:701

682 Sa 8:15am-3pm
Sept. 12

MC - SO, 111

683 Sa 8:15am-3pm
Oct. 10

MC - SO, 111

684 Sa 8:15am-3pm
Nov. 14

MC - SO, 111

685 Sa 8:15am-3pm
Dec. 5

MC - SO, 111

Finance

Understanding Accounting - An Introduction

Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office manager position, this introductory course provides an overview of accounting terminology and processes, analyzing financial activities and statements and applying the fundamentals of accounting. Course will cover debits, credits, general ledgers, assets, liabilities, balance sheets, profit and loss statements and more.

BUSS:741 | \$35

650 Th 6pm-9pm
Sept. 24

Kimberly Franklin
MC - SO, 232

Keeping Records for a Small Business

As a small business owner, it is important for you to have good record keeping procedures and accurately follow tax guidelines. Taught by small business tax professional, T. Spector, CPA, class topics include internal and external financial records, different forms of business ownership (and their specific record keeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses, methods for tracking and deducting vehicle expenses. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS:705 | \$75

650 W 6pm-9:30pm
Sept. 23 – Sept. 30

T. Spector
MC - BA, 124

Small Business Tax Seminar

If you are thinking of starting a small business or have already done so, this program is designed for you. Join small business tax professional, T. Spector, CPA, and learn the essentials of starting a business; business use of the home, recordkeeping, independent contractor versus employee, hobby versus business, federal income tax and employment tax requirements. This program is designed for sole proprietors, but much of the information relates to all forms of business ownership. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS:706 | \$39

680 Sa 9am-12:30pm
Sept. 12

T. Spector
MC - BA, 124

Marketing & Promotion

Creating a Breakthrough Marketing Program for Your Small Business

Get a hands-on approach to understanding the foundational pieces of a marketing program and how to create a marketing plan that can help your small business move beyond the basics of marketing. Learn to develop objectives and strategies to assist you in meeting your goals. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:710 | \$35

680 Sa 9am-12pm
Oct. 10

Lynette Watson
MC - BA, 220

New Developing Your Business' Competitive Edge

As consumers have more options for spending and less money to spend, it is imperative that small businesses, both brick-and-mortar and online, develop strategies that build long-term relationships with customers by focusing on strong customer service, inventory management and understanding the demands of the coteremporary buyer. Join business consultant Tiffany Smith as she shows you how to identify your target markets and their needs, find strategies to stay competitive and use sales techniques to grow revenue and insure financial viability. Designed for small business owners, this course will help you with annual strategic planning and training your employees to develop a customer-centric approach to effortlessly upsell and increase profits.

BUSS:737 | \$35

650 Th 6:30pm-8:30pm
Oct. 1 – Oct. 8

Tiffany Smith
MC - LH, 104

Generating Buzz Around Your Small Business

Do you need help in taking your business to the next level? Join Sarah Guldalian, veteran media, marketing and mass communications professional to identify and seize opportunities that promote awareness for your small business or product. We'll discuss the importance and how-to's of strategic networking and progressive ways to motivate your desired target audience to respond to your call-to-action. You'll take home a plan with action steps towards your desired results.

BUSS:710 | \$29

650 Tu 6pm-9pm
Sept. 22

Sarah Guldalian
MC - BA, 114

Establishing a Digital Presence for Your Small Business

Do you know the most lucrative social media platforms vital to your success as a business owner? Learn to create and sustain a relevant digital identity in this new public arena to access your future customers. Bring your laptop or tablet or use our equipment to get started in this digital hands-on lab. Discover where and how to establish your business on specific social media platforms and get a leg up over your competition on expanding your message. Instructor Sarah Guldalian is a media, marketing and mass communications professional with over 15 years of experience working with media agencies.

BUSS:710 | \$29

651 Tu 6pm-9pm
Sept. 29

Sarah Guldalian
MC - BA, 114

Career *Essentials*

Using LinkedIn for Your Job Search

This introductory session will allow you to start using this powerful tool that should be a part of your professional networking. LinkedIn operates the world's largest professional network on the Internet with more than 150 million members in over 200 countries and territories. Learn the basics of using LinkedIn, how to build your network, make connections (past and present colleagues and classmates), join and get involved in groups, perform job searches, and find answers from industry experts.

CPDV:705 | \$25

650 Th 6:30pm-9pm
Sept. 10

651 Th 6:30pm-9pm
Oct. 8

Laurie Hawkins
MC - SO, 205

Laurie Hawkins
MC - SO, 109

New Interviewing: Learn How to Shine

Approach your next interview with more confidence and success. The interview is your chance to shine and to show the employer that you are the right candidate for the job. Even if you are well qualified and generally self-assured about your abilities, you need to be prepared and be able to confidently answer questions. Come learn how to prepare for the interview, watch a video with examples, and review sample questions and answers.

CPDV:703 | \$25

650 Tu 6:30pm-9pm
Sept. 22

Laurie Hawkins
MC - SO, 107

Writing Your Resume to Impress

First impressions are everything. Your resume makes your first impression to a potential employer. Make sure it stands out and you'll be receiving that phone call in no time. Work with an expert in the employment field to construct your perfect resume: one that will play up your experience, play down liabilities, and improve your chances to land an interview. Choose the best type of resume for the job, tailor it to the employer's needs and write a great cover letter. We'll explore online submission of resumes and cover letters while building your best resume ever.

CPDV:704 | \$49

650 Tu 6pm-8pm
Sept. 15 - Sept. 29

Jacqueline Meaders-Booth
MC - SW, 110

Changing Career Directions: Find the Passion in Your Career Path

Rudolph Nureyev said, "Work is sacred." But do you consider your work a sacred and exciting opportunity to express your true self? We spend a good part of our lives expressing ourselves through work and career, therefore it is important that we experience joy and value in what we do. How you invest your time and energy is up to you. It is not so much what happens to you but how you respond to what happens that makes the difference. Join Jean Walters, Transformational Life Coach and author, as she aids you in clarifying a career direction and/or establishing a change in career path to enhance your quality of life and increase your fulfillment. You CAN condition yourself for success and reach your full potential.

CPDV:702 | \$79

650 M 7pm-9:30pm
Sept. 14 - Oct. 5

Jean Walters
MC - SO, 109

Exclamation Point!

Laurie Hawkins is an excellent instructor. I have taken quite a few of her classes, each time gaining more information. She is an outstanding instructor who is willing to share her time and knowledge to any person who wants to learn. Laurie is fantastic!!!

Mark K., Concord Village

Plus 50 Employment: Purpose, Process and the Payoff

Is retirement not your immediate plan? Whether by design or a result of the economy, you want to find employment where you can earn a living and perhaps make a difference. Re-inspired? A career counselor will work with you to determine your values and goals. Re-hired? We will explore resumes and interview strategies. Re-wired? By networking, using LinkedIn, Craigslist, submitting online applications and cover letters, you will use new skills to land the next opportunity.

CPDV:701 | \$55

650 Th 6pm-9pm
Oct. 8 - Oct. 15

Edwin Penfold
SCEUC, 207

Plus 50: Finding Purpose and Passion in the Third Chapter

Are you facing the uncharted post-career years and wondering what's next? Many of us in the third chapter of life feel unsettled, restless, and adrift. We believe the years between 50 and 75 can be some of the best, but don't know how to make sense of the changes we're facing. If you are looking for new meaning in work and life, this powerful interactive learning experience will teach you how to tap into the power of purpose. Whether you're seeking an encore career, looking for enlivening volunteer work, or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity, and fulfillment.

CPDV:702 | \$65

681 Sa 9am-4pm
Oct. 10

680 Sa 9am-4pm
Nov. 14

Carol Watkins
MC - CN, 126

Carol Watkins
MC - CN, 126



Email us at us at
Plus50@stlcc.edu
to get started today!

Call 314-984-7777 to register beginning August 3.

Nonprofit *Essentials*

Basic Grant Writing for Nonprofit Organizations

This course provides an overall review of the grant writing process offering practical guidelines for identifying and pursuing potential foundation and corporate funders. Students will learn methods to start a grant maker relationship, key elements of proposals and tips for developing a successful grant. Lunch on your own. Bring a 1" inch, 3-ring binder to class.

NPAD:701 | \$59

680 Sa 9am-4pm
Sept. 26

Jennifer Bush
MC - SO, 107

Establishing and Running a Nonprofit Organization: Part I

This popular seminar provides an overview of the legal basics for establishing and running a nonprofit organization. Presented by Amy Hereford, an attorney and entrepreneur who speaks from her experience in working with nonprofit start-ups. Class includes practical tips, useful resources including the Nonprofit Tax-exempt Corporation Workbook, an e-book (PDF) that presents the process of establishing a nonprofit in a step-by-step format with ample space for notes, charts for gathering necessary information and tables for developing time-lines and assigning responsibilities. An excellent tool for assisting in nonprofit formation, orienting new board members and nonprofit directors.

NPAD:703 | \$29

680 Sa 10am-12pm
Sept. 12

Amy Hereford
MC - SO, 108

Establishing and Running a Nonprofit Organization: Part 2

This seminar builds on the previous session and provides more information. It will explore the legal requirements of operating a nonprofit business organization, board responsibilities, business law for nonprofits and legal compliance. Newer business models for nonprofits including fiscal sponsorship, nonprofit alliances, nonprofit/for profit joint ventures and other collaborative structures will also be discussed.

NPAD:703 | \$29

681 Sa 1pm-3pm
Sept. 12

Amy Hereford
MC - SO, 108

New Planning for a Successful Event

At some time, every nonprofit will have to plan for some type of event: a large meeting, a community forum, a presentation, a training, fundraising and more. Let Carol Cohrs, former Event Planner for the Michigan District-LCMS, show you the basics required for a successful event. Topics covered include developing timelines, evaluating venues, the details that can make or break an event, determining the budget, the jargon of event planning, and post event evaluation.

NPAD:704 | \$25

650 W 7pm-9pm
Sept. 16

Carol Cohrs
MC - SO, 109

Setting Up a Board of Directors

Are you interested in learning the basics of recruiting, training and managing a nonprofit board of directors? This program will discuss the roles and responsibilities of board members, organizational development, planning, conflict, behavioral styles, communication, effective leadership, "the ask," sustained effectiveness, board orientation, and a board member's responsibility with respect to fundraising and development.

NPAD:706 | \$25

651 Tu 7pm-9pm
Oct. 6

Michelle Ochonicky
MC - SO, 204

Engaging Your Board in Fundraising

Fundraising is a responsibility for every nonprofit board member, yet it's a topic most boards prefer to avoid. Join Michelle "Mike" Ochonicky, experienced nonprofit administrator and former Executive Director for BoardLinkStL, as she shares with you techniques to energize your board for effective fundraising. You'll learn about board basics, traditional expectations and fundraising myths, innovative thinking and ways to engage your board. Bring your questions for the group discussion and a notebook and pen to write down ideas.

NPAD:706 | \$25

650 Th 6:30pm-8:30pm
Sept. 24

Michelle Ochonicky
MC - SO, 109

New Cause Related Marketing for Nonprofits

Leverage your resources and explore how partnerships between private sector companies and nonprofit organizations can enhance and create awareness, funding streams and community support. Join Barbara Primm M Ed, MBA, and Executive Director of LEAP, Inc. in exploring innovative ways to increase funding through collaborations and cause-related marketing. You'll examine promotional strategies, techniques and preview successful business models that have produced a win-win option for all.

NPAD:708 | \$25

480 Sa 9am-11am
Sept. 26

Barbara Primm
FP - G Tower, 113

New Benefits of Nonprofit Collaborations

Shrinking funding streams have caused private sector business to recognize the value of joint ventures. Many nonprofits are following suit and seeking out partnerships with other nonprofits to improve chances for funding for their organizations. Join Barbara Primm, M Ed, MBA and Executive Director of LEAP, Inc. to discuss how successful collaborations can assist your nonprofit enhance their mission and goals. You will learn how to develop letters of support, letters of agreement and MOUs as important components of your grant application.

NPAD:708 | \$25

680 Sa 9am-11am
Oct. 3

Barbara Primm
MC - SO, 111

New Maximizing the Volunteer's Experience

Volunteers are the lifeblood of nonprofits. But if volunteers feel underutilized, unappreciated, or unnecessary they will quickly leave the organization. Join Richard Cohrs, retired District and Congregational Relations Manager for Lutheran Hour Ministries-North America Volunteer Opportunities and learn to maximize the volunteer's experience and their desire to stay involved in your organization. Topics will include job descriptions, recruitment, orientation, training, supervision, evaluation and recognition.

NPAD:710 | \$25

650 Th 7pm-9pm
Sept. 17

Richard Cohrs
MC - BA, 112

New Bridging to the Community

Nonprofits operate best when there is a clearly defined bridge between the nonprofit and the needs of the community. This link allows the nonprofit to use their strengths and serve the community while the community interacts and engages with the expertise and assets of the nonprofit. Learn the best ways to discover the needs of the community and how to work efficiently to meet those expectations through events, activities, volunteers and participation.

NPAD:765 | \$25

650 M 7pm-9pm
Oct. 5

Richard Cohrs
MC - SO, 204

Occupation *Studies*

Nursing and Allied Health

Respiratory Care Update on COPD

This course will provide an overview of the pathophysiology, etiology, clinical presentation, diagnosis and management of chronic obstructive pulmonary disease (COPD) with focus on the 2014 GOLD guidelines. There will be discussion on strategies to educate and empower patients to manage their disease in a way that will lead to improvement in their quality of life and avoidance of readmissions.

AHCE:734 | \$39

450 M 6pm-9:15pm
Oct. 26

Lindsay Fox
FP - D Tower, 413

Creating a Better Day by Managing Conflict

Whether you work in a hospital, long term care or other healthcare setting, stress is a part of your day and conflict is inevitable. It takes leadership and teamwork to manage conflict. Together we will explore techniques that will help you in leading your team through conflict and creating a more positive environment in which to work and provide care.

AHCE:756 | \$29

650 W 6pm-8:15pm
Nov. 4

Joan Devine
MC - SS, 108

ICD-10 Coding for Physicians' Offices

Time is running out! The October 2015 implementation of ICD-10 will be here before you know it. This workshop is designed specifically for physician's office diagnosis coding using ICD-10-CM. The focus of this workshop will be teaching office staff coders to appropriately apply coding guidelines and conventions for the new classification system. Documentation strategies and coding technologies will also be discussed. This is a must-have workshop for the physician office coder, office biller and office manager. Students should bring ICD-10-CM code book. Patricia Sherman, M. Ed. RHIA, is ICD-10-CM AHIMA-Trained. Lunch will be provided. Refund/withdrawal deadline date: 9/25. No refunds after that date.

AHCE:787 | \$49

4D0 Sa 8:30am-3:30pm
Oct. 3

Patricia Sherman
FP - E Tower, 311

EMT Core Curriculum

This course is held 8/24 - 12/20. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 8/24. No class 9/7 and 11/25.

EMSS:700 | \$270

H50 MW 6pm-10pm
Aug. 24 - Dec. 20
W 3:30pm-5:30pm
Aug. 26-Dec. 20

Steven Newcomb
Harrison Ed Ctr., 200
Harrison Ed Ctr., 200



Pharmacology: Drug Interactions in the Elderly

This course addresses drug-related issues common in the elderly population with specific emphasis on adverse drug effects, over-dosage, under-dosage, drug-disease interactions, drug-drug interactions, drug-food interactions and potential drug interactions associated with over-the counter medications including herbal products.

NURS:706 | \$29

550 W 6pm-8:15pm
Oct. 7

Catherine Kush
FV - B, 212

Update on Cardiac Procedures and Surgeries

This educational activity is designed to provide the registered nurse with a comprehensive update of traditional and current procedures/surgeries for cardiac conditions. Abnormal cardiac anatomy and physiology will be reviewed in addition to current procedures used to treat such conditions. Appropriate nursing assessments and nursing care will be discussed in relation to the procedures and surgeries. Additionally, potential complications of procedures and surgeries will be reviewed concurrently with nursing and medical interventions.

NSNG:716 | \$29

450 Tu 6pm-8:15pm
Oct. 13

Andrea Weber
FP - G Tower, 119

Intro to Lumbar Joint Mobilization for the PTA: Techniques for Immediate Use in the Clinic

Looking to improve your manual therapy knowledge and skill set? Do you want to become more independent with the total treatment of your lumbar spine patients? Lumbar joint mobilization is an essential tool for the PTA working in the outpatient setting. Mobilization can have a tremendous positive impact on the patient's pain, joint mobility and overall level of spinal function. This course will teach the participant lumbar joint mobilization techniques and the science behind the use of joint mobilization. After taking this course, the participant will have a much greater understanding of when to use mobilization and knowledge of basic lumbar joint mobilization techniques. Instructor: Michael Gorman PhD, PT, DMT, FAAOMPT

AHCE:774 | \$45

680 Sa 9am-12pm
Oct. 3

Michael Gorman
MC - AS, 104A

Computed Tomography Registry Review Course - Tier 1

This review course is held from September 14 - November 18. It is designed for the Technologist currently working in Computed Tomography who does not need clinical placement in order to complete clinical requirements for ARRT CT certification eligibility. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week, Monday and Wednesday each session 2 hours in length. This class provides instruction addressing CT history, instrumentation, applications, physics, patient care, anatomy and contrast media. It prepares successful students to take the ARRT CT Registry Exam. Prerequisite required at registration: ARRT RT(R). Textbooks required and will be available at the Forest Park Bookstore. Refund/withdrawal deadline: 9/8. No refunds after that date.

AHCE:789 | \$299

4D0 MW 7pm-9pm
Sept. 14 - Nov. 18

Patrick Murphy
FP - A Tower, 413

Computed Tomography Registry Review Course - Tier 2

This review course is held from September 14, 2015 - May 8, 2016. This section is designed for the Technologist entering the field of Computed Tomography who needs the classroom instruction and clinical placement to complete clinical requirements for ARRT CT certification eligibility. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week Monday and Wednesday, each session 2 hours in length. This class provides instruction addressing CT history, instrumentation, applications, physics, patient care, anatomy and contrast media. **The clinical component begins November 30, 2015 and ends May 8, 2016.** Students will be placed at a STLCC clinical site. This review course prepares successful students to take the ARRT CT Registry Exam. Prerequisites required at registration: ARRT RT(R) and Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 12/23/2015 - 1/3/2016, 1/18, 2/15, 3/18. Textbooks required and will be available at the Forest Park Bookstore. Refund/withdrawal deadline: 9/8. No refunds after that date.

AHCE:789 | \$429

4D1 MW 7pm-9pm
Sept. 14 - Nov. 18
TBA
Nov. 30 - May 8

Patrick Murphy
FP - A Tower, 413
FP - Off Campus

GENERAL INFORMATION for Nursing and Allied Health Programs



Allied Health Continuing Education of St. Louis Community College offers a wide selection of courses and workshops. Please take a few moments to read the course descriptions. There are new offerings that have been developed in response to requests.

Courses are approved or pending approval for continuing education credit as noted. Approval by another accrediting entity or for professional licensure is the sole responsibility of the participant.

Unless otherwise announced, contact hours will be awarded to participants who attend the entire educational activity (single session); or 80 percent of an activity that meets multiple sessions, and who complete the education activity evaluation.

St. Louis Community College is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

St. Louis Community College believes that all planners, presenters and content experts taking part in continuing nursing education learning activities must adhere to a fair, unbiased and evidence-based approach in presenting content and declare any relationships with commercial organizations. Any real or apparent conflict of interest will be disclosed to participants.

When commercial support is received for a continuing nursing education activity, the planning committee will maintain complete control of speaker selection and content.

Allied Health Continuing Education of St. Louis Community College serves as a Community Training Center for the American Heart Association whose mission is to reduce disability and death from cardiovascular disease and stroke and set guidelines for emergency cardiovascular care and training. The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose.

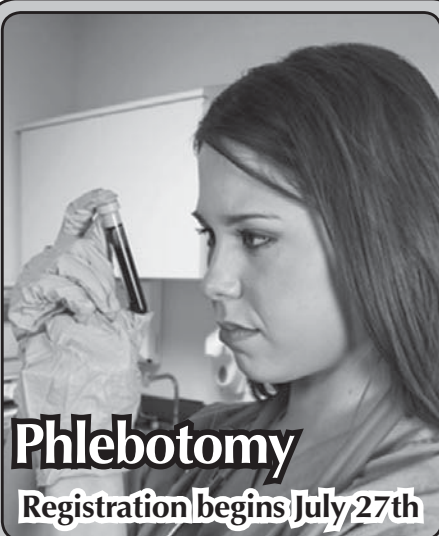
Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fee charged for a course, except for a portion of the fee needed for American Heart Association course material, does not represent income to the Association.

Clinical and Field Work

Some degree and certificate programs offered by the college require students to obtain clinical or other field experience as part of their course work. Students with criminal convictions or drug use may have difficulty progressing in these programs. **Hospitals and facilities may mandate that a criminal background check and/or drug screening check (at the student's expense) may be conducted prior to placement in a clinical or field setting. Students not passing these checks may be prohibited from participating in the clinical or field experience, thus rendering the student ineligible to satisfactorily meet the course/program requirements.** Students should contact an academic advisor or the program coordinator for further details.

Healthcare Occupations

Registration for Healthcare Occupations programs must be done in person only, at the Forest Park Campus, Continuing Education, Rooms G322-324.



Phlebotomy

Registration begins July 27th

This training program is held from 9/1 - 11/17. Register in person only in Continuing Education at Forest Park, G 322/324. This training prepares the student for entry level employment as a phlebotomist. The course provides classroom, lab instruction and clinical experience. 120 hours of clinical experience is in addition to scheduled class time. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov to obtain letter. No class date 10/20. Refund/withdrawal deadline: 8/25. No refunds after that date.

AHCE:785 | \$1,400
4D0 TuTh 4pm-7pm
 Sept. 1 - Nov. 17

Joann Devine
 FP - B Tower, 417



Nurse Assistant for Nursing Homes

Registration begins July 27th

The training meets requirements of the Missouri Omnibus Nursing Act. The course exceeds the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time. Course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures. Upon successful completion of the course the student is eligible to take the final examination. A strict attendance policy is enforced throughout this training. Any missed class or on-the-job training time will be made up at an additional expense to the student. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov/FCSR/ to obtain letter. To enroll in this state approved training program the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This will be assured by verification with the criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and the EDL. Intermediate or higher proficiency in English is recommended.

NURS:723 | \$1,099
4D0 TuTh 4:30pm-8:30pm
 Sept. 15 - Nov. 17
 Sa 8am-4:30pm
 Sept. 19

Required Nursing Skills Lab: Saturday, 9/19, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 9/8. No refunds after that date. No class 10/20

Alverta Smith
 FP - G Tower, 121

FP - C Tower, 415

SPECIAL EDITION Caregiving at Home Series

Which is Best...Care in the Home or in a Facility?

This session will explore and compare home and facility-based care options when individuals need increased assistance with everyday tasks. We will discuss the range of services provided through home care agencies, including non-medical support such as housekeeping, shopping, errands, bathing, personal care and medical services such as physical therapy, speech therapy, occupational therapy, and wound care. We will also explore other community services, such as adult day care and respite care that may be beneficial to caregivers who wish to continue providing care for their loved one in the community. We will discuss the different levels of facility-based care, including skilled nursing, assisted living and residential care. Also discussed will be cost and payment sources, including Medicare and Medicaid. Presenter: Katelyn Eichorst MSW

AHCE:701 | \$15
650 M 6pm-8pm
 Sept. 28

Katelyn Eichorst
 MC - CE

Caregiving and Dementia: Understanding Difficult Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as their ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Presenter: Theresa James BSW, Community Educator, Alzheimer's Association St. Louis Chapter

AHCE:701 | \$15
651 M 6pm-8pm
 Oct. 19

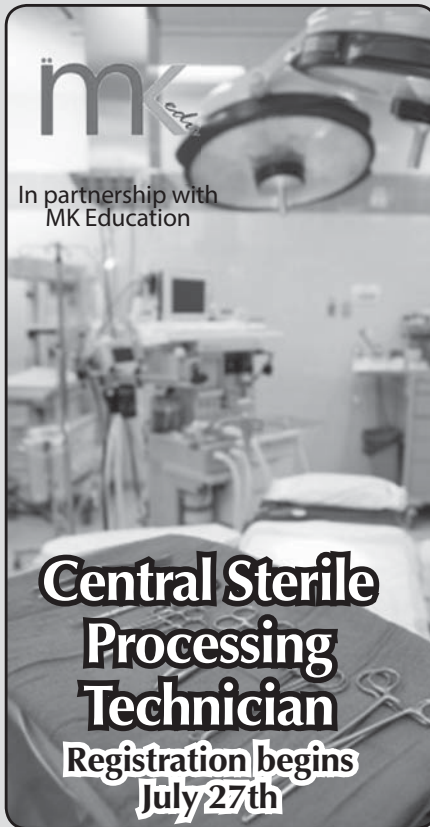
Theresa James
 MC - CE

Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 9/23 - 11/11. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a "jumpstart" to learn the meaning of these complex words and to gain the "extra edge" when reading textbooks filled with medical language. Refund/withdrawal deadline date: 9/16.

NURS:708 | \$79
4D0 W 4:30pm-6:30pm
 Sept. 23 - Nov. 11

Alverta Smith
 FP - G Tower, 117



In partnership with
MK Education

Central Sterile Processing Technician

Registration begins
July 27th

Whether starting a career in Central Sterile Processing or already working in the field, this program will help you establish a foundation in:

- Central service workflow and concerns
- Basic job knowledge and skills
- Basic job responsibilities

At the end of this program, you'll be prepared to take a national certification exam as well as for entry-level employment as a Central Sterile Processing Technician.

Tier 1

This section is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction. This training is held from September 9 through December 14. Required orientation: Wednesday, September 2, 6-8 p.m. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week, Monday and Wednesday, for 27 sessions; each 3.5 hours in length. Final exam: Wednesday, December 16. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam. No class 11/25..

AHCE:788 | \$2,000

4D1 W 6pm-8pm

Sept. 2 FP - G Tower, 121

MW 6pm-9:30pm

Sept. 9-Dec. 14

Final Exam:

W 6pm-9:30pm

Tower, 121

FP - G Tower, 121

Dec. 16 FP - G

Tier 2

This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. This training is held from September 9, 2015 - May 6, 2016. Required orientation: Wednesday, September 2, 6 - 8 p.m. This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week Monday and Wednesday, for 27 sessions; each 3.5 hours in length. Final exam: December 16. **Externship begins January 4, 2016 and ends May 6, 2016.** A strict attendance policy is enforced throughout this training. This program offers the student a direct pathway to success in Central Sterile Processing. No class 11/25..

AHCE:788 | \$2,625

4D2 W 6pm-8pm

Sept. 2

MW 6pm-9:30pm

Sept. 9-Dec. 14

Final Exam:

W 6pm-9:30pm

Dec. 16

Externship:

M-F

Jan. 4-May 6, 2016

FP - G Tower, 121

FP - G Tower, 121

FP - G Tower, 121

FP - TBA

Attendance policy is enforced throughout this training

Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 in Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register on online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. Refund/withdrawal deadline: 8/26. No refunds after that date..

A payment plan is available for this program. Individuals must contact and have approval from MK Education to register using the payment plan

Check out details on our Free Healthcare Occupations Information Sessions on page 4!

This training is held from September 14, 2015 through January 25, 2016. Required orientation: Thursday, September 10, 6-8 p.m. Register in person only in Continuing Education at Forest Park, G 322. This training prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of class room instruction and 60 hours of externship experience. Class meets twice a week, Monday and Thursday, for 28 sessions. **The 60 hours of externship experience follows the classroom experience.** Class review: January 21, 2016. Final exam: January 25, 2016. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 11/26. Refund/withdrawal deadline: 9/3. No refunds after that date.

Section available for students using payment plan through MK Education. Student must have approval of MK Education to register. Contact MK Education at 630-541-3600 for details.

AHCE:786 | \$2,100

CD0 Th 6pm-8pm

Sept. 10

MTh 6pm-9:45pm

Sept. 14-Dec. 17

Externship:

M-F

Dec. 21-Jan. 15, 2016

Final Exam Review:

Th 6pm-9:45pm

Jan. 21, 2016

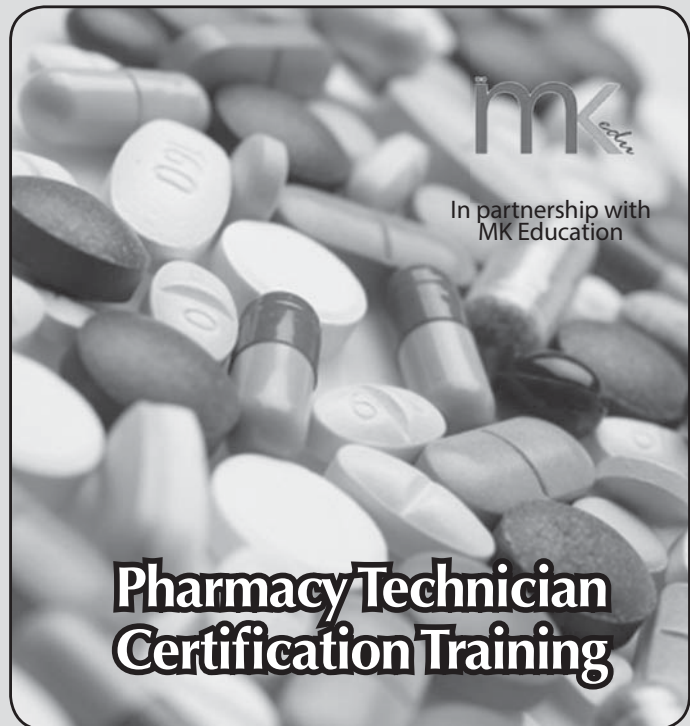
Final Exam:

Jan. 25, 2016

Corp. College, 276

Corp. College, 276

Corp. College, 276



In partnership with
MK Education

Pharmacy Technician Certification Training

Registration begins July 27th

CPR and First Aid

Heartsaver CPR AED: Adult and Pediatric

The Heartsaver CPR AED Course teaches lay rescuers when to dial 911, how to give CPR, how to use an AED and how to provide relief of choking. The course targets individuals who are expected to respond to cardiovascular emergencies in the workplace. The course may be used to teach CPR to lay rescuers who are required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. This course is for the learner with limited or no medical training. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time.

CPRR:701 | \$59

5D0 W 6pm-9:30pm
Sept. 9

Gary Holsapple
FV - TC, 110

Heartsaver CPR AED: Adult

The Heartsaver CPR AED Course teaches lay rescuers when to dial 911, how to give CPR, how to use an AED and how to provide relief of choking. The course targets individuals who are expected to respond to cardiovascular emergencies in the workplace and may be used to teach CPR to lay rescuers who are required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. This course is for the learner with limited or no medical training. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time.

CPRR:701 | \$45

6D0 Tu 6:30pm-8:30pm
Nov. 3

Carol Pikey
MC - CE

Heartsaver First Aid CPR AED

Heartsaver First Aid CPR/AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Written and practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive a course completion card. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time.

CPRR:706 | \$99

CD0 F 8:30am-4:30pm
Oct. 9

Gary Holsapple
Corp. College, 276

Healthcare Provider CPR

This American Heart Association course is designed for the healthcare provider. Each participant must obtain an 84 percent or higher on the written evaluation and demonstrate proficiency in all CPR skills. Skills include adult, child and infant CPR, FBAO management of the conscious victim, adult/infant/child two rescuer CPR, mouth-to-mask ventilation and automatic external defibrillation (AED). Written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Students who enroll at least one week in advance and successfully complete the course will receive a BLS completion card at the end of the class. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. This course meets the STLCC nursing department admission requirements.

CPRR:707 | \$69

4D0 Th 5pm-10pm
Sept. 3

4D1 Sa 9am-3:30pm
Sept. 12

6D0 Tu 5pm-10pm
Sept. 15

3D0 W 5pm-10pm
Sept. 23

5D0 Sa 9am-3:30pm
Sept. 26

CD0 W 5pm-10pm
Sept. 30

4D2 Tu 5pm-10pm
Oct. 6

6D1 M 9am-3:30pm
Oct. 12

HD0 F 9am-3:30pm
Oct. 16

5D1 Th 5pm-10pm
Oct. 22

SD0 F 9am-3:30pm
Oct. 30

4D3 Th 5pm-10pm
Nov. 5

5D2 W 9am-3:30pm
Nov. 11

6D2 Sa 9am-3:30pm
Nov. 21

6D3 M 5pm-10pm
Nov. 30

4D4 Th 5pm-10pm
Dec. 3

5D3 W 9am-3:30pm
Dec. 9

4D5 Sa 9am-3:30pm
Dec. 12

6D4 M 5pm-10pm
Dec. 14

4D6 Th 5pm-10pm
Dec. 17

Gordon Back

FP - G Tower, 121

Gail Back

FP - G Tower, 121

Carol Pikey

MC - CE

Carol Pikey

WW, 102B

Gail Back

FV - TC, 105

Gary Holsapple

Corp. College, 276

Gordon Back

FP - G Tower, 121

Carol Pikey

MC - CE

Gordon Back

Harrison Ed Ctr., 100

Gary Holsapple

FV - TC, 105

Carol Pikey

SCEUC, 125

Gordon Back

FP - G Tower, 121

Gary Holsapple

FV - CWI, 136

Gail Back

MC - CE

Carol Pikey

MC - CE

Gordon Back

FP - G Tower, 121

Gary Holsapple

FV - CWI, 136

Gordon Back

FP - G Tower, 121

Carol Pikey

MC - CE

Gordon Back

FP - G Tower, 121

CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate to participants enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced course work. Access to a computer will be necessary for this course work. Prerequisite required at time of registration: Current AHA Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of extensive pre-course work. Per AHA requirements, within 6 months of the initial instructor class, a STLCC TC Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. Registration/Refund/Withdrawal deadline: 10/5.

CPRR:708 | \$250

4D0 M 8am-5pm
Oct. 26

Gordon Back
FP - G Tower, 121

CPR Instructor Renewal

To successfully complete the American Heart Association CPR Instructor Renewal course, the instructor will demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration the instructor must provide documentation meeting both prerequisites. Registration is required one week prior to course start date. Due to the nature of this course, you must arrive on time. No admittance after the stated start time.

CPRR:709 | \$65

4D0 Th 6pm-10pm
Sept. 17

4D1 W 9am-1pm
Nov. 18

Gordon Back
FP - G Tower, 121

Gordon Back
FP - G Tower, 121

Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. Bring a sack lunch.

CPRR:711 | \$97

4D0 Sa 8:30am-4pm
Nov. 14

5D0 Sa 8:30am-4pm
Oct. 17

5D1 Sa 8:30am-4pm
Dec. 19

6D0 Sa 8:30am-4pm
Sept. 26

Carol Pikey
FP - G Tower, 121

Carol Pikey
FV - TC, 105

Carol Pikey
FV - TC, 105

Carol Pikey
MC - CE



Exclamation Point!

"Most fun, hands on & informative CPR certification I've been through. Quality group of facilitators with lots of experience behind them!"

Evelyn R., Overland

Childcare Training

CHILD CARE CLOCK HOUR TRAINING

Clock Hour Certificates are granted for all CCPR Workshops and Seminars. If you have questions or need more information about the CCPR workshops and seminars for Care Providers, call the Caring for Kids Program at 314-513-4391.

Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

Supervision and Safety in an Early Childhood Facility

A review of techniques to make supervision and safety a high priority in every childcare facility. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:702 | \$35

480 Sa 9am-1pm
Oct. 10

Geraldine Jasper
FP - G Tower, 119

581 Sa 9am-1pm
Dec. 5

Geraldine Jasper
FV - CDC, 112

Discipline and Guidance of Young Children

How do you redirect children's behavior? How do you promote positive peer interactions? How do you communicate with young children and build their self-esteem? Learn new things to do and say in guiding young children. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:702 | \$35

580 Sa 9am-1pm
Sept. 19

Geraldine Jasper
FV - CDC, 112

680 Sa 9am-1pm
Nov. 14

Geraldine Jasper
MC - SO, 109

Discipline for Young Children

Learning to manage behavior with groups of children is always a challenge. You will learn techniques to diminish targeted behaviors and promote positive peer interactions. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:702 | \$15

771 W 7pm-9pm
Sept. 30

Geraldine Jasper
Hixson Mid. School, 117

Discipline for Toddlers and Two's

Do you think of "Terrible Toddlers and Twos" or "Terrific Toddlers and Twos?" Knowing how to manage this age group and understanding their development will get you thinking "Terrific Toddlers and Twos!" You will explore many positive ways to work with this age group. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:702 | \$15

650 W 7pm-9pm
Dec. 2

Geraldine Jasper
MC - SO, 109

Messing About with Purpose

This hands-on session assists childcare providers with planning and implementing multisensory learning activities across curricular areas that support child development. Participant will use provided materials to create and manipulate various messy mediums. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund. Class will be held in Student Center, Cafe East.

CCPR:703 | \$18

450 Tu 7pm-9pm
Sept. 22

Latonya Brown
FP - SC, Cafe East

550 W 7pm-9pm
Nov. 4

Latonya Brown
FV - CDC, 110

Child Care Providers Saturday Seminars

Six clock hours for each program

Nature and Young Children

Morning Session: No Child Left Inside- Outdoor Play to Explore Nature and Science! Explore the natural world outside through new fun science activities you can integrate into your daily schedule. Help children wonder, explore, and discover with hands-on activities planned for the outdoors. Afternoon Session: Connecting with Nature- Gardening and Cooking with Children! Encourage healthy eating as you help children learn about fruits and vegetables; and take produce from the garden to the table. Hands-on simple recipes, cooking activities and gardening tips will be shared. Our goal is to encourage children to learn to taste, eat and enjoy more fruits and vegetables. You will see new teaching materials- "Early Sprouts Cook Book" and "Lana's Favorite Recipes." Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund. Box lunch included.

CCPR:710 | \$45

580 Sa 9am-3:30pm
Oct. 3

Geraldine Jasper
FV - CDC, 110

New Strengthening Connections with Families

I would love my job if it wasn't for these families! This full day session will provide you with the tools and tactics to establish deeper relationships with families. Topics include bridging the gap between home and school, extending learning into the home, Conscious Discipline, Positive Behavioral Support, advocacy and supporting family networks. Workshop check-in begins at 8:30 a.m. Lunch is NOT provided! Bring your own lunch or go nearby to eat out during the one hour lunch break. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:714 | \$32

H80 Sa 9am-2pm
Oct. 10

Harrison Ed Ctr., 100

Sack lunch is provided.

For complete schedule and registration brochure, call 314-513-4391.

New Curriculum Collage: Literacy and Science Learning

Session 1—Science, Technology, Engineering and Math (STEM) in MY classroom? YES! Tap into children's natural and innate curiosity about the living world through child investigation, active learning and asking questions. Hands on. Session 2—The Magic of Turning Favorite Read-Alouds into Curriculum. Participants will discover how to use interactive read-alouds to build a community of motivated learners through classroom-proven ideas that will engage young readers and develop their listening, comprehension and emergent literacy skills. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund. Co-sponsored by Ready Readers. Workshop check-in begins at 8:30 a.m. Box lunch included.

CCPR:718 | \$45

581 Sa 9am-3:30pm
Nov. 21

FV - CDC, 110

682 Sa 9am-3:30pm
Nov. 7

MC - SC, 200

481 Sa 9am-3:30pm
Dec. 5

FP - SC, Cafe East

New Infant Toddler Transition Tips

Are you experiencing challenging behavior during transition times and routine tasks? Come learn new strategies to create teachable moments and plan smooth, meaningful and fun routines as part of your infant/toddler caregiving. Create a hands-on transitional tool for your classroom! Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:707 | \$18

550 Tu 7pm-9pm
Sept. 29

FV - CDC, 112

How to Use Music and Movement Outside of Group Time: You Can Make a Song Out of Anything

Songs and movements make transitions fun and help children tune in when they appear to be tuned out. Even if you can't sing you can make a song out of anything. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:708 | \$15

550 W 7pm-9pm
Dec. 16

Rose Anderson-Rice
FV - CDC, 110

Child Care Provider: Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course you must arrive on time. No admittance after stated start time. Bring a lunch. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:711 | \$97

4D0 Sa 8:30am-4pm
Nov. 14

FP - G Tower, 121

5D0 Sa 8:30am-4pm
Oct. 17

FV - TC, 105

5D1 Sa 8:30am-4pm
Dec. 19

FV - TC, 105

6D0 Sa 8:30am-4pm
Sept. 26

MC - CE

Quality School-age Programming

What does a good SAC program look like? What is my role with children/youth development? How can I maintain relationships with families? These and other questions will be explored at this interactive workshop. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:713 | \$15

770 M 7pm-9pm
Dec. 14

Gloria Hampton
Hixson Mid. School, 117



New Catch the Storytelling Bug

Have you ever wanted to become a playful storyteller? Annette Harrison, award winning storyteller, educator and author will take you through the storytelling fundamentals. You will experience the joy of closing a children's picture book and jumping into the telling of the story. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund. Co-sponsored by the Missouri Humanities Council. Please arrive and check in prior to 12:00 p.m. No one will be admitted after 12:00 p.m.

CCPR:718 | \$25

580 Sa 12pm-3pm
Oct. 24

Annette Harrison
FV - CDC, 110

681 Sa 12pm-3pm
Dec. 12

Annette Harrison
MC - SO, 108

Language Development: Phonological Awareness and Alphabetic Knowledge

Discussion of language development in pre-school years. Provides specific tools to encourage phonological awareness and alphabetical knowledge. Co-sponsored by St. Louis Learning Disabilities Association. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:718 | \$15

782 M 7pm-9pm
Nov. 2

Lindbergh H.S., 46

783 M 7pm-9pm
Nov. 16

Hixson Mid. School, 117

Encouraging the Love of Books for Infants and Toddlers

Learn how to start growing readers by introducing babies and toddlers to stories, books, nursery rhymes, and activities that promote language development. In this highly interactive workshop you will learn how to connect very young children's real life experiences to rhymes and finger plays and to books and stories. Participants will take home lots of ideas and even books to use with babies and toddlers. Presented by Annette Harrison, dynamic educator and storyteller. This class is designed for infant/toddler teachers and caregivers. Co-sponsored by the Missouri Humanities Council. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:718 | \$25

680 Sa 12pm-3pm
Sept. 12

Annette Harrison
MC - BA, 105

Encouraging the Love of Books for Preschoolers

Learn how to grow readers by engaging your preschoolers with stories, books, nursery rhymes and other activities that help promote the reading readiness skills. Participants in the workshop will explore high quality children's books, discover new ways to make books and stories come alive, and learn how to make connections between books and the child's world. Participants will take home a wealth of ideas and a variety of books to use with preschoolers. Presented by Annette Harrison, dynamic educator and storyteller. This class is designed for preschool teachers and caregivers. Co-sponsored by the Missouri Humanities Council. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:718 | \$25

480 Sa 12pm-3pm
Sept. 26

Annette Harrison
FP - SC, Cafe East

Asking Questions... Encouraging Children's Thinking

Learn many techniques for asking questions in your everyday activities with children throughout all the learning areas: blocks, dramatic play, books, science and others. Encourage critical thinking, creativity and problem-solving by asking questions. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:721 | \$15

550 W 7pm-9pm
Oct. 28

Geraldine Jasper
FV - CDC, 110

Understanding Autism

Characteristics of autism spectrum disorder and how symptoms can affect each child (birth through age 5) in a unique way will be discussed. You will learn of methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association, Inc. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:723 | \$15

550 W 7pm-9pm
Sept. 16 FV - CDC, 110

780 M 7pm-9pm
Sept. 21 Lindbergh H.S., 46

450 Tu 7pm-9pm
Nov. 17 FP - G Tower, 119

Understanding ADHD: Attention Deficit Hyperactivity Disorder

Characteristics of ADHD and how symptoms can affect each child (birth through age 5) in unique ways will be discussed. You will learn techniques for coping with behavior and receive resources for additional help. Co-sponsored by St. Louis Learning Disabilities Association, Inc. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:723 | \$15

551 W 7pm-9pm
Oct. 7 FV - CDC, 110

781 M 7pm-9pm
Oct. 19 Lindbergh H.S., 46

451 Tu 7pm-9pm
Dec. 8 FP - G Tower, 119

Early Warning Signs of Learning Disabilities (Children Birth to Age 5)

Discussion of observable characteristics and behaviors that may suggest disabilities, delays or potential learning problems, and the need for further assessment/evaluation. The focus is on birth to age five. Co-sponsored by St. Louis Learning Disabilities Association, Inc. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:723 | \$15

552 W 7pm-9pm
Dec. 9 FV - CDC, 110

Surviving Naptime

Creative ways to make nap time a pleasant experience. Learn to make nap time a peaceful and relaxing experience for both children and adults. You'll discuss appropriate expectations. Attendance Training Policy: As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.

CCPR:727 | \$15

550 W 7pm-9pm
Nov. 11 Geraldine Jasper
FV - CDC, 110

Communications

No Sweat Public Speaking

Speaking opportunities are business, career and leadership opportunities! Are you making the most of those speaking opportunities? Learn how to develop, practice and deliver Knock Your Socks Off presentations with - NO SWEAT! Instructor will present: the components, parts and elements of a presentation; tips for taking a presentation from 'blah' to 'ah'; and the fear of public speaking. Class taught by a local speaker, coach and author.

COMM:715 | \$39

650 Tu 6:30pm-8:30pm
Nov. 10 - Nov. 24 Fred Miller
MC - CN, 202

920 W 6:30pm-8:30pm
Sept. 23 - Oct. 7 Fred Miller
U. City H.S., 112

New Are You Ready for Radio?

Are you thinking about a career as a radio personality? Get a better understanding of what the radio industry is really like and see whether or not this is the right choice for you. Learn basic announcing skills through reading exercises, ad libs and group critiques. Do you have what it takes? Come find out!

COMM:720 | \$29

680 Sa 9am-12pm
Oct. 10 Laurie Beakley
MC - CS, 209

450 Tu 6pm-9pm
Nov. 17 Laurie Beakley
FP - G Tower, 117

Voiceovers: Get Paid to Talk

Have you been told that you have a great voice? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from one of St. Louis' own voice artists.

PERD:765 | \$39

680 Sa 9am-12pm
Nov. 7 Michael Doran
MC - SW, 207

Voiceovers II: Making Money With Your Voice

If you enjoyed our introductory course, Voiceovers - Get Paid to Talk, this is your next step! Go through real-life voice training exercises and techniques with a voiceover professional. Arrive with a basic understanding of the voiceover business, because you will dive right into the mechanics of reading copy. At the end of the class, you'll have a basic grasp of capturing your performance using recording software and be able to take home a copy of your personal session's voiceover! Pre-requisite: Voiceovers - Get Paid to Talk. Bring 1Gb flashdrive.

PERD:765 | \$39

681 Sa 12:30pm-3:30pm
Nov. 7 Michael Doran
MC - SW, 207



Fitness Training

Explore ACE Fitness Certifications!

ACE Personal Trainer Certification Prep Course

Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training® (ACE IFT®) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at <http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf> for more information on eligibility. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship. PEDU:753 | \$695

6D1 M 5pm-9pm
Sept. 14 - Nov. 16 Melissa Baumgartner
MC - SO, 105

Registration/withdrawal deadline: 9/4. No refunds after that date.

ACE Group Fitness Instructor Certification Prep Course

Group fitness has exploded in the past five years, attracting more than 22.1 million people annually to indoor cycling, Les Mills BODYPUMP™, Zumba® fitness, CrossFit, boot camp, yoga and more. Our ACE Group Fitness Instructor Certification will give you the knowledge to design and teach any class better, lead all fitness levels more effectively, and deliver experiences your participants will never forget. Don't position yourself as a performer when you can position yourself as a professional. Earning a certification accredited by the National Commission for Certifying Agencies (NCCA) will set you apart as a teacher who leads more than just the front row. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at <http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf> for more information on eligibility. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship. PEDU:753 | \$595

6D2 Tu 5pm-9pm
Sept. 17 - Nov. 19 Melissa Baumgartner
MC - BA, 124

Registration/withdrawal deadline: 9/10. No refunds after that date.

Mental Health Interpreter

Mental Health Interpreter Program

This is a 10-week non-credit certificate program to train foreign language interpreters for work in the mental health field. Those who complete the course and earn a certificate may receive priority employment by local agencies who provide foreign language translation services. Required: 6 months prior interpreting experience. All course materials included.

EDUC:760 | \$179

650 M 6:30pm-9:30pm

Kim Osmanagic
Eduardo Vera
MC - CS, 205

Sept. 14 - Nov. 16

Real Estate

How to Start a Career in Real Estate

Do you enjoy helping people? Have you considered getting into the business of real estate and wondered what it takes to be successful? The real estate profession offers one of the widest career opportunities in the business world. There is the buying and selling of homes, office buildings, industrial property and corporation farmland; property management, land development, mortgage banking, urban planning, real estate counseling, and appraisal. Come find out about the licensure process to becoming a real estate agent and the starting opportunities. We'll show you how you can build a new career in real estate.

REAL:715 | \$29

650 Th 7pm-9pm
Sept. 10

Jill McCoy
MC - CN, 227

350 Tu 7pm-9pm
Oct. 27

Jill McCoy
WW, 201

How to Be a Successful Landlord

Increase the income on your real estate investments by improving your skills as a landlord. You can lower property damages and eviction costs by performing effective initial screening of potential tenants. Our experienced instructor will explain how to be creative and to use the telephone, interview, computer, rental application and lease expectations to avoid an undesirable tenant-landlord relationship. Lunch on your own.

REAL:720 | \$59

480 Sa 9am-5pm
Sept. 26

Mary Hankins
FP - G Tower, 115

Restaurant Management



ServSafe Food Safety Certification

St. Louis City and St. Louis County Health Departments require that at least one person within each food service facility be certified in food safety. This nationally recognized class offers this training to individuals who are employed by, manage or own food service operations in the hospitality industry. The second class concludes with the exam. Fee includes textbook, answer sheet, and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded a ServSafe certificate. Bring a sack lunch to class.

RMGT:701 | \$169

480 Sa 8am-3pm
Sept. 19 - Oct. 3
No class 9/26

Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
Oct. 10 - Oct. 24
No class 10/17

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
Nov. 7 - Nov. 21
No class 11/14

Almut Stephan Marino
MC - SO, 107

ServSafe Food Safety Certification Review and Retest

This class is only for those who were not successful on a recent exam or who took the ServSafe online course and require a proctored exam. It is recommended that you study the text before coming to class. An opportunity to ask review questions will be provided before re-attempting the exam. Fee includes answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded the nationally recognized ServSafe certificate. Bring a sack lunch to class.

RMGT:702 | \$79

480 Sa 8am-3pm
Oct. 3

Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
Oct. 24

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
Nov. 21

Almut Stephan Marino
MC - SO, 107

Technology

Applications and Systems

Microsoft Windows 8.1:

Introduction - In a Day

Explore Windows 8.1 and all its user-friendly features in this course. Topics include using Start Screen, Live tiles, Hot corners, Charm Bar, One Drive and many others. This course is not for tablets or touch screen and students will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:705 | \$99

C01 F 9am-4pm
Sept. 4

Cris Heffernan
Corp. College, 206

MS Windows 8.1 - Introduction

Explore Windows 8.1 and all its user-friendly features in this course. Topics include using Start Screen, Live tiles, Hot corners, Charm Bar, One Drive and many others. This course is not for tablets or touch screen and students will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:705 | \$109

C02 W 9am-12pm
Oct. 7 - Oct. 14

Cris Heffernan
Corp. College, 206

Transitioning to Windows 8.1

Where did everything go? Are you missing your Accessories, Desktop and how about the Start button? Come find out where Microsoft moved all your familiar icons. This two hour session we will break it all down for you. This class will be using Windows 8.1 with a mouse. Prerequisite: Personal Computers Introduction class or equivalent experience and experience with Windows Vista or Windows 7.

COMP:705 | \$39

C03 W 9am-12pm
Nov. 4

Cris Heffernan
Corp. College, 206

Microsoft Word 2013: In a Day

Learn the basics of MS Word in one day! You'll create and save documents; enter and edit text; learn to indent, set tabs, and enhance documents; make block moves, deletes, and copies; use spell checker; find and replace text; use shortcut keys; and print. Prerequisite: Windows Introduction class or equivalent experience.

COMP:715 | \$99

500 F 9am-4pm
Oct. 2

Barbara Primm
Corp. College, 206

C02 Sa 9am-4pm
Nov. 14

Cris Heffernan
Corp. College, 208

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Introduction to Microsoft Word 2013 for Business

Learn to create professional looking business documents using this powerful word processing software. Discover how editing and formatting tools are at your fingertips as you work with the toolbar ribbon. Leave with the skills to create a document, format, change styles and fonts, cut/paste, import text, and edit a document with confidence. Prerequisite: Windows Introduction class or equivalent experience.

COMP:715 | \$129
C01 F 9am-4pm
Sept. 18

Cris Heffernan
Corp. College, 208

Intermediate Word 2013 for Business

If you are familiar with the basics, here's your opportunity to learn the more advanced features of Word. Learn to customize the Word environment, use advanced formatting techniques, work with styles, advanced table features, create and manage large documents, and use auto text, macros, and templates. Prerequisite: Microsoft Word Introduction class or equivalent experience.

COMP:716 | \$129
C01 F 9am-4pm
Sept. 25

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: In A Day

Learn the basics of MS Excel in one day! In this introductory course you'll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, etc. Topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$99
C80 Sa 9am-4pm
Sept. 19

Cris Heffernan
Corp. College, 206

C02 Sa 9am-4pm
Nov. 14

Corp. College, 206
Roy Lenox
MC - BA, 203

680 Sa 9am-4pm
Dec. 12

Microsoft Excel 2013: Introduction for Business

In this introductory class you will learn the business basics of Excel; including setting up worksheets, entering and editing cells, cut and copy, making your sheets more readable, saving, and printing. You will also learn the basics of building formulas, functions, and charts. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:720 | \$129
C01 F 9am-4pm
Oct. 2

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: Introduction

Create spreadsheets using Microsoft Excel. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$149
750 W 6:30pm-9:40pm
Sept. 9 - Oct. 7

Roy Lenox
Kirkwood H.S., W 205

Microsoft Excel 2013: Intermediate for Business

Build on previous knowledge and further your spreadsheet skills by managing multiple workbooks, creating more complex formulas and functions, enhancing the appearance of your reports, using the benefits of Range Names and working with Tables and Structured Referencing. Prerequisite: Microsoft Excel Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:721 | \$129
C01 F 9am-4pm
Oct. 9

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: Intermediate

This course is a continuation of our Introduction to Excel class. Further your spreadsheet skills by managing multiple sheet workbooks, creating formulas and functions through 3-D calculations and linking files, enhancing the appearance of your document, and by creating custom reports by manipulating tables. Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$149
750 W 6:30pm-9:40pm
Oct. 14 - Nov. 11

Roy Lenox
Kirkwood H.S., W 205

Microsoft Excel 2013: Advanced for Business

Continue to expand your Excel expertise as you work with advanced functions (including Lookups, Conditionals, Financial and Date functions), create Pivot Tables/Charts, use Data Analysis tools and validation, create and edit macros and explore more of Excel's advanced features. Prerequisite: Windows Introduction class and Introduction to Excel or equivalent experience. Recommended to bring a flash drive.

COMP:722 | \$129
C01 F 9am-4pm
Nov. 6

Cris Heffernan
Corp. College, 208

Microsoft Access 2013: In a Day

Learn the basics of Access in one day! In this class you'll learn how to plan and design a database system, add, change, and delete information as well as how to create simple reports and how to query the database to find display data. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:725 | \$99
650 Sa 9am-4pm
Sept. 26

Cris Heffernan
MC - BA, 202

New Introduction to Microsoft Access 2013 for Business Part 1

Learn the foundations to plan and design a database system. Learn to create, manage, and maintain tables and table relationships. Discover sorting and filtering records within tables. Explore field properties, including Input Masks and Data Validation. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive.

COMP:725 | \$129
C01 F 9am-4pm
Oct. 16

Cris Heffernan
Corp. College, 208

New Introduction to Microsoft Access 2013 for Business Part 2

Learn to get the most from your data collection by building Select Queries, including Boolean logic and calculations. Create data entry and date retrieval forms; manage form layout, including Conditional Formatting. Summarize your data by building reports using the Report Wizard and incorporate subtotal and grand total calculations. Prerequisite: Microsoft Access 2013 for Business: Introduction, part 1. Bring a flash drive.

COMP:725 | \$129
C02 F 9am-4pm
Oct. 23

Cris Heffernan
Corp. College, 208

Microsoft Access 2013: Intermediate for Business

Get the skills you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, including calculations. Include charts in forms and reports. Prerequisite: Windows Introduction class or equivalent experience and Introduction to Access or equivalent experience. Recommended to bring a flash drive.

COMP:726 | \$129
C01 F 9am-4pm
Oct. 30

Cris Heffernan
Corp. College, 208

QuickBooks Pro 2015

This class introduces students to QuickBooks, an easy to use, complete accounting system for small businesses. Students will create a company and use QuickBooks to maintain financial records. Topics to be covered include: setting up customer and vendor lists, entering sales and invoices, receiving payments, making deposits, handling expenses and bills, working with bank accounts, analyzing financial data, handling sales tax, and managing inventory. This course does not cover the QuickBooks online version. Prerequisite: Windows Introduction class or equivalent experience.

COMP:734 | \$149
C51 Tu 6pm-9pm
Sept. 1 - Sept. 29

Barbara Primm
Corp. College, 208

C50 W 6pm-9pm
Oct. 7 - Nov. 14

Barbara Primm
Corp. College, 208

C01 Th 9am-12pm
Nov. 5 - Dec. 10
No class 11/26

Barbara Primm
Corp. College, 208

Exclamation Point!

"I thought that Roy Lenox was extremely good. He did an excellent job of balancing the course so that the students that caught on quicker were not slowed down by the students who needed a little more help. To me it seemed that everyone learned a lot."

Marilyn N., Hazelwood, MO



= Digital Arts and Technology Alliance Workshops

Mobile Technologies

Learn the Basics of an iPhone

Did you finally break down and purchase an iPhone only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPhone. Please note universal functions of the iPhone platform will be taught and that specific "apps" may vary from phone to phone. Students must bring their own iPhone to the class. This class will only discuss the Apple iPhone. Other smart phone devices will not be covered.

COMP:765 | \$45

C82 Sa 9am-4pm
Oct. 31

Corp. College, 208

S51 Th 6pm-9pm
Sept. 17

SCEUC, 100

New Android Smart Phone Small Group Workshop

Does your Android smart phone make you feel like a dummy? Or are you still only using it to make phone calls knowing it can do so much more? In this small group work-shop you will learn some basics to get you up and running. There are dozens of models of Android phones and operating systems available on the market so this class will cover general topics such as app usage, camera, downloading and settings. Class is hands on so bring your Android phone. This class will not cover other types of smart phones.

COMP:765 | \$29

C83 Sa 9am-12pm
Sept. 12

Barbara Primm
Corp. College, 213

C84 Sa 9am-12pm
Oct. 10

Barbara Primm
Corp. College, 213

Learn the Basics of an iPad

Did you finally break down and purchase an iPad only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPad. Please note universal functions of the iPad platform will be taught and that specific "apps" may vary from iPad to iPad. Students must bring their own iPad to the class. This class will only discuss the Apple iPad. Other tablet devices will not be covered.

COMP:765 | \$25

C81 Sa 9am-12pm
Nov. 21

Corp. College, 209

S50 W 6pm-9pm
Sept. 9

SCEUC, 209

Personal Computing

Introduction to eBay: Buying and Selling

Come join the millions buying and selling on eBay. This hands-on course will teach you: to choose a UserID, to search for items, to bid, win auctions, to sell items-including fees, to add a picture, to complete a sale, ship and what to do if an item doesn't sell. Look at other eBay issues: safety measures, feedback, what to do if you receive "spam" from eBay use and keeping up to date on changes. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$49

C81 Sa 9am-3pm
Sept. 5

Barbara Primm
Corp. College, 206

S50 Tu 6:30pm-9pm
Oct. 22 - Oct. 29

William Bearden
SCEUC, 206

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St. Louis
Community
College
Continuing
Education

Strategies for Selling on eBay

Get more out of your listings! This course covers, among other topics, appropriate listing formats, opening an Ebay store, effective pricing, marketing your business, managing larger numbers of listings, packing and shipping inventory effectively, and using PayPal for online payments. You will learn how to improve your item descriptions, photography, and pricing. We will also review the Seller's Dashboard including the feedback, seller rating, resolution center, and more. Prerequisite: Introduction to eBay: Buying and Selling class or equivalent experience and must have previous eBay experience buying or selling.

COMP:742 | \$29

C80 Sa 9am-12pm
Nov. 7

Barbara Primm
Corp. College, 208

Introduction to Craigslist

Craigslist is a fantastic website and provides a wonderful community service to cities all over the United States. This site is about more than just buying and selling. Come find out what all of the hype is about! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

S53 Tu 6pm-9pm
Sept. 29

Rachel Bufalo
SCEUC, 206

Google Docs

Have you ever wanted to type up a short document but couldn't because you only had your tablet or smart phone with you? With Google docs you can create a document from nearly any device for free! Google Docs is a comprehensive suite of online productivity software (documents, spreadsheets, presentations, and more) that is the must-use program you've never heard of! There's no need to download and install software on a particular machine. Any computer, tablet or smart phone connected to the Internet can access Google Docs! Because your creations are automatically saved on Google's cloud system you can access the same file from anywhere. Another advantage is that multiple users can make edits to the same files at the same time. Come to this class to find out more about this exciting program. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

C50 Tu 6pm-9pm
Sept. 1

Rachel Bufalo
SCEUC, 208

PCs and Technology: Introduction In a Day

Learn the basics of using a PC and Technology in a day! Do you call yourself "computer illiterate"? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.

COMP:701 | \$99

S80 Sa 9am-4pm
Sept. 12

Barbara Primm
FV - B, 127

PCs and Technology: Introduction

Do you call yourself "computer illiterate"? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.

COMP:701 | \$109

S01 W 9am-12pm
Sept. 2 - Sept. 23

Barbara Primm
SCEUC, 206

Internet Research and Investigation: Public Records

Explore a wide range of public records on the internet. We'll look at real estate records, criminal records, court judgements, marriages, births, deaths, etc. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.

COMP:742 | \$29

681 Su 12:30pm-3:30pm
Nov. 15

Jean Bradley
MC - BA, 208

680 Su 12:30pm-3:30pm
Sept. 27

Jean Bradley
MC - BA, 208

Photoshop Elements 12: Basic Overview

This entry level course will introduce you to the basics of this incredible program. First we will learn the terminology of the program. Then we will touch on the "organizer" feature of Elements and learn what it does and what it can do for you. Next you will launch into the "editor" section including the tool bar and palette and edit a photo with basic techniques. Finally, we will embark on the "create" section and catch a glimpse of its amazing creativity. This course is designed to prepare you for the specialty classes of Adobe Elements. Prerequisite: Windows Introduction class and Digital Pictures Introduction class or equivalent experience.

COMP:755 | \$59

S50 Tu 6pm-9pm
Nov. 3 - Nov. 17

Rachel Bufalo
SCEUC, 206

Photoshop Elements 12: Special Techniques and Retouching Faces

Bye-bye crow's feet! Want whiter teeth? No problem! Look fantastic in every picture from now on. In this course you'll learn the basics such as removing red-eye and blemishes to more advanced techniques such as making the subject thinner with a smaller nose! Learn to remove unwanted objects, make a photo black and white or sepia and put someone's head on a different body and more! This course will use the "editor" portion of Elements 12. Prerequisite: Adobe Elements: Basic Overview class or equivalent experience.

COMP:755 | \$49

S51 Tu 6pm-9pm
Dec. 1 - Dec. 8

Rachel Bufalo
SCEUC, 206

Publishing and Media Technologies

Desktop Publishing

Adobe Photoshop CC Intermediate: In a Day

Get more advanced Photoshop skills in one day! Adobe Photoshop CC Intermediate picks up right where the introductory workshop left off. Topics may include (but are not limited to) Auto Adjustments, Adjustment Layers, using the histogram to improve image contrast, the Spot Healing Brush Tool, the Crop Tool, the Red Eye Tool, Blending Modes, aligning and distributing layers, and understanding the difference between Image Size and Canvas Size. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction or In a Day.

COMP:755

681 Sa 9am-4pm
Nov. 14

Zak Zych
MC - BA, 212

680 Sa 9am-4pm
Oct. 10

Zak Zych
MC - BA, 212

Adobe Photoshop Creative Cloud (CC): Introduction

This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials non-credit Certificate.

COMP:755 | \$129

C50 W 6pm-9pm
Sept. 2 – Sept. 23

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

Adobe Photoshop Intermediate covers advanced techniques of the concepts learned in the introductory class, along with Channels, Sharpening, Actions, Advanced Filters, Color control, and Basic Web Graphics Creation. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Essentials non-credit Certificate.

COMP:755 | \$129

C51 W 6pm-9pm
Oct. 7 – Oct. 28

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced

Adobe Photoshop Advanced builds on the skills learned in the beginning and intermediate classes covering subjects including the Brush Engine, Displacement Maps, Channels, Sharpening, Actions and Shadow and Highlight adjustments. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Essentials non-credit Certificate. No class 11/25.

COMP:755 | \$135

C52 W 6pm-9pm
Nov. 4 – Dec. 2

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud Workshop - The First Step

Through a series of lectures and tutorials, this introduction to Adobe Photoshop will teach you software fundamentals such as how to create, copy, transform and manage layers, how to combine layers into groups, transfer content from one document to another, travel backwards and forwards through Photoshop time, control the magnification of your document. You will learn how to craft selections with the marquee tool, the quick selection tool, the magic wand and the select-color-range feature, making adjustments both destructively and non-destructively, simple color alterations via adjustment layers and an introduction to the power of the clone stamp. This workshop will cover the basic components of this powerful program and prepare you for The Next Step.

CVTW:701 | \$139

600 F 8:30am-4:30pm
Aug. 28

Zak Zych
MC - HE, 233

Adobe Photoshop CS6 Creative Cloud Workshop - The Next Step

This workshop will start where The First Step workshop ended. This intermediate Adobe Photoshop class will explore more advanced photo manipulation features such as levels adjustments and the histogram, the spot healing brush tool, the red eye tool, how to control the size of your document via the image size and canvas size dialog boxes, the crop tool, how to save images for the web and include an introduction to using layer masks in concert with adjustment layers as a means of improving the color and contrast of your images.

CVTW:701 | \$139

601 F 8:30am-4:30pm
Sept. 11

Zak Zych
MC - HE, 233

Introduction to Adobe Photoshop Lightroom 5

This workshop introduces the basics of Lightroom 5. A powerful and comprehensive set of digital photography tools that enable you to organize and bring out the best in your images, achieving amazing image quality. Lightroom 5 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.

CVTW:701 | \$139

602 F 8:30am-4:30pm
Nov. 13

MC - HE, 233

Adobe InDesign Creative Cloud - The First Step

Enhance your graphic design skills and productivity with InDesign. Learn how to import illustrations and photos and set type correctly for flyers, brochures, and other basic applications. Learn how to convert Quark documents into Adobe InDesign documents. Learn key commands and other great tips for making easy work of your layouts.

CVTW:702 | \$139

680 Sa 8:30am-4:30pm
Sept. 12

Edward Engel
MC - HE, 233

Adobe InDesign Creative Cloud - The Next Step

Don't know the best way to set up your brochure or multi-page document? Learn how to optimize your page set up for better productivity. Modern typesetting techniques, including examples from the top magazines, show you how to make your document look great. Introduction to style sheets allows you to keep your work looking consistent and professional.

CVTW:702 | \$139

681 Sa 8:30am-4:30pm
Dec. 5

Edward Engel
MC - HE, 136

Adobe Illustrator Creative Cloud - The First Step

This workshop is designed for the student looking to get started with the vector graphic software to create logos, text effects and line art for print and the web. Topics will include Learning the Pen Tool, Editing/Drawing Shapes, Setting up Documents and basic Typography. Little or no experience needed with Adobe Illustrator but an understanding of basic graphic design is helpful. This class will be taught on the Mac platform with a current version of Illustrator..

CVTW:702 | \$139

682 Sa 8:30am-4:30pm
Sept. 26

John Schmitt
MC - HE, 233

Adobe Illustrator Creative Cloud - The Next Step

This workshop is a continuation on the skills developed from Adobe Illustrator the First Step. Learn how to utilize the benefits of vector design and Illustrative Techniques. Topics will also include Pattern Creation, Gradient Tool, Transparency Menu, Exporting Files and Document Layout. Students will learn how to work with Illustrator in conjunction with Photoshop. Prerequisite: Adobe Illustrator Creative Cloud: The First Step. This class will be taught on the Mac platform with a current version of Illustrator.

CVTW:702 | \$139

683 Sa 8:30am-4:30pm
Oct. 3

John Schmitt
MC - HE, 233

Digital Painting and Drawing - The First Step

With Corel Painter students will learn inventive drawing tools such as Natural-Media brushes, image cloning capabilities and virtually unlimited customization options. These tools will give users total freedom for creative expression, as well as enhance graphic quality and streamline the drawing process to increase productivity and profits.

CVTW:703 | \$139

600 F 8:30am-4:30pm
Sept. 25

James Leick
MC - HE, 233

Digital Painting and Drawing - The Next Step

Take the next step beyond the basics of Corel Painter. Learn to create breathtaking works of art using enhanced brush control palettes, frames-per-second control, and customizable shortcut keys. Professional users can extend their creative possibilities with enhancements that include Artists' Oils Painting System and Snap-to-Path Painting.

CVTW:703 | \$139

680 Sa 8:30am-4:30pm
Nov. 21

James Leick
MC - HE, 233

Create, Publish, and Distribute Ebooks with Smashwords

In this workshop, students will learn step-by-step instructions that make it easy for anyone to create, publish, and distribute an eBook. Authors will learn how to format their manuscripts so that the completed Microsoft Word files can be uploaded to Smashwords, a self-serve publishing web service. Smashwords will deliver the files into multiple eBook formats for reading on various eBook reading devices. Once published and approved by Smashwords, the books will be available for sale online at a price set by you the author.

CVTW:712 | \$139

600 F 8am-4pm
Oct. 9

MC - HE, 233

Exclamation Point!
"Zak Zych was a competent, professional and knowledgeable instructor and made the material easy to comprehend."

Lonnell H., Black Jack, MO



= Digital Arts and Technology
Alliance Workshops

3D Printing Workshop for Beginners

Have you ever wished that you had the power to design and then produce an object out of thin air? Now you can. Learn how to design and print objects using software such as TinkerCad, SketchUp, Adobe Illustrator and Photoshop. Explore how 3D digital design can reveal new ideas for creating and provide fresh inspiration with design. This workshop consists of two parts: an introduction to 3D design and a demonstration of a desktop 3D printer. Class is designed for beginners and no code writing or previous 3D printing experience necessary.

CVTW:713 | \$139
680 Sa 8:30am-4:30pm
Nov. 21

John Schmitt
MC - HE, 232

Video

AfterEffects - The First Step

Gain understanding and skill in utilizing AfterEffects to create motion graphics. We focus on learning the interface in AfterEffects, putting graphics in motion and rendering finished movie and animation projects. Participants will also explore a workflow between Photoshop and AfterEffects. Be prepared for an intensive hands-on learning experience.

CVTW:704 | \$139
600 F 8:30am-4:30pm
Oct. 2

Timothy Linder
MC - HE, 233

AfterEffects - The Next Step

Now that you know the basics of adding assets and key framing motion in AfterEffects, investigate more advanced techniques. Get a deeper understanding of options in the effects panel and other topics including background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience.

CVTW:704 | \$139
601 F 8:30am-4:30pm
Oct. 16

Timothy Linder
MC - HE, 233

Maya

Learn the concepts and basic tools for creating imagery in 3D using Autodesk's Maya. Starting with a road-map to the main interface, students will be shown how to construct shapes and geometry using polygons. Once built, they will learn how to "texture" these polygons so that they appear to have surface detail, followed by how to use the lighting tools to illuminate the objects they've created. We will discuss the basics of animation, making our objects and camera move through time. Finally, we will learn "rendering" or the final output of our work to a finished, playable animation file which each student will have created.

CVTW:704 | \$139
680 Sa 8:30am-4:30pm
Oct. 31

Joseph Rollins
MC - HE, 232

Final Cut Pro X - Video Editing: The First Step

An introduction to professional video editing for people that have used iMovie or some other consumer editing software and want to expand their skills. Learn to import video, arrange clips and transitions. Add titles and trim edits to fine tune your video.

CVTW:706 | \$139
681 Sa 8:30am-4:30pm
Oct. 3

Anthony Carosella
MC - HE, 233



Final Cut Pro X: Video Editing: The Next Step

Learn how to share your projects in one click to your Apple devices, the web, Blu-ray Disc, and DVD. Collaborate in real time from anywhere in the world with support for iChat Theater. Change clip speeds with ease using redesigned speed tools. Enjoy dozens of additional enhancements, including native support for AVC-Intra, streamlined alpha transition creation, improved markers, large timecode window, and more.

CVTW:706 | \$139
682 Sa 8:30am-4:30pm
Oct. 17

Anthony Carosella
MC - HE, 136

Avid Media Composer 6 Video Editing

This workshop will cover the basics of Avid Media Composer. Avid is a powerful SD and HD professional video editor for Mac or Windows. Media Composer is Avid's top video editing program, and it offers integrated DVD authoring, surround sound audio processing, and thousands of powerful, real-time effects. Media Composer's integrated toolset provides all of the components needed to create the highest quality productions and finish to tape, DVD or web streams.

CVTW:706 | \$139
683 Sa 8:30am-4:30pm
Nov. 7

Anthony Carosella
MC - HE, 232

GoPro HD Hero Camera for Professionals and Adventurers

Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero Camera. Focus will be given on learning how to use it as a still camera, a timelapse camera, and as an HD video camera capable of filming in difficult conditions. Students will also learn how to edit photos and videos using GoPro's software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding and cars. Be prepared for an intense learning experience.

CVTW:710 | \$139
600 F 8:30am-4:30pm
Oct. 30

Anthony Carosella
MC - HE, 233

Drones for Video and Photography

Send your video and photography to new heights by learning about photography with drones. Learn the basic principle of how drones work, the legal regulations that apply, advantages of using drones and the equipment needed to make stunning images with this new technology. Enjoy the demonstrations and see the results first hand!

CVTW:710 | \$139
681 Sa 8:30am-4:30pm
Sept. 19

Anthony Carosella
MC - HE, 233

Digital Architectural Photography for Professionals

Acclaimed photographer Richard Sprengeler will lead a day-long workshop in creating successful photographs of architecture. Methods for approaching composition, exposing for varied lighting conditions and raw image processing will be explored. Some experience with Adobe Photoshop and Lightroom is preferred. A tripod and DSLR are recommended, but not required.

CVTW:710 | \$139
681 Sa 8:30am-4:30pm
Oct. 17

Richard Sprengeler
MC - HE, 233

Social Media

Social Media Marketing

This social media workshop will cover the concepts and application of social media marketing and will equip you with skills needed to plan and implement a successful social media marketing strategy. Topics will include the use of email marketing, using social media tools such as Twitter, and blogging, and how to use Facebook to create a fan page and increase traffic to your business page.

CVTW:713 | \$139
600 F 8:30am-4:30pm
Nov. 20

Anthony Carosella
MC - HE, 233

Facebook

Facebook has over one billion users! That means one out of every seven people in the WORLD are on Facebook! In a few more years, communicating on this social networking site will be as second nature to you as email. Don't get left in the dust. Come and learn how to navigate this fun and exciting site! Class is hands on and will include topics such as posting, basic navigation, tagging, privacy settings, security and notifications. If you do not have an account, please try to create one prior to class or come 10 minutes before class starts so that we can assist you in creating your account. Prerequisite: Windows Introduction class or equivalent experience..

COMP:742 | \$25
350 W 6pm-9pm
Sept. 23
551 Tu 6pm-9pm
Oct. 13

Erin De Vore
WW, 206
Rachel Bufalo
SCEUC, 206

Facebook for Business

Facebook is proving to be a powerhouse tool for small and large businesses everywhere. Come to this class to learn how to utilize Facebook to grow and promote your business. This class will not cover the functionality of Facebook for personal use and students should already have a basic knowledge of Facebook prior to class. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$35
C01 Th 9:30am-12:30pm
Sept. 3

Rachel Bufalo
Corp. College, 206

Twitter

Hashtag? What the heck is a hashtag? If you've ever asked this question, then this class is for you! Twitter is all the rage for Gen Y, celebrities and an increasingly important source of information. Come to this class to find out more about one of the most popular social media sites. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25
650 Th 6pm-9pm
Nov. 5

Richard Vagen
SCEUC, 207

 = Digital Arts and Technology Alliance Workshops

Call 314-984-7777 to register beginning August 3.

Tech Savvy

Tech Savvy Friday: Creating Folders and File Management with Windows 8

One of the trickiest concepts for new computer users to master is folders. Come to this workshop and learn how to create them, how to use them, but best of all, where to find them! This two hour class will help you de-clutter your files and folders. Prerequisite: Windows Introduction class or equivalent experience. Class will be using Windows 8.

COMP:765 | \$19

C03 F 9am-11am
Nov. 13

Barbara Primm
Corp. College, 206

Tech Savvy Friday: Utilizing the Internet

So you can email now and even do a Google search, but are you utilizing everything the internet has to offer? The world wide web has thousands of everyday tools that can simplify your life that you don't even know about! Come to this class to discover several different web-sites that are fun, interesting and even useful! Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:765 | \$19

C01 F 9am-11am
Oct. 23

Barbara Primm
Corp. College, 206

Tech Savvy Friday: Helpful Apps for Your iPad

Did you finally purchase an iPad and now you're wondering what's so great about having a tablet? The magic is in the apps! Come to this class to hear about tons of fantastic tools right at your finger tips! This class is not hands-on and is only about iPads, not other types of tablets. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

C04 F 9am-11am
Oct. 9

Barbara Primm
Corp. College, 206

Tech Savvy Friday: MS Word 2013

MS Word is THE go-to word processing program on the market. Learn the basics of this fantastic program by learning to format a basic letter. Class is somewhat hands-on. Bring a flash drive to save your work.

COMP:765 | \$19

S01 F 9am-11am
Sept. 4

Barbara Primm
SCEUC, 206

New Tech Savvy Friday: Create a Calendar in MS Word

MS Word has a ton of fabulous templates available including calendars. Come to this class to find out how to create and customize a year-at-a-glance calendar that may even make a great gift. Class is hands-on. Prerequisite: MS Word Introduction class or equivalent experience. Students must have proficient experience with MS Word. Bring a flash drive to save your work.

COMP:765 | \$19

S02 F 9am-11am
Sept. 18

Barbara Primm
SCEUC, 206

New Tech Savvy Friday: Create a Greeting Card in MS Word

Just in time for the holidays! MS Word has a ton of fabulous templates available including greeting and holiday cards. Come to this class to find out how to create and customize a greeting card. Class is hands-on. Prerequisite: MS Word Introduction class or equivalent experience. Students must have proficient experience with MS Word. Bring a flash drive to save your work.

COMP:765 | \$19

C02 F 9am-11am
Nov. 20

Barbara Primm
Corp. College, 206

Web Development



EZ Websites - The First Step

Learn to create a professional website using a free platform. Students will learn how to register a domain name and use free website tools and templates to create and maintain a professional website.

CVTW:750 | \$139

600 F 8:30am-4:30pm
Sept. 4

MC - HE, 233



EZ Websites Next Step

This workshop starts where the First Step left off. Learn about website usability and how to improve visitor use of your website. Increase traffic to your website with search engine optimization, using keywords, copy and images techniques. Learn how to register your website with search engines and directories to improve visibility. Learn what's going on with your website, how to track, collect, measure, and use information with website analytics. Learn all about plug-ins and how to use them.

CVTW:750 | \$139

681 Sa 8:30am-4:30pm
Sept. 12

MC - HE, 136



Dreamweaver: Quick Start

In this workshop students will learn how to setup and use the Dreamweaver site manager. We will use the automated templates to create cascading style sheet (CSS) based layouts and then use those layouts to build a basic web template including copy, image links, and basic design for all of the other pages of your website. This course also covers basic design principles for the creation of a professionally engaging website.

CVTW:750 | \$139

683 Sa 8:30am-4:30pm
Oct. 24

MC - HE, 233



Dreamweaver: Advanced Techniques

Picking up from where Quick Start ends, this workshop takes you through some of the advanced tools available in Dreamweaver CS6. You will also be learning some advanced image and design techniques, enabling you to significantly improve the capabilities of your website.

CVTW:750 | \$139

680 Sa 8:30am-4:30pm
Dec. 5

MC - HE, 233



Adobe Muse: Web Design for the Graphic Designer

Adobe MUSE: the web design tool for the Graphic Designer. Whether you know html or not this tool gets your web site design up and running in no time, with widgets and tools that let you design responsive sites across multiple devices.

CVTW:702 | \$139

600 F 8:30am-4:30pm
Oct. 23

MC - HE, 233

Ease into WordPress

This class moves at a slower pace and has additional classroom hours. Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

COMP:745 | \$109

S50 Th 6pm-9pm
Sept. 10 - Sept. 24

Jerry Bearden
SCEUC, 209



= Digital Arts and Technology Alliance Workshops

Web Development Certificate

Our exceptional course is intense and comprehensive. You'll learn how to develop websites using two methods: 1) hand-coding HTML using a text editor and 2) using a powerful design and development tool, Dreamweaver. Within this broad framework you're going to cover a lot of ground including fonts, lists, links, images, tables, forms, frames, cascading style sheets, page layout, animation, multimedia, good design principles, and World Wide Web Consortium standards. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive to the first class.

COMP:745 | \$299

S53 W 6pm-10pm
Sept. 16 - Nov. 11

Donna Peck
SCEUC, 206

Create Your Own Website with WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience and Basic Introduction to WordPress or equivalent experience. This class will move at a fast pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

COMP:745 | \$99

C01 F 9am-4pm
Oct. 16

Jerry Bearden
Corp. College, 206

S51 Th 6pm-9pm
Oct. 8 - Oct. 15

Jerry Bearden
SCEUC, 209

Internet Marketing with WordPress

Internet marketing is a different concept than traditional marketing and employs different techniques. Learn about resources available to you, strategies to get noticed, and ways to measure how your methods are working for you. The class will be focused on WordPress websites, but the techniques learned are equally applicable to any website. Prerequisite: Create Your Own Website with WordPress or equivalent experience.

COMP:745 | \$49

S52 Th 6pm-9pm
Nov. 12

Jerry Bearden
SCEUC, 209

Construction Technologies

Construction

Introduction to AutoCAD I

Learn the fundamentals of the AutoCAD drafting system. Drawing setup: units, limits, layers, linetypes, colors. Drawing procedures: points, lines, arcs, circles. Special features: polylines, blocks, dimensioning, cross-hatching, plotting. Available for credit as EGR:133.

COMP:770 | \$202

230 W 7pm-9pm
Sept. 16 – Dec. 16

Walter Staas
FV - E, 278

Construction Materials and Methods

This course is an introduction to the elements of building construction principles and materials. Students will learn the background and history of building materials and systems; review sustainable design, materials, and construction concepts; and review industry standards, specifications, codes and barrier-free design. Available for credit as CE:115.

CONS:717 | \$309

230 Th 7pm-9:45pm
Aug. 27 – Dec. 17

FV - E, 160

Construction Blueprint Reading

The interpretation of construction working drawings and specifications for residential and commercial building projects. Architectural, structural, and utility drawings will be covered. Available for credit as CE:116. No class 9/7.

CONS:718 | \$309

230 M 7:05pm-9:45pm
Aug. 24 – Dec. 14

Richard Unger
FV - E, 160

National Electric Code and Calculations - Part I

The introductory study of the NEC for those in related fields. This course will cover the elements, changes, applications, and design aspects of the 2014 National Electrical Code for residential and commercial properties. Certificates of completions will be awarded to those successfully finishing the course. Texts required. No class 9/22, 10/20, 11/10.

ELEC:705 | \$299

550 Tu 6pm-9pm
Aug. 18 – Dec. 15

Michael Smith
SCEUC, 214

OSHA Training at STLCC

St. Louis Community College Continuing Education offers courses to deliver occupational safety and health training to public and private sector workers, supervisors and employees.

Call 314-984-7777 to register today!

10 Hour OSHA General Industry Safety and Health Training Certification

In this 10 hour OSHA course students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive an OSHA card after completion of the course.

CONS:736 | \$119

C01 TuTh 4:30pm-10pm
Sept. 15 – Sept. 17
601 TuTh 4:30pm-10pm
Oct. 27 – Oct. 29

Patricia Dalton
Corp. College, 209
Patricia Dalton
MC - CS, 119

10 Hour OSHA Construction Safety and Health Training Certification

This course meets the required laws for working on public job sites. Led by an OSHA certified trainer the course covers the mandated OSHA topics including OSHA regulations, general health and safety, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, etc. Upon successful completion students will receive the 10 hour OSHA course completion card.

CONS:736 | \$119

602 Th 5:30pm-9pm
Sept. 24
Sa 8am-4pm
Sept. 26
5C2 TuTh 4:30pm-10pm
Oct. 6 – Oct. 8

Patricia Dalton
MC - CS, 119

MC - CS, 119
Patricia Dalton
FV - CWI, 136

Students may bring snack or sack lunch to class

Introduction to Solar Basics - Information Session

Join us for this informational session on how to become a part of the solar field. The application, design, installation, and operation of photovoltaic systems will be discussed. This session will prepare students for other solar classes and will introduce the path for certification through the North American Board Certified Energy Professionals (NABCEP).

CONS:721 | No Fee

5C1 Th 5pm-8pm
Aug. 6

5C2 Tu 5pm-8pm
Aug. 11

Ryan Chester

FV - CWI, 136

Ryan Chester
FV - CWI, 136

Solar Basics, Solar Site Survey, Components and System Build

In this course students will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets, and safety basics. Students will be introduced to basic photovoltaic equipment and will learn how to assess potential installation sites for their solar energy potential. Students will gain hands on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites, and calculation of load estimations. In addition students will learn about photovoltaic system components and how they interact with each other. Students will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. We will build a full string inverter system and modules on a mock roof, and a ballasted racking system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Prerequisite: Must have attended Introduction to Solar Basics. Texts included.

CONS:721 | \$475

5C3 TuTh 5pm-8pm
Aug. 18 - Sept. 29

Ryan Chester

FV - CWI, 120

Advanced PV Sizing Electrical Design

In this course students will learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems. This course will also include basic troubleshooting techniques. This and the previous classes are required to sit for the NABCEP entry level exam. No class 10/20.

CONS:721 | \$199

5C4 TuTh 5pm-8pm
Oct. 6 - Oct. 22

Ryan Chester

FV - CWI, 120

Advanced NEC for Photovoltaics and NABCEP Installer Exam Preparation

In this course students will learn the 2011/2014 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This is a continuation education class that is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text Included. No class 11/26.

CONS:721 | \$259

5C5 TuTh 5pm-8pm
Nov. 3 - Dec. 1

Ryan Chester

FV - CWI, 120

Solar Courses - NABCEP Certified Courses

STLCC is now offering North American Board of Certified Energy Practitioners (NABCEP) approved solar training courses, from beginner to advanced levels. Simply curious to know more about solar energy? Register for Solar Basics. Perhaps you require more in-depth knowledge to begin or advance your career in solar. Need training for your current employees, or are looking to expand your business into solar? If this sounds like you, register for the series of solar courses listed here and be eligible to take the NABCEP Photovoltaic Entry Level Exam. If you complete these courses, you will also receive 34 advanced CEUs. Don't let this moment pass you by. Now is the time to start making a change in the world and yourself.

Education and Test Prep

ACT Test Preparation Workshop

All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Text included - bring a calculator to class. There will be a test simulation at the beginning of the course and computer diagnostic assessment to identify areas for improvement. No class 11/28.

EDUC:712 | \$179

4W1 Sa 9am-12pm
Oct. 17 - Dec. 5

650 M 6pm-9pm
Aug. 31 - Oct. 19

Toshi Floyd

FP - G Tower, 113

Toshi Floyd

MC - CS, 206

Chemistry Warm-up: Math Review for Chemistry

Don't let Chemistry get you down! Get a head start on the materials you will need to succeed in Chemistry (CHM:101 or CHM:105). Topics include algebra review, calculator operations, scientific notation, metric system, dimensional analysis, and study skills. Please bring a TI-30, TI-35, or any scientific calculator to class. Over 80% of the students completing this review went on to pass their Chemistry courses with a grade of "C" or higher.

MATH:752 | \$49

500 TuWTh 8:30am-12:30pm
Aug. 18 - Aug. 20

650 TuWTh 5:50pm-9:30pm
Aug. 18 - Aug. 20

Susan Vallely

FV - E, 158

Suzanne Saum

MC - SO, 109

Adult Basic Education and English as a Second Language

*St. Louis Community College at Meramec offers programs in the following school districts:
Affton, Bayless, Kirkwood, Lindbergh, Mehlville, Valley Park and Webster Groves.*

Call 314-984-7777 for more information

Please note: Graduates of the STLCC-Meramec Adult Education and Literacy program who are also Mehlville School District residents are eligible to receive an honorary degree from Mehlville and participate in their commencement ceremonies at the end of the school year. For more information, contact John DeWalle at dewallej@mehlilleschooldistrict.net or call 314-467-5267.

City of St. Louis Public Schools - 314-367-5000

Serving the school districts of St. Louis city, Ferguson-Florissant, Hancock Place, Jennings, Normandy, Riverview Gardens and Wellston

Parkway Schools - 314-415-4940

Serving the school districts of Brentwood, Clayton, Hazelwood, Pattonville, Ladue, Maplewood, Richmond Heights and Parkway

Rockwood Schools - 636-733-2161

Serving the school district of Rockwood

Ritenour Schools - 314-426-7900

Serving the school district of Ritenour

University City Schools - 314-290-4052

Serving the school district of University City. (www.ucityaelprogram.org.)

Continuing Education has courses to bring color into your life! Discover a new you with classes in the arts, wellness, home maintenance, crafts, photography, culinary arts, personal finance and more.

STLCC Continuing Education Personal Enrichment

Ageless Learning

Ageless Learning Seminars

ALS: A Brief History of the Museum of Transportation

Take a ride through the highlights and history of the National Museum of Transportation, located in Meramec campus' backyard. Join the Curator of Collections and Restoration Specialist, as he details some of the significant events of the museum from 1948 to the present.

SENR:702 | No Fee

602 Tu 10am-12pm
Oct. 13

MC - BA, 105

ALS: Charles Lindbergh - Hero and Hypocrite

Meet the complex, disturbing man who was one of America's most famous and strange heroes. Follow his amazing story including the daring solo non-stop flight across the Atlantic, the tragic murder of his baby son, his fascination with Nazi Germany and the fathering of several secret families.

SENR:702 | No Fee

301 Tu 10am-12pm
Oct. 6

Beverly Schuetz
WW, 102A

ALS: Mrs. Lincoln

Mary Lincoln ranks among the most detested public women in American history. Most Americans have unshakable opinions about Mary Lincoln's failings. She was easily transformed into the most notorious of shrews; her faults were magnified and her virtues forgotten; her neuroses were unobserved and her sanity was questioned. But today modern historians are taking a closer look at this most misunderstood of First Ladies. Hopefully, you will see Mary in a different light after this program.

SENR:702 | No Fee

300 Tu 10am-12pm
Sept. 15

Bonnie Vega
WW, 102A

ALS: The Basics - Memory Loss, Dementia, and Alzheimer's Disease

Learn about the symptoms, causes, and risk factors of Alzheimer's disease and other types of dementia. Join us for an interactive discussion about how Alzheimer's affects the brain, how to get a thorough diagnosis, the stages of the disease and treatments and resources available to help.

SENR:702 | No Fee

600 Tu 10am-12pm

Sept. 8

MC - BA, 105

503 Th 1pm-3pm

Nov. 12

FV - CWI, 136

ALS: Brain Mechanisms of 3-D Visual Perception

Binocular vision has significant advantages over monocular vision. Our eyes work like two different cameras placed on the front of the head and constantly take pictures of every event within our visual fields. These captured images are very important to see things in depth, in space, or in 3 dimensions. Our eyes send slightly different images of the same objects to the brain. In extreme accuracy the brain reads out those signals through its complex neural networking. Recently significant progress has been made by neuroscientists in this interesting field.

SENR:702 | No Fee

302 Tu 2pm-4pm

Oct. 27

Dr. Chowdhury
WW, 102B

ALS: Neuroethology of Bird Song and Human Vocalization

Birdsong and human speech have numerous parallels. Both go through similar brain processes during their learning and production of song/speech. There is an interesting difference, neural networks have been discovered inside the song bird's brain which do not exist in non-singing birds' brains. Neuroscientists have agreed that exploring brain mechanisms of the song system in birds will help us understand the brain mechanisms of human vocalization as well.

SENR:702 | No Fee

303 Tu 2pm-4pm

Nov. 10

Dr. Chowdhury
WW, 102B

ALS: Online Security and Safety

Are you interested in exploring the world of online buying and selling but, are worried about information security? Come to our presentation for an introduction and demonstration of various platforms (Craigslist, Ebay, Amazon, Etsy) and tools that will allow you to engage in online commerce securely.

SENR:702 | No Fee

601 Tu 10am-12pm

Sept. 29

502 Th 1pm-3pm

Oct. 29

Rachel Bufalo

MC - BA, 105

Rachel Bufalo

FV - CWI, 136

ALS: Yoga

Yoga is ageless! If you can breathe, you can do yoga. We will focus on prana, which is energy. It comes from various sources in all of our bodies. Breathing can be a major source of energy. We will be doing some belly and thoracic breathing and some easy asanas. These will allow you to engage in some active yoga practice. You will find this very helpful in many ways.

SENR:702 | No Fee

501 Th 1:30pm-3:30pm

Oct. 8

Sandy Tricamo

FV - CWI, 136

ALS: Johnny Rabbitt's History of St. Louis

9/3-Lost St. Louis: Part 2; 10/14-Downtown St. Louis Before the Arch; 11/5-A Hot Cup of Joe; 12/10-On With the Show.

SENR:702 | No Fee

P01 Th 10:30am-12:30pm

Sept. 3

MO Hist. Museum, ATT

W 10:30am-12:30pm

Oct. 14

MO Hist. Museum, ATT

Th 10:30am-12:30pm

Nov. 5

MO Hist. Museum, ATT

Th 10:30am-12:30pm

Dec. 10

MO Hist. Museum, ATT

75% of people who send emails are concerned that their personal information will be read by someone else other than the intended recipient. Find out how to stay protected online with the Ageless Learning Seminar on Online Security and Safety.

ALS: Colonial America

9/1-The Founding of the British Colonies in North America. 10/21-French and Indian War-Colonial Reaction. 11/17-The War for Independence.

SENR:702 | No Fee

P02 Tu 10:30am-12:30pm Bonnie Vega
Sept. 1 MO Hist. Museum, ATT
W 10:30am-12:30pm
Oct. 21 MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Nov. 17 MO Hist. Museum, ATT

ALS: Bellefontaine Cemetery-Where History Sleeps

9/30-The Not So Rich and Famous of Bellefontaine Cemetery. 10/27-Movers and Shakers of Bellefontaine Cemetery. 11/10-Mausoleums: Bellefontaine's Mini Mansions. 12/8-The Heroes Buried at Bellefontaine Cemetery.

SENR:702 | No Fee

P03 W 10:30am-12:30pm
Sept. 30 MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Oct. 27 MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Nov. 10 MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Dec. 8 MO Hist. Museum, ATT

ALS: The Folklore of St. Louis

10/6-The folkways of Holidays: From Halloween to New Year's Day. 10/13-The folklore of Children: From Autograph Book Verses to Insults. 10/20-The Importance of Oral traditions: Collecting the Folkways of Your Experiences.

SENR:702 | No Fee

P04 Tu 10:30am-12:30pm Dr. John Oldani
Oct. 6 MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Oct. 13 MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Oct. 20 MO Hist. Museum, ATT

ALS: WWI: Before America Went "Over There"

11/4-Origins of the War to the First Battles. 11/11-1914 and 1915: Stalemate on the Western Front. 11/18-1916 to US Entry in the War.

SENR:702 | No Fee

P05 W 10:30am-12:30pm Marc Kollbaum
Nov. 4 MO Hist. Museum, ATT
W 10:30am-12:30pm
Nov. 11 MO Hist. Museum, ATT
W 10:30am-12:30pm
Nov. 18 MO Hist. Museum, ATT

ALS: J. Thomas Dunn: A Look Back at the SS Admiral

SENR:702 | No Fee

P06 Tu 10:30am-12:30pm
Dec. 15 MO Hist. Museum, ATT

Enrichment Seminars

Enrichment Seminars: Vietnam 50 Years Later

SENR:766 | No Fee

500 F 12pm-1:30pm Mike Metroulas
Sept. 11 FV - TC, 105

Enrichment Seminars: Dia de los Muertos: Day of the Dead in Mexican and American Culture

SENR:766 | No Fee

501 F 12pm-1:30pm Julie Copp, Kelly Mueller
Oct. 16 FV - TC, 105

Enrichment Seminars: Homicides and Mass Shootings at Colleges and Universities

SENR:766 | No Fee

502 F 12pm-1:30pm Steve Christiansen
Nov. 13 FV - TC, 105

Welcome to Medicare

Are you getting close to being eligible for Medicare? CLAIM will be providing information about enrolling in Medicare, understanding the difference between Medicare Advantage and Medigaps, how to choose a Part D plan, and how to protect your benefits. CLAIM is a nonprofit organization providing free, unbiased information about Medicare to Missourians. All of CLAIM's services are free, unbiased and confidential.

SENR:766 | No Fee

501 W 3pm-5pm Shelley Miller
Sept. 9 SCEUC, 100

Senior Fitness

Line Dancing for Older Adults: Beginning

Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. No partner required.

SENR:703

\$69
500 Th 9am-9:50am Sandra Derickson
Sept. 10 - Nov. 12 FV - PE, 233

\$59

M01 F 12:30pm-1:30pm Sandra Derickson
Sept. 18 - Oct. 16 Affton White-Rodgers, GYM

M02 F 12:30pm-1:30pm Sandra Derickson
Oct. 23 - Dec. 4 Affton White-Rodgers, GYM
No class 11/20, 11/27

Line Dancing for Older Adults: Easy Intermediate

Step it up a notch! This class is for those who have mastered the beginning class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. Prerequisite: Beginning Line Dancing for Older Adults. No partner required.

SENR:703 | \$69

501 Th 10am-10:50am Sandra Derickson
Sept. 10 - Nov. 12 FV - PE, 233

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water. CLASS WILL BE HELD IN FELLOWSHIP HALL OF CHRIST LUTHERAN CHURCH, 1 SELMA AVE, 63119.

SENR:704 | \$79

M01 Th 10am-11am Masterpeace Studios
Aug. 27 - Oct. 15

M02 Th 10am-11am Masterpeace Studios
Oct. 22 - Dec. 17
No class 11/26



Social Security Benefits America Series

SSBA Series: What Every Woman Should Know About Social Security

As a woman, what challenges will you face in the retirement years? Learn about Spousal Benefits, Widow's Benefits and Divorced Spouse's Benefits. Registration required. Class offered by the Social Security Administration.

SENR:766 | No Fee
H01 Th 1pm-3pm
Sept. 24 Harrison Ed Ctr., 100
302 Tu 1pm-3pm
Oct. 27 WW, 302

SSBA Series: Medicare and Medicare Drug Programs

Are you confused about Medicare? Get your questions answered by a Social Security Representative and a Medicare Expert. In this session you will learn about other health plans and prescription drug companies and find out about Part A, Part B, and Part D of Medicare.

SENR:766 | No Fee
H02 Th 1pm-3pm
Oct. 8 Harrison Ed Ctr., 100
303 Tu 1pm-3pm
Nov. 10 WW, 302

SSBA Series: Disability, Basic Eligibility and Entitlement Factors

What are disability benefits? Who qualifies for disability benefits? What does it mean to be "insured" for Social Security Benefits? Learn about the process of filing for Disability, what happens once you file your application and how to appeal the decision if necessary. Registration required. Class offered by the Social Security Administration.

SENR:766 | No Fee
H03 Th 1pm-3pm
Oct. 22 Harrison Ed Ctr., 100
301 Tu 1pm-3pm
Oct. 13 WW, 302

SSBA Series: Retirement, How Do You Qualify for Benefits?

How do you qualify for retirement benefits? Learn how to estimate your benefits using the online retirement estimator. You will learn the rules for working and receiving benefits and find out about benefits for family members and Medicare enrollment periods. Registration required. Class offered by the Social Security Administration.

SENR:766 | No Fee
H04 Th 1pm-3pm
Nov. 5 Harrison Ed Ctr., 100
300 Tu 1pm-3pm
Sept. 22 WW, 226

Creative Arts

Arts and Crafts

Fine Arts

Artful Saturdays

Enjoy three Saturday mornings exploring museum collections both inside and outside. Participants must provide their own transportation. September 26 - Saint Louis Art Museum: A Selection of Renaissance Art (meet in Sculpture Hall, inside the main entrance to the Cass Gilbert (original) museum building. October 3 - Saint Louis Art Museum: A Selection of Baroque Art - (meet in Sculpture Hall, inside the main entrance to the Cass Gilbert (original) museum building.) October 10 - Laumeier Sculpture Park: A Monumental Experience Part II (meet in the Rose Garden in front of the original Laumeier estate building.)

ARTS:705 | \$65
680 Sa 10am-12pm Elizabeth Solomon
Sept. 26 MC - Off Campus
Sa 10am-12pm
Oct. 3 MC - Off Campus
Sa 10am-12pm
Oct. 10 MC - Off Campus

Drawing: Beginning/Intermediate

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | \$99
P01 W 6pm-8:30pm Lisa Payne
Sept. 2 - Oct. 7 Nottingham, 110
600 Tu 9:30am-12pm Ruth Kolker
Sept. 8 - Oct. 13 MC - CE
601 Tu 9:30am-12pm Ruth Kolker
Oct. 27 - Dec. 1 MC - CE

Drawing: Intermediate/Advanced

Advance your skills through practice. Drawing fundamentals will be reviewed - line, perspective, value and composition. Emphasis will be on practice and technique. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | \$99
P02 W 6pm-8:30pm Lisa Payne
Oct. 14 - Nov. 18 Nottingham, 110

Exclamation Point!

"I loved Artful Saturdays. Betsy Solomon is terrific and has a full and deep knowledge of art. I really enjoyed viewing the art in person at the Art Museum and Laumeier Sculpture Park."

Joyce K., Affton

Perspective Drawing and Still Life

In a relaxed atmosphere, explore drawing fundamentals - line, perspective, value, and composition. No experience necessary and much individualized instruction given. Intermediate level students advance with more sophisticated projects. Supply list discussed at first class. Bring pencil and sketch pad to first class. No class 11/26.

ARTS:709 | \$99
651 Th 6:30pm-9pm Philip Perschbacher
Oct. 29 - Dec. 10 Ladue H.S., 135

Drawing Traditional Pencil Basics

Discover the fundamentals of an essential art - drawing. Use pencil to create line, perspective, value and composition. No experience necessary and individualized instruction included. Supply list sent. This class is for beginners only.

ARTS:709 | \$75
680 Sa 12pm-3pm Sean Long
Sept. 5 - Sept. 26 MC - HE, 215
681 Sa 12pm-3pm Sean Long
Oct. 3 - Oct. 24 MC - HE, 215

Botanical Illustration: Watercolor

Inspired by antique styles, create contemporary pieces with new methods. Our subject and inspiration will be the plant kingdom, the medium will be watercolor. Delve into washes, layering, texture, color and composition with models from dried plants, fruit, and fresh flowers. All levels welcome.

ARTS:709 | \$99
603 Th 12pm-3pm Maureen Brodsky
Oct. 15 - Nov. 12 MC - CE

Botanical Illustration: Colored Pencils

Inspired by antique styles, create contemporary pieces with new methods. Our subject and inspiration will be the plant kingdom, the medium will be colored pencil. Delve into drawing, texture, color and composition with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent.

ARTS:709 | \$99
602 Th 12pm-3pm Maureen Brodsky
Sept. 10 - Oct. 8 MC - CE

Drawing in Color Pencil: Beginning

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent.

ARTS:716 | \$149
S01 Tu 12:45pm-2:45pm Kristine Scharfenberger
Sept. 1 - Nov. 17 SCEUC, 101

Drawing in Color Pencil: Intermediate

A continuation of the beginner's class. Intermediate students will further develop their skills in building color and value while still leaving room for the beautiful detail and control of colored pencil

ARTS:716 | \$149
S02 Th 12:45pm-2:45pm Kristine Scharfenberger
Sept. 3 - Nov. 19 SCEUC, 101

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Deadline to register is 9/4. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one.

ARTS:718 | \$149
6D1 M 6:30pm-9:30pm Philip Perschbacher
Sept. 14 - Nov. 2 Clayton H.S., 24

New Travel Drawing

See St. Louis through the eyes of a traveler, whether a long time resident or a newcomer, this basic drawing class will explore elements of drawing such as sketching, figure gestures, perspective, landscape, value, and composition through on site drawing experiences at locations around St. Louis City. Exploring materials ranging from pen, ink, watercolor, to pencil, students will learn through demos, hands on experience and daily feedback sessions. The instructor will tailor lessons to the level of the students and a sense of community building is emphasized. By the end of class students should have multiple skills that they can use in their own travels in and outside of St. Louis.

ARTS:721 | \$115

PD1 Sa 9am-10am Sarah Paulsen
Sept. 12 FP - G Tower, 412
Sa 9am-12pm
Sept. 19-Oct. 17 FP - Off Campus (CE)

Picture Book Illustration

Are you a lover of children's storybooks, with a desire to make your own? Join us to plot out a story into a 6 page counting book starting with thumbnails, then sketches, making a book dummy and painting final artwork. You will leave with your book, ready to keep and share on your own, or take the next step and submit to publishers. Supply list sent.

ARTS:721 | \$75

650 W 6pm-9pm Sean Long
Sept. 16 - Oct. 7 MC - HE, 124

Caricature Drawing

Surprise friends by capturing their quirkiness as a cartoon character! This course introduces you to the special art of caricature. Focus on how to draw a portrait of a person involving a degree of graphic exaggeration and distortion of facial and/or body features. Learn how to observe through the eyes of a caricaturist and how to approach the actual drawing of the subject/model. The desired outcome, through practice, is for you to be able to create a recognizable portrait of a subject/model. Supply list sent.

ARTS:721 | \$75

651 W 6pm-9pm Sean Long
Oct. 14 - Nov. 4 MC - HE, 123

Cartooning

Explore cartooning and comics with an overview of tools used in an overlooked art form. Investigate comic strip creation, comic book layout, political cartooning, basic character design, and hand drawn animation. Gain an understanding of basic skills and techniques. Prerequisite: Beginning Drawing class or equivalent experience. Supply list sent. There will be homework assignments.

ARTS:721 | \$75

680 Sa 9:30am-11:30am Sean Long
Sept. 5 - Oct. 10 MC - HE, 124

Right Brain Drawing

Learn to tap into the right side of your brain for creative projects! Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. You'll make the mental shift to a state where drawing is pleasurable, meditative and frees you from anxiety. Instructor has years of experience in assisting students to access their creative mind! Supply list sent. Textbook required — bring to first class.

ARTS:721 | \$99

750 Tu 6:30pm-8:30pm Mary Feagan
Sept. 8 - Oct. 27 Kirkwood H.S., SA 1
480 Sa 9:30am-11:30am Mary Feagan
Sept. 26 - Nov. 14 FP - G Tower, 111

Calligraphy Basics

Learn Calligraphy basics for letters and numbers - pen angle, letter slant, size and spacing. Discover how to use this art form in practical ways. Supply list sent.

ARTS:725 | \$109

S01 F 10am-12pm Kristine Scharfenberger
Oct. 2 - Nov. 20 SCEUC, 102

Mastering Calligraphy

Get an in-depth study of calligraphy's most common form, italic. Learn proper pen angle, letter slant, spacing, size for upper and lower case and numbers. Instructor stresses the use of calligraphy in everything from invitations to fine art. Supplies discussed at first class.

ARTS:721 | \$119

652 M 7pm-9:30pm Leslie Barnes
Sept. 14 - Nov. 2 MC - HE, 215

Pottery for the Novice/Beginner

For the person who has never worked in clay or prefers a slower pace. Start with the basics of handbuilding and wheelthrowing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is \$18. Fee includes most materials.

ARTS:727 | \$135

720 Tu 6:30pm-9pm Guy Sachs
Sept. 8 - Oct. 13 Ladue H.S., 132
721 Tu 6:30pm-9pm Guy Sachs
Oct. 20 - Nov. 24 Ladue H.S., 132

Pottery: Intermediate/Advanced

Explore projects in which skills in hand-building and wheel-throwing are practiced and improved. Prerequisite - Beginning Pottery or Novice Pottery or equivalent experience. Tool supply list sent. Approximate cost of tools is \$18. Fee includes most materials.

ARTS:727 | \$135

722 Th 6:30pm-9pm Guy Sachs
Sept. 3 - Oct. 8 Ladue H.S., 132
723 Th 6:30pm-9pm Guy Sachs
Oct. 29 - Dec. 10 Ladue H.S., 132
No class 11/26

Pottery: All Levels

Explore projects in which skills in hand-building (for beginners) and wheel throwing (for more advanced students) are investigated and improved. All levels of experience are welcome. Fee includes most materials.

ARTS:727 | \$135

550 Tu 6:30pm-9pm Carl Behmer
Sept. 8 - Oct. 13 FV - H, 109
551 Tu 6:30pm-9pm Carl Behmer
Oct. 27 - Dec. 1 FV - H, 109
580 Sa 9:30am-12pm Sheow Chang
Sept. 5 - Oct. 10 FV - H, 109
581 Sa 9:30am-12pm Sheow Chang
Oct. 17 - Nov. 21 FV - H, 109
450 Tu 6pm-9pm Phillip Finder
Sept. 15 - Oct. 13 FP - AA
451 Tu 6pm-9pm Phillip Finder
Oct. 27 - Dec. 1 FP - AA

Watercolor: Beginning Techniques

Paint with the brilliant color and fluid stroke of watercolor. Acquire and practice various techniques in transparent watercolor and learn the best paint, paper type and preparation for your artworks. Prerequisite: Basic drawing class or equivalent experience. Supply list sent.

ARTS:735 | \$99

600 Tu 1pm-3:30pm Beverly Hoffman
Sept. 8 - Oct. 13 MC - CE
M01 Th 12:30pm-3pm Nancy Muschany
Sept. 3 - Nov. 19 St John's Ev. UCC

Watercolor: Intermediate/Advanced Techniques

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents, and more. Prerequisite: Beginning Watercolor class or equivalent experience.

ARTS:736

12 Sessions | \$185

700 F 9am-12pm Phyllis Smith Piffel
Sept. 11 - Dec. 4 Bluebird Park
No class 11/27
700 F 12:30pm-3:30pm Phyllis Smith Piffel
Sept. 11 - Dec. 4 Bluebird Park
No class 11/27
M01 W 12pm-2:30pm Nancy Muschany
Sept. 2 - Nov. 18 St John's Ev. UCC
M02 M 12pm-2:30pm Nancy Muschany
Sept. 14 - Nov. 30 St John's Ev. UCC
Six Sessions | \$99
600 Tu 1pm-3:30pm Beverly Hoffman
Oct. 27 - Dec. 1 MC - CE

New First Impressions: Monet in a Day: Waterlilies

Always wanted to try your hand at painting? Explore the basics of art in a slow paced, easy to follow way! Paint Monet's famous masterwork Water Lilies. Instruction will be step by step. Painting will be demonstrated, and as the instructor paints, you will follow along. Periodic breaks will be given. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! No prerequisite, this class is for those who have never picked up a brush or just enjoy painting. LAST day to enroll or drop is Monday, 9/14. No refunds after Monday, 9/14.

ARTS:748 | \$95

MD1 W 5:30pm-9:30pm
Sept. 23 MC - CE

New First Impressions: Monet Masterworks: The Cliff Walk at Pourville

A great way to learn art is by standing on the shoulders of the giants who have gone before us! Learn the basic elements of composition, color, drawing, and much more by copying this masterful painting by Monet: The Cliff Walk at Pourville. You will be guided step by step through the entire process, and shown how to mix paint, where to apply it, what kind of brushstroke to use, and how to progress. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! No prerequisite, this class is for those who have never picked up a brush or just enjoy painting. All supplies included in the cost of the class. LAST day to enroll or drop is Monday, 9/28. No refunds after Monday, 9/28.

ARTS:748 | \$145

MD2 W 6:30pm-8:30pm
Oct. 7 - Nov. 11 MC - HE, 217

New First Impressions: Monet in a Day: Impression Sunrise

Always wanted to try your hand at painting? Explore the basics of art in a slow paced, easy to follow way! Paint Monet's famous masterwork Impression Sunrise. Instruction will be step by step. Painting will be demonstrated, and as the instructor paints, you will follow along. Periodic breaks will be given. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! No prerequisite, this class is for those who have never picked up a brush or just enjoy painting. All supplies included in the cost of this class. LAST day to enroll or drop is Monday, 11/9. No refunds after Monday, 11/9.

ARTS:748 | \$95

MD3 W 5:30pm-9:30pm
Nov. 18 MC - CE

Call 314-984-7777 to register
beginning August 3.

PERSONAL ENRICHMENT

Oil or Acrylics: Beginning

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740

10 Sessions | \$185

P01 Tu 5:45pm-8:45pm
Sept. 15 - Nov. 17

Lisa Payne
Nottingham

Five Sessions | \$99

W02 Th 2pm-5pm
Sept. 10 - Oct. 8

Lisa Payne
The Timbers

Oil or Acrylic: Continuing

Continue to advance your painting techniques in a relaxed atmosphere. Progress at your own rate with individualized instruction as you learn methods to enhance painting skills. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | \$99

W03 Th 2pm-5pm
Oct. 15 - Nov. 12

Lisa Payne
The Timbers

Oil or Acrylic: Advanced

Only for experienced artists who want to paint for fun, relaxation or have a goal of eventually selling paintings. Get some formal instruction in color, technique or composition. Work at your own pace. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom.

ARTS:746 | \$185

710 W 6pm-9pm
Sept. 9 - Nov. 11

Brenda Schilling
Clayton H.S., 24

Acrylic Impressions

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome. Students are responsible for setting up and taking down classroom tables. Class held in room 300 or 310. Please check at KCC office at first class for room schedule.

ARTS:748 | \$185

M01 Tu 12:30pm-3:30pm
Sept. 8 - Nov. 10

Phyllis Smith Piffel
Kirkwood CC

Acrylic Impressions: Workshop

An accelerated workshop. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome. Students are responsible for setting up and taking down classroom tables. Class held in room 300 or 310. Please check at KCC office at first class for room schedule.

ARTS:748 | \$79

M02 Tu 12:30pm-3:30pm
Nov. 17 - Dec. 8

Phyllis Smith Piffel
Kirkwood CC

Exclamation Point!

"Lisa Payne did an excellent job in encouraging each student, sensitive to their level of experience. She made it a class to look forward to participating in."

Denise R., Oakville

Portraiture for All Mediums

Combine your enjoyment of drawing and painting! Have you always wanted to capture a person's likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. You will begin with drawing and work into the paint medium of your choice. Water-based oil paints are the only type allowed in the classroom. This class is perfect for all skill levels.

ARTS:748 | \$185

580 Sa 1pm-4pm
Sept. 12 - Nov. 14

Philip Perschbacher
FP - G Tower, 409

Abstract Painting

Ever wanted to paint like Picasso, Warhol, Pollack, Lee Krasner or the DeKoonings? This is the studio class for you. No representational art. Broom the still lifes and puppy dogs to explore the pouring, layering, scraping, trolling, spraying and stencilling techniques that made mid 20th century art so intriguing. No experience necessary. Supplies will be additional and discussed at the first class.

ARTS:748 | \$99

650 M 6pm-7pm
Sept. 21

Maureen Brodsky
MC - HE, 217

M 6pm-9pm

Sept. 28-Oct. 26

MC - HE, 217

Painting Plein Air

Paint Forest Park in your favorite medium (watercolor, acrylic or oil) while you explore the language of color. Paint at a variety of locations and discover the intricacies of mixing a limited set of colors each week to make an infinite number of tints and shades. Experience the emotions of color, paint the light and enjoy the park. The first session will meet at Forest Park campus for one hour. We will cover materials needed at this time. All following sessions are for two hours and meet in different locations in Forest Park. Provide your own transportation. No class 9/15.

ARTS:748 | \$79

400 Tu 1pm-2pm
Sept. 8

Maureen Brodsky
FP - G Tower, 115

Tu 1pm-3pm

Sept. 22-Oct. 27

TBA

All About Framing Artwork

A crash course in what's new, as well as framing design basics. How do you place artwork to beautify and protect the work? You will discover what is important for your needs - how to best prep your work for a show, how to prep art so it will look good for a long time, how and where to hang art (and where it should never be hung). Some traditional and non-traditional custom framing and DIY ideas will be presented. Bring questions and photos of your rooms and art or bring your art! Students may bring a lunch to eat during the Q&A portion of the class.

ARTS:765 | \$29

650 Tu 6pm-9pm
Oct. 13

Deborah Weltman
MC - HE, 123

New Photographing Your Artwork

Get some tips on photographing your artwork for your online shop or your portfolio! We will discuss cameras, lenses, backdrops, and there will be a demo!

ARTS:765 | \$29

652 W 6:30pm-8:30pm
Oct. 7

MC - CE

New Making Mandalas and Coloring for Grown Ups

Create repeating designs that compose a circular pattern. Draw your own mandala and color it with brilliant Aquarelle pencils. These may be used dry or with a paintbrush and water to create washes. No experience or prior art knowledge necessary. Supplies included in the cost of the class.

ARTS:765 | \$39

651 W 6:30pm-8:30pm
Oct. 21

MC - CE

Crafts

Sewing: Beginning

Beginning students will learn to operate their own sewing machine, to wind a bobbin and insert it correctly, to identify fabric grain and its importance in design layout, and to choose appropriate fabrics for simple projects. Basic sewing skills, pressing techniques, and tips to make professional looking projects will be taught throughout the class. Projects vary but may include a table runner, pillowcase, and a simple tote. All make great gifts. Bring sewing machine to second class. Supplies are additional and will be discussed at first class. Be prepared to go shopping at a local fabric store during the last part of the first class. Provide own transportation. Dismissal will be from the store. A field trip release form will be provided at the first class.

CRFT:713 | \$59

550 M 7pm-9:30pm
Sept. 14 - Oct. 5

Carolyn Rubsam
FV - SM, 133

Sewing: Intermediate

Continuing students will advance their sewing skills by constructing more advanced projects. Practice skills learned from beginning sewing and add new ones: making a piped seam, inserting a lining, stitching in the ditch, inserting a lapped zipper, turning a square corner, edge stitching, and applying bias binding. Projects vary but may include a sewing machine dust cover, a decorator pillow, and a microwave bowl potholder. All make great gifts. Bring sewing machine to second class. Supplies are additional and will be discussed at first class. Be prepared to go shopping at a local fabric store during the last part of the first class. Provide own transportation. Dismissal will be from the store. A field trip release form will be provided at the first class.

CRFT:713 | \$59

551 M 7pm-9:30pm
Oct. 12 - Nov. 2

Carolyn Rubsam
FV - SM, 133

New Pattern Making: the First Steps

Acquire basic draping techniques, making a pattern with muslin on a professional dress form. You will make a basic dress pattern (sloper) from your own measurements. LAST Day to enroll or drop is Tuesday, 9/15. No refunds after Tuesday, 9/15.

CRFT:713 | \$35

PD2 Tu 6pm-9pm
Sept. 22 - Sept. 29

City Sewing Room

New UpCycle Your T-shirts into Rag Rugs

The versatile t-shirt! Join us to upcycle your old shirts into rag rugs, totes, headbands, quilt tops and many other useful items. Bring five to ten t-shirts to class to serve as your material. LAST day to enroll or drop is Tuesday, 10/13. No refunds after Tuesday, 10/13.

CRFT:713 | \$35

PD3 Tu 6pm-9pm
Oct. 20

City Sewing Room

New UpCycling Sweaters into ANYTHING!

Ugly sweaters can become the most wonderful things with a little imagination. Garments and gifts for everyone. Dog clothing, scarves, extra long funky stocking caps, cuffs, leg warmers, or even SWANTS!!! Bring your own sweaters or use one from the City Sewing Room. LAST day to enroll or drop is Tuesday, 11/10. No refunds after Tuesday, 11/10.

CRFT:713 | \$35

PD4 Tu 6pm-9pm
Nov. 17

City Sewing Room

New Santa's Got a Brand New Bag!

Fashion a GIANT 30" x 30" expandable red drawstring Santa satchel with holiday trimmings to carry your gifts to and from Grandma's house. LAST day to enroll or drop is Tuesday, 12/1. No refunds after Tuesday, 12/1.

CRFT:713 | \$35

PD5 Tu 6pm-9pm
Dec. 8

City Sewing
Room

Basic Building Blocks for New Quilters

Have you always wanted to make a quilt but had no idea how to begin? Step by step, you will learn how to choose and prepare fabric, cut and sew your quilt blocks, baste together a quilt top, adding batting and backing, set with borders, and learn a basic quilt stitch. When you are done, you will have either a wall hanging or a beautiful table runner. Acquire a new skill, one you can pass on to your children. Basic hand sewing skills necessary. Supply list sent.

CRFT:718 | \$110

680 Sa 9am-11am
Sept. 12 - Oct. 17

Melanie Redler
MC - HE, 123

Machine Quilting Basics: Exploding Block Pattern

This wall hanging or micro quilt is completed entirely by sewing machine. The exploding block pattern is easy to cut and fast to sew with accuracy for the beginning or advanced quilter. Apply borders, batting, backing, and binding will finish the project. Learn the techniques and you will be ready to advance to a larger quilt. Sewing machine skills are needed to successfully complete this project. The first class will include a field trip to the fabric store. Class will dismiss from the store. Bring your sewing machine to the second class.

CRFT:718 | \$59

550 Tu 7pm-9:30pm
Sept. 22 - Oct. 13

Carolyn Rubsam
FV - SM, 133

Embroidery: Design and Stitch

Embroidery doesn't have to be dancing dishes or kittens in mittens! In this three week class, each student will create a pair of pillowcases that fits your personality. You'll focus on creating your own designs and using the many resources available to find unique patterns that inspire you. Learn different techniques for transferring designs that are easy and effective. You will learn many stitches, from basic to advanced. Everyone will work together, but each will have a very personalized end product. All supplies included in the cost of the class and will be yours to take home to use again and again. Please bring a pair of scissors to class. No prior experience necessary.

CRFT:728 | \$65

S50 Tu 6:30pm-8:30pm
Sept. 22 - Oct. 6

Magan Harms
SCEUC, 100

S51 Tu 6:30pm-8:30pm
Nov. 3 - Nov. 17

Magan Harms
SCEUC, 100

Weaving: Begin with a Rag Rug

A beginning class for those interested in weaving. Work will be done on a pre-loaded floor loom. You will create a rag rug from various cotton fibers. Rug will be approximately 18"W by 36" L.

CRFT:713 | \$55

MD1 Tu 7pm-9pm
Sept. 8 - Sept. 15

Guided Crafts

LAST DAY TO ENROLL OR DROP IS TUESDAY, 9/1. NO REFUNDS AFTER 9/1.

MD2 Sa 9am-1pm

Sept. 19

Guided Crafts

LAST DAY TO ENROLL OR DROP IS TUESDAY, 9/11. NO REFUNDS AFTER 9/11.

Weaving: Begin with a Table Runner

A beginning class for those interested in weaving. You will work on a 4 shaft pre-loaded table top loom. Table runner will be made with cotton. Students will be allowed to pick from multiple colors for the runner. Student will learn basic weaving techniques in tabby and twill.

CRFT:713 | \$60

MD4 Tu 7pm-9pm
Oct. 27 - Nov. 3

Guided Crafts

LAST DAY TO ENROLL OR DROP IS MONDAY, 10/19. NO REFUNDS AFTER MONDAY, 10/19.

MD5 Sa 9am-1pm
Nov. 7

Guided Crafts

LAST DAY TO ENROLL OR DROP IS FRIDAY, 10/30. NO REFUNDS AFTER FRIDAY, 10/30.

Shibori Dyed Silk Scarves

Do you love scarves? What could be better than making 8 just the way you want? Learn Shibori techniques to add pattern and color to your scarves. Shibori dyeing is an ancient technique that literally means "shaped-resist dyeing". The shaping process leaves areas undyed that become patterns when the cloth is dyed. Rather than treating cloth as a two-dimensional flat surface, shibori techniques give it a three dimensional form by folding, crumpling, stitching, plaiting, or plucking and twisting. A cloth may be dyed repeatedly using a different shaping method each time. Also learned in the class is dye removal, you will add color, remove color, and add more color. Leave with 8 finished scarves at the end of class. Learn many stitched and folded Shibori techniques as well as vat dyeing and dye removal. Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:718 | \$139

651 W 6:30pm-8:30pm
Nov. 4 - Nov. 18

Nicole Ottwell
MC - SS, 205

Silk Scarf Dyeing

Come and get a bit messy while hand-dyeing beautiful scarves. We will use quick techniques to bring color to silk and have fun doing it. You will leave with two beautiful scarves that will look amazing for years to come. Supplies included in the cost of the class. Come dressed to work with dyes. Bring rubber gloves, and old towel and ziplock bags to take home scarves.

CRFT:765 | \$49

650 M 6:30pm-8:30pm
Oct. 5

Nicole Ottwell
MC - SS, 107

500 F 9:30am-11:30am
Nov. 13

Nicole Ottwell
FV - H, 109

New Silk Scarf Painting

Learn to make simple and beautiful paintings on silk scarves. Techniques for how to create images and patterns will be taught. Participants will be encouraged to create their own unique pattern and style for this wearable art. Be prepared for working with dyes, bring an apron or an old shirt. Supplies are provided in the cost of the class with the expectation of making 1-2 scarves.

CRFT:713 | \$65

M02 M 6pm-9pm
Oct. 12

Lisa Payne
Cul. Arts House

Stamp Carving and Printing for Textiles

Create a completely contemporary textile print with an ancient method. From design to carving your own stamps to printing with textile pigments on cloth, you will master the entire process. There are so many digital methods that we can use to print a picture, but they lack the artistic expression in the ancient art of hand printing. You will carve at least three stamps and learn all the ways you can use them. Print on anything, T-shirts, pillowcases, cloth tote bags and kitchen towels. Some cloth will be provided but you will want to bring more items to print, this is discussed in the first night. Additional materials costs are up to you, but could be \$15.

CRFT:718 | \$79

650 M 6:30pm-8:30pm
Sept. 14 - Sept. 28

Nicole Ottwell
MC - SS, 107

New Introduction to the Spinning Wheel

Satisfy your curiosity about the spinning wheel. Interested in making your own novelty yarns? We'll discuss the preparation of wool, learn how to evaluate, clean, and card fleece. We cover the basics of spinning and twining. There will be plenty of time for fine tuning your technique with the direction of the instructor. All Materials included.

CRFT:713 | \$30

MD3 Tu 6:30pm-8:30pm
Oct. 6

Guided Crafts

LAST DAY TO ENROLL OR DROP IS MONDAY, SEPT. 28. NO REFUNDS AFTER SEPT. 28.

MD6 Tu 6:30pm-8:30pm
Nov. 10

Guided Crafts

LAST DAY TO ENROLL OR DROP IS TUESDAY, 11/3. NO REFUNDS AFTER TUESDAY, 11/3.

Tangled Fibers: Felting

Felting is the process of tangling fibers together. In this course we will cover a variety of techniques and create felted fabrics, functional textiles, and wool sculptures. Techniques include nuno felting, wet felting with resists, and needle felting. Fiber and needles provided in cost of class. Supply list sent - cost of additional materials from \$5 - \$20.

CRFT:765 | \$115

652 M 6pm-9pm
Oct. 26 - Nov. 16

Nicole Ottwell
MC - CE

New Needle Felted Holiday Gnome

Learn to Needle Felt Christmas Gnomes. Depending on time students will make 2 to 3 Gnomes. All Material included in cost of the class. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 11/4. NO REFUNDS AFTER 11/4.

CRFT:765 | \$35

MD6 W 10am-12pm
Nov. 11

Guided Crafts

Knitting 101: Beginning Techniques

Learn to knit the basics - casting on, knitting and purling, binding off, and finishing. Get lots of information and tips for future projects. Supply list sent.

CRFT:720 | \$49

450 Tu 6pm-8pm
Sept. 15 - Sept. 29

Thi Miller

750 Tu 6:30pm-8:30pm
Oct. 6 - Oct. 20

Cristin Greenlee
Kirkwood H.S., W 105

Knitting: the Next Step

Broaden your skills beyond basic knitting and purling. Learn techniques for increasing and decreasing, making lace, cabling, fixing mistakes and simple pattern reading. Prerequisite: Knit 101 or equivalent experience. Supply list sent.

CRFT:722 | \$49

750 Tu 6:30pm-8:30pm
Nov. 3 - Nov. 17

Cristin Greenlee
Kirkwood H.S., W 105

P02 Tu 6pm-8pm
Oct. 6 - Oct. 20

Thi Miller
Nottingham, 104

Knit in a Day

A crash course in knitting. Learn the basics in one fell swoop (casting on, knitting, purling, pattern reading, cabling and binding off) and be on your way to impress friends and yourself. It's such a beautiful form of handiwork and so worth the time. You may bring snacks or a sack lunch.

CRFT:720 | \$49

681 Sa 9am-3pm
Oct. 10

Cristin Greenlee
MC - CN, 128

480 Sa 9am-3pm
Oct. 17

Thi Miller
FP - G Tower, 115

Infinity Scarf: Knitting in the Round

Knit a modern chunky infinity scarf in one morning. Use your basic knit and purl stitches to learn how to make an infinity style scarf knit in the round! Prerequisite: Knit 101 or equivalent experience. Supply list sent.

CRFT:720 | \$49

680 Sa 9am-1pm
Nov. 21

Cristin Greenlee
MC - CN, 126

Knit in the Round: Magic Loop

In this class, we'll knit our socks in the round using the Magic Loop. The Magic Loop is a wonderful and fun technique for knitting socks. It is also a nice alternative to using double-pointed needles. Sock knitting is truly addictive, and the Magic Loop provides one of the many ways to knit them!

CRFT:722 | \$59

452 Th 6pm-8pm
Oct. 8 - Oct. 29

Thi Miller
FP - G Tower, 117

Knit Hats

Come and knit a multitude of hats! Techniques will cover casting-on, knitting, decreasing and shaping, weaving in ends and finishing, and, most importantly, working in the round. You'll learn how to use both a circular needle and a double-pointed needle. After this class you will be well on your way to being a more advanced knitter. Prerequisite: Knit 101 or equivalent experience. Supply list sent.

CRFT:722 | \$49

453 Th 6pm-8pm
Nov. 5 - Nov. 19

Thi Miller
FP - F Tower, 219

Socks for Beginners

Welcome! In this class, we'll learn how to knit our lovely socks on double pointed needles. Sock knitting is incredibly enjoyable, portable and makes a fantastic gift. Learn all about the construction of a sock so that it can be made to order.

CRFT:722 | \$49

451 Th 6pm-8pm
Sept. 10 - Oct. 1

Thi Miller
FP - G Tower, 115

Knit Garments: First Sweater

A sweater is a great next step for those who are interested in garment knitting or are ready to move into more advanced projects. We'll cover sweater construction, design and shaping, as well as measurements for a variety of body sizes and shapes. Prerequisite: Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | \$59

P03 Tu 6pm-8pm
Oct. 27 - Nov. 17

Thi Miller
Nottingham, 104

Crochet 101: Beginning

Crochet basic stitches - single, double and triple, learn to decrease and increase. Make a simple piece and get help reading patterns. You may bring your unfinished project. Both Beginning and continuing students welcome. Supply list sent.

CRFT:724 | \$49

552 Tu 7pm-9pm
Sept. 15 - Sept. 29
750 Tu 6:30pm-8:30pm
Oct. 6 - Oct. 20

Anne Frese
FV - SS, 105
Dee Levang
Kirkwood H.S., W 107

Crochet: the Next Step

Go beyond the basics of crochet with this class. Learn the half-double and treble crochet stitches, how to increase and decrease. Practice reading patterns. After this class, you will be an Intermediate Crocheter! Students may bring their own projects. Prerequisite: Crochet 101 or equivalent experience. Supply list sent.

CRFT:726 | \$49

750 Tu 6:30pm-8:30pm
Oct. 27 - Nov. 10
550 Tu 7pm-9pm
Nov. 3 - Nov. 17

Dee Levang
Kirkwood H.S., W 107
Anne Frese
FV - SS, 105

New Tunisian Crochet 101

Tunisian Crochet is a type of crochet that uses an elongated hook, often with a stopper on the handle end, called a Tunisian or Afghan hook. It is sometimes considered to be a mixture of crocheting and knitting. Some techniques used in knitting are also applicable in Tunisian crochet. Tunisian crochet has the look of knitting and uses similar stitches to crocheting, so if you can knit or crochet you will pick it up quickly. We will learn the Tunisian foundation row, tunisian simple stitch, tunisian knit stitch, tunisian purl stitch, increasing and decreasing, binding off and joining, reading patterns and charts, color changing all while making a stitch sampler scarf.

CRFT:724 | \$49

680 Sa 9am-12pm
Sept. 26 - Oct. 3

Dee Levang
MC - AS, 204

New Amigurumi for Beginners

Play with your food! Amigurumi is always fun to make and crocheted food is very popular. It also makes great gifts. LAST DAY TO ENROLL OR DROP IS THURSDAY, 11/5. NO REFUNDS AFTER 11/5.

CRFT:724 | \$45

MD1 Th 6:30pm-8:30pm
Nov. 12

Guided Crafts

Crochet Granny Squares

Learn to make the traditional granny square! This crochet stitch can be made into square that are pieced together to make clothing, pillows or even a big blanket. A versatile form to learn. This class is for people who know basic crochet stitches and are looking to move forward to more exciting projects. Must be comfortable with double crochet stitch or have taken Crocheting 101. Supply list sent.

CRFT:726 | \$35

552 W 7pm-9pm
Oct. 28 - Nov. 4

Laura Frazier
FV - C, 107

New Crochet Geometry: Beyond the Square

Learn to make the traditional granny square, and a triangle, and a circle! This versatile crochet stitch can be joined together to form clothing, pillows, or even a big blanket. Combine shapes to make a unique creation. This class is for people who know basic crochet stitches and are looking to move forward to more exciting projects. Must be comfortable with a double crochet stitch or have taken Crochet 101. Supply list sent.

CRFT:726 | \$49

710 M 6pm-9pm
Sept. 21 - Sept. 28

Dee Levang
Clayton H.S., 100

Crocheted Hats

Learn how to crochet a hat to stay warm on a cool winter's day.

CRFT:726 | \$49

553 M 7pm-9pm
Nov. 9 - Nov. 16

Laura Frazier
FV - C, 107

Cool Crochet Poncho

Crochet a cool poncho for fall.

CRFT:724 | \$49

551 M 7pm-9pm
Oct. 12 - Oct. 19

Laura Frazier
FV - C, 107

Make It and Take It: Potato Chip Scarf

Funny name, cute scarf. A quick and easy project that you can make and take home the same day! Crocheting a potato chip scarf is just like eating potato chips, you can't make just one. Make a bunch for holiday gifts but keep one for yourself. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | \$29

550W 7pm-9pm
Oct. 7

Laura Frazier
FV - C, 107

Exclamation Point!

"Thi Miller is a good instructor. She is very patient with everyone and is always there to help with any problem. She never makes you feel that your questions are silly."

Michelle Q., St. Louis

New Beginning Baskets: Napkin Baskets

Beginners and experienced weavers, join us for a fun and rewarding basketweaving experience. Master the basic techniques in one evening. Make a napkin basket from start to finish with a handle. All supplies and tools included in the cost of the class.

CRFT:734 | \$30

650 Tu 6:30pm-8:30pm
Sept. 15

Baskets by Laura
MC - SS, 206

New Beginning Baskets: Market Basket

Beginners and experienced weavers, join us for a fun and rewarding basketweaving experience. Master the basic techniques in one evening and spend the next making a sturdy Market Basket for all of your food and farmer's market shopping. All supplies and tools included in the cost of the class.

CRFT:734 | \$69

651 Tu 6:30pm-8:30pm
Oct. 6 - Oct. 13

Baskets by Laura
MC - SS, 206

Stained Glass: Trinket Box

A beginning class for those curious about stained glass. Class includes explanation of equipment and terminology. Learn techniques for cutting, grinding and soldering. Finished dimensions are approximately 2" wide, 3" long, and 2" high. LAST DAY TO ENROLL OR DROP IS THURSDAY, 8/27. NO REFUNDS AFTER 8/27.

CRFT:740 | \$55

MD1 Th 6:30pm-8:30pm
Sept. 3 - Sept. 10

Guided Crafts

New Introduction to Ceramics

A beginning class for those curious about ceramics. Learn techniques to clean greenware, the process of glazing and under glazing, and rubon staining techniques. This course includes a hands on slip casting demonstration. Basic ceramic terminology is reviewed. At the end of the 2 session course, students finish at least 2 pieces. All Materials included. LAST DAY TO ENROLL OR DROP IS FRIDAY, 9/25. NO REFUNDS AFTER FRIDAY, 9/25.

CRFT:741 | \$45

MD1 Sa 1pm-3pm
Oct. 3 - Oct. 10

Guided Crafts

New Halloween Ceramics

Learn basic techniques for staining bisque on a holiday themed form. Class includes use of acrylic, fashion hues, and chalk rubon techniques. Students will complete 3 items. All Materials included in the cost of the class.

CRFT:741 | \$40

MD2 Th 6pm-9pm
Oct. 15

Guided Crafts

New Holiday Ceramics

Learn basic techniques for staining bisque on a holiday themed form. Class includes use of acrylic, fashion hues, and chalk rubon techniques. Students will complete 3 items. All materials included in cost of the class.

CRFT:741 | \$40

MD3 Th 6pm-9pm
Nov. 5

Guided Crafts

New Greenware: Triangle Plate

A triangle plate, 11x11x11 with Santa design.

CRFT:743 | \$49

M02 W 7pm-9pm
Dec. 2

Cathy Cody
Painted Zebra - Krkwd



Get Creative

UpCycled Mosaics: Terracotta Pots

Please note that this two-day class meets on Tuesday, September 15 from 6:00pm - 9:00pm and on Tuesday, September 22 from 6:00pm - 7:30pm. Dress up those plain terra cotta pots or wood serving trays with a custom mosaic design! Using reclaimed glass and ceramic-ware, learn how to create your own mosaic from beginning to end in this two-day workshop. In the first session, Theresa, Lead Instructor at Perennial, will teach you how to cut scraps of glass and tile to create a custom colorful design. The class will cover mortars, how to re-use wine bottles, and prep surfaces to hold a mosaic. After giving your designs time to dry, the class will meet again for the second session and participants will learn how to complete their mosaic by applying a grout finish. Terra cotta pots and simple serving trays will be provided, but you are welcome to bring your own.

CRFT:741 | \$55

PD2 Tu 6pm-9pm

Sept. 15

Tu 6pm-7:30pm

Sept. 22

PerennialSTL.org

PerennialSTL.org

Hand-Painted Glass: 4 Stemless Wine Glasses

Paint 4 stemless wine glasses with a fall motif. You choose the colors and add designs for your own personal touch. Pieces will be fired and may be picked up at the shop one week after the class. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$49

M01 W 7pm-9pm
Nov. 4

Cathy Cody
Painted Zebra - Krkwd

New Intro to Papermaking

Create beautiful, handcrafted papers with Theresa, Perennial's Lead Instructor! In this workshop, participants will make handmade papers using discarded paper waste. The workshop will cover the basics of papermaking techniques, including fiber and pulp preparation, how to form sheets using a mold and deckle, and pressing and drying techniques. Each participant will make as many sheets as time allows. No papermaking experience required. Expect to get wet and messy! All materials provided. LAST day to enroll or drop is Friday, 9/4. NO REFUNDS AFTER FRIDAY, 9/4.

CRFT:713 | \$35

PD1 Th 6:30pm-8:30pm
Sept. 10

PerennialSTL.org

New Suminagashi: Japanese Paper Marbling

Learn how to make beautiful marbled paper using the ancient Japanese art of Suminagashi. Discover the secrets to marbling using a simple floating ink process. Take home sheets of marbled paper to turn into cards, book covers, works of art, or anything your heart desires. You'll also take home your own marbling kit and pan to do hundreds more designs. Supplies included in class costs. Dress appropriately to work with ink and water.

CRFT:713 | \$55

S01 Th 6pm-9pm
Oct. 15

Magan Harms
SCEUC, 201

EEEEEEEEEEEEEEEEKKKK...It's Halloween...Stamping

In this class we will have fun creating some special Halloween candy treat holders/boxes and cards using different punches, stamps and learn some "spooktacular" techniques used in stamping and paper crafting. You will leave class with five different treat holders/bags and two Halloween cards. Fee includes most materials. Supply list sent. LAST Day to enroll or drop is October 2. No refunds after October 2.

CRFT:742 | \$29

MD2 Sa 9am-12pm
Oct. 10

Patti Bossi
MC - CE

Stamp-A-Stack: Holiday Cards

Join us once a month to start your holiday crafting early to make your own Christmas Cards. Each month you will create five cards using different stamping techniques. Ending in November, you will have a total of 15 hand-crafted unique cards to use for the holidays! Fee includes most materials. Supply list sent. LAST Day to enroll or drop is September 4. No refunds after September 4.

CRFT:742 | \$55

MD1 Sa 9am-11am
Sept. 12
Sa 9am-11am
Oct. 24
Sa 9am-10am
Nov. 7

Patti Bossi
MC - CE
MC - CE
MC - CE

Holiday Scrapbook: Accordion Style

Accordion scrapbooks are quick and easy to make. Come learn how to create this custom scrapbook - it would make a great gift for the holidays! Who doesn't love a brag book full of pictures? We will use stamping techniques, embellishments and more to create this one-of-a-kind seasonal scrapbook. We will complete the scrapbook in class, all you will have to do is add your pictures when you get home. Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS 10/9. NO REFUNDS AFTER 10/9.

CRFT:742 | \$40

MD3 Sa 9am-12pm
Oct. 17

Patti Bossi
Affton White-Rodgers

New Zentangles

Anything is possible one stroke at a time! The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost a meditation, you can use it to create beautiful images for cards, scrapbooking and even wall art pieces. Zentangles increase focus and creativity, provide artistic satisfaction and an increased sense of personal well being. You will learn many tangles and find out creative ways to make beautiful drawings from simple shapes and lines. Students will need to bring a pencil.

CRFT:742 | \$59

450 W 6pm-9pm
Sept. 16 - Sept. 23
M01 M 6pm-9pm
Sept. 28

Nicole Ottwell
FV - H, 101
Lisa Payne
Cul. Arts House

Bookbinding Basics

Practice the slow art of creating your own books. Basics will teach you to make 4 kinds of hardcover books. Book making is the creative way to personalize your own sketchbook, journals, guest books or scrapbooks. Make a special gift for the holidays or take them all home for yourself. Learn to stitch the pages, cover the books, and glue everything together for a completed book. Supplies included in the cost of the class.

CRFT:765 | \$139

651 W 6pm-9pm
Oct. 7 – Oct. 28

Nicole Ottwell
MC - SS, 108

Bookmaking and Bookbinding: the Next Step

Do you already know Bookbinding Basics? Have you been dreaming up new books and need help making them? Bookmaking can be a fun and creative way to personalize your own sketchbook, journals, guest books and scrapbooks. Instructor will consult with you on your ideal project (s). Bring all of your materials and all of your ideas and lets get started. Prerequisite is Bookbinding Basics or equivalent experience.

CRFT:765 | \$125

654 W 6pm-9pm
Dec. 2 – Dec. 16

Nicole Ottwell
MC - SS, 108

Basic Metalsmithing Techniques for Jewelry

Learn the fundamental metalsmithing techniques for making jewelry. Basic metal manipulation skills: sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. You will make two finished pieces - a cuff bracelet and a pendant with a simple stone setting. Acquire the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced projects. Tools and metal supplied in class fee.

CRFT:753 | \$219

680 Sa 9am-12pm
Sept. 12 – Oct. 31
No class 10/3

Robert Thomas Mullen
MC - HE, 131

550 W 6pm-9pm
Sept. 2 – Oct. 21
No class 10/7

Chih Yu Lin
FV - E, 290

Metalsmithing: Intermediate Techniques for Jewelry Rings and Things

In this course you will learn how to make rings from sheet metal and wire. Different methods of soldering will also be taught. We will cover a ring band, twisted ring, rolling ring, ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Metalsmithing Techniques for Jewelry or equivalent experience.

CRFT:753 | \$219

551 W 6pm-9pm
Oct. 28 – Dec. 9

Chih Yu Lin
FV - E, 290

681 Sa 9am-12pm
Oct. 31 – Dec. 19
No class 11/28

Leia Zumbro
MC - HE, 131

Gemology 101: Diamond Essentials

Learn about the wide variety of diamonds available, the four "Cs" - cut, color, clarity, and carat and the effect each has on beauty, rarity, and value. This class is for beginners who want to know about diamonds.

CRFT:753 | \$55

550 W 7pm-9pm
Sept. 23 – Oct. 7

Stacy Minden
SCEUC, 120

Gemology 102: Colored Stones and Pearls

Learn about the wide variety of precious and semi-precious gemstones, and pearls. Learn about the qualities that determine beauty, rarity, and value. This class is for beginners who want to know about colored gemstones and pearls.

CRFT:753 | \$55

551 W 7pm-9pm
Oct. 14 – Oct. 28

Stacy Minden
SCEUC, 120

New Beaded Earrings

Join us this fall for an exciting class on the basics of making your very own earrings. Handcrafted earrings can be made for personal beauty or for a lovely gift. In class we'll use our creativity while discovering the basics of beading, wire wrapping, and collaging for one of a kind earrings. Instructor has been handcrafting her own jewelry since 2007. Class is hands on and demonstration. Course cost includes materials. LAST day to enroll or drop if Friday, November 20. No refunds after Friday, November 20.

CRFT:753 | \$35

580 Sa 10am-12pm
Dec. 5

FV - E, 295

Basic Wire Wrap

No other jewelry class can match this quick, easy way to wire wrap! Get tons of tips and tricks on how to apply hammered wire to stone and to work with metal. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are extra and will cost approximately \$25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use.

CRFT:753 | \$45

M01 Th 6pm-9pm
Sept. 24

DEEsigs Studio

M02 Sa 9:30am-12:30pm
Oct. 10

DEEsigs Studio

Advanced Wire Wrap

Get tons of tips and tricks on applying hammered wire to stone and working with metal. Fun and unique class for unusual designs. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are extra and will cost approximately \$25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use. Prerequisite: Basic Wire Wrap class.

CRFT:753 | \$45

M04 Th 6pm-9pm
Oct. 22

DEEsigs Studio

New Faceted Amethyst Designer Earrings

Supplies are \$35 and must be purchased the night of class at DEEsigs Studio. Stones are AAA quality hand-cut faceted amethyst and metal is sterling silver. Earring Retail Value \$136.00

CRFT:753 | \$45

M05 Sa 9:30am-12:30pm
Nov. 7

DEEsigs Studio

Candlemaking Techniques: Container Candles

Discover a quick and easy way to make candles! You will understand the different types of materials used in candle making, choosing fragrances and color, and the equipment needed. You will make and take home handmade soy tea lights and a soy container candles. Plan to get messy, you will be working with hot wax, dyes, and fragrances. Please wear close-toed shoes. Course cost includes materials.

CRFT:765 | \$39

P01 Sa 12pm-3pm
Oct. 17

Cassandra Schroeder
Thomas Dunn L.C.

New Introduction to Aromatherapy

Essential oils can enhance so many areas of daily life. They are used for relaxation, stress relief, sleep, immune support, emotional balance, body aches, and green cleaning. In class, you'll learn about essential oil safety, production and common methods of use. You will also mix, blend and utilize essential oils to create a more natural, healthy lifestyle. Class is both demonstration and hands on.

CRFT:765 | \$45

MD1 Th 6pm-8pm
Sept. 17

Brittany Campbell
MC - SS, 107

LAST day to enroll or drop is Friday, 9/4. No refunds after Friday, 9/4.

FD1 Sa 10am-12pm
Nov. 7

Brittany Campbell
FV - H, 104

LAST day to enroll or drop is Friday, 10/28. No refunds after Friday, 10/28.

New Soap Making the Herbal Way: Beginning

Dispel the mystery of lye and oil of soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with no artificial ingredients! Your soap will have a natural scent. Learn how to safely work with lye and what oils are best for making soap. Instructor has been handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials. LAST day to enroll or drop is Monday, 9/1. No refunds after Monday, 9/1.

CRFT:765 | \$60

MD2 Sa 9am-12pm
Sept. 12

Brittany Campbell
MC - SS, 105

LAST day to enroll or drop is Monday, 9/1. No refunds after Monday, 9/1.

FD2 Th 6pm-9pm
Sept. 24

Brittany Campbell
FV - H, 104

LAST day to enroll or drop is Monday, 9/14. No refunds after Monday, 9/14.



Learn how to wire wrap and make beautiful jewelry on your own.

New Advanced Soap Making Techniques: Scents and Swirls

Get creative with soap making and learn advanced coloring, designing, and scenting techniques! You'll learn what natural colorants work best with soap, how to mix essential oils for your very own signature blend, and basic ways to take your soap designs to the next level! Instructor has been handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | \$65

FD3 Sa 9am-12pm **Brittany Campbell**
Oct. 10 *FV - H, 104*

LAST day to enroll or drop is Wednesday, 9/28. No refunds after Wednesday, 9/28.

MD3 Th 6pm-9pm **Brittany Campbell**
Oct. 8 *MC - SS, 107*

LAST day to enroll or drop is Wednesday, 9/28. No refunds after Wednesday, 9/28

New Soap Making: Beginning and Advanced

A combination of both Soap Making the Herbal Way: Beginning and Advanced Soap Making Techniques: w/Scents and Swirls. Signing up in this section saves you \$10 in materials by taking both classes.

CRFT:765 | \$115

MD4 Sa 9am-12pm **Brittany Campbell**
Sept. 12 *MC - SS, 105*

Th 6pm-9pm *MC - SS, 105*

Oct. 8 *MC - SS, 105*

LAST day to enroll or drop is Monday, 9/1. No refunds after Monday, 9/1.

FD4 Sa 9am-12pm **Brittany Campbell**
Sept. 12 *FV - H, 104*

Th 6pm-9pm **Brittany Campbell**
Sept. 24 *FV - H, 104*

LAST day to enroll or drop is Monday, 9/4. No refunds after Monday, 9/4.

New Holistic Personal Care: Body Butters and Solid Perfumes

Join us for a fun and exciting class creating your very own body butter and solid perfume bars with all natural ingredients. In this class you'll discover the basics of creating your own recipes to fit your style, how to blend essential oils and your favorite moisturizing ingredients into your products. We'll also go over great ideas for packaging your product for personal use or for gift ideas. Instructor has been handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials. Last day to enroll or drop is Thursday, October 29. No refunds after Thursday, October 29.

CRFT:765 | \$45

MD5 Th 6:30pm-8:30pm **Brittany Campbell**
Nov. 5 *MC - SS, 107*

DIY Green Cleaning Products

In this workshop, students will learn the how and why of green cleaning and use simple DIY formulas to make effective, healthy, and environmentally sustainable cleaning products. These products are fun and easy to make, will save you money and have your house sparkling clean and smelling terrific. We will use pure essential oils for fragrance. These provide beneficial properties, one of which is being a natural disinfectant. Recipes include powdered laundry soap, surface cleaner, clothing de-wrinkler, a window cleaner and an alternative to cleanser. Instructor supplies all materials and packaging for you to take your products home.

CRFT:765 | \$45

653 W 6pm-9pm **Christine Ritter**
Oct. 7 *MC - SS, 207*

LAST TO ENROLL OR WITHDRAW FROM THIS CLASS IS FRIDAY, 9/30. NO REFUNDS AFTER 9/30.

930 Sa 12:30pm-3:30pm **Christine Ritter**
Nov. 14 *Thomas Dunn L.C.*

LAST TO ENROLL OR WITHDRAW FROM THIS CLASS IS FRIDAY, 11/6. NO REFUNDS AFTER 11/6.

Leatherworking Basics

Discover the traditional and fascinating craft of leatherworking. You will be working with a basic belt and project kit that will give you a variety of things to work on in class and at home afterwards. Most supplies included in the cost of the class. Class is hands on and may be messy. Please dress accordingly.

CRFT:765 | \$119

680 Sa 9am-1pm **Jack Bender**
Sept. 12 *MC - SW, 102*

Sa 9am-1pm
Sept. 26 *MC - SW, 102*

Leatherworking: The Next Step

Class is a continuation of Leather Basics. Take your skills to the next level. We will cover gluing, dyeing, lacing, sewing, and work on a project like a book cover, or check book cover. Prerequisite Leatherworking Basics or equivalent experience. Deadline to sign up is 10/2.

CRFT:765 | \$119

681 Sa 9am-1pm **Jack Bender**
Oct. 10 *MC - SW, 204*

Sa 9am-1pm
Oct. 24 *MC - SW, 204*

Bows Like a Pro

Make perfect bows using florist techniques. Tie a dozen bows in various widths and textures to use for gifts or your own floral arrangements. Fee includes materials.

CRFT:765 | \$29

770 W 7pm-9pm **Christine Knipp**
Nov. 18 *MC - BA, 122*

771 W 7pm-9pm **Christine Knipp**
Dec. 9 *MC - BA, 122*

Miniature Marvels: Vendor Stand

We will be making a mini Christmas tree shelf scene in the scale of 1:12. Bring Tacky glue, sandpaper, and Xacto knife. Deadline to register or withdraw is Friday, 10/9. No refunds after Friday, 10/9.

CRFT:765 | \$29

5D1 Sa 9am-12pm **Carole Weusthoff**
Oct. 17 *FV - SM, 124*

Culinary Arts

Cake Decorating in a Day

Join this hands-on workshop to learn a fun new skill you'll use for a lifetime. You'll observe, learn and practice cake decorating skills to create beautiful cakes, cupcakes and cookies. You'll learn to make decorating icing and create professional-looking desserts as you learn how to use the basic tools of the trade. Bring a box to take home your in-class creations. All tools and materials included in fee. One hour lunch break on your own. This class does not count as part of the Cake Decorating Certificate Program.

FOOD:701 | \$59

680 Sa 9:30am-3:30pm **Cynthia Sciaroni**
Sept. 19 *MC - CE*

Artisan Bread Baking

This class in artisan breads covers the basic techniques of white, whole wheat and sourdough bread baking. You'll learn different approaches to mixing dough, the essentials of fermentation, how to pre-shape and shape different breads. Shaping procedures include forming an oblong loaf, a twisted knot roll, a baguette and a braided loaf. If you have always wanted to learn how to bake bread, this would be a great place to start. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P01 Sa 9:30am-12:30pm **Dianne Johnson**
Sept. 12 *Cul. Arts House*

Basic Home-Baked Yeast Breads and Beyond

Imagine filling your home with the delightful aroma of baking bread and sharing warm-from-the-oven home baked breads with family and friends! Learn to make a variety of old-fashioned homemade breads made perfect for modern appetites. We're sure you'll enjoy our rapid-rise French bread, individual French brioches, boule (artisan free-form bread), basic white bread, whole wheat rolls, homemade pizza crust and many more. Class is hands-on.

FOOD:706 | \$39

580 Sa 9:30am-12:30pm **Eileen Fraser**
Sept. 26 *FV - SM, 129*

Specialty Bread Baking (Enriched Dough)

Enriched yeast breads contain a higher percentage of fat, eggs, milk and sweeteners compared to traditional yeast breads. The enriched dough is softer and stickier than traditional dough and tends to handle differently. The bread products we will make from this sweet dough are brioche, challah, cinnamon rolls and coffee cake. The class will emphasize the proper techniques of mixing, shaping, and baking to help ensure your success in the kitchen. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P02 Sa 9:30am-12:30pm **Dianne Johnson**
Oct. 10 *Cul. Arts House*

Quick Breads, Muffins, Cupcakes and More

If you love to bake and want quick results, this is the class for you! Come enjoy fresh-from-the-oven quick breads such as: blueberry cake muffins, lemon glazed blueberry muffins, apple raisin quick bread, blueberry banana bread, cinnamon roll coffee cake plus a variety of other quick-fix specialties that can be enjoyed by the family or given as gifts to appreciative friends. Class is hands-on.

FOOD:706 | \$39

581 Sa 9:30am-12:30pm **Eileen Fraser**
Nov. 7 *FV - SM, 129*

Fabulous Pies

Join this baker's class and you'll learn to prepare a variety of tempting sweet and savory pies. You will learn to make a "no fail crust" from scratch plus leek pie, cranberry apple raspberry pie, a "touch of orange" apple pie, triple berry crumb pie, butternut squash pie and several other pies you'll not only enjoy tasting in class, but you'll enjoy making at home again and again. Bring a 9-inch pie pan to take home warm pie samples. Class is hands-on.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm **Eileen Fraser**
Oct. 17 *FV - SM, 129*

Cake Decorating for Fun or Profit: Beginning and Intermediate

Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then you'll enhance your artistic skills and creative abilities with the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Certificate Program. No class 10/20.

FOOD:701 | \$79

550 Tu 6:30pm-8:30pm
Sept. 8 - Nov. 3

Carla Soll
FV - SC, PDR-A

Cake Decorating for Fun or Profit: Beginning

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:701 | \$59

770 M 6:30pm-9pm
Sept. 14 - Oct. 5

Cynthia Sciaroni
Hixson Mid. School, 121

Cake Decorating for Fun or Profit: Intermediate

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Certificate Program. Supplies extra.

FOOD:702 | \$59

770 M 6:30pm-9pm
Oct. 19 - Nov. 9

Cynthia Sciaroni
Hixson Mid. School, 121

Sculpted Cakes

Do you admire those sculpted cakes you see on TV shows and in high class cake shops? You can learn how to do that yourself. In this class, you'll develop the skills to design the desired shape and structure of a sculpted cake, carve, ice and decorate using buttercream, fondant, rice treats and airbrushing. Basic cake decorating skills required. Supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$59

P02 Sa 9am-1pm
Nov. 7

Debra Hennen
Cul. Arts House

Cake Decorating: Rolled Fondant

Dazzle your family and friends with the elegant look of a rolled fondant cake. In just 3 classes, you'll learn how to achieve this European style and create an edible masterpiece for your next special occasion. Basic cake decorating skills required. Supplies extra. This class may be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:703 | \$49

770 W 6:30pm-9pm
Sept. 30 - Oct. 14

Cynthia Sciaroni
Hixson Mid. School, 121

Gumpaste Flowers

Few things distinguish a decorated cake like exquisitely crafted gumpaste flowers. Learn to make a rose, orchid, dogwood, hydrangea and more as time permits. Supplies extra (tools range \$60 - \$90). This class may be taken by itself or as part of the Cake Decorating Certificate Program. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$69

P01 Su 1pm-3:30pm
Oct. 11 - Oct. 25

Cynthia Sciaroni
Cul. Arts House

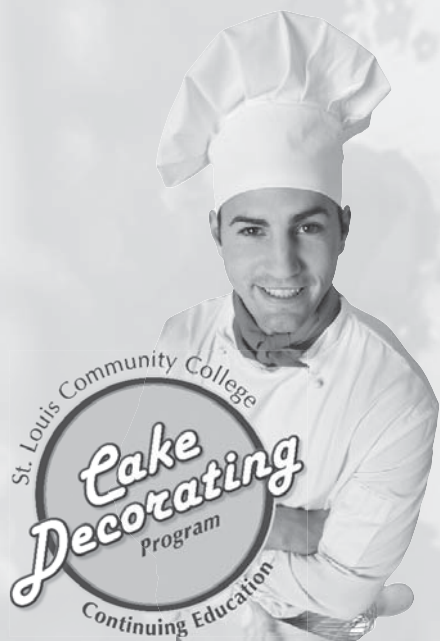
Cake Decorating: Contemporary Wedding Cakes

What wedding cake styles are modern brides requesting? Come join us to learn contemporary wedding cake designs that are requested by brides and featured on Pinterest and the Knot. Designs include Bling and Ribbon Wrap, Ombre Effect, Shimmer, and Fondant Appliques. You'll also learn about pricing, support, transportation and set up. A bonus: Helpful resources and links will be provided to help aid those students who desire to start a small cake business. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating. This class can be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:704 | \$59

650 W 6:30pm-9pm
Oct. 28 - Nov. 11

Carla Soll
MC - CE



The Cake Decorating Program with Continuing Education

Do you enjoy creating beautiful food? Would you like to develop your talent and pave the way to extra income? If baking is your passion, and you have artistic flair, a Cake Decorating Certificate of Completion from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade that you'll need for a successful future in cake decorating.

Classes may be taken individually or as a part of the Cake Decorating Program.

Call 314-984-7777 for a copy of the Cake Decorating brochure.

Impossibly Easy and Simply Elegant Mini Pie Tarts

Do you purchase pie shells from the grocery store because you're terrified that you'll butcher a pie crust from scratch? Fear no more! In this class, you'll see just how easy it can be to make simple buttermilk pie crusts while we put together some surprisingly easy and elegant mini tarts. Everyone will get lots of practice making their own mini pie crusts. You'll also learn to make a several types of pie fillings, such as homemade vanilla custard, from-scratch cherry pie filling and chocolate bourbon pecan pie. You'll take home some pies that are ready to eat as well as pie crusts to freeze (imagine the convenience, taste and homemade quality!), so bring take-home containers. Class includes demonstration and hands-on practice.

FOOD:705 | \$39

750 Tu 6:30pm-9:30pm
Nov. 3

Michelle Melton
Kirkwood H.S., C 191

On the Go: Breakfast Bars

These healthy breakfast bars are the perfect grab-and-go-treat or snack to put in your kid's lunchbox (or yours!). They are a great addition to a holiday cookie tray or to serve at your next casual get-together. They're easy to make once you know how. We'll make an assortment of crunchy, chewy, fruit and no-bake bars. There will be plenty of taste-testing plus you can take some home for tomorrow's breakfast (or your afternoon snack!). Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$39

P01 Th 6:30pm-9:30pm
Sept. 17

Debra Hennen
Cul. Arts House

On the Go: Lunch Pockets

Homemade lunch pockets from scratch are tastier when they're made with real ingredients. They are surprisingly easy to make and are less expensive than the store bought ones. With busy schedules it's nice to have some of these convenient freezer items that can be made up quickly and are available for busy afternoons and kids' school lunches. We'll make ham and cheese pockets, pizza pockets, "taco" pockets and more. There will be plenty of taste-testing plus you can take some home for tomorrow's lunch (or your afternoon snack). Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$39

P02 Th 6:30pm-9:30pm
Oct. 15

Debra Hennen
Cul. Arts House

Brunch @ Tiffany's

Impress your guests with a show stopping start to the day with unbelievably easy brunch recipes that rival the best Bed and Breakfast Inns in the country! Learn how to make Banana Foster Brioche French Toast, Quiche Popovers, Glazed Country Ham Steaks and Oven Roasted Herb Potatoes. Enjoy hearty helpings of each dish in class and be prepared to go back to your home and be a morning culinary star! Class is demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$39

P01 Sa 9:30am-12:30pm
Sept. 26

Tiffany Smith
Cul. Arts House

Gluten Free Fall Season Brunch

Fall and winter holiday celebrations include family get-togethers with lots of sweet and savory dishes. Whether you are hosting or attending a brunch and bringing a dish to share, this class can help. You'll be ready with delicious, traditional foods that most everyone can eat without worry! We will be making classic brunch items with a gluten-free twist. Recipes will include: quiche, scones, coffee cake and more. Bring take-home containers. Class is part demonstration, part hands-on. *NOTE: We'll be working in a facility that may have been cross-contaminated with some gluten-containing ingredients. Park on Hartford or Hampton. Flagpole in front.

FOOD:725 | \$39

P01 Th 6:30pm-9:30pm
Oct. 22

Dianne Johnson
Cul. Arts House

Introductory Knife Skills (with dinner!)

Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef's knife safely and effectively? In this class, the instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You'll learn how to use a knife safely, how to properly care for a knife and how to recognize quality when shopping for a knife. Then, you'll practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of class, you'll be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces with confidence. There will be plenty of time for practice, questions and one-on-one guidance as you practice your new knife skills while making a few soups and salads for a tasty dinner. Class includes a lecture and hands-on practice.

FOOD:747 | \$59

750 Tu 6:30pm-9:30pm
Oct. 6

Michelle Melton
Kirkwood H.S., C 191

Introductory Knife Skills: Part 2

So now that you know the basics of how to use your chef knife, are you ready for more? In this class, we will take your knife skills up to the next level. We'll quickly review the basics of dicing, chopping and mincing; then the instructor will demonstrate new techniques that will include how to carve a roasted chicken, how to cut some of the odder shaped fruits and vegetables like pineapples and melons, how to cut the perfect slice of cake, plus some surprisingly easy knife cuts that make for beautiful presentations. There will be plenty of time for practice, questions and one-on-one guidance as you practice your new skills while preparing a tasty dinner of roasted chicken, corn chowder, fruit salad and dessert. Class includes demonstrations, independent practice and hands-on cooking.

FOOD:747 | \$39

752 Tu 6:30pm-9:30pm
Oct. 27

Michelle Melton
Kirkwood H.S., C 191

Crazy for Pumpkin

'Tis the season for pumpkin and Suzanne Corbett has found many reasons for you to fall in love with it beyond pie! In this class you'll explore a range of culinary options, featuring recipes that will include: creamy pumpkin soup, savory pumpkin soufflé, pasta with creamy pumpkin sauce, pumpkin cake with caramel cream cheese frosting, pumpkin mousse shortbread cookies and pumpkin crême brûlée. Class is hands-on.

FOOD:735 | \$39

751 W 6:30pm-9:30pm
Sept. 16

Suzanne Corbett
Kirkwood H.S., C 191

Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots and peas the same way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. Put excitement and variety back into your mealtimes with over a dozen recipes that you'll try in this class like roasted lemon pepper cauliflower, bacon wrapped asparagus, Chinese green beans, Marsala Brussels sprouts, chocolate zucchini bread, creole carrots and much more! Come hungry and bring take-home containers. Class includes a discussion on best practices for roasting, sautéing, and selecting quality vegetables when shopping as well as hands-on cooking.

FOOD:735 | \$39

750 Tu 6:30pm-9:30pm
Sept. 15

Michelle Melton
Kirkwood H.S., C 191

Even More Irresistible Vegetables: Who Knew?

Would you like more new ideas for ways to make vegetables the star of your meals or the centerpiece of a tasty snack? Re-discover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. In this class, we will make over a dozen tasty veggie recipes including restaurant favorites and gourmet appetizers like parmesan green bean French fries, stuffed gouda chorizo baby bell peppers, Cajun corn succotash, honey roasted butternut squash, black bean brownies, mozzarella Caprese bites, white bean dip and much more. Come hungry and bring take-home containers. Class includes a discussion on how to clean, cut and cook various fresh veggies as well as hands on cooking.

FOOD:735 | \$39

752 Tu 6:30pm-9:30pm
Sept. 29

Michelle Melton
Kirkwood H.S., C 191

Fermented Pickles for Your Autumn Pantry

Pickling (without heat-processing) is a time-honored natural process that creates intense and complex flavors in food and gives your vegetables a healthy punch of lactobacilli. We'll cover the basics of home fermentation, food safety, and make a selection of autumnal pickles that bring out the deep flavors of the season. Their make-ahead convenience make them an easy addition to your table. We'll prepare and sample: butternut squash and sage pickles, caraway beet pickles and tangy green cherry tomato pickles. Bring at three 16-ounce jars with lids. Class is hands on.

FOOD:754 | \$39

780 M 6:30pm-9:30pm
Sept. 14

Robin Wheeler
Lindbergh H.S., 125

Fermented Condiments

Forget the high-fructose corn syrup and additives! These essential condiments are naturally preserved, easy to make, full of probiotics and flavor. We'll start our own batches of cookout favorites and sample finished products on some grilled meats and pretzels. It's never too early to start preparing for next season's first barbecue! Recipes will include: chipotle ketchup, hot sauce, Oktoberfest beer mustard and relish. Bring four 8-ounce jars with lids. Class is hands on.

FOOD:754 | \$39

781 W 6:30pm-9:30pm
Sept. 23

Robin Wheeler
Lindbergh H.S., 125

The Wonderful World of Fermented Vegetables

Come experience the wonderful world of fermented vegetables. We'll have samples of krauts and other fermented vegetables for you to try. These fermented vegetables are rich in nutrients and healthy probiotics. You'll be making your own sauerkraut with cabbage and vegetables, but that's just the start! We'll move on to learning what makes those combinations and processes different from sauerkraut. Other vegetables can be fermented, too (without whey) and we'll show you how. Bring a large bowl and several large glass jars with lids for taking home what you've prepared.

FOOD:754 | \$29

782 W 6:30pm-8:30pm
Oct. 7

Jane Campbell
Lindbergh H.S., 125

Winter Food Preservation

Gardening season may be over but there are still plenty of fresh fruits and vegetables worthy of being put up and preserved to get you through the cold months. We'll explore how to salt-cure, can and ferment the flavors of the end of the year and discuss how to use them in your menus. You'll learn to make: salt-cured citrus, squash butter, citrus ginger shrub plus cranberry mustard and ketchup. Bring four 8-ounce jars with lids. Class is hands on.

FOOD:754 | \$39

783 M 6:30pm-9:30pm
Oct. 12

Robin Wheeler
Lindbergh H.S., 125

Around the World with Yogurts - DIY

There are many different kinds of yogurts, beyond what you can buy in your local grocery store. Come experience several different types from around the world. All yogurts are "generational," some are heated, others not, but all are fermented to make delicious products. In addition to tasting them plain, we'll be making several recipes, including a yogurt cheese, a dip and a yogurt drink. If you love yogurt, come experience different varieties then go home and do-it-yourself! Bring a few small glass jars to take home a variety of "mother" cultures.

FOOD:722 | \$35

780 W 6:30pm-9pm
Oct. 14

Jane Campbell
Lindbergh H.S., 125



PERSONAL ENRICHMENT

Crazy for Kefir and Kombucha

Did you know you can make wonderful probiotic drinks at home? Come sample kombucha and two different kefirs, then see a demonstration of how to make them. You'll also learn how to second ferment the kombucha. These drinks are good for your health and you'll discover how easy and tasty these probiotic drinks are. Bring 4 glass jars to take home products for home fermentation.

FOOD:722 | \$35

781 W 6:30pm-9pm
Oct. 21

Jane Campbell
Lindbergh H.S., 125

Making Miso - It's More Than Soup!

Miso is an amazing super food. You'll learn to make a simple miso. You'll also learn where to purchase your koji, what type of beans can be used and about the salt issue. You'll be given ideas on what you can do with miso. It's not just for soup! You'll watch a demonstration of how to make the miso and take home a sample to ferment for yourself. It's a non-soy miso. Your instructor will bring in samples of different misos that she made, of various ages. We will not be making koji. If you already make it and have questions, have your questions ready. Bring a glass jar for taking home your sample.

FOOD:722 | \$29

782 W 6:30pm-9pm
Oct. 28

Jane Campbell
Lindbergh H.S., 125

Vegetarian Soups and Stews

It's FALL and that means cold weather is just around the corner! Nothing warms you up and fills you up like soups and stews. We'll prepare a variety of tasty recipes from around the world. None will be repeated from the instructor's previous classes. We'll also make delicious croutons, crackers and bread to accompany our soups. Some of the dishes will accommodate a gluten-free diet or can be easily modified. Bring take home containers. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:742 | \$39

P01 Th 6:30pm-9:30pm
Sept. 24

Dianne Johnson
Cul. Arts House

American Comfort: Hearty Winter Soups, Sides and Desserts

Brrr, it's cold outside, so let's warm up with fresh steaming soups, savory veggie sides and a few favorite seasonal desserts. Once you experience the warmth and flavors of homemade soups like chicken and dumplings, beef bourguignon, minestrone, broccoli cheese soup and more, you won't want to open another bland, sodium-loaded can of chicken noodle soup for lunch again! In this class, you will learn how to make many of your favorite winter soups from scratch as well as a few of the instructor's favorite winter veggie and dessert recipes including roasted root vegetables and blackberry cobbler. Come hungry and bring take-home containers for soup. Class is hands-on.

FOOD:742 | \$39

750 W 6:30pm-9:30pm
Oct. 21

Michelle Melton
Kirkwood H.S., C 191

Winter Soups to Warm Your Heart

The winter chill is in the air and nothing can beat a hearty bowl of soup for a lunch or light supper. Kick the "can" habit and experiment with your own spectacular flavors. In this class, we'll prepare a variety of delicious mealtime soups full of meats, flavorful herbs and seasonal veggies. You'll prepare creamy spinach and carrot soup, turkey tortilla soup with black bean salsa, lasagna soup, ham potato soup, herbed mushroom barley soup and more. Something perfect for everyone. Class is hands-on.

FOOD:742 | \$39

550 Th 7pm-9:30pm
Oct. 29

Eileen Fraser
FV - SM, 129

Rotisserie Chicken Remix

Do you love the convenience of freshly prepared hot rotisserie chickens at the local grocery store? But are you tired and bored with serving them the exact same way? Discover new easy recipes that start with a precooked rotisserie chicken that will earn you a standing ovation in the kitchen! Learn to make hearty rosemary chicken pot pie, show-stopping curry chicken salad, versatile BBQ chicken sliders and a 4th surprise recipe for all who attend to taste and enjoy! Class is demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:737 | \$39

P01 Sa 9:30am-12:30pm
Oct. 17

Tiffany Smith
Cul. Arts House

What's in Your Spice Cabinet? An Exploration of Cooking Spices

Have you ever stared at the hundreds of little bottles in the spice aisle in your grocery store perplexed and thinking "what does THAT smell/taste like and what do you DO with it?!" Come find out! In this exploratory course, you'll prepare recipes and experience a wide variety of spices from Anise to Turmeric. You'll learn what they are, what they taste and smell like, what type of foods or cuisines they are best for and of course how to cook with them (hands-on) to make awesome dishes from curry chicken to Jamaican jerk pasta. If you're ready to bring some new spice into your life with flavors like paprika, fennel, cardamom, white pepper, cloves, allspice and more, then this is the class for you! Come hungry and bring take home containers. Class is hands on.

FOOD:747 | \$39

751 Tu 6:30pm-9:30pm
Oct. 13

Michelle Melton
Kirkwood H.S., C 191

Throwback Cooking: 1960s American-Chinese

Try your hand at mastering the first Chinese food Americans ever fell in love with. In this class, we'll recreate these mid-twentieth century classics: sweet and sour pork, moo goo gai pan, chicken velvet, chow mein, won ton soup and sesame seed balls. Class is hands-on.

FOOD:732 | \$39

750 W 6:30pm-9:30pm
Sept. 9

Suzanne Corbett
Kirkwood H.S., C 191

Chinese Take-out (at home!)

Addicted to your favorites on your local Chinese restaurant's take-out menu but looking to save some cash or perhaps eat a little bit healthier? You'll learn to make many Chinese favorites from scratch using more fresh vegetables and often less grease. Our Chinese Dinner Buffet will include crab rangoon, won ton soup, pork pot stickers, orange chicken, grilled chicken yakitori, beef kung pao, fried rice, Chinese green beans, banana white chocolate caramel dessert won tons and more. What a feast! Come hungry and bring take-home containers. Class is hands-on.

FOOD:732 | \$39

751 Tu 6:30pm-9:30pm
Sept. 22

Michelle Melton
Kirkwood H.S., C 191

A Taste of India: Vegan Meal

If you enjoy dining out in Indian restaurants, come learn how to prepare these delicious vegan dishes yourself at home. The flavors are so full and hearty you'll never miss the meat. It's not difficult once you've been shown how to do it. You'll prepare and enjoy sampling: chana masala (chickpeas in a seasoned sauce); veggie stew (yellow mung lentils cooked with veggies and coconut); mango rice (fragrant basmati rice with mango and spices); pachadi (cauliflower, onions, tomato salad with crushed peanuts); and mango fudge (mango and coconut fudge). Served with naan (Indian bread). Class is hand-on.

FOOD:733 | \$39

780 M 6:30pm-9:30pm
Sept. 21

Seema Shintre
Lindbergh H.S., 125

A Taste of India: Vegetarian Meal

If you enjoy the many flavorful dishes served at local Indian buffets, come learn to prepare this array of delicious non-meat dishes yourself at home. You'll prepare and enjoy sampling: kadhai paneer (homemade cheese with bell peppers, onions and tomato); aloo gobi (cauliflower, peas and potatoes with spices); spicy pulav (fragrant basmati rice cooked with variety of veggies and spices); matar paneer (homemade cheese and peas cooked in a spicy sauce); and coconut fudge (coconut and ricotta cheese dessert). Served with naan (Indian bread).

FOOD:733 | \$39

781 M 6:30pm-9:30pm
Sept. 28

Seema Shintre
Lindbergh H.S., 125

A Taste of India: Traditional Chicken Dinners

If you enjoy the flavors of Indian food, come learn to prepare these extraordinary Indian chicken meals for yourself. You'll help prepare and enjoy traditional Indian flavors in: bhuna chicken (chicken marinated and cooked with spices); chicken korma (boneless chicken cooked in a mild nutty sauce); veggie stew (yellow mung lentils cooked with veggies and coconut); cumin pulav (fragrant basmati rice cooked with cumin and whole spice); and vermicelli pudding (vermicelli with condensed milk and cardamom). Served with naan (Indian bread). Class is hand-on.

FOOD:733 | \$39

782 M 6:30pm-9:30pm
Oct. 5

Seema Shintre
Lindbergh H.S., 125

Bavarian Dinner

Bavarian cooking is rustic and hearty, transforming simple ingredients into tasty dishes that are perfect for celebrating this season's German Oktoberfest. Recipes will include: caraway rye rolls, Pilsner cheese soup, chicken schnitzel, bacon and herb spaetzel, sweet sour beans and German pear torte. Class is hands-on.

FOOD:734 | \$39

750 W 6:30pm-9:30pm
Sept. 30

Suzanne Corbett
Kirkwood H.S., C 191

Moroccan Tea Time

Did you know, Morocco was the first major importer of green tea worldwide? Tea time is essential in Moroccan culture where it has been made into a unique art form. Green tea combined with fresh herbs (mint being the most popular) is served alongside an assortment of finger foods. In this authentic and unique class, you'll learn the art of preparing and serving a proper pot of Moroccan tea with different herbal combinations. To complete this delightful culinary experience, you'll help prepare and enjoy accompanying teatime treats such as date and almond cookies, savory pastries, msemen (Moroccan pancake), and more! Class is hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$39

P01 Sa 9:30am-12:30pm
Oct. 3

Lisa Payne
Cul. Arts House

Gourmet Dipped Apples

Impressive and delicious — a crisp fall apple hidden under layers of sinfully sweet caramel, drizzles of dark and white chocolate, and loads of crunchy toppings. These are the perfect party favor or gift (or personal indulgence!). Learn the secrets to creating these delightful treats and go home with the perfect one of your own. Bring a take home container. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P01 Th 6:30pm-9:30pm
Oct. 8

Debra Hennen
Cul. Arts House

Gifts from the Kitchen: Healthy Dog Treats

What could be more exciting for your favorite dog than treats made in your own kitchen with good-for-you ingredients? We'll make 3 baked treats, 1 microwave treat, 1 no-bake treat, and a doggie "ice cream". Our treats are both healthy and tasty, the perfect combination for the special pup in your life or the ones on your gift list. Bring a rolling pin and take home containers. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P02 Th 6:30pm-9:30pm
Nov. 12

Debra Hennen
Cul. Arts House

Gifts from the Kitchen: Holiday Breakfast Gift Basket

Surprise someone special with a basket of delicious, ready-to-make breakfast goodies that'll kickstart their winter morning. Give the convenience and deliciousness of these carefully crafted recipes for a sure-to-delight gift basket: cold-brewed coffee concentrate, PB&J granola, protein-rich Chai-spiced sunflower butter, buttermilk pancake mix and sweet cranberry syrup. Bring one 32-ounce jar and two 8-ounce jars plus your own basket or container to take it all home. Class is hands on.

FOOD:724 | \$39

780 M 6:30pm-9:30pm
Nov. 16

Robin Wheeler
Lindbergh H.S., 125

Gifts from the Kitchen: European Cookies

Add some pizzazz to your cookie trays this holiday season with traditional European cookies. We'll make German springerle, Czechoslovakian kolache cookies, Greek clove tea cakes, Viennese crescent cookies. Class is hands-on. There will be plenty of taste testing and plus you can take some home for later (bring containers). Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P04 Th 6:30pm-9:30pm
Dec. 3

Debra Hennen
Cul. Arts House

Holiday Cookies

Looking for new cookie recipes to brighten up your holiday dessert trays? In this class you will help bake glazed apple pie bars, chocolate dipped butter cookies, spicy apple oatmeal bars, Greek cookies, almond cookies, cherry-chocolate chippers plus an assortment of additional cookies too numerous to list here. Bring a container to take home a freshly-baked selection of your favorites. Class is hands-on.

FOOD:709 | \$39

580 Sa 9:30am-12:30pm
Dec. 5

Eileen Fraser
FV - SM, 129

Conquer the Christmas Cookie Craze!

Have you always wanted to be the one with the awesome tray of homemade Christmas cookies at your holiday gatherings but just don't have the time to do all that baking? In this class, we will work together to conquer our Christmas cookie woes by making at least 6 different tried-and-true Christmas cookie winners like classic chocolate chip, copycat Girl Scout cookie thin mints, dark chocolate cherry cordial cookies, gingerbread, and more. Sample each cookie during class and leave with enough cookies to put together a few stellar trays of assorted holiday cookies to wow your friends and relatives. No one will ever guess that you made it all during a single fun, 3-hour class! Class is hands-on. Bring several tins to take home the cookies you will help make in this class.

FOOD:709 | \$39

750 Tu 6:30pm-9:30pm
Dec. 8

Michelle Melton
Kirkwood H.S., C 191

Autumn Appetizers

Let the party season begin with these appetizers designed for fall entertaining: mushroom strudel, curried shrimp tartlets, Caesar salad bites, arancini, ham and cheddar croquettes, onion cheese puffs, beef tenderloin sliders with herbed horseradish cream and curried bacon wrapped apples and buffalo chicken cannoli. Class is hands-on.

FOOD:724 | \$39

750 W 6:30pm-9:30pm
Oct. 7

Suzanne Corbett
Kirkwood H.S., C 191

Holiday Appetizers

Looking for different appetizers that will delight your guests at your next holiday party? Whether you're having an impromptu get-together or an elegant feast, here's your chance to shine. Holiday entertaining can be easy when you have these do-ahead, time-saving appetizer recipes that your guests will love. Come experience a taste of the holidays with: asparagus ham swirls, Swiss and ham puff squares, mini Mex bites, taco cheese spread, pepper and chive gougeres, ham and cheese ribbons and more. Something perfect for every occasion. Class is hands-on.

FOOD:724 | \$39

550 Th 7pm-9:30pm
Nov. 19

Eileen Fraser
FV - SM, 129

Thanksgiving Sides and Pies

Let's go beyond the turkey! The focus of this hands-on class will be filling the sideboard with wonderful pies and interesting side dishes. Vegetables, soup and savory breads, along with both classic and new options for that seasonal pie shell. You'll help prepare and sample: cranberry pocket pies, layered pumpkin pie, mixed-nut maple pie, apple ginger tart with bourbon sauce, acorn squash with pear stuffing, quick batter herb muffins, holiday salad with cranberry vinaigrette and Brussels sprout gratin.

FOOD:724 | \$39

751 W 6:30pm-9:30pm
Nov. 4

Suzanne Corbett
Kirkwood H.S., C 191

Timeless Thanksgiving...with Flair!

Do you have the honor of hosting the extended family for Thanksgiving and would you like some new ideas to make your classical Thanksgiving dishes shine? In this class, the instructor will discuss some tips, tricks and make-ahead ideas to help you conquer your Thanksgiving stress and show you some ways to add a little flair to your Thanksgiving favorites. You'll also get some new ideas for your Thanksgiving dinner as we cook and try dishes from an entire holiday feast like cheddar chive biscuits, toasted spiced pecans, bacon-wrapped asparagus in a brown sugar glaze, candied sweet potatoes with rum, prosciutto-lemon green beans, apple balsamic Brussels sprouts, fried turkey, twice-baked potato casserole and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:724 | \$39

752 Tu 6:30pm-9:30pm
Nov. 10

Michelle Melton
Kirkwood H.S., C 191

Side Dishes for Holiday Entertaining

With Thanksgiving, Christmas and other holiday events right around the corner, are you looking for different side dishes that are new and contemporary or a twist on the traditional? Look no more! Discover hearty and filling comfort foods that can complement any of your special seasonal meals. Learn to prepare loaded baked sweet potatoes, a gourmet fresh version of green bean casserole, a fall vegetable ancient grain side dish and more. Class is demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P03 Sa 9:30am-12:30pm
Nov. 14

Tiffany Smith
Cul. Arts House

Fireside Holiday Dinner Party

Whether or not you have a fireplace, this is the perfect meal to inspire thoughts of a cozy meal served by a warm hearth on a cold night. These recipes are warming and comforting, yet have a special twist that can make any wintry evening extraordinary. You'll participate in preparing and sampling these tasty recipes: mixed cheese fondue, parsley chive Parker House rolls, cream of sweet potato soup, pork tenderloin with mustard thyme sauce and pineapple upside-down gingerbread. Class is hands-on.

FOOD:724 | \$39

753 W 6:30pm-9:30pm
Nov. 18

Suzanne Corbett
Kirkwood H.S., C 191

Girls' Night Out: Appetizer and Mini-Dessert Buffet!

Gather your BFFs for a fun night of cooking together and noshing on great appetizers and mini-desserts. We're pulling out all the stops, starting with bacon-wrapped shrimp with chipotle sauce, baklava minis, oriental sesame chicken sticks, and mini brownie tarts. Our instructor plans to sneak even more great nibbles onto the menu from her secret recipe file. See you there! Class is hands on.

FOOD:716 | \$39

550 F 7pm-9:30pm
Sept. 18

Eileen Fraser
FV - SM, 129

Girls' Night Out: Dessert Shots

Bring your BFFs and come prepared to taste-test every one of these surprisingly simple, sweet little treasures. From fresh fruit to chocolate to favorite desserts, we'll show you how to mini-size them in a way that elicits a resounding "wow!" at your next party. We'll cover ingredients, containers, and presentation. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration with some hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | \$39

P01 F 6:30pm-9:30pm
Nov. 6

Debra Hennen
Cul. Arts House

Let our Culinary Arts classes help you put together a holiday feast to remember



PERSONAL ENRICHMENT

Couples Cook: Moroccan

Take a culinary journey to Morocco with someone special, savoring authentic recipes and flavors from a country known for its delicious cuisine. You will learn how to prepare meat and vegetable tajines along with a variety of fresh and cooked salads, Moroccan mint tea and fresh bread. We will discuss the unique combination of herbs and spices that give Moroccan food its rich flavor. This couples only class was developed by a Moroccan-American couple. Class is hands-on. Fee is per person. Park on Hartford or Hampton. Flagpole in front.

FOOD:755 | \$39

P01 F 6:30pm-9:30pm
Sept. 18

Lisa Payne
Cul. Arts House

Couples Cook: Fall Entertaining

Get a jump on ideas for upcoming seasonal parties with delicious recipes that will dazzle your friends and family. In this hands-on couples class, you'll prepare and enjoy: Pork chops with sautéed apples and pecans, berry tossed salad with creamy raspberry dressing, roasted Brussels sprouts with Dijon sauce, apple crisp, chipotle butternut soup, pistachio green beans, plus dessert and much more. Our instructor will have an array of recipes for you to try. Come share this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

580 F 7pm-9:30pm
Oct. 9

Eileen Fraser
FV - SM, 129

Couples Cook: Holiday Dinners

Join us for an evening of fun in this couples class, preparing and sampling delicious recipes that are great for the upcoming holidays. Recipes will include: Maple pear roasted pork tenderloin, streusel sweet potatoes with sweetened dried cranberries, lemon butter Brussels sprouts, creamy cauliflower soup, Gouda topped mixed salad greens with vinaigrette, no-bake chocolate torte and more! Our instructor will have an array of recipes for you to try. Come share this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

581 F 7pm-9:30pm
Oct. 23

Eileen Fraser
FV - SM, 129

Couples Cook: Appetizer Party

Come spend an evening socializing and feasting on tasty appetizers that are elegant, hearty and perfect for holiday entertaining. In this class you'll start with Greek chicken tenders with yogurt sauce, barbeque beef brisket on artisan bread, Gouda stuffed baby potatoes, mini egg rolls and cranberry chipotle turkey sliders. Our instructor will have several additional delicious appetizer recipes for the group to prepare and enjoy to complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

582 F 7pm-9:30pm
Nov. 13

Eileen Fraser
FV - SM, 129

Coffee College

Have you wondered what the difference is between cappuccino and latte? Have you wished you could distinguish between Kenyan or Columbian coffee or even knew the difference between packaged, bagged and fresh coffee? Then come to our Coffee College and learn the characteristics of beans from different growing areas, taste several coffees that will provide you with a good sample of coffees from all over the world and learn the different roast levels that impact the flavor, feel and aroma of coffee.

FOOD:765 | \$29

V01 W 6pm-9pm
Sept. 23

Steve Richards
Alaska Klondike Coffee Co

Make Your Own Wine at Home

Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Many tips and simple instructions from our experienced home wine-making expert will lead the way to making the process easy and improve your efforts at home. This is a demonstration "show and tell" class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of age 21 to participate.

FOOD:760 | \$35

M01 W 6pm-9pm
Oct. 28

Dave Deaton
St Louis Wine & Beermaking

California Wines: Beyond Napa Valley

We all know about Napa Valley and its influence, but there are other areas of California that are producing world class wine such as Sonoma, Santa Barbara, Paso Robles and Mendocino. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M02 Tu 6:30pm-8:30pm
Sept. 15

William Polhemus
The Wine Barrel

Wines of the Southern Hemisphere

Discover the exciting world class wines being produced in South America, South Africa, Australia and New Zealand. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M03 Tu 6:30pm-8:30pm
Oct. 13

William Polhemus
The Wine Barrel

Wines to Pair with Holiday Meals

Holiday foods can be tricky when it comes to matching the right wine. Traditional foods like turkey, stuffing, ham and cranberry sauce can be paired well if you know how to do it. This will be an overview on pairing wines with a focus on Thanksgiving and Christmas. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M04 Tu 6:30pm-8:30pm
Nov. 17

William Polhemus
The Wine Barrel

Wines: France vs. United States

Although France has been the major influence in wine-making in the U.S., California has been making wines that rival those of the most prestigious of France. This will be an examination of the difference in styles from the two countries. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M05 Tu 6:30pm-8:30pm
Dec. 8

William Polhemus
The Wine Barrel

Brew Your Own Beer at Home

Have you ever wanted to make your own beer to match your own taste, but weren't sure where to start? Come to this one-night class to learn how to prepare a batch of ale from beginning to end. Discussion will include beer styles, preparation steps, equipment, bottling and resources for the home brewer. This is a demonstration "show and tell" class (no drinking). Participants will assist in preparing a batch of ale (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

FOOD:761 | \$35

M01 W 6pm-9pm
Sept. 30

Dave Deaton
St Louis Wine & Beermaking

Holiday Mixology Gifts

Sweet syrups, aromatic bitters, vinegary shrubs and infused fruit garnishes are the must-haves in every mixologist's arsenal. We'll make a collection of mixers, discuss how to use them at your own cocktail party and share ways to wow your gift recipients. We'll sample these in class in sparkling water and non-alcoholic cocktails although you can mix with them with alcoholic beverages at home. Recipes will include: citrus shrub, Chai spice bitters, whiskey cranberries and Earl Grey syrup. Bring four 8-ounce jars with lids. Class is hands on.

FOOD:762 | \$39

780 W 6:30pm-9:30pm
Nov. 11

Robin Wheeler
Lindbergh H.S., 125

Cooking Basics: Sandwiches and Sides

Your favorite American sandwiches and side dishes take on traditional flavors in this fun, fix-and-eat two-session cooking class. Your great new recipes will include: Reubens, potato pancakes and butterscotch rice crispies dessert; Mozzarella meatball subs, cole slaw with pumpkin cupcakes for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$59

780 M 6:30pm-9:30pm
Oct. 19 - Oct. 26

Latoya Chauncey
Lindbergh H.S., 125

Cooking Basics: Comfort Foods for Cold Weather Days

Delicious cold weather comfort foods can be yours at home after you learn how to make them in these classes. Your great new recipes will include: French onion soup, pasta crab salad and yummy cinnamon-sugar popcorn; White chicken chili and homemade cornbread along with all your favorite toppings, then served up with ginger-pumpkin bars for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$59

781 M 6:30pm-9:30pm
Nov. 2 - Nov. 9

Latoya Chauncey
Lindbergh H.S., 125

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Fashion

Master Your Make-up

Get hands-on training to create the looks you love. Get an audit of your makeup bag. Learn techniques to apply flawless foundation, cheeks, eyes, lips, and finishing touches. Bring a make-up mirror and your current foundation.

FSHN:701 | \$35

400 Tu 6:30pm-8:30pm
Sept. 29 – Oct. 6

Stephanie Hall
FP - G Tower, 113

500 Tu 6:30pm-8:30pm
Sept. 1 – Sept. 8

Stephanie Hall
FV - CWI, 136

The Eyes Have It-Lids and Lashes

Do you struggle to find colours that will compliment your eyes and make them pop? Learn the products to use and how to prep your eyes for contouring and color. In addition learn to make the most of your own lashes or how to apply individual and strip lashes. Bring a make-up mirror to class.

FSHN:701 | \$25

501 Tu 6:30pm-8:30pm
Sept. 22

Stephanie Hall
FV - CWI, 136

401 Tu 6:30pm-8:30pm
Oct. 13

Stephanie Hall
FP - G Tower, 113

Making Color Work for You

In shopping for apparel it is often the first thing that catches your attention. Learn how to make color choices to enhance your image.

FSHN:702 | \$25

600 Th 6:30pm-8:30pm
Oct. 1

Stephanie Hall
MC - CS, 204

400 Th 6:30pm-8:30pm
Oct. 22

Stephanie Hall
FP - G Tower, 119

Hot Tools: Hair Styling Secrets

A styling basics class to teach curling, flat ironing, smoothing and other techniques. You will find your hair easier to manage and create a new style!

FSHN:700 | \$25

500 Tu 6:30pm-8:30pm
Oct. 27

Stephanie Hall
FV - CWI, 136

Make yourself picture perfect with our Fashion classes.



Performing Arts

Dance

Ballet Tone and Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on mat and barre for overall body conditioning. No prior ballet experience required. Leotard, tights, and ballet shoes required. Studio is located behind a kitchen and bath design store.

DANC:701 | \$69

M01 M 7pm-8pm
Sept. 14 – Nov. 2

Adiva Dance Center

Ballet: Beginning

This fun class is designed for the student who has never studied ballet before or hasn't taken a recent class. You'll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape with music and movement that is as good for the soul as it is for the body! Ballet shoes required.

DANC:701 | \$69

920 W 6:30pm-7:55pm
Sept. 9 – Nov. 18 U. City H.S., DANCE STUDIO

No class 10/21

M02 W 7:15pm-8:15pm
Sept. 16 – Nov. 18

Studio-Brentwood

Tap Dancing: Beginning

Designed for the beginner as well as someone with limited tap experience. Basic tap steps and tap combinations will be taught as well as a tap routine. Develop your sense of movement while practicing basic rhythm tap techniques. A fun way to exercise!

DANC:707 | \$69

M01 M 8pm-9pm
Sept. 14 – Nov. 2 Adiva Dance Center

Do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store.

M02 Tu 8:15pm-9pm
Sept. 15 – Nov. 17

Studio-Brentwood

Bring shoes to first class. Call The Studio directly for specific purchasing information 314-968-4881.

Tap Dancing: Beyond the Basics

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll learn and practice new steps, combinations, and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required.

DANC:708 | \$69

M01 Tu 6:30pm-7:30pm
Sept. 15 – Nov. 17 Bonnie Kleyboecker

St John's Ev. UCC, CAFE

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Hip Hop Dancing

Come try this trendy and energetic dance form for a terrific workout to great dance music. Our experienced instructor will teach all types of hip hop moves, such as popping, locking, freezing and stepping (all styles except break-dancing). You'll acquire an understanding of rhythm and musicality that will get you opening up and moving in unique ways. Hip hop can be done to all kinds of music, so come learn some new moves that will help you express your own personality through dance.

DANC:719 | \$59

780 M 6:30pm-8pm
Sept. 21 – Oct. 26

Themobile Mnyande
Sperrang Mid. School, CAFE

Ballroom Dancing: Beginning

In eight short weeks, you can learn to dance with grace and ease. Be comfortable and confident at the next social event you attend! A variety of dance rhythms and steps will be covered. Add a new dimension to your life by learning some of the classic favorites which can provide you with a lifetime of enjoyment. It's a fun night out and you'll be amazed at what you can do! Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | \$69

M02 M 6:30pm-7:50pm
Sept. 14 – Nov. 9

Karen Merlin
Bluebird Park

No class 10/26

M01 Th 7pm-8:30pm
Sept. 10 – Oct. 29

Charles & Mary Lages
St John's Ev. UCC, CAFE

Partners only.

Ballroom and Latin Dancing: Beginning

Begin your dance skills with basic ballroom rhythms such as waltz and foxtrot, then learn to dance to Latin rhythms such as rumba and cha cha (other rhythms time permitting). The techniques and dance styles taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | \$69

780 W 6pm-7:15pm
Sept. 16 – Nov. 4

Sherry Martin
Sperrang Mid. School, CAFE

Ballroom and Latin Dancing: Intermediate

This class is for those who are ready to move to the next level. Be certain to have a firm grasp of moves learned in the beginning class. Learn more steps to the basic ballroom and Latin rhythms and add tango, salsa, and merengue rhythms. Get an impressive edge that will give you the confidence you're looking for. Prerequisite: Beginning Ballroom and Latin Dancing. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:721 | \$69

780 W 7:30pm-8:45pm
Sept. 16 – Nov. 4

Sherry Martin
Sperrang Mid. School, CAFE

Latin Dancing: Beginning

Round out your basic ballroom skills and learn to dance to Latin rhythms. Techniques and dance rhythms taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 10/27.

DANC:725 | \$59

M01 Tu 8pm-9pm
Sept. 15 – Nov. 10

Karen Merlin
Bluebird Park

Registration begins August 3.

PERSONAL ENRICHMENT

The Salsa Experience: Beginning

Learn the authentic Latin culture through the rhythmic sounds of Salsa music and dance. In eight weeks you will learn the basic salsa steps, musicality skills and styling, technique for men to become the perfect lead and ladies to be a fantastic follow, as well as the history of Salsa and the origin of the dance form. You'll be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own.) Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio in residential area.

DANC:725 | \$69

P01 Tu 7pm-8:30pm **Carmen Guynn**
Sept. 15 – Nov. 3 *Almas Del Ritmo Dance Co.*

Easy Social Dancing for Special Occasions

Are you attending a cruise, wedding reception, or reunion where you'll have to dance? Then take our fun course and learn several easy dances that will allow you to dance to anything - fast or slow. You can learn how to look good and move with confidence on the dance floor. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If you know what music you'll be dancing to, feel free to bring it for helpful suggestions. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 10/27.

DANC:728 | \$69

M02 Tu 6:30pm-7:50pm **Karen Merlin**
Sept. 15 – Nov. 10 *Bluebird Park*

Easy Social Dancing I and II

In this fun class you'll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll get help learning how to dance on the beat of the music; the best form for body positioning, posture, and balance; how to lead and follow; how to spin (!), plus lots of great tips and ideas geared especially for each individual and couple. You'll practice forms of Swing, Slow, and Latin dancing, and even Freestyle, if you like. Great music, expert and patient instructors, lots of fun and all you need to know for your next social event or night on the town. Partners preferred. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:728 | \$69

M01 M 8pm-9:30pm **Sherry Martin**
Sept. 14 – Nov. 2 *Concordia Luth.-Kirkwood, CAFE*

Let's Swing! Quick Start for New Dancers

Swing is one of the most popular dances in St. Louis because it's lively, fun, easy, and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you're looking for a new leisure-time couple's activity, enjoyable exercise, or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet, or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$39

M01 M 6:30pm-7:45pm **Gerry & Bob Tevlin**
Sept. 14 – Sept. 28 *Concordia Luth.-Kirkwood, CAFE*

Swing Dancing: Beginning I and II

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you'll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$59

M03 M 6:30pm-7:45pm **Gerry & Bob Tevlin**
Oct. 5 – Nov. 9 *Concordia Luth.-Kirkwood, CAFE*

Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$59

M02 M 8pm-9pm **Karen Merlin**
Sept. 14 – Nov. 9 *Bluebird Park*
No class 10/26

Partners helpful though not required. Rotation of partners is encouraged but not mandatory.

780 Tu 7:30pm-9pm **William Sevier**
Sept. 15 – Nov. 10 *Sperreng Mid. School, CAFE*
No class 10/20
Partners only.

Chicago Steppin'

Learn to do "Chicago Stepping" in a fun, relaxed atmosphere. Learn and practice a variety of easily performed dance steps that are the basic ingredients of all higher level dancing. This class will teach the basic 8-count along with turns and dance floor etiquette. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Partners preferred but you don't need to bring a partner to learn the dance. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$69

580 Sa 1:30pm-3pm **Rosa Blanchard**
Sherman King
FV - PE, 233

Sept. 19 – Nov. 7

Bollywood Dancing For Fun and Fitness

Get in on the latest dance-fitness craze! Bollywood Dancing is a beautiful blend of dance styles — Indian elements blend with Western dance styles (as seen on MTV or in Broadway musicals). Techniques include beautiful hand, feet, and body movements to up-beat music. You do not need to be a dancer to join us, and we promise you a fun time and a great workout. Comfortable workout wear, tennis shoes recommended. Class is held in the Aerobic Studio. For more information and directions visit: www.BollywoodShuffle.com.

DANC:745 | \$69

M01 W 7pm-7:50pm **Chesterfield Ath. Club**
Sept. 9 – Oct. 14

Belly Dance for Fun and Fitness

If you're looking for a fun and entertaining new way to exercise, try belly dancing. This class will teach you to perform various forms in the belly dance genre. It's a workout to middle eastern music that just might be what you're looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen and bath design store.

DANC:745 | \$69

M02 Tu 7pm-8pm **Adiva Dance Center**
Sept. 15 – Nov. 3

Western-style Square Dancing: Beginning

This is modern western-style square dancing (not that old-time dance in the barn!) and the fun starts right on the very first night! Meet new people and make new friends. This course provides introductory square dancing lessons. No previous dance experience or special dance attire is needed. Come and join us for fun, fitness, and friendship! Partner preferred but not required. Wear casual clothes and comfortable shoes. View video: www.you2candance.com. Co-sponsored by West County Spinners.

DANC:747 | \$39

M01 Tu 7pm-9pm **Trinity Lutheran Church**
Sept. 22 – Nov. 10

Country Western Line Dancing

Learn the basic dance steps that will give you the confidence to step out on the dance floor and join in on the fun. Line dancing is exercise in disguise; you'll have a lot of energetic fun while learning the classics, newer line dances and all the 'party' line dances like the Cuban Shuffle, Wobble, Cupid Shuffle, and Cha Cha Slide. Partner not required, but bring a friend or two for twice the fun! No class 10/20.

DANC:748 | \$59

780 Tu 6pm-7pm **William Sevier**
Sept. 15 – Nov. 10 *Sperreng Mid. School, CAFE*

Electric Slide: Beginning

If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructor will start at the beginning and take you to fantastic! No experience required.

DANC:749 | \$59

580 Sa 11am-11:50am **Eleanor Whitney**
Sept. 19 – Oct. 24 *FV - PE, 233*
582 Sa 11am-11:50am **Laverne Gee**
Oct. 31 – Dec. 12 *FV - PE, 233*
No class 11/28, 12/5

Electric Slide Plus

This is a strictly-for-fun course that is designed to teach you the Electric Slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.

DANC:749 | \$59

581 Sa 12pm-12:50pm **Eleanor Whitney**
Sept. 19 – Oct. 24 *FV - PE, 233*
583 Sa 12pm-12:50pm **Laverne Gee**
Oct. 31 – Dec. 12 *FV - PE, 233*
No class 11/28, 12/5

Slide Dancing for Fun and Fitness: Beginning

Come learn the latest party slide dances in the St Louis area and around the nation. This is an introduction to R&B line dance. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that. Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress, and promote positive social interaction.

DANC:749 | \$59

H80 Sa 10am-11:30am **Stephanie Crusoe**
Sept. 12 – Oct. 17 *Harrison Ed Ctr., 206*

Slide Dancing for Fun and Fitness: Intermediate

Now you can learn to do the latest slide dances and hustles sweeping the nation. This high energy class is perfect for the slide dancer ready for more beyond the basics. Intricate dance routines will be taught in easy to follow steps. Slide dancing encourages fun, wellness and creativity. If you already have slide dancing abilities and want to increase your skills, this class is a must! Pre-requisite: Beginning Slide Dancing for Fun and Fitness. No class 11/7, 11/28.

DANC:749 | \$59

H81 Sa 10am-11:30am **Stephanie Crusoe**
Oct. 24 – Dec. 12 *Harrison Ed Ctr., 206*

Music

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. Text required - bring to first class.

MUSC:705 | \$69

751 W 7pm-8:30pm
Sept. 9 – Oct. 28

James Renz
Kirkwood H.S., W 115

710 M 7pm-9pm
Sept. 14 – Nov. 2

James Renz
Clayton H.S., 102

Finger Picking for Guitar

Play folk, blues, ragtime and hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. Bringing music stand is recommended. No text required. No class 10/20.

MUSC:705 | \$69

750 Tu 7pm-8:30pm
Sept. 8 – Nov. 3

James Renz
Kirkwood H.S., W 115

Guitar: Beginning: Extended Session

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. Text required - bring to first class. No class 10/10, 11/28.

MUSC:705 | \$99

580 Sa 1pm-2pm
Aug. 29 – Dec. 12

Christina Springer
FV - C, 114

Fun with Ukulele

Play an instrument so easily you can strum a tune after the first session - lots of fun. Get basic music theory, train your ear, and coordinate fingers. Small body and fingerboard make the uke a perfect starter instrument for the guitar also. Fee includes music and use of a ukulele.

MUSC:705 | \$95

730 Tu 7pm-9pm
Sept. 15 – Nov. 3

Karl Markl
Bernard Mid. School, 106

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. No class 10/20.

MUSC:710 | \$69

600 Tu 12pm-1pm
Sept. 1 – Nov. 24

Cheryl Conley
MC - HE, 112

Piano: Beginning and More

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 10/10, 11/28.

MUSC:710 | \$99

580 Sa 8am-9:30am
Aug. 29 – Dec. 12

Christina Springer
FV - C, 114

Piano: Advanced Beginning

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 10/20.

MUSC:711 | \$69

600 Tu 1:01pm-2pm
Sept. 1 – Nov. 24

Cheryl Conley
MC - HE, 112

Piano: Advanced Beginning and More

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 10/10, 11/28.

MUSC:711 | \$99

580 Sa 9:31am-11am
Aug. 29 – Dec. 12

Christina Springer
FV - C, 114

Piano: Intermediate

Student must know letter names of notes and where they're located on the keyboard. Covers: minor chords and songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more "pop" songs. Text required - bring to first class.

MUSC:712 | \$69

600 Th 12pm-1pm
Sept. 3 – Nov. 19

Cheryl Conley
MC - HE, 112

Piano: Advanced

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required.

MUSC:713 | \$69

600 Th 1:01pm-1:59pm
Sept. 3 – Nov. 19

Cheryl Conley
MC - HE, 112

Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 10/20.

MUSC:713 | \$69

601 Tu 9am-9:59am
Sept. 1 – Nov. 24

Cheryl Conley
MC - HE, 112

Harmonica: Beginning

The harmonica is a fun and easy musical instrument to learn. In just three sessions, you will be able to play dozens of folk and campfire type songs. Fee includes student guide/song-book and a 10-hole, "C" diatonic harmonica. Instructor is a member of the Gateway Harmonica club.

MUSC:720 | \$39

650 M 6:30pm-7:30pm
Sept. 3 – Sept. 17

MC - CE

651 Th 6:30pm-7:30pm
Nov. 5 – Nov. 19

MC - CE

New Bag Pipes

Students will learn the scale, basic note fingering, and some of the building blocks of ornamentation. Initial learning is done on a practice chanter (about the same size and noise volume as a recorder). This is an introductory course. Practice chanters will be available to use and take home during the session and can be purchased at any time. All other materials are provided. Continued instruction will be available. Instructor is with the St. Louis Caledonian Pipe Band

MUSC:720 | \$39

653 Tu 7pm-8:30pm
Oct. 1 – Nov. 19

John Haack
MC - TBA

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (30474). Auditions for seating only. Contact the conductor at 314-984-7636. No class 9/7.

MUSC:714 | \$35

220 M 7pm-9pm
Aug. 17 – Dec. 7

MC - HW, 102

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (30602). Auditions for seating only. Call the conductor at 314-984-7636. No class 11/26.

MUSC:716 | \$35

220 Th 7pm-9:40pm
Aug. 20 – Dec. 10

MC - HW, 102

Meramec Choir

A study of advanced choral literature. Emphasis on vocal technique and development. Available for credit as MUS 135.601 (30603). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 10/20, 11/26.

MUSC:717 | \$35

220 TuTh 12:30pm-1:50pm
Aug. 18 – Dec. 10

Gerald Myers
MC - HW, 102

Theater

Actor's Workshop: Beginning and Brush-up

Curtain up! A fun workshop for beginning actors and a great brush-up for more experienced actors. Prepare monologues and develop cold reading techniques while you build your confidence and sharpen your auditioning skills. Have a blast acting out scenes with fellow classmates and enjoy learning more about your talent!

THTR:701 | \$95

650 M 7pm-9pm
Sept. 21 – Nov. 23

David Houghton
MC - Theatre, 112

Improv Comedy for Beginners

Step out of your comfort zone and explore the creative world of Improv! If you like the show "Whose Line Is It Anyway?" you'll love this class. Learn how to think on your feet and live in the moment while having fun! After taking this class, you will understand the basic structure of improvisation and be able to play improv games with confidence.

THTR:707 | \$45

C50 M 6:30pm-8:30pm
Nov. 2 – Nov. 23
650 W 6:30pm-8:30pm
Sept. 16 – Oct. 7

Bob Baker
Corp. College, 219
Bob Baker
MC - HW, 102

Exclamation Point!

"Cheryl Conley is just perfect. She is very talented in teaching the subject matter. I will continue to take this course as long as Cheryl Conley teaches it. I have been taking classes at STLCC for over 50 years. This class is one of the best!"

Jinny G., Kirkwood, MO

New Clowning for Fun!

Learn the joy of being funny and entertaining others through this fun, interesting class. Explore the history of clowning, character development, magic, face painting, balloon twisting and so much more! Taught by professional, award winning St. Louis Clowns of America. Textbook and materials provided. Additional supplies will be available for purchase.

THTR:765 | \$89

650 W 7pm-9pm
Oct. 7 – Nov. 11

MC - LH, 102

Photography

Darkroom Developing and Printing for B&W Photography

Students will learn to develop and print black and white pictures in a darkroom. Students will learn chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35 mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class.

PHOT:705 | \$99

480 F 6:30pm-9pm
Sept. 18 – Oct. 23

Cheryl Petrovic
FP - F Tower, 411

Digital Photography Introduction

Come learn the basic skills involved in photography, such as camera skills, and the use of light, exposure, and composition. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. You will need a digital camera and memory card. Provide own transportation. This course meets the curriculum requirements of the Digital Photography Essentials non-credit certificate. No class 9/7.

PHOT:720 | \$69

650 M 7pm-9pm
Aug. 31 – Sept. 28
C50 Th 7pm-9pm
Aug. 27 – Sept. 24

Gary Hesse
MC - BA, 209
STLCC Staff
Corp. College, 213

Digital Photography: Intermediate

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Introduction or Take Better Pictures: Introduction or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials non-credit Certificate.

PHOT:721 | \$69

C51 Th 7pm-9pm
Oct. 1 – Oct. 29
C50 M 7pm-9pm
Oct. 5 – Nov. 2

STLCC Staff
Corp. College, 213
Gary Hesse
MC - BA, 209

Digital Photography: Advanced

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Intermediate or Take Better Pictures: Intermediate or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials non-credit Certificate.

PHOT:722 | \$69

C50 M 7pm-9pm
Nov. 9 – Dec. 7
C52 Th 7pm-9pm
Nov. 5 – Dec. 10

Gary Hesse
MC - BA, 209
STLCC Staff
Corp. College, 213

Nature and Outdoor Photography

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with infield, hands-on photo instruction coupled with classroom sessions and image critiques. You will gain a greater understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks professional photographers use. This class will meet in a classroom and in a nature setting. You will need to have your photos developed or printed and brought to the last class. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. This course meets the curriculum requirements of the Digital Photography Essentials non-credit Certificate.

PHOT:708 | \$59

680 Sa 9am-11:30am
Sept. 5 – Sept. 26

Jason Gray
MC - SW, 206

Studio Lighting, Portrait and Indoor Photography

An introduction to the basic techniques of using flash as a primary and secondary light source. Flash and its effects on your imagery will be explored through projects, classroom discussion and image critiques. Bring your digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. This course meets the curriculum requirements of the Digital Photography Essentials non-credit Certificate.

PHOT:711 | \$59

680 Sa 9am-11am
Oct. 3 – Oct. 24

Gary Hesse
MC - SW, 206

Field Photography: Sporting Events, Weddings, etc.

A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Also covered in this class will be customer service, contracts, album design and much more! Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Intermediate, 35MM and Digital Photography: Intermediate or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. This course meets the curriculum requirements of the Digital Photography Essentials non-credit certificate. No class 11/28.

PHOT:712 | \$59

680 Sa 9am-11am
Nov. 7 – Dec. 5

MC - SW, 206



Look for course descriptions for the following Adobe Photoshop classes for the Digital Photography Essentials program in Technology on page 19.

Adobe Photoshop Creative Cloud (CC): Introduction

COMP:755 | \$129

C50 W 6pm-9pm
Sept. 2 – Sept. 23

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

COMP:755 | \$129

C51 W 6pm-9pm
Oct. 7 – Oct. 28

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced

COMP:755 | \$135

C52 W 6pm-9pm
Nov. 4 – Dec. 2

Zak Zych
Corp. College, 206



Digital Photography Essentials Non-credit Certificate of Completion

If taking pictures is your passion, and you have artistic flair, the Digital Photography Essentials program from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade necessary to take your passion to the next level.

The photography classes and additional Photoshop classes meet the curriculum requirements of the program. Upon successful completion of the program requirements, a non-credit certificate of completion will be awarded.

Classes may be taken individually or as a part of the program.

Writing

The St. Louis Community College Continuing Education **Writing Program** is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight into today's publishing environment.

Courses may be taken individually or as a part of the program.

Writing Program Requirements:

- One course from each of the four areas of study
- Two electives from any of the areas of study
- Three years to finish program
- Portfolio review capstone evaluation course with a faculty member

For a complete brochure on the Writing Program, call 314-984-7777.

Exploring the Creative Process

Unleashing the Writer Within

Every one of us has a special story to tell, but it can be hard in this busy modern world to access that creativity. In this class, we'll peel away the familiar outer layers of doubt, distraction and writer's block. We'll get to the core of what we're actually trying to say, and we'll learn to say it with language that is irreducibly unique to each of us. When the writer within is unleashed, the words will come freely - and the stories we need to tell will finally occur to us. It will not be a class requirement, but those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students. You'll need to make copies of your work to share.

WRIT:701 | \$69

650 M 7pm-9:30pm
Sept. 14 - Oct. 5

Jordan Oakes
MC - CS, 204

Awaken Your Creative Powers

Are you at that point in your life when you're ready to explore your own creativity? Are you eager to enhance your imaginative powers? Do you want to know if you have what it takes to enter the writing field? This stimulating workshop is an introduction into the fascinating world of creativity. It will awaken your creative potential and skills, spur imaginative talents, and help you appreciate your special creative abilities. In the first class session you'll explore your personal creativity through writing; the second session you'll progress to sensory, description and story expression.

WRIT:701 | \$39

780 W 7pm-9pm
Oct. 7 - Oct. 14

Beverly Letchworth
Lindbergh H.S., 42

So You Want to Be a Writer?

What do we mean when we say "I want to be a writer"? For a moment, set aside any popular notions about being a writer and ask yourself, "What do I mean when I say I want to be a writer? What milestones do I want to accomplish? Now that I've decided to pursue this as more than just an avocation, how do I structure my day-to-day life in order to make it possible to accomplish that goal? Where do I find the time?" For any important journey, you need a map. In this class, through discussions, examples, and exercises, we'll get started on making just such a map: a plan with concrete steps that we can follow to take some of the mystery out of the process. And we'll also talk about how we can maintain our sense of optimism when the terrain gets rough. Bring a sack lunch and a laptop/tablet (or pad and pen) to get the most out of this class.

WRIT:722 | \$59

681 Sa 9am-3:30pm
Oct. 10

Jeffrey Ricker
MC - SO, 107

The Craft of Writing

Writing Basics Brush-up (What You Should Have Learned in High School!)

Few of us will admit it, but even the best writers can't always remember the difference between "affect" and "effect" or "then" and "than." If you sometimes struggle with the basics in your writing, come join us. You'll brush up on proofreading, grammar, sentence structure and word usage. Lit agents and magazine editors throw error-filled manuscripts into the rejection pile, no matter how mesmerizing your metaphors. With good copy editors costing around \$40 per hour, it pays to write well enough to avoid them as much as possible. Review the basics and you'll be able to edit your own work like a pro.

WRIT:706 | \$69

650 Th 7pm-9:30pm
Sept. 17 - Oct. 8

Jordan Oakes
MC - CN, 225

Beating Writer's Block

This class will teach writers how to get around the block. Writer's block, that is. When the words and ideas seem to dry up, there is always a new wellspring of inspiration just waiting to be tapped. This course will help you come up with exercises to re-energize your stifled creativity. Like a blender to produce new creative juices, this class will teach you how to turn the lemon of writer's block into lemonade. Bring any works-in-progress to first class.

WRIT:706 | \$69

651 M 7pm-9:30pm
Oct. 12 - Nov. 2

Jordan Oakes
MC - CS, 204

Boot Camp for Writers

Do you have an idea for a fiction or nonfiction story or memoir, but don't have the discipline to get started? Are you working on a project, but need feedback as you go? With weekly assignments and guided in-class critiques, this 4-session class will help you get writing, stay writing, or improve the writing you already do. All genres welcome. If you have a work-in-progress, bring copies to share for peer review.

WRIT:706 | \$69

653 Th 7pm-9:30pm
Oct. 15 - Nov. 5

Jordan Oakes
MC - CN, 225

**Call 314-984-7777
to register beginning
August 3.**

Writer's Workshop: Revising and Editing

One thing most writers can do even better than writing is procrastinate. Completing your short story, poem, chapter or essay is usually a matter of revising and editing. Usually it takes several drafts to polish your project enough to consider it finished. This class will guide you through three drafts of your short story, poem or essay. If you're writing a book, you will be guided through revising one chapter, be it the first or final. We will workshop each draft, which entails sharing your work-in-progress with fellow students and the instructor. Our purpose will be to bring encouragement to one another and clarity to the writing. And most of all, to help bring your project to a polished conclusion. Bring your first draft to the initial session.

WRIT:706 | \$69

652 W 7pm-9:30pm
Oct. 14 - Nov. 4

Jordan Oakes
MC - CN, 204

Genre

Writing the Short Story

Short stories have to do everything that a novel does — deliver a compelling narrative about dynamic characters that the reader cares about — only they have to do it in a tenth of the length (or less). We'll discuss approaches to pacing, character, dialogue and compression, and use in-class writing exercises, written comments and workshop critiques to develop your understanding of what makes successful short fiction. We'll also read great stories by some of the masters of the form, including Nobel Prize winner Alice Munro and Folio Prize recipient George Saunders.

WRIT:726 | \$69

650 Tu 7pm-9:30pm
Sept. 15 - Oct. 6

Jeffrey Ricker
MC - CN, 225

Write Your Memoir

Creativity isn't always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that's already been lived. We have everything we need right at our fingertips when we compose a memoir - except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn't necessarily the same as an autobiography. It can focus on just your childhood; or your adult years — or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told — and written. This class will guide you in writing your own very unique and special memoir.

WRIT:714 | \$59

600 W 1pm-3pm
Sept. 16 - Oct. 7

Jordan Oakes
MC - CE

PERSONAL ENRICHMENT

Business Writing for Busy Professionals

Does your writing not reflect the polished professional that you are? This seminar will reveal the basics of professional business writing that is relevant in the 2015 business world. Explore a variety of templates for letter writing, formal e-mail etiquette, submitting proposals, social media writing, and memorandums. Whether you run your own business, work in an office or are looking for your next job, upgrading your written communication skills is a smart investment. Competent business writing can boost your confidence, enhance your image, increase your productivity by achieving your objectives and might even help advance your career! Bring a writing sample (e.g. cover letter or business document) to class.

WRIT:730 | \$39

680 Sa 8:30am-12:30pm
Sept. 19

Tiffany Smith
MC - SO, 107

Screenwriting: Essential Keys to Writing Great Scenes

Become the screenwriter you've always wanted to be by learning to create powerful and memorable scenes that showcase your unique writer's voice. In this class, we will discuss practical tools to help you elevate your scenes from good to great through the use of compelling dialogue and colorful narrative descriptions that are layered with meaningful subtext. You will complete a series of writing exercises and share your work in class to get constructive feedback. Excerpts from produced screenplays and clips from feature films will be analyzed for dialogue and description to see how written scenes compare to their cinematic versions. Note: This class is designed for writers who already have a basic understanding of screenwriting and screenplay format. Class is taught by a Writers Guild of America screenwriter whose credits include "The Bold and the Beautiful" and "Touched by an Angel."

WRIT:728 | \$89

550 W 7pm-9:30pm
Sept. 30 - Nov. 4

Rita Russell
FV - SS, 102

Writing Fiction for Young Adults

J.K. Rowling, Susan Collins, John Green, Sherman Alexie - some of the biggest names in fiction these days, write for children and young adults. YA fiction covers a variety of genres from the literary realism of "The Absolutely True Diary of a Part-time Indian" to the dark, dystopian fantasy of "The Hunger Games". YA literature is so compelling that more than a quarter of readers are not teens at all, but rather adults. In this class we'll explore what makes a novel a YA novel and discuss aspects of character, plot, and voice and how they help shape the YA book. Students will engage in in-class writing exercises, and will finish the course with an outline or synopsis and first chapter of their YA novel. No class 10/20.

WRIT:719 | \$69

650 Tu 7pm-9:30pm
Oct. 13 - Nov. 10

Jeffrey Ricker
MC - CN, 225

Finding Your Fiction: The Elements of Fiction

Participate in writing activities designed to develop mastery of plot, character, point of view, dialogue and more. Enjoy learning and practicing the essential elements of fiction through concise presentations and fun activities. Learn the "rules" before you break them. Bring your fears, wants and good humor to this four-session interactive course for beginning and intermediate writers. Bring the writing tools of your choice (pen and paper or laptop/tablet).

WRIT:724 | \$69

650 Tu 7pm-9:30pm
Sept. 15 - Oct. 6

Jeff May
MC - CN, 204

Finding Your Fiction: Identifying and Developing Your Style, Voice and Writing Personality

What is your writing personality? Who are you as a writer? This four-session course reviews basic elements of fiction and focuses on your unique style and personality. What are your goals, dreams, expectations, whims, tastes, desires, peculiarities and so on? Are you a literary or commercial writer or a little of both? Why do we even make the distinction? Be prepared to share your work with others. Participate in editing activities, learn the difference between style and naOvetE and make sure to bring your sense of humor to this course for beginning and intermediate writers. Bring the writing tools of your choice (pen and paper or laptop/tablet). No class 10/20.

WRIT:724 | \$69

651 Tu 7pm-9:30pm
Oct. 13 - Nov. 10

Jeff May
MC - CN, 204

Focus on Fiction: Description and Setting

How essential is setting to a story? How much description is appropriate and how do we know when it is too little or too much? In what ways do sensory details and setting enhance your plot and further your character development? In this class you will learn the answers to these questions and explore all the ways you can use setting and description to add depth to your story. Discover several techniques that you can apply to both fiction and nonfiction. Through lecture, examples, and in-class exercises, you will learn how to create an entire story world for your writing and the keys to making it unforgettable for your reader. Students are encouraged to bring any work-in-progress, but it is not a requirement.

WRIT:724 | \$25

652 W 7pm-9:30pm
Oct. 14

Heather Luby
MC - CN, 225

Focus on Fiction: How to Create Conflict and Suspense

Readers have always craved fast-moving powerful drama. Readers want passion and conflict, they want high-stakes and they demand writers grab their attention from the first sentence to the last. This course is designed to help you to write the kind of story or novel that today's readers demand. Using techniques presented in Conflict and Suspense by James Scott Bell, students will get a mixture of brief lectures that hit the high-points of creating conflict and suspense plus writing exercises that let you immediately try your hand at what you've just learned. This course is excellent for beginning writers and those already working on a writing project.

WRIT:724 | \$25

653 W 7pm-9:30pm
Oct. 21

Heather Luby
MC - CN, 225

Publishing

Freelancing for Fun and Profit

Do you want to get paid for exploring your passions or sharing what you know with others through carefully crafted non-fiction news and feature articles? This four-week course will teach you how to develop ideas and mold them into pieces fit for newspapers, consumer magazines, trade magazines, blogs, online magazines and more by covering some of the basics of reporting, writing and selling stories. No matter what your interests or expertise, you will learn how to identify markets, write query letters, research and interview and write articles that will get you published for profit. Bring recent copies of some of your favorite publications as well as any original story ideas you'd like to see in print.

WRIT:722 | \$69

650 W 7pm-9pm
Sept. 16 - Oct. 7

Charlene Oldham
MC - CN, 204

Self-Publishing for Writers

If you're writing a book and have been contemplating the daunting task of getting it published, come learn about the process involved in self-publishing your work. This class will give you information you need to know to save yourself a lot of time and money and help you understand all the decisions you need to make to make self-publishing a successful venture. We'll cover everything from getting copyright registered, applying for an ISBN, good cover design, manuscript editing, print, eBooks and marketing.

WRIT:704 | \$39

650 Th 7pm-9pm
Sept. 17 - Sept. 24

Jill Mettendorf
MC - CN, 230

Finding Writing Jobs Using Online Resources

Online job boards including Upwork and ProBlogger offer thousands of new writing jobs every day, but they're only starting points for finding work online. Whether you are already an experienced freelancer or you are simply interested in exploring options for earning extra income while working from home, this session will help you identify multiple online job boards to find paid writing work you'll enjoy. Students are advised to bring their laptop or tablet computer to class. Bring a sack lunch.

WRIT:722 | \$59

680 Sa 9am-3:30pm
Sept. 26

Charlene Oldham
MC - SO, 206



How to Publish Your Own Book: What You Need to Know

Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to publish it yourself? In this four-hour workshop, we'll cover the realities of independent publishing, how editing and design can make your book look great, options for getting your book into print, sales channels, eBook production and tips for book marketing. Presented by the St. Louis Publishers Association.

WRIT:704 | \$39

680 Sa 8am-12pm
Nov. 7

MC - SO, 111

Program Completion

Portfolio Review - Writing Program

This is for confirmation that students have met the requirements of the Writing Certificate program. You must submit your portfolio for review. The work should exhibit increased proficiency in writing techniques and should aspire to high literary standards. You will receive a confirmation response from a writing program faculty member. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to award the Writing Certificate. If the portfolio does not meet acceptable standards, the instructor will make recommendations. You may register for the portfolio review again, until the faculty member is satisfied with the quality of your work.

WRIT:740 | \$69

650 TBA
Aug. 25 - Dec. 4
651 TBA
Aug. 25 - Dec. 4

Heather Luby
MC - TBA
Jordan Oakes
MC - TBA

Animal Welfare Assistant Program

Classes may be taken individually, or as part of the Animal Welfare Assistant Program for initial training and preparation for work in a range of public and private animal welfare agencies and organizations.

Animal Welfare and the Humane Movement

What does the term "animal welfare" bring to your mind? There are different facets of "animal welfare," and the work of animal welfare agencies in the St. Louis metro area are built on different viewpoints. In this class, you'll get insight into the history of the animal welfare/humane movement in the United States and where we are today. We'll also trouble-shoot community animal welfare needs and possible solutions. This class can be taken by itself, or as part of the Animal Welfare Assistant Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM:741 | \$29

650 Tu 7pm-9:30pm
Sept. 15

MC - SO, 105

Getting to Know Us: St. Louis Animal Welfare Organizations

St. Louis has many large and small organizations of all types involved in animal welfare activities, such as rescues and shelters, adoptions, pet food pantries, emergency and investigation teams, clinics, advocacy groups and more. They all have different roles, approaches and ways of operating but it takes everyone in the community to meet the needs of our local animals. The good news is that there are a wide range of animal welfare-related activities in the St. Louis metro area and opportunities for involvement for people with a variety of interests and skills (like you!). A panel of representatives from local agencies will present their stories and answer your questions. This class can be taken by itself, or as part of the Animal Welfare Assistant Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM:741 | \$29

651 Tu 7pm-9:30pm
Oct. 13

MC - SO, 105

Investigations, Rescues, Legalities, and Legislative Issues in Animal Welfare

Here's your chance to hear first-hand accounts from the real world of animal welfare investigations and rescues. You'll find out how investigators work and how animal welfare agencies and the law handle violations. You'll learn about the legal issues (how does our society define "adequate care and control" of animals?) as well as advocacy and legislation related to animal welfare. This class can be taken by itself, or as part of the Animal Welfare Assistant Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM:741 | \$29

652 Tu 7pm-9:30pm
Nov. 17

MC - SO, 105



Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.



Nature, Home and Garden

Animal Care

Pet First Aid

If you own a pet, it's important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury, or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.

ANIM:702 | \$19

680 Sa 9:30am-11:30am
Sept. 26

Dr. Teresa Garden
MC - SO, 109



Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll also learn leadership, grooming skills, and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class.

ANIM:703 | \$69

M01 Sa 9:30am-11am
Sept. 12 - Oct. 17

Susan Baxter-Carr
RiverChase (Fenton)

Fun Tricks to Teach Your Dog

Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch and Release, High 5, Speak, Kiss, Give a Hug, (and our favorite) "Cookie on the Nose," plus we'll introduce you to some that are designed to use your dog's specific abilities, such as Wave, Take a Bow, Figure 8, Take a Nap and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, water bowl, yummy dog treats or a favorite toy.

ANIM:704 | \$49

M01 Sa 11am-12pm
Sept. 12 - Oct. 17

Susan Baxter-Carr
RiverChase (Fenton)

Dog Sports: K9 Nose Work (Level I)

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M03 for a discount.

ANIM:706 | \$69

M02 W 7:30pm-8:45pm
Sept. 9 - Oct. 14

Sandra Ellison
RiverChase (Fenton)

Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 706 M02, but without the dog. If you would like to learn to play this sport with your dog but due to your dog's shy, nervous, or reactive behavior aren't comfortable bringing him/her to a multi-dog activity. You are welcome to register to attend for yourself, to learn and watch and do the exercises with your dog at home.

ANIM:706 | \$59

M03 W 7:30pm-8:45pm
Sept. 9 - Oct. 14

Sandra Ellison
RiverChase (Fenton)

PERSONAL ENRICHMENT

Advanced K9 Nose Work: Vehicle Searches and Exterior Hides (Level II)

If you and your dog loved our DogSports K9 Nosework course, you'll love the new challenges presented in these follow-up sessions. This advanced course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both exterior "hides" and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning K9 Nose Work course.

ANIM:706 | \$59

M01 W 6pm-7pm
Sept. 9 – Oct. 14

Sandra Ellison
RiverChase (Fenton)

Dog Training: Basic Skills and Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. No class 11/28.

ANIM:706 | \$69

M04 Sa 9:30am-11am
Oct. 24 – Dec. 5

Susan Baxter-Carr
RiverChase (Fenton)

Canine Good Citizen

The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog (and water bowl) to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately). No class 11/28.

ANIM:706 | \$59

M05 Sa 11am-12pm
Oct. 24 – Dec. 5

Susan Baxter-Carr
RiverChase (Fenton)

Cats: Understanding Them Better

Does your cat have you curious and wondering? Join us for an informative evening, designed just for cat owners. Our veterinarian will discuss the development, health, and behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet. If you have specific cat troubles, whether it involves furniture scratching, conflicts in multi-pet households, feeding concerns or litter box problems, bring your questions. You'll understand your pet much better after this helpful session.

ANIM:710 | \$25

750 W 6:30pm-9:30pm
Sept. 23

Dr. Gerald Williams
Kirkwood H.S., W 109

Home Improvement and Maintenance

Kitchen Design for Home Remodeling

Whether you're planning a simple update, completely remodeling or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to help you understand your options in cabinetry, countertops and much more. Bring your ideas and questions for this open discussion on how to create a functional, affordable and beautiful kitchen. One of the best decisions you'll make about your new kitchen starts here!

HOME:703 | \$29

650 W 7pm-9:30pm
Sept. 16

Kimberly Hany
MC - BA, 118

Refinish, Reface, or Replace?

Thinking of changing your kitchen cabinetry? Wondering what option is best for you and your kitchen? Join us for an in-depth discussion of the pros and cons of refinishing, refacing or replacing your kitchen cabinetry. Learn about the processes and products available so you can make an educated decision about which option you choose.

HOME:703 | \$29

651 M 7pm-9:30pm
Sept. 21

Kimberly Hany
MC - BA, 112

Kitchen Planning for Home Remodeling

Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper and ruler; we will be drawing floor plans to scale. Measurements and photos of your existing kitchen recommended.

HOME:703 | \$29

652 W 7pm-9:30pm
Oct. 14

Kimberly Hany
MC - BA, 118

Bathroom Design for Home Remodeling

One of the best decisions you'll make about your new bathroom starts here. Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She'll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc.

HOME:703 | \$29

653 M 7pm-9:30pm
Oct. 19

Kimberly Hany
MC - BA, 112

Interior Design: Building, Remodeling or Updating Your Home

Building, remodeling or updating your home can be very stressful, but it doesn't have to be a nightmare. In this class you'll learn how to set priorities for your project and stay within your budget. You'll learn how to prevent costly mistakes before they happen. We'll investigate the many affordable choices available in furniture, cabinetry style and wood choices, countertops, flooring, tile, faucets, paint options and hardware. You'll learn what proportionate sizes are best for your space. Whether you're interested in enlarging your home, building a new home or simply making your current space more attractive, this class is for you. Last class is a 2-hour field trip. Provide own transportation.

HOME:702 | \$69

350 M 6:30pm-8:30pm
Sept. 14 – Oct. 5

Kathryn Leinauer
WW, 225

Interior Design: Color Schemes for Home, Kitchen and Bath

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You'll learn the secret of achieving a properly balanced and equally distributed color placement. We'll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the color choices of wood tone, counter tops, cabinets, light fixtures and hardware will be addressed. Second class is a 2-hour field trip. Provide own transportation.

HOME:708 | \$39

350 M 6:30pm-9:30pm
Oct. 12 – Oct. 19

Kathryn Leinauer
WW, 225

Interior Design: Accessories for Home, Kitchen and Bath

Well-chosen accessories are the perfect finishing touch that every room deserves. In this class, you'll learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your rooms will reflect your personality with a professional touch. Second class is a 2-hour field trip. Provide own transportation.

HOME:709 | \$39

350 M 6:30pm-9:30pm
Oct. 26 – Nov. 2

Kathryn Leinauer
WW, 225

Do-It-Yourself Ceramic Tiling

Come learn how to repair, re-grout or install new ceramic tile and grout on floors and walls in your home. Distinguish between the different sizes of tile and why each are used in certain places. You'll learn how to design, layout, prepare, cut and install ceramic tile and grout. See the tools you'll need and watch a demonstration of how and why to use them.

HOME:713 | \$25

750 Tu 7pm-9pm
Sept. 8

Jean Linton
Kirkwood H.S., SA 2

551 W 7pm-9pm
Oct. 21

Jean Linton
FV - E, 158

Fearless Home Repair: Electrical

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you. We'll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | \$25

751 Tu 7pm-9pm
Sept. 15

Jean Linton
Kirkwood H.S., SA 2

552 W 7pm-9pm
Oct. 28

Jean Linton
FV - E, 158

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow, you need a new faucet, this course is for you! We'll look at how-to, when-to and when it's better NOT-to. We'll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

HOME:713 | \$25
752 Tu 7pm-9pm
Sept. 22
550 W 7pm-9pm
Oct. 14

Jean Linton
Kirkwood H.S., SA 2
Jean Linton
FV - E, 158

How to Work with a Contractor

For some home repair projects, you may want to hire a contractor. Come find out from our home repair specialist what you need to know to get that right. There are so many factors that influence your decisions: Is the job primarily repair, remodeling or new construction? Do you need a specialized contractor or general contractor and where do subcontractors fit into the picture? What's your timeline, budget, who's responsible for the materials and determines the logistics of the project? Don't forget the paperwork, and oh yes: the clean-up! Join us and bring your questions.

HOME:713 | \$25
753 Tu 7pm-9pm
Sept. 29

Jean Linton
Kirkwood H.S., SA 2

Do-It-Yourself Painting

Of course you can paint, but can you paint like a pro? Learn how to prepare surfaces - what to use and what not to use. We'll tell you if and what you need to prime with primer vs. stain blockers. Our instructor will talk about techniques for texturing to make your patches not look like a patch. You can make your paint brush do the work - sounds simple but we'll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick.

HOME:713 | \$25
754 Tu 7pm-9pm
Oct. 6

Jean Linton
Kirkwood H.S., SA 2

Thinking of Going Solar?

How do you know if your house is a good candidate for going solar? How do you choose a system and an installer? What are the costs and what are the benefits? This workshop is designed to give homeowners the tools and information they need to make an informed decision.

HOME:765 | \$19
5C1 W 6:30pm-8:30pm
Oct. 7

FV - CWI, 136

How to Use Power Tools

Power tools help us perform difficult tasks with less effort and greater accuracy than most of us could accomplish without them. However, in order to use them effectively and without injury, you must know how to operate them correctly and safely. In this class, our home repair expert will demonstrate the operation of several common power tools, including: corded and cordless drill, dremel, reciprocating saw, miter saw and circle saw. If you have a small power tool you'd like to know more about, bring it to class and our instructor may select it for a demonstration. Join us and bring your questions.

HOME:713 | \$25
553 W 7pm-9pm
Nov. 4

Jean Linton
FV - CWI, 120

Do-It-Yourself Drywalling

Our experienced handyperson will show you how to measure, cut, and hang drywall. You'll learn how to prep the room prior to installing the 2x4 framing, including proper layout. Instruction will include cut-to-size with minimal drywall seams and cut out for electric boxes. Also learn how to apply seam tape (both paper tape and self-stick mesh tape) and mud (joint compound). If you have a drywall project in your future, get to this class before getting started.

HOME:713 | \$25
554 W 7pm-9pm
Nov. 11

Jean Linton
FV - E, 158

Basic Car Maintenance

This course is designed to help you better understand your cars, the auto repair industry and service problems you may encounter. Combines lecture on specific maintenance problems with laboratory sessions during which you will have the opportunity to inspect and perform minor repairs and maintenance on your own car.

AUTO:701 | \$29
P01 Th 6pm-9pm
Oct. 8

Michael Silva
Advanced Auto Service

Small Engine and Lawn Mower Repair

This course includes operation, maintenance, repair, and storage of small gasoline engines. Topics are: principles of operation, normal maintenance and repair of the air, fuel, ignition, and compression systems. Repair of your own engine is part of the instruction. Bring a small engine or lawnmower to be repaired to the second class session. Prefer a 4-stroke engine needing some repair. No class 10/20.

AUTO:715 | \$149
750 Tu 6pm-9pm
Sept. 29 - Nov. 24

Gus Sturmfels
Kirkwood H.S., IA170

Master Naturalist



The Master Naturalist Program
consists of *three components*:

- Completion of five biology, geology, physical science or horticulture related college credit courses.
- Attend six Continuing Education Master Naturalist designated noncredit programs offered through St. Louis Community College in the area of Nature, Ecology, or Landscape and Gardening.
- Volunteer 25 hours with a local nature-related organization.

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist Non-Credit Certificate Program. The classes may also be taken for your own personal enrichment.

Ecology

Climate Change 101

What is climate change? How are rising temperatures impacting the ecosystems, forests, oceans and even the St. Louis area? What is the biggest concern from scientists? What are the best solutions? Why do Americans disagree so strongly about this issue? Join park ranger Brian Ettling as he shares the basic science, shows the 'unusual suspects' that accept the science, and debunks many of the myths. Learn how to effectively educate others on the topic using humor and optimism to inspire them to take action.

ECOL:701 | \$25
680 Sa 9am-12pm
Nov. 14

Brian Ettling
MC - BA, 112

Indoor Composting: Make and Take Home a Bokashi Bucket

Don't throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used in the winter months, it's quick, convenient and no has household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You'll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 8/27. No refunds after this date.

ECOL:704 | \$49
650 Th 7pm-8:30pm
Sept. 10

Kat Golden
MC - SW, 207



Look for Upcycling classes and green cleaning materials in the Crafts section on page 28.

PERSONAL ENRICHMENT

DIY: Making Bran for a Bokashi Bucket Composting System

Bokashi is a great space-saving way to compost at home that uses a bran mixture of carbon-rich materials and effective microorganisms to transform kitchen waste into a great fertilizer for your garden. The bokashi bucket system can be used year round, it's quick, convenient and produces no household smells with the help of this bran mixture! Designed for individuals who currently have a bokashi bucket, you'll make a one pound mixture of the bran in class and take home the recipe and know how to make more with just a few easy steps. Don't have a bokashi bucket yet? Register for the Make and Take Home a Bokashi Bucket class or get an instruction sheet in the DIY Bran class to build your own at home. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 9/24. No refunds after this date.

ECOL:704 | \$39

651 Th 7pm-8:30pm
Oct. 8

Kat Golden
MC - SW, 207

Winter Chicken Care

Raising chickens is both a rewarding experience and a good investment of time and energy. But, special treatment is required during the winter months. Join expert chicken keeper Guy Niere as he discusses adjusting coop conditions in order to maintain continued egg laying success. He'll discuss water needs, ventilation, light and heat and providing alternative food sources. You will also prepare a seed tray in a class to begin growing your own fooder (sprouting grains) to improve the nutrition of the grains and provide greens which are in short supply during the winter.

ECOL:705 | \$29

680 Sa 10am-1pm
Oct. 3

Guy Niere
MC - SW, 105

Landscape and Gardening

All About Herbs

Whether you have a few herbs in your yard or an extensive herb garden, learn how get the most for your effort in this one-night class. From starting to expanding an herb garden, you'll learn about soil conditions, fertilizing, and the optimal placement for growth. Come hear the best advice from Master Gardener "Mike" on how to plant, maintain, and harvest an herb garden. You'll also get tips on using herbs in and around your home as well as the best way to freeze and preserve herbs for future use. Bring a notebook and pen to class.

HORT:701 | \$25

650 Tu 6pm-9pm
Sept. 8

Michelle Ochonicky
MC - SO, 107

Pruning Basics

Proper techniques for pruning trees and shrubs are essential for the health of your plants and future growth. It's not difficult if you know the right techniques and timing. You'll also learn how to avoid spreading disease from tree to tree. Class will include an outdoor demonstration, so bring your pruners. Come learn hands-on from our nursery expert Nancee Kruscheck, who will also show you how to sharpen and clean your pruners and answer your questions.

HORT:723 | \$25

680 Sa 9am-11:30am
Oct. 3

Nancee Kruscheck
MC - SO, 108

Grow Your Own: Mushroom Garden in a Bucket

Wouldn't you like to pick your own quality mushrooms at the peak of freshness to use in your morning omelet or evening gourmet meal? Come discover how easy it is to "grow your own" in a compact bucket which can be used indoors or out. Class will begin with a short presentation on growing mushrooms and then you'll get hands-on experience assembling the bucket, growing medium and spawns to get the process started and take home. It's time to add mushrooms to your food garden list and start discovering the many opportunities that exist in your own home. Registration deadline 9/9. No refunds after this date.

HORT:701 | \$25

651 Th 7pm-9pm
Sept. 17

Mark Brown
MC - SW, 108

Fall Gardening for a Bloomin' Beautiful Spring

Have a bloomin' beautiful spring! Join local nursery owner, Nancee Kruscheck, as she discusses how to prepare your flowerbeds and gardens this fall for next spring. Learn the best bulbs and perennials to plant to achieve vibrant spring color and design impact; learn how to properly divide your perennials; and steps to take to prepare your gardens to withstand winter and come back greener and more lush than before. You'll be the envy of the neighborhood!

HORT:707 | \$25

680 Sa 9am-11:30am
Sept. 12

Nancee Kruscheck
MC - SO, 107

Landscape Basics: Plan Now for a Beautiful Spring

Do you need some tips for a great landscape? Get practical advice from nursery owner, Nancee Kruscheck, and learn how to lay out bed lines, about edgings, gravel vs. mulch, weed barrier vs. plastic, plants and spacing. Now is the time to devote your efforts to having a better landscape next season!

HORT:711 | \$25

680 Sa 9am-11:30am
Sept. 26

Nancee Kruscheck
MC - SO, 108

Making More Plants: Propagation Made Simple

Make more of your favorite plants in this hands-on class. Learn some simple propagation methods. Watch local nursery owner and plant expert, Nancee Kruscheck, as she demonstrates how to take cuttings, root division, air layering and seeds, then try it yourself.

HORT:719 | \$25

680 Sa 9am-11:30am
Sept. 19

Nancee Kruscheck
MC - SO, 108

Hardy New Hybrids for Your Small Yard and Garden Spaces

Fall is the best time to plant! Come discover some of the many new varieties of plants out on the market cultivated for smaller spaces in your yard. From small shrubs to perennials with more color and smaller sizes, join nursery owner and plant expert Nancee Kruscheck and you'll learn about how hardy these varieties are and where they will work best in your garden.

HORT:708 | \$25

680 Sa 9am-11:30am
Sept. 5

Nancee Kruscheck
MC - SO, 108

Nature

Introduction to Bird Watching

According to the U.S. Fish and Wildlife Service, more than 45 million Americans identify birding as one of their favorite pastimes. Whether you are an amateur bird enthusiast or are interested in learning more about bird identification, migratory patterns, and wildlife in your own backyard, this class is for you! Join educators from the St. Louis Audubon Society to discover how to identify bird species by sight, song, physical attributes, and behaviors. You'll also learn how to research your findings in guidebooks and how to attract more birds to your backyard through feeding and landscaping. Field trip on Saturday will allow you to practice your new skills and learn about the best places to view a variety of birds in the St. Louis area. Field trip details to be discussed in class. Provide own transportation. Class is offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$35

650 Tu 7pm-9pm
Sept. 15
Sa
Sept. 19

Vicki Flier, Sharon Nickl
MC - SO, 107
MC - Off Campus

Something to Crow About

American crows are prevalent across much of the continent distinguished by their large, all-black features and cawing voices. Come explore the world of the exceptional American crow including problem solving and behaviors as they interact with their habitat. Learn about food sources, nesting and other educational facts. Offered in partnership with St. Louis Audubon Society.

NATR:709 | \$25

652 Tu 7pm-9pm
Oct. 6

Marty Smigell, Vicki Flier
MC - SO, 107

Bats of Missouri

Missouri is home to at least 14 different species of bats. Learn about these different species, where they live, how common they are and methods used to research and monitor them. Taught by Tony Elliott of the Missouri Department of Conservation, you will also explore and discuss the importance of bats to the environment and humans as well as current threats to these fascinating creatures.

NATR:709 | \$25

680 Sa 9am-12pm
Oct. 3

Tony Elliott
MC - SO, 109

Owls of Missouri

Join in this exploration of the diverse variety of owls found in the United States including the 18 species of North America and the eight species native to Missouri. Special focus will be on the four main owls found here in Missouri: the barred owl, the screech owl, the barn owl and the great horned owl. Participants will also dissect owl pellets in order to learn more about the owls' eating habits. Offered in partnership with St. Louis Audubon Society.

NATR:709 | \$25

651 Tu 7pm-9pm

Marty Smigell
Maureen Conway
MC - SW, 108

Sept. 22



New Forest Park Owls: Hiding in Plain Sight

Join award-winning, amateur naturalist and speaker Mark H.X. Glenshaw and discover details into the lives of a local mated pair of Great Horned Owls in Forest Park. Mark has been closely observing and documenting the owls since 2005. You'll learn how he found the owls, basic facts about the species, and the different behaviors he observes and documents with photos and videos to illustrate these behaviors. Don't be surprised if you find yourself looking for owls after this course in a follow up instructor led Owl Prowl!

NATR:709 | \$25

653 Th 6:30pm-8:30pm
Oct. 8

Mark H.X. Glenshaw
MC - SO, 232

For Goodness Snakes!

Snakes are one of the most widely misunderstood animals in nature. Learn to identify common Missouri venomous and nonvenomous snakes and dispel those popular myths you might have heard. Join Janet Price, Interpretive Resource Specialist at Johnson's Shut-Ins State Park as she shares "tips and tricks" to help you distinguish differences between the species and help you gain accurate knowledge of local serpents.

NATR:721 | \$25

650 Th 6:30pm-8:30pm
Sept. 10

Janet Price
MC - SO, 232

New Busy as a Beaver

Beavers are well-known for their talents to restructure the landscape and cutting down trees but there is more to the story! Did you know that the reason St. Louis was established at the confluence of the Mississippi and Missouri rivers was partly because of beavers? And, that around 100 years ago, they were almost extinct in Missouri? Join MO Dept of Conservation volunteer naturalist Ed Leutwiler as he explores insight into beaver-related attributes including characteristics, habitat, diet, mating, behaviors and conservation efforts that re-established them in our state. He will also display several beaver mounts, pelts and skull and mounts of predators.

NATR:727 | \$19

650 M 7pm-8:30pm

Oct. 12

Ed Leutwiler

MC - SO, 204

Introduction to Beekeeping

Of the 4,000 native species of bees that live in North America, Missouri is home to more than 400 bee species—including 10 bumblebees. Honey bees are an exotic species first introduced into the New World in 1622. Bees play an important role in agriculture as pollinators of flowering plants that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full-time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come and learn how to attract native pollinators and honey bees by planting a pollinator-friendly garden and constructing nesting habitat for native pollinators. We will also present introductory information on getting started with beekeeping and honey bee products of the hive.

NATR:733 | \$29

680 Sa 9am-12pm
Dec. 5

Yvonne Von Der Ahe
MC - SO, 108

Edible Mushrooms of Missouri

Discover ten of the most common edible mushroom of Missouri. Students will participate in classroom learning, field exploration and mushroom identification. Dress for walking in the woods. Bring sack lunch. Class held at Babler State Park Visitors Center. Offered in cooperation with the Missouri Mycological Society (MOMS).

NATR:723 | \$25

M01 Sa 10am-2pm
Oct. 10

Babler State Park

New Master the Asters and Other Fall Wildflowers

Learn to appreciate and identify fall blooming members of the Aster Family, including the notoriously confusing "yellow composites" sunflowers, goldenrods, and others. Course includes a classroom discussion followed by a half-day field trip on Saturday to Shaw Nature Reserve. Offered in partnership with the Missouri Native Plant Society.

NATR:723 | \$39

650 Tu 6:30pm-8:30pm

Sept. 22

Sa 9am-12pm

Sept. 26

Rick Gray
Nels Holmberg
MC - SW, 106

Shaw Nature Reserve

Eclipses, Meteors and Comets

There is much more to the skies than just star gazing. Some of nature's most spectacular astronomical phenomena were at times terrifying to peoples of the past. They include lunar and solar eclipses, meteor showers and bright comets, all of which can be enjoyed with nothing more than the unaided eye. Learn how to enhance those experiences with inexpensive tools such as binoculars and how to do safe solar eclipse observing with appropriate but inexpensive items such as "eclipse glasses." This is your chance to learn how to do all this from an experienced observational astronomer and past president of the St. Louis Astronomical Society.

NATR:732 | \$25

680 Sa 9am-12pm
Nov. 7

Michael Malolepszy
MC - SO, 109

Exploring Fall and Winter Night Skies

Class meets on Mondays and Wednesdays. Learn how to use the unaided eye, binoculars or small to medium sized telescopes to find, identify and observe the astronomical objects and events of late fall and winter of 2014 including the moon, planets, artificial satellites, meteors, comets, stars, constellations and nebula. Bring to class: a planisphere 35 - 45 degree latitude, such as Phillip's planisphere 6" or larger, and current issue of Sky and Telescope magazine. One field trip required. Details to be announced in class. Provide own transportation.

NATR:732 | \$59

650 M 7pm-9pm
Oct. 19 - Oct. 26
W 7pm-9pm
Oct. 21-28

Michael Malolepszy
MC - BA, 120
MC - BA, 120

Native Tree Identification

This class meets Thursday and Saturday. Learn about Missouri tree identification with Mike Walsh, Forestry Programs Manager with Forest ReLeaf of MO, using characteristics and samples such as twigs, leaves, bark, fruit and more. First class is a lecture format on the Wildwood campus followed by a weekend field trip at Rockwood Reservations (one mile from campus) 2751 Glencoe Rd, Wildwood. Wear comfortable shoes and dress for walking outdoors. Resource booklets provided. Provide own transportation. Offered in partnership with Forest ReLeaf of Missouri.

NATR:722 | \$35

350 Th 6pm-8pm
Sept. 24
Sa 10am-12pm
Sept. 26

Mike Walsh
WW, 202
Rockwood Reservations

Overview of Oaks: Local and Abroad

Are you interested in learning more about the native oak trees that live among us and others from around the world? Join Mike Walsh, Forestry Programs Manager at Forest ReLeaf of Missouri and explore the many varieties of native oaks and other interesting oak trees and facts including oak history, differences in red and white oaks, commercial, ecological, urban and wildlife benefits, and much more. You will also learn how Forest ReLeaf grows all kinds of oaks and how you can too! Offered in partnership with Forest ReLeaf of Missouri.

NATR:722 | \$25

650 Th 6pm-8pm
Sept. 10

Mike Walsh
MC - SO, 109

Forest Ecology of MO

Have you ever wanted to learn more about the ecology of Missouri's forests? Mike Walsh, Forestry Programs Manager with Forest ReLeaf of Missouri will present a general introduction to forest ecology, and how it relates it to our own Missouri forests. Topics will include elements of a forest ecosystem, competition, succession, forest layers (structure), forest types in Missouri, disturbance, nutrient cycling, and more. Class is offered in cooperation with Forest ReLeaf of Missouri.

NATR:722 | \$25

651 Th 6pm-8pm
Oct. 1

Mike Walsh
MC - SO, 109

Geology of Missouri

Spend a few hours learning about the geology and geography of Missouri in an informal atmosphere. We will discuss how our state has been shaped by glaciations, earthquakes, uplift and warm, and shallow seas. Learn about the processes that gave us the nickname "The Cave State." We will also take a look at the economic impact rocks and minerals have had on our state's economy.

NATR:730 | \$25

680 Sa 9am-12pm
Oct. 10

Jeffrey Smith
MC - SW, 106

Severe Weather Phenomena

Are you interested in severe weather formation? Join meteorologist Joe Schneider as he discusses the structure of the earth's atmosphere and forces that govern its motion. Learn to apply these concepts to understand the aspects of severe weather, including thunderstorms and tornadoes. Discover different weather indicators that can keep you safe in case of a weather emergency.

NATR:734 | \$25

650 M 6pm-9pm
Oct. 5

Joseph Schneider
MC - BA, 116



Real Estate

Buying a Home? Top Home Buying Mistakes to Avoid

"If only we had known..." is the sad tale of too many home buyers. Come spend a valuable evening preventing mistakes that don't have to happen. Purchasing a home is the largest investment you'll ever make. Come get the inside scoop to avoid surprises at closing. We'll discuss what you need to know before you purchase, what you can expect throughout the process, the strategies to use to obtain the best value, the importance of understanding the contracts you sign, getting the right inspections before closing the deal and how to safeguard yourself in any market.

REAL:701 | \$19

650 Th 7pm-9pm
Sept. 17
350 Tu 7pm-9pm
Oct. 6

Jill McCoy
MC - CN, 227
Jill McCoy
WW, 201

Home Selling: Your Guide to a Successful Sale

If you've never sold a home before (or even if you have, but it's been a while), it's important to know your marketing options. You need to know what to expect from the home selling process, how to add impact and value to your home that will get you top dollar (staging without breaking the budget), how to use knowledge of the competition in your area to determine a realistic selling price, the pros and cons of "for sale by owner," and how to find the right agent to sell your house. Come spend a short evening learning the inside track that will get you the best deal for your home.

REAL:702 | \$19

350 Tu 7pm-9pm
Sept. 22
650 Th 7pm-9pm
Oct. 15

Jill McCoy
WW, 201
Jill McCoy
MC - CN, 227

Real Estate Investing for Income

True financial wealth is about having the unearned income to finance your life goals without having to work. Private market commercial real estate returned an average of 8.4% over the 10-year period from 2000 to 2010. The key is to understand what you are buying by having a solid knowledge and a good plan. Come find out how to plan your investment strategies to lead to true financial wealth.

REAL:725 | \$29

350 Tu 7pm-9pm
Nov. 3

Jill McCoy
WW, 201

Personal Finance

Finance and Investing

New Where Does All My Money Go? Gain Control of Your Finances

Are you one of 70% of Americans who is worried about your finances? Are you one of 60% who don't have a budget? You don't have to be a CPA to manage your finances and build wealth within the resources that you have, even while recovering from the recession. Join business and finance instructor Tiffany Smith to learn about budgeting, building emergency savings, paying down debt, saving for retirement and a crash course in building wealth through investments. Many of the financial questions you were afraid to ask will be answered in this course that will help you take control of your finances and help build a better future for you and your family. Bring a sack lunch and drink.

FINC:735 | \$35

650 Sa 9am-1pm
Oct. 3

Tiffany Smith
MC - SO, 107

New Ten Steps to Financial Freedom

Take control of your finances and bring balance to your budget. Taught by a CPA, you'll get the tools to learn step-by-step processes to creating budgets, lowering your debt, and starting on the path to accumulating wealth through saving and investing for your future use. The course will help provide a framework and process to follow in order to take control of your financial life and make a positive impact for the years ahead.

FINC:735 | \$19

450 Tu 6pm-7:30pm
Sept. 15

Andrew Hall
FP - G Tower, 113

New Protect What You've Worked For

This presentation covers the risks that could impact your financial strategies and will cover possible insurance solutions to protect against these risks. Topics include term insurance, permanent life insurance including variable universal life (VUL), long term care insurance and hybrid policies. You will get answers to all of your protection questions. What type is right for my family? How much coverage should we have? What are the differences between them? What costs do they cover? How difficult is it to get coverage?

FINC:745 | \$25

650 Tu 6:30pm-8:30pm
Oct. 27

Margie Bittner
MC - SO, 107

"Top 10" Activities to Avoid Identity Theft and Financial Fraud

Identity theft and financial fraud are serious problems affecting millions of people each year. No matter how cautious you are personally, corporate data breaches put risk on all of us. Join local information security professional, John Newcomer, as he discusses this problem, steps you can take to minimize the risks, and what to do should you become a victim. This course is beneficial for individuals and small business owners. Handouts include reference assistance and contact information.

FINC:765 | \$19

350 Tu 6:30pm-8pm
Sept. 22

John Newcomer
WW, 220



Your Dependent with Special Needs: Making Their Future More Secure

Families with children and other dependents with special needs, no matter what the age or disability, face many serious questions about how to best prepare for their future well-being. This workshop addresses such critical issues as protecting government benefit eligibility for Supplemental Security Income (SSI), creating Special Needs Trusts and the importance of a will. Taking steps now can help arrange for a loved one's well-being today and tomorrow.

FINC:747 | \$19

650 W 6:30pm-8pm
Sept. 30

Valerie Baker
MC - SO, 206

Foundations of Investing

Are you just getting started with personal investing or want to learn more so that you can better communicate with your current financial advisor? Come learn about the basics of investing including the key features of bonds, stocks and mutual funds; the investment pyramid and the importance of asset allocation; risk tolerance and the portfolio objective that is right for you; and the impact of inflation and tax diversity on your long-term goals.

FINC:705 | \$39

651 Tu 6:30pm-9pm
Sept. 22 - Sept. 29

Margie Bittner
MC - SO, 204

Annuities Explained : Understanding the Basics

Join Laura J. Boedges, Financial Consultant with Rogers and Company, A Wealth Management Firm, Inc. in an enlightening conversation on annuities: What are they? How do they work? When and why would I need one? No one cares more about your money than you do. It's wise to ask questions in advance of an annuity purchase. This introductory class will give you all the basic information you need you'll know what questions to ask to be better informed and more comfortable making an annuity investment decision. Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through V Wealth Management, a registered investment advisor. Rogers and Company, A Wealth Management Firm, Inc. and V Wealth Management are separate entities from LPL Financial.

FINC:705 | \$25

650 Th 6pm-8pm
Sept. 17

Laura J. Boedges
MC - SO, 232

Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad

This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor owns and operates an investment firm that successfully avoided the Fall 2008 collapse of the U.S. Stock Market. Lunch on your own.

FINC:705 | \$89

C80 Sa 9am-4pm
Sept. 19 - Sept. 26

Brian Bingham
Corp. College, 208

New Mastering Investing Psychology - Understanding Why You Will Succeed Where Others Fail

Proper psychology and mental preparedness can help you better understand how the investing business and news flow works against you, and how to succeed where countless others fail. This course will provide timeless examples of how proper investing knowledge and mindset kept great investors in the game. Specific examples from investment history, and what it took to succeed then, and how it applies to today will be discussed. Simply put, applying theory to the real world explained by someone who does it every day. This class will add deeper understanding to the forces at work while applying the knowledge from the required prerequisite class, *Preserving Capital and Making It Grow*.

FINC:705 | \$49

C81 Sa 9am-4pm
Oct. 17

Brian Bingham
Corp. College, 208

Estate Planning

General Estate Planning: Wills, Trusts and Avoiding Probate

Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.

FINC:710 | \$35

720 M 6pm-8pm
Sept. 21

Yvonne Homeyer
Ladue H.S., 145

451 M 6pm-8pm
Oct. 5

Yvonne Homeyer
FP - G Tower, 117

721 M 6pm-8pm
Oct. 12

Yvonne Homeyer
Ladue H.S., 145

Estate Planning: Living Trusts

Everyone wants to do estate planning for control of your assets and for a legacy to your loved ones. This course covers various ways to estate plan, to avoid probate, to avoid guardianships and to reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

FINC:710 | \$35

550 W 7pm-9pm
Sept. 16

Jacquelynn Capriano
SCEUC, 101

730 M 7pm-9pm
Oct. 5

Charles Amen
Lindbergh H.S., 53

Your Responsibilities as an Estate Executor

Serving as an executor of an estate is an honor and a responsibility. Understanding your duties will help you perform the required tasks in an efficient manner and avoid costly mistakes. Particulars of settling the estate such as managing and dispersing stock holdings and business interests, transferring property ownership, and fulfilling bequests to charities can get complicated, and executors can be held liable for their actions. This course is designed to equip would-be executors with sound legal guidance will prepare you fulfill your responsibilities.

FINC:710 | \$35

450 Tu 6pm-8pm
Sept. 29

Amy Hereford
FP - G Tower, 117

Retirement Planning

New Retirement by Design

This course will help you translate your vision for retirement into tangible goals. Whether you are close to retirement or forty years from retirement, you will learn investment strategies you can use now to help design the retirement you want tomorrow. Specific topics include employer-sponsored retirement plans (e.g. 401Ks), traditional and Roth IRAs, the impact of taxes and inflation, factoring in social security and pensions, and your asset reliance rate.

FINC:736 | \$25

653 Tu 6:30pm-9pm
Oct. 20

Margie Bittner
MC - SO, 107

Retirement Income Planning

Make the most out of your retirement savings. During this workshop you will learn the steps you need to take to create an income strategy and how to manage five common retirement risks. You will also get information on how to make your savings last and to help ensure a comfortable retirement by covering both your "needs" and "wants."

FINC:736 | \$25

651 W 7pm-9pm
Sept. 30

Steve Glazer
MC - SO, 108

Retirement Roadblocks: Mistakes Retirees Often Make

Understand common mistakes that retirees can make over and over again - and how you can overcome them! This class will explore being too conservative, having an unsuitable asset allocation strategy, paying too much in taxes and helping out the kids-how much is too much.

FINC:736 | \$25

654 W 7pm-9pm
Oct. 21

Steve Glazer
MC - SO, 108

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. You will learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed, and the little-understood effect of earned income on Social Security benefits.

FINC:736 | \$25

650 W 7pm-9pm
Sept. 16

Steve Glazer
MC - SO, 108

350 W 7pm-9pm
Oct. 7

Steve Glazer
WW, 220

652 W 7pm-9pm
Oct. 14

Steve Glazer
MC - SO, 108

Understanding Medicare Eligibility and Benefits

Determining your eligibility and benefits under the various Medicare plans can be a daunting task. Come learn about Medicare parts A through D including eligibility qualifications and timetables for enrollment including initial, annual and special enrollment for individuals coming off group plans. Discussion will also focus on supplemental plans, Advantage plans and prescription drug choice options in the marketplace. A brief history of the program will be presented along with recent changes to the programs. Increase your comprehension of the Medicare program and learn to make informed decisions about your health benefit choices.

FINC:746 | \$25

650 Th 6:30pm-8:30pm
Oct. 1

Mary Biggs
MC - SO, 205

Paying for Long Term Care, Obtaining Medicaid and Veteran's Benefits

Paying for long term care is a problem facing a lot of senior citizens. This course will cover the benefits available through Medicaid and through the Veterans Administration (for veterans and their spouses). You'll learn about eligibility requirements as well as techniques and strategies to become eligible. Class is designed for seniors who are facing such costs, or worrying about the future costs, as well as family members who are providing care for their parents. Taught by an elder care and accredited VA attorney.

FINC:746 | \$25

550 Tu 7pm-9pm
Sept. 22

Paul Gantner
SCEUC, 102

Exclamation Point!

"I felt confidence in Steve Glazer and his honesty. He covered just the right amount of information and a variety of it too. The class was easy to understand and relevant to making informed decisions."

Melvin G., Clayton

Language & Communications

Communications

Nonverbal Communication: How to Speak and Listen Without Words

Avoid miscommunication and become a better communicator overall! Learn about the extraordinary amount of information that can be provided through nonverbal communication and how a simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to improve your communication skills.

COMM:711 | \$29

650 M 6:30pm-8:30pm
Oct. 19 - Oct. 26

Erin De Vore
MC - SO, 204

Making Movies With Your Mobile Device!

Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.

COMM:765 | \$49

650 Tu 6:30pm-8:30pm
Sept. 22 - Oct. 13

Dale Ward
MC - CN, 227

Languages

For textbook information, view the **Explore Our Classes** page online.

Arabic Language: Beginning I

Interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic? Come meet with others who share a common interest in the Arabic culture and language. Text required - bring to first class. No class 11/25.

FLAR:717 | \$99

650 W 6:30pm-8:30pm
Oct. 7 - Dec. 2

Jabr Dumit
MC - SW, 108

Bosnian and Croatian Language: Beginning I

Are you interested in the Bosnian and Croatian language and culture of the region? Learn basic everyday expressions, simple conversational phrases and contemporary culture of this region. No text required.

FLBO:717 | \$99

550 Th 6:30pm-8:30pm
Oct. 1 - Nov. 19

Azim Mujakic
SCEUC, 101

Chinese for First Timers

Explore an ancient culture and language with Chinese for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required.

FLCH:717 | \$59

650 M 7pm-9pm
Sept. 14 - Oct. 5

John Yeh
MC - CN, 201

PERSONAL ENRICHMENT

Chinese (Mandarin) Language: Beginning I

Great way to gain conversational skills for those who wish to travel or do business in China! Learn practical dialogues for asking directions, using public transportation, making phone calls, and other needs for travel and social life. After completion, you will have a basic knowledge of the Chinese language which will enrich your experiences. Prerequisite: Chinese for First Timers or knowledge of the Pin Yin system. Text required-bring to first class.

FLCH:717 | \$99

651 M 7pm-9pm
Oct. 19 – Dec. 7

John Yeh
MC - CN, 201

French for the Traveler

Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read menus, understand cultural differences, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class. No class 9/7.

FLFR:716 | \$75

650 M 7pm-9pm
Aug. 31 – Oct. 12

Patricia Adams
MC - CN, 126

French Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in French! Especially helpful if you're planning to visit Canada or Europe. Concentration will be on the oral use of the language in dealing with everyday situations.

FLFR:717 | \$99

750 W 7pm-9pm
Oct. 7 – Dec. 2
No class 11/25.

Marcel Kyle
Kirkwood H.S., W 122

No text required. Bring a pocket folder, notebook and pen.

P01 Tu 7pm-9pm
Aug. 25 – Oct. 13

Patricia Adams
Nottingham, 108

Text required-bring to first class.

720 M 6:30pm-8:30pm
Sept. 21 – Nov. 9

Barbara Sandmel
Ladue H.S., 208

Text required-bring to first class.

French Language: Beginning I - Friends and Family

Explore a new culture and language in a relaxed and informal atmosphere with your friends and/or family! Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in French! Ages 8 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Text required-bring to first class.

FLFR:717 | \$99

400 Th 4pm-6pm
Sept. 10 – Oct. 29

Manuella Nselel
FP - G Tower, 113

French Language: Beginning II

Continue to increase your knowledge of the French language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: French-Beginning I or equivalent experience.

FLFR:718 | \$99

750 Tu 7pm-9pm
Oct. 6 – Nov. 24

Marcel Kyle
Kirkwood H.S., W 122

No text required. Bring a pocket folder, notebook and pen

P01 Tu 7pm-9pm
Oct. 20 – Dec. 8

Patricia Adams
Nottingham, 108

Text required-bring to first class.

French Practice

Do you need extra tutoring for your French class? Come to these practice sessions and get extra help where you struggle the most. Instructor will work with students on an individual and group basis to help all students in various areas. All levels welcome.

FLFR:765 | \$29

680 Sa 10am-12pm
Oct. 10 – Oct. 17

Manuella Nselel
MC - CS, 205

German for the Traveler

Enjoy an easy and practical introduction to the German language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.

FLGE:716 | \$75

450 W 6:30pm-8:45pm
Nov. 18 – Dec. 16
No class 11/25.

Dustin Glastetter
FP - G Tower, 115

750 W 6:30pm-8:45pm
Aug. 26 – Sept. 16

Dustin Glastetter
Kirkwood H.S., E 182

German Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in German! No text required.

FLGE:717 | \$99

750 Th 6:30pm-9pm
Sept. 24 – Oct. 29

Dustin Glastetter
MC - CN, 201

New German Language: Beginning III

Continue to increase your knowledge of the German language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: German-Beginning II or equivalent experience. No text required.

FLGE:719 | \$99

650 W 6:30pm-9pm
Sept. 30 – Nov. 4

Dustin Glastetter
MC - CN, 201

Irish (Gaelic) Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Gaelic! Feel comfortable conversing with others in Gaelic. No text required.

FLIR:717 | \$99

480 Sa 9am-11am
Sept. 26 – Nov. 14

Sarah Johnson
FP - F Tower, 213

Irish (Gaelic) Language: Beginning II

Continue to increase your knowledge of Gaelic including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Irish-Beginning I or equivalent experience. No text required.

FLIR:718 | \$99

481 Sa 11:30am-1:30pm
Sept. 26 – Nov. 14

Sarah Johnson
FP - F Tower, 213

Italian for the Traveler

Enjoy an easy and practical introduction to the Italian language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.

FLIT:716 | \$75

600 M 4pm-6pm
Nov. 9 – Dec. 14

Barbara Klein
MC - CS, 209

400 Tu 4pm-6pm
Sept. 8 – Oct. 13

Barbara Klein
FP - G Tower, 111

650 M 7pm-9pm
Sept. 14 – Oct. 19

Barbara Klein
MC - CS, 209

450 Tu 7pm-9pm
Nov. 10 – Dec. 15

Barbara Klein
FP - G Tower, 111

Italian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Italian! Text required-bring to first class.

FLIT:717 | \$99

751 Tu 6:30pm-8:30pm
Oct. 27 – Dec. 15

Maria Brandle
Kirkwood H.S., E 183

750 W 6:30pm-8:30pm
Aug. 26 – Oct. 14

Maria Brandle
Kirkwood H.S., E 183

400 Tu 4pm-6pm
Oct. 27 – Dec. 15

Barbara Klein
FP - G Tower, 111

650 M 7pm-9pm
Oct. 26 – Dec. 14

Barbara Klein
MC - CS, 209

Italian Language: Beginning II

Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning I or equivalent experience. Text required-bring to first class. No class 10/20.

FLIT:718 | \$99

450 Tu 7pm-9pm
Sept. 8 – Nov. 3

Barbara Klein
FP - G Tower, 111

Exclamation Point!

"The instructor, Marcel Kyle, is the best French language instructor I've ever had. He's a terrific instructor and a very interesting fellow...He offers lots of tips sprinkled in the class about French customs, culture & travel. Great class, merci beaucoup!"

Bernita W., Sunset Hills, MO

Italian Language: Beginning III

Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning II or equivalent experience. Text required-bring to first class.

FLIT:719 | \$99

750 Tu 6:30pm-8:30pm Maria Brandle
Aug. 25 - Oct. 13 Kirkwood H.S., E 183
600 M 4pm-6pm Barbara Klein
Sept. 14 - Nov. 2 MC - CS, 209

Italian Conversation: Advanced

Continue to review grammar and syntax in conjunction with reading and discussion of articles covering current issues and events in this advanced Italian conversation class. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required. No class 10/12.

FLIT:723 | \$99

710 M 7pm-9pm M Flynn
Sept. 28 - Nov. 23 Clayton H.S., 124

Preparing for Your Trip to Italy

Do you have an upcoming trip to Italy? Well this course is designed specifically for you! Become familiar with practical traveling tips as well as cultural differences that you should be aware of while in Italy. Instructor previously lived in Italy and travels there every year; now she wants to help prepare you so that you can fully enjoy your experience while in this beautiful country. No text required.

FLIT:765 | \$25

400 W 4pm-6pm Barbara Klein
Sept. 16 FP - G Tower, 113
650 W 7pm-9pm Barbara Klein
Sept. 9 MC - CS, 209



Korean Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Korean! One class will be held at a local Korean restaurant where students will be able to test their new skills! Text required-bring to first class.

FLKO:717 | \$99

680 Sa 9:30am-11:30am Misook Yu
Sept. 26 - Nov. 14 MC - BA, 120

New Korean Language: Beginning II

Continue to increase your knowledge of the Korean language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Prerequisite: Korean - Beginning I or equivalent experience. One class will be held at a local Korean restaurant where students will be able to test their skills! Text required-bring to first class.

FLKO:718 | \$99

650 M 7pm-9pm Misook Yu
Sept. 28 - Nov. 16 MC - BA, 220

New Portuguese Language: Beginning I

Explore the Brazilian culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to form greetings, introductions and daily expressions in basic Portuguese! Taught by a native speaker.

FLPG:717 | \$99

680 Sa 10am-12pm
Aug. 15 - Oct. 10 MC - CS, 104
No class 9/5
681 Sa 10am-12pm
Oct. 17 - Dec. 12 MC - CS, 104
No class 11/28

New Portuguese Language: Beginning II

Continue to increase your knowledge of the Portuguese language by introducing simple conversation, grammar and vocabulary! Improve your basic understanding of Portuguese and communicate better in common everyday situations. Prerequisite: Portuguese - Beginning I or equivalent experience. Taught by a native speaker.

FLPG:718 | \$99

680 Sa 10am-12pm
Aug. 15 - Oct. 10 MC - CN, 221
No class 9/5
681 Sa 10am-12pm
Oct. 17 - Dec. 12 MC - CN, 221
No class 11/28

New Portuguese Language: Beginning III

Continue to increase your knowledge of the Portuguese language including speaking, grammar and vocabulary! Emphasis will be on oral use of the language in dealing with everyday situations. Prerequisite: Portuguese - Beginning II or equivalent experience. Taught by a native speaker. No class 11/28.

FLPG:719 | \$99

680 Sa 10am-12pm
Oct. 17 - Dec. 12 MC - CN, 224

Russian for First Timers

Begin to explore a new culture and language with Russian for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.

FLRU:717 | \$99

650 M 7pm-9pm Valerie Powers
Sept. 28 - Oct. 19 MC - CN, 202

Russian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. While covering all four aspects of study (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class.

FLRU:717 | \$99

651 M 7pm-9pm Valerie Powers
Oct. 26 - Dec. 14 MC - CN, 202

Russian Language: Beginning II

Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian - Beginning I or equivalent experience. Text required-bring to first class. No class 10/22.

FLRU:718 | \$99

650 Th 7pm-9pm Valerie Powers
Sept. 24 - Nov. 19 MC - CN, 202

Spanish for the Traveler

Enjoy an easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! One class will be held at a local restaurant where students will be able to test their new skills by ordering in Spanish! Text required - bring to first class.

FLSP:716 | \$75

600 M 4pm-5:55pm Rosario Gasquet
Sept. 14 - Oct. 19 MC - HE, 123
650 M 6pm-7:55pm Rosario Gasquet
Sept. 14 - Oct. 19 MC - HE, 123
350 Tu 5:30pm-7:30pm Burnette McNamee
Oct. 6 - Nov. 17 WW, 223
No class 10/20

Spanish Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Text required-bring to first class.

FLSP:717 | \$99

600 Tu 4pm-6pm Ann Matthews
Aug. 25 - Oct. 13 MC - CN, 221
650 M 7pm-9pm Ann Matthews
Aug. 24 - Oct. 19 MC - CS, 210
No class 9/7
450 Tu 7pm-9pm Timothy Neckermann
Sept. 1 - Oct. 27 FP - G Tower, 115
No class 10/20
780 M 7pm-9pm Timothy Neckermann
Oct. 19 - Dec. 7 Lindbergh H.S., 51
550 Tu 6:30pm-8:30pm Maria de la Garza
Aug. 25 - Oct. 13 FV - C, 104

Spanish Language: Beginning I - Friends and Family

Explore a new culture and language in a relaxed and informal atmosphere with your friends and/or family! Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Ages 8 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Text required-bring to first class. No class 11/26.

FLSP:717 | \$99

300 Th 4pm-6pm Ann Matthews
Oct. 22 - Dec. 17 WW, 202

Spanish Language: Beginning II

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning I or equivalent experience. Text required-bring to first class.

FLSP:718 | \$99

600 Th 4pm-6pm Ann Matthews
Aug. 27 - Oct. 15 MC - CS, 210
650 M 7pm-9pm Ann Matthews
Oct. 26 - Dec. 14 MC - CS, 210
770 W 7pm-9pm Ann Matthews
Aug. 26 - Oct. 14 Hixson Mid. School, 115
450 Th 7pm-9pm Timothy Neckermann
Aug. 27 - Oct. 15 FP - G Tower, 113
780 W 7pm-9pm Timothy Neckermann
Oct. 21 - Dec. 16 Lindbergh H.S., 51
No class 11/25

PERSONAL ENRICHMENT

Spanish Language: Beginning III

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class.

FLSP:719 | \$99

600 M 4pm-6pm **Ann Matthews**
Aug. 24 - Oct. 19
No class 9/7 MC - CS, 210

650 Th 7pm-9pm **Ann Matthews**
Oct. 22 - Dec. 17
No class 11/26 MC - CS, 204

450 Th 7pm-9pm **Timothy Neckermann**
Oct. 22 - Dec. 17
No class 11/26 FP - G Tower, 115

Spanish Conversation: Intermediate I

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Language - Beginning III or equivalent experience. Text required-bring to first class.

FLSP:720 | \$99

780 W 7pm-9pm **Maria de la Garza**
Aug. 26 - Oct. 14
Lindbergh H.S., 54

450 Tu 7pm-9pm **Lorenzo Gonzalez**
Oct. 27 - Dec. 15
FP - G Tower, 113

Spanish Conversation: Intermediate II

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation - Intermediate I or equivalent experience. Text required-bring to first class. No class 11/25.

FLSP:721 | \$99

780 W 7pm-9pm **Maria de la Garza**
Oct. 21 - Dec. 16
Lindbergh H.S., 54

Spanish Conversation: Advanced

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation - Intermediate III or equivalent experience.

FLSP:723 | \$99

450 Tu 7pm-9pm **Lorenzo Gonzalez**
Aug. 25 - Oct. 13
FP - G Tower, 321

Text required - will be discussed at first class.

650 Th 7pm-9pm **Lorenzo Gonzalez**
Aug. 27 - Oct. 15
MC - CS, 206

Text required - will be discussed at first class.

651 Th 7pm-9pm **Lorenzo Gonzalez**
Oct. 22 - Dec. 17
No class 11/26 MC - CS, 206

Text required - will be discussed at first class.

720 W 7pm-9pm **Margarita Gunther**
Sept. 23 - Nov. 18
No class 10/14 Clayton H.S., 124

No text required.

New Spanish Grammar: Level I

Become proficient in conjugating verbs! Gain an in-depth understanding of the present tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Language-Beginning I or equivalent experience. Text required - bring to first class. No class 11/28.

FLSP:765 | \$99

680 Sa 10am-12pm **Ann Matthews**
Oct. 3 - Dec. 5
MC - CS, 206

Sign Language

Getting Started with Sign Language I

Ready to get started? Join other individuals who would like a basic knowledge and learn common vocabulary (numbers, feelings, opposites, colors, food, etc) to begin communicating in Sign Language! Class does not cover ASL sentence structure. No text required.

SIGN:701 | \$95

S50 Tu 6:30pm-8:30pm **Cynthia Hayes**
Sept. 29 - Nov. 17
SCEUC, 118

Getting Started with Sign Language II

Explore even more common words and phrases as you continue learning basic signs and build upon the knowledge you acquired in Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required.

SIGN:702 | \$95

S50 Th 6:30pm-8:30pm **Cynthia Hayes**
Oct. 1 - Nov. 19
SCEUC, 118

Sign Language: Beginning ASL

Learn the fundamentals of American Sign Language (ASL), including finger spelling and hand signs! You will also receive a brief overview of deaf culture as you begin to learn the basics of unspoken communication. Text required - bring to first class.

SIGN:701 | \$99

S50 M 6pm-8pm **Antonina Wilson**
Oct. 12 - Nov. 30
FV - C, 137

Sign Language: Intermediate ASL

Did you enjoy your first Sign Language course? Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class. No class 11/25.

SIGN:703 | \$99

S51 W 6pm-8pm **Antonina Wilson**
Oct. 14 - Dec. 9
FV - C, 133

Silent Weekend

Experience silence and new communication challenges while you take mini-workshops conducted at beginning, intermediate, or advanced levels. If you are a student of sign and/or IEP programs, special education teacher, parent with deaf and hard-of-hearing children, supervisor who works with deaf and hard-of-hearing employees, community volunteer, interpreter, or person interested in improved communication with the deaf and hard-of-hearing, you will benefit from this retreat! At the end of the weekend you will realize a deeper understanding of the "silent" experience. No matter what level you are, you are welcome! Weekend begins Friday at 6pm and continues until Sunday noon. No refunds after 10/22.

SIGN:725 | \$125

VD1 FSaSu **Regina Driskill**
Nov. 6 - Nov. 8
** Babler State Park

Like us on Facebook



**St. Louis
Community
College
Continuing
Education**

Historical Studies

Genealogy

Starting Your Family History

If you are just starting or need a refresher, this class covers the various American genealogical resources. Information covers resources at libraries, courthouses, churches, and on the Internet.

GENE:701 | \$49

600 Tu 3pm-5pm **Mary Stamm**
Sept. 15 - Oct. 6
MC - BA, 203

Library Databases For Genealogy

Many libraries have subscription databases. See what information is available and what it can tell you about your family.

GENE:704 | \$25

600 W 3pm-5pm **Mary Stamm**
Oct. 7 - Oct. 14
MC - BA, 208

Death Has Many Faces

Death is inevitable! But finding that elusive death sometimes proves difficult. Besides the obvious death certificate this class will look at some of the additional sources of death information.

GENE:705 | \$25

600 W 3pm-5pm **Mary Stamm**
Sept. 23 - Sept. 30
MC - AS, 204

African-American Genealogy

This course will assist the beginner to intermediate researcher in compiling and furthering the family histories of African-American ancestors. Instructor is a Board-Certified Genealogist (CG).

GENE:765 | \$25

580 Sa 11am-1pm **LaDonna Garner**
Oct. 3 - Oct. 10
FV - B, 127



Fill in your family tree with
Genealogy classes at STLCC.

History

The Pony Express: America's Most Famous Mail Service

Opening just before the start of the Civil War, the Pony Express connected the East with the West as never before. This new mail service was so much faster than stage coaches. Here is a story of American bravery, bravado and risk-taking right out of the Old West. Mail delivery from St. Joseph, Missouri to Sacramento California took only 10 days! That was remarkable and so were the young riders. Hear what you might have earned if you had been there to apply for a job. There are a lot of myths, tall tales and misunderstandings about the Pony Express — this class will set the record straight!

HIST:701 | \$19

650 Th 7pm-9pm
Sept. 10

Wynn Ward
MC - BA, 114

The U.S. Government, the Plains Indians and the Fort Laramie Treaty of 1868: A Pact 'with Reservations'

The expansion of territory and settlers westward in the post-Civil War era invited conflict with the tribes. This class will explore this major treaty and how it attempted to bring peace but only accelerated the conflict.

HIST:703 | \$19

650 M 7pm-9pm
Oct. 26

Fr. Vincent Heier
MC - BA, 112

The American Revolution: Taxation Without Representation

Running an empire can be an expensive business, but how you go about generating revenue can lead to trouble, including loss of said empire. This class will examine British policy towards her North American colonies from the Trade and Navigation Act of 1652 through the Coercive Acts of 1774, focus on why these laws came into being and how they impacted life in the colonies.

HIST:704 | \$19

650 Th 7pm-9:30pm
Oct. 15

Tom Hoff
MC - SO, 205

The First of the Confederacy (1861)

Why did eleven slave-states decide to leave the Union while four other slave-states (like Missouri) decide not to leave? You'll get the answer to this, plus insight into why the Confederacy moved their capitol to Richmond almost immediately. Have you wondered how the Confederacy ever thought they could defeat the U.S. army? Rarely discussed is what might have been done through the Knights of the Golden Circle if they had won their independence. Perhaps following the Golden Circle would have brought about a much wider war? The Confederacy's new Constitution promised a continuance of slavery without end. Hundreds of political leaders, religious leaders and ordinary people made their choice in favor of the Confederacy. Come study the era to understand why.

HIST:705 | \$19

650 Th 7pm-9pm
Sept. 17

Wynn Ward
MC - BA, 114

The Last of the Confederacy (1865)

Political and military power in the Confederate States of America was failing badly in 1865 after four long, hard years of war. Everyone's high hopes had been dashed. Only Confederate President Jefferson Davis still dreamed of a victory against the Union. You'll hear eye-witness accounts of ordinary people and the voices of clergymen and soldiers as they told of their troubles and feelings during the last few weeks of the war. Several factors brought down the Confederacy and we'll consider each of them. Then, we'll take a look at what happened to the slaves who were freed.

HIST:705 | \$19

651 Th 7pm-9pm
Sept. 24

Wynn Ward
MC - BA, 114

West Point: Prepared and Preparing for Civil War (1833-1866)

An overlooked fact about the Civil War was that most of the generals of North and South attended West Point: prepared by the same instructors, forged by the same discipline and formed in firm friendships. This class will explore the pre-Civil War military academy and how it developed these officers and men.

HIST:705 | \$19

652 W 7pm-9pm
Oct. 21

Fr. Vincent Heier
MC - SO, 206

Vietnam: Conventional War or Guerilla Conflict?

Many people tend to think of the Vietnam War as a guerrilla conflict. However, in 1965 and 1966, Communist forces were willing to engage in large scale conventional battles. In this class we will examine those early fights and how they impacted the course of the conflict.

HIST:706 | \$19

650 Th 7pm-9:30pm
Oct. 29

Tom Hoff
MC - SO, 205

The Tale of Three Mary's: A German Immigrant Family Story

Three generations of women with the same first name — all from the same German immigrant family — are the focus of this historical presentation. This story tells of their passage through life which begins in a log cabin in rural Illinois near Redbud, in 1859, and continues on in Missouri at a defining moment at the turn of the century. This fascinating tale is told by the great-granddaughter of the second Mary, in the dress of that period. Join our storyteller in reliving the sojourns of the women as they battle hardships both in Illinois and later in St. Louis at the turn of the century. This tale has implications for the changing roles of woman for over 100 years. As you hear this tale, think of how you might also vividly retell your own family's stories.

HIST:708 | \$19

650 Th 7pm-8:30pm
Oct. 8

Gloria Perry
MC - BA, 114

Our Inner Barbarian: The Cultural Origins of Europe

The Romans referred to nomadic peoples as "barbarians." Historians usually speak of them in reference to the "fall" of the Roman Empire. In the final analysis, they were the people whose descendants created Western Europe. This class will examine some of these peoples and how they contributed to the various cultures/nations of contemporary Europe. We will begin with the Celtic peoples before Julius Caesar, continue with the Germanic tribes that displaced the Roman Empire and end with the Vikings that raided and settled in various parts of Europe. Is it possible there might be some barbarians lurking in your family tree?

HIST:712 | \$19

650 M 7pm-9pm
Oct. 12

Timothy Hetrick
MC - BA, 112

The French Revolution Part I: Liberté, Égalité, Fraternité

How did the French monarch, from the throne that was once the paragon of European absolutism, fall victim to the intense animosity and brutal "justice" of his own subjects? Why did a seemingly stable state descend into a revolution so violent, abrupt and powerful as to revoke the authority of the Catholic Church, abolish traditional titles and privileges and dramatically reconfigure centuries-old social, political and economic structures? This course will examine the beginning stage of the Revolution from perspective of each segment of French society, as it fought to preserve or revoke the bounds of the Ancient Regime. It will discuss the long-term, intermediate-term and proximal causes of the French Revolution. Please join us in uncovering the intrigue, tragedy, passion and progress of this exciting but tumultuous period.

HIST:712 | \$19

600 M 1pm-3pm
Sept. 14

Katie Young
MC - SO, 107

The French Revolution Part II: Zut Alors!!

How did the revolution in France affect contemporary Europe? What was the Reign of Terror? Why did it remove so many of France's most important and well-coiffed heads? Sacré bleu! This ambitious course will examine the motives, stages, objectives, and key events associated with the French Revolution. It will attempt to determine whether the Revolution in any measurable way improved the lives of the people it affected and set the stage for another round of autocratic rule. Join us for an encounter with some of the most nefarious characters in European History and, if popular demand requires it, a spontaneous rendition of La Marseillaise.

HIST:712 | \$19

601 M 1pm-3pm
Sept. 21

Katie Young
MC - SO, 107

The French Revolution Part III: Le Nouveau Monde

Was Napoleon a villain or a hero? Why did the French people support him? Did the Revolution succeed? The series finale will feature an all-out war on the continent, Napoleon's rise and fall, and the new Europe that emerged in his wake. Join us for the dramatic conclusion to the French Revolution. Its end arguably heralded that which we call, "Modern Europe," and created a new great power dynamic. And although most of the changes that characterized revolutionary France will have, by this point, unraveled, the spirit will endure. What is left after Napoleon may surprise you...

HIST:712 | \$19

602 M 1pm-3pm
Sept. 28

Katie Young
MC - SO, 107



Dawn of the Protestant Reformation

This class will look, through Medieval glasses, at the political, economic, social and religious life of the Christian community in Europe under the Papacy in Rome (Pope Alexander VI - 1492-1503). A few of the highlights will include: the powers of the popes (particularly Gregory VIII, Innocent III, Boniface VIII and Alexander VII), church-state relations in Western Europe, the Schism of 1054 and issues facing the Church of Rome at the time.

HIST:712 | \$19
P02 W 10am-12pm
Oct. 7

Thomas St John
Thomas Dunn L.C.

Start of the Protestant Reformation

This class will focus on three reformers (Luther, Calvin, Zwingli) and their ideas from 1517 to 1561 that proposed changes to many dogmatic beliefs held by the Papacy in Rome. Some highlights we will focus on are Luther's issues on sale of indulgences, his 95 Theses, his trial and ex-communication at the Imperial Diet of Worms in 1521, the Bible in German and the Augsburg Confession of 1530. Also highlighted will be Calvin's theory of "The Elect" and public morality and Zwingli's theory on the Eucharist and baptism.

HIST:712 | \$19
P03 W 10am-12pm
Oct. 14

Thomas St John
Thomas Dunn L.C.

Protestant Reformation Continues: Early 16th Century

This class will focus on two additional reformers (Elizabeth I of England, Mennon Simon) and their ideas to reform Christianity that further challenged the Papacy in Rome. We will study Queen Elizabeth's middle road theory regarding Christianity, the 39 Articles in 1563, the Book of Common Prayer, the Bible in English and the establishment of the Church of England under the crown. Also included will be Simon's radical views of Christianity like his rejection of all war, tithing, clergy celibacy and fasting.

HIST:712 | \$19
P04 W 10am-12pm
Oct. 21

Thomas St John
Thomas Dunn L.C.

Catholic Counter-Reformation (1563)

This class will focus on the political, economic, social and religious life of the Christian communities 46 years after October 31, 1517. We will study the decrees of the Council of Trent (1563) and the role of the Papacy in Rome (Pope Pius VI) and its answers to the reformers. Some of these answers concerned the issues of transubstantiation (Eucharist), the clergy, baptism, salvation, predestination, the mass and sacraments.

HIST:712 | \$19
P05 W 10am-12pm
Oct. 28

Thomas St John
Thomas Dunn L.C.

The Reformation Series

Napoleonic Wars

The wars of Napoleon dominated European history for over 20 years. In this examination of his principle battles and campaigns, you'll learn how Napoleon was successful and why he is considered a military genius. It can be said that only his ambition exceeded his genius. Learn how his military principles are still applicable today and why he was considered a military genius. This class will cover his beginnings in the French Revolution, his rise to fame in Italy, his crowning achievement at Austerlitz and other victories. We will cover his disasters in Spain, Russia and where he met his Waterloo.

HIST:712 | \$19
P01 W 10am-12:30pm
Sept. 23

John Ketcherside
Thomas Dunn L.C.

World War I (100 years ago) - 1915

1915 was the year the Great War settled into the trenches, Australia earned its nationhood, Winston Churchill almost lost his career at Gallipoli, the Lusitania was sunk, poison gas first used, terrorism reached America and the war became a domestic political issue. Come spend an evening looking back a century at this significant second year of the Great War.

HIST:714 | \$19
650 Th 7pm-9pm
Sept. 24

James Gallen
MC - SO, 205

World War II (70 years ago) - 1945

1945 was the year of Triumph and Tragedy, as Allied Forces finished the Battle of the Bulge and closed on Germany and Japan while statesmen charted a course for the post-war world. It saw the liberation of concentration camps, the capture of the Ludendorff Bridge at Remagen, kamikazes, conferences at Yalta and Potsdam, the sinking of the Indianapolis, and the dawns of the Atomic Age and the United Nations. Adolph Hitler, Franklin Roosevelt and Ernie Pyle died, Winston Churchill was defeated and the world learned about Harry Truman and took its first, tentative steps toward rebuilding. Spend an evening looking back at this year of monumental transitions.

HIST:714 | \$19
652 Th 7pm-9pm
Oct. 8

James Gallen
MC - SO, 205

Normandy Invasion: The German Perspective

Operation Overlord is a well-known, much discussed, and highly documented battle, from the Allied perspective. But what about the defenders? What was the German overall plan? What types of soldiers were manning the defenses? This class will cover the invasion from the German perspective, covering what their plan was and how they reacted to the surprise at Normandy, the paratrooper landings and the dominant Allied air cover. The story of this battle has amazing new insights when seen from the enemy's eyes.

HIST:714 | \$19
651 Tu 7pm-9:30pm
Sept. 22

John Ketcherside
MC - SO, 205

Zulu Wars

The Zulu Nation was widely considered to have the best native military force in sub-Saharan Africa. The Zulus had built a large and powerful empire that was widely respected and feared. This class will explore why and how the British came into conflict with this nation. We will look at the two principle campaigns and their main battles. The effects of this conflict are still felt today in South Africa and at the time had wide ranging effects on the British Empire. The Zulu Wars are a fascinating examination of colonial warfare.

HIST:731 | \$19
650 Tu 7pm-9:30pm
Oct. 6

John Ketcherside
MC - SO, 205



Battle for Fallujah

In the fall of 2004, the U.S. Marines and Army recaptured the city of Fallujah in Iraq. This class will cover the entire campaign. This will include the events leading up to this, including the first battle, the campaign to isolate the city and the planning and execution of Operation Phantom Fury itself. We will also cover the impact the battle had for OIF as a whole. The instructor participated in this 21st century U.S. military battle and will provide a first-person account along with historical insights.

HIST:727 | \$19

651 Tu 7pm-9:30pm
Sept. 15John Ketcherside
MC - SO, 205**Turkey: Ottoman Empire (pre-1923)**

Tracing its origins to the Anatolia Peninsula in the 11th century, Turkey is located in both Europe and in Asia - a bridge between East and West. This class will focus on the history of the area from the 13th century to 1923 when it was the heart and soul of the Ottoman/Turkish Empire under 37 sultans. A few of the highlights will include: the Christian Crusades against the Ottoman Turks, areas taken by the Turks (especially the holy city of Mecca), relations with Persia (Iran today), the decline of its political power during the 19th century after losing 9 of 10 wars with Russia, conflicts with the Kurds and Armenians, the rise of the Young Turks and Turkey's role in World War I.

HIST:727 | \$19

655 Tu 7pm-9pm
Oct. 13Thomas St John
MC - SO, 206**The Republic of Turkey (post-1923)**

This class will focus on the modern nation of Turkey that was born in 1923 as a secular republic and her role today as an ally of the U.S. in the Middle East. A few of the highlights will include: Young Turks (especially Mustafa Kemal called 'Ataturk') and the Constitution of 1923, relations with Iraq, Turkey's economy, its role in NATO and current government.

HIST:727 | \$19

656 Tu 7pm-9pm
Oct. 27Thomas St John
MC - SO, 206**The Palestinian Position - Part I**

Opinions regarding the causes of the current status of the Palestinian people abound. So do those offering potential solutions to their statelessness, opportunity deficit, and relative lack of control over their political and economic future. This class will discuss the present position of the Palestinian people. It will examine conditions in Gaza and the West Bank, Palestinian rights under Israeli law, the role of the Palestinians in Arab society, the diaspora and the refugee crisis. We will evaluate various plans for and efforts toward Palestinian statehood, arguments that challenge the plausibility of "Palestine" and prospects for Palestinian development. Please join us to examine the present state of the Palestinian people and their hopes for a settled, prosperous, sovereign future.

HIST:727 | \$19

650 W 7pm-9pm
Sept. 9Katie Young
MC - CN, 225**The Palestinian Position - Part II:
The Future State of Palestine**

Hamas. Refugees. Jerusalem. Unemployment. Population growth. Shaping a new Palestine will not be easy. This course will examine the current state and origins of Palestinian society, politics and the economy. It will consider factors that have thus far inhibited Palestinian statehood, steps toward statehood that are underway or in the planning stages and the regional implications of such an arrangement. Though aspects of this course regarding events still unfolding and an uncertain future will require a degree of conjecture, it is committed to revealing the known, relevant facts. Please join us to envision a world that includes a Palestinian state. Do not be afraid to bring your reservations and questions regarding, or, Inshallah, solutions to this complicated, emotionally-charged issue.

HIST:727 | \$19

653 W 7pm-9pm
Oct. 7Katie Young
MC - BA, 118**ISIS: The Islamic State**

Choosing the correct acronym with which to address this group is the least of the West's problems. This radical Islamist organization has terrorized the Middle East and the world with its brutal tactics, severe ideology and nearly mystical ability to conquer territory. What drives this group's maniacal quest to reestablish the caliphate? Why is it working? Could it succeed in the long term? Who is paying for this? Join us to dissect the inner workings, objectives, material advantages and misguided platform of the organization we call ISIS, as we strive to understand this new black flag hanging over the perennially troubled Middle East.

HIST:727 | \$19

652 M 7pm-9pm
Oct. 5Katie Young
MC - CN, 225**The Sunni/Shi'a Divide**

Though the subject is abundantly more complex than the space of two hours can unravel, please join us to dampen our feet to the intricacies of the Sunni/Shi'a divide. Critical to our understanding of the Muslim world, classifying these two groups will require an examination of politics, geography, history, religion and culture. We'll explore the schism within Islam that created these groups, sources of and exceptions to their mutual hostility, the structural specifics of each and the impact of their rift on modern international relations. Our instructor will venture to explain the rules governing the use of the term "Shi'a" vs. that of "Shi'ite." Unveiling this essential component of intra-Islamic affairs will focus the lens through which we read a newspaper, study the problems of individual states and understand one of the root causes of conflict in the modern Middle East.

HIST:727 | \$19

654 M 7pm-9pm
Oct. 19Katie Young
MC - CN, 225

The Middle East

Religion



Look for Reformation Series in the History section on page 56.

Religion and Its Role in World History

Come join us for an exciting journey as we investigate the question: "What is religion?" Our popular instructor will include a brief survey of world history that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and Introduction to Western Religions which will discuss five major world religions.

RELG:701 | \$19

350 Tu 7pm-9pm
Sept. 8Jan Worley
WW, 202**Eastern Religions**

Are you intrigued by the major religions of Asia? Begin your search for understanding with this course, which offers an introduction to the teachings, history, development and current challenges of Hinduism and Buddhism. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$29

351 Tu 7pm-9pm
Sept. 15 - Sept. 22Jan Worley
WW, 202**Western/Monotheistic Religions**

Each week, we'll spend the evening talking about the teachings, history, development and current challenges of one of the following western/monotheistic religions: Judaism, Christianity and Islam. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$39

352 Tu 7pm-9pm
Sept. 29 - Oct. 13Jan Worley
WW, 202**In the Belly of the Beast: Early Christianity and the Roman Empire**

The Roman Empire is well known for its persecution of early Christians. However, the Roman Empire also supported the spread and development of Christianity in many ways. This class will examine the growth of early Christianity and its relationship to the Roman Empire. In spite of harsh treatment and various setbacks, Christianity continued to grow stronger as the Roman Empire decayed. We will examine how early Christians were able to capitalize on the positive as well as the negative aspects of this relationship, beginning with Jesus of Nazareth and ending after the fall of the Roman Empire in AD 500.

RELG:701 | \$19

655 M 7pm-9pm
Nov. 2Timothy Hetrick
MC - BA, 112

History of the Bible

Join us for a look at the history of one of the world's most famous, most read, most debated and most controversial books. The stories within the Bible will not be discussed. Discussions will focus on how, when and by whom the material was recorded, copied, translated, debated and eventually selected to be canonized into collections to form first, the Hebrew scriptures, then the Christian Bible, consisting of the Old and New Testaments. We'll discuss the Protestant Reformation with attention to the implications of printing and translation of the Bible into English, and the recovery of ancient manuscripts, construction of critical editions and the rise of critical historical scholarship as well as contemporary responses.

RELG:701 | \$29

353 Tu 7pm-9pm
Oct. 27 - Nov. 3

Jan Worley
WW, 202

Religion and Violence

Does religion cause violence? In this class, we'll examine the theological, psychological and sociological reasons why religion and violence are often bound together. You'll begin to understand the reasons for the violence you see in the media and recognize the misrepresentation of this violence. We'll close the evening with a hopeful discussion of how the violence can be stopped. Join us for a lively, thought-provoking evening.

RELG:701 | \$19

654 Th 7pm-9pm
Oct. 15

Kevin Walsh
MC - BA, 114

Religious Fundamentalism

Fundamentalism, regardless of which religion, is a means of dealing with a changing world. Often this is done through a literal interpretation of a sacred scripture. We'll explore why people migrate towards a fundamentalist approach to life and what effect this has on society, both locally and globally.

RELG:701 | \$19

650 W 7pm-9pm
Sept. 23

Kevin Walsh
MC - BA, 118

Does God Really Exist?

People through the centuries have pondered the question: "Does God Really Exist?" In this class, we'll explore the arguments for and against God's existence, from Aristotle to Aquinas to Richard Dawkins. We'll consider all views, from the rational to the emotional, and discuss those we feel have merit. Be prepared to examine for yourself where your own thoughts and feelings about God's existence match up with those of some of the most brilliant minds in history.

RELG:701 | \$19

652 Th 7pm-9pm
Oct. 1

Kevin Walsh
MC - BA, 114

Psychology of Religion

In this class, we'll delve into why humans believe in and seek out God and heaven. Are we "pre-wired" to believe in a supernatural reality? What does it mean to sense God's presence? What is mysticism? What does it mean to be "born again?" We will use the classic works of psychologists like William James and Carl Jung to search for answers as to why we seek out that which we cannot see or touch.

RELG:701 | \$19

656 Th 7pm-9pm
Nov. 5

Kevin Walsh
MC - SO, 205

Catholic Church Crisis: From Local Tragedy to World-wide Scandal

In this class, we'll explore some of the root causes of the sex abuse scandal and the cover-up. What was the psychological profile of the abusers? What was the church document called "Crimen Sollicitationis"? How did vows of silence and obedience affect the scandal? We will use the works of journalists David France (Our Fathers) and Michael D'Antonio (Mortal Sins) in our exploration and discussion, as we learn how and why the scandal was able to grow into a world event.

RELG:701 | \$19

653 M 7pm-9pm
Oct. 5

Kevin Walsh
MC - BA, 112

Cultivating an Interfaith Attitude: "Getting to Know You...& Respect Your Religious Differences"

Far from being a melting pot, America is more like a stew with many differing religious beliefs now sharing a common life. This class will explore the implications, theoretically and practically, on developing better interfaith knowledge and respect of our neighbors.

RELG:701 | \$19

651 W 7pm-9pm
Sept. 30

Fr. Vincent Heier
MC - BA, 118

Tours and Trips

Calhoun County (by ferry)

If you enjoy transportation by river ferries and a day spent appreciating the fruits and labors of country living, this tour is for you! Our tour bus will cross into the quiet haven of Calhoun county aboard the Golden Eagle Ferry where we'll begin at a local horse training facility followed by a tour of the Jersey County Grain Company. We'll enjoy lunch at a favorite local restaurant before heading to a Calhoun County peach orchard for a behind-the-scenes peek at their operations. There will be opportunities to purchase peaches and other fresh produce before heading for the Brussels then the Grafton ferries and a scenic ride down the River Road for home. Tour includes transportation, escort, admissions, lunch, taxes and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 8/17.

TRIP:702 | \$89

MD1 M 8:30am-5pm
Sept. 14

Dea Hoover
MC - Off Campus

Civil War Tour: When Johnny Comes Marching Home Again

Here's the Civil War like you've never experienced it! As we begin, our 3-day local adventure, the Civil War in Missouri is winding down. Sterling Price makes his last stand. We'll review the battles but deal with what happened to the people. Did families speak to each other again? See the Generals in Bellefontaine and Calvary cemeteries and the enlisted men in Jefferson Barracks. Reconstruction wasn't easy. From President to governors to prostitutes, we'll see how they all turned out. Bring a sack lunch on all days. Meet each morning in the classroom. Includes admissions, bus on day 3 and gratuities (days 1 and 2 will be via car pools to local historic sites). Withdrawal deadline for refund: 8/25.

TRIP:701 | \$79

MD1 Tu 9am-11:55am
Sept. 15 - Sept. 29
Tu 12pm-3pm
Sept. 15-Sept. 29

Joan Huisinga
MC - CS, 104
MC - Off Campus

Exploring St. Louis

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. First class meets on campus, followed by a tour. Class meets off-campus after first class. Withdrawal deadline for refund: 8/27.

TRIP:701 | \$99

MD2 F 9am-10:30am
Sept. 18
F 10:30am-2:30pm
Sept. 18
F 9am-2:30pm
Sept. 25-Oct. 9

Joan Huisinga
MC - CE
MC - Off Campus
MC - Off Campus

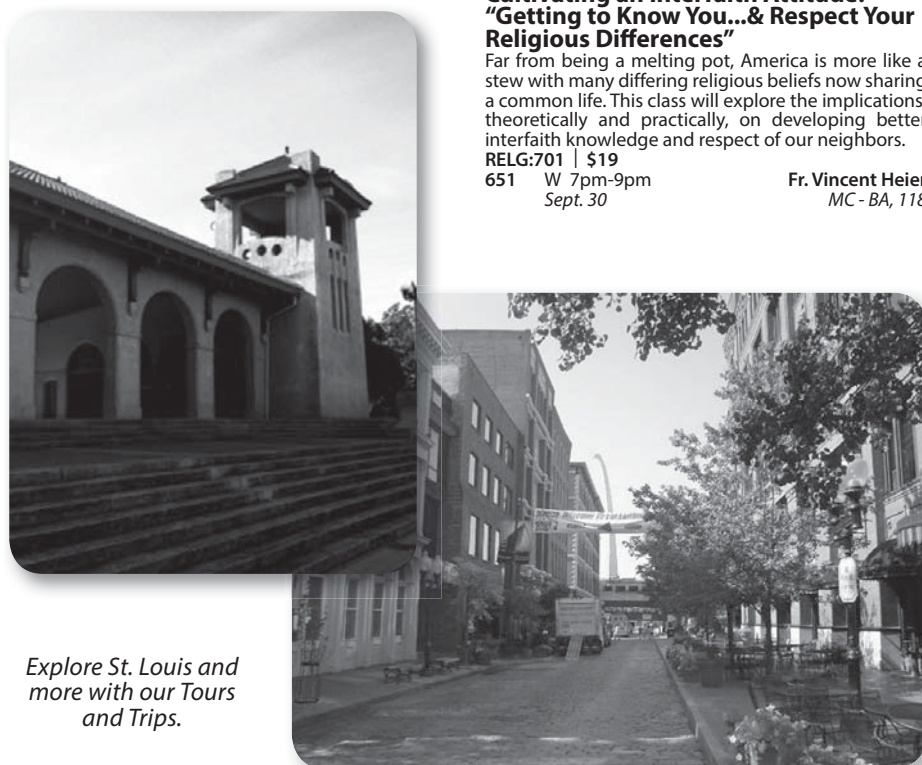
Re-live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 10/3.

TRIP:701 | \$45

480 Sa 8:30am-1:30pm
Sept. 19

Charles Koehler
Doug Schneider
FP - G Tower, 115



Explore St. Louis and more with our Tours and Trips.

Warm Springs Clydesdale Ranch

Visit and tour the Warm Springs Ranch in Boonville, MO. See the state-of-the-art Clydesdale breeding farm that features a mare/stallion and foaling barn, veterinary lab and 10 pastures; enjoy a family style lunch at Settler's Inn and a stop at the Russell Stover outlet store, then barn quilts in Cooper County. Trip includes guided tours, transportation, lunch and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Withdrawal deadline for refund: 9/8.

TRIP:702 | \$99

MD2 Tu 7:30am-5:30pm
Oct. 6

Dea Hoover
MC - Off Campus

Mystery Tour!

Do you enjoy surprises? How about a fabulous mystery trip to destinations unknown? Tour guide Joan Huisinga has a fun day planned, so you won't want to miss this tour! Trip includes transportation, escort, admissions and lunch. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 9/21.

TRIP:702 | \$75

MD3 Tu 8:30am-4:30pm
Oct. 13

Joan Huisinga
MC - Off Campus

Haunted Alton

Alton is an old river town full of stories of ghosts and strange, unusual legends. A local expert will join us as we drive by some of these spooky spots and visit several of the mansions where earlier residents are still supposed to be lurking, including the famous McPike Mansion. Dinner will be on your own at Fast Eddie's (a legend in its own way!). Trip includes transportation, escort, admissions and Bluff City tour guide. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 9/30.

TRIP:702 | \$59

MD4 W 2pm-9pm
Oct. 21

Joan Huisinga
MC - Off Campus

What's New in St. Lou?

Construction cranes in the sky, new buildings popping up, others being redone - St. Louis is always growing and changing. Come along with us to see the areas newest and experience the latest trends. New museums, new stores, restaurants are all among the possibilities for our tour. You'll be surprised and pleased with Joan's selections. Trip includes tour, transportation, lunch and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 10/15.

TRIP:701 | \$59

MD3 Th 9am-4pm
Nov. 5

Joan Huisinga
MC - Off Campus

Architrectural Churches of St. Louis

We'll begin our tour at Trinity Lutheran Church in Soulard, where steeples tower over this 19th century immigrant neighborhood. Next we'll visit the Shrine of St. Joseph with its vast history beginning in 1843, site of the only authenticated miracle in the Midwest. Lunch at Favazza's Restaurant on "The Hill" before touring the Cathedral Basilica and the mosaics museum beneath. Finally, we'll tour Christ Church Cathedral, an example of the 14th century Early English Gothic style, and famous for its stained glass windows, organ and reredos in stone. PLEASE NOTE: Some churches may not be available due to funerals or other church functions that may arise with little notice. We may need to substitute at the last minute. Tour includes transportation, donations, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 10/23.

TRIP:701 | \$79

MD4 F 10am-4:30pm
Nov. 20

Dea Hoover
MC - Off Campus

A Country Christmas Tour

Come with us on our visit to historic museum homes from another era in St. Louis County and Jefferson County. They are beautifully decorated for the holidays and just waiting to be admired. We'll also spend a short time visiting the Kimmswick shopping district to gather Christmas decorating and gift ideas. Lunch with holiday dessert at the Blue Owl. Trip includes transportation, admissions and lunch. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline: for refund: 11/10.

TRIP:701 | \$75

MD5 W 9am-4pm
Dec. 2

Joan Huisinga
MC - Off Campus

Christmas in Hannibal

Get into the spirit of Christmas, Mark Twain style! Arrive in Hannibal and enjoy a special Christmas greeting and goodie bags passed out by Hannibal's own Tom Sawyer and Becky Thatcher. There will be a presentation at the Mark Twain Museum Gallery, topped off by a reading of "A Letter from St. Nick" - a letter written by Samuel Clemens to his daughters. You'll have free time for shopping the various shops in town before lunch at the Hannibal Country Club. You'll enjoy a special tour of some of Hannibal's beautiful historic B&Bs, decorated for the holiday season, including: Reagan's (1889) Queen Anne B and B; Dubach Inn B&B (1871), a beautifully restored 1871 Italianate home; and the Belvedere Inn B&B. Tour includes transportation, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 11/3.

TRIP:702 | \$89

MD5 Tu 7:20am-6:30pm
Dec. 8

Dea Hoover
MC - Off Campus

A Victorian Holiday in St. Louis

Celebrate the holidays in the Victorian manner. You'll begin the day with pastries, coffee and a Downton Abbey style tour at the Campbell House learning about Victorian holiday customs. A musical concert will follow. You'll enjoy High Tea at the Missouri Athletic Club (and a view of their amazing Gingerbread Village). You'll end the day with a treat: chocolate at the Eugene Field house amid their Christmas decorations and toy collection. Trip includes transportation, escort, food, tips and admissions. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 11/12.

TRIP:701 | \$65

MD6 Th 9:30am-3:30pm
Dec. 10

Joan Huisinga
MC - Off Campus

Great Tips for Traveling Abroad

Planning an international trip this year? Many mistakes can be avoided by tapping the brains and experiences of those who've been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, Greece, China and Egypt and has lots of helpful tips for what to bring (and more important: what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling internationally. Little things can make a big difference in your experience. If you're planning to go abroad, make this class your first stop!

TRIP:703 | \$25

920 W 6:30pm-8:30pm
Nov. 4

Fred Miller
U. City H.S., 110

Exclamation Point!

*"I love the tours with
STLCC Continuing
Education! I meet new
people, and see new things
in my own home town."*

Maria T., Glenwood

Recreation, Fitness and Wellness

Recreation and Sports

Bowling

Bowl with a Pro

Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week. Class held at Crestwood Bowl, 9822 Watson Rd, St. Louis, MO 63126.

PEDU:772 | \$49

M01 Tu 2pm-4pm
Nov. 3 - Nov. 24

Charles Kelly
Crestwood Bowl

Cards and Games

Bridge: Beginning

This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SAYC (Standard American bidding). No class 9/7, 9/14.

GAME:701 | \$89

600 M 5pm-7pm
Aug. 31 - Nov. 2

Phyllis Siegel
MC - SW, 209

651 M 7:01pm-9pm
Aug. 31 - Nov. 2

Phyllis Siegel
MC - SW, 209

M01 Tu 2:45pm-4:45pm
Sept. 1 - Oct. 27

Affton White-Rodgers, A

550 Th 7pm-9pm
Sept. 3 - Oct. 22

George Hawley
FV - SC, PDR-A

Bridge: Supervised Party Bridge with Intermediate Instruction (Mini Session)

Practice what you learn in a structured party bridge setting. You will be playing bridge, keeping score, and learning how to play your hand more skillfully.

Prerequisite: A firm grasp of Beginning Bridge.

GAME:702 | \$29

M01 Tu 2:45pm-4:45pm
Dec. 1 - Dec. 8

Affton White-Rodgers, A

651 M 7:01pm-9pm
Nov. 30 - Dec. 7

Phyllis Siegel
MC - SW, 209

652 M 5pm-7pm
Nov. 30 - Dec. 7

Phyllis Siegel
MC - SW, 209

Chess I: Beginning to Intermediate

This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Cost includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.

GAME:701 | \$59

P01 Tu 7pm-9pm
Sept. 15 - Oct. 13

Edward Baur
Chess Club & Scholastic Ctr SL

Fencing

Fencing: Beginning I and II

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting and will accommodate returning students as well with instruction to expand technique. Equipment provided. No class 10/21.

PEDU:745 | \$59

920 W 6pm-6:55pm
Sept. 16 – Nov. 11

Patrick Dorsey
U. City H.S., GIRLS GYM

Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | \$195

480	SaSu 7am-5pm Sept. 12 – Sept. 13	FP - D Tower, 215
481	SaSu 9am-7pm Sept. 12 – Sept. 13	FP - D Tower, 215
482	SaSu 7am-5pm Sept. 19 – Sept. 20	FP - D Tower, 215
483	SaSu 9am-7pm Sept. 19 – Sept. 20	FP - D Tower, 215
484	SaSu 9am-7pm Sept. 26 – Sept. 27	FP - D Tower, 215
485	SaSu 9am-7pm Oct. 3 – Oct. 4	FP - D Tower, 215
486	SaSu 9am-7pm Oct. 10 – Oct. 11	FP - D Tower, 215
487	SaSu 9am-7pm Oct. 17 – Oct. 18	FP - D Tower, 215
488	SaSu 9am-7pm Oct. 24 – Oct. 25	FP - D Tower, 215
489	SaSu 9am-7pm Oct. 31 – Nov. 1	FP - D Tower, 215

Get into the Swing!

Golf Classes Extra fee for balls

Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Golf

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

Four Sessions | \$45

801	Th 7pm-8pm Aug. 27 – Sept. 17	Golfport (MH)
802	Th 6pm-7pm Oct. 1 – Oct. 22	Golfport (MH)
803	Sa 10am-11am Aug. 22 – Sept. 19 No class 9/5	Golfport (MH)
810	M 5pm-6pm Sept. 14 – Oct. 5	Big Bend GC
811	Sa 10am-11am Sept. 12 – Oct. 3	Big Bend GC
812	Su 1pm-2pm Sept. 13 – Oct. 4	Big Bend GC

Women Only

800	Th 6pm-7pm Aug. 27 – Sept. 17	Golfport (MH)
804	Sa 11am-12pm Oct. 3 – Oct. 24	Golfport (MH)

Six Sessions | \$59

880	Tu 7pm-8pm Sept. 15 – Oct. 20	The First Tee (Mehl)
881	W 6pm-7pm Sept. 16 – Oct. 21	The First Tee (Mehl)
882	Sa 10am-11am Oct. 3 – Nov. 7	The First Tee (Mehl)
870	F 10am-11am Sept. 11 – Oct. 16	Ruth Park GC
860	M 7pm-8pm Sept. 14 – Oct. 19	Sunset Hills Golf L.C.
861	W 6pm-7pm Sept. 9 – Oct. 14	Sunset Hills Golf L.C.
862	Sa 10am-11am Sept. 12 – Oct. 17	Sunset Hills Golf L.C.
890	Tu 9am-10am Sept. 1 – Oct. 6	Tower Tee
891	W 5pm-6pm Sept. 2 – Oct. 7	Tower Tee
892	W 7pm-8pm Sept. 2 – Oct. 7	Tower Tee
893	Th 6pm-7pm Sept. 3 – Oct. 8	Tower Tee
894	Sa 11am-12pm Sept. 12 – Oct. 17	Tower Tee

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.

PEDU:731

Four Sessions | \$45

800	Tu 11am-12pm Sept. 15 – Oct. 6	Golfport (MH)
801	Th 7pm-8pm Oct. 1 – Oct. 22	Golfport (MH)
803	Sa 10am-11am Oct. 3 – Oct. 24	Golfport (MH)
820	Sa 10am-11am Aug. 29 – Sept. 26 No class 9/5	Eagle Springs
810	M 6pm-7pm Sept. 14 – Oct. 5	Big Bend GC
811	M 7pm-8pm Sept. 14 – Oct. 5	Big Bend GC
812	Sa 9am-10am Sept. 12 – Oct. 3	Big Bend GC

Women Only

802	Sa 11am-12pm Aug. 22 – Sept. 19 No class 9/5	Golfport (MH)
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Six Sessions | \$59

880	Tu 6pm-7pm Sept. 15 – Oct. 20	The First Tee (Mehl)
881	W 7pm-8pm Sept. 16 – Oct. 21	The First Tee (Mehl)
860	M 6pm-7pm Sept. 14 – Oct. 19	Sunset Hills Golf L.C.
861	W 7pm-8pm Sept. 9 – Oct. 14	Sunset Hills Golf L.C.
862	Sa 11am-12pm Sept. 12 – Oct. 17	Sunset Hills Golf L.C.
890	Tu 10am-11am Sept. 1 – Oct. 6	Tower Tee
891	M 6pm-7pm Aug. 31 – Oct. 12 No class 9/7	Tower Tee
892	Th 5pm-6pm Sept. 3 – Oct. 8	Tower Tee
893	Sa 9am-10am Sept. 12 – Oct. 17	Tower Tee



Get Ready for the Road

Play Better Golf

Become the best golfer you can be! Instruction will focus on putting, short game skills, and learning how to drive the ball further with more accuracy so you can start lowering your scores today. Open for all skill levels and balls will be provided. Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 9/15; remainder of classes meet on Sunday, 9/20-10/11). For details contact instructor, (314-434-4715, melklearman@att.net).

PEDU:732 | \$39

V01 Tu 5:30pm-7pm

Melvin Klearman

Sept. 15

Creve Coeur Mun. G.C.

Su 9am-10am

Sept. 20-Oct. 11

Creve Coeur Mun. G.C.

Golf for Seniors - 4 Sessions

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace.

PEDU:732 | \$45

800 Tu 10am-11am

Sept. 15 - Oct. 6

Golfport (MH)

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$39

820 M 5pm-7:30pm

Aug. 31

Eagle Springs

821 M 5pm-7:30pm

Sept. 21

Eagle Springs

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.

PEDU:732 | \$59

890 Th 9am-10am

Sept. 3 - Oct. 8

Tower Tee

892 M 5pm-6pm

Aug. 31 - Oct. 12

Tower Tee

No class 9/7

893 M 7pm-8pm

Aug. 31 - Oct. 12

Tower Tee

No class 9/7

894 Tu 6pm-7pm

Sept. 1 - Oct. 6

Tower Tee

897 Sa 8am-9am

Sept. 12 - Oct. 17

Tower Tee

Golf: Short Game Skills

Class will cover putting, chipping, pitching, and sand shots and will cater to the beginner student as well as the student wanting to improve their game.

PEDU:732 | \$59

891 Th 10am-11am

Sept. 3 - Oct. 8

Tower Tee

895 W 6pm-7pm

Sept. 2 - Oct. 7

Tower Tee

896 Th 7pm-8pm

Sept. 3 - Oct. 8

Tower Tee

898 Sa 10am-11am

Sept. 12 - Oct. 17

Tower Tee

882 Sa 11am-12pm

Oct. 3 - Nov. 7

The First Tee (Mehl)

Golf: Parent/Child - 4 Sessions

Attend class with your child, ages 7-15, and have fun learning the basics of golf together! Registration required for each participant.

PEDU:732 | \$45

810 Su 12pm-1pm

Sept. 13 - Oct. 4

Big Bend GC

Tennis

National Tennis Rating Program (NTRP)

1.0 This player is just starting to play tennis.

2.0 May have had some lessons; needs on-court experience.

2.5 Can sustain a short rally of slow pace; needs to develop form.

3.0 Consistent on medium-paced shots; needs work on form and strategy.

3.5 Consistent with directional control; needs to work on specialty shots.

4.0 Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis.

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Tennis Workshop: Beginning I and II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants.

PEDU:733 | No Fee

580 Sa 11am-12pm

Sept. 19 - Oct. 3

FV - PE, TENNIS

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box.

PEDU:733 | \$69

M06 Tu 1pm-2pm

Oct. 27 - Dec. 8

Vetta

M07 Sa 2:30pm-3:30pm

Sept. 12 - Oct. 24

Vetta

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP Rating Box.

PEDU:733

Outdoor

Four Session | \$55

M05 Th 6pm-7pm

Sept. 17 - Oct. 8

Sunset Hills Watson Trails

Six Sessions | \$75

P01 Sa 9am-10am

Sept. 12 - Oct. 17

Kaufman Park

720 MW 6pm-7pm

Sept. 8 - Sept. 24

Ladue Mid. School

Indoor

Six Sessions | \$85

M03 Su 6pm-7pm

Sept. 20 - Oct. 25

Frontenac R.C.

M04 Su 6pm-7pm

Nov. 8 - Dec. 13

Frontenac R.C.

Seven Hours | \$69

M01 M 11am-12pm

Sept. 21 - Nov. 2

Chesterfield Ath. Club

M02 Su 10am-11am

Sept. 27 - Nov. 8

Chesterfield Ath. Club

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

M01 Tu 1pm-2pm

Sept. 8 - Oct. 20

Vetta

M02 Sa 3:30pm-4:30pm

Sept. 12 - Oct. 24

Vetta

M03 Sa 3:30pm-4:30pm

Oct. 31 - Dec. 19

Vetta

No class 11/28

Like us on facebook



St. Louis
Community
College
Continuing
Education

PERSONAL ENRICHMENT

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box.

PEDU:735

Outdoor

Six Sessions | \$75

720 MW 7pm-8pm
Sept. 8 – Sept. 24

Ladue Mid. School

P01 Sa 10am-11am
Sept. 12 – Oct. 17

Kaufman Park

Indoor

Six Sessions | \$85

M03 Sa 4pm-5pm
Sept. 5 – Oct. 10

Forest Lake

M04 Sa 4pm-5pm
Oct. 31 – Dec. 5

Forest Lake

Nine Hours | \$89

M01 Th 8:30pm-10pm
Aug. 27 – Oct. 1

Woods Mill R.C.

M02 Th 8:30pm-10pm
Oct. 15 – Nov. 19

Woods Mill R.C.

10.5 Hours | \$95

M05 Tu 2pm-3:30pm
Oct. 27 – Dec. 8

Vetta

M06 Th 2pm-3:30pm
Sept. 10 – Oct. 22

Vetta

M07 Sa 4:30pm-6pm
Oct. 31 – Dec. 19
No class 11/28

Vetta

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)

See NTRP Rating Box

PEDU:736

Indoor

10.5 Hours | \$95

M01 Tu 1pm-2:30pm
Sept. 22 – Nov. 3

Chesterfield Ath. Club

M02 Tu 2pm-3:30pm
Sept. 8 – Oct. 20

Vetta

M03 Th 2pm-3:30pm
Oct. 29 – Dec. 17
No class 11/26

Vetta

M04 Sa 4:30pm-6pm
Sept. 12 – Nov. 24

Vetta

M05 Sa 2pm-3:30pm
Oct. 31 – Dec. 19
No class 11/28

Vetta

Team Sports

Men's Basketball Recreational

Great way to have fun and get exercise! Play half court and three on three. Bring a white and a dark colored t-shirt to class. Do not wear jewelry.

PEDU:701 | \$59

730 Tu 7pm-8:30pm
Sept. 8 – Dec. 1
No class 11/3

Richard Bannecker
Oakville H.S., GYM B

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome.

PEDU:704 | \$69

580 F 7pm-8:30pm
Sept. 18 – Nov. 20

Jason Guss
FV - PE, GYM

Fitness

Aquatics

Attention Water Students:

Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advanced notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call

- Meramec Pool: 314-984-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. One parent/guardian per non-swimming child. One parent/guardian per 3 children if they can swim. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration. No class 11/29.

PEDU:720 | \$79

580 Su 5pm-6:50pm
Sept. 13 – Dec. 6

FV - PE, POOL

Additional family members of students that have registered and paid for PEDU 720 580 should register for PEDU 720 581. Maximum 8 parent/guardian and children for \$79 registration.

Open Lap Swim - Meramec

The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel and lock for your valuables. No class 9/7, 10/20, 11/25, 11/26.

PEDU:721 | \$89

600 MTuWTh 8am-8:50am
Aug. 24 – Dec. 3

MC - PE, POOL

Lap Swim - Meramec

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables.

PEDU:721 | \$89

601 Tu 7am-7:50am
Aug. 25 – Dec. 8

MC - PE, POOL

602 Th 7am-7:50am
Aug. 27 – Dec. 10

MC - PE, POOL

No class 11/26

Lap Swim - Florissant Valley

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables.

PEDU:721 | \$75

500 M-F 7am-7:50am
Sept. 8 – Oct. 14

No class 9/11

FV - PE, POOL

501 M-F 7am-7:50am
Oct. 19 – Nov. 24

No class 10/20

FV - PE, POOL

Swimming Skills: Beginning/Intermediate - Forest Park

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722 | \$75

450 Tu 8pm-8:50pm
Sept. 8 – Nov. 24

Sandra Liming
FP - PE, POOL

Water Exercise

Get a total body workout! Tone, strengthen, and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.

PEDU:729

12 Sessions | \$75

450 Tu 7pm-7:50pm
Sept. 8 – Nov. 24

Sandra Liming
FP - PE, POOL

605 MW 9am-9:50am
Oct. 26 – Dec. 7

No class 11/25

Gary Ketcherside
MC - PE, POOL

606 TuTh 9am-9:50am
Oct. 27 – Dec. 8

No class 11/26

Gary Ketcherside
MC - PE, POOL

609 TuTh 2pm-2:50pm
Oct. 27 – Dec. 8

No class 11/26

Lisa Huseman
MC - PE, POOL

580 Sa 9am-9:50am
Sept. 12 – Dec. 5

No class 11/28

FV - PE, POOL

581 Sa 10am-10:50am
Sept. 12 – Dec. 5

No class 11/28

FV - PE, POOL

16 Sessions | \$95

600 MW 9am-9:50am
Aug. 24 – Oct. 19

No class 9/7

Gary Ketcherside
MC - PE, POOL

601 TuTh 9am-9:50am
Aug. 25 – Oct. 15

No class 9/7

Gary Ketcherside
MC - PE, POOL

604 TuTh 2pm-2:50pm
Aug. 25 – Oct. 15

No class 9/7

Lisa Huseman
MC - PE, POOL

500 MWF 8am-8:50am
Sept. 9 – Oct. 14

No class 9/7

Barbara Harris
FV - PE, POOL

502 MWF 10am-10:50am
Sept. 9 – Oct. 14

No class 9/7

Barbara Harris
FV - PE, POOL

503 MWF 8am-8:50am
Oct. 19 – Nov. 23

No class 9/7

Barbara Harris
FV - PE, POOL

505 MWF 10am-10:50am
Oct. 19 – Nov. 23

No class 9/7

Barbara Harris
FV - PE, POOL

Water Exercise: Cardio Fitness

Increase your energy and physical conditioning in this class using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles.

PEDU:729

12 Sessions | \$75

607 TuTh 10am-10:50am
Oct. 27 – Dec. 8
No class 11/26 MC - PE, POOL

608 TuTh 11am-11:50am
Oct. 27 – Dec. 8
No class 11/26 MC - PE, POOL

16 Sessions | \$95

602 TuTh 10am-10:50am
Aug. 25 – Oct. 15 MC - PE, POOL

603 TuTh 11am-11:50am
Aug. 25 – Oct. 15 MC - PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo

Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Non-swimmers are required to wear a safety belt - available at most sporting goods stores. Life jackets NOT recommended. .

PEDU:729

12 Sessions | \$75

651 MW 6pm-6:50pm
Oct. 26 – Dec. 7
No class 11/25 Barbara Harris
MC - PE, POOL

16 Sessions | \$95

650 MW 6pm-6:50pm
Aug. 24 – Oct. 19
No class 9/7 Barbara Harris
MC - PE, POOL

Aqua Zumba - 16 Sessions

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729 | \$95

501 MWF 9am-9:50am
Sept. 9 – Oct. 14 Barbara Harris
FV - PE, POOL

504 MWF 9am-9:50am
Oct. 19 – Nov. 23 Barbara Harris
FV - PE, POOL

Gentle Aqua Zumba

Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises, just at a slower pace. No class 11/26.

PEDU:729 | \$75

550 Th 6pm-6:50pm
Sept. 10 – Dec. 3 Neil Skid
FV - PE, POOL

Aerobic Exercise

Aerobic Kickboxing

Begin class with a warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center!

PEDU:744 | \$69

780 M 7pm-8pm Timothy Toeniskoetter
Sept. 14 – Nov. 16 Sperrang Mid. School, LG GYM

M01 W 7pm-8pm Timothy Toeniskoetter
Sept. 16 – Nov. 18 The Martial Arts Ctr (Mehl)

Hoop Fit

Learn to use a hula hoop on and off the body to get a great workout! No experience necessary. Hoops provided or you may bring your own. No class 11/25.

PEDU:747 | \$79

P01 W 5:30pm-6:15pm Jill Woehrle
Aug. 26 – Dec. 9 Nottingham, GYM

Zumba

Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba and Cumbia. It's a great high-energy, low-impact workout that's fun!

PEDU:747 | \$69

550 MW 7pm-7:50pm Paula Taylor
Sept. 14 – Oct. 14 FV - PE, 233

551 MW 7pm-7:50pm Paula Taylor
Oct. 26 – Nov. 30 FV - PE, 233
No class 11/25

580 Sa 10am-10:50am Eileen Franco
Sept. 19 – Nov. 21 FV - PE, 233

Zumba Gold for Seniors

Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity, gentle approach to Zumba dance, so it's perfect for older active adults or individuals with limited physical ability. Exercises will include breathing and stretching, and are modified to help work on your posture, strength, and balance.

PEDU:747 | \$55

M01 W 11am-11:50am Adiva Dance Center
Sept. 9 – Oct. 28

Zumba Toning

Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | \$55

M02 W 6pm-6:50pm Adiva Dance Center
Sept. 9 – Oct. 28

Zumba: Beginning

Dance your way to fitness with Zumba! Let the Latin music take you away with a combination of Salsa, Merengue, Samba and Cumbia. It's a great high-energy, low-impact workout that is a fun and effective way to get fit and increase your energy level! Class is designed for the beginning student, but the lower intensity and easy to learn routines are still designed to quickly burn calories.

PEDU:747 | \$55

M03 Sa 9am-9:50am Adiva Dance Center
Sept. 12 – Oct. 31

Girls Night (Work)Out - Booty Camp

Lift your booty and so much more! Let Booty Camp break away whatever has been holding you back, one hour at a time, with this full body bootcamp style workout! Certified personal trainers will help you reach new fitness heights through this program, while having a good time. Workouts will include Kettle bells, TRX, Bosu Balls, Obstacle Courses, Target Kickboxing and so much more. No class 11/28.

PEDU:747 | \$79

M05 Sa 9am-9:55am FitChix-CreveCoeur
Oct. 10 – Dec. 5

Girls Night (Work)Out - Zumba

Grab your best girlfriends and attend the Hottest Group Dance Class out there! Spice up your body with this hot Latin workout! Guaranteed to burn fat and sculpt curves while learning Latin steps and sexy hip movements from Merengue to Salsa funk.

PEDU:747 | \$79

M06 W 6pm-6:55pm FitChix-CreveCoeur
Oct. 14 – Dec. 2

Girls Night (Work)Out - Kickboxing

Punch and kick your way to a sexy, strong physique! Put on the boxing gloves and drip sweat while you hit heavy bags and kick box targets. Burn 600-800 calories in just one hour!

PEDU:747 | \$79

M10 M 6pm-6:55pm FitChix-CreveCoeur
Oct. 12 – Nov. 30

Dance Aerobics

Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required. No class 11/25.

PEDU:754 | \$85

730 W 6pm-6:50pm Susan Pellegrino
Sept. 2 – Dec. 9 Oakville H.S., CAPE
No class 9/16, 11/25

Fun with Fitness

Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness.

PEDU:755 | \$79

600 MW 4pm-4:50pm Eileen Franco
Aug. 31 – Oct. 14 MC - PE, 201
No class 9/7

601 MW 4pm-4:50pm Eileen Franco
Oct. 26 – Dec. 9 MC - PE, 201
No class 11/25

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress and enhance coordination. Bring a towel and mat.

PEDU:755 | \$79

606 Tu 8:05am-8:55am Gary Ketcherside
Sept. 1 – Dec. 1 MC - PE, GYM
No class 10/20

607 Th 8:05am-8:55am Gary Ketcherside
Sept. 3 – Nov. 19 MC - PE, GYM
Dec. 3 MC-SC, 201



PERSONAL ENRICHMENT

Fitness Flex for Women

Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and 1-2 lb weights recommended.

PEDU:755 | \$75

780	Tu 7pm-7:55pm Sept. 8 – Dec. 8 No class 10/20, 11/3	Marsha Fey Sperrang, Fitness Rm. 54
781	W 7pm-7:55pm Sept. 9 – Dec. 2 No class 11/25	Marsha Fey Sperrang, Fitness Rm. 54

Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome.

PEDU:755 | \$59

M03	Sa 8:15am-9:10am Sept. 12 – Oct. 24 No class 10/3	Karol McNutt Dance Arts-St. Louis, SMALL
M04	Sa 8:15am-9:10am Oct. 31 – Dec. 5	Karol McNutt Dance Arts-St. Louis, SMALL

Rise and Shine: Senior Workout

Wonderful total body senior workout program for active older individuals! Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility and heart-healthy movement to support the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | \$75

608	TuTh 5:55am-6:55am Sept. 8 – Oct. 15	Gail Velten MC - PE, 105
609	TuTh 5:55am-6:55am Oct. 27 – Dec. 1 Dec. 3-Dec. 8 No class 11/26	Gail Velten MC - PE, 105 MC-SC, 201

Boot Camp with Sharkfitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Early semester classes will meet outside at the entrance to the PE Building on "O" Parking Lot.

**PEDU:755
Seven Sessions | \$94**

604	MWF 5:45am-6:45am Dec. 7 – Dec. 21	MC - PE, GYM
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Morning | \$130

610	TuTh 5:45am-6:45am Sept. 29 – Oct. 29	MC - PE
611	TuTh 9:30am-10:30am Sept. 29 – Oct. 29	MC - PE

Evening | \$130

650	MW 6pm-7pm Nov. 9 – Dec. 16	MC - PE, GYM
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14 Sessions | \$166

603	MWF 5:45am-6:45am Nov. 2 – Dec. 4 No class 11/27	MC - PE, GYM
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15 Sessions | \$190

602	MWF 5:45am-6:45am Sept. 28 – Oct. 30	MC - PE
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New Qi Gong - Chair Exercise for Health

Learn to relax and get energized with this gentle, ancient Chinese form of healing exercise. Qi Gong will increase your flexibility and body strength through deep breathing and meditative movements. Seated stretching from a chair makes this a perfect class for all levels of physical ability!

PEDU:755 | \$39

M01	F 9am-9:45am Oct. 16 – Nov. 13	Kathleen Schabelski Affton White-Rodgers, A
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New Introduction to CrossFit

Learn the basic fundamentals of CrossFit, a highly effective strength-and-conditioning system that utilizes functional movements such as power lifts, Olympic lifts and gymnastics, and then blends them into a constantly varied format. Focus will be on movement mechanics, proper technique and safety. All fitness levels welcome. Bring water.

PEDU:755 | \$89

M02	Th 5pm-6pm Sept. 24 – Oct. 29	BARx CrossFit
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New Introduction to CrossFit for Masters - Ages 50+

Learn the basic fundamentals of CrossFit, a highly effective strength-and-conditioning system that will help restore and improve mobility utilizing functional movements in a constantly varied format. Focus will be on movement mechanics, proper technique, and safety. All fitness levels welcome - ages 50 plus. Bring water.

PEDU:755 | \$75

M05	W 10am-11am Sept. 23 – Oct. 28	BARx CrossFit
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T'ai Chi

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis.

PEDU:766 | \$69

500	Th 4:30pm-5:25pm Sept. 3 – Nov. 5	Jeanette Miller FV - CWI, 134
P01	Tu 2:30pm-3:30pm Sept. 1 – Nov. 3	Jeanette Miller Solar Yoga Center

T'ai Chi Chih: Continuing

Ready to enhance your T'ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: T'ai Chi Chih Beginning class or equivalent experience.

PEDU:767 | \$69

P01	Tu 1:15pm-2:15pm Sept. 1 – Nov. 3	Jeanette Miller Solar Yoga Center
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Mini-Session | \$39

P02	Tu 1:15pm-2:15pm Nov. 17 – Dec. 15	Jeanette Miller Solar Yoga Center
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The Great Outdoors

New Pickleball: Basics

Come join the fun! Pickleball is a fast-growing sport for many good reasons: it's easy to learn and play, has simple rules, and is great exercise for all ages and abilities. Learn the basics of Pickleball then enjoy recreational play. All equipment provided; dress appropriately for outdoor court.

PEDU:740 | \$49

M01	M 5pm-5:55pm Aug. 24 – Oct. 5 No class 9/7	Allyson Duffin Kennedy Rec. Ctr
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M03	Sa 9am-9:55am Aug. 29 – Oct. 10 No class 9/5	Allyson Duffin Kennedy Rec. Ctr
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New Pickleball: Continuing

Now that you know the basics of Pickleball, continue the fun playing at a more advanced level. Just register and come play! Prerequisite: Previous Pickleball instruction or equivalent experience. All equipment provided; dress appropriately for outdoor court. No class 9/7.

PEDU:740 | \$49

M02	M 6pm-6:55pm Aug. 24 – Oct. 5 No class 9/7	Allyson Duffin Kennedy Rec. Ctr
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M04	Sa 10am-10:55am Aug. 29 – Oct. 10 No class 9/5	Allyson Duffin Kennedy Rec. Ctr
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SUP: Stand Up Paddleboarding - Introduction

Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! Learn proper paddling instruction and get a brief introduction before you hit the water. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$59

M01	W 5pm-7pm Aug. 19 – Aug. 26	Simpson Lake
M02	Sa 10am-12pm Aug. 15 – Aug. 22	Simpson Lake

SUP: Stand Up Paddleboarding - River Trip

Now that you know what you're doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. Meet at Greentree Park at 10am sharp. Fee includes SUP equipment and transportation up river. Water shoes and sunscreen recommended. Prerequisite: SUP Introduction class.

PEDU:770 | \$49

M03	Sa 10am-12pm Sept. 12	Greentree Park
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Exclamation Point!

"Allyson Duffin really was a perfect instructor! Her approach allowed us to have fun playing Pickleball right away and then gradually learn the somewhat complicated rules while we improved our play. Thanks to this class I now play Pickleball several times a week with people I met in the class. A+++."

Bob M., Ballwin, MO

SUP: Stand Up Paddleboarding - Yoga

Leave the yoga mat behind and enjoy a challenging, core-strengthening exercise on the water! Learn to use breathing, stretching and relaxation techniques as you balance mind and body on a paddle board. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$35

M04 Sa 9am-9:50am
Aug. 15 – Aug. 22

Simpson Lake

Tree Climbing classes do not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

Tree Climbing - Level I

Experience the exhilaration of being in the trees as never before! Access parts of the canopy that you never thought possible and enjoy this new sport using ropes and harnesses just like the professionals. Learn basics about tree biology and procedures for climbing safely before starting your climb. Class ends with a survey of climbing gear and techniques.

PEDU:765 | \$39

M01 Sa 9am-12pm
Sept. 12

Guy Mott
Camp Wyman

Tree Climbing - Level II

Build upon what you learned in Tree Climbing - Level I with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Prerequisite: Tree Climbing - Level I or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc).

PEDU:743 | \$49

M02 Sa 1pm-5pm
Sept. 12

Guy Mott
Camp Wyman

Health and Wellness

Self Defense

Krav Maga: Beginner

Are you prepared to defend yourself in an attack? Krav Maga is an exciting and fast-paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations. Learn the basics of self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation.

PEDU:743 | \$95

M04 Sa 10am-11am
Sept. 19 – Nov. 21

Xtreme Krav Maga

M02 M 6pm-7pm
Sept. 21 – Nov. 23

Xtreme Krav Maga

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St. Louis
Community
College
Continuing
Education

Krav Maga: Beginner - Women Only

Are you prepared to defend yourself in an attack? Krav Maga is an exciting and fast-paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations. Learn the basics of self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation.

PEDU:743 | \$95

M03 Tu 7pm-8pm
Sept. 22 – Nov. 24

Xtreme Krav Maga

Class Nikita: Covert Self-Defense for Women

Arm yourself with the skills necessary to handle any violent or confrontational situation with this highly individualized and practical training. Learn hand-to-hand self-defense, situational awareness, armed/unarmed tactical training, child protection, improvised weapons, weapon recognition/concealment, vehicle and home defense, defense against multiple attackers, and psychological manipulation of attackers.

PEDU:743 | \$95

P01 Th 5:45pm-6:45pm
Sept. 17 – Nov. 19

Systema St. Louis

Systema: Russian Self-Defense

Learn the innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstance. Based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. In Systema, the synergy of three components creates a TRUE WARRIOR - Combat Skill, Strong Spirit and Healthy Body. Class will push your body and test your spirit.

PEDU:743 | \$95

P02 Tu 6:30pm-7:30pm
Sept. 22 – Nov. 24

Systema St. Louis

Systema: Health and Breathing for Self-Defense

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life and improve your skills in self-defense as you learn to control your body in all situations.

HEAL:701 | \$59

P01 M 5:45pm-6:45pm
Sept. 21 – Nov. 23

Systema St. Louis

Wellness

Discover Your Talents

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. First class meets 9/12 in computer lab, BA- 216. Second class meets 9/19 in classroom, BA-203. Text required - bring to first class.

PERD:709 | \$49

680 Sa 9am-12pm
Sept. 12
Sept. 19

Carol Watkins
MC - BA, 216
MC - BA, 203

Living the Adventure of Life

It is never too late to blossom into yourself! Rediscover your passion for life and recognize that the most important work you will ever do is become who you were meant to be, no matter what your age. Bring a notebook and pen.

PERD:709 | \$29

681 Sa 10am-12pm
Oct. 24

Roselyn Mathews
MC - SQ, 109

New Treasure Journaling

Uncover your personal treasure: your areas of giftedness and genius! Create a 'treasure journal' in class to record everyday life experiences, reflect the positive qualities others see in you and become aware of those qualities in yourself. Collage, guided meditation, journaling, and class interaction exercises provide new insights into the amazing person you really are! Supply list will be emailed.

PERD:709 | \$49

683 Sa 10am-4pm
Sept. 5

Deborah Weltman
MC - CE

'The Artist's Way' - Overview

Explore your creative desires and discover how "The Artist's Way" can help you find trust and joy in your creative self! Learn about the techniques covered in Julia Cameron's book, "The Artist's Way: A Spiritual Path to Higher Creativity," and what to expect in the full 12-week course. Book is not required.

PERD:709 | \$25

682 Sa 10am-12pm
Aug. 22

Deborah Weltman
MC - HW, 104

New "The Artist's Way" - A Spiritual Path to Higher Creativity

Explore your creative desires and learn how "The Artist's Way" can help change your life! Learn and practice techniques used to access your personal creativity, move past creative blocks, and find trust and joy in your creative self. Class based on readings and exercises from Julia Cameron's book "The Artist's Way: A Spiritual Path to Higher Creativity." Bring book to first class. Supply list will be emailed. No class 11/28.

PERD:709 | \$125

684 Sa 10am-12pm
Sept. 12 – Dec. 5

Deborah Weltman
MC - HW, 104

New Practicing Happiness

Would you like to feel happier? Positive psychology research is revealing simple but powerful techniques for increasing one's happiness. Explore a new happiness boosting theme each week and learn several related happiness practices from a licensed psychologist. Between classes, you will apply the new techniques in real life then share your experiences at the next class. Happiness themes include gratitude, mindfulness, kindness, compassion, social connections, and more. Know how to effectively influence your own happiness and which practices work best for you.

PERD:709 | \$49

650 W 7pm-8:30pm
Oct. 14 – Nov. 11

Tawni Hoeglund
MC - SQ, 109

New Kid Friendly and Clutter Free!

Has your home become overcrowded with all of your little one's toys? Life with kids can be extremely busy and chaotic. Learn how to simplify your life and organize the chaos with great tips, from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

PERD:711 | \$29

650 Th 6:30pm-8:30pm
Oct. 15 – Oct. 22

Kimberly Meredith
MC - CN, 230

PERSONAL ENRICHMENT

Meditation for Health and Harmony

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

PERD:732 | \$49

450 W 7pm-9pm
Sept. 2 – Sept. 23

Rhonda Leifheit
FP - B Tower, 013

Tapping Into the Mind/Body Connection

Meridian Tapping is a great way to improve your health and may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body, and feel better as you tap acupressure points while making positive statements.

PERD:732 | \$49

650 M 7pm-9pm
Sept. 28 – Oct. 19

Rhonda Leifheit
MC - CS, 120

Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition! Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD:735 | \$49

450 Tu 7pm-9pm
Nov. 3 – Nov. 24

Rhonda Leifheit
FP - G Tower, 115

New Dining Etiquette 101

Are you intimidated by formal table settings? Not sure when to use each utensil or which water glass is yours? Worry no more! Enhance your etiquette dining skills, learn the basic rules of proper dining, along with learning how to avoid the etiquette faux pas. Leave with the self-confidence to excel in social, private and public dining settings.

PERD:738 | \$19

680 Sa 10am-11am
Oct. 24

Catherine Satchell
MC - SC, 125

New Relationship 101: How to Pick a Partner

Do you feel like you are always attracting Jerks/Jerkettes? Are you beginning to believe there's no one out there for you? Do you want to learn the secrets to having a healthy happy long term relationship? Then this course is for you! Whether you are in a relationship or looking for that special someone, learn how to avoid the "love is blind" syndrome. Explore key areas that foreshadow what a partner will be like over the long term and how to pace a relationship. Gain the tools you need to break unhealthy dating patterns and focus on your own emotional health. Fee includes textbook.

PERD:741 | \$39

710 W 7pm-9pm
Oct. 28 – Nov. 4

Kim Harness
Clayton H.S., 108

MELT®

Do you suffer from chronic pain? The MELT® Method is a great way to alleviate chronic pain and re-balance the neural core. MELT® is changing the way people care for their bodies. This simple, proactive self-help approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better. Regardless of your age, gender, or current activity level, anyone can learn to MELT®! All tools will be provided. Bring plenty of water to drink.

HEAL:709 | \$75

M02 Tu 4pm-4:50pm

Nov. 10 – Dec. 1

Body by Pilates at

STUDIO RUE

M01 Tu 4pm-4:50pm

Sept. 15 – Oct. 6

Body by Pilates at

STUDIO RUE

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756

10 Sessions | \$69

M04 Tu 10:15am-11:15am

Sept. 15 – Nov. 24

Denise Motta

Affton White-Rodgers, GYM

No class 10/6

13 Sessions | \$89

650 M 6pm-6:50pm

Sept. 14 – Dec. 7

Katherine McMeans

MC - PE, 105

651 W 6pm-6:50pm

Sept. 16 – Dec. 16

Katherine McMeans

MC - PE, 105

No class 11/25

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring a mat.

FAU:756

10.5 Hours | \$69

M02 Th 5:30pm-7pm

Aug. 27 – Oct. 15

Denise Motta

No class 10/8

Affton White-Rodgers, GYM

M03 Th 5:30pm-7pm

Oct. 22 – Dec. 10

Denise Motta

Affton White-Rodgers, GYM

No class 11/26

15 Hours | \$95

P01 M 6:30pm-7:25pm

Aug. 24 – Dec. 7

Jill Woehrle

No class 9/7

Nottingham, GYM

Pilates: Mat and Equipment Introduction

Combine mat work with the Pilates equipment for a workout that is easier on your joints, allows for modifications to suit specific needs and helps give you the core strength you need for a healthy life! Perfect for anyone that has been inactive, is recovering from an injury/surgery, or lives with a chronic condition. All equipment provided.

PEDU:756 | \$75

M01 Tu 9am-9:50am

Sept. 8 – Oct. 27

Body by Pilates at

STUDIO RUE

Iyengar Yoga: Beginning

Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a yoga mat.

PEDU:761

Seven Hours | \$49

350 W 8pm-8:50pm

Aug. 26 – Oct. 7

Robert Gadon

WW, 102A

352 W 8pm-8:50pm

Oct. 21 – Dec. 9

Robert Gadon

WW, 102B

No class 11/25

10.5 Hours | \$69

450 Th 6:30pm-7:50pm

Oct. 8 – Nov. 19

Robert Gadon

FP - B Tower, 013

Iyengar Yoga: Continuing

Prerequisite: Iyengar Beginning or prior yoga experience. Bring a yoga mat.

PEDU:761 | \$69

351 W 6:15pm-7:45pm

Aug. 26 – Oct. 7

Robert Gadon

WW, 102A

353 W 6:15pm-7:45pm

Oct. 21 – Dec. 9

Robert Gadon

WW, 102B

No class 11/25

Yoga Basics - 10 Sessions

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a towel and mat.

PEDU:761 | \$69

M05 M 12:15pm-1:15pm

Kelly Kauffmann

Sept. 14 – Nov. 16

Affton White-Rodgers, GYM

Yoga

Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring mat.

PEDU:761

Eight Sessions | \$59

W01 F 9am-10am

Louisa Donovan

Sept. 18 – Nov. 20

Bluebird Park

M03 Tu 6:30pm-7:25pm

Sept. 15 – Nov. 17

Louisa Donovan

Garden of Life Spiritual Ctr, MP

No class 10/6, 11/3

10 Sessions | \$69

780 M 6pm-7pm

Sept. 14 – Nov. 16

Rena Potsos

Sperreng, Fitness Rm. 54

Bring towel, mat, yoga belt and #6 or 8 resistance band.

550 M 6pm-6:50pm

Sept. 14 – Nov. 16

Reshma Danak

FV - PE, 233

M07 M 9:30am-10:30am

Sept. 14 – Nov. 16

Reshma Danak

Queeny Park Rec Ctr

M08 W 9:30am-10:30am

Sept. 16 – Nov. 18

Reshma Danak

Queeny Park Rec Ctr

13 Sessions | \$89

M12 M 6pm-7pm

Sept. 14 – Dec. 7

Sharon Danyluck

Sunset Hills CC

M13 M 7:30pm-8:30pm

Sept. 14 – Dec. 7

Sharon Danyluck

Sunset Hills CC

15 Hours | \$95

M01 Tu 1pm-2:30pm

Sept. 1 – Nov. 3

Julie Garland

Big Bend Yoga Center

Equipment/mats available for use or bring your own.

P01 W 6:30pm-7:25pm

Aug. 26 – Dec. 9

Jill Woehrle

Nottingham, GYM

No class 11/25



Yoga: Continuing

Continue to build your yoga skills while learning to relax, calm your mind, and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

PEDU:761

10 Sessions | \$69

M06 M 1:30pm-2:30pm Kelly Kauffmann
Sept. 14 – Nov. 16 Affton White-Rodgers, GYM

15 Hours | \$95

M02 Th 9am-10:30am Melanie Klug
Sept. 3 – Nov. 5 Big Bend Yoga Center
Equipment/mats available for use or bring your own.

BUTI® Yoga: Beginning

Are you ready to be empowered and get a great workout? The BUTI® style fuses yoga, tribal-inspired dance with hip spiraling, and plyometrics into an exciting, high-intensity workout that transforms your body from the inside out. Bring a towel and water, mats provided.

PEDU:761 | \$69

P02 Tu 5:30pm-6:15pm
Sept. 22 – Nov. 24 Flex Fitness Studio

New BUTI® Yoga: Continuing

Ready to take your BUTI® Yoga experience to the next level? Continue transforming your body from the inside out in this high-intensity workout. Prerequisite: BUTI® Yoga: Beginning or previous experience. Bring a towel and water, mats provided.

PEDU:761 | \$69

P03 W 6pm-7pm
Sept. 23 – Nov. 25 Flex Fitness Studio

Gentle Yoga

Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water. CLASS WILL BE HELD IN ARDEN MEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.

PEDU:761 | \$79

M09 W 7pm-8pm
Aug. 26 – Oct. 14 Masterpeace Studios
M10 W 7pm-8pm
Oct. 21 – Dec. 9 Masterpeace Studios

New Yoga: Relax and Restore

Let your tensions melt away. Feel yourself become more relaxed and restore your body through gentle stretching, deep breathing, and stillness. Learn poses that can be used in your daily routine to help relieve stress. All levels are welcome. No class 10/6, 11/3.

PEDU:761 | \$59

M04 Tu 7:30pm-8:25pm Louisa Donovan
Sept. 15 – Nov. 17 Garden of Life Spiritual Ctr, MP

Feldenkrais® for Beginners

Learn to move more easily, enrich your life and expand your abilities through Feldenkrais®! Gentle, innovative lessons allow you to observe how you move, notice unnecessary tension, and improve your overall coordination. You can learn to: ease pain, reduce stress, prevent injury and improve posture, balance and flexibility. Bring a towel and mat.

PEDU:761 | \$59

730 W 7pm-7:50pm Sandy Weiss
Sept. 2 – Oct. 14 Oakville H.S., CAPE
No class 9/16

Feldenkrais® for Healthy Backs

Don't let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat. No class 11/25.

PEDU:761 | \$59

731 W 7pm-7:50pm Sandy Weiss
Oct. 21 – Dec. 2 Oakville H.S., CAPE

Youth and Family

New Spanish Language for Youth: Beginning 1 - Ages 5-9

Learn the basics of Spanish while having fun! Energetic classes will include songs, games, lots of movements, story time, etc. No textbook required. No class 10/20.

KIDS:719 | \$39

600 Tu 4pm-4:45pm Manuella Nselel
Sept. 8 – Nov. 3 FP - G Tower, 113

New Portuguese Language for Youth

Learn the basics of Portuguese and Brazilian culture while having fun! Energetic classes will include songs, games, lots of movements, etc. Taught by a native speaker.

KIDS:719 | \$99

Ages 5-11

680 Sa 10am-12pm
Aug. 15 – Oct. 10 MC - CS, 204
No class 9/5

681 Sa 10am-12pm
Oct. 17 – Dec. 12 MC - CS, 204
No class 11/28

Ages 12-18

682 Sa 10am-12pm
Aug. 15 – Oct. 10 MC - CS, 210
No class 9/5

683 Sa 10am-12pm
Oct. 17 – Dec. 12 MC - CS, 210
No class 11/28

Mini Movers: Parent/Child - Ages 6 months to 2.5 years

Come play with us! Promote motor development with fun gymnastics activities that you can enjoy with your child, ages 6 mos to 2.5 years. Children will explore balance, coordination and sensory development using fun and exciting mat shapes, gymnastics and other play equipment. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children MUST be registered under KIDS 738 600 and parents/guardians MUST register under KIDS 738 601. Signed waiver required for each participant. No class 10/20, 11/24.

KIDS:738 | \$79

600 Tu 4:30pm-5:15pm Laura Legg
Sarah Hasser
MC - PE, 105
Oct. 6 – Dec. 8

The following section is for parents/guardians of children that have registered and paid for KIDS:738 600. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant

601 Tu 4:30pm-5:15pm
Oct. 6 – Dec. 8 MC - PE, 105

Mini Movers: Parent/Child - Ages 2-6

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children ages 2-6 MUST be registered under KIDS 738 650 and parents/guardians MUST register under KIDS 738 651. Signed waiver required for each participant. Parents of children 3 and younger can enjoy activities together and those with older children are welcome to stay and watch their child explore and learn. No class 10/20, 11/24.

KIDS:738 | \$79

650 Tu 5:30pm-6:25pm Laura Legg
Sarah Hasser
MC - PE, 105
Oct. 6 – Dec. 8

The following section is for parents/guardians of children that have registered and paid for KIDS:738 650. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant

651 Tu 4:30pm-5:15pm
Oct. 6 – Dec. 8 MC - PE, 105

Celebrate the Mind, Body and Spirit!



Karate for Kids - Ages 4-10

Karate for Kids is a program designed to build self-confidence, self-esteem, and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program.

KIDS:707 | \$59

M01 Sa 10am-11am

Timothy Toeniskoetter

The Martial Arts Ctr (Mehl)

V01 Sa 10am-11am

Sept. 12 - Nov. 14

Ferguson Martial Arts

New CrossFit Kids - Ages 3-5

CrossFit Kids is a strength and conditioning program that is specifically designed for kids and helps develop a lifelong love of fitness! In a group setting, your child will enjoy fun and engaging workouts consisting of constantly varied, functional movements that deliver measurable results and prepare them to be well-rounded athletes. All fitness levels welcome. Bring water.

KIDS:711 | \$69

M01 Tu 1:30pm-2:10pm

Sept. 22 - Oct. 27

BARx Cross Fit

Fencing for Youth: Beginning I - Ages 8-15

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework and boutting. Equipment provided.

KIDS:720 | \$59

650 Th 5pm-5:50pm

Sept. 17 - Nov. 5

Patrick Dorsey

MC - PE, 201

Fencing for Youth: Beginning II - Ages 8-15

Ready to learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and boutting tactics. Equipment provided.

KIDS:720 | \$59

651 Th 6pm-6:50pm

Sept. 17 - Nov. 5

Patrick Dorsey

MC - PE, 201

Tennis for Youth: Pee Wee I

Series of group lessons specifically designed to introduce your young child, 4-6 years of age, to the game of tennis. Class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided.

KIDS:709 | \$85

M04 Su 5pm-6pm

Sept. 20 - Oct. 25

Frontenac R.C.

Tennis for Youth Workshop: Beginning I and II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants.

KIDS:709 | No Fee

Ages 7-10

580 Sa 9am-9:55am

Sept. 19 - Oct. 3

FV - PE, TENNIS

Ages 11-15

581 Sa 10am-10:55am

Sept. 19 - Oct. 3

FV - PE, TENNIS



Tennis for Youth: Beginning I and II

Class designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709

Indoor

Six Sessions | \$85

Ages 7-10

M03 Sa 4pm-5pm

Sept. 5 - Oct. 10

Forest Lake

M06 Sa 4pm-5pm

Oct. 31 - Dec. 5

Forest Lake

M05 Su 6pm-7pm

Sept. 20 - Oct. 25

Frontenac R.C.

M07 Su 6pm-7pm

Nov. 8 - Dec. 13

Frontenac R.C.

Outdoor

Four Sessions | \$55

Ages 7-10

M02 Th 5pm-6pm

Sept. 17 - Oct. 8

Sunset Hills Watson Trails

Ages 11-15

M01 Th 4pm-5pm

Sept. 17 - Oct. 8

Sunset Hills Watson Trails

Six Sessions | \$75

Ages 7-10

720 MW 6pm-7pm

Sept. 8 - Sept. 24

Ladue Mid. School

Ages 11-15

P01 Sa 11am-12pm

Sept. 12 - Oct. 17

Kaufman Park

721 MW 7pm-8pm

Sept. 8 - Sept. 24

Ladue Mid. School

Golf for Youth: Beginning I - 4 Sessions

Beginning Golf for children. Ages 7-15. Extra fee for balls.

KIDS:710 | \$45

810 Sa 11am-12pm

Sept. 12 - Oct. 3

Big Bend GC

Our Seats Fill Fast!

Registration
begins
August 3.



Get into the Great Outdoors this fall with STLCC Continuing Education!

Discover Pickleball, the newest craze gaining traction around the country, explore paddleboarding or see the world from the treetops!

See class descriptions on page 64.



- Pickleball
- Tree Climbing - Level I
- Tree Climbing - Level II
- Recreational Recess!
- SUP: Stand Up Paddleboarding Classes -
 - Introduction
 - River Trip
 - Yoga

Call 314-984-7777 to register beginning August 3

LOCATION INDEX

STLCC Continuing Education
**Registration
begins August 3**

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Aftton White-Rodgers
Community Center
(Aftton White-Rodgers)
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Co.
3200 N. Highway 67, 63033

Almas Del Ritmo Dance Co.
3515 Park Ave., 63104

Babler Memorial State Park
Highway 109, 63005

BARx CrossFit
12309 Old Big Bend Rd, 63122

Bernard Middle School
1054 Forder Road, 63129

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Body by Pilates
(inside Studio Rue)
8744 Big Bend Blvd., 63119

Bridgeton Trails Library
3455 McKelvey Road, 63044

Camp Wyman
600 Kiwanis Drive, 63025

Chess Club and Scholastic
Center of St. Louis
4657 Maryland Ave, 63108

Chesterfield Athletic Club
16401 Swingley Ridge Rd.,
63017

City Sewing Room
6700 Arsenal Ave., 63139

Clayton High School
#1 Mark Twain Circle, 63105

Columbia Bottom
Conservation Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Comprehensive Chiropractic
113 West 5th St., 63025

Crestwood Bowl
9822 Watson Rd., 63126

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue,
63139

DEEsigs Studio
9920 Watson Rd. Ste 200,
63126

Dance Arts St. Louis
8045 Big Bend Ste 200b, 63119

Eagle Springs Golf Course
2575 Redman Rd. 63136

EarthDance Farms
233 S Dade Ave, 63135

Ellisville Parks & Rec. (Bluebird
Park)
225 Kiefer Creek Rd., 63021

Endangered Wolf Center
6750 Tyson Valley Road,
63025

Ferguson Martial Arts Center
433 S. Florissant Rd., 63135

First Tee (South County)
6286 Lemay Ferry Road,
63129

FitChix Fitness Studio
12295 Olive Blvd., 63141

Flex Fitness Studio
3139A South Grand Blvd,
Suite 201, 63118

Forest Lake Tennis Club
1012 N. Woods Mill Road,
63011

Francis Park
Donovan and Eichelberger,
63109

Frontenac Racquet Club
10455 German Blvd., 63131

Garden of Life Spiritual Center
9525 Eddie and Park Rd.,
63126

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Greentree Park
2202 Marshall Rd, 63122

Guilded Crafts
313 Gravois Rd., 63026

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Ladue Middle School
9701 Conway Road, 63124

Ladue Horton Watkins Sr.
High School
1201 S. Warson Rd., 63124

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Mehlville)
3712 Lemay Ferry Road,
63125

Masterpeace Studios
(inside Fellowship Hall of
Christ Lutheran Church)
1 Selma Ave., 63119

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Missouri History Museum
5700 Lindell Blvd, 63112

Nottingham Elementary
School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra
10907 Manchester Road,
63122

PerennialSTL.org
7413 S. Broadway, 63111

Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

Sperreng Middle School
12111 Tesson Ferry Road,
63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

**St. Louis Community
College
Florissant Valley (FV)**
3400 Pershall Road, 63135

**St. Louis Community
College
Forest Park (FP)**
5600 Oakland Ave, 63110

**St. Louis Community
College
Meramec (MC)**
11333 Big Bend Road, 63122

**St. Louis Community
College Wildwood (WW)**
2645 Generations Dr.
Wildwood, 63040

**St. Louis Community
College
William J. Harrison
Education Center
(Harrison Ed. Ctr)**
3140 Cass Ave, 63106

**St. Louis Community
College
South County Education
& University Center (SCEUC)**
4115 Meramec Bottom Road,
63129

**St. Louis Community
College
Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

**St. Louis Community
College
Center for Workforce
Innovation (CWI)**
3344 Pershall Rd., 63135

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer
Making
231 Lamp and Lantern Village,
63017

Sunset Hills Community
Center
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr
13550 West Watson Rd, 63127

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

The Studio, Inc.
1332 Strassner Drive, 63144

Systema St. Louis
4208 Sarpy Avenue, 63110

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Learning
Center
3113 Gasconade, 63118

Thornhill Branch/St. Louis
County Library
12863 Willowick Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Winding Brook Estate
3 Winding Brook Estate Drive
63025

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road,
63017

Xtreme Krav Maga
639 Gravois Bluffs Blvd. Suite
C, 63026

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

MERAMEC = MC

AC	ASSESSMENT CENTER
AD	ADMINISTRATION/CLARK HALL
AS	APPLIED SCIENCE
BA	BUSINESS ADMINISTRATION
CE	CONTINUING EDUCATION
CP	CAMPUS POLICE
CN	COMMUNICATIONS NORTH
CS	COMMUNICATIONS SOUTH
GH	GREENHOUSE
HE	HUMANITIES EAST
HW	HUMANITIES WEST
LH	LECTURE HALLS
L	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
SO	SOCIAL SCIENCE
SS	SCIENCE SOUTH
SW	SCIENCE WEST
T	THEATRE

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and
University Center = SCEUC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

For more information, visit us at stlcc.edu/ce.

GENERAL INFORMATION

**Enrollment in classes within this brochure,
except for youth section classes, is limited to persons 16 years or older.**

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to stlcc.edu/need2know.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. In addition, all location closings will be posted on the college website: stlcc.edu. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks

Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, Associate Vice Chancellor for Student Affairs, 314-539-5374.

If you have accommodation needs, please contact Anne Marie Schreiber, 314-984-7704, at least two working days prior to the event.

*For more information
call 314-984-7777.*

Registration is Easy!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
 St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
 3344 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
 5600 Oakland Ave., St. Louis, MO 63110

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



By Phone

Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number /email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older, unless otherwise noted.

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In Registration form *Please print in ink.*

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Credit Card Payment:

Charge fees to:

- ☐ MasterCard
☐ VISA
☐ Discover
☐ American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

_____ Expiration Date: _____
CARD NUMBER

Signature: _____

RESIDENTIAL CUSTOMER



Printed on
recycled paper.

Feature Five

Registration begins August 3



Nonprofit Essentials

Designed for existing and aspiring nonprofit professionals, to help meet the increasingly challenging demands that are placed on board members, administrators, staff and volunteers. **See page 8.**



Arts and Crafts

Discover, sample and expand your artistic talent with one of STLCC Continuing Education's Fine Arts and Crafts courses this fall. **See page 26**



Languages

Expand your mind and change your life this fall by taking a journey to new cultures, people and places with Language classes from Continuing Education. **See page 51.**



Personal Finance and Investing

Master your money and achieve financial security by improving your knowledge of personal finance and investing. **See page 50**



ACE Personal Fitness Trainer Certification

Gain the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer. **See page 15**

ST. LOUIS COMMUNITY COLLEGE...

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses—Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers—south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

100694 6/2015

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than \$200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.