



Continuing Education

FALL 2016

Registration begins August 1

The Best of Life!

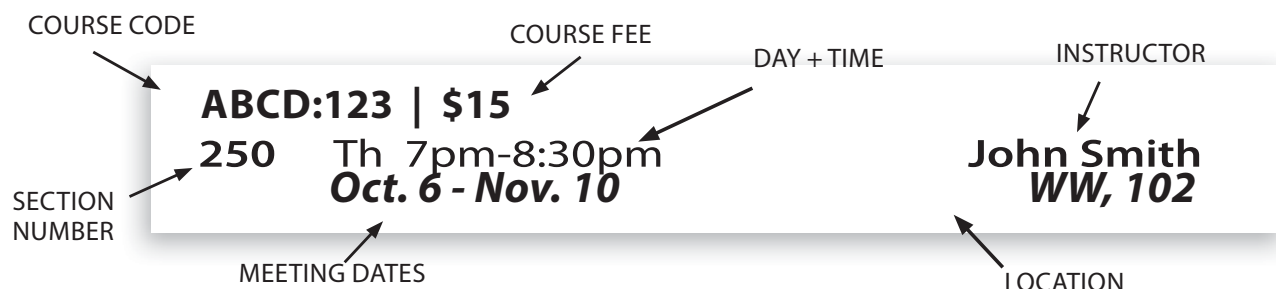


St. Louis Community College
Continuing Education

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

Libby Fitzgerald
Doris Graham
Hattie R. Jackson
Craig H. Larson
Joan McGivney
Rodney Gee

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.

Something for Everyone.

Offering more than 100 degree and certificate programs.



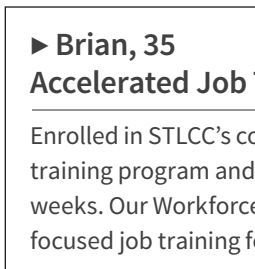
◀ Linda, 40 Career & Technical Education

Pursuing a career in Culinary Arts and will be job-ready in two years. STLCC offers 100+ CTE programs that can have you job ready in two years or less.



▲ Kim, 22 Pursuing Associates Degree

Completing a two-year Fine Arts degree at 1/3 the cost before transferring to the Art Institute of Chicago to complete her BA in Photography.



▶ Brian, 35 Accelerated Job Training

Enrolled in STLCC's commercial truck driver training program and will be job-ready in six weeks. Our Workforce Solutions Group offers focused job training for in-demand industries.



For additional information about programs visit stlcc.edu

Continuing Education

Fall 2016

Never stop learning. With Continuing Education, you don't have to.

Whether you're just letting your curiosity point you in **new directions**, looking to **acquire new skills** or seeking professional courses to help **advance your career**, Continuing Education provides an amazing variety of options for everyone in a world that never stops changing.

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

www.stlcc.edu/ce 314-984-7777

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No-cost or Low-cost Accelerated Training!



Train today for a new career in these industry pathways:

- Medical Assistant
- Patient Care Technician
- Community Health Worker
- IT Help Desk
- Precision Machining



The MoSTEMWINS grant serves unemployed, underemployed, low skill participants, Trade Adjustment Assistance (TAA) eligible participants and Veterans ready to gain new job skills for St. Louis area high-demand job opportunities.



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

PROFESSIONAL TRUCK DRIVER TRAINING

EARN YOUR Class-A Commercial Driver's License (CDL)

- Five week program, meets Monday - Friday.
- Experienced staff, low student-to-teacher ratio.
- More than 50 hours of drive time.
- More drive time equals a greater chance for success!
- Entry Level commercial truck driving jobs average \$35,000 yearly.

For more information or to get started go to stlcc.edu/TruckDriving or call 314-539-5775.

Eligibility Requirements: Minimum age 21 years old. Good driving record. DOT Physical and negative Drug Test Required. WorkKeys Assessment Level 4 or higher required. Valid Missouri Driver's License.

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Over-the-Road Truck Drivers are in High Demand!

WORKFORCE SOLUTIONS GROUP ST. LOUIS COMMUNITY COLLEGE

Professional Development

Keep learning and keep advancing. Gain the skills and knowledge that can move you forward.
Now is the time to take charge of your professional development.

Continuing Education offers exceptional opportunities to **energize your career, update and expand your professional expertise, explore new fields and expand your professional network.**

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 modules. 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. Class meets Wednesdays 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16 and Saturdays 11/12, 11/19. Registration by 9/6 is encouraged. No refunds after this date.

BPCT:701 | \$1,899

| | | |
|-----|------------------|--------------------|
| CD1 | W 6pm-9pm | |
| | Sept. 14-Nov. 16 | Corp. College, 207 |
| | Sa 8:30am-4pm | |
| | Nov. 12 | Corp. College, 207 |
| | Sa 8:30am-4pm | |
| | Nov. 19 | Corp. College, 207 |

LEAN Six Sigma Green Belt to Black Belt

Designed for individuals who have completed the Lean Six Sigma Green Belt course, where participants learned how Lean Six Sigma methods and tools focused improvement efforts to drive significant improvements in speed, quality, profitability, productivity, defects, and variations. Lean Six Sigma projects follow a methodology which has been proven to work well in all business operations including operation, administrative and service. This Lean Six Sigma Black Belt course will bring all of this together to help you become a process facilitator, natural leader, and astute problem solver who are data-driven, bottom-line agents for achieving complex project breakthroughs and powering organizational changes. The course will require pre-work to assist with a concurrent class project. Students will be required to come to the course with a pre-selected project (demonstrated with a signed project charter) that can allow them to go through the DMAIC process and show improvement demonstrating understanding of the Six Sigma Black Belt Body of Knowledge (BOK). Training includes completing with a passing grade online instruction modules outside of class. You will be required to purchase a six month mini-tab software license at an additional cost of approximately \$29.99 and load onto a laptop which is required for class exercises. Class meets 10 Tuesday sessions: 9/20, 9/27, 10/4, 10/11, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29. No class 10/18. Prerequisite: LEAN Six Sigma Green Belt. Registration by 9/12 is encouraged. No refunds after this date.

BPCT:701 | \$1,799

| | | |
|-----|--------------------|--------------------|
| CD2 | Tu 6pm-9pm | Jesse Stevenson |
| | Sept. 20 – Nov. 29 | Corp. College, 207 |

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

| | | |
|-----|-------------|--------------------|
| C80 | Sa 9am-12pm | Dirk Lupien |
| | Sept. 17 | Corp. College, 209 |

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 of 35 hours that is 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 presented by a Registered Educational Provider (REP). Class meets Wednesdays: 10/5, 10/12, 10/19, 10/26, 11/2 and Saturdays: 10/15, 10/22, 10/29. Lunch provided on Saturdays. Registration by 9/27 is encouraged. No refunds after this date.

BPCT:703 | \$1,799

| | | |
|-----|------------------|--------------------|
| CD1 | W 6pm-9pm | Dirk Lupien |
| | Oct. 5 – Oct. 26 | Corp. College, 209 |
| | Sa 8:30am-4pm | |
| | Oct. 15-Oct. 29 | Corp. College, 209 |
| | W 6pm-9pm | |
| | Nov. 2 | Corp. College, 208 |

How to Get More of What You Need and Want in Negotiations

You may not think of yourself as a negotiator, but you are. All of us negotiate every day with family, friends and co-workers, even if we don't think of what we're doing as negotiation. Negotiation is getting what we need and want through a process of interacting with others, and some of us are clearly better at it than others. Knowing how to get what you need and want from others in a principled, win-win fashion is a major life skill, and one that anyone can learn. In this class, you will learn how to identify your personal negotiating style, how to get clear on what you actually need and want, and how to use "The Magic Question" for a win-win outcome.

BUSN:702 | \$39

| | | |
|-----|-------------------|----------------|
| 680 | Sa 9:30am-12:30pm | Dr. Renee Huss |
| | Oct. 8 | MC - SO, 108 |

Exclamation Point!

*"I signed up for **Changing Career Directions: Find the Passion in Your Career Path** with **Continuing Education** at a time when I was unhappy in my role and knew that something had to change. I realized I needed help in discovering what I really wanted from my career. From the first class, I developed a real positive energy and through powerful questions **Jean Walters** was able to guide me to my own answers."*

-Peggy R., Creve Coeur, MO

Dealing with Difficult People in the Workplace and Managing Conflicts

Are there co-workers, subordinates or bosses in your office with whom there are conflicts? Would you like to learn how to enhance communication and build a better rapport? The relationships we have with others are important in cooperation, productivity, teamwork and support. Join Dr. Renee Huss and learn processes for interacting clearly with others in order to get what you need and want through negotiating styles, which can result in a win-win outcome.

BUSN:705 | \$35

480 Sa 9:30am-12:30pm
Oct. 15

Dr. Renee Huss
FP - D Tower, 217A

Listening Beyond the Words: Building Communication Skills

Ineffective listening can block the success of any business. Are you hearing your customers' needs and desires? Are your relationships with colleagues and co-workers harmonious? Learn to build skills that enhance your working and personal relationships. Class will focus on the fundamentals of effective listening and eliminating defensiveness in the communication process. You will discover blocks hindering good listening, build positive interaction, in-depth listening skills and appropriate feedback. Lunch on your own.

BUSN:713 | \$69

C01 Th 9am-4pm
Oct. 6

Jean Walters
Corp. College, 207

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.

BUSN:714 | \$49

C80 Sa 8:30am-12pm
Oct. 8

James Lombardo
Corp. College, 207

Present with Poise, Power and Punch

Want to overcome nervousness and deliver your best presentation ever? In this presentation skills course, leadership coach and professional development expert, Nancy Schnobelen Imbs, will assist you in gaining techniques to improve your ability to confidently communicate effectively, persuasively and with presence using your own style. You'll learn how to use body language for impact and discover ways to keep the attention of your audience. You'll also learn how to develop and organize your presentation in an easy framework and respond to challenging questions.

BUSN:732 | \$29

C01 Tu 9am-11:30am
Sept. 27

Nancy Schnobelen Imbs
Corp. College, 207

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 | \$49

C80 Sa 8:30am-12pm
Sept. 24

James Lombardo
Corp. College, 207

New Lead with Passion

Focusing on what's important, improving execution and engaging individuals is what every organization strives to do on a daily basis. It's not enough that an individual's head is in the game, but their heart must be there as well. Through interactive activities, you'll learn about the four components that are essential for leading with passion including goal setting, tools and techniques to draw out the best in your team and encourage discussion, sustaining performance goals and overcoming obstacles.

BUSN:765 | \$49

C80 Sa 8:30am-12pm
Sept. 10

James Lombardo
Corp. College, 207

Flawless Consulting

Flawless consulting affirms the notion that authentic behavior and personal relationships are the key to achieving technical and business success. By demonstrating your ability to be truly authentic at each step in the process, as a consultant, you can aim toward creating workplaces that are more collaborative and ultimately more successful. Through interactive discussions, you will learn the elements needed to achieve flawless consulting whether you are an internal or external consultant. Topics will include:

- Techniques are not enough
- The agonies of contracting
- Understanding resistance
- Dealing with resistance
- Preparing for feedback
- The elements of engagement
- The heart of the matter
- Getting your expertise used
- And more.

BUSN:765 | \$49

C81 Sa 8:30am-12pm
Oct. 22

James Lombardo
Corp. College, 207

Building Business Confidence: Overcoming Personal Rejection to Ensure Advancement

Are you feeling held back by concerns about what other people think of you? Your growth in business, sales, social and networking relationships can be affected by perceptions of rejection. Gaining perspective and insight is a valuable way to overcome this fear. When you follow the formula presented in this class, you will learn to increase your confidence and self-trust to improve your business advancement, sales leads and professional and social relationships.

BUSN:765 | \$59

C01 Tu 9am-4pm
Sept. 20

Jean Walters
Corp. College, 207

Time Management for Your Best

Are you stressed with the amount of work you have to complete each day? Do interruptions and small tasks disrupt your work flow? Learn to increase the efficiency and quality of your work through better organization, planning and prioritizing each day's activities in a more effective, productive manner. With over 20 years' experience in the corporate workplace, instructor Nancy Schnobelen Imbs, will share the essential skills necessary to maintain quality work and keep you on track while juggling and prioritizing deadlines.

BUSN:793 | \$29

C01 Th 9am-11am
Sept. 8

Nancy Schnobelen Imbs
Corp. College, 207

NEW! MORE ONLINE COURSES FOR YOUR SUCCESS



www.stlcc.edu/ed2go

Small Business Essentials

Business Start-Up

Business Start-Up Skills for Artists and Crafters: Make Money with Your Business

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 spring 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.

BUSN:701 | \$29

450 M 6pm-9pm
Sept. 12

Michelle Ochonicky
FP - G Tower, 117

650 Th 6pm-9pm
Sept. 22

Michelle Ochonicky
MC - SO, 108

Starting your Own Business - Legal Issues

As a small business owner, you are subject to some of the laws and regulations that apply to large corporations. This class will help you understand which requirements apply to your business. It will cover establishing a corporation, partnership or LLC, as well as introducing the law of marketing, employment, copyright and trademark, privacy, contracts, tax and other regulations. Taught by an attorney.

BUSN:701 | \$25

451 M 6pm-8pm
Oct. 3

Amy Hereford
FP - G Tower, 113

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.

BUSN:701 | \$59

680 Sa 9am-12pm
Sept. 10 - Sept. 17

Lynette Watson
MC - BA, 220

681 Sa 9am-12pm
Oct. 15 - Oct. 22

Lynette Watson
MC - BA, 220

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. Please bring a laptop or electronic device to class for working on your business plan. Program is offered in partnership with the Small Business and Technology Development Center.

BUSN:702 | \$99

650 W 6:15pm-9:15pm
Sept. 28 - Oct. 19

Lynette Watson
MC - BA, 122

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. Students may bring a sack lunch/drink to class.

BUSS:741 | \$39

680 Sa 9am-1:30pm
Sept. 24

Bill Dorr
MC - BA, 116

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. 14 - Sept. 21

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. 10

T. Spector
MC - BA, 124

Marketing & Promotion

Generating Buzz Around Your Small Business

Do you need help in taking your business to the next level? Join a 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-tos 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 toward your desired results.

BUSS:710 | \$29

650 Tu 6pm-9pm
Sept. 20

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 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.

BUSS:710 | \$29

651 Tu 6pm-9pm
Sept. 27

MC - BA, 114

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. 24

Morris Turek
MC - BA, 114

Career Essentials

Finding Job Leads

Learn how to find job leads (i.e. internet, recruiters, staffing companies, placement services, associations, and job fairs), navigate job boards, the importance of networking and the role social networking can now play in your job search. This interactive workshop is necessary for all those job seeking-no matter the industry. Class will provide you with the tools necessary to find job leads in today's market

CPDV:705 | \$25

650 Tu 6:30pm-9:30pm
Oct. 4

Laurie Hawkins
MC - BA, 124

New Resume Workshop: Impress Potential Employers

Attend this interactive resume writing workshop on how to develop an effective resume for today's job market. Learn how to provide a great first impression to obtain the job interview, how to advertise your qualifications focusing on the kind of work you can do and want to do, highlight your most important accomplishments and focus on the link between the company needs and the benefits you will provide.

CPDV:704 | \$29

650 Tu 6pm-9pm
Sept. 27

Laurie Hawkins
MC - BA, 124

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

651 Th 6:30pm-9pm
Oct. 20

Laurie Hawkins
MC - SO, 108

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 6pm-8:30pm
Oct. 11

Laurie Hawkins
MC - BA, 124

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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 W 7pm-9:30pm
Sept. 7 - Sept. 28

Jean Walters
MC - SO, 108

Plus 50 Employment: the Purpose, Process and 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 | \$59

650 Th 6pm-9pm
Sept. 22 - Sept. 29

Edwin Penfold
MC - BA, 203

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

680 Sa 9am-4pm
Oct. 1
681 Sa 9am-4pm
Nov. 12

Carol Watkins
MC - SO, 111
Carol Watkins
MC - SO, 109

Nonprofit Essentials

Establishing and Running a Nonprofit Organization: Part 1

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. 24

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. 24

Amy Hereford
MC - SO, 108

PROFESSIONAL DEVELOPMENT

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. 24

Jennifer Bush
MC - SO, 111

New Grant Writing for Beginners

Designed for grant writers who are just getting started or have limited experience in writing proposals, this class will cover key concepts including 501c3 status, types of funders, how to identify potential funders, proposal requirements, sample MO Common Grant Application, and tips on writing proposals. One hour lunch on your own.

NPAD:701 | \$59

580 Sa 9am-4pm
Oct. 15

Hannah McClellan
FV - B, 122

Event Planning 101

From the most exciting to the most mundane tasks, you'll receive the best advice on items to consider and the roles and actions necessary to successfully and enjoyably produce and execute your event. Discussion will also focus on how to avoid potential hurdles by establishing a clearly communicated process and timeline with your team. You'll also learn to draft an outline and timeline, beginning with concept and ending with effective follow-up, which you can utilize for current or future event planning.

NPAD:704 | \$29

650 Tu 6pm-9pm
Oct. 4

MC - BA, 114

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

650 M 7pm-9pm
Sept. 19

Michelle Ochonicky
MC - SO, 205

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

651 Th 6:30pm-8:30pm
Sept. 29

Michelle Ochonicky
MC - SO, 108

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. 22

Richard Cohrs
MC - BA, 114

Industry, Quality & Safety

Drones

Introduction to Drones

Designed to provide information to individuals interested in the drone industry. You'll learn how these robotic vehicles operate, the history, manufacture and the current use of drones in law enforcement, agriculture, aerial photography and more! Discussion will also focus on requirements to build and regulations to fly drones. You'll also have the chance to fly a Quadcopter simulator.

ENGR:706 | \$19

5C1 Tu 6pm-8pm
Sept. 20

5C2 Sa 10am-12pm
Sept. 24

Jack Beetz
FV - CWI, 136
Jack Beetz
FV - CWI, 136

New Drones for Hobbyists and Entrepreneurs

Class meets Tuesdays and Thursdays. A series of 14 UAV(Unmanned Aerial Vehicles) presentations along with videos will be presented. These include the history of UAVs, airspace restrictions, privacy issues, employment opportunities, current manufactures, FAA requirements as well as specifics to the small UAVs including as basic electricity, batteries, safety, GPS, motors, autopilots, ground stations and more. In addition, students will have the opportunity to become proficient in flying small quadcopters using a computer based simulator and then actual quadcopters. No class 10/18.

ENGR:706 | \$249

5C3 Tu Th 6pm-9pm
Oct. 4 - Oct. 25

Jack Beetz
FV - CWI, 136

Safety and Quality

10 Hour OSHA General Industry Safety and Health Training Certification

Class meets Tuesday 10/25 and Thursday 10/27. This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. 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. Students may bring a sack dinner and/or drinks and snack to class. Registration by 10/17 is encouraged.

CONS:736 | \$125

602 Tu Th 4:30pm-9:30pm
Oct. 25 - Oct. 27

Pat Dalton
MC - BA, 122

30 Hour OSHA General Industry Safety and Health Training Certification (20 hour add-on)

Class meets Tuesdays 11/1, 11/8 and Thursdays 11/3, 11/10. This is a 20 hour completion course for individuals who have completed OSHA 10 Hour General Industry Construction Safety and Health Certification within the past six months with instructor Pat Dalton and wish to pursue the OSHA 30 Hour Certification. Students may bring a sack dinner and/or drinks and snack to class. Registration by 10/24 is encouraged.

CONS:736 | \$239

603 Tu Th 4:30pm-9:30pm
Nov. 1 - Nov. 10

Pat Dalton
MC - BA, 122

10 Hour OSHA Construction Safety and Health Training Certification

Class meets Tuesday 9/20 and Thursday 9/22. 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 safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, and more. Upon successful completion students will receive the 10 Hour OSHA course completion card. Students may bring a sack dinner and/or drinks and snack to class. Registration by 9/12 is encouraged.

CONS:736 | \$125

600 Tu Th 4:30pm-9:30pm
Sept. 20 - Sept. 22

Pat Dalton
MC - BA, 122



30 Hour OSHA Construction Safety and Health Training Certification (20 hour add-on)

Class meets Tuesdays 9/27, 10/4 and Thursdays 9/29, 10/6. This is a 20 hour completion course for individuals who have completed OSHA 10 Hour Construction Safety and Health Certification within the past six months with instructor Pat Dalton and wish to pursue the OSHA 30 Hour Certification. Students may bring a sack dinner and/or drinks and snack to class. Registration by 9/19 is encouraged.

CONS:736 | \$239

601 Tu Th 4:30pm-9:30pm
Sept. 27 – Oct. 6

Pat Dalton
MC - BA, 122

ISO 9001:2015 The New Standard

Recently released, the new ISO 9001:2015 standard changes the requirements from the 2008 standard and its updates. It takes into account changes in technology, business diversity, global commerce and focuses on managing such as leadership involvement, process and risk management. Learn how this new standard effects your current ISO certification or how you will be impacted in getting ISO 9001 certified for the first time. Class will discuss an overview of the new ISO 9001:2015 standard including:

- Key themes in the revision and how to go about implementing them such as Risk-based thinking
- Timeline and tips for transitioning from ISO 9001:2008 version to ISO 9001:2015
- Developing a thoughtful strategy for transitioning and dealing with these new requirements
- Tips on training and more.

CONS:765 | \$249

C01 W 8:30am-11:30am
Oct. 5 – Oct. 12

Pat Dalton
Corp. College, 207

New Risk-Based Thinking-Developing Your Organization into a Quality and Safety Risk-Based Company

Whether your focus in your company is quality or safety or both, Risk-based Management is on the forefront as a foundation as a requirement for many quality and safety compliance systems. For example, a main theme in the newly published ISO 9001:2015 standard, the concept of managing by risk is embedded throughout in addition to safety compliance systems like OSHA 81001 and its upcoming replacement ISO 45001:2016.

Risk-based thinking will be explored by focusing on issues and questions such as:

- The theory of Risk-based Thinking
- Defining risk
- Building a good risk-based foundation
- How does Risk-based Thinking fit into all aspects of the business?
- How to assess your company's current ability to manage risk
- Managing from a risk perspective as a day-to-day living process
- Developing a strategic plan to transition to Risk-based thinking in your organization
- Communication, handling and organizing risk within your organization.

CONS:765 | \$249

C02 Th 8:30am-11:30am
Oct. 20 – Oct. 27

Pat Dalton
Corp. College, 207

New Quality & Safety Internal Auditing

Do you have quality and/or safety responsibilities for your organization that require internal audits? Thinking about combining standard system requirements such as ISO 9001 for quality and OSHA 81001 for safety, or other regulatory requirements into one audit program? Become an effective and efficient internal auditor. This course will overview basic fundamentals of internal auditing, demonstrate how to interpret specific elements of any standard, what types of audit questions are most effective, and how to put those being audited at ease. You will learn what the intent of an audit is, what types of audits are conducted, and how to prepare for an audit.

CONS:765 | \$625

C03 W 8:30am-11:30am
Oct. 19 – Nov. 16

Pat Dalton
Corp. College, 207

Construction

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 completion will be awarded to those successfully finishing the course. Texts required. No class 9/20, 10/18.

ELEC:705 | \$299

S50 Tu 6pm-9pm
Aug. 23 – Dec. 6

Michael Smith
SCEUC, 213

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. Prerequisite: Reading Proficiency. Available for credit as CE115. No class 10/18.

CONS:717 | \$318

210 Tu 7:05pm-9:45pm
Aug. 25 – Dec. 15

Gary Drikow
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. Prerequisite: Reading Proficiency. Available for credit as CE116. No class 9/5.

CONS:718 | \$318

210 M 7:05pm-9:45pm
Aug. 22 – Dec. 12

Richard Unger
FV - E, 160

Construction Office Practice

The interactive role of organizations in the construction process; the structure of alternative construction delivery systems, such as general contractor, construction manager, and design-build contractor; specification and building codes; cost control reporting systems for construction. Prerequisite: Reading Proficiency. Available for credit as CE235. No class 11/23.

CONS:765 | \$318

210 W 7:05pm-9:45pm
Aug. 29 – Dec. 14

Todd Eric Fisk
FV - E, 156

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. 10 – Sept. 24
No Class 9/17

Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
Oct. 1 – Oct. 15
No Class 10/8

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
Nov. 5 – Nov. 19
No Class Nov. 12

Almut Stephan Marino
MC - SO, 111

ServSafe Food Safety Certification Review & 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
Sept. 24

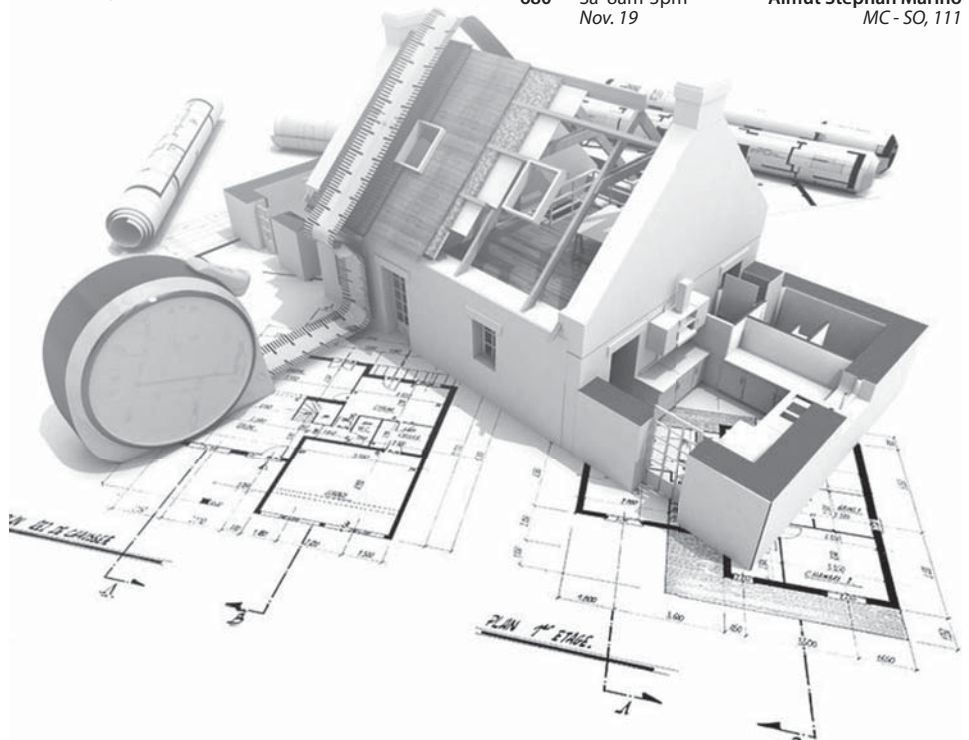
Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
Oct. 15

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
Nov. 19

Almut Stephan Marino
MC - SO, 111



Solar Photovoltaics 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 introduced. Explore the path for certification through the North American Board of Certified Energy Professionals (NABCEP). Program is free but registration is required.

CONS:721

5C1 Th 6pm-7:30pm

Aug. 11

5C2 Tu 6pm-7:30pm

Aug. 16

Ryan Chester

FV - CWI, 136

Ryan Chester

FV - CWI, 136

Solar Basics, Solar Site Survey, Components, and System Build - Part 1

Class meets Tuesdays and Thursdays. Join the field of solar energy. 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. Texts included. Enrollment by 8/17 is encouraged.

CONS:721 | \$299

5C3 Tu Th 5pm-8pm

Aug. 25 – Sept. 15

Ryan Chester

FV - CWI, 120

Solar Basics, Solar Site Survey, Components and System Build - Part 2

Class meets Tuesdays and Thursdays. A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part 1. Registration by 9/12 is encouraged.

CONS:721 | \$199

5C4 Tu Th 5pm-8pm

Sept. 20 – Oct. 11

Ryan Chester

FV - CWI, 120

Advanced PV Sizing Electrical Design

Class meets on Tuesdays and Thursdays. 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. Registration by 10/5 is encouraged. No class 10/18.

CONS:721 | \$199

5C5 Tu Th 5pm-8pm

Oct. 13 – Nov. 1

Ryan Chester

FV - CWI, 120

Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep

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. Registration by 10/26 is encouraged. No class 11/24.

CONS:721 | \$259

5C6 Tu Th 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.

LaunchCode is a non-profit organization that creates pathways to economic opportunity and upward mobility through apprenticeships and job placement in technology.



St. Louis Community College and LaunchCode have partnered to offer CS50X - free to all qualified participants.

Students are accepted on a rolling basis. A limited number of seats are available. Apply today!

www.launchcode.org/cs50x



St. Louis Community College
Expanding Minds. Changing Lives.

Career Studies

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.

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 and ACLS 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.

Free Healthcare Occupations Information Sessions

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.

AHCE:786

550 W 6pm-7pm
Nov. 2

FV - Training Center, 105

Central Sterile Processing Technician Information Session

This free session is designed to provide information for 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.

AHCE:788

450 Th 6pm-7pm
Oct. 27

FP - G Tower, 119

**Information Sessions are free, but registration is required.
Call 314-984-7777 to register today!**

Nursing and Allied Health

EMT Core Curriculum

This course begins August 22, 2016. Attendance at first class is required. A strict attendance policy is enforced. This course 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. 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 8/22. No class 9/5 and 11/23.

EMSS:700 | \$270

H50 W 3:30pm-5:30pm
Aug. 22-Dec. 18
MW 6pm-10pm
Aug. 22-Dec. 18

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

New School Based Occupational Therapy: Intervention and Collaboration for Students on the Autism Spectrum

Occupational Therapy is an integral part of a student's special education program. OTs and COTAs provide direct intervention for the student and collaborate with the student's IEP team. This continuing education session will review the unique needs of the students who are on the Autism Spectrum and provide some practical OT interventions. Time will be allowed for some open discussion and sharing of ideas. Instructor: Chris Viviano OTR/L

AHCE:773 | \$25

650 W 6pm-8:15pm
Oct. 26

MC - AS, 104A

New Soft Tissue Dysfunction: Identification and Treatment

This course will focus on identifying the various types of soft-tissue dysfunction, teaching rationale for why soft-tissue dysfunction occurs and instruct in numerous treatment methods to correct soft-tissue impairments. This will be a very hands-on course with a large amount of lab time. It will be very interactive and participants should walk away from the course with a wealth of information that can be immediately applied in their work environment and their own homes. Instructor: Josh Borgmeyer PT DPT MTC

AHCE:774 | \$45

680 Sa 9am-12pm
Sept. 10

MC - AS, 104A

Caregiving at Home Series

Come to the entire workshop or select individual classes below.

Now offered at the Florissant Valley Campus

Caregiving at Home Workshop

This workshop will be offered 9/12 through 10/24. Whether you are a family member, a concerned friend, or a community volunteer helping a senior with household tasks, personal and/or health care in the home setting or transportation, this 7-week workshop will provide you with helpful information. Come to the entire workshop or select individual classes that will enable you to ensure the senior continues to thrive during life's most difficult times of aging. Throughout this workshop resources and support for the caregiver will be addressed. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or close friends.

AHCE:701 | \$115

550 M 6:30pm-9pm
Sept. 12 - Oct. 24

FV - SM, 130

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

The need for caregiving in the home may occur suddenly with an illness or injury or, as with chronic illness or frailty due to aging, it may develop over a period of time. There are a variety of factors to be considered when the need for caregiving arises. This session will explore and compare home- and facility-based options when individuals need increased assistance with everyday tasks. There will be a discussion as to the range of services provided through home care agencies, including non-medical support such as housekeeping, shopping and errands, bathing and personal care, medical services such as physical therapy, speech therapy, occupational therapy, and wound care. We will explore 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. There will be a discussion about the different levels of facility-based care, including skilled nursing, assisted living and residential care. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Katelyn Eichorst MSW

AHCE:701 | \$29

551 M 6:30pm-9pm
Sept. 12

FV - SM, 130

Caregiving at Home - Medications and Pain Management

This week we will discuss medications and current trends in pain management for the senior. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Catherine Kush MSN BSN RN GNP-BC

AHCE:701 | \$29

552 M 6:30pm-9pm
Sept. 19

FV - SM, 130

Caregiving at Home - Elder Law

Join us for an interactive presentation on elder law. Some of the topics to be presented include Advanced Directives, Living Wills, Power of Attorney and Trust Funds. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. Instructor: Christine Alsop.

AHCE:701 | \$29

553 M 6pm-8pm
Sept. 26

FV - SM, 130

Caregiving at Home - Medicare: The Basics

This evening's class will focus on Medicare, the federal health care program for those 65 years and older. Join us for a discussion on Medicare Part A and B, Medicare Part D (Prescription Drugs), Medicare Supplements and Medicare Advantage Plans. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. Instructor: Beverly Williams MBA RN

AHCE:701 | \$29

554 M 6:30pm-9pm
Oct. 3

FV - SM, 130

Caregiving at Home - Nutrition and Fluid Intake

This evening's class will turn our attention to the nutrition needs and fluid intake of the senior. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Almut Stephan Marino MS MAT RDN LD CC

AHCE:701 | \$29

555 M 6:30pm-9pm
Oct. 10

FV - SM, 130

Caregiving at Home - Conditions, Events and the Emotional Experience

This evening's class will look at conditions and events requiring care in the home and the related stress and emotion experienced by the senior as well as the caregiver. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. Instructor: Catherine Kush MSN BSN RN GNP-BC

AHCE:701 | \$29

556 M 6:30pm-9pm
Oct. 17

FV - SM, 130

Caregiving at Home - Caregiving and Dementia: Understanding Difficult Behaviors

During this final evening of the Caregiving at Home Workshop we will discuss caregiving and dementia. 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. Instructor: Speaker from the Alzheimer's Association St. Louis Chapter

AHCE:701 | \$29

557 M 6:30pm-9pm
Oct. 24

FV - SM, 130

SPECIAL EDITION

Caregiving at Home Series *at Meramec*

New Special Edition: Caregiving at Home Series - Alzheimer's Disease: Know the 10 Signs

This introductory workshop will separate myth from reality and address commonly-held fears about Alzheimer's disease. Find out how to recognize the signs, learn the benefits of early detection and discover resources to help. Instructor: Speaker from the Alzheimer's Association St. Louis Chapter

AHCE:701 | \$15

651 M 6pm-8pm
Oct. 10

MC - CE

Special Edition: Caregiving at Home Series - Do No Harm: Proper Body Mechanics

How do you safely move a person in bed, transfer and assist with walking? Learn the proper body mechanics that will assure the safety of the person being assisted and the caregiver. Please wear flat shoes and slacks for this session

AHCE:701 | \$29

652 Th 6:30pm-9pm
Oct. 13

Mary Christman
MC - AS, 104A

New Special Edition: Caregiving at Home Series - Mid-East Area Agency on Aging

Are you or someone you love among the over 66 million Americans caring for a family member or friend? Join the Mid-East Area Agency on Aging for this interactive workshop where they will discuss real-life scenarios, introduce you to little-known community resources and share their top 5 tips to help caregivers navigate through the complexities of what can feel like an overwhelming situation. Instructor: Lisa M. Knoll, Chief Operating Officer, Mid-East Area Agency on Aging

AHCE:701 | \$15

650 M 6pm-8pm
Sept. 26

MC - CE

Healthcare Occupations

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

Brought to you in
partnership with
MK Education

Now at
Florissant Valley!

Pharmacy Technician Certification Training

Refund/withdrawal deadline: 8/24.
No refunds after that date.

Required orientation: Wednesday, August 31, 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 120 hours of classroom instruction, 60 online class hours and 120 hours of externship experience. Class meets twice a week, Monday and Thursday (September 8 - December 19). The 120 hours of externship experience (December 20, 2016 through February 1, 2017) follows the classroom experience. Class review: February 2, 2017. Final exam: February 6, 2017. Last evening of class: February 9, 2017. **Primary text is an E-book.** 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 11/24.

Section available for students using payment plan through MK Education. Student must have approval of MK Education to register. Contact MK Education at 630-929-8602 for details.

AHCE:786 Section 5D0 | \$2,700

Orientation:

W 6pm-8pm
Aug. 31

FV-Engineering, 291

Class:

MTh 6pm-9:45pm
Sept. 8-Dec. 19

FV-Engineering, 291

Externship:

M-F
Dec. 20, 2016-Feb. 1, 2017

Final Exam Review:

Th 6pm-9:45pm
Feb. 2, 2017

FV-Engineering, 291

Final Exam:

Th 6pm-9:45pm
Feb. 6, 2017

FV-Engineering, 291

Last Day of Class:

M 6pm-9:45pm
Feb. 9, 2017

FV-Engineering, 291

Certified Nurse Assistant



Training is held from 9/13 - 11/15. Register in person only in Continuing Education at Forest Park G 322/324. 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. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. 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 Missouri written and practical certification exams.** Strict attendance policy. 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 to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is recommended. Required Nursing Skills Lab: Saturday, 9/17, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 9/6. No refunds after that date. No class 10/18.

NURS:723 | \$1,099

4D0 Tu Th 4:30pm-8:30pm
Sept. 13 - Nov. 15
Sa 8am-4:30pm
Sept. 17

Alverta Smith
FP - G Tower, 121

FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 9/17, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 9/6. No refunds after that date.

Phlebotomy



The course will be held from 9/20 - 11/15 preparing the student for entry level employment as a phlebotomist. Register in person only in Continuing Education at Forest Park, G 322/324. The course provides classroom, lab instruction and clinical experience. The 100 hours of clinical experience is in addition to the scheduled 48 hours of class time. No weekend hours for clinical experience. Time off from work may be required to complete clinical. 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. Registration/Refund/Withdrawal deadline: 9/13. No refunds after that date. No class 10/18.

AHCE:785 | \$949

4D0 Tu Th 4pm-7pm
Sept. 20 - Nov. 15

Joann Devine
FP - B Tower, 417

Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 9/21 - 11/9. 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: 9/14.

NURS:708 | \$75

4D0 W 4:30pm-6:30pm
Sept. 21 - Nov. 9

Alverta Smith
FP - G Tower, 117

Central Sterile Processing Technician

**Refund/withdrawal deadline: 9/7.
No refunds after that date.**

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 class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction. Required orientation: Wednesday, September 14, 6 - 8 p.m. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week, Monday and Wednesday (September 19 - December 19). Primary text is an E-book. A strict attendance policy is enforced throughout this training. 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. 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 11/23.

AHCE:788 Section 4D1 | \$2,000

Orientation:

W 6pm-8pm
Sept. 14

FP - G Tower, 121

Class:

MW 6pm-9:45pm
Sept. 19-Dec. 12

FP - G Tower, 121

Final Exam Review:

W 6pm-9:45pm
Dec. 14

FP - G Tower, 121

Final Exam:

M 6pm-9pm
Dec. 19

FP - G Tower, 121



**Brought to you in partnership
with MK Education**



Tier 2

This class is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. Required orientation: Wednesday, September 14, 6 - 8 p.m. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week Monday and Wednesday (September 19 - December 19). Primary text is an E-book. Externship begins January 2, 2017 and ends May 31, 2017. A strict attendance policy is enforced throughout this training. This program offers the student a direct pathway to success in Central Sterile Processing. 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. 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 11/23. Refund/withdrawal deadline: 9/7. No refund after that date.

AHCE:788 Section 4D1 | \$2,625

Orientation:

W 6pm-8pm
Sept. 14

FP - G Tower, 121

Class:

MW 6pm-9:45pm
Sept. 19-Dec. 12

FP - G Tower, 121

Final Exam Review:

W 6pm-9:45pm
Dec. 14

FP - G Tower, 121

Final Exam:

M 6pm-9pm
Dec. 19

FP - G Tower, 121

Externship:

M-F
Jan. 2-May 31, 2017

FP - TBA

Computed Tomography Registry Review Course - Tier 1

This review course is held from September 7 - November 21. 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 (September 7 - November 21), 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. Registration/refund/withdrawal deadline: 8/31. No refunds after that date.

AHCE:789 | \$345

4D0 MW 7pm-9pm
Sept. 7 - Nov. 21

Patrick Murphy
FP - A Tower, 413

Computed Tomography Registry Review Course - Tier 2

This review course is held from September 7, 2016 - May 8, 2017. 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 (September 7 - November 21), each session 2 hours in length. This review course prepares successful students to take the ARRT CT Registry Exam. The course provides instruction addressing CT history, instrumentation, applications, physics, patient care, anatomy and contrast media. The clinical component begins November 28, 2016 and ends May 8, 2017. Students will be placed at a STLCC clinical site. Students will have to attend a weekly clinical follow-up meeting on Monday evenings 7 - 9 p.m. beginning November 28, 2016 - May 8, 2017. The cost of the dosimeter for use during clinical is an additional fee. 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 clinical dates: 12/23/2016 - 1/1/2017, 1/16, 2/20, 3/14, 3/17. Textbooks required and will be available at the Forest Park Bookstore. Registration/refund/withdrawal deadline: 8/31. No refunds after that date.

AHCE:789 | \$589

4D1 MW 7pm-9pm
Sept. 7 - Nov. 21
M 7pm-9pm
Nov. 28-May 8, 2017
M-F
Nov. 28-May 8, 2017

Patrick Murphy
FP - A Tower, 413

FP - A Tower, 413

FP - Off Campus



**Call 314-984-7777
to register beginning
August 1!**

CPR and First Aid

DUE TO THE NATURE OF CPR AND FIRST AID COURSES, YOU MUST ARRIVE ON TIME, NO ADMITTANCE AFTER STATED TIME AND NO REFUND FOR LATE ARRIVAL.

Registration is required **one week** prior to course start date to ensure appropriate student-to-instructor ratios. Late registrations will be considered on a space-available basis only.

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 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. No refund for late arrival. This course meets the STLCC nursing department admission requirements.

CPRR:707 | \$69

4D0 Th 5pm-10pm
Sept. 1

6D0 M 5pm-10pm
Sept. 12

5D0 Sa 9am-3:30pm
Sept. 17

4D1 Sa 9am-3:30pm
Sept. 24

CD0 W 5pm-10pm
Sept. 28

3D0 W 5pm-10pm
Oct. 5

SD0 F 9am-3:30pm
Oct. 7

4D2 Tu 5pm-10pm
Oct. 11

6D1 M 9am-3:30pm
Oct. 17

5D1 F 9am-3:30pm
Oct. 21

HD0 Sa 9am-3:30pm
Oct. 29

4D3 Th 5pm-10pm
Nov. 3

5D2 W 5pm-10pm
Nov. 9

6D2 Sa 9am-3:30pm
Nov. 12

6D3 Tu 5pm-10pm
Nov. 22

6D4 Th 5pm-10pm
Dec. 1

4D4 Su 9am-3:30pm
Dec. 4

5D3 W 9am-3:30pm
Dec. 7

6D5 M 5pm-10pm
Dec. 12

4D5 Th 5pm-10pm
Dec. 15

Marilyn Miederhoff
FP - G Tower, 121

Carol Pikey
MC - CE

Gary Holsapple
FV - TC, 105

Gordon Back
FP - G Tower, 121

Gary Holsapple
Corp. College, 276

Marilyn Miederhoff
WW, 102A

Carol Pikey
SCEUC, 125

Gordon Back
FP - G Tower, 121

Carol Pikey
MC - CE

Gary Holsapple
FV - CWI, 136

Gordon Back
Harrison Ed Ctr, 100

Gordon Back
FP - G Tower, 121

Gary Holsapple
FV - TC, 105

Gordon Back
MC - CE

Carol Pikey
MC - CE

Gordon Back
MC - CE

Gordon Back
FP - G Tower, 121

Gary Holsapple
FV - CWI, 136

Marilyn Miederhoff
MC - CE

Gordon Back
FP - G Tower, 121

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.

CPRR:701 | \$59

5D0 W 6pm-9:30pm
Sept. 7

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.

CPRR:701 | \$45

6D0 Tu 6:30pm-8:30pm
Nov. 1

Marilyn Miederhoff
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.

CPRR:706 | \$99

4D0 Sa 8:30am-4:30pm
Oct. 1

Gary Holsapple
FP - G Tower, 121

CPR Instructor Course

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 enrolled in AHA courses the science, skills and philosophy of resuscitation programs. 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, pre-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 six months of the initial CPR Instructor Course, 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. Registration/Refund/Withdrawal deadline: 10/3. Interested students must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Course.

CPRR:708 | \$275

4D0 M 8am-5pm
Oct. 24

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. Registration/Refund/Withdrawal deadline: 9/12. Interested students must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Renewal Course.

CPRR:709 | \$85

4D0 M 6pm-10pm
Sept. 19

Gordon Back
FP - G Tower, 121

4D1 W 9am-1pm
Nov. 16

Gordon Back
FP - G Tower, 121

Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR AED course teaches lay rescuers 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, 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. Bring a sack lunch. Child Care Providers MUST NOT register for this course. Child Care Providers needing Approved Clock Hours MUST enroll in the Specialized Child Care Provider Course CCPR 711.

CPRR:711 | \$97

4D0 Sa 8:30am-4pm
Sept. 10

Carol Pikey
FP - G Tower, 121

4D1 Sa 8:30am-4pm
Dec. 17

Carol Pikey
FP - G Tower, 121

5D0 Sa 8:30am-4pm
Nov. 19

Gary Holsapple
FV - TC, 105

6D0 Sa 8:30am-4pm
Oct. 15

Carol Pikey
MC - CE



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 Child 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 Missouri Department of Health and Senior Services (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.

New Quality Infant Toddler Practice

Session I: 9:00am - 12:00pm You will learn developmentally appropriate practice ideas for infant and toddler care. Topics include building relationships, knowing infants/toddlers and their families, creating a welcoming environment, promoting children's safety and health, and guiding children's behavior, as well as quality interactions through routines and daily activities.

Session II: 12:30pm - 3:30pm What makes the Infant/Toddler environment successful? How do you plan creative learning activities for this age group? Do you plan for outside, as well as inside, playtime?

CCPR:707 | \$49

580 Sa 9am-3:30pm
Nov. 19

STLCC Staff
FV - CDC, 112

Saturday Full Day Programs

Six clock hours for each program

Sack lunch is provided.

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. Box lunch included.

CCPR:710 | \$49

580 Sa 9am-3:30pm
Oct. 1

Geraldine Jasper
FV - CDC, 112

The Beautiful Brain: The First Three Years of Life

Back by popular demand! Do you know how the infant brain develops? The risk factors to healthy brain development? What caregivers and parents can do to encourage brain development? Examine hot topics in brain research and discover how to establish patterns for early learning. Please arrive at 8:30am to check-in. Box lunch included.

CCPR:712 | \$49

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

Jasmin Marshall
FV - CDC, 110

**To register for Childcare Provider classes and programs
call 314-984-7777.**

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.

CCPR:702 | \$39

680 Sa 9am-1pm
Sept. 17

Geraldine Jasper
MC - SS, 108

581 Sa 9am-1pm
Nov. 12

Geraldine Jasper
FV - CDC, 112

New STEM in My Classroom: YES!

Come to learn how to incorporate Science, Technology, Engineering, and Math into your classroom! Co-sponsored by Ready Readers.

CCPR:709 | \$29

480 Sa 9am-12pm
Sept. 24

FP - G Tower, 119

New Provider Potpourri: Brain Injury in Early Childhood and Toddler Transition Tips

This special four hour training will cover two different topics. Session I: Brain Injuries in Early Childhood. This workshop will provide information on preventing, recognizing, and supporting brain injuries in your children ages birth through age five. Session II: Infant Toddler Transition Tips. Are you experiencing challenging behavior in 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!

CCPR:765 | \$39

580 Sa 9am-1:15pm
Oct. 22

Amanda McNutt
FV - CDC, 112

New The Ready Readers Gift Books and Your Curriculum

You will receive children's books which will help you incorporate literacy into your curriculum. Co-sponsored by Ready Readers.

CCPR:718 | \$29

680 Sa 9am-12pm
Nov. 5

MC - SO, 108

Supervision and Safety in an Early Childhood Facility

A review of techniques to make supervision and safety a high priority in every childcare facility.

CCPR:702 | \$39

580 Sa 9am-1pm
Oct. 29

Geraldine Jasper
FV - CDC, 112

681 Sa 9am-1pm
Dec. 10

Geraldine Jasper
MC - SO, 109

New Reducing the Effects of Toxic Stress Using Children's Literature

You will explore how to help children learn by reducing effects of toxic stress through the use of children's literature and mindfulness practice in the classroom. Co-sponsored by Ready Readers.

CCPR:718 | \$29

580 Sa 9am-12pm
Dec. 3

FV - CDC, 112

Saturday Half Day Programs

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.

CCPR:702 | \$19

550 Th 7pm-9pm
Sept. 29

Geraldine Jasper
FV - CDC, 110

650 W 7pm-9pm
Nov. 30

Geraldine Jasper
Hixson Mid. School, 117

Parachutes, Streamers, and More: Fun Movement Activities for Young Children

Experience new, fun movement activities that you can incorporate into your daily schedule.

CCPR:703 | \$19

550 Th 7pm-9pm
Oct. 6

FV - CDC, 110

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.

CCPR:703 | \$19

650 W 7pm-9pm
Sept. 21

Latonya Brown
MC - SO, 109

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.

CCPR:708 | \$19

450 W 7pm-9pm

Oct. 19

550 Th 7pm-9pm

Dec. 15

Rose Anderson-Rice

FP - G Tower, 121

Rose Anderson-Rice

FV - CDC, 110

New Math for Early Learners: Preschool

This workshop makes math instruction as simple as 1-2-3! Early childhood educators explore innovative ideas and hands-on teaching techniques that support the Missouri Early Learning Goals for Math, including number recognition, counting, measurement plus more! This workshop is at The Magic House, St. Louis Children's Museum 516 S. Kirkwood Road, St. Louis, MO 63122, in The Whitaker Theater, located on the upper level. Please note: As with all of our workshops, this session is for adult learners. Children not permitted.

CCPR:709 | \$19

MD1 Tu 7pm-9pm

Sept. 27

The Magic House

Safe Sleep Practices

This workshop is required for every child care provider in the state of Missouri! In addition, this session is for everyone who puts a child to sleep (parents, grandparents, babysitters). Following the American Academy of Pediatrics and National Institutes of Health guidelines, you will learn the definitions, practices and guidelines for keeping very young children safe for sleep. You will explore safe sleep positions, environments, materials, SIDS and the risks that infants face at home and at child care.

CCPR:711 | \$19

550 Th 7pm-9pm

Oct. 27

Jasmin Marshall

FV - CDC, 110

Discipline for Toddler and Two's

Do you think of "Terrible Toddlers and Two's" or "Terrific Toddlers and Two's?" Knowing how to manage this age group and understanding their development will get you thinking "Terrific Toddlers and Two's!" You will explore many positive ways to work with this age group.

CCPR:702 | \$19

651 W 7pm-9pm

Dec. 7

Geraldine Jasper

Hixson Mid. School, 117

New Helping Children Learn Self-Help Skills

"I want to do it by myself!" Self-help skills are critical for a young child's sense of confidence and independence. Young children want to do things by themselves, and in this workshop, you will learn which skills are appropriate for ages 2-5 years of age. You will also learn how to facilitate children's learning as they acquire these skills.

CCPR:712 | \$19

550 Th 7pm-9pm

Oct. 20

Sally Brooks

FV - CDC, 110

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.

CCPR:713 | \$19

770 M 7pm-9pm

Dec. 12

Gloria Hampton

Hixson Mid. School, 117

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.

CCPR:718 | \$19

770 W 7pm-9pm

Oct. 5

Hixson Mid. School, 117

Fun with Books: Making a Story Time Bag

Create activities to put into your new, free story time bag. Easy to find, inexpensive ideas will be shared to help you expand your story time activities and strengthen early literacy.

CCPR:718 | \$19

780 W 7pm-9pm

Nov. 16

Sally Brooks

Lindbergh H.S., 46

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.

CCPR:721 | \$19

650 W 7pm-9pm

Oct. 26

Geraldine Jasper

MC - SS, 108

Understanding ADHD: Attention Deficit Hyperactivity Disorder - Birth Through Age Five

Characteristics of ADHD and how symptoms can affect each child 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.

CCPR:723 | \$19

450 W 7pm-9pm

Sept. 14

FP - G Tower, 121

650 M 7pm-9pm

Nov. 7

MC - BA, 116

551 Th 7pm-9pm

Dec. 1

FV - CDC, 110

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.

CCPR:723 | \$19

451 Tu 7pm-9pm

Dec. 6

FP - G Tower, 119

Understanding Autism - Birth Through Age Five

Characteristics of autism spectrum disorder and how symptoms can affect each child in a unique way will be discussed. You will learn methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | \$19

780 M 7pm-9pm

Oct. 17

Lindbergh H.S., 46

550 Th 7pm-9pm

Nov. 17

FV - CDC, 110

Planning Transitions to Prevent Challenging Behaviors

Transitions are the times in the day when children move or change from one activity to another. Challenging behavior is more likely to occur when transitions are not planned as part of the daily schedule. Through this workshop, you will gain a "transition tool kit" of ideas to make your transition times go more smoothly.

CCPR:724 | \$19

550 Th 7pm-9pm

Nov. 3

Victoria McReynolds

FV - CDC, 110

Surviving Naptime

Creative ways to make naptime a pleasant experience. Learn to make naptime a peaceful and relaxing experience for both children and adults. You'll discuss appropriate expectations.

CCPR:727 | \$19

450 Th 7pm-9pm

Nov. 10

Geraldine Jasper

FP - G Tower, 119

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 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.** No refund for late arrival. 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. **For Child Care Providers ONLY. Child Care Providers needing Approved Clock Hours MUST enroll in this course.**

CCPR:711 | \$97

4D0 Sa 8:30am-4pm

Sept. 10

FP - G Tower, 121

4D1 Sa 8:30am-4pm

Dec. 17

FP - G Tower, 121

5D0 Sa 8:30am-4pm

Nov. 19

FV - TC, 105

6D0 Sa 8:30am-4pm

Oct. 15

MC - CE



PROFESSIONAL DEVELOPMENT

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
Sept. 27 - Oct. 11

450 W 6:30pm-8:30pm
Nov. 2 - Nov. 16

Fred Miller
MC - CN, 203

Fred Miller
FP - G Tower, 113

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
Sept. 24

580 Sa 9am-12pm
Nov. 12

Michael Doran
MC - SW, 207

Michael Doran
FV - C, 111

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
Sept. 24

581 Sa 12:30pm-3:30pm
Nov. 12

Michael Doran
MC - SW, 207

Michael Doran
FV - C, 111

Fitness Training

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. Registration/withdrawal deadline: 9/7. No refunds after that date.

PEDU:753 | \$695

6D1 Th 5pm-9pm
Sept. 15 - Nov. 17

4D1 M 9am-1pm
Sept. 19 - Nov. 21

Melissa Baumgartner
MC - SO,

Melissa Baumgartner
FP - G Tower, 113

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!

PERD:765 | \$29

480 Sa 9am-12pm
Nov. 5

682 Sa 9am-12pm
Oct. 8

Laurie Beakley
FP - G Tower, 115

Laurie Beakley
MC - CN, 225

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

Sept. 12 - Nov. 14

Eduardo Vera

Kim Osmanagic
MC - CS, 206



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. 22

450 W 7pm-9pm
Oct. 26

580 Sa 9:30am-11:30am
Nov. 5

Jill McCoy
MC - CN, 202

Jill McCoy
FP - G Tower, 115

Janelle Stowers
FV - SS, 103

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 | \$69

480 Sa 9am-5pm
Oct. 15

Mary Hankins
FP - G Tower, 115

Exclamation Point!

"Mary Hankins was an EXCEPTIONAL instructor. She was full of knowledge, intelligent and excellent teacher"

-Bonnie W., St. Louis, MO

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. Registration/withdrawal deadline: 9/7. No refunds after that date.

PEDU:753 | \$595

6D2 W 5pm-9pm
Sept. 14 - Nov. 16

Melissa Baumgartner
MC - SO,

Explore ACE Fitness Certifications!

Computers & Technology

Applications and Systems

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. 7 – Sept. 28

Jerry Bearden
SCEUC, 206

Microsoft Windows 10: Introduction: In a Day

Explore Windows 10 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

C80 Sa 9am-4pm
Sept. 3

James Prater
Corp. College, 206

681 Sa 9am-4pm
Oct. 1

James Prater
Corp. College, 208

C82 Sa 9am-4pm
Nov. 19

James Prater
Corp. College, 208

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 ribbon and Quick Access Toolbar. Leave with the skills to create a document, format, change styles and fonts, cut/copy/paste, import text, and edit a document with confidence. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:715 | \$129

C01 F 9am-4pm
Aug. 26

Cris Heffernan
Corp. College, 208

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 Sa 9am-4pm
Nov. 19

Cris Heffernan
FV - B, 127

301 F 9am-4pm
Nov. 11

Rachel Bufalo
WW, 206

S01 F 9am-4pm
Sept. 9

Rachel Bufalo
SCEUC, 208

Intermediate Microsoft 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. Recommended to bring a flash drive.

COMP:716 | \$129

C01 F 9am-4pm
Sept. 2

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Excel 2013 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
Sept. 16

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

C02 Sa 9am-4pm
Sept. 10

Cris Heffernan
Corp. College, 206

680 Sa 9am-4pm
Oct. 8

Cris Heffernan
MC - BA, 203

681 Sa 9am-4pm
Dec. 3

Roy Lenox
MC - BA, 203

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. 7 – Oct. 5

Roy Lenox
Kirkwood H.S., W 205

Intermediate Microsoft Excel 2013 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
Sept. 23

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 more complex formulas and functions, enhancing the appearance of your document, and by creating custom reports with pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$149

750 W 6:30pm-9:30pm
Oct. 12 – Nov. 19

Roy Lenox
Kirkwood H.S., W 205

Advanced Microsoft Excel 2013 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
Sept. 30

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Access 2013 for Business Part I

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. Recommended to bring a flash drive.

COMP:725 | \$129

C01 F 9am-4pm
Oct. 14

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Access 2013 for Business Part II

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 your book from Part 1. Recommended to bring a flash drive.

COMP:725 | \$129

C01 F 9am-4pm
Oct. 28

Cris Heffernan
Corp. College, 206

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
Aug. 27

Cris Heffernan
MC - BA, 203

Intermediate Access 2013 for Business

Get the skill you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, and customize forms. 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
Nov. 4

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

C01 Th 6pm-9pm
Oct. 20 – Nov. 17

Corp. College, 208

Exclamation Point!

"Everyone in the business world expects their employees to have experience with Microsoft Excel. I had heard great things about the STLCC continuing education classes and decided to enroll in Introduction to Microsoft Excel for Business. Cris Heffernan, was amazing when it came to breaking down the program in easy to understand terms. She encouraged questions and her goal to educate her students to the fullest extent possible was evident throughout the class. I will enroll in more of her classes in the future!"

Shirley H., Ballwin

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 | \$25

C81 Sa 9am-12pm
Oct. 29

Corp. College, 211

S51 Th 6pm-9pm
Sept. 15

MC - SW, 108

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

C80 Sa 9am-12pm
Nov. 19

Corp. College, 209

S50 W 6pm-9pm
Sept. 7

MC - AS, 108

Android Smart Phones 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

C82 Sa 9am-12pm
Oct. 22

Patrick Karl
Corp. College, 213

C83 Sa 9am-12pm
Sept. 24

Patrick Karl
Corp. College, 213

New Make 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.

COMP:765 | \$49

S52 M 6:30pm-8:30pm
Sept. 19 - Oct. 10

Dale Ward
MC - HE, 124

Personal Computing

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
Oct. 1

Rachel Bufalo
FV - B, 127

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

S54 Tu 6:30pm-9pm
Nov. 8 - Nov. 15

William Bearden
SCEUC, 208

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

680 Su 12:30pm-3:30pm
Oct. 2

Jean Bradley
MC - BA, 208

681 Su 12:30pm-3:30pm
Nov. 13

Jean Bradley
MC - BA, 208

New Internet Research and Investigations: Consumer Information

Does my doctor have a high malpractice rate? Does my hospital have a high infection rate? Does Grandma's nursing home use restraints more frequently than others? What is the crime rate in my neighborhood? How much did my neighbors pay for their house? Does my contractor have a lengthy list of lawsuits? How do I find free online classifieds? What will be the total costs for repair and maintenance on my vehicle? What are the crash test results? What happens if something goes wrong with a PayPal transaction? What recalled products am I still using at home? If you are curious about the answers to any of these questions then this class is for you! Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.

COMP:742 | \$25

682 Su 12pm-3pm
Nov. 13

Mary Stamm
MC - BA, 216

How to Tune Up a PC

Does your computer need a performance boost? You know you should keep your car in tip-top running shape, so why not do the same for your computer? In this hands-on course, you'll spend one evening learning a variety of tips and techniques to speed up Windows performance. Our user-friendly computer instructor will teach you how! Just a few examples: add more RAM, optimize your hard drive's performance with defrag and scandisk, convert to a permanent swap file, reduce the number of fonts in use, convert to FAT32, and many many more. Prerequisite: Windows Introduction class or equivalent experience.

COMP:793 | \$25

680 Sa 9am-12pm
Sept. 17

Patrick Karl
MC - BA, 203

How to Troubleshoot Your PC

This course will cover the concepts of diagnosing and troubleshooting a PC that isn't running correctly. Learn the basics of paring down issues to find what a probable cause and subsequent fix may be. Learn the basics of how the computer's components work together and how you can work with them to discover what may be causing issues that cause poor performance. Topics will include common issues with PC hardware and software and how to resolve them. Prerequisite: Windows Introduction class or equivalent experience.

COMP:794 | \$39

680 Sa 8am-12pm
Oct. 15

Patrick Karl
MC - BA, 203

Personal Online Security

Learn to ensure your terrestrial and digital footprints are secure. Learn to exercise the best security practices to protect your personal information, help prevent identity fraud, and preserve data integrity, confidentiality and availability. Conduct your corporal and electronic and communications using the most current/effective techniques/methodologies.

COMP:795 | \$39

C80 Sa 9am-12pm
Nov. 19

Cortez Tillman
Corp. College, 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

651 Tu 6pm-9pm
Oct. 25

Rachel Bufalo
MC - HE,

S50 F 9:30am-12:30pm
Sept. 16

Rachel Bufalo
FV - B, 125

New Google Calendar

Google Calendar is an amazing tool that you are probably not utilizing or utilizing to its full potential. Google calendar allows you to create one or more, free personal or public calendars, stores these calendars within its cloud and you don't even have to download special software. It also allows you to share your calendar with others or subscribe to someone else's calendars like your child's school. You can also embed your calendar in another site or blog. Come to this class to learn how to navigate this truly helpful tool!

COMP:742 | \$25

S58 Th 6pm-9pm
Oct. 27

Rachel Bufalo
SCEUC, 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

S52 Tu 6pm-9pm
Sept. 6

Rachel Bufalo
SCEUC, 208

Exclamation Point!

"I enjoyed the **GoogleDocs** class. **Rachel Bufalo** is very clear, easy to hear and understand, knows her stuff, and really seems to enjoy teaching and helping students to 'get it.'"

Gerald K., Mehlville

Publishing and Media Technologies

Desktop Publishing

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. Topics may include but are not limited to: layers, history, the clone stamp, the spot healing brush tool and content-aware fill, the quick selection tool, the magic wand and color range, transformations and the difference between destructive and non-destructive editing. 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 Program.

COMP:755 | \$129

C50 W 6pm-9pm
Aug. 31 – Sept. 21

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

Picking up right where the introductory class left off - topics may include but are not limited to: understanding the histogram and how to adjust exposure, smoothing wrinkles and brightening teeth, changing the size of your image and canvas, the power of crop tool and blending modes. 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 Certificate.

COMP:755 | \$129

C51 W 6pm-9pm
Oct. 5 – Oct. 26

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. Topics may include but are not limited to: Coordinating adjustment layers with layer masks, smart objects, blurring and sharpening and shadows and highlights. 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 Certificate. No class 11/23.

COMP:755 | \$135

C52 W 6pm-9pm
Nov. 2 – Nov. 30

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): In a Day

Learn the Basics of Adobe Photoshop in a day! You will learn how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Topics may include but are not limited to: layers, history, the clone stamp, the spot healing brush tool and content-aware fill, transformations and the difference between destructive and non-destructive editing. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.

COMP:755 | \$99

680 Sa 9am-4pm
Oct. 22

Zak Zych
MC - BA, 212

Adobe Photoshop Creative Cloud (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 | \$99

681 Sa 9am-4pm
Nov. 5

Zak Zych
MC - BA, 212

New Photoshop Elements 14: 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 | \$89

S50 Tu 6pm-9pm
Sept. 13 – Sept. 27

Rachel Bufalo
SCEUC, 208

New Photoshop Elements 14: 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 | \$39

S51 Tu 6pm-9pm
Oct. 4 – Oct. 11

Rachel Bufalo
SCEUC, 208



Adobe Photoshop Creative Cloud: The First Step

This workshop introduces practical methods for working with the software. Carefully crafted tutorials provide an overview and reinforce the student's understanding of Photoshop tools, including Layers, Making Selections, Masking, Basic Color, the Type tool, Extraction Filter, Image Resolution, and the conversion from RGB to Grayscale. Image repairs with the Healing Patch and Clone Stamp will be explored. The ability to create unique fictional images without a camera or scanner will be introduced. Lots of discussion and guided demonstrations by a Photoshop expert will encourage class participation in an atmosphere of mutual support.

CVTW:701 | \$139

600 F 8:30am-4:30pm
Aug. 26

Zak Zych
MC - HE, 233

Adobe Photoshop Creative Cloud: The Next Step

This workshop presents essential techniques for graphic designers, photographers and digital artists who are already regular users of Photoshop. This level of instruction will demonstrate precise selections using the pen tool and compositing two images together based on displacement maps. You will explore the brush engine, typography, filters, channels, advanced masking and the new vanishing point tool. Be prepared for an intensive hands-on learning experience that will assist you in expanding creativity.

CVTW:701 | \$139

601 F 8:30am-4:30pm
Sept. 16

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

682 Sa 8:30am-4:30pm
Nov. 5

Charles LaGarce
MC - HE, 232

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 F 8:30am-4:30pm
Sept. 23

David Haley
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

682 F 8:30am-4:30pm
Oct. 7

David Haley
MC - HE, 233

Adobe Illustrator Creative Cloud: The First Step

Is Illustrator still a mystery to you? Enter the world of vector graphics with this introductory workshop. Demystify anchor points, paths, and Bezier curves. You'll transform shapes into graphic images. Explore the tool box and basic commands to boost your vector confidence. Learn to use gradients, gradient mesh, compound paths, blends, envelopes, live paint, type tools, and more to achieve professional results. Save template and palette libraries to speed your workflow.

CVTW:702 | \$139

681 Sa 8:30am-4:30pm
Oct. 1

John Schmitt
MC - HE, 233

Adobe Illustrator Creative Cloud: The Next Step

You know the tools; now put them to use to create resolution-free vector illustrations. Think like an illustrator to work through trouble spots. Learn to combine live trace, transparency, envelopes and amazing 3D effects with mapping to draw complex images. Demystify the appearance palette, and use layers to create simple Flash animations.

CVTW:702 | \$139

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

John Schmitt
MC - HE, 233

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.

CVTW:713 | \$139

600 F 8:30am-4:30pm
Nov. 18

John Schmitt
MC - HE, 232



= Digital Arts and Technology Alliance Workshops

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
Sept. 30

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. 14

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

602 F 8:30am-4:30pm
Nov. 11

Joseph Rollins
MC - HE, 232



Final Cut Pro X: Video Editing: The First 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

680 Sa 8:30am-4:30pm
Oct. 8

Anthony Carosella
MC - HE, 232



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

681 Sa 8:30am-4:30pm
Oct. 22

Anthony Carosella
MC - HE, 232



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

682 Sa 8:30am-4:30pm
Nov. 12

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

680 Sa 8:30am-4:30pm
Sept. 24

Anthony Carosella
MC - HE, 233



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 time-lapse 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
Nov. 4

Anthony Carosella
MC - HE, 233



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.

CVTW:713 | \$139

600 F 8:30am-4:30pm
Nov. 18

John Schmitt
MC - HE, 232

Social Media

New Facebook Basics

Come and learn how to navigate this fun and exciting site! This beginner's class is hands-on and will include an overview of topics such as posting, basic navigation, basic profile editing, tagging, privacy settings, security and notifications. If you do not have an account, try to create one prior to class. Bring your log-in and password. Students needing assistance creating an account should come to class 10 minutes early and must have a valid email address and password and the ability to check email from the classroom. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

S50 Tu 6pm-9pm
Aug. 23

Rachel Bufalo
SCEUC, 208

350 W 6pm-9pm
Sept. 21

Erin De Vore
WW, 206

C01 F 9:30am-12:30pm
Sept. 30

Rachel Bufalo
Corp. College, 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 for personal use prior to class. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$39

S51 Tu 5:30pm-9pm
Aug. 30

Rachel Bufalo
SCEUC, 208

C02 F 9:30am-1pm
Oct. 7

Rachel Bufalo
Corp. College, 206

650 Tu 5:30pm-9pm
Nov. 15

Rachel Bufalo
MC - HE, 232

New Facebook: Profile, Photos, Friendships and Home Page

You have already got an account and regularly stalk your friends, but now you want to know more. This class is for you! Topics will include editing your profile, creating albums, tagging posts and photos, posting and organizing photos, navigating the home page and customizing your newsfeed and relationships with your friends. Prerequisite: Facebook Basics class or equivalent experience. Students should be comfortable with navigating Facebook prior to this class.

COMP:742 | \$25

683 Sa 9am-12pm
Oct. 22

Rachel Bufalo
MC - BA, 203

New Facebook: Events, Groups, Apps and Friend Distribution Lists

Do you want to take your Facebook account to the next level? Take advantage of this awesome, free platform by learning some advanced techniques. Topics will include creating and managing event invitations, creating and managing groups, both public and private, interfacing with various apps and creating post distribution lists to customize which friends see your specific posts. Prerequisite: Facebook Basics class or equivalent experience. Students should be comfortable with navigating Facebook prior to this class.

COMP:742 | \$25

C50 W 6pm-9pm
Nov. 9

Rachel Bufalo
Corp. College, 208

S55 M 6pm-9pm
Nov. 21

Erin De Vore
SCEUC, 208

New Facebook: Settings, Security and Notifications

Do you know the basics, but are feeling nervous about your settings? Then this class is for you! Topics will include modifying your settings and news feed to create a more personalized experience, editing your security and privacy settings to fit your preferences and setting up notifications. Prerequisite: Facebook Basics class or equivalent experience. Students should be comfortable with navigating Facebook prior to this class.

COMP:742 | \$25

351 W 6pm-9pm
Oct. 26

Erin De Vore
WW, 206

652 Tu 6pm-9pm
Nov. 29

Rachel Bufalo
MC - HE, 232

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

S53 Th 6pm-9pm
Nov. 3

Richard Vagen
SCEUC, 207

Introduction to Pinterest

Pinterest is a social photo sharing website that is also described as an online pin board. Its more than 10 million registered users, over 2 million of whom log in every day, "pin" photos, graphics, and videos into categories they create based on their own personal interests. Pinterest users also share their pins on Facebook and Tweet them. Come to this class to find out what it's all about and how to use it. It can even help promote your business! Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:742 | \$25

S56 Th 6pm-9pm
Nov. 17

Stephanie Bearden
SCEUC, 208

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St. Louis
Community
College
Continuing
Education

New Introduction to Instagram and Snapchat

Ask any teen what their social network of choice is and they will likely say Instagram or Snapchat. These social networking sites are up and coming social networks that are all about visual sharing. Come to this class to learn more. Topics Include: An introduction and overview, signing up for an account, posting photos, editing and enhancing photos, applying effects, adding captions and locations, tagging photos and sharing photos with social networks. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

S57 Th 6pm-9pm
Oct. 13

Stephanie Bearden
SCEUC, 208



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

601 F 8:30am-4:30pm
Dec. 2

Anthony Carosella
MC - HE, 233

Web Development

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 | \$100

680 Sa 9am-4pm
Nov. 5

Jerry Bearden
MC - BA, 203

C01 F 9am-4pm
Oct. 21

Jerry Bearden
Corp. College, 208

Ease into 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. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class. Please note that the same content will be covered as in Create Your Own Website with WordPress. This class just moves at a slower pace and is designed for those that are not generally comfortable with computers.

COMP:745 | \$109

S50 Th 6pm-9pm
Sept. 29 - Oct. 13

Jerry Bearden
SCEUC, 206



= Digital Arts and Technology
Alliance Workshops



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. 28

David Haley
MC - HE, 233



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

681 Sa 8:30am-4:30pm
Oct. 29

Benjamin Shasserre
MC - HE, 233

Education & Test Prep

Test Prep

ACT Test Preparation Workshop

Statistics show that preparation is the key to maximizing ACT scores. 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 and practice test included - bring a calculator to class.

EDUC:712 | \$189

4D0 Sa 9am-12pm

Oct. 15 - Dec. 3

No Class 11/26

Registration/withdrawal/refund deadline: 10/7.

6D0 W 6pm-9pm

Aug. 31 - Oct. 12

Registration/withdrawal/refund deadline: 8/24.

Toshi Floyd
FP - G Tower, 119

Toshi Floyd
MC - CE

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 | \$59

650 Tu WTh 5:30pm-9:30pm

Aug. 16 - Aug. 18

500 Tu WTh 8:30am-12:30pm

Aug. 16 - Aug. 18

Suzanne Saum
MC - SS, 108

Elizabeth Levenhagen
FV - SM, 130

Adult Basic Education and English as a Second Language

St. Louis Community College at Meramec
offers programs in the following school districts:

Afton, 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.)

We offer **informative, inspiring and fun** courses and programs designed to open **a world of opportunities** for you. Pick up a pen and start writing, explore the arts, dive into health and wellness, dabble in photography or learn a foreign language. Whether you're interested in **adding some variety to your life, finding an outlet for your creative spirit** or **seeking something new to explore**, Continuing Education has got you covered.

STLCC Continuing Education

Personal Enrichment

Ageless Learning

Seminars

Ageless Learning Seminars (ALS) are free but registration is required.

ALS: U.S. Financial History with Edward Vega: 1791-1832 First Banks in the United States

SENR:702 | No Fee
P01 Tu 10:30am-12:30pm
Sept. 20 *MO Hist. Museum, LEE*

ALS: U.S. Financial History with Edward Vega: 1832 - 1864: Many Kinds of Money and Financing the Civil War

SENR:702 | No Fee
P02 Tu 10:30am-12:30pm
Nov. 22 *MO Hist. Museum, LEE*

ALS: American History with Bonnie Vega: The Jacksonian Era

SENR:702 | No Fee
P03 W 10:30am-12:30pm
Sept. 14 *MO Hist. Museum, LEE*

ALS: American History with Bonnie Vega: Manifest Destiny: Politics of Slavery

SENR:702 | No Fee
P04 W 10:30am-12:30pm
Sept. 28 *MO Hist. Museum, LEE*

ALS: American History with Bonnie Vega: 1850's and "The War Came"

SENR:702 | No Fee
P05 W 10:30am-12:30pm
Oct. 12 *MO Hist. Museum, LEE*

ALS: American History with Bonnie Vega: Civil War Part I: 1861 - 1863

SENR:702 | No Fee
P06 W 10:30am-12:30pm
Oct. 26 *MO Hist. Museum, LEE*

ALS: American History with Bonnie Vega: Civil War Part II: 1864 - 1865

SENR:702 | No Fee
P07 Tu 10:30am-12:30pm
Nov. 15 *MO Hist. Museum, LEE*

ALS: American History with Bonnie Vega: The Aftermath of the War

SENR:702 | No Fee
P08 M 10:30am-12:30pm
Nov. 28 *MO Hist. Museum, LEE*

ALS: St. Louis History through the Eyes of Johnny Rabbitt: Streets of St. Louis

SENR:702 | No Fee
P09 Tu 10:30am-12:30pm
Sept. 13 *MO Hist. Museum, LEE*

ALS: St. Louis History through the Eyes of Johnny Rabbitt: Art, Architecture and Design

SENR:702 | No Fee
P10 Tu 10:30am-12:30pm
Oct. 4 *MO Hist. Museum, LEE*

ALS: STL History through the Eyes of Johnny Rabbitt: St. Louis Schools Where Did YOU Go to High School?

SENR:702 | No Fee
P11 Tu 10:30am-12:30pm
Oct. 25 *MO Hist. Museum, LEE*

ALS: St. Louis History through the Eyes of Johnny Rabbitt: Toys and Games of St. Louis

SENR:702 | No Fee
P12 W 10:30am-12:30pm
Nov. 16 *MO Hist. Museum, LEE*

ALS: Bellefontaine Cemetery; Where St. Louis History Sleeps: Saints and Sinners

SENR:702 | No Fee
P13 W 10:30am-12:30pm
Sept. 7 *MO Hist. Museum, ATT*

ALS: Bellefontaine Cemetery; Where St. Louis History Sleeps: General History with a "Deeper Dig"

SENR:702 | No Fee
P14 Tu 10:30am-12:30pm
Oct. 11 *MO Hist. Museum, ATT*

ALS: Bellefontaine Cemetery; Where St. Louis History Sleeps: Art and Sculpture

SENR:702 | No Fee
P15 Tu 10:30am-12:30pm
Nov. 8 *MO Hist. Museum, ATT*

ALS: Bellefontaine Cemetery; Where St. Louis History Sleeps: Trappers, Traders; Movers and Shakers

SENR:702 | No Fee
P16 Tu 10:30am-12:30pm
Dec. 13 *MO Hist. Museum, ATT*

ALS: The Life and Career of James B. Eads by Charlie Buescher Part 1

SENR:702 | No Fee
P17 Tu 10:30am-12:30pm
Nov. 1 *MO Hist. Museum, ATT*

ALS: The Life and Career of James B. Eads by Charlie Buescher Part 2

SENR:702 | No Fee
P18 W 10:30am-12:30pm
Nov. 9 *MO Hist. Museum, ATT*

ALS: Westward From St. Louis: Over the Santa Fe Trail to Mexico

SENR:702 | No Fee
P19 W 10:30am-12:30pm
Sept. 21 *MO Hist. Museum, ATT*

ALS: Westward From St. Louis: One Family's Adventures in 19th c. America

SENR:702 | No Fee
P20 Tu 10:30am-12:30pm
Sept. 27 *MO Hist. Museum, ATT*

ALS: The Mystique of Route 66 in Missouri

Do you know how Sir Paul McCartney celebrated his 66th birthday? He drove Route 66! Did you know that there is a Route 66 Food Truck at the Great Barrier Reef in Australia? In Japan there is a popular TV show called "Yamashita Tomohisa Route 66." And Stuttgart, Germany has plans for a Route 66 Festival in July 2016! Come find out why this highway has captured the imagination of so many people around the world. Doug Schneider, our own Route 66 tour guide, will talk about the mystique of Route 66 and will give directions to places near St. Louis where Route 66 is still alive today.

SENR:702 | No Fee

600 Tu 10am-12pm
Sept. 13

Douglas Schneider

MC - BA, 105

303 Th 10am-12pm
Dec. 1

Douglas Schneider

WW, 102A

ALS: Abraham Lincoln

In this presentation, we will look at the life of Abraham Lincoln (1809 - 1865) from his birth in Kentucky, his life as a youth, his beginnings as an attorney, his family life and legends that followed him after his assassination in April of 1865. As our 16th president, he is considered one of the greatest American Presidents and leader of our nation during the great Civil War.

SENR:702 | No Fee

5C3 Th 10am-12pm
Nov. 10

John Meehan

FV - CWI, 136

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. Presentation will be held in the Activity Room.

SENR:702 | No Fee

M01 Th 10am-12pm
Oct. 13

Rachel Bufalo

Garden Villas South

ALS: How Money is Created - The Power of Central Banks

Few know how currency is created; not only in the United States, but also in every country of the world where there is a national central bank. Most people do not understand the relationship between currency creation and huge national debt. Finally, there is a lack of understanding how the current system of money creation enriches the .0001% and drives a nation into debt peonage. Find out the process of currency creation in this insightful lecture.

SENR:702 | No Fee

301 Th 10am-12pm
Oct. 27

Al Haverman

WW, 102A

ALS: Climate Change: What Can Be Done?

The topic of climate change includes a broad range of sub-topics including: climate science, scientific consensus, corporate responsibility, individual responsibility, public opinion, technology, economics, politics, and public policy. While these sub-topics are interrelated, it is important to also focus on public policy. Come learn about the risks and potential consequences of climate change and the variety of policy options intended to address those risks including costs and the impact of proposed policies.

SENR:702 | No Fee

300 Th 10am-12pm
Sept. 15

David Henry

WW, 102A

ALS: The History of American Comedy

Enjoy a humorous analysis of the last century of American comedy in this unusual presentation. What is funny? Who makes us laugh? How has comedy influenced our history? Take a madcap look at the greats from vaudeville, radio, movies, theater, TV and stand-up and examine the tears behind the laughter of these brilliant artists. Discover how comedians have reflected, shaped and changed our culture and history over the last 100 years as they practiced the art of being funny.

SENR:702 | No Fee

302 Tu 10am-12pm
Nov. 1

Beverly Schuetz

WW, 102B

ALS: Genealogy and History

While you are building your family tree do you ever wonder what historic events were taking place that would have affected your ancestors? Genealogy is a great way to get in touch with history and the geographic chronicled circumstances and affairs of the time. Program will discuss family trees in the proper historic context. Learn how to research your family and how history may have affected the decisions your ancestors made.

SENR:702 | No Fee

602 Tu 10am-12pm
Dec. 13

Bonnie Vega

MC - BA, 105

ALS: Storytelling with the West African Griot

American people of African descent often tell family stories and pass down family recipes, jokes, home remedies and more. Originating in the 13th century in the Mande Empire of Mali, West African griots (males) and griotes (females) told stories to their family and other people in an entertaining way, thus preserving their ancient histories and traditions. Come learn about the background, history, and function of griote dolls and storytelling traditions and how you can start the tradition with your family.

SENR:702 | No Fee

5C1 Th 1pm-3pm
Sept. 15

Joyce Hill

FV - CWI, 136

ALS: 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.

SENR:702 | No Fee

5C2 Th 1pm-3pm
Oct. 6

Mary Biggs

FV - CWI, 136

ALS: Diversity and Inclusion

We each bring unique characteristics to our everyday lives including gender, race, religion, age, nationality, work styles, personalities and more. Come learn about inclusion and the importance of respect and engagement to make the world a better place.

SENR:702 | No Fee

5C4 W 11am-1pm
Dec. 7

Terrence Freeman

FV - CWI, 136

ALS: Wine and Food Pairings for the Holidays

With the holidays approaching, now is the best time to come learn about wine and food pairings. Join Dan from Garland Wines and discover how the right wine can enhance and complement your dining experience. He'll discuss information on reading and deciphering labels, style and complexity, and how to find the gems to match your taste preferences.

SENR:702 | No Fee

601 Tu 10am-12pm
Nov. 15

Dan Garland

MC - BA, 105



Our Ageless Learning Seminars
offer a variety of classes to
challenge and inspire you!

PERSONAL ENRICHMENT

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
Sept. 15 - Nov. 17

Sandra Derickson
FV - PE, 233

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 | \$59

M02 F 1:45pm-2:45pm
Sept. 16 - Oct. 21 Affton White-Rodgers, GYM

M04 F 1:45pm-2:45pm
Oct. 28 - Dec. 16 Affton White-Rodgers, GYM
No Class 11/18, 11/25

Sandra Derickson

Sandra Derickson

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
Sept. 15 - Nov. 17

Sandra Derickson
FV - PE, 233

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 | \$59

M01 F 12:30pm-1:30pm
Sept. 16 - Oct. 21 Affton White-Rodgers, GYM

M03 F 12:30pm-1:30pm
Oct. 28 - Dec. 16 Affton White-Rodgers, GYM
No Class 11/18, 11/25

Sandra Derickson

Sandra Derickson

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.

SENR:704 | \$79

M01 Th 10am-11am
Aug. 25 - Oct. 13

M02 Th 10am-11am
Oct. 20 - Dec. 15
No Class 11/24

Masterpeace Studios

Masterpeace Studios



Creative Arts

Social Security Benefits America Series

Social Security Benefits America (SSBA) Seminars are free but registration is required.

SSBA: 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

300 Tu 1pm-3pm
Sept. 27

WW, 102A

401 Th 1pm-3pm
Sept. 15

FP - G Tower, 119

SSBA: 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. Class offered by the Social Security Administration.

SENR:766 | No Fee

400 Th 1pm-3pm
Sept. 29

FP - G Tower, 119

301 Tu 1pm-3pm
Oct. 25

WW, 102A

SSBA: 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. Class offered by the Social Security Administration.

SENR:766 | No Fee

302 Tu 1pm-3pm
Nov. 15

WW, 102A

402 Th 1pm-3pm
Nov. 17

FP - G Tower, 119

Arts and Crafts

Fine Arts

Artful Saturdays

Enjoy three Saturday mornings exploring the Saint Louis Art Museum. Tours will feature a specific theme each time. Featured selections are all new. Participants must provide their own transportation. Please meet each week at the Saint Louis Art Museum in the Sculpture Hall right inside the main entrance to the original museum building. 9/24 - Art of the Ancients, 10/1 - Mythological Themes Through the Centuries, 10/8 - Betsy's Picks: Selected Highlights of the Collection.

ARTS:705 | \$65

480 Sa 10am-12pm
Sept. 24
Sa 10am-12pm
Oct. 1
Sa 10am-12pm
Oct. 8

Elizabeth Solomon
FP - Off Campus

FP - Off Campus

FP - Off Campus

Drawing

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

600 Tu 9:30am-12pm
Aug. 30 - Oct. 4

P01 W 6pm-8:30pm
Aug. 31 - Oct. 5

350 Tu 6pm-9pm
Sept. 13 - Oct. 11

351 Tu 6pm-9pm
Oct. 25 - Nov. 22

Ruth Kolker
MC - CE
Lisa Payne
Nottingham, 110
Jeff Johnson
WW, 220
Jeff Johnson
WW, 220

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

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|-----|---|-------------------------------|
| 601 | Tu 9:30am-12pm Oct. 11 - Nov. 22 No Class 10/18 | Ruth Kolker MC - CE |
| P02 | W 6pm-8:30pm Oct. 12 - Nov. 16 No Class 10/18 | Lisa Payne Nottingham, 110 |

Drawing: Traditional Pencil Basics

Discover the fundamentals of an essential art. 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 | \$79

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|-----|----------------------------------|---------------------------|
| 680 | Sa 12pm-3pm Sept. 17 - Oct. 8 | Sean Long MC - HE, 125 |
| 681 | Sa 12pm-3pm Oct. 15 - Nov. 5 | Sean Long MC - HE, 125 |

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.

ARTS:709 | \$99

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|-----|------------------------------------|---|
| 710 | Th 6:30pm-9pm Sept. 1 - Oct. 6 | Philip Perschbacher Clayton H.S., 24 |
| 711 | Th 6:30pm-9pm Oct. 13 - Nov. 17 | Philip Perschbacher Clayton H.S., 24 |

Drawing in Color Pencil: Beginning

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

ARTS:716 | \$149

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|-----|---|---------------------------------|
| S01 | Tu 12:45pm-2:45pm Sept. 13 - Dec. 13 No Class 10/18, 11/8 | K. Scharfenberger SCEUC, 101 |
| 300 | W 12:45pm-2:45pm Sept. 7 - Nov. 30 No Class 11/23 | K. Scharfenberger WW, 301 |

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. No class 11/24.

ARTS:716 | \$149

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|-----|--|---------------------------------|
| S02 | Th 12:45pm-2:45pm Sept. 15 - Dec. 8 | K. Scharfenberger SCEUC, 101 |
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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

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|-----|---------------------------------|----------------------------|
| 602 | Th 12pm-3pm Sept. 8 - Oct. 6 | Maureen Brodsky MC - CE |
|-----|---------------------------------|----------------------------|

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. Supply list sent.

ARTS:709 | \$99

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|-----|----------------------------------|----------------------------|
| 603 | Th 12pm-3pm Oct. 20 - Nov. 17 | Maureen Brodsky MC - CE |
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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

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|-----|---|---|
| PD1 | Sa 10am-11am Sept. 10 Sa 10am-1pm Sept. 17-Oct. 15 | Sarah Paulsen FP - G Tower, 412 FP - Off Campus |
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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.

ARTS:721 | \$79

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|-----|--------------------------------|---------------------------|
| 651 | W 6pm-9pm Sept. 14 - Oct. 5 | Sean Long MC - HE, 124 |
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Exclamation Point!

"Philip Perschbacher is phenomenal. I most likely will take another art course, simply because he is teaching it."

Robin W., Overland, MO

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. The caricature is a time-honored form of illustration. 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 | \$79

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|-----|-------------------------------|---------------------------|
| 652 | W 6pm-9pm Oct. 12 - Nov. 2 | Sean Long MC - HE, 123 |
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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 basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments.

ARTS:721 | \$79

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|-----|---|---------------------------|
| 680 | Sa 9:30am-11:30am Sept. 17 - Oct. 22 | Sean Long MC - HE, 125 |
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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. Drawing on the Right Side of the Brain: The Definitive, 4th Edition. ISBN 978-1585429202.

ARTS:721 | \$99

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|-----|---------------------------------------|------------------------------------|
| 750 | Tu 6:30pm-8:30pm Sept. 13 - Nov. 1 | Mary Feagan Kirkwood H.S., SA 1 |
| 480 | Sa 10am-12pm Oct. 1 - Nov. 19 | Mary Feagan FP - G Tower, 111 |

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 9/6. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one. No class 10/31.

ARTS:718 | \$149

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|-----|---------------------------------------|------------------------------------|
| 6D0 | M 6:30pm-9:30pm Sept. 19 - Nov. 14 | Elizabeth Kern Clayton H.S., 24 |
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Making Mandalas and Coloring for Grown Ups

Create repeating designs that compose a circular pattern. Draw your own mandalas and color them 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 and are yours to take home.

ARTS:765 | \$39

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|-----|-----------------------------|---------------------------|
| 650 | M 6:30pm-8:30pm Sept. 19 | Nicole Ottwell MC - CE |
|-----|-----------------------------|---------------------------|

New Super Shady Techniques

Learn how to create masterful effects with the coloring books you love! The drawing is just the start! A professional artist will show you how to choose colors and shade your drawings. Wow your friends with your skills! BYOB (Coloring Book) we will have a few on hand. All other pens and pencils included in the cost of the class. LAST day to enroll or drop is Monday, 9/26. No refunds after Monday, 9/26.

ARTS:765 | \$49

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|-----|----------------------|-------------------------------------|
| 450 | Th 6pm-9pm Oct. 6 | Elizabeth Kern FP - G Tower, 409 |
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Calligraphy

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

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|-----|-----------------------------------|---------------------------------|
| S01 | F 10am-12pm Sept. 30 - Nov. 18 | K. Scharfenberger SCEUC, 102 |
| 300 | W 10am-12pm Sept. 7 - Oct. 26 | K. Scharfenberger WW, TBA |

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

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|-----|------------------------------------|-------------------------------|
| 650 | M 7pm-9:30pm Sept. 12 - Oct. 31 | Leslie Barnes MC - HE, 215 |
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Pottery

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

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|-----|--|----------------------------|
| 550 | Tu 6:30pm-9pm Sept. 6 - Oct. 11 | Carl Behmer FV - H, 109 |
| 551 | Tu 6:30pm-9pm Oct. 25 - Nov. 29 | Carl Behmer FV - H, 109 |
| 580 | Sa 9:30am-12pm Sept. 10 - Oct. 15 | Sheow Chang FV - H, 109 |
| 581 | Sa 9:30am-12pm Oct. 22 - Dec. 3 No Class 11/26 | Sheow Chang FV - H, 109 |

Painting

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. CLASS IS FOR BEGINNERS ONLY.

ARTS:735

12 Sessions | \$185

M01 Th 10am-12pm
Sept. 1 - Nov. 17

Six Sessions | \$99

600 Tu 1pm-3:30pm
Sept. 6 - Oct. 11

Nancy Muschany
St John's Ev. UCC

Maureen Brodsky
MC - CE

Watercolor: Intermediate/Advanced Techniques

Continue to advance your skills. Bring your painting ideas and your desire to paint in watercolor! You will work on paintings of your choice, with guidance and gentle critique from a master painter. Learn techniques to achieve your goals for your painting. Get suggestions on design, composition and focal point. Discover ways to fix a mistake to save a "ruined" painting. Loosen up and try new methods of painting. Have fun with watercolor! This class will encourage the creative spirit in artists of all skill levels. Prerequisite: Basic drawing class or equivalent experience. Supply list sent.

ARTS:736

Meramec | \$99

600 Tu 1pm-3:30pm
Oct. 25 - Nov. 29

Maureen Brodsky
MC - CE

St. John's Ev. UCC | \$185

M01 M 12pm-2:30pm
Sept. 12 - Nov. 28

Nancy Muschany
St John's Ev. UCC

M02 W 12pm-2:30pm
Aug. 31 - Nov. 16

Nancy Muschany
St John's Ev. UCC

M04 Th 12:30pm-2:30pm
Sept. 1 - Nov. 17

Nancy Muschany
St John's Ev. UCC

Bluebird Park | \$199

W02 F 9am-12pm
Sept. 2 - Nov. 18

Phyllis Smith Piffel
Bluebird Park

W01 F 12:30pm-3:30pm
Sept. 2 - Nov. 18

Phyllis Smith Piffel
Bluebird Park

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.

ARTS:748 | \$199

M01 Tu 12:30pm-3:30pm
Sept. 6 - Nov. 8

Phyllis Smith Piffel
Krkwd Comm. Ctr

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. 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. 15 - Dec. 6

Phyllis Smith Piffel
Krkwd Comm. Ctr

Oil or Acrylic: 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. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | \$99

W01 Tu 2pm-5pm
Sept. 13 - Oct. 11

Michelle Ochonicky
The Timbers - Eureka

350 Tu 6pm-9pm
Sept. 13 - Oct. 11

Michelle Ochonicky
WW, 309

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

W02 Tu 2pm-5pm
Oct. 18 - Nov. 15

Michelle Ochonicky
The Timbers - Eureka

351 Tu 6pm-9pm
Oct. 25 - Nov. 22

Michelle Ochonicky
WW, 309

Oil or Acrylic Painting: All Levels

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. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | \$185

P01 Tu 5:45pm-8:45pm
Sept. 6 - Nov. 8

Lisa Payne
Nottingham School

FIRST IMPRESSIONS

New First Impressions: Van Gogh Variations: Cafe Terrace at Night

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 Van Gogh: Cafe Terrace at Night. 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, 8/29. No refunds after Monday, 8/29.

ARTS:748 | \$145

6D0 Th 6pm-9pm
Sept. 1 - Sept. 29

Elizabeth Kern
MC - CE

First Impressions: Monet in a Day: Low Tide at Pourville

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 Low Tide at Pourville. 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, 9/12. No refunds after Monday, 9/12.

ARTS:748 | \$95

552 W 5:30pm-9:30pm
Sept. 21

Elizabeth Kern
FV - H, 101

First Impressions: Monet Masterworks: Meadow With Poplars

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: Meadow With Poplars. 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, 10/3. No refunds after Monday, 10/3.

ARTS:748 | \$145

551 W 6:30pm-8:30pm
Oct. 12 - Nov. 16

Elizabeth Kern
FV - H, 101

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. 7 - Nov. 9

Brenda Schilling
Clayton H.S., 24

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 lives and puppy dogs to explore the pouring, layering, scraping, trolling and stenciling 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

680 Su 1pm-2pm
Sept. 25

Maureen Brodsky
MC - HE, 217

Su 1pm-4pm
Oct. 2-Oct. 30

MC - HE, 217

New First Impressions: Van Gogh Variations: Road With Cypress and Star

Always wanted to try your hand at painting? Explore the basics of art in a paced, easy to follow way! Paint Van Gogh's famous masterwork Road With Cypress and Star. 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, 11/7. No refunds after Monday, 11/7.

ARTS:748 | \$95

6D2 Tu 5:30pm-9:30pm
Nov. 15

Elizabeth Kern
MC - CE

New First Impressions: Van Gogh Variations: Wheatfield With Crows

Always wanted to try your hand at painting? Explore the basics of art in a paced, easy to follow way! Paint Van Gogh's famous masterwork Wheatfield With Crows. 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, 11/21. No refunds after Monday, 11/21.

ARTS:748 | \$95

6D3 Tu 5:30pm-9:30pm
Nov. 29

Elizabeth Kern
MC - CE

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 Wednesday, 11/30. No refunds after Wednesday, 11/30.

ARTS:748 | \$95

550 W 5:30pm-9:30pm
Dec. 7

Elizabeth Kern
FV - H, 101

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 10/4.

ARTS:748 | \$79

400 Tu 9:30am-10:30am **Maureen Brodsky**
Sept. 6 *FP - G Tower, 115*
Tu 9:30am-11:30am
Sept. 13-Nov. 1 *FP - Off Campus*

New Pet Portraits

Forever capture your beloved pet in a life infused work of art! Learn tips and techniques from a professional artist. We will discuss basic geometric drawing techniques, how to mix values, layer colors and how to loosely paint fur for a life like, expressive effect! Class Prerequisite: Basic Drawing or Beginning Painting class. Bring 3 clear photos of your pet. Supply list sent / additional supplies discussed at first class. No class 10/18.

ARTS:748 | \$79

450 Tu 6pm-8pm **Elizabeth Kern**
Oct. 11 - Nov. 1 *FP - G Tower, 409*

New Color Fusion

Train your eye to mix any color on demand! Do you wonder about the difference between hue and tint? Shade and value? Intensity and saturation? Do you wonder why it is so difficult to match a color? We will explore the color wheel and delve deep into the fascinating properties of color. Explore your emotional, colorful side with practical in class exercises and take home projects! LAST day to enroll or drop is Tuesday, 9/6. No refunds after Tuesday, 9/6.

ARTS:748 | \$79

6D1 Tu 6pm-8pm **Elizabeth Kern**
Sept. 13 - Sept. 27 *MC - HE, 124*

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!

ARTS:765 | \$29

651 Th 6pm-9pm **Deborah Weltman**
Oct. 13 *MC - HE, 124*

Exclamation Point!

"Elizabeth Kern is the best instructor I've ever had. I will continue painting classes with her, as long as they are offered. What a gift! Thank you."

Mark L. Kirkwood

Crafts

Needlecrafts

Sewing: Beginning

Beginning students will learn how to operate their own sewing machine, wind a bobbin and insert it correctly, 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. A supply list will be sent prior to the first class. Bring all supplies and a sewing machine to the first class.

CRFT:713 | \$59

550 M 7pm-9:30pm **Carolyn Rubsam**
Sept. 12 - Oct. 3 *FV - SM, 133*

Sewing: Intermediate

Intermediate 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. A supply list will be sent prior to the first class. Bring all supplies and a sewing machine to the first class.

CRFT:713 | \$59

551 M 7pm-9:30pm **Carolyn Rubsam**
Oct. 10 - Oct. 31 *FV - SM, 133*

Pattern Making for Experienced Stitchers

Acquire basic pattern making techniques, making a pattern from your own measurements. You will make a muslin bodice and sleeves that will be fitted at the second class. Prerequisite: must have basic machine sewing skills.

CRFT:713 | \$35

P03 Tu 6pm-9pm **Anne Stirnemann**
Sept. 20 - Sept. 27 *City Sewing Room*
P04 W 6pm-9pm **Anne Stirnemann**
Nov. 2 - Nov. 9 *City Sewing Room*

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.

CRFT:713 | \$35

P02 Tu 6pm-9pm **Anne Stirnemann**
Oct. 25 *City Sewing Room*

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.

CRFT:713 | \$35

P01 Tu 6pm-9pm **Anne Stirnemann**
Oct. 11 *City Sewing Room*

New Infinity Scarves

Make Infinity Scarves for all your family and friends. Each person is guaranteed to make 3 scarves - and learn how to make 100s more at home! We have a wide choice of fabrics for \$4/scarf or bring 1 yard of a lightweight fabric of your choice per scarf. For total non-stitchers! even those who don't know which end of a needle to thread.

CRFT:713 | \$35

P11 Tu 6pm-9pm **Anne Stirnemann**
Nov. 15 *City Sewing Room*

Introduction to Upholstery

Get a hands-on introduction to basic upholstery as you explore the tricks to re-covering the seat of an old dining chair and learn to create a new seat structure with webbing. Plus, you'll leave with your own handmade webbing stretcher. With all this knowledge, you won't be able to stop re-envisioning and reupholstering where you sit when you get home! All materials provided. LAST DAY TO ENROLL OR DROP IS FRIDAY, 9/2. NO REFUNDS AFTER FRIDAY 9/2.

CRFT:713 | \$35

450 Th 6:30pm-8:30pm **FP - G Tower, 409**
Sept. 8

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 | \$70

P07 Sa 9am-2pm **Craft Central**
Oct. 8
P08 M 6:30pm-9pm **Craft Central**
Oct. 10 - Oct. 17

Our needlecraft courses cater to all levels of experience and ability. Whether you are a complete needle novice or a creative professional, we have a course for you!



PERSONAL ENRICHMENT

Weaving: Rag Rug Placemats

Work on a pre-loaded table loom of white cotton. Students will be able to pick from a variety of colors for the placemats. While weaving, basics in tabby and twill. Create a unique handicraft to take home at the end of the class. All materials included in class costs.

CRFT:713 | \$70

P05 Sa 9am-2pm

Nov. 5

Craft Central

P06 M 6:30pm-9pm

Nov. 7 – Nov. 14

Craft Central

Weaving Rag Rugs

Peg loom weaving is a great way to learn to weave with non-traditional materials. Class will demonstrate how to build a peg loom from salvaged wood. Each participant will build their own peg loom in class to take home. After building, the class will learn how to use their loom to start weaving a rectangular rag rug. You'll also discover a few tricks to making a continuous ball of upcycled yarn. After the class, use your loom and new skills to weave anything from potholders to trivets to rugs! All materials provided. Questions or more information: www.perennialstl.org. LAST DAY TO ENROLL OR DROP IS Tuesday, 9/6. NO REFUNDS AFTER Tuesday, 9/6.

CRFT:713 | \$45

451 Tu 6pm-9pm

Sept. 13

FP - G Tower, 409

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

550 Tu 6:30pm-8:30pm

Nov. 15 – Nov. 29

Magan Harms

SCEUC, 101

551 Tu 6:30pm-8:30pm

Oct. 4 – Oct. 18

Magan Harms

SCEUC, 101

Embroidery Basics: Canvas Bag

Learn basic candle wick stitches, including French and Colonial knots stem stitch, outline stitch, nd lazy daisy stitch, which will be used in a pattern you embroider on a canvas bag. Leave with a new favorite tote.

CRFT:728 | \$36

P01 Tu 10am-12pm

Nov. 29

Craft Central

New Griot/Griote Dolls

Keep your family traditions and build new ones by becoming a griot doll artisan. Griot/Griote were unique to West Africa. They were the people who told stories to their family and other people in an entertaining way to preserve their ancient histories and traditions. They were very important because they were the oral historians of West Africa. We will make American Griot/Griote family dolls to start a new tradition of storytellers. Share family stories, jokes, songs, recipes and home remedies while crafting your doll. Learn key questions to start your storytelling tradition.

CRFT:765 | \$39

550 Tu 6pm-9pm

Sept. 27 – Oct. 4

FV - H, 106

Dyeing

New Ice Dyeing

Ice Dyeing? Come and have some fun while we use dye and ice to achieve great color on fabrics both silk and cotton. We will spend our two nights together exploring this medium that has been featured on Facebook and Pinterest. You can achieve amazing results the are soft and blended or intense saturation of color. This technique will work on any natural fabric and you will learn everything so you can do it again at home. All materials included in the cost of the class. Come prepared to work with dye and bring some ziplock bags to take your fabrics safely home!

CRFT:713 | \$85

650 W 6:30pm-8:30pm

Sept. 7 – Sept. 21

Nicole Ottwell

MC - SS, 205

Shibori Dyed Silk Scarves

Shibori is a simple way to get pattern and color onto fabric. What could be better than designing and dyeing your own 8 silk scarves the way you want? Through simple techniques of folding, clamping and stitching you will learn how to develop complex patterns. You will learn how to dye silk with fiber reactive dyes as well as dye removal techniques and how to use indigo dye. We will learn how to combine all the techniques dyeing and over-dyeing and dye removal to create scarves you will love to wear or gift. The cost of materials are included in the class. But please bring an old towel, rubber gloves, zip lock bags, and come dressed to get messy with dye. No class 11/23.

CRFT:718 | \$139

650 W 6:30pm-8:30pm

Nov. 9 – Nov. 30

Nicole Ottwell

MC - SS, 205

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 you 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

651 M 6:30pm-8:30pm

Oct. 3 – Oct. 17

Nicole Ottwell

MC - SS, 107

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 an old towel and ziplock bags to take home scarves.

CRFT:765 | \$49

651 W 6:30pm-8:30pm

Sept. 28

Nicole Ottwell

MC - SS, 205

500 M 10am-12pm

Sept. 26

Nicole Ottwell

FV - H,

Exclamation Point!

"People came to my *Knit in a Day* class with a range of skill levels. **Thi Miller** handled that perfectly and each of us left with new skills perfect for our needs."

Roberta J., St. Louis

Knit and Crochet

Introduction to the Spinning Wheel

Interested in making your own novelty yarns? Satisfy your curiosity about the spinning wheel. 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

P09 Th 5pm-7pm

Nov. 17

Craft Central

P10 W 5pm-7pm

Oct. 12

Craft Central

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

750 Tu 6:30pm-8:30pm

Oct. 11 – Oct. 25

Cristin Greenlee

Kirkwood H.S., W 105

453 Tu 6pm-8pm

Sept. 13 – Sept. 27

Thi Miller

Nottingham, 104

Knitting: the Next Step

Broaden your knitting skills beyond basic knitting and purling. Learn about increasing and decreasing techniques, lace, cabling, fixing mistakes, and simple pattern reading. Prerequisite: Knitting 101 or equivalent experience.

CRFT:722 | \$49

454 Tu 6pm-8pm

Oct. 4 – Oct. 18

Thi Miller

Nottingham, 104

750 Tu 6:30pm-8:30pm

Nov. 1 – Nov. 22

Cristin Greenlee

Kirkwood H.S., W 105

Knit in a Day

A crash course in knitting. Learn the basics in one fell swoop (casting on, knitting, purling 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

480 Sa 9am-3pm

Oct. 15

Thi Miller

FP - G Tower, 117

681 Sa 9am-3pm

Oct. 15

Cristin Greenlee

MC - CN, 128

Knitting Know How

Ever wanted to learn how to fix those mistakes or seam that pillow? Perhaps stake a sweater? In this class, you'll learn those techniques and more. Knitting Know How will cover the techniques not normally covered in class but are essential in a skilled knitter's repertoire.

CRFT:722 | \$49

480 Sa 9am-1pm

Nov. 5

Thi Miller

FP - G Tower, 117

New Cabled Cowl Class

Welcome! What better way to beat those winter chills than to wrap up in a cozy cable cowl! In this class, learn how to work cables into your knitting. This rather simple, yet often intimidating, technique is fun to do and helps any knitted work look stunning. Perfect the stitch in class and move on to more ambitious projects. Supply list sent.

CRFT:722 | \$49

451 Th 6pm-8pm

Nov. 3 – Nov. 17

Thi Miller

FP - G Tower, 117

New Knitting Intermediate: Brioché Cowl

Experiment with the beautiful brioché stitch. While a single color can be used, it is most striking when used with two contrasting colors. A lovely cowl for the cooler seasons will be a great way to practice and perfect this stitch. Supply list sent.

CRFT:722 | \$49

450 Th 6pm-8pm

Oct. 6 – Oct. 20

Thi Miller

FP - G Tower, 117



Knitting in the Round: Socks - Toes Up on the Magic Loop

Knitting in the round is incredibly enjoyable, portable and makes a fantastic winter gift. The magic loop method enables you to work projects of small circumference on one long circular needle. With this method, you pull out a loop of cable to divide your stitches, usually into two equal parts. Once you divide your stitches, you can use the free needle tip to knit across half of the stitches. You then rotate the project and work the remaining stitches. Learn all about the construction of a sock so that it can be made to order.

CRFT:722 | \$49

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

Thi Miller
FP - G Tower, 117

New Knitting in the Round: Infinity Cowl

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

CRFT:720 | \$49

680 Sa 9am-1pm
Nov. 12

Cristin Greenlee
MC - CN, 126

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. No class 11/8.

CRFT:722 | \$49

455 Tu 6pm-8pm
Oct. 25 - Nov. 22

Thi Miller
Nottingham, 104

Crochet 101: Beginning Techniques

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

550 Tu 7pm-9pm
Sept. 13 - Sept. 27
750 W 6:30pm-8:30pm
Oct. 12 - Oct. 26

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

751 Tu 6:30pm-8:30pm
Nov. 1 - Nov. 22
No Class 11/8

Dee Levang
Kirkwood H.S., W 107

550 Tu 7pm-9pm
Nov. 15 - Nov. 29

Anne Frese
FV - SS, 105

Crochet: 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

750 Tu 6pm-9pm
Sept. 27 - Oct. 4

Dee Levang
Kirkwood H.S., E 185

Tunisian Crochet Basics

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. Learn the Tunisian foundation row, simple stitch, knit stitch, purl stitch, increasing and decreasing, binding off and joining, reading patterns and charts, color changing all while making a stitch sampler scarf. Supply list sent.

CRFT:724 | \$49

681 Sa 9am-12pm
Sept. 24 - Oct. 1

Dee Levang
MC - SO, 112

Tunisian Crochet: the Next Step

Now that you've learned the basics of Tunisian Crochet (simple stitch, knit stitch, purl stitch and reverse stitch) in Tunisian Crochet 101, what's next? In this three hour lecture/workshop, you'll learn several ways to change colors, working in the round with a double ended hook, combination stitches and seaming techniques. Bring a project in progress and get help if needed, too. Supply list sent.

CRFT:724 | \$49

680 Sa 9am-12pm
Oct. 22 - Oct. 29

Dee Levang
MC - SO, 111

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

650 M 6pm-9pm
Nov. 7 - Nov. 28

Nicole Ottwell
MC - CE

New Needle Felted Holiday Gnome

Learn to Needle Felt Christmas Gnomes. Using a single, barbed needle borrowed from commercial felting machines, wool fibers are tangled and compacted by repeatedly jabbing the needle into the fibers, forming three-dimensional felt sculptures. In contrast to traditional felt making methods that use water and friction, needle felting is also known as dry felting. Depending on time students will make 2 to 3 Gnomes. All materials included in class cost.

CRFT:765 | \$35

P06 Tu 10am-12pm
Nov. 8

Craft Central

P07 Tu 6:30pm-8:30pm
Nov. 8

Craft Central

Baskets

Beginning Baskets - Shadow Basket

Create a one-of-a-kind craftwork. The pattern of a Shadow Basket is determined by how the first row is woven to display the contrasting stripes. Learn how to insert spokes into the wooden base of the basket, the best placement for design and the twining technique. Handle placement, rimming and lashing will complete the basket. All supplies included in cost of the class.

CRFT:734 | \$85

650 Tu 6:30pm-9pm
Oct. 18 - Oct. 25

Laura Klaus
MC - CE

New Beginning Baskets: Wine Basket

Beginners or experienced weavers, join us for a fun and rewarding basket weaving experience. Master the basic techniques in one evening and spend the next finishing a wine basket that can hold a large bottle of wine as well as two glasses. Woven on an oak handle, the weaving techniques include setting up a base, start/stop weaving, using color, creating an accent bow, applying the rim and lashing it all together. All supplies and tools included in class cost.

CRFT:734 | \$75

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

Laura Klaus
MC - CE

Glass

New Soldered Glass Pendants

Create an upcycled stained glass pendant from scraps of ceramic and glass. Participants will learn to use recycled glass, copper foil, flux and lead-free solder to sculpt their custom jewelry pendant. The class will demonstrate how to safely use a glass cutter and grinder to create custom shapes from found vintage plates, mirrors, and clear glass. Participants will also learn to make a custom sized jump ring and the right places to look for upcycled treasures for all their upcycled jewelry projects. Note: This class requires hand strength and the use of a very hot tool. Patience, an eye for safety, and hand dexterity will help participants achieve their design goals. All materials provided.

CRFT:740 | \$50

P01 Tu 6:30pm-8:30pm
Nov. 15

PerennialSTL.org

Stained Glass: Night Light

Create a stained glass night light in one evening. Learn to cut and grind glass, work with copper foil, and how to solder your light. You will complete the project by adding an electric plug. All materials and tools available at the class.

CRFT:740 | \$59

P03 Tu 1:30pm-5:30pm
Oct. 4

Craft Central

P02 Tu 5pm-9pm
Nov. 15

Craft Central

Stained Glass: Trinket Box

Explore the medium of stained glass. Build a trinket box that measures, 2 inches x 3 inches x 2 inches high. You will cut and grind the glass, experiment with copper foil and learn to solder your box together. All materials included in the cost of the class.

CRFT:740 | \$90

P04 Tu 6pm-9pm
Sept. 6 - Sept. 13

Craft Central

P05 Tu 6pm-9pm
Oct. 18 - Oct. 25

Craft Central

Holiday Fairy Garden

Create a holiday themed container garden. Students will construct a miniature fairy house, make miniature decorations, and garden accessories. All materials included in class cost. Come ready to create and take home your completed garden at the end of class.

CRFT:765 | \$65

P01 Sa 1pm-5pm
Nov. 19

Craft Central

Pottery

UpCycled Mosaics: Terra Cotta Pots

Dress up those plain terra cotta pots 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 will be provided, but you are welcome to bring in your own to mosaic! LAST Day to enroll or drop is Friday, September 30. No refunds after Friday, September 30.

CRFT:741 | \$65

P01 Tu 6pm-9pm
Oct. 4 - Oct. 11

PerennialSTL.org

PERSONAL ENRICHMENT

Halloween Ceramics

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

CRFT:741 | \$40

P03 W 6pm-9pm
Oct. 19

Craft Central

New Ceramics: Gingerbread Holiday Swag

Learn basic techniques for staining ceramic bisqueware. Class includes the use of acrylic and fashion hues in a layering of color and dry brush techniques. Students will make two male and two female gingerbread people. The dried pieces will be wired on greenery to make a decorative holiday swag. All materials included in class costs.

CRFT:741 | \$55

P02 W 5:30pm-9pm
Nov. 16

Craft Central

Hand-Painted Glass: Holiday Candlestick Pair

Paint a pair of glass candlesticks (4 inches high) with a holiday motif. You will choose your colors and design motif. Pieces will be fired and picked up one week after the classes ends at the shop. Fee includes all materials and firing. Paints are lead free and food safe. Come dressed to work with paint.

CRFT:743 | \$39

M01 W 7pm-9pm
Nov. 16

Cathy Cody
Painted Zebra - Kirkwood

Hand-Painted Square Glass Container

Celebrate the holidays with a 4" x 4" x 4" hand-painted square glass container suitable for votive candles or candy. You will choose your colors and holiday design motif. Pieces will be fired and picked up one week after the class ends at the shop. Fee includes all materials and firing. Paints are lead free and food safe. Come dressed to work with paint.

CRFT:743 | \$39

M02 W 7pm-9pm
Dec. 7

Cathy Cody
Painted Zebra - Kirkwood

Papercrafts

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 9/2. No refunds after 9/2.

CRFT:742 | \$59

MD1 Sa 9am-11am
Sept. 10
Sa 9am-11am
Oct. 8
Sa 9am-11am
Nov. 5

Patti Bossi
MC - CE

MC - CE

MC - CE

EEEEEEkkk Halloween and Fall Stamping!

In this class we will have fun creating some special Halloween candy treat holders and fall cards using different punches, stamps and learn some spooktacular techniques used in stamping and paper crafting. You will leave class with five fall cards and some treat holders. Fee includes most materials. Supply list sent. LAST DAY to enroll or drop is 10/14. No refunds after 10/14.

CRFT:742 | \$29

MD2 Sa 9am-12pm
Oct. 22

Patti Bossi
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 11/22. NO REFUNDS AFTER 11/22.

CRFT:742 | \$40

MD3 Sa 9am-12pm
Dec. 3

Patti Bossi
MC - CE

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:742 | \$55

S01 Th 6pm-9pm
Oct. 13

Magan Harms
SCEUC, 201

450 W 5:45pm-8:45pm
Nov. 16

Magan Harms
Nottingham School

New Fast and Easy Screenprinting

Learn a new method of creating screens to use for printing on almost any flat surface. You will design, expose, rinse, dry and print with your handmade screens. Two flour sack towels will be provided to print on during class. Come with an idea of what you would like to make or use some of the instructors examples at the class. You will go home with your personalized towels and your reusable screen, squeegee and bottle of ink to make more prints! No experience needed. Come dressed to get messy, we are using water-based inks. Supply list sent.

CRFT:742 | \$79

650 Tu 6pm-9pm
Sept. 20

Trish Bordeaux
MC - SS, 206

LAST DAY TO ENROLL OR DROP MONDAY, 9/12. NO REFUNDS AFTER MONDAY, 9/12.

651 Tu 6pm-9pm
Oct. 11

Trish Bordeaux
MC - SS, 206

LAST DAY TO ENROLL OR DROP MONDAY, 10/3. NO REFUNDS AFTER MONDAY, 10/3.

New Raw Art Journaling

Explore the meditative process of creating art, channel your intuition, and take a journey as we create for the love of it! This course will focus on the act of creating, not so much worrying about the outcome, but viewing art making as a deeply human and spiritual action. Feel free to bring old books to alter, and anything that have meaning for you like photos, letters, ticket stubs. We will have basic supplies in class, but we will also send a supply list so you can personalize your journal. LAST DAY to enroll or drop is Monday, 9/26. No refunds after Monday, 9/26.

CRFT:742 | \$79

500 F 1pm-3pm
Oct. 7 - Nov. 11

Elizabeth Kern
FV - H, 106

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:742 | \$139

551 W 6pm-9pm
Oct. 12 - Nov. 2

Nicole Ottwell
FV - H, 113

Making Mandalas and Coloring for GrownUps

Create repeating designs that compose a circular pattern. Draw your own mandalas and color them 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 and are yours to take home.

CRFT:742 | \$39

550 W 6:30pm-8:30pm
Oct. 5

Nicole Ottwell
FV - H, 101

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 | \$49

552 M 6:30pm-8:30pm
Oct. 24

Nicole Ottwell
FV - H, 101

New Origami Invitations

Are you worried about the cost of bridal and party invitations? Make your own origami invitations and decorations to help keep the cost down. Want to make a unique and memorable impression on your guests? In one day, learn basic/intermediate origami folds, terminology, and patterns to create beautiful handmade invitations. Origami paper will be provided for approximately 3 sets of 10 invitations. Take home your invitations and any leftover paper.

CRFT:742 | \$39

480 Sa 9am-12pm
Nov. 12

Rachel Daggs
FP - G Tower, 117

680 Sa 9am-12pm
Oct. 15

Rachel Daggs
MC - HE, 124



Metals and Blacksmithing

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. 10 - Oct. 22
550 W 6pm-9pm
Sept. 7 - Oct. 19

Lacey Kirkwood
MC - HE, 131
Chih Yu Lin
FV - E, 290

Metalsmithing: Intermediate Techniques for Jewelry

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. No class 11/23.

CRFT:753 | \$219

551 W 6pm-9pm
Oct. 26 - Dec. 7
681 Sa 9am-12pm
Oct. 29 - Dec. 17

Chih Yu Lin
FV - E, 290
Lacey Kirkwood
MC - HE, 131

Beaded Earrings

Join us 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. You'll use your 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 IS MONDAY, OCTOBER 31. NO REFUNDS AFTER MONDAY, OCTOBER 31.

CRFT:753 | \$35

MD5 Sa 10am-12pm
Nov. 5

Brittany Campbell
MC - SW, 102

Copper Chased Leaves

Students learn to cold hammer copper. Class learns the technique of copper chasing to create ornamental leaves. All materials included in cost of the class.

CRFT:753 | \$90

P04 Sa 9am-12pm
Oct. 1 - Oct. 8

Craft Central

Beginning Blacksmith: Create a Wall Mount Hook

Explore the craft of blacksmithing! Students learn to heat, hammer and twist steel in a traditional blacksmith area. All materials included. Wear appropriate clothing and closed toed shoes.

CRFT:753 | \$70

P01 Sa 9am-12pm
Oct. 22
P02 Sa 9am-12pm
Nov. 12
P03 Sa 9am-12pm
Sept. 10

Mueller Industries

Mueller Industries

Mueller Industries

Soap and Personal Care

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 W 6pm-8pm
Sept. 7

Brittany Campbell
MC - SS, 207

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, OCTOBER 26. NO REFUNDS AFTER WEDNESDAY, OCTOBER 26.

FD1 Sa 10am-12pm
Sept. 17

Brittany Campbell
FV - SM, 262

LAST DAY TO ENROLL OR DROP IS MONDAY, 9/12. NO REFUNDS AFTER MONDAY, 9/12.

Soap Making the Herbal Way: Beginning

Dispel the mystery of lye and oil 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 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 | \$60

MD2 W 6pm-9pm
Sept. 21

Brittany Campbell
MC - SS, 207

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 9/14. NO REFUNDS AFTER WEDNESDAY, 9/14.

FD2 Sa 9am-12pm
Sept. 24

Brittany Campbell
FV - SM, 262

LAST DAY TO ENROLL OR DROP IS MONDAY, 9/19. NO REFUNDS AFTER MONDAY, 9/19.

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 body products for over seven years. Class is hands-on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear closed-toe shoes and long sleeves. Course cost includes materials.

CRFT:765 | \$65

MD3 W 6pm-9pm
Oct. 12

Brittany Campbell
MC - SS, 207

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 10/5. NO REFUNDS AFTER WEDNESDAY, 10/5.

FD3 Sa 9am-12pm
Oct. 15

Brittany Campbell
FV - SM, 262

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

Soap Making: Beginning and Advanced

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

CRFT:765 | \$115

MD4 W 6pm-9pm
Sept. 21

Brittany Campbell
MC - SS, 207

W 6pm-9pm
Oct. 12

MC - SS, 207

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 9/14. NO REFUNDS AFTER WEDNESDAY, 9/14.

FD4 Sa 9am-12pm
Sept. 24

Brittany Campbell
FV - SM, 262

Sa 9am-12pm
Oct. 15

FV - SM, 262

LAST DAY TO ENROLL OR DROP IS MONDAY, 9/19. NO REFUNDS AFTER MONDAY, 9/19.

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 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 MONDAY, 11/14. NO REFUNDS AFTER MONDAY, 11/14.

CRFT:765 | \$45

FD5 Sa 10am-12pm
Nov. 19

Brittany Campbell
FV - SM, 262

Exclamation Point!

"Brittany Campbell is a great instructor. She covered all the material thoroughly, had relevant information, had a very genial manner & was very helpful. She made sure that each student had a successful and enjoyable experience."

Susan P., St. Louis



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Culinary Arts

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. .

FOOD:701 | \$69

770 M 6:30pm-9pm
Sept. 19 – Oct. 10
550 Tu 6:30pm-9pm
Sept. 13 – Oct. 4

Cynthia Sciaroni
Hixson Mid. School, 121
Carla Soll
FV - SC, PDR-A

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. . Supplies extra. No class 10/18.

FOOD:702 | \$69

550 Tu 6:30pm-9pm
Oct. 11 – Nov. 8

Carla Soll
FV - SC, PDR-A

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.

FOOD:703 | \$59

P01 Su 1pm-3:30pm
Oct. 16 – Oct. 30

Cynthia Sciaroni
Cul. Arts House

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.

Airbrushing Techniques for Cake Decorating

Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air, giving the cakes a beautiful "painted" look. In this hands-on class, you'll get experience using an airbrush like the pro's do it, enabling you to make your creative pictures on cakes. You'll practice using ready-made stencils and learn how to make your own, do shadowing and shading to make things look dimensional, and learn how to layer colors. Equipment and supplies are provided for use in class. Airbrushing techniques can take your decorated cakes to the next level, giving them a distinctive, professional finish. . Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$59

P02 Su 1pm-5pm
Nov. 13

Debra Hennen
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 & The Knot. Designs include Bling & 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. . No class 11/22.

FOOD:704 | \$59

550 Tu 6:30pm-9pm
Nov. 15 – Dec. 6

Carla Soll
FV - SC, PDR-A

Test-out: Cake Decorating Skills

If you already have cake decorating skills and would like to "test out" of the basic skills classes (beginning, intermediate) so you can complete the rest of our Cake Decorating Program, sign up for this session. We'll send you a supply list of things to bring and our instructor will assess your skills and readiness for the more advanced classes. Registration by permission only (call 314/ 539-5745). Scheduled individually on a mutually acceptable date with instructor.

FOOD:705 | \$59

680 TBA
Sept. 12 – Dec. 16

Cynthia Sciaroni
MC - CE

Fabulous Pies

Want to be successful at making a homemade pie crust? 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 apple strudel macaroon pie, candied almond sweet potato pie, maple apple pie, savory Italian sausage 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
Oct. 22

Eileen Fraser
FV - SM, 129

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. 15

Michelle Melton
Kirkwood H.S., C 191

Donuts! (Homemade!)

Everybody loves donuts and homemade are definitely the best! We'll make ring doughnuts and filled doughnuts, then creatively finish them with a variety of glazes, icings and toppings. 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:705 | \$39

P01 M 6:30pm-9:30pm
Sept. 12

Debra Hennen
Cul. Arts House

Bread Baking 101

Have you always wanted to learn to bake bread at home but needed guidance and expert help? This bread baking class for beginners is perfect for you. To get you started we will discuss equipment, ingredients, measuring, yeast, mixing, kneading, rise, shaping, baking and storing. We will bake white whole wheat crusty bread and white whole wheat no-knead bread together to practice the skills you need to bake bread at home. The class is part demonstration, part hands-on. Bring zipper-lock plastic bags to take home dough and baked bread leftovers. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P01 Sa 9am-12pm
Sept. 10

Dianne Johnson
Cul. Arts House

Basic Home-Baked Yeast Breads (& 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-fashion homemade breads made perfect for modern appetites. We're sure you'll enjoy our multigrain Italian bread sticks, olive oil-garlic herb pull apart bread, sweet potato rolls, 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
Sept. 24

Eileen Fraser
FV - SM, 129



Artisan Bread Baking

This class covers the concepts and techniques of white and whole wheat 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 loaf, boule, batard and baguette. If you want to improve your current bread baking skills, this is a great class for you. Class is part demonstration, part hands-on. Bring zipper-lock plastic bags to take home dough and baked bread leftovers. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P02 Sa 9am-12pm
Oct. 8

Dianne Johnson
Cul. Arts House

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, (including braiding) and baking to help ensure your success in the kitchen. Class is part demonstration, part hands-on. Bring zipper-lock plastic bags to take home dough and baked bread leftovers. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P03 Sa 9am-12pm
Nov. 12

Dianne Johnson
Cul. Arts House

Quick Breads

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: angel biscuits, strawberry bread, Dutch apple pie muffins, cranberry-orange muffins, maple cinnamon biscuits plus a variety of other quick bread specialties that can be enjoyed by the family or given as gifts to appreciative friends. Bring a take-home container. Class is hands-on.

FOOD:706 | \$39

581 Sa 9:30am-12:30pm
Nov. 5

Eileen Fraser
FV - SM, 129

Holiday Cookies

Looking for new cookie recipes to brighten up your holiday dessert trays? In this class you will help bake up some new favorites: red velvet white chocolate chip cookies, chocolate butter cookies, spice cookies, cranberry orange cookies, strawberry poppy seed cookies, plus a wide 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. 3

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, triple chocolate espresso, 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

751 Tu 6:30pm-9:30pm
Dec. 6

Michelle Melton
Kirkwood H.S., C 191

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:709 | \$39

P02 M 6:30pm-9:30pm
Nov. 28

Debra Hennen
Cul. Arts House

Day of the Dead: Create Your Own Sugar Skull

Celebrate el Dia del los Muertos! with your very own Day of the Dead sugar skull. These colorful skulls originated as one of the traditional folk art forms for honoring deceased family and friends during the celebration of the Mexican Day of the Dead. Sugar skulls are whimsical and celebratory, not scary. They are incredibly fun to make, so bring your creative spirit and share in a tradition of the festive Dia de los Muertos! Bring a container to take yours home. Park on Hartford or Hampton. Flagpole in front.

FOOD:709 | \$39

P01 M 6:30pm-9:30pm
Oct. 24

Debra Hennen
Cul. Arts House

Holiday Baking

Holidays are a wonderful time to enjoy the company of friends and family. Gathering and serving these delightful treats will make your home the memorable center of your celebrations. German fruit bread, almond yule log, brown butter gooey butter spice cake with cranberries, Queen of Sheba cake, Victorian eggnog tart and international Christmas cookies. Class is hands-on.

FOOD:709 | \$39

750 W 6:30pm-9:30pm
Nov. 2

Suzanne Corbett
Kirkwood H.S., C 191

Brunch @ Tiffany's: Dishes from Top Bed and Breakfast Inns

As the holidays come closer, make your visiting house guests feel like they are staying in a charming bed and breakfast by preparing these dynamite award-winning brunch recipes from top Bed and Breakfast inns across the country. Enjoy a breakfast pot pie with cream sauce from Gateway Guesthouse in Austin, TX, lemon soufflé pancakes from 1851 historic Maple Hill Manor in Springfield, KY, hash brown casserole from Orchard Hill Country Inn in Julian, CA and pineapple ricotta muffins from Hennessy House in Napa, CA. There will be plenty of tasting plus you can take home any leftovers (bring a container). Class is a combination of demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$39

P01 Sa 9:30am-12:30pm
Sept. 24

Tiffany Smith
Cul. Arts House

Retro Plates: St. Louis' Late Great Restaurant Classics

Do you miss foods that were on the menus of Saint Louis' long-shuttered restaurants? This class brings back the tastes of the past in these recipes for some of Saint Louis' late, great restaurants. Featured: Hofamberg Inn's Rhineland chicken and rice soup, Saleem's garlic-laced hummus bi tahini with toasted pita, Al Baker's veal Tallelland, Busch's Grove Russ's salad with Bellevue dressing, Pope's Cafeteria nut torte and Miss Hullings' autumn glow carrot cake. Class is hands-on.

FOOD:714 | \$39

750 W 6:30pm-9:30pm
Sept. 28

Suzanne Corbett
Kirkwood H.S., C 191

Retro Plates: Tea Room Luncheon Specialties

This class brings back the tastes of the past in these delightful treats from some of Saint Louis' great tearooms. Oh, how we loved those treasured recipes. Come reminisce, make and enjoy: The Swan House frozen fruit and chicken salad, shrimp au gratin, Dillard's Maurice and Crab Louie salads, Zodiac Room's popovers with strawberry butter, Walnut Room's chicken pot pie and Frango mint cheesecake. Class is hands-on.

FOOD:714 | \$39

751 Tu 6:30pm-9:30pm
Oct. 4

Suzanne Corbett
Kirkwood H.S., C 191

Potluck Pleasers

Do you dread the office potluck or your family's holiday gathering where you have to bring a dish? Are you tired of bringing the same bag of chips and dip? Learn some easy and delicious potluck pleasing dishes that will make you the talk of the town! Enjoy a creamy hot slow cooker mac 'n cheese, easy Polynesian meatballs, a delightfully different Greek 7-layer dip, deliciously unique red velvet brownies and super simple homemade Oreos. These top-rated potluck dishes are perfect for the next crowd party you're attending. There will be plenty of tasting plus you can take home any leftovers (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:714 | \$39

P02 Sa 10am-1pm
Oct. 15

Tiffany Smith
Cul. Arts House

Girls' Night Out: Appetizer Buffet

Enjoy an evening of "just the girls." Gather your BFFs for a fun night of socializing, cooking together and noshing on great appetizers. We're pulling out all the stops, starting with these tasty items: chicken in a biscuit, creamy mushroom tartlets, pulled pork cups, tapas meatballs with orange glaze, to name a few. 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. 16

Eileen Fraser
FV - SM, 129



Delectable Dishes

Join us to make some mouthwatering dishes for your next party or get together! Start off the evening with a bacon-beer cheese dip, then on to a skillet Sicilian chicken with a sun-dried tomato garlic cream sauce. Kick it up a notch with our lobster mashed potatoes, and finish off the night with ultimate loaded chocolate chip cookies. There will be plenty of tasting plus you can take home any leftovers (bring a container). Class is a combination of demonstration with some hands-on and lots of Friday night fun. Park on Hartford or Hampton. Flagpole in front..

FOOD:716 | \$39

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

Tiffany Smith
Cul. Arts House

Cheese-making at Home - DIY for Beginners

Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. In this class, you'll get an understanding of the basics of cheese-making by learning to make Neufchatel, ricotta, yogurt and yogurt cheese, and a lemon yogurt cheesecake. Demonstration with class participation. In addition to tasting them all, you'll get to take home samples along with a simple starter kit for doing it yourself, directions and recipes, and a list of local and online resources for cheese-making supplies. Bring a sack lunch for the noon break. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:722 | \$69

P01 Sa 9am-3pm
Sept. 17

Lisa Payne
Cul. Arts House

Cheese-making at Home - DIY (Beyond the Basics)

Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. You'll get an understanding of more advanced cheese-making by learning to make Feta, Mozzarella and Gouda cheeses. Demonstration with class participation. In addition to tasting them all, you'll get to take home samples along with a simple starter kit for doing it yourself, directions and recipes, and a list of local and online resources for cheese-making supplies. It is recommended (but not required) that you take the basic cheese-making class first. Bring a sack lunch for the noon break. Park on Hartford or Hampton.

FOOD:722 | \$69

P02 Sa 9am-3pm
Oct. 1

Lisa Payne
Cul. Arts House

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 | \$29

780 W 6:30pm-9:30pm
Sept. 28

Jane Campbell
Lindbergh H.S., 128

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: bistro beef bites, bourbon-glazed meatballs, chicken salad in a basket, bruschetta melts and much more. Something perfect for every occasion. Class is hands-on.

FOOD:724 | \$39

550 Th 7pm-9:30pm
Nov. 17

Eileen Fraser
FV - SM, 129

Victorian Tea

Holidays are a wonderful time to bring treasured traditions to life and enjoy the company of friends and family. Gathering and serving these delightful treats will make your home the memorable center of the season's celebrations. German fruit bread, almond yule log, brown butter gooey butter spice cake with cranberries, Queen of Sheba cake, Victorian eggnog tart and international Christmas cookies. Class is hands-on.

FOOD:724 | \$39

750 Tu 6:30pm-9:30pm
Nov. 29

Suzanne Corbett
Kirkwood H.S., C 191

Southern Holiday Specialties

Revive the fading art of Southern culinary traditions and ring in the holidays with these favorites! Tonight we take a leaf from several of our favorite recipe books as we prepare to cook and sample: cream of celery soup, sweet potato dinner rolls, herb roast pork, Cumberland sauced chicken fritters, Creole green beans and caramel cake. Class is hands-on.

FOOD:724 | \$39

751 W 6:30pm-9:30pm
Dec. 7

Suzanne Corbett
Kirkwood H.S., C 191

A Gourmet Night Out: Buon Appetite!

Let's all come together in the cucina (the Italian kitchen) for a fun-filled night preparing and enjoying a gourmet Italian meal. We'll start with some tasty hors d'oeuvres like fresh mozzarella shiitake flatbread with caramelized onions and wilted garlic spinach, tomato bruschetta caprese canapes, Italian salad, Italian wedding soup and of course garlic butter bread sticks. Then for our entrees, we will devour baked shrimp scampi, chicken madeira, pizza mostaccioli (a not so classic but undeniably delicious Italian-style baked pasta), parmesan risotto, and Alfredo chicken con broccoli. And of course we can NEVER forget dessert- in this class, we'll master tiramisu from scratch to take home and we'll enjoy an even more delectable dessert with our meal. Mangia Bene! (Eat Well!) Come hungry and bring take-home containers. Class is hands-on.

FOOD:730 | \$39

750 Tu 6:30pm-9:30pm
Nov. 1

Michelle Melton
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

750 Tu 6:30pm-9:30pm
Oct. 11

Michelle Melton
Kirkwood H.S., C 191

A Taste of India: Restaurant-Style 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: chicken tikka masala (boneless chicken marinated and cooked in a rich spicy sauce); chicken pulav (aromatic basmati rice cooked with chicken and spices); Chicken 65 (boneless fried chicken tossed with curry leaves and spices); chana saag (chickpeas and spinach with spices); keshari bhat (basmati rice cooked with aromatic spices - a dessert). Served with naan. Class is hand-on.

FOOD:733 | \$39

780 M 6:30pm-9:30pm
Sept. 12

Seema Shintre
Lindbergh H.S., 128

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: sweet and sour butternut squash (butternut squash cooked with aromatic spices and tangy dry mango powder); koshimbir (salad made with cauliflower, tomato, onion, cilantro and peanuts); aloo- bhindi (okra cooked with potato, onion, tomato and spices); tofu bhugia (tofu cooked with tomato, onions and aromatic spices); Paratha (layered unleavened flat bread made with chapati flour); masala bhat (basmati rice cooked with aromatic spices and veggies); pakoda (mixed veggies in a chickpea flour batter and fried to perfection). Class is hand-on.

FOOD:733 | \$39

781 M 6:30pm-9:30pm
Oct. 3

Seema Shintre
Lindbergh H.S., 128

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: To start, you'll learn how to make your own paneer from scratch (it's like making farmer's cheese); dal Makhani (two types of lentils cooked with aromatic spices and touch of cream); chana masala (chickpeas cooked with spinach and aromatic spices); pakoda (mixed veggies in a chickpea batter and fried to perfection); paneer tikka masala (homemade cheese cooked in a rich creamy aromatic sauce); curd rice (an absolute favorite of south India. Basmati rice with rich yogurt and flavored with curry leaves, red chilies and spices); raita (a soothing cucumber and yogurt side dish); Served with naan. Class is hand-on.

FOOD:733 | \$39

782 M 6:30pm-9:30pm
Oct. 10

Seema Shintre
Lindbergh H.S., 128

Indian Street Food - Part I

Do you love the flavors of Indian cuisine? Want to add some healthy, simple and savory snacks to your culinary repertoire? Come learn how to make chaat, the most popular Indian street food. From a Hindi word meaning "to lick" or "to devour with relish," this finger-licking snack blends sweet and savory flavors to create a nuanced dish that will satiate all your cravings. Served hot or cold, chaat is made with vegetables and beans, topped with spicy and sweet chutney, and garnished with an assortment of spices and toppings. In this class, you will experience the true flavor of India, as you act like a chaatwala to prepare and sample the favorites of Indian street food, including papdi chaat, bhelpuri, dahi batata puri and pani puri. Class is hands-on. Park on Hartford or Hampton. Flagpole in front. Bring take home containers.

FOOD:733 | \$39

P01 W 6:30pm-9:30pm
Sept. 28

Prabha Pergadia
Cul. Arts House



Indian Street Food - Part II

Street food has always been popular in India, because it is an affordable and convenient snack to devour on the go. Today, the creative varieties of street food have elevated this form to the caliber of fine dining, making its way into upscale eateries in Mumbai and in large cosmopolitan cities all around the world. In this class, you will learn how to make a staple street food favorite, the "Mumbai Frankie," an Indian version of a wrap with an assortment of fillings. We will make whole wheat roti (an Indian tortilla) with a paneer (cheese) filling, topped with a tomato, cucumber salad. You will perfect the craft of Indian seasoning, as we create spicy salmon cutlets and mint sauce, alongside peppers stuffed with keema matar (Indian-spiced ground turkey and peas). These dishes will be a crowd pleaser and are perfect for holiday entertainment. Class is hands on. Park on Hartford or Hampton. Flagpole in front. Bring take home containers.

FOOD:733 | \$39
P02 W 6:30pm-9:30pm
 Oct. 19

Prabha Pergadia
 Cul. Arts House

Moroccan Cooking

Moroccan cuisine reflects its cultural influences, Berber, Arab and French, while utilizing the rich Mediterranean agriculture. Explore the culinary pleasures of Morocco with authentic recipes straight from the Moroccan kitchen. The menu for this class includes meat and vegetable tajines, hot and cold salads, as well as traditional mint tea and fresh bread. We will also discuss the use of spices and herbs in Morocco, an essential component. This is a great class for those interested in this cuisine, as well as those wondering what to do with their pressure cooker or tajine pot (although this equipment is not required to be successful). Class is hands-on.

FOOD:734 | \$39
P01 Th 6:30pm-9:30pm
 Oct. 13

Lisa Payne
 Cul. Arts House

Dinner in Vienna

Austria boasts an array of delightful traditional foods. Of the many famous Viennese specialties, tonight we have selected for you to enjoy: veal esterhazy, sesame dinner rolls, braised red cabbage, Viennese cucumber salad, herb and cheese spaetzle and Linzertorte tarts. Class is hands-on.

FOOD:734 | \$39
750 Tu 6:30pm-9:30pm
 Sept. 13

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, sauteeing, and selecting quality vegetables when shopping as well as hands-on cooking.

FOOD:735 | \$39
750 Tu 6:30pm-9:30pm
 Sept. 20

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 satisfying 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 sausage, kale and lentil soup, creamy chicken noodle soup, chipotle butternut squash soup, rustic Italian tortellini soup, Southwestern turkey soup, to name a few. Be sure to bring containers to take home some of your favorites. Something perfect for everyone. Class is hands-on.

FOOD:742 | \$39
550 Th 7pm-9:30pm
 Sept. 29

Eileen Fraser
 FV - SM, 129

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
751 Tu 6:30pm-9:30pm
 Oct. 25

Michelle Melton
 Kirkwood H.S., C 191

Lemon Lovers

If you love the taste and vibrancy of lemon flavor laced throughout your meals, come sample these sure-to-please recipes: lemon parmesan dip, Greek lemon soup, sweet red pepper and lemon risotto, lemon chicken piccata, lemon poppy seed broccoli salad, and for dessert, a lemon blueberry pound cake. Class is hands-on.

FOOD:742 | \$39
750 W 6:30pm-9:30pm
 Oct. 12

Suzanne Corbett
 Kirkwood H.S., C 191

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 | \$69
750 Tu 6:30pm-9:30pm
 Sept. 27

Michelle Melton
 Kirkwood H.S., C 191

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 W 6:30pm-9:30pm
 Oct. 5

Michelle Melton
 Kirkwood H.S., C 191

The Magic of Mother Sauces

Sauces make everything taste better. The successful pairing of a sauce with a food transforms it from "hohum" to spectacular. Learn to make the five basic mother sauces: veloute, bechamel, espangole, tomato and hollandaise. Hundreds of other sauces can be derived from these classics. This class will provide an introduction to ingredients, techniques and uses, including roux, surry, mirepoix, bouquet garni, and sachet. Class is hands-on.

FOOD:747 | \$39
752 W 6:30pm-9:30pm
 Oct. 19

Shirley Rauh
 Kirkwood H.S., C 191

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.

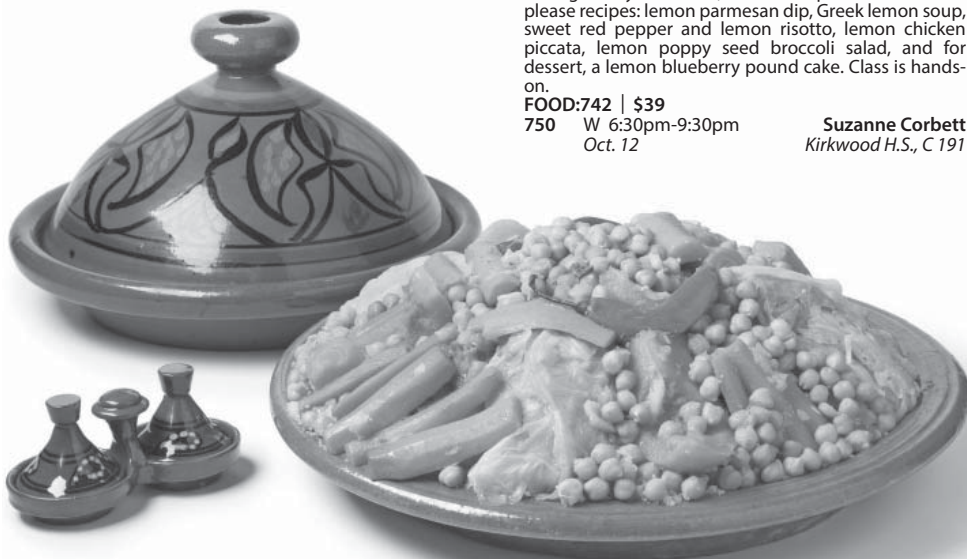
FOOD:754 | \$29
780 W 6:30pm-8:30pm
 Oct. 5

Jane Campbell
 Lindbergh H.S., 128

Exclamation Point!

"*Moroccan Cooking* was the most organized and informative cooking class I have ever attended with STLCC. **Lisa Payne** either grew up with Moroccan cooking or adopted it as her main meals. I am so pleased with what I've learned."

Martha V. Florissant



PERSONAL ENRICHMENT

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 dine on: winter squash with fried sage leaves, saucy peach balsamic chicken, autumn vegetables with maple sriracha, mixed salad greens with mandarin oranges and cranberry orange dressing, lemon Dijon Brussels sprouts, squash and leek soup, pork tenderloin with raspberry balsamic sauce, 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. 14

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: golden gouda mushroom soup, butternut squash with maple syrup, thyme/basil pork tenderloin, roasted Brussels sprouts with cranberries and almonds, chicken with rosemary butter, apricot glazed carrots, salad greens topped with gouda and raspberries with champagne vinaigrette, and more! Our instructor will have an array of recipes for you to prepare and enjoy. 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. 28

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 mini Thai pork burritos, festive holiday sliders, mini beef stroganoff sandwiches, mushrooms bundles and chipotle shrimp. Our instructor will have several additional delicious appetizer recipes for the group to prepare and enjoy to complete this wonderful social activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

582 F 7pm-9:30pm
Nov. 11

Eileen Fraser
FV - SM, 129

Couples Date Night: Cooking with Wine and Spirits

Bring your sweetie for a fun and romantic evening of couples cooking and dining on these great recipes: Baked brie topped with drunken blackberries; pasta with fresh spinach and mushrooms in a white wine garlic cream sauce; mini cabernet burgers. Finish off the night with an adult dessert featuring a white Russian brownie baked with vodka and soaked in Kahlua topped with vanilla ice cream and spiked chocolate sauce. You are welcome to BYOB to enjoy as an accompaniment during the evening. Class is a combination of demonstration with some hands-on and lots of Friday night fun! Fee is per person. Must show proof of age 21. Park on Hartford or Hampton. Flagpole in front.

FOOD:755 | \$39

P01 F 6:30pm-9:30pm
Sept. 16

Tiffany Smith
Cul. Arts House

Beyond Beer Batter: Cooking with Beer

Beer is tonight's secret ingredient. It blends beautifully with so many foods, adding an earthy, rich flavor to soups or bringing flavorful depth to desserts. Tonight we'll sample a wide range of the possibilities. Come prepare and sample: ale cheddar chive biscuits, potato beer cheese soup, chocolate cream cheese stout brownies, IPA crab cakes with chili beer hollandaise sauce and blackened beer brined chicken breasts with mixed fruit salsa. Class is hands-on.

FOOD:765 | \$39

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

Suzanne Corbett
Kirkwood H.S., C 191

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
Sept. 28

Dave Deaton
St Louis Wine & Beermaking

Great Wines Often Overlooked

Is your wine selection in a rut? Weary of the same old wines? Come join us for an exploration beyond the same old grind into some of those areas or varietals that are e hidden gems. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials 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. 13

William Polhemus
The Wine Barrel

Wines of Italy

Italy produces 20% of the world's wine and has been making it for 3,500 years as opposed to France's 2,700 years. From the "King of Wines and the Wine of Kings" to small appellations in Sicily, this country's wines are an adventure of the palate. 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. 11

William Polhemus
The Wine Barrel

Wines of Washington State

An often overlooked area for quality wine, Washington is the second largest producing state of quality wine in the U.S. This unique area is offering world class wine and is continuing to evolve in all areas. 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. 15

William Polhemus
The Wine Barrel

Sparkling Wines

Sparkling wines tend to be the most misunderstood wines yet the most versatile. Not just for celebration the wines can vary greatly in styles as well as price. Every country has their own version and all tend to be incredibly enticing. 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. 13

William Polhemus
The Wine Barrel

Cooking Basics: American Classics

You'll enjoy our spin on some American classic dishes. These can be yours at home after you learn how to make them yourself! Your great new recipes will include: Class 1: salmon potato cakes with tartar sauce, herb-roasted veggie salad, and fun fruit kabobs with marshmallows, grapes, and strawberries for dessert. Class 2: whole wheat turkey burger gyros with cucumber sauce and tomatoes, cauliflower tater tots, with peach and apple fruit crisp for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with one-on-one assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$65

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

Latoya Chauncey
Lindbergh H.S., 128

Cooking Basics: Fall Celebration

Celebrate autumn with delicious cool weather comfort foods. These can be yours at home after you learn how to make them yourself! Your great new recipes will include: Class 1 -orange-simmered pork chops with relish, brown rice and bean veggie frittata, and fresh berries with maple cream for dessert. Class 2- chicken kabobs, broccoli-raisingrape salad, and cookies-and-cream crunch for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with one-on-one assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$65

781 M 6:30pm-9:30pm
Oct. 17 - Oct. 24

Latoya Chauncey
Lindbergh H.S., 128



Performing Arts

Dance

Ballet Tone and Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on center floor and barre for overall body conditioning. No prior ballet experience required. Leotard, leggings or tights and ballet shoes required. Studio is located behind a kitchen and bath design store.

DANC:701 | \$69

M01 M 7pm-8pm
Sept. 12 – Oct. 31

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 | \$79

M02 Th 7:30pm-8:30pm
Sept. 15 – Nov. 17

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. 12 – Oct. 31

ADIVA Dance Center

Do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store.

M02 Tu 8pm-8:45pm
Sept. 13 – Nov. 15

Studio-Brentwood

Bring shoes to first class-oxford style preferred-no metatarsal pad or rubber gripper on ball of shoe. (If questions, 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. 13 – Nov. 15

Bonnie Kleyboecker
St John's Ev. UCC, CAFE

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:715 | \$69

M01 Tu 8pm-9pm
Sept. 13 – Nov. 1

ADIVA Dance Center

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 | \$69

780 M 6:30pm-8pm
Sept. 12 – Oct. 17

Thembisile Mnyande
Sperreng, CAFE

Dancing with My Baby (a baby-wearing Latin Dance class)

This fun and exciting class will give moms or dads the opportunity to bond with their baby through the rhythms of Latin music. Geared towards parents who are wearing children between the ages of three months to one year. This class will have you moving and grooving in no time to Salsa, Merengue and Bachata. You'll learn a new Latin dance each week, get great exercise, meet new parents and dance with the leading star in your life...your baby! Class is specifically designed for a parent and baby/toddler. Parent-only registration required. On-street parking; stairs-only access to dance studio in residential area.

DANC:725 | \$69

P03 Sa 10am-11am
Sept. 17 – Nov. 5

Carmen Guynn
Almas Del Ritmo Dance Co.

Flamenco Dancing: Beginning

Enjoy the music and movement of classic flamenco dancing. This class will cover flamenco technique, different foot patterns, arm movements and flamenco rhythms. You will learn a choreography that is danced traditionally in Spain and is representative of Spanish culture. You will also learn how to incorporate Flamenco style and steps into other Latin music such as Bachata. No partner is required. On-street parking; stairs-only access to dance studio in residential area.

DANC:725 | \$69

P02 W 7pm-8:30pm
Sept. 14 – Nov. 2

Carmen Guynn
Almas Del Ritmo Dance Co.

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
Sept. 13 – Nov. 1

Carmen Guynn
Almas Del Ritmo Dance Co.

Latin Dancing: Beginning

Round out your basic ballroom skills and learn to dance to Latin rhythms, including cha cha, international style rumba, and the tango. 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.

DANC:725 | \$59

W01 Tu 8pm-9pm
Sept. 20 – Nov. 8

Karen Merlin
Bluebird Park

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! Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | \$69

M01 Th 7pm-8:30pm
Sept. 15 – Nov. 3

Charles Lages
St John's Ev. UCC, CAFE

Partners only.

W01 M 6:30pm-7:50pm
Sept. 19 – Nov. 21

Karen Merlin
Bluebird Park

Partners helpful though not required. Rotation of partners is encouraged but not mandatory.

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. No class 10/26.

DANC:721 | \$69

780 W 7:30pm-8:45pm
Sept. 14 – Nov. 9

Sherry Martin
Sperreng, CAFE

Let's Dance, Quick Start! Night Club 2-Step

Night Club 2-Step is a great couple's dance to learn to dance to slow music. It's a dance that crosses music types, from country dance to R&B, easy listening, and smooth jazz. Night Club 2-Step can travel around the dance floor, stay as a stationary dance or a combination. It's a popular style for many wedding couples because of its smooth, romantic, and relaxed qualities. If you are looking for a great 'slow dance,' Night Club 2-Step is THE dance to learn and our experienced instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:719 | \$39

M01 M 6:30pm-7:45pm
Sept. 12 – Sept. 26

Gerry & Bob Tevlin
Concordia Luth. Ch-Krkwd, CAFE

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, Latin and even Freestyle, if you like. Great music, 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. No class 10/26.

DANC:728 | \$69

780 W 6pm-7:15pm
Sept. 14 – Nov. 9
No Class 10/26

Sherry Martin
Sperreng, CAFE

M01 M 8pm-9:30pm
Sept. 12 – Nov. 7

Sherry Martin
Concordia Luth. Ch-Krkwd, CAFE

No Class 10/31

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.

DANC:728 | \$69

W01 Tu 6:30pm-7:50pm
Sept. 20 – Nov. 8
W02 Th 7pm-8:20pm
Sept. 22 – Nov. 10

Karen Merlin
Bluebird Park
Karen Merlin
Bluebird Park

PERSONAL ENRICHMENT

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. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 11/1, 11/8.

DANC:738 | \$69

780 Tu 7:30pm-9pm
Sept. 13 – Nov. 15

William Sevier
Sperrang, 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. 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 10/24, 10/31.

DANC:738 | \$59

W01 M 8pm-9pm
Sept. 19 – Nov. 21

Karen Merlin
Bluebird Park

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. No class 10/31.

DANC:738 | \$59

M01 M 6:30pm-7:45pm
Oct. 3 – Nov. 14

Gerry & Bob Tevlin
Concordia Lutheran
Ch-Kirkwood, CAFE

Modern Western-style Square Dancing: Introduction

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 not required. Wear casual clothes and comfortable shoes. Co-sponsored by West County Spinners. Check out video: <http://www.you2candance.com/square-dancing>

DANC:747 | \$39

M01 Tu 7:15pm-9:15pm
Sept. 20 – Nov. 8

Trinity Lutheran Church

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 11/1, 11/8

DANC:748 | \$69

780 Tu 6:15pm-7:15pm
Sept. 13 – Nov. 15

William Sevier
Sperrang, CAFE

Electric Slide: Beginning

Slide dancing is a fun, energetic way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! 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
Sept. 10 – Oct. 15

Eleanor Whitney
FV - PE, 233

582 Sa 11am-11:50am
Oct. 22 – Dec. 3

LaVerne Gee
FV - PE, 233

No Class 11/26

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
Sept. 10 – Oct. 15

Eleanor Whitney
FV - PE, 233

583 Sa 12pm-12:50pm
Oct. 22 – Dec. 3

LaVerne Gee
FV - PE, 233

No Class 11/26

Exclamation Point!

"Country Western Line Dancing was so much fun! Bill Sevier taught at a perfect pace and encouraged us to just enjoy dancing and not worry about messing up. You can tell he loves what he does."

Michael P, Sappington

Music

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.

MUSC:705 | \$69

750 Tu 7pm-8:30pm
Sept. 6 – Oct. 25

James Renz
Kirkwood H.S., W 115

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. No text required.

MUSC:705 | \$69

580 Sa 1:30pm-2:30pm
Aug. 27 – Dec. 3
No Class 9/3, 10/15, 11/26

Christina Springer
FV - C, 114

751 W 7pm-8:30pm
Sept. 7 – Oct. 26

James Renz
Kirkwood H.S., W 115

350 M 7pm-8:30pm
Sept. 12 – Nov. 7

Kelly Krener
WW, 214

Advanced Beginning Guitar

A continuation of Beginning Guitar. Students need acoustic guitar only. Students will continue reading standard music notation, play chords-including barre chords, play ensemble based music and work on basic improvisation skills. Text required..

MUSC:706 | \$99

580 Sa 12pm-1:30pm
Aug. 27 – Dec. 3

Christina Springer
FV - C, 114

No Class 9/3, 10/15, 11/26

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. Fee includes music and use of a ukulele.

MUSC:705 | \$95

730 Tu 7pm-9pm
Sept. 13 – Nov. 1

Karl Markl
Bernard Mid. School, 106

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 9/3 and 11/26.

MUSC:710 | \$99

580 Sa 8am-9:30am
Aug. 27 – Dec. 3

Christina Springer
FV - C, 114

No Class 9/3, 10/15, 11/26

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 10/18.

MUSC:710 | \$69

600 Tu 12pm-1pm
Aug. 30 – Nov. 22

Cheryl Conley
MC - HE, 112

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. 1 – Nov. 17

Cheryl Conley
MC - HE, 112

Piano: Advanced Beginning

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 10/18.

MUSC:711 | \$69

600 Tu 1:01pm-2pm
Aug. 30 – Nov. 22

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 9/3 and 11/26.

MUSC:711 | \$99

580 Sa 9:31am-11am
Aug. 27 - Dec. 3
No Class 9/3, 10/15, 11/26

Christina Springer
FV - C, 114

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 10/18.

MUSC:713 | \$69

601 Tu 9am-9:59am
Aug. 30 - Nov. 22

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. 1 - Nov. 17

Cheryl Conley
MC - HE, 112

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (30365). Auditions for seating only. Contact the conductor at 314-984-7636. No class 9/5.

MUSC:714 | \$35

220 M 7pm-9:40pm
Aug. 22 - Dec. 18

Gary Gackstetter
MC - HW, 102

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (30445). Auditions for seating only. Call the conductor at 314-984-7636. No class 11/24.

MUSC:716 | \$35

220 Th 7pm-9:40pm
Aug. 25 - Dec. 18

Gary Gackstetter
MC - HW, 102

Meramec Concert Choir

A study and performance of advanced choral literature including vocal technique and development. Available for credit as MUS 135.601 (30446). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 10/18 and 11/24.

MUSC:717 | \$35

220 Tu Th 12:30pm-1:50pm
Aug. 22 - Dec. 18

Gerald Myers
MC - HW, 102

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

651 M 6:30pm-7:30pm
Oct. 3 - Oct. 17

MC - SW, 108

650 M 6:30pm-7:30pm
Sept. 12 - Sept. 26

MC - SW, 108

350 M 6:30pm-7:30pm
Nov. 7 - Nov. 21

WW, 202

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 with fellow classmates and enjoy learning more about your talent; with a different style each semester! No class 10/31.

THTR:701 | \$95

650 M 7pm-9pm
Sept. 26 - Dec. 5

David Houghton
MC - SC, 125

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

450 M 6:30pm-8:30pm
Nov. 7 - Nov. 28

Robert Baker
FP - Theatre, 169

650 W 6:30pm-8:30pm
Aug. 31 - Sept. 21

Robert Baker
MC - HW, 102



Explore the Possibilities...

Continuing Education

Call 314-984-7777 to register beginning August 1

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. 16 – Oct. 14

Cheryl Petrovic
FP - F Tower, 411

Architectural Photography

Whether you are interested in the commercial applications of architectural photography for real estate or building documentation or if you just have an appreciation for architecture, this course will focus on the methods and techniques of photographing interiors and exteriors of buildings, homes, and landscaping. This hands-on course will include discussions on the choice of equipment, lighting, exposure, wide field panoramic photography, and virtual tours. Students will need to provide their own camera and transportation. Prerequisite: Digital Photography Basic

PHOT:710 | \$69

680 Su 12pm-2pm
Oct. 9 – Oct. 30

Gary Hesse
MC - SW, 210

New Copyright and Legalities

What is intellectual property? What are legal differences between commercial, non-commercial, and personal usage of photographs? Come to this workshop to find out about legal forms and releases, copyright, and other issues photographers need to know in order to properly protect themselves and their work.

PHOT:765 | \$30

550 Tu 6pm-9pm
Oct. 11

Gary Hesse
Corporate College

Digital Photography Introduction

Learn the basic skills of photography and how to use your digital camera. Gain a greater understanding of your camera functions and settings such as exposure modes, aperture, shutter speed, ISO, image quality, and white balance. Explore the creative use of light, exposure, depth of field, and composition to improve your photographs. Other camera equipment and accessories such as lenses, tripods, and flashes will also be discussed. You will need your own digital camera.

PHOT:720 | \$69

550 W 7pm-9pm
Aug. 24 – Sept. 21

Gary Hesse
MC - SW, 108

650 M 7pm-9pm
Aug. 29 – Oct. 3

Gary Hesse
SCEUC, 118

C50 Th 7pm-9pm
Aug. 25 – Sept. 22

Gary Hesse
Corp. College, 207

Digital Photography: Intermediate

This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. This class is geared for you to expand your understanding of light, color, and exposure. Special emphasis will be placed on RAW image file support. Learn how to photograph in more challenging lighting situations and how to correct and enhance your images and improve your skills as a photographer. You will need to bring your digital camera to class. Prerequisite: Digital Photography: Introduction or equivalent experience.

PHOT:721 | \$69

C50 W 7pm-9pm
Sept. 28 – Oct. 26

Gary Hesse
MC - SW, 108

C51 Th 7pm-9pm
Sept. 29 – Oct. 27

Gary Hesse
Corp. College, 207

Digital Photography: Advanced

This is a continuation of the introductory and intermediate digital photography classes. Students are expected to have a fundamental knowledge of their camera functions and the basics of digital photography. The goal of this class is to expand the student's understanding of digital photography and to explore more advanced features of their cameras and equipment. The class will also examine alternative and experimental methods and techniques for capturing and enhancing their photographic images. Prerequisite: Digital Photography: Introduction and Intermediate.

PHOT:722 | \$69

650 W 7pm-9pm
Nov. 2 – Dec. 7
No Class 11/23

Gary Hesse
MC - SW, 108

C50 Th 7pm-9pm
Nov. 3 – Dec. 8

Gary Hesse
Corp. College, 207

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 in-field, 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 equivalent experience. Bring your camera to each class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:708 | \$59

680 Sa 9am-11am
Sept. 10 – Oct. 1

Gary Hesse
MC - SW, 206

Studio Lighting, Portrait and Indoor Photography

This class serves as an introduction to the basic techniques of studio and location lighting. Students will learn how to use their flash as a primary and secondary light source. The use of multiple flashes, reflectors, and other light modifiers, as well as the pros and cons of flash versus continuous light, will be discussed and demonstrated in a hands-on environment. Learn effective and economical tips and techniques to achieve professional results. You will need to bring your digital camera to class. Prerequisite: Digital Photography Introduction or equivalent experience.. No class 11/26.

PHOT:711 | \$59

680 Sa 9am-11am
Nov. 5 – Dec. 10

Gary Hesse
MC - SW, 206

Field Photography: Sports, Concerts, Weddings and Events

Learn how to shoot events as a participant—not an observer—and create images that put your audience at the center of the action. Discover how to pick the best lens for each event, choosing from wide angle, normal, portrait or telephoto. Explore how professionals harness natural light to achieve great images. Master the basics of bounce flash to get expert results with just one light. Learn how to use a "shot list" to ensure that you capture all the images that each job requires. Get acquainted with legendary field photographers and learn how to put their techniques to work for you. Prerequisite: Digital Photography Introduction or equivalent experience. Bring digital camera to class.

PHOT:712 | \$59

680 Sa 9am-11:30am
Oct. 8 – Oct. 29

John Kerans
MC - SW, 206



Look for course descriptions for the following Adobe Photoshop classes for the Digital Photography Essentials program in Technology on page 21.

Adobe Photoshop Creative Cloud (CC): Introduction

COMP:755 | \$129

C50 W 6pm-9pm
Aug. 31 – Sept. 21

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

COMP:755 | \$129

C51 W 6pm-9pm
Oct. 5 – Oct. 26

Zak Zych
Corp. College, 206

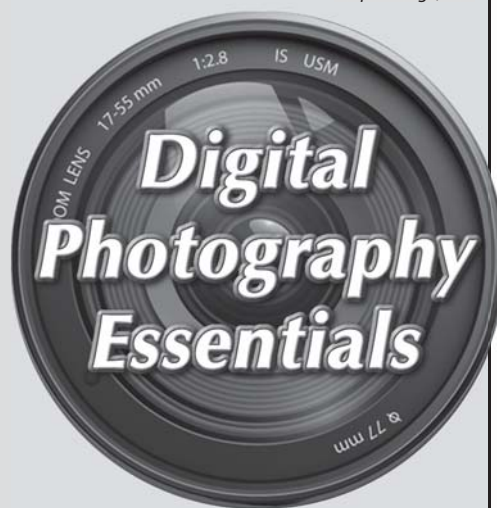
Adobe Photoshop Creative Cloud (CC): Advanced

No class 11/23.

COMP:755 | \$135

C52 W 6pm-9pm
Nov. 2 – Nov. 30

Zak Zych
Corp. College, 206



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

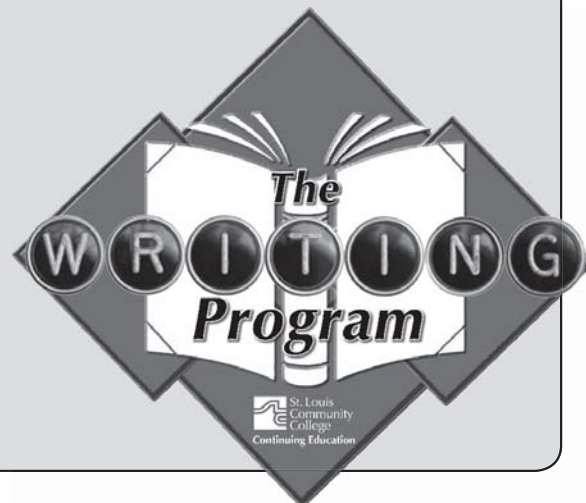
The St. Louis Community College Continuing Education **Writing Program** is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight 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 with a faculty member

For a complete brochure on the Writing Program, call 314-984-7777.



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

680 Sa 9am-3:30pm
Sept. 10

Jeffrey Ricker
MC - SO, 109

Creative Writing for New Writers: A One Day Workshop

Are you just getting started with writing? Come spend a day discovering your strengths as a writer. In this session, we will discuss what genre would best suit the story you want to tell, take some time to write, and then come together for a group workshop. You'll get positive feedback on your writing in a supportive environment. This workshop will help you create a short story, essay or poem. Bring writing tools of your choice (pen/paper or laptop/tablet) and a sack lunch to class.

WRIT:701 | \$59

680 Sa 9:30am-3:30pm
Sept. 17

Meredith McDonough
MC - SO, 109

The Craft of Writing

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. 13 - Oct. 4

Jeff May
MC - SO, 205

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 W 7pm-9:30pm
Sept. 14 - Oct. 5

Jordan Oakes
MC - SO, 112

Focus on Fiction: Plot

A well-crafted plot takes a story from good to great. There is no magic formula to produce the perfect plot, but there are tools and basic techniques that authors can use to shape their story ideas into plots. In this course, we look at the different ways you can create strong plot lines, explore tips and tools that you can use to develop your plot, and discuss common plot tropes and types found in fiction. Using lecture, examples and in-class exercises we will uncover methods of designing a compelling plot for your next story idea.

WRIT:724 | \$25

652 Th 7pm-9:30pm
Sept. 29

Melody Meiners
MC - CN, 225

Boot Camp for Writers

Do you have an idea for a fiction or nonfiction story or memoir, but are struggling 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

652 W 7pm-9:30pm
Oct. 19 - Nov. 9

Jordan Oakes
MC - SO, 112

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. No class 10/31.

WRIT:706 | \$69

651 M 7pm-9:30pm
Oct. 17 - Nov. 14

Jordan Oakes
MC - CS, 205

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 irreplaceably 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. 12 - Oct. 3

Jordan Oakes
MC - CS, 205

**Call 314-984-7777
to register beginning
August 1!**

Genre

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 | \$69

600 W 1pm-3pm
Sept. 14 - Oct. 5

Jordan Oakes
MC - CE

Exploring Genre Fiction

The market for genre fiction is stronger than ever and continues to attract droves of new readers. This explosive growth and the fiercely loyal fan base many genres attract has caused publishers and writers to rethink their view of the market. From new adult to urban fantasy, individual genres have delineating qualities, plots, and character types that make them different from one another. In this course, we will explore what makes writing stories in horror, science fiction, fantasy, mystery, new adult, young adult, and romance genres unique. Through lecture, case studies, and hands-on activities we will explore the different methods used in popular and emerging genres.

WRIT:724 | \$25

651 Th 7pm-9:30pm
Sept. 22

Melody Meiners
MC - SO, 205

Mining Your Soul Story

Our bodies record the sum of our experiences. Writing allows us to make meaning out of these memories. It separates what we are experiencing or have experienced from our reaction to it. Focused writing can be used to heal and manage pain. Using various prompts, reflective journaling time, and shared conversation, you will be given tools for mining and writing your own soul story. This workshop is intended for everyone—whether you are new to writing or a long-time journal writer. Bring a sack lunch.

WRIT:710 | \$59

680 Sa 9am-3pm
Sept. 24

Mary Eigel
MC - SO, 107

How to Map a Murder

Ever have the urge to write a whodunit? Published mystery authors Jo Hiestand and Pam DeVoe will lead you through the intricacies of plotting, character development, descriptive scene writing, and setting clues, as well as a brief description of publishing choices open to writers and some of the differences between traditional and self-publishing.

WRIT:719 | \$39

680 Sa 9am-1pm

Oct. 1

Jo Hiestand
Pam DeVoe
MC - SO, 109

Introduction to Screenwriting II: 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. This 6-week course is designed as a follow-up to Introduction to Screenwriting I. 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 scene writing exercises and share your work in class to receive constructive feedback. Note: This class is designed for writers who already have a basic understanding of screenwriting and screenplay format.

WRIT:728 | \$89

550 W 7pm-9:30pm
Oct. 5 - Nov. 9

Rita Russell
FV - SS, 103

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. No class 10/18.

WRIT:726 | \$69

650 Tu 7pm-9:30pm
Oct. 11 - Nov. 8

Jeffrey Ricker
MC - SO, 205

Publishing

Finding a Literary Agent

Finding the right literary agent in the traditional publishing world often feels like trying to find true love on an online dating website—the world seems overly competitive and the rules hard to navigate. Whether you're working on a fiction manuscript or have a completed novel ready to submit for publication, now's the time to start doing some research and drafting your queries. In this class, you'll learn about finding the right agent for your book. This class will cover researching agents, how to draft a killer query letter and synopsis and how to work with an agent once you've made the right match. Students should bring a short summary of their manuscript to class.

WRIT:704 | \$49

650 Tu 7pm-9:30pm
Oct. 4 - Oct. 11

Amanda Stogsdill
MC - SO, 206

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 required 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

651 Th 7pm-9pm
Oct. 6 - Oct. 13

Jill Mettendorf
MC - CN, 225

How to Get Published in Literary Magazines

Do you want to publish a story, essay, or poem in a literary magazine? Are you unsure where to begin? Whether you have finished pieces ready to go or are just getting started in your writing process, this introductory workshop will demystify the publishing process and build your confidence in your writing. This one-day course will help you match your unique, creative writing with like-minded publishers and get your writing out there! Bring your ideas, works-in-progress, your writing tools of choice (pen and paper or laptop) and a sack lunch to class.

WRIT:704 | \$59

680 Sa 9:30am-3:30pm
Oct. 8

Meredith McDonough
MC - SO, 109

Social Media for Writers

Facebook, Twitter, Google Plus, Pinterest, Instagram - it seems like there's a new "must have/must do" social media platform popping up every week. As a writer, you're told by agents, publishers, and fellow writers that you need to have a presence, a platform, a brand. Just what does that mean? Which tools should you use? How much do you have to do? And how do you do it right? In this one-day workshop, you'll explore the various social media channels available for aspiring and established authors, discuss best practices and do's and (in particular) don'ts, and get started on setting up your own account. Bring a sack lunch and a laptop or tablet to get the most out of this class.

WRIT:735 | \$59

680 Sa 9am-3:30pm
Oct. 15

Jeffrey Ricker
MC - SO, 109

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

681 Sa 8am-12pm
Nov. 5

MC - SO, 109

Program Completion

Portfolio Review - Writing Program

This is for confirmation that students have met the requirements of the Continuing Education non-credit Writing program. You must submit your portfolio for review. The work should exhibit increased proficiency in writing techniques and should aspire to high literary standards. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to award the certificate of completion. 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

450 TBA
Aug. 22 - Dec. 16

Jordan Oakes



Nature, Home & 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. 24

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. Course information will be sent.

ANIM:703 | \$69

M01 Sa 9:30am-11am
Sept. 10 - Oct. 15

Susan Baxter-Carr
RiverChase of Fenton

Dog Training: Beyond the Basics

Beyond the Basics is a skills training class for dogs who already have an understanding of Heel, Sit, Down, Stay and Come. Through class-work, games and homework you will train your dog to obey hand signals as well as voice commands, such as: heel without pulling; sit or down stay with you in, then out of the car; off-lead recalls from a distance; and pay attention to you and not distractions. This class uses the Positive Reinforcement and Praise method of dog training. Dogs must have current vaccinations. Practice at home a must. Course information will be sent.

ANIM:706 | \$69

M01 Sa 11am-12pm
Sept. 10 - Oct. 15

Susan Baxter-Carr
RiverChase of 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. Course information will be sent. No class 11/26.

ANIM:706 | \$79

M05 Sa 9:30am-11am
Oct. 22 - Dec. 3

Susan Baxter-Carr
RiverChase of 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). Course information will be sent. No class 11/26.

ANIM:706 | \$59

M06 Sa 11am-12pm
Oct. 22 - Dec. 3

Susan Baxter-Carr
RiverChase of Fenton

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.

To request more information on the Animal Welfare Assistant Program, call 314-984-7777

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. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29

650 Th 7pm-9:30pm
Sept. 29

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. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29

651 Th 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. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29

652 Th 7pm-9:30pm
Nov. 3

MC - SO, 105



Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control



PERSONAL ENRICHMENT

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 M04 for a discount. Course information sent.

ANIM:706 | \$69

M03 W 7:30pm-8:45pm
Sept. 21 – Oct. 26

Sandra Ellison
RiverChase of Fenton

Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 706 M03, 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

M04 W 7:30pm-8:45pm
Sept. 21 – Oct. 26

Sandra Ellison
RiverChase of Fenton

K9 Nose Work: An Introduction to Odor (Level III)

If you and your dog enjoyed our other DogSports K9 Nose Work courses, you'll love the new challenges presented in this "next step up" course. Whether competition is your goal or you'd just like to expand your dog's skills, come join us. We'll reinforce earlier basic skills then transition your dog from hunting for food to hunting for a specific target odor. Training classes will be held indoors. Give your sniff-loving canine new skills! Prerequisite: Dogs must have successfully completed both the Beginning and Advanced K9 Nose Work courses (no exceptions).

ANIM:706 | \$59

M02 W 6pm-7pm
Sept. 21 – Oct. 26

Sandra Ellison
RiverChase of 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. 21

Dr. Jerry Williams
Kirkwood H.S., W 109

New Strategies for Coping with the Loss of Your Pet

You're not alone. Making end-of-life choices for a beloved pet is one of the most difficult decisions you will be faced with. Second-guessing yourself is traumatizing and can lead to guilt, extending and intensifying the grief process. This class will provide guidelines and criteria for making decisions about end of life care and euthanasia. In addition, we'll examine the five stages of the grief process as they can apply to losing a beloved pet. There are wonderful ways to honor your pet and we'll share those with you. This is not a therapy or support class, but we can refer you to resources in the community to help meet those needs, too.

ANIM:765 | \$19

780 W 7pm-8:30pm
Oct. 19

Suzanne Gassner
Lindbergh H.S., 42

Exclamation Point!

"Our instructor Suebee Carr was GREAT! As a proud graduate of St. Louis Community College, I am thrilled that SLCC has such an incredible instructor."

Kevin G., St. Louis

Home Improvement and Maintenance

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. 6

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 10/18.

AUTO:715 | \$149

750 Tu 6pm-9pm
Sept. 20 – Nov. 15

Gus Sturmfels
Kirkwood H.S., IA170

Treasure or Trash: How to Identify Items of Value in Your Home

Have you ever wondered what your treasures are worth? Are you afraid to get rid of items in your home because they might be valuable and you did not know? Do you know what makes something valuable? Maria Gianino, International Society of Appraisers, Accredited Member and Certified Appraiser of Legacy Appraisals will give you the 10 characteristics to consider when determining the value of your personal property. This will be a fun and lively interactive presentation and although we will not have the time to discuss your individual items we will have items available to help you with the identification of what you may have at home.

HOME:701 | \$19

650 Th 7pm-8:30pm
Sept. 22

Maria Gianino
MC - CN, 225

Top 7 Strategies for Downsizing your Possessions or 'What Am I Going To Do With All My Stuff?'

Are you starting to think about downsizing and are overwhelmed by the thought of dealing with all of the stuff you have accumulated over the years? Are you holding on to items that belong to your adult children because they do not have the room to store them themselves? Do you have items that belonged to your deceased parents that you are not ready to let go and sell or donate? There is a method to the madness of downsizing and Maria Gianino, International Society of Appraisers, Accredited Member and Certified Appraiser of Legacy Appraisals will give you an action plan to start the daunting task of moving on to the next stage of your life.

HOME:701 | \$19

651 Tu 7pm-8:30pm
Oct. 25

Maria Gianino
MC - CN, 225

Think Like a Decorator

Explore the decor process as an interior designer does, thinking through the potential for enhanced beauty and improved function in your own home. We will talk about YOUR needs...YOUR desires... YOUR "givens" (what you will keep and work with). We'll talk about quick-fixes, where to shop and who to go to for more help, classic decor mistakes and much more, including how to achieve budget-friendly make-overs and re-designs. You'll benefit from "fresh eyes" and a new understanding of design basics. Bring 3 of your favorite decorating magazines.

HOME:702 | \$69

650 M 7pm-9pm
Sept. 26 – Oct. 17

Deborah Weltman
MC - SO, 112

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

650 W 7pm-9:30pm
Oct. 12

Kimberly Hany
MC - SO, 112



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

651 M 7pm-9:30pm
Sept. 19

Kimberly Hany
MC - SO, 232

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 M 7pm-9:30pm
Oct. 17

Kimberly Hany
MC - SO, 232

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 on Saturday morning, 9/24.

HOME:708 | \$39

350 Tu 6:30pm-9:30pm
Sept. 20
Sa 9am-11am
Sept. 24

Kathryn Leinauer
WW, 201
MC - Off Campus

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 on Saturday morning, 9/24. Provide own transportation.

HOME:709 | \$39

350 Th 6:30pm-9:30pm
Sept. 22
Sa 9am-11am
Sept. 24

Kathryn Leinauer
WW, 202
MC - Off Campus

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

750 Tu 7pm-9pm
Sept. 13

Jean Linton
Kirkwood H.S., SA 2

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

751 Tu 7pm-9pm
Sept. 20

Jean Linton
Kirkwood H.S., SA 2

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

752 Tu 7pm-9pm
Sept. 27

Jean Linton
Kirkwood H.S., SA 2

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

753 Tu 7pm-9pm
Oct. 4

Jean Linton
Kirkwood H.S., SA 2

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 to do it for you after this class.

HOME:713 | \$25

754 Tu 7pm-9pm
Oct. 11

Jean Linton
Kirkwood H.S., SA 2

Fearless Home Repair: 5 Repairs Every Homeowner Should Know

Would you like to be able to do some simple home repairs yourself? There are some household repairs and tasks you can do without using special tools. Come learn to locate utility shut offs, re-light a pilot light, fix a faucet, replace a furnace filter and replace electrical outlets and switches. Performing these few tasks yourself can save you a lot of money!

HOME:713 | \$25

550 W 7pm-9pm
Oct. 19

Jean Linton
FV - E, 158

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

551 W 7pm-9pm
Oct. 26

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 or 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

552 W 7pm-9pm
Nov. 2

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 to do it for you after this class.

HOME:713 | \$25

553 W 7pm-9pm
Nov. 9

Jean Linton
FV - E, 158

Exclamation Point!

"How to Use Power Tools was a fantastic class.

I hope Jean Linton offers more classes like this."

Maya S., Hazelwood



Like us on Facebook



St. Louis
Community
College
Continuing
Education

Master Naturalist

Master Naturalist Program

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 Program. Classes may be taken individually for your own personal enrichment, or as part of the Master Naturalist program.

For additional information,
contact the Office of Continuing Education at 314-984-7777.

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. 5

Brian Ettling
MC - SO, 107

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 has no 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 9/8. No refunds after this date.

ECOL:704 | \$49

6D1 Th 7pm-8:30pm
Sept. 22

Kat Golden
MC - SW, 207

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 9/22. No refunds after this date.

ECOL:704 | \$39

6D2 Th 7pm-8:30pm
Oct. 6

Kat Golden
MC - SW, 207

Exclamation Point!

"All About Herbs was the best class I've taken so far. Michelle Ochonicky kept it interesting, obviously loves the subject and loves to share her knowledge. She lectures well and knows her stuff."

Marcia B., Chesterfield

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 and for winterizing your herbs. 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 W 6pm-9pm
Sept. 14

Michelle Ochonicky
MC - SO, 109

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 9/28. No refunds after this date.

HORT:701 | \$29

6D1 Th 7pm-9pm
Oct. 6

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. 10

Nancee Kruscheck
MC - SO, 107

Shrubs and Perennials - What's Best for the Midwest?

Fall is the best time to plant to help establish a good root system for your landscape! 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. 3

Nancee Kruscheck
MC - SO, 107

New Right Tree, Right Place: Selection and Planting Advice

Many problems that our trees encounter can be traced back to selecting the wrong tree for a site or improper planting technique. Industry experts agree that fall is the best time to plant trees after the summer heat and before the winter freeze. Come learn how to choose the correct tree to fulfill your landscape needs and how to set them up for success by utilizing proper planting protocol! Community forester, Tom Ebeling, will walk you through the basics of tree planting and choosing the right tree for the right place.

HORT:708 | \$25

681 Sa 10am-12pm
Oct. 15

Tom Ebeling
MC - SO, 108

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 Nancee Kruscheck
Sept. 24 MC - SO, 205

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 Nancee Kruscheck
Sept. 17 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 Nancee Kruscheck
Oct. 8 MC - SO, 108

Nature

Raptors: A Look at Hawks and Eagles

Come soar with the eagles and hawks; masters of the sky and the ultimate raptors. Learn about anatomy, behaviors and adaptations. Concentration will be on the bald eagle, master fisherman and red tail hawk. Offered in cooperation with St. Louis Audubon Society.

NATR:709 | \$25
652 W 7pm-9pm
Oct. 5 MC - SO, 108

Introduction to Bird Watching

According to the U.S. Fish & 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 W 7pm-9pm
Sept. 7 MC - SO, 107
Sa Sept. 10 MC - Off Campus

New Sparrows

There are thirty species of native sparrow in North America, a dozen of which can be found nesting in Missouri. Come learn about the habitat, behavior, and markings of this little bird. Towhees and Juncos will be included in the discussion. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25
654 W 7pm-9pm
Nov. 2 MC - SO, 108

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 | \$29
680 Sa 9am-12pm Tony Elliott
Oct. 1 MC - SO, 107

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
651 Th 6:30pm-8:30pm Mark H.X. Glenshaw
Sept. 8 MC - SO, 108

New Great Horned Owls: Hunting and Feeding

Mark H.X. Glenshaw, an award-winning naturalist has been observing, documenting, and doing outreach with Great Horned Owls in Forest Park since December 2005. Mark has learned many of the owls' hunting perches and observed and documented many predatory attempts as well as seen the owls feed themselves and their many owlets. Please join us for a fascinating insight into one of the most successful predators in the Americas.

NATR:709 | \$25
653 Th 6:30pm-8:30pm Mark H.X. Glenshaw
Oct. 20 MC - SO, 109

On the Brink Again? Recovering Two Endangered Wolves

Recovering a species from 14 individual animals, or even 7, is a challenging process. Both the red wolf (who was native to Missouri) and the Mexican gray wolf have come back from the brink of extinction by the passion and efforts of several facilities. This class will focus on the Endangered Wolf Center's key role in their recovery and the current status of each species in the wild now. A tour of the animals will be included. Children ages 12-15 may register when accompanied by a registered adult. Call EWC at 636-938-5900 and for directions and location details. Offered in partnership with the Endangered Wolf Center.

NATR:710 | \$29
M01 Sa 9am-12pm
Sept. 17 Endangered Wolf Center

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 Tom Ebeling, Community Forester 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 Tom Ebeling
Sept. 22 MC - SO, 109

New Grass Identification without Keys

From prairie to woodland to pasture to spring to roadside grasses-this class will help you increase your knowledge of grass identification and provide an overview and recognition of many of the common grass families including panicums, bromes and elymus. Class discussions will be enriched with a weekend field trip where you will create your own personal herbarium notebook of species with assistance from members of the Native Plant Society. Provide own transportation.

NATR:722 | \$49
650 Tu 6:30pm-8:30pm
Sept. 6 - Sept. 13 MC - SW, 106
Sa 9am-12pm
Sept. 10 MC - Off Campus

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 | \$29
680 Sa 9am-12pm Jeffrey Smith
Oct. 8 MC - SW, 106

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 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 Michael Malolepszy
Aug. 22 - Aug. 29 MC - SO, 107
W 7pm-9pm
Aug. 24-Aug. 31 MC - SO, 107



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
Aug. 27

Michael Malolepszy
MC - SO, 108



New Beekeeping: Pest and Disease Management

Maintaining healthy, productive colonies is essential for every new and experienced beekeeper to sustain their hives and honey production. Join local beekeeper and business owner, Jane Sueme, to learn about common insect pests and parasites, how to spot signs of disease and how to mitigate the effects to the colony and other honeybee colonies. You'll also learn about techniques to protect stored equipment from insect damage.

NATR:733 | \$29
680 Sa 9am-12pm
Oct. 8

Jane Sueme
MC - SO, 107

Introduction to Beekeeping

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
681 Sa 9am-12pm
Dec. 3

Jane Sueme
MC - SO, 107

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

350 Tu 7pm-9pm
Sept. 13

650 Th 7pm-9pm
Sept. 29

580 Sa 9:30am-11:30am
Oct. 15

Jill McCoy

WW, 201

Jill McCoy

MC - CN, 202

Janelle Stowers

FV - SS, 103

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
Oct. 4

650 Th 7pm-9pm
Oct. 20

Jill McCoy

WW, 201

Jill McCoy

MC - CN, 202

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:712 | \$29

650 Th 7pm-9pm
Oct. 13

Jill McCoy
MC - CN, 202

Our Call Center hours are changing



St. Louis Community College
Continuing Education

Registration begins Monday, August 1!

Call 314-984-7777 to register

Monday - Thursday: 8:30 a.m. - 7:30 p.m.

Fridays: 8:30 a.m. - 4 p.m.

Beginning Monday, August 22,
Our Call Center hours will be

Monday - Thursday: 8:30 a.m. - 5 p.m.

Fridays: 8:30 a.m. - 4 p.m.

Personal Finance

Finance & Investing

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 will relate first-hand experience in the oil market the last time oil collapsed in 1986, similar to the recent decline - and the similar opportunities this may present based on the 18-year cycle (oil bottomed in 1998) and a large shift in investment dollars currently underway. A discussion of the crash of 1987, 2008, and others, and the warning signs ahead of time will also be discussed. Lunch on your own.

FINC:705 | \$89

680 Sa 9am-4pm
Oct. 29 - Nov. 5

Brian Bingham
Corp. College, 208

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; how to set SMART financial goals; 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

650 Tu 6:30pm-9pm
Sept. 20 - Sept. 27

Margie Bittner
MC - SO, 204

New Demystifying Annuities

Get answers to all of your questions and concerns about annuities. Are they appropriate for me? How much do they cost? When should I purchase one? How can an annuity help me in retirement? Learn the difference between income annuities and deferred annuities with GLWBs. Compare fixed vs. variable annuities. Understand why annuities are called "income insurance."

FINC:705 | \$25

651 Th 6pm-8pm
Nov. 3

Margie Bittner
MC - SO, 108

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

680 Sa 9am-1pm
Oct. 22

Tiffany Smith
MC - SO, 107

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

550 Tu 6pm-8pm
Sept. 13
450 Tu 6pm-8pm
Sept. 27

Andrew Hall
FV - B, 211
Andrew Hall
FP - G Tower, 115

Understanding Wall Street

Understanding how stocks, bonds, mutual funds and the various financial vehicles of Wall Street function is essential to a solid financial backbone. Learn what these vehicles are, how they work, and separate "fact from fiction" when it comes to "fueling" your retirement fire. Discussion will include how these items work and how the taxes and fees woven into these vehicles can affect your bottom line. You will get an overview of:

- Stocks, Bonds, and Mutual Funds - What's the difference?
- Tax Considerations - the ultimate loophole
- Understanding Fees
- Common Financial Myths
- Overcoming Obstacles to creating wealth
- Exit Strategies - How these vehicles can affect your legacy.

FINC:765 | \$19

650 Th 6:30pm-8pm
Oct. 6

Andrew Hall
MC - SO, 108

Estate Planning

Preparing Your Estate Plan

Designed for anyone who would like to better understand the basics of estate planning. Participants will learn what to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family. In addition, you will learn the importance of beneficiary designations, TODs, PODs, powers of attorney and health care directives. You don't have to be wealthy to make a plan for your heirs! Taught by both a financial advisor and an estate attorney.

FINC:710 | \$35

650 Th 6:30pm-9pm
Oct. 6

Margie Bittner
Kathy Gmelich
MC - SO, 109

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. 21
550 W 7pm-9pm
Sept. 14

Jacquelynn Capriano
SCEUC, 120
Charles Amen
FV - B, 125

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

710 W 6pm-8pm
Sept. 7
711 M 6pm-8pm
Oct. 10

Yvonne Homeyer
Clayton H.S., 124
Yvonne Homeyer
Clayton H.S., 123

Retirement Planning

Retirement Planning 101

Start now and be prepared for your retirement financial needs. If you fail to plan you might be planning to fail. Taught by a Certified Financial Planner college instructor, this course will provide a model to evaluate your retirement strategy and make alterations as life moves on. Course will address: retirement needs, goals and dreams; your ability to save; investment expectations, performance and risk tolerance; investment strategies; tax-favored investment vehicles including IRAs, 401Ks, life insurance and annuities.

FINC:736 | \$49

450 M 6pm-9pm
Sept. 19 - Sept. 26

Steven Bailey
FP - G Tower, 115

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. 14
550 W 6pm-9pm
Oct. 5
350 W 7pm-9pm
Oct. 5
652 W 7pm-9pm
Oct. 12

Steve Glazer
MC - BA, 114
Bill Dorr
FV - B, 124
Steve Glazer
WW, 220
Steve Glazer
MC - BA, 114

Exclamation Point!

"The two courses **Brian Bingham** teaches are life changing courses. Thank you for providing such an invaluable resource to us."

Ryan M., St. Louis



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. 28

Steve Glazer
MC - BA, 114

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
654 Tu 6:30pm-9pm
Oct. 25

Margie Bittner
MC - SO, 204



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
653 W 7pm-9pm
Oct. 19

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
Sept. 29

Mary Biggs
MC - SO, 109

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
S50 Th 7pm-9pm
Nov. 3

Paul Gantner
SCEUC, 100

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 W 6:30pm-8:30pm
Oct. 12 - Oct. 19

Erin De Vore
MC - BA, 120

**Our Seats
Fill Fast!**



**Registration
begins August 1.**

Languages

For textbook information, view the
Explore Our Classes page online.

Arabic

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.

FLAR:717 | \$99
650 M 6:30pm-8:30pm
Sept. 12 - Oct. 31

Jabr Dumit
MC - CN, 203

Arabic: Language Beginning II

This course builds upon skills learned in Arabic Language: Beginning I. We include further work in conversation, reading, writing, and grammar. Text required-bring to first class.

FLAR:718 | \$99
650 W 6:30pm-8:30pm
Sept. 14 - Nov. 2

Jabr Dumit
MC - CN, 204

Bosnian

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
S50 Th 6:30pm-8:30pm
Sept. 15 - Nov. 3

Azim Mujakic
SCEUC, 101

Chinese

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. 12 - Oct. 3

John Yeh
MC - CN, 201

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. 10 - Nov. 28

John Yeh
MC - CN, 201

French

French for the Traveler

Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read 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.

FLFR:716 | \$75

650 M 7pm-9pm Patricia Adams
Aug. 22 – Oct. 3 MC - CN, 126
No Class 9/5
920 W 6:30pm-8:30pm Manuella Bonnet
Sept. 14 – Oct. 19 U. City H.S., 115

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

P01 Tu 7pm-9pm Patricia Adams
Aug. 23 – Oct. 11 Nottingham, 108

Text is required

750 W 7pm-9pm Marcel Kyle
Sept. 14 – Nov. 2 Kirkwood H.S., W 122

No text required. Bring a pocket folder, notebook and pen.

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. No text required. Bring a pocket folder, notebook and pen. No class 10/18, 11/8.

FLFR:718 | \$99

750 Tu 7pm-9pm Marcel Kyle
Sept. 13 – Nov. 15 Kirkwood H.S., W 122

German

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

650 W 6:30pm-8:45pm Dustin Glastetter
Aug. 24 – Sept. 14 MC - CN, 201
450 W 6:30pm-8:45pm Dustin Glastetter
Nov. 9 – Dec. 7 FP - G Tower, 115
No Class 11/23

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

650 M 6:30pm-8:45pm Dustin Glastetter
Sept. 26 – Nov. 7 MC - CN, 230

German Language: Beginning II

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 I or equivalent experience. No text required.

FLGE:719 | \$99

650 W 6:30pm-8:45pm Dustin Glastetter
Sept. 21 – Nov. 2 MC - CN, 230

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

651 Th 6:30pm-8:45pm Dustin Glastetter
Aug. 25 – Oct. 6 MC - CN, 203

New German Language: Intermediate

Continue to increase your knowledge of The German Language including speaking, writing, grammar, and vocabulary. Dialogues will be utilized with a special emphasis placed on grammar. Prerequisite: German Beginning III or equivalent. No text required. No class 11/24.

FLGE:720 | \$99

650 Th 6:30pm-8:45pm Dustin Glastetter
Oct. 20 – Dec. 8 MC - CN, 203

Irish

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 Sarah Johnson
Sept. 17 – Nov. 5 FP - F Tower, 211

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

480 Sa 11:30am-1:30pm Sarah Johnson
Sept. 17 – Nov. 5 FP - F Tower, 211

Italian

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

601 Tu 4pm-6pm Barbara Klein
Sept. 13 – Oct. 25 MC - CS, 209
No Class 10/18
400 M 4pm-6pm Barbara Klein
Nov. 14 – Dec. 19 FP - G Tower, 113
650 M 7pm-9pm Barbara Klein
Nov. 14 – Dec. 19 MC - CS, 209

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

750 W 6:30pm-8:30pm Maria Brandle
Aug. 24 – Oct. 12 Kirkwood H.S., E 183
600 M 4pm-6pm Barbara Klein
Sept. 19 – Nov. 7 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 11/23.

FLIT:718 | \$99

750 W 6:30pm-8:30pm Maria Brandle
Oct. 19 – Dec. 14 Kirkwood H.S., E 183

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. 23 – Oct. 11 Kirkwood H.S., E 183
650 Tu 7pm-9pm Barbara Klein
Sept. 13 – Nov. 8 MC - CS, 209
No Class 10/18

Italian Conversation: Intermediate I

Improve your conversational skills in Italian through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Class will be conducted almost exclusively in Italian. Prerequisite: Italian Language: Beginning III or equivalent experience. Text required - bring to first class. Class on 11/8 will be held on the Meramec campus, Social Science Bldg (SO) room 204.

FLIT:720 | \$99

750 Tu 6:30pm-8:30pm Maria Brandle
Oct. 25 – Dec. 13 Kirkwood H.S., E 183
Tu 6:30pm-8:30pm
Nov. 8 MC - SO, 204

New Italian Conversation: Intermediate II

Continue to improve your conversational skills in Italian through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Class will be conducted almost exclusively in Italian. Prerequisite: Italian Language: Intermediate I or equivalent experience. Text required - bring to first class.

FLIT:721 | \$99

650 M 7pm-9pm Barbara Klein
Sept. 19 – Nov. 7 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.

FLIT:723 | \$99

710 M 7pm-9pm M Flynn
Sept. 26 – Nov. 14 Clayton H.S., 124

Prepare for a global experience with Continuing Education

PERSONAL ENRICHMENT

Preparing for Your Trip to Italy

Do you have an upcoming trip to Italy or want to know more about traveling in Italy? 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

650 W 7pm-9pm
Sept. 14

Barbara Klein

MC - CN, 128

400 Tu 5:30pm-7:30pm
Nov. 15

Barbara Klein

FP - G Tower, 115

Korean

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
Sept. 24 - Nov. 12

Misook Yu

MC - BA, 202

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
Sept. 26 - Nov. 14

Misook Yu

MC - BA, 205

Portuguese

Portuguese for the Traveler

Enjoy an easy and practical introduction to the Brazilian Portuguese 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! Taught by a native-fluent speaker provided by Viva Brasil STL. Text suggested-bring to first class.

FLPG:716 | \$75

650 W 7pm-9pm
Oct. 12 - Nov. 16

MC - CS, 210

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-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

FLPG:717 | \$99

680 Sa 10am-12pm
Aug. 13 - Oct. 8

MC - CN, 227

650 W 7pm-9pm
Aug. 24 - Oct. 12

MC - CS, 204

651 W 7pm-9pm
Oct. 19 - Dec. 14

MC - CN, 226

No Class 11/23



Look for Portuguese Language for Kids in the Youth and Family section on page 68

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-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

FLPG:718 | \$99

650 W 7pm-9pm
Oct. 19 - Dec. 14

MC - CN, 128

No Class 11/23

680 Sa 10am-12pm
Oct. 22 - Dec. 17

MC - CN, 230

No Class 11/26

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-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

FLPG:719 | \$99

680 Sa 10am-12pm
Aug. 13 - Oct. 8

MC - CN, 224

No Class 9/3

650 W 7pm-9pm
Aug. 24 - Oct. 12

MC - CN, 226

Portuguese: Intermediate I

Improve your conversational skills in Portuguese through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Brazilian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Portuguese Language - Beginning III or equivalent experience. Taught by a native-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

FLPG:720 | \$99

680 Sa 10am-12pm
Aug. 13 - Oct. 8

MC - CN, 230

No Class 9/3

650 W 7pm-9pm
Oct. 19 - Dec. 14

MC - CS, 204

No Class 11/23

681 Sa 10am-12pm
Oct. 22 - Dec. 17

MC - CN, 224

No Class 11/26

New Portuguese: Intermediate II

Continue to improve your conversational skills in Portuguese through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Brazilian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Portuguese: Intermediate I or equivalent experience. No text required. Bring a pocket folder, notebook and pen. No class 11/26.

FLPG:721 | \$99

680 Sa 10am-12pm
Oct. 22 - Dec. 17

MC - CN, 226

New Portuguese Conversation

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Brazilian Portuguese by reading and discussing short selections on a variety of topics. Prerequisite: Portuguese - Intermediate II or equivalent experience. No text required. Bring a pocket folder, notebook and pen.

FLPG:723 | \$75

650 W 7pm-9pm
Aug. 24 - Sept. 28

MC - CS, 210

Russian

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 | \$59

650 Tu 7pm-9pm
Sept. 20 - Oct. 11

Valerie Powers

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. No class Tuesday, 11/8. **Please note first class will meet Monday, 10/17 in CN, 202.**

FLRU:717 | \$99

651 M 7pm-9pm
Oct. 17

Valerie Powers

MC - CN, 202

Tu 7pm-9pm
Oct. 25 - Dec. 13

MC - CN, 201

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 10/12, 10/19, 11/9, 11/23.

FLRU:718 | \$99

650 W 7pm-9pm
Sept. 21 - Dec. 7

Valerie Powers

MC - CN, 201

New Russian Language: Intermediate I

Continue to deepen your knowledge of Russian and expand its use. Students will become increasingly proficient in conversational skills as they use their language to explore real-life situations. Prerequisite: Russian Language: Beginning III. No class 10/13, 10/20. Text required - bring to first class.

FLRU:720 | \$99

650 Th 7pm-9pm
Sept. 15 - Nov. 17

Valerie Powers

MC - CN, 201

Spanish

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! Text required - bring to first class.

FLSP:716 | \$75

600 W 4pm-6pm
Sept. 7 - Oct. 12

Maria de la Garza

MC - CS, 204

350 W 5:30pm-7:30pm
Oct. 5 - Nov. 9

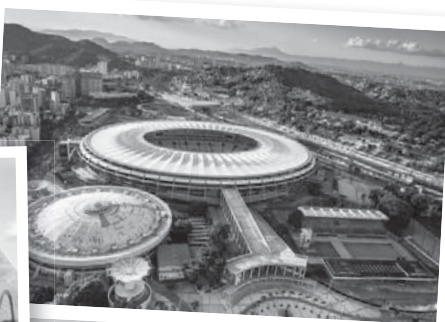
Burnette McNamee

WW, 223

650 Tu 6:30pm-8:30pm
Nov. 1 - Dec. 6

Maria de la Garza

MC - CS, 205



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

| | | |
|-----|--|--|
| 650 | M 7pm-9pm Aug. 22 – Oct. 17 No Class 9/5 | Ann Matthews MC - CS, 210 |
| 550 | Tu 6:30pm-8:30pm Aug. 23 – Oct. 11 Th 4pm-6:15pm Aug. 25 – Oct. 13 No Class 9/15 | Maria de la Garza FV - C, 104 |
| 600 | Th 4pm-6:15pm Aug. 25 – Oct. 13 No Class 9/15 | Ann Matthews MC - CS, 210 |
| 450 | Tu 7pm-9pm Aug. 30 – Oct. 25 No Class 10/18 | Timothy Neckermann FP - G Tower, 111 |
| 780 | M 7pm-9pm Oct. 17 – Dec. 12 No Class 11/7 | Timothy Neckermann Lindbergh H.S., 51 |

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

| | | |
|-----|---|--|
| 780 | W 7pm-9pm Aug. 24 – Oct. 12 | Timothy Neckermann Lindbergh H.S., 51 |
| 450 | Th 7pm-9pm Aug. 25 – Oct. 13 | Timothy Neckermann FP - G Tower, 111 |
| 600 | Th 4pm-6pm Oct. 20 – Dec. 15 No Class 11/24 | Ann Matthews MC - CS, 210 |
| 650 | M 7pm-9pm Oct. 24 – Dec. 12 | Ann Matthews MC - CS, 210 |

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

| | | |
|-----|---|--|
| 650 | Th 7pm-9pm Aug. 25 – Oct. 20 No Class 9/15 | Ann Matthews MC - CS, 204 |
| 780 | W 7pm-9pm Oct. 19 – Dec. 14 No Class 11/23 | Timothy Neckermann Lindbergh H.S., 51 |
| 450 | Th 7pm-9pm Oct. 20 – Dec. 15 No Class 11/24 | Timothy Neckermann 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 Aug. 24 – Oct. 12 | Maria de la Garza Lindbergh H.S., 54 |
| 450 | Th 7pm-9pm Aug. 25 – Oct. 13 | Lorenzo Gonzalez 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.

FLSP:721 | \$99

| | | |
|-----|---|---|
| 780 | W 7pm-9pm Oct. 19 – Dec. 14 No Class 11/23 | Maria de la Garza Lindbergh H.S., 54 |
| 450 | Th 7pm-9pm Oct. 20 – Dec. 15 No Class 11/24 | Lorenzo Gonzalez FP - G Tower, 113 |

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 II or equivalent experience. Text required - will be discussed at first class.

FLSP:723 | \$99

| | | |
|-----|---|--|
| 450 | Tu 7pm-9pm Aug. 23 – Oct. 11 | Lorenzo Gonzalez FP - G Tower, 113 |
| 720 | W 7pm-9pm Sept. 21 – Nov. 16 No Class 10/12 | Margarita Gunther Clayton H.S., 124 |
| 451 | Tu 7pm-9pm Oct. 25 – Dec. 13 | Lorenzo Gonzalez FP - G Tower, 113 |

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.

FLSP:765 | \$99

| | | |
|-----|--------------------------------|------------------------------|
| 601 | M 4pm-6pm Oct. 24 – Dec. 12 | Ann Matthews MC - CS, 204 |
|-----|--------------------------------|------------------------------|

Spanish Grammar: Level II

Continue to increase your proficiency in conjugating verbs and understanding of the present tense and the preterite (past) tense through more writing and more practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level I or equivalent experience. Text required - bring to first class. No class 9/5.

FLSP:765 | \$99

| | | |
|-----|--------------------------------|------------------------------|
| 600 | M 4pm-6pm Aug. 22 – Oct. 17 | Ann Matthews MC - CS, 204 |
|-----|--------------------------------|------------------------------|

New Spanish Grammar: Level III

Gain an in-depth understanding of the preterite and imperfect past tenses, reflexive verbs, and the future tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level II or equivalent experience. Text required - bring to first class. No class 9/3, 9/17.

FLSP:765 | \$99

| | | |
|-----|-----------------------------------|------------------------------|
| 680 | Sa 10am-12pm Aug. 27 – Oct. 29 | Ann Matthews MC - CS, 210 |
|-----|-----------------------------------|------------------------------|

Sign Language

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. No class 10/31.

SIGN:701 | \$99

| | | |
|-----|-------------------------------|--------------------------------|
| 550 | M 6pm-8pm Oct. 3 – Nov. 28 | Antonina Wilson FV - C, 112 |
|-----|-------------------------------|--------------------------------|

Sign Language: Intermediate ASL

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 11/23.

SIGN:703 | \$99

| | | |
|-----|-------------------------------|--------------------------------|
| 550 | W 6pm-8pm Oct. 5 – Nov. 30 | Antonina Wilson FV - C, 112 |
|-----|-------------------------------|--------------------------------|

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. No class 10/18.

SIGN:701 | \$99

| | | |
|-----|--|-----------------------------|
| 550 | Tu 6:30pm-8:30pm Sept. 20 – Nov. 15 | Cynthia Hayes SCEUC, 102 |
|-----|--|-----------------------------|

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 | \$99

| | | |
|-----|--|-----------------------------|
| 550 | Th 6:30pm-8:30pm Sept. 22 – Nov. 10 | Cynthia Hayes SCEUC, 102 |
|-----|--|-----------------------------|

New Getting Started with Sign Language: Beginning III

Increase your ability to communicate using sign language and continue to learn many more signs as you work through the book "Signing Illustrated". Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language II. Text required-bring to first class No class 10/31.

SIGN:702 | \$99

| | | |
|-----|---------------------------------------|-----------------------------|
| 551 | M 6:30pm-8:30pm Sept. 19 – Nov. 14 | Cynthia Hayes SCEUC, 122 |
|-----|---------------------------------------|-----------------------------|

Silent Weekend

Experience silence and new communication experiences 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 at noon. Informational letter will be sent after registering via email. No refunds after 10/21.

SIGN:725 | \$129

| | | |
|-----|--------------------------|--------------------------------------|
| VD1 | FSaSu Nov. 4 – Nov. 6 | Regina Driskill Babler State Park |
|-----|--------------------------|--------------------------------------|





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. Student must have basic PC computer skills and know how to use Windows and a mouse.

GENE:701 | \$49

600 Tu 3pm-5pm
Sept. 14 - Oct. 15

Mary Stamm
MC - BA, 203

Library Databases For Genealogy

Our St. Louis County Library has a variety of databases that can help us expand our family history. Learn about the different databases and how to effectively use them. Student must have basic PC computer skills and know how to use Windows and a mouse. Students should bring their library card to class.

GENE:704 | \$15

600 W 3pm-5pm
Oct. 19

Mary Stamm
MC - BA, 208

Genealogical Gems - Military Records

Researchers often know that a family member served in the US military. But they don't know where to start looking for information. Learn what records are available and where you can locate them. Student must have basic PC computer skills and know how to use Windows and a mouse. Class uses the St. Louis County Library card. Students should bring their library card to class.

GENE:705 | \$15

600 Tu 3pm-5pm
Oct. 11

Mary Stamm
MC - BA, 203

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
Oct. 22 - Oct. 29

LaDonna Garner
FV - B, 127

New Introduction to U.S. Land Records

U.S. land records are some of the earliest documents available to researchers. This course will enable students to have an understanding of the U.S. land record system for genealogical research. Prerequisite: Windows Introduction class or equivalent experience.

GENE:765 | \$45

581 Sa 9am-12pm
Nov. 12-19

LaDonna Garner
FV - B, 120

History

Galvanized Yankees and the Civil War

What was a "Galvanized Yankee?" They originated after the Battle of Gettysburg in 1863 when President Lincoln decreed that there would be no more prisoners of war exchanged between North and South. Anyone captured after that battle, wounded or not, was conscripted into the Union Army if they healed and were well enough to march. Come follow the graphic journey of one "galvanized" Union soldier. Newly released records allow this evening's storyteller to recount this true ancestral story of Civil War experiences. As you listen, be inspired to vividly record your own family stories.

HIST:701 | \$19

650 M 7pm-8:30pm
Sept. 19

Gloria Perry
MC - CN, 202

Role of Myths and Symbols in American Culture: A 3-part Series

This class will look at a series of 20 to 25 symbolic events and 10 to 15 myths from the 17th to 19th centuries that have played a role in shaping our culture today. Historic events will include: The Mayflower Compact, The Boston Tea Party, the Firing on Fort Sumter, Custer's Last Stand, Signs of Segregation and many others. Myths will include Uncle Sam, Paul Bunyan, Puritan Dress, the American Dollar Bill, The Battle of Bunker Hill, the American Trinity (Washington, Lincoln and Jefferson), and much more. You'll be surprised by the by what you discover during this class.

HIST:703 | \$39

600 Th 1pm-3pm
Sept. 22 - Oct. 6

Thomas St John
MC - BA, 116

Battle for Saratoga: Revolutionary War

Saratoga was the beginning of the end for the British in the Revolutionary War. Learn how a smaller American army and militia inflicted the first decisive defeat on the British, and how it influenced the rest of the world, turning our revolution into a global conflict.

HIST:703 | \$19

650 Th 7pm-9:30pm
Sept. 15

Chris Ketcherside
MC - SO, 205

Iraq and Jordan

These two Hashemite Kingdoms in the Middle East were created by the British after World War I from the defeated Ottoman/Turkish Empire. In this two-session class, we will review the historical account of their creation, the mandate that Britain held over both, and a collection of fascinating stories that will bring us up to date with these nations today.

HIST:727 | \$29

650 Tu 7pm-9pm
Sept. 20 - Sept. 27

Thomas St John
MC - SO, 206

How the U.S. Acquired Its Territory

Did you ever wonder how the United States acquired its territory? We have heard of the original 13 states, Louisiana Purchase and Alaska, but how were those boundaries filled out? How did we get Florida, Hawaii and what about the Gadsden Purchase? How were boundary disputes settled and what about those tropical islands, Puerto Rico, Guam, American Samoa and others? How did these territorial acquisitions take place and what effect did they have on our history? Come spend an evening researching this fascinating topic.

HIST:703 | \$19

651 Th 7pm-9pm
Sept. 29

James Gallen
MC - SO, 205

Custer as Indian Fighter: Well Deserved or Historically Contrived?

George Armstrong Custer is best remembered for his "last stand" at Little Bighorn against the Lakota and Cheyenne. Even though he was a Civil War hero, he reinvented himself as a frontier plainsman to engage the Native Americans. This class will explore how well Custer accomplished this in his battles against the Indians.

HIST:703 | \$19

652 Tu 7pm-9pm
Nov. 15

Vincent Heier
MC - SO, 206

The Civil Rights Movement

In the past few years, racial tension has engendered fear, resentment, and even violence in what we had hoped was a post-racial America. As our society responds to this issue, it is helpful to recall the progress that it has made, painstakingly but steadily, toward racial equality. This class will explore the Civil Rights Movement of the 1950s and 60s in the context of the era's culture and values. It will examine the movement's key events, proponents, adversaries, approaches, and victories. Finally, the course will evaluate the extent to which the Civil Rights Movement fulfilled the dream envisioned by its (arguably) central figure, Dr. Martin Luther King, Jr. Join us for an examination of a topic that, although decades old, remains relevant and is essential to understanding our current social climate.

HIST:703 | \$19

601 M 1pm-3pm
Oct. 3

Katie Young
MC - CN, 226

Lee's Retreat, April 1865

The last days of the Civil War continued the fierce fighting that characterized the entire conflict. As the Confederacy fell, Robert E. Lee desperately tried to elude the Union army's dogged pursuit. This class will follow Lee's retreat focusing upon the moments and men who fought culminating in the Southern army's surrender at Appomattox.

HIST:705 | \$19

650 Tu 7pm-9pm
Sept. 13

Vincent Heier
MC - SO, 206

Battle of Wilson's Creek: U.S. Civil War in Missouri

One of the early battles of the war, Wilson's Creek was decisive in keeping Missouri in the Union, despite it being a Federal defeat. In an area known better for the guerrilla war that characterized the war, Wilson's Creek was a fight reminiscent of the larger battles fought east of the Mississippi River.

HIST:705 | \$19

651 W 7pm-9pm
Oct. 5

Thomas Hoff
MC - CN, 202

Death on the Danube

Relations between Hapsburg Austria and Bonapartist France were very strained, and in 1809 the Austrians attacked Bavaria, an ally of the French. Napoleon of course responded, leading to the series of battles that placed Vienna itself under French domination. This class will examine those fights, along with the struggle in the Tyrol against French hegemony and the campaigns in Northern Italy that were part of this expansive conflict.

HIST:712 | \$19

650 Th 7pm-9pm
Oct. 20

Thomas Hoff
MC - SO, 205

Napoleon's Campaign of 1805 and the Victory at Austerlitz

Napoleon's coronation did not go over well with the various nations opposed to the French Revolution, and the Peace of Amiens did not hold. 1805 turned into a year of struggle between the French and the Austrian and Russian coalition against them. It culminated in the Miracle of Austerlitz, which many believe to be Napoleon's greatest triumph.

HIST:712 | \$19

651 Th 7pm-9pm
Nov. 3

Thomas Hoff
MC - SO, 205

The Great War - 1916 Centennial Year

Our series on the Centennial of the Great War continues with a look back at 1916, a year that started with the failure of Henry Ford's Peace Ship and saw the Easter Uprising in Dublin. The War becomes an issue in the American presidential election, there is the bloody Battle of the Somme and the deaths of Emperor Franz Joseph and Rasputin. Spend an evening studying the critical events and issues in this middle year of the Great War.

HIST:714 | \$19

651 Tu 7pm-9pm
Oct. 25

James Gallen
MC - SO, 206

Eastern Front WW II

The Eastern Front was the largest land campaign ever fought, dwarfing others with its colossal scale in distance and numbers. For every German the GIs faced in WWII, three were fighting in Russia against overwhelming numbers of Russian soldiers. This was the decisive campaign of the Second World War. This class will cover the opening campaign, other principle campaigns and battles such as Kharkov, Stalingrad, Kursk, Cherkassy, Bagration among others, and culminate with the capture of Berlin. Also, we'll see how the results of this war still impact events today.

HIST:714 | \$19

650 Th 7pm-9:30pm
Oct. 13

Chris Ketcherside
MC - SO, 205

Waffen SS

The Waffen Schutz Staffel (SS) was the military branch of the Nazi Party. Myths mixed with rumors and opinions surround the Waffen SS. Are they jack-booted criminals, misunderstood honorable soldiers, or somewhere in between? This class will explore the history, ideals, weapons, tactics and battle record of the Waffen SS.

HIST:714 | \$19

600 Th 1pm-3:30pm
Oct. 27

Chris Ketcherside
MC - BA, 116

Stalingrad

This class will discuss the German offensive into the southern Soviet Union in 1942 and how Stalingrad became an objective. We will look at how the battle was fought from the perspectives of both sides along with the details of the Soviet counter-offensive. Was this a turning point in WWII? If not, it was a tremendous loss from which the Wehrmacht would never recover.

HIST:714 | \$19

P01 W 10am-12:30pm
Sept. 21

Chris Ketcherside
Thomas Dunn

Guadalcanal

Operation Shoestring was a battle the United States was not prepared to fight, but was compelled to fight. This class will look at both the land campaign and the naval combat around the Island that led to so many ships being sunk that it is now called Iron Bottom Sound. The plans and reactions of both sides are discussed, as they continually poured reinforcements into a battle that neither side expected to be so fierce and costly.

HIST:714 | \$19

P02 W 10am-12:30pm
Oct. 19

Chris Ketcherside
Thomas Dunn

The Anglo-Sikh Wars

Imagine a government so afraid of its army that it picks a fight with a stronger neighbor in the hopes of losing in order to tame their own army. Now imagine that same army almost winning despite the efforts of their own generals. This is the incredible story of the Anglo-Sikh Wars that were fought out in the Punjab in 1845-46 and 1849.

HIST:727 | \$19

651 M 7pm-9pm
Oct. 24

Thomas Hoff
MC - SO, 205

Politics and Religion

To begin to understand today's hot issues surrounding religion and politics in the U.S., we have to start with what the Constitution and the founding fathers said about the separation of church and state. Using speeches, letters and articles, we'll examine historical issues that have brought politics and religion face-to-face. We'll conclude with a discussion of Senator John Danforth's writing on faith and politics. Join us for a lively, thought-provoking evening.

HIST:765 | \$19

650 W 7pm-9pm
Sept. 28

Kevin Walsh
MC - CN, 202

Reformation Today in the USA

We'll begin with a brief review of the Reformation period in 16th century Europe and its coming to America during the 17th and 18th centuries. We'll then continue with the Protestant-Roman Catholic story in the USA from the 19th century to today - looking at different religious groups, the Americanization process of these groups, and their roles in America today.

HIST:703 | \$49

P01 W 10am-12pm
Sept. 28 - Oct. 12

Thomas St John
Thomas Dunn

Religion

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

650 W 7pm-9pm
Sept. 14

Kevin Walsh
MC - CN, 202

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

653 Tu 7pm-9pm
Nov. 1

Kevin Walsh
MC - CN, 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

651 W 7pm-9pm
Oct. 12

Kevin Walsh
MC - CN, 202

Forgiveness: The Key to Happiness

Love can heal the world and forgiveness is the catalyst to make it happen. When anyone gives up all grievances, the path is open to find real peace and happiness. In this class, we will discuss inspirational stories of the miracles of personal healing that radical forgiveness can produce and why forgiveness is so important for our own well-being, as well as for others. The steps of actually performing forgiveness will be presented and discussed. Following these steps outside the classroom can release grievances and heal relationships. This presentation of forgiveness is psychologically based and is not focused on any particular religious view of forgiveness, so no religious or faith-based view of forgiveness is needed to understand and practice it.

RELG:701 | \$19

354 Th 7pm-9pm
Oct. 20

Jan Worley
WW, 202

Call 314-984-7777 to register beginning August 1!

PERSONAL ENRICHMENT

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 how religion has influenced every period of that history. This class is a recommended prerequisite for the Eastern Religions course and the Western Religions course which will discuss five major world religions.

RELG:701 | \$19

350 Tu 7pm-9pm
Sept. 20

Jan 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 "Religion and Its Role in World History" course and the "Western/Monotheistic Religions" course 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 | \$35

351 Tu 7pm-9pm
Sept. 27 - Oct. 4

Jan 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 "Religion and Its Role in World History" course and the "Eastern Religions" course 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. No class 10/18.

RELG:701 | \$49

352 Tu 7pm-9pm
Oct. 11 - Nov. 1

Jan Worley
WW, 202

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 | \$35

353 Th 7pm-9pm
Nov. 10 - Nov. 17

Jan Worley
WW, 202

Tours and Trips

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 session. Withdrawal deadline for refund: 9/1.

TRIP:701 | \$99

MD1 F 9am-10:30am
Sept. 16
F 10:30am-2:30pm
Sept. 16
F 9am-2:30pm
Sept. 23-Oct. 7

Joan Huisinga
MC - CE

MC - Off Campus

MC - Off Campus

Springfield, IL: Land of Lincoln

Visit the Lincoln Presidential Museum detailing the life of our nation's 16th president, from his humble beginnings to his lasting achievements. Enjoy a delicious lunch at Arlington's before a tour of the old State Capitol. We'll end the day with a walking tour of Oak Ridge Cemetery, site of Lincoln's final resting place and where you'll hear anecdotal tales of many people who are woven into the Lincoln story. Tour includes coach transportation, admissions, lunch and gratuities. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 8/19.

TRIP:702 | \$99

MDA Sa 7:30am-6:30pm
Sept. 10

Dea Hoover
MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD1 Sa 8:15am-6pm
Sept. 10

Dea Hoover
FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Historic Route 66:

Cuba, MO to Waynesville, MO

Join us for a narrated tour (with stops) along a portion of Route 66 (the Mother Road) in Missouri. Highlights will include lunch at the iconic Elbow Inn, ruins of days-gone-by and a dead-end (almost ghost!) town, a resort that hosted Mae West, the Trail of Tears, the finest pie in Missouri, scenic camera-ready overlook, some of the oldest (still operating) businesses on the route and a huge red rocking chair. Tour includes transportation and tour guide, BBQ lunch with the fixin's, a slice of take-home pie, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 8/25.

TRIP:702 | \$89

MDB Th 8:30am-4:30pm
Sept. 15

Douglas Schneider
MC - Off Campus

Historic Route 66:

Eureka, MO to Cuba, MO

Take a bus ride on the Mother Road. Visit buildings unchanged since the heyday of Route 66, as well as repurposed Route 66 buildings and abandoned Route 66 buildings. Learn the role of the National Park Service in preserving this historic road. See tourist traps, petroliana, a winged moose, open mines, a haunted truck stop, historic neon signs, Civil War sites, and Route 66 murals. Meet people who rehabbed a Route 66 building in Cuba. Lunch will be BBQ with cobbler, and you will get Route 66 baby cakes to take home. Tour includes transportation and tour guide, lunch, dessert and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 9/8.

TRIP:702 | \$89

MDE Th 8:30am-4:30pm
Sept. 29

Douglas Schneider
MC - Off Campus

Spirit of Peoria Brunch Cruise

Come aboard the Spirit of Peoria in Grafton Harbor for a scenic cruise on the Mississippi River while enjoying a delicious full brunch. After the cruise, we'll take a guided driving tour of Grafton followed by a tour of Melvin Price Locks and Dam. Tour includes transportation, brunch, guides and gratuities. Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 8/19.

TRIP:702 | \$95

MDC W 7:45am-4:45pm
Sept. 21

Dea Hoover
MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD2 W 8:30am-4pm
Sept. 21

Dea Hoover
FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Where Are We Going Now?!? A Mystery Tour

We're not telling! All we'll say is that maybe you've passed by, but you probably haven't. Join Joan for a journey over the river and along the road for a number of surprises she's sure you're going to enjoy. Trip includes transportation, tour guide, lunch, admissions and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refunds: 9/9.

TRIP:702 | \$79

MDD Tu 8:30am-4:30pm
Sept. 27

Joan Huisinga
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: 10/22.

TRIP:701 | \$45

480 Sa 8:30am-1:30pm
Oct. 1

Charles Koehler
Douglas Schneider
FP - G Tower, 115



Ride the Rails to Jeff City: Tour the Governor's Mansion and MO State Penitentiary

Your day will start with a departure aboard Amtrak in Kirkwood. You'll enjoy an on-board box lunch provided by the Wurst House in Hermann, MO. After arrival in Jeff City, you'll enjoy dessert at "Slice of Pie" before heading to a docent-led tour of the Governor's Mansion. Wear your walking shoes for an in-depth 3-hour walking history tour of the Missouri State Penitentiary that will include the Women's Unit and Death Row cells, plus information about the Industry Area and Special Housing Units 2 and 5. NOTE: No sandals; extensive walking on this tour. Everyone must sign a release waiver, which will be provided the day of the tour. The coach ride home will include a comfort stop and opportunity for a quick meal on your own at a fast food location. Tour includes transportation, guides, tours, lunch, dessert and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 9/2.

TRIP:702 | \$109

MDP Th 9am-7:30pm
Oct. 20

Dea Hoover
MC - Off Campus

St. Louis Favorite Haunts

It's the haunting season. We'll entertain you with tales of the bizarre and unusual as we travel around the city to visit our ghostly friends. Lunch will be at the historic Lemp Mansion. Trip includes transportation, tour guide, lunch, admissions and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 10/10.

TRIP:701 | \$69

MD2 W 9am-4pm
Oct. 26

Joan Huisinga
MC - Off Campus

Historic Homes of St. Louis

Your day will begin at the Samuel Cupples House on the campus of St. Louis University. It features 42 rooms with 22 fireplaces, leaded glass windows and intricately carved woodwork throughout. Next stop is the Magic Chef Mansion, a premiere old-world estate. Lunch is at the magnificent Mary Ann's Tea Room in the CWE. Final tour of the day will be the Campbell House Museum, built in 1851. Tour includes transportation, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 10/10.

TRIP:701 | \$89

MD3 F 9am-5pm
Nov. 4

Dea Hoover
MC - Off Campus

Mark Twain Brunch Cruise

Arrive at St. Louis riverfront near the Arch and board a replica paddle-wheeler for a brunch cruise down the Mississippi River. Group will enjoy a presentation by Mark Twain portrayed by actor Richard Garey. Plus special guest Pat Joyce performing on piano. With four studio albums under his belt and having played for President Bush, it's no wonder that he is the most requested pianist for visiting Jazz bands. Tour includes tour bus, river cruise with entertainment, brunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 10/6.

TRIP:702 | \$89

MDG Su 9:45am-2:15pm
Nov. 6

Dea Hoover
MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD3 Su 9am-3pm
Nov. 6

Dea Hoover
FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

From Blues to Bach: St. Louis Music History

From the earliest days of the Riverfront to one of the best symphonies in the nation, St. Louis has been known for its music. We will visit the National Blues Museum, the Scott Joplin House and the St. Louis Symphony. Lunch will be out of pocket at Sugarfire BBQ at the Blues Museum. Trip includes transportation, tour guide, admissions and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 10/20.

TRIP:701 | \$69

MD4 Th 9:30am-4:30pm
Nov. 10

Joan Huisinga
MC - Off Campus

Saints of Calhoun with Ferry Ride

Our tour coach will take you to the dock, where you'll travel via the Golden Eagle Ferry to Calhoun County, IL and embark on a historic tour of beautiful country churches. Learn about their rich heritage and view their stunning architecture. We will visit 5 Calhoun County churches. Members from a variety of denominations will talk about their church's history, sometimes spanning several generations. Lunch will be at one of the local churches. Tour includes coach and ferry transportation, donations, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 10/28.

TRIP:702 | \$89

MDH Th 8am-5pm
Nov. 17

Dea Hoover
MC - Off Campus

Hermann Christmas (Amtrak)

You'll board Amtrak at the Kirkwood station bound for Hermann, where you'll begin your tour at the White House Hotel to enjoy an historical Victorian Christmas. Lunch at the Hermannhof will include a special guest presenter: Pelze Nichol ("Nicholas in Furs"). A tour with tasting at the Wurst Haus will follow, with time to shop. On the coach ride home, you'll stop at Kristkindle Market at Stone Hill Winery, a traditional German Christmas market featuring crafts, Christmas goodies, entertainment and one-of-a-kind gifts. Tour includes transportation, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 10/14.

TRIP:702 | \$89

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

Dea Hoover
MC - Off Campus

Victorian Holiday in STL

Celebrate the holidays in the Victorian manner. You'll begin the day with pastries, coffee and a Downtown Abbey style tour at the Campbell House learning about Victorian holiday customs. A musical concert will follow and a look at the decorations at the Old Court House. You'll enjoy High Tea at the Missouri Athletic Club and a view of their amazing Gingerbread Village and train display. You'll end the day at another Victorian home. No blue jeans, please. Trip includes transportation, escort, food, tips and admissions. Meet tour bus in Lot E on NW side of the Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 11/14.

TRIP:701 | \$75

MD5 Th 9:30am-4:30pm
Dec. 8

Joan Huisinga
MC - Off Campus

Christmas in Hannibal: Living Window Walk

Arrive 'hungry in Hannibal' for a plated luncheon at the Hannibal Country Club with special guest greeters, Tom Sawyer and Becky Thatcher. At the Mark Twain Museum, the curator will speak on "A Clemens Christmas" and provide a special reading of "Twain's Letter from Santa." Hannibal comes alive with magical scenes of the season as we stroll Main Street for the Living Window and Gallery Walk. Dinner will be on your own at your choice of one of the many local eateries and specialty carts along the way. Tour includes transportation, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refund: 11/18.

TRIP:702 | \$79

MDK Sa 11am-9:30pm
Dec. 10

Dea Hoover
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

650 W 6:30pm-8:30pm
Sept. 14

Fred Miller
MC - CN, 225

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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.

PEDU:772 | \$49

M01 Tu 3pm-5pm
Sept. 27 – Oct. 18
M02 Tu 2pm-4pm
Nov. 1 – Nov. 22

Charles Kelly
Crestwood Bowl
Charles Kelly
Crestwood Bowl

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.

PEDU:745 | \$59

920 W 6pm-6:55pm
Sept. 7 – Oct. 26

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. You must arrive on time for class; late arrivals will not be admitted to class. 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 | \$225

480 SaSu 8am-6pm
Sept. 10 – Sept. 11
481 SaSu 8am-6pm
Sept. 17 – Sept. 18
482 SaSu 8am-6pm
Sept. 24 – Sept. 25
483 SaSu 8am-6pm
Oct. 1 – Oct. 2
484 SaSu 8am-6pm
Oct. 8 – Oct. 9
485 SaSu 8am-6pm
Oct. 15 – Oct. 16
486 SaSu 8am-6pm
Oct. 22 – Oct. 23
487 SaSu 8am-6pm
Oct. 29 – Oct. 30

FP - D Tower, 215

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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 10/4.

GAME:701 | \$89

M01 Tu 2:45pm-4:45pm
Aug. 23 – Oct. 18
650 M 5pm-7pm
Aug. 22 – Oct. 17
651 M 7:01pm-9pm
Aug. 22 – Oct. 17
550 Th 7pm-9pm
Sept. 1 – Oct. 20

Phyllis Siegel
Affton White-Rodgers, A
Phyllis Siegel
MC - SW, 209
Phyllis Siegel
MC - SW, 209
George Hawley
FV - SC, PDR-A

Bridge: Supervised Party Bridge with Intermediate Instruction

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
Nov. 1 – Dec. 6
No Class 11/8, 11/22
651 M 7:01pm-9pm
Oct. 31 – Dec. 5
No Class 11/7, 11/21
650 M 5pm-6:59pm
Oct. 31 – Dec. 5
No Class 11/7, 11/21

Phyllis Siegel
Affton White-Rodgers, A
Phyllis Siegel
MC - SW, 209
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:720 | \$59

P01 Tu 7pm-9pm
Sept. 13 – Oct. 11

Edward Baur
Chess Club & Scholastic Ctr SL



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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

| | | |
|-----|--|------------------|
| 810 | M 5pm-6pm Sept. 12 – Oct. 3 | Big Bend G.C. |
| 811 | Sa 10am-11am Sept. 10 – Oct. 1 | Big Bend G.C. |
| 812 | Su 1pm-2pm Sept. 11 – Oct. 2 | Big Bend G.C. |
| 800 | Th 7pm-8pm Aug. 25 – Sept. 15 | Golfport of M.H. |
| 801 | Th 6pm-7pm Sept. 29 – Oct. 20 | Golfport of M.H. |
| 802 | Sa 9am-10am Aug. 20 – Sept. 17 No Class 9/3 | Golfport of M.H. |
| 803 | Sa 10am-11am Aug. 20 – Sept. 17 No Class 9/3 | Golfport of M.H. |

Six Sessions | \$59

| | | |
|-----|------------------------------------|---------------------------------|
| 890 | Tu 9am-10am Aug. 30 – Oct. 4 | Tower Tee G.C. |
| 891 | W 5pm-6pm Aug. 31 – Oct. 5 | Tower Tee G.C. |
| 892 | W 7pm-8pm Aug. 31 – Oct. 5 | Tower Tee G.C. |
| 893 | Th 6pm-7pm Sept. 1 – Oct. 6 | Tower Tee G.C. |
| 894 | Sa 11am-12pm Sept. 10 – Oct. 15 | Tower Tee G.C. |
| 860 | M 6pm-7pm Sept. 12 – Oct. 17 | Ron Muse Sunset Hills G.L.C. |
| 861 | Th 5pm-6pm Sept. 15 – Oct. 20 | Ron Muse Sunset Hills G.L.C. |
| 862 | Sa 10am-11am Sept. 17 – Oct. 22 | Ron Muse Sunset Hills G.L.C. |
| 880 | Tu 7pm-8pm Sept. 13 – Oct. 18 | Don Simpson The First Tee |
| 881 | W 6pm-7pm Sept. 14 – Oct. 19 | Don Simpson The First Tee |

12 Sessions | \$109

| | | |
|-----|---------------------------------------|-----------------------|
| 870 | Tu Th 11am-12pm Sept. 13 – Oct. 20 | Ruth Park Golf Course |
|-----|---------------------------------------|-----------------------|

Golf: Basics and Beyond

Learning to play correctly is key to a great golf game. New golfers get started on the right track and more experienced golfers will get back to basics to help 'unlearn' any bad habits. Class will cover Putting, Chipping, Pitching, Rules, Etiquette, Full swing with Iron and Full swing with Wood. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course!

PEDU:730 | \$99

| | | |
|-----|---------------------------------------|--------------------|
| 820 | Sa 10am-11:30am Sept. 24 – Oct. 22 | Eagle Springs G.C. |
|-----|---------------------------------------|--------------------|

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.

PEDU:731

Four Sessions | \$45

| | | |
|-----|--|------------------|
| 810 | M 6pm-7pm Sept. 12 – Oct. 3 | Big Bend G.C. |
| 811 | M 7pm-8pm Sept. 12 – Oct. 3 | Big Bend G.C. |
| 812 | Sa 9am-10am Sept. 10 – Oct. 1 | Big Bend G.C. |
| 800 | Tu 11am-12pm Sept. 13 – Oct. 4 | Golfport of M.H. |
| 801 | Th 6pm-7pm Aug. 25 – Sept. 15 | Golfport of M.H. |
| 802 | Th 7pm-8pm Sept. 29 – Oct. 20 | Golfport of M.H. |
| 803 | Sa 11am-12pm Aug. 20 – Sept. 17 No Class 9/3 | Golfport of M.H. |

Six Sessions | \$59

| | | |
|-----|------------------------------------|---------------------------------|
| 890 | Tu 10am-11am Aug. 30 – Oct. 4 | Tower Tee G.C. |
| 891 | M 6pm-7pm Sept. 12 – Oct. 17 | Tower Tee G.C. |
| 892 | Th 5pm-6pm Sept. 1 – Oct. 6 | Tower Tee G.C. |
| 893 | Sa 9am-10am Sept. 10 – Oct. 15 | Tower Tee G.C. |
| 860 | M 5pm-6pm Sept. 12 – Oct. 17 | Ron Muse Sunset Hills G.L.C. |
| 861 | Sa 11am-12pm Sept. 17 – Oct. 22 | Ron Muse Sunset Hills G.L.C. |
| 880 | Tu 6pm-7pm Sept. 13 – Oct. 18 | Don Simpson The First Tee |
| 881 | W 7pm-8pm Sept. 14 – Oct. 19 | Don Simpson The First Tee |
| 882 | Sa 10am-11am Oct. 1 – Nov. 5 | Don Simpson The First Tee |

Golf: Combo Class

Enjoy 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. 1 – Oct. 6 | Tower Tee G.C. |
| 892 | Tu 6pm-7pm Aug. 30 – Oct. 4 | Tower Tee G.C. |
| 894 | Th 7pm-8pm Sept. 1 – Oct. 6 | Tower Tee G.C. |
| 895 | M 5pm-6pm Sept. 12 – Oct. 17 | Tower Tee G.C. |
| 897 | Sa 8am-9am Sept. 10 – Oct. 15 | Tower Tee G.C. |

Golf: Short Game Skills

Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Class will cover putting, chipping and pitching.

PEDU:732 | \$59

| | | |
|-----|------------------------------------|---------------------------------|
| 891 | Th 10am-11am Sept. 1 – Oct. 6 | Tower Tee G.C. |
| 893 | W 6pm-7pm Aug. 31 – Oct. 5 | Tower Tee G.C. |
| 896 | M 7pm-8pm Sept. 12 – Oct. 17 | Tower Tee G.C. |
| 898 | Sa 10am-11am Sept. 10 – Oct. 15 | Tower Tee G.C. |
| 870 | F 10am-11am Sept. 16 – Oct. 21 | Ruth Park G.C. |
| 860 | Th 6pm-7pm Sept. 15 – Oct. 20 | Ron Muse Sunset Hills G.L.C. |
| 880 | Sa 11am-12pm Oct. 1 – Nov. 5 | Don Simpson The First Tee |

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 one evening, remainder of classes meet on Sundays). For details contact instructor, (314-434-4715, melklearman@att.net).

PEDU:732 | \$39

| | | |
|-----|--------------------------------|--|
| V01 | W 5:30pm-7pm Sept. 7 | Melvin Klearman Creve Coeur Mun. Golf |
| | Su 9am-10am Sept. 11-Oct. 2 | Creve Coeur Mun. Golf |
| V02 | Tu 5:30pm-7pm Oct. 4 | Melvin Klearman Creve Coeur Mun. Golf |
| | Su 9am-10am Oct. 9-Oct. 30 | Creve Coeur Mun. Golf |

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 \$20 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is at the start time so be sure to arrive a few minutes early.

PEDU:732 | \$39

| | | |
|-----|----------------------------|--------------------|
| 820 | M 3:30pm-5:30pm Oct. 17 | Eagle Springs G.C. |
| 821 | M 5pm-7pm Sept. 19 | Eagle Springs G.C. |

Golf: Parent/Child - 4 Sessions

Enjoy time 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. 11 – Oct. 2 | Big Bend G.C. |
| 801 | Tu 6pm-7pm Sept. 13 – Oct. 4 | Golfport of M.H. |

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. 13 – Oct. 4 | Golfport of M.H. |
|-----|-----------------------------------|------------------|

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.

Tennis

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$69

| | | |
|-----|--------------------|-------|
| M01 | Tu 1pm-2pm | |
| | Oct. 25 – Dec. 6 | Vetta |
| M04 | Sa 2pm-3pm | |
| | Sept. 10 – Oct. 22 | Vetta |

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Two Sessions | \$25

| | | |
|-----|-------------------|-----------------|
| 580 | Sa 11am-11:55am | |
| | Sept. 24 – Oct. 1 | FV - PE, TENNIS |

Four Sessions | \$55

| | | |
|-----|-------------------|-----------------|
| 550 | Tu 6pm-6:55pm | |
| | Sept. 13 – Oct. 4 | FV - PE, TENNIS |

| | | |
|-----|--------------------|----------------------------|
| M02 | Th 7pm-8pm | |
| | Sept. 8 – Sept. 29 | Sunset Hills Watson Trails |

Six Sessions | \$85

| | | |
|-----|--------------------|------------------------|
| M05 | Su 6pm-7pm | |
| | Sept. 18 – Oct. 23 | Frontenac Racquet Club |

| | | |
|-----|------------------|------------------------|
| M06 | Su 6pm-7pm | |
| | Nov. 6 – Dec. 11 | Frontenac Racquet Club |

| | | |
|-----|-------------------|-------------------|
| M03 | MW 6pm-7pm | |
| | Sept. 19 – Oct. 5 | Ladue Mid. School |

Seven Sessions | \$69

| | | |
|-----|------------------|-------------------------|
| M02 | Su 10am-11am | |
| | Oct. 2 – Nov. 13 | Chesterfield Athl. Club |

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

| | | |
|-----|-------------------|-------|
| M01 | Tu 1pm-2pm | |
| | Sept. 6 – Oct. 18 | Vetta |

| | | |
|-----|-------------------|-------|
| M03 | Sa 3:30pm-4:30pm | |
| | Oct. 29 – Dec. 17 | Vetta |

No Class 11/26

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Four Sessions | \$55

| | | |
|-----|-------------------|-----------------|
| 550 | Tu 7pm-7:55pm | |
| | Sept. 13 – Oct. 4 | FV - PE, TENNIS |

Six Sessions | \$85

| | | |
|-----|--------------------|-------------------------|
| M07 | Sa 4pm-5pm | |
| | Sept. 10 – Oct. 22 | Forest Lake Tennis Club |

| | | |
|-----|------------------|-------------------------|
| M09 | Sa 4pm-5pm | |
| | Oct. 29 – Dec. 3 | Forest Lake Tennis Club |

| | | |
|-----|-------------------|-------------------|
| M05 | MW 7pm-8pm | |
| | Sept. 19 – Oct. 5 | Ladue Mid. School |

Nine Hours | \$89

| | | |
|-----|--------------------|-------------------------|
| M03 | Th 8:30pm-10pm | |
| | Aug. 25 – Sept. 29 | Woods Mill Racquet Club |

| | | |
|-----|-------------------|-------------------------|
| M04 | Th 8:30pm-10pm | |
| | Oct. 13 – Nov. 17 | Woods Mill Racquet Club |

10.5 Hours | \$95

| | | |
|-----|------------------|-------|
| M02 | Tu 2pm-3:30pm | |
| | Oct. 25 – Dec. 6 | Vetta |

| | | |
|-----|-------------------|-------|
| M01 | Th 2pm-3:30pm | |
| | Sept. 8 – Oct. 20 | Vetta |

| | | |
|-----|--------------------|-------|
| M06 | Sa 3pm-4:30pm | |
| | Sept. 10 – Oct. 22 | Vetta |

| | | |
|-----|-------------------|-------|
| M08 | Sa 4:30pm-6pm | |
| | Oct. 29 – Dec. 17 | Vetta |

No Class 11/26

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0) - CONC

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

| | | |
|-----|-------------------|-------|
| M01 | Tu 2pm-3:30pm | |
| | Sept. 6 – Oct. 18 | Vetta |

| | | |
|-----|-------------------|-------|
| M03 | Th 2pm-3:30pm | |
| | Oct. 27 – Dec. 15 | Vetta |

No Class 11/24

| | | |
|-----|--------------------|-------|
| M04 | Sa 4:30pm-6pm | |
| | Sept. 10 – Oct. 22 | Vetta |

| | | |
|-----|-------------------|-------|
| M05 | Sa 2pm-3:30pm | |
| | Oct. 29 – Dec. 17 | Vetta |

No Class 11/26

| | | |
|-----|------------------|-------------------------|
| M02 | Tu 1pm-2:30pm | |
| | Oct. 4 – Nov. 15 | Chesterfield Athl. Club |

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.

Team Sports

Men's Basketball: Recreational

Tired of "riding the pine?" Get up and play! A great way to have fun and get exercise. All levels welcome; just register and come play! Bring a white and a dark colored t-shirt to class. Do not wear jewelry. No class 11/8.

PEDU:701 | \$59

| | | |
|-----|-------------------|--|
| 730 | Tu 7pm-8:30pm | |
| | Sept. 6 – Nov. 29 | |

Richard Bannecker
Oakville Sr. H.S., GYM

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. 16 – Nov. 18 | |

Jason Guss
FV - PE, GYM



Look for our new Youth Volleyball class on page 68.



Do you enjoy tennis? You'll love pickleball! Check out our classes on page 66.

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 advance 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. One parent/guardian per 3 children if they can swim. One parent/guardian per non-swimming child. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration. No class 11/27.

PEDU:720 | \$79

| | | |
|-----|-------------------|--|
| 580 | Su 5pm-6:50pm | |
| | Sept. 11 – Dec. 4 | |

FV - PE, POOL

Additional family members of students that have registered and paid for PEDU 720 580 should register for PEDU 720 581. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration.

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

Three Days a Week | \$95

500 MWF 7am-7:50am
Aug. 29 - Nov. 21
No Class 9/5 FV - PE, POOL

Two Days a Week | \$79

501 Tu Th 7am-7:50am
Aug. 30 - Dec. 6
No Class 10/18, 11/24 FV - PE, POOL

Open Lap Swim - Meramec

Pool will be open for credit and non-credit students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 9/5, 10/18, 11/23, 11/24.

PEDU:721 | \$89

600 MTuWTh 8am-8:50am
Aug. 22 - Dec. 1 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. No class 10/18.

PEDU:721 | \$89

601 Tu 7am-7:50am
Aug. 23 - Nov. 29
No Class 10/18 MC - PE, POOL
602 Th 7am-7:50am
Aug. 25 - Dec. 1
No Class 11/24 MC - PE, POOL

Swimming Skills: Beginning/Intermediate

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 | \$55

580 Sa 11am-11:50am
Oct. 1 - Nov. 19 Jeanne Hudgens
FV - PE, POOL

New Water Works

Get a great workout in the water! A wide variety of exercises make this a fun way to get moving. Enjoy aerobic benefits of fitness in the water through games, exercise drills, and even dance!

PEDU:729 | \$75

400 Tu Th 12pm-12:50pm
Sept. 6 - Oct. 13 Barbara Harris
FP - PE, POOL
401 Tu Th 1pm-1:50pm
Sept. 6 - Oct. 13 Barbara Harris
FP - PE, POOL
402 Tu Th 12pm-12:50pm
Oct. 25 - Dec. 6 Barbara Harris
FP - PE, POOL
No Class 11/24
403 Tu Th 1pm-1:50pm
Oct. 25 - Dec. 6 Barbara Harris
FP - PE, POOL
No Class 11/24

Water Exercise: Deep Water Aerobics

Go off the deep end! Exercising in deep water is the perfect way to get a non-impact, full body workout. See and feel the benefits of a great aerobic workout without putting stress on your joints. Safety belt or pool noodle required in deep water. Life jackets NOT recommended.

PEDU:729

12 Sessions | \$75

451 Th 7pm-7:50pm
Sept. 8 - Dec. 1
No Class 11/24 Laura Griesedieck
FP - PE, POOL

15 Sessions | \$89

604 W 10am-10:50am
Aug. 24 - Dec. 7
No Class 11/23 Laura Griesedieck
MC - PE, POOL

New Deep Water Games

Go off the deep end and have some fun! Get a non-impact, full body workout while playing classic games such as water catch, diving for treasure, races and more. Have a blast and enjoy the benefits of a great workout without putting stress on your joints. Safety belt or pool noodle required in deep water. Life jackets NOT recommended. No class 11/24.

PEDU:729 | \$75

452 Th 8pm-8:50pm
Sept. 8 - Dec. 1 Laura Griesedieck
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

606 Tu Th 9am-9:50am
Oct. 25 - Dec. 6
No Class 11/24 Gary Ketcherside
MC - PE, POOL
608 Tu Th 2pm-2:50pm
Oct. 25 - Dec. 6 Lisa Huseman
MC - PE, POOL
No Class 11/24
580 Sa 9am-9:50am
Sept. 10 - Dec. 3 STLC Staff
FV - PE, POOL
No Class 11/26
581 Sa 10am-10:50am
Sept. 10 - Dec. 3 STLC Staff
FV - PE, POOL
No Class 11/26

15 Sessions | \$89

601 Tu Th 9am-9:50am
Aug. 23 - Oct. 11 Gary Ketcherside
MC - PE, POOL
603 Tu Th 2pm-2:50pm
Aug. 23 - Oct. 11 Lisa Huseman
MC - PE, POOL

16 Sessions | \$95

500 MWF 8am-8:50am
Aug. 29 - Oct. 5 Barbara Harris
FV - PE, POOL
No Class 9/5
502 MWF 10am-10:50am
Aug. 29 - Oct. 5 Barbara Harris
FV - PE, POOL
No Class 9/5
504 MWF 8am-8:50am
Oct. 17 - Nov. 21 Barbara Harris
FV - PE, POOL
506 MWF 10am-10:50am
Oct. 17 - Nov. 21 Barbara Harris
FV - PE, POOL

Aqua Zumba

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

12 Sessions | \$75

550 MW 6pm-6:50pm
Aug. 29 - Oct. 10 Barbara Harris
FV - PE, POOL
No Class 9/5
552 MW 6pm-6:50pm
Oct. 17 - Nov. 30 Barbara Harris
FV - PE, POOL
No Class 10/31, 11/23

16 Sessions | \$95

501 MWF 9am-9:50am
Aug. 29 - Oct. 5 Barbara Harris
FV - PE, POOL
No Class 9/5
505 MWF 9am-9:50am
Oct. 17 - Nov. 21 Barbara Harris
FV - PE, POOL
No Class 9/5



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.

PEDU:729

12 Sessions | \$75

551 Th 6pm-6:50pm
Sept. 1 - Nov. 17 Neil Skid
FV - PE, POOL
605 MW 9am-9:50am
Oct. 24 - Dec. 5 Neil Skid
MC - PE, POOL
No Class 11/23

15 Sessions | \$89

600 MW 9am-9:50am
Oct. 25 - Oct. 12 Neil Skid
MC - PE, POOL
No Class 9/5

Water Exercise: Cardio Fitness

Increase your energy and physical conditioning using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles. Come ready to work and have fun!

PEDU:729

12 Sessions | \$75

607 Tu Th 10am-10:50am
Oct. 25 - Dec. 6 Colleen Haviland
MC - PE, POOL
No Class 11/24

15 Sessions | \$89

602 Tu Th 10am-10:50am
Aug. 23 - Oct. 11 Colleen Haviland
MC - PE, POOL

New Aquafusion

Use various resistance equipment (dumbbells and noodles) in this high energy class to build cardio capacity and strengthen main muscle groups. Great exercise to increase your strength and endurance, leaving you feeling great and looking good!

PEDU:729

12 Sessions | \$75

652 MW 6pm-6:50pm
Oct. 24 - Dec. 5 Terri Williams
MC - PE, POOL
No Class 11/23

15 Sessions | \$89

650 MW 6pm-6:50pm
Aug. 22 - Oct. 12 Terri Williams
MC - PE, POOL
No Class 9/5

New FABs: For Over Forty, Abs, Balance and Strength

Are you over Forty? Do you want tighter ABS to help with Balance? Do you loathe the thought of pumping iron in a gym but would still like to build muscle and increase Strength? Then this FABulous class is for YOU! As we age, our bellies tend to get bigger, our balance becomes a bit off kilter, and our muscles start to sag (especially the back of those arms). Using various water equipment, FABs class will: tighten your tummy, improve your balance, and build major muscle groups.

PEDU:729

12 Sessions | \$75

653 MW 7pm-7:50pm
Oct. 24 - Dec. 5 Terri Williams
MC - PE, POOL
No Class 11/23

15 Sessions | \$89

651 MW 7pm-7:50pm
Aug. 22 - Oct. 12 Terri Williams
MC - PE, POOL
No Class 9/5



Aerobic Exercise

Cardio Kickboxing

A great workout with an experienced instructor from The Martial Arts Center! Begin class with a warm-up and stretching followed by an aerobic workout; including floor work and self-defense moves.

PEDU:744 | \$69

780 M 7pm-8pm Timothy Toeniskoetter
Sept. 12 - Nov. 28 Sperrang, LG GYM
No Class 10/31, 11/7

M01 W 7pm-8pm Timothy Toeniskoetter
Sept. 14 - Nov. 16 Martial Arts Cntr (Mehlvl)

Zumba Gold

Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity approach to Zumba dance, so it's perfect for older active adults or individuals with limited physical ability. Exercises will include proper breathing and gentle stretching, and are modified to help work on your posture, strength, and balance.

PEDU:747 | \$55

M01 W 11am-11:50am
Sept. 7 - Oct. 26 ADIVA Dance Center

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 exciting class to shape your body naturally into a fit new you! Bring two 1 lb Zumba toning sticks to class.

PEDU:747 | \$55

M02 Th 6pm-6:50pm
Sept. 8 - Oct. 27 ADIVA Dance Center

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 10/5, 10/19, 11/23.

PEDU:754 | \$75

730 W 6pm-6:50pm Susan Pellegrino
Aug. 31 - Dec. 7 Oakville Sr. H.S., CAFE

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

606 Tu Th 6am-7am Gail Velten
Sept. 6 - Oct. 13 MC - PE, 105

607 Tu Th 6am-7am Gail Velten
Oct. 25 - Dec. 6 MC - PE, 105
No Class 11/24

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 | \$75

604 Tu 8:05am-8:55am Gary Ketcherside
Sept. 6 - Dec. 6 MC - PE, GYM
No Class 10/18, 11/8

605 Th 8:05am-8:55am Gary Ketcherside
Sept. 8 - Dec. 8 MC - PE, GYM
No Class 11/17, 11/24

Boot Camp

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. Learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class will challenge you individually to give your best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Class will be held outside - meet at the entrance to the PE Building on O Parking Lot.

PEDU:755

10 Sessions | \$139

608 Tu Th 5:45am-6:45am MC - PE
Sept. 27 - Oct. 27

609 Tu Th 9:30am-10:30am MC - PE
Sept. 27 - Oct. 27

13 Sessions | \$179

610 Tu Th 5:45am-6:45am MC - PE
Nov. 1 - Dec. 15
No Class 11/24

611 Tu Th 9:30am-10:30am MC - PE
Nov. 1 - Dec. 15
No Class 11/24

14 Sessions | \$189

650 MW 5:45pm-6:45pm MC - PE
Oct. 31 - Dec. 14

15 Sessions | \$195

602 MWF 5:45am-6:45am MC - PE
Sept. 26 - Oct. 28

20 Sessions | \$259

603 MWF 5:45am-6:45am MC - PE
Oct. 31 - Dec. 16
No Class 11/25

Fun with Fitness

Ready to reduce stress, increase energy and just have FUN? Get a consistent work-out, increase overall strength with resistance training and improve your balance, agility and flexibility to change your body from head to toe. Class is designed for all levels of fitness.

PEDU:755 | \$79

600 MW 4pm-4:50pm Laura Griesedieck
Aug. 29 - Oct. 12 MC - PE, 201
No Class 9/5

601 MW 4pm-4:50pm Laura Griesedieck
Oct. 24 - Dec. 7 MC - PE, 201
No Class 11/23

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

M02 Sa 8:15am-9:10am Karol McNutt
Sept. 10 - Oct. 22 Dance Arts of St. Louis, SMALL
No Class 10/8

M03 Sa 8:15am-9:10am Karol McNutt
Oct. 29 - Dec. 3 Dance Arts of St. Louis, SMALL

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 Marsha Fey
Sept. 6 - Dec. 6 Sperrang, Fit Room 54
No Class 11/1, 11/8

781 W 7pm-7:55pm Marsha Fey
Sept. 7 - Dec. 7 Sperrang, Fit Room 5
No Class 10/26, 11/23

Total Body Ball Workout

Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, #6 or #8 resistance band and a 65" stability ball. Dumbbells and hand weights are optional. Class meets in Fitness Room 54. No class 10/24, 10/31, 11/7.

PEDU:755 | \$69

782 M 7:30pm-8:25pm Rena Potsos
Sept. 12 - Dec. 5 Sperrang, Fit Room 5

New Chair Exercise

Do you have an injury or limited mobility that limits your exercise options? By adopting a creative approach, individuals with low mobility, balance problems or recovering from a surgery or injury can overcome physical limitations and find enjoyable ways to exercise. Start feeling better and improve your health with this chair-based program that includes stretching, strengthening and meditative breathing exercises for upper and lower body. Bring one, 1lb or 2lb, hand-held weight.

PEDU:755 | \$39

M01 F 9am-9:45am Kathleen Schabelski
Sept. 23 - Oct. 21 Affton White-Rodgers, GYM

400 Tu 10am-10:45am Kathleen Schabelski
Oct. 25 - Nov. 22 FP - SC, 25

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

M01 Th 10:15am-11:15am Denise Motta
Sept. 15 - Dec. 1 Affton White-Rodgers, GYM
No Class 10/13, 11/24

13 Sessions | \$89

650 M 6:15pm-7:10pm Katherine McMeans
Aug. 29 - Dec. 5 MC - PE, 105
No Class 9/5, 10/31

651 W 6:15pm-7:10pm Katherine McMeans
Aug. 31 - Dec. 7 MC - PE, 105
No Class 10/12, 11/23

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 water, towel and yoga mat.

PEDU:756 | \$69

M02 Th 5:30pm-7pm Denise Motta
Sept. 1 - Oct. 6 Affton White-Rodgers, GYM

M03 Th 5:30pm-7pm Denise Motta
Oct. 20 - Dec. 1 Affton White-Rodgers, GYM
No Class 11/24

Yoga Basics - 10 Sessions

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and plyometrics into an exciting, high-intensity workout that transforms your body from the inside out. Bring a towel and mat.

PEDU:761 | \$69

M03 M 12:15pm-1:15pm Kelly Kauffmann
Sept. 12 - Nov. 14 Affton White-Rodgers, GYM

BUTI® Yoga

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 mat.

PEDU:761 | \$69

650 Th 6:30pm-7:15pm Alexandra Culberson
Sept. 15 - Nov. 17 MC - PE, 105

480 Sa 10am-10:50am Alexandra Culberson
Sept. 17 - Nov. 19 FP - PE, DANCE RM

P03 Tu 5:30pm-6:15pm
Oct. 11 - Dec. 13 Flex Fitness Studio

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, 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. 24 - Oct. 5 | Robert Gadon WW, 102B |
| 352 | W 8pm-8:50pm Oct. 19 - Dec. 7 No Class 11/23 | Robert Gadon WW, 102B |
| 450 | Th 6:30pm-7:50pm Aug. 25 - Oct. 6 | Robert Gadon FP - PE, DANCE RM |
| 10.5 Hours \$69 | | |
| 451 | Th 6:30pm-7:50pm Oct. 20 - Dec. 8 No Class 11/24 | Robert Gadon FP - PE, DANCE RM |

Iyengar Yoga: Continuing

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, 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 | \$69

| | | |
|-----|---|--------------------------|
| 351 | W 6:15pm-7:45pm Aug. 24 - Oct. 5 | Robert Gadon WW, 102B |
| 353 | W 6:15pm-7:45pm Oct. 19 - Dec. 7 No Class 11/23 | Robert Gadon WW, 102B |

Yoga

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. All levels welcome. Bring a towel and mat.

PEDU:761

Eight Sessions | \$59

| | | |
|-----|--|-----------------------------------|
| W01 | F 9:30am-10:30am Sept. 30 - Nov. 18 | Colleen Haviland Bluebird Park |
|-----|--|-----------------------------------|

10 Sessions | \$69

| | | |
|-----|---|--------------------------------------|
| 780 | M 6:30pm-7:25pm Sept. 12 - Dec. 5 No Class 10/24, 10/31, 11/7 | Rena Potsos Sperreng, Fit Room 54 |
|-----|---|--------------------------------------|

13 Sessions | \$89

| | | |
|-----|---|------------------------------------|
| M09 | M 6pm-7pm Sept. 19 - Dec. 19 No Class 10/31 | Sharon Danyluck Sunset Hills CC |
| M10 | M 7:15pm-8:15pm Sept. 19 - Dec. 19 No Class 10/31 | Sharon Danyluck Sunset Hills CC |
| M05 | M 9:30am-10:30am Sept. 12 - Dec. 5 | Nicole Thompson Queen Park Rec |
| M06 | W 9:30am-10:30am Sept. 14 - Dec. 7 | Nicole Thompson Queen Park Rec |

15 Hours | \$95

| | | |
|-----|---|---------------------------------------|
| P01 | M 6:30pm-7:25pm Aug. 22 - Dec. 12 No Class 9/5, 10/31 | Jill Woehrle Nottingham, GYM |
| P02 | W 6:30pm-7:25pm Aug. 31 - Dec. 14 No Class 11/23 | Jill Woehrle Nottingham, GYM |
| M01 | Tu 1pm-2:30pm Aug. 30 - Nov. 1 | Julie Garland Big Bend Yoga Center |

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

| | | |
|-----|---------------------------------------|--|
| M04 | M 1:30pm-2:30pm Sept. 12 - Nov. 14 | Kelly Kauffmann Aftton White-Rodgers, GYM |
|-----|---------------------------------------|--|

15 Hours | \$95

| | | |
|-----|------------------------------------|--------------------------------------|
| M02 | Th 9am-10:30am Sept. 1 - Nov. 3 | Melanie Klug Big Bend Yoga Center |
|-----|------------------------------------|--------------------------------------|

Gentle Yoga - MSPC

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.

PEDU:761 | \$79

| | | |
|-----|--------------------------------|---------------------|
| M07 | W 7pm-8pm Aug. 24 - Oct. 12 | Masterpeace Studios |
| M08 | W 7pm-8pm Oct. 19 - Dec. 7 | Masterpeace Studios |



Challenge your yoga skills on the water with SUP Yoga on page 66

T'ai Chi

Chen Tai Chi for Beginners

Strengthen your body through slow, smooth movements; increase energy through mindful breathing; and improve balance through the constant shift of body weight. Tai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of Tai Chi. No class 11/24.

PEDU:766 | \$59

| | | |
|-----|---|----------------------------------|
| 400 | W 11am-11:55am Oct. 5 - Nov. 30 No Class 11/23 | Alex Chen FP - PE, Dance Room |
| 650 | Th 5:30pm-6:25pm Oct. 6 - Dec. 1 No Class 11/24 | Alex Chen MC - PE, 201 |

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

| | | |
|-----|--------------------------------------|--------------------------------------|
| P01 | Tu 2:30pm-3:30pm Aug. 30 - Nov. 1 | Jeanette Miller Solar Yoga Center |
|-----|--------------------------------------|--------------------------------------|

T'ai Chi Chih: Beginning/Continuing

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. Class will accommodate beginning and continuing students.

PEDU:766 | \$69

| | | |
|-----|--|----------------------------------|
| 500 | Th 4:30pm-5:25pm Sept. 15 - Nov. 17 | Jeanette Miller FV - CWI, 134 |
|-----|--|----------------------------------|

Call 314-984-7777
to register beginning
August 1!

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 Aug. 30 - Nov. 1 | Jeanette Miller Solar Yoga Center |
|-----|--------------------------------------|--------------------------------------|

Mini Session | \$39

| | | |
|-----|---------------------------------------|--------------------------------------|
| P02 | Tu 1:15pm-2:15pm Nov. 15 - Dec. 13 | Jeanette Miller Solar Yoga Center |
|-----|---------------------------------------|--------------------------------------|

Self Defense

Pro-Active Personal Security and Self-Defense

Easy-to-learn concepts make this a great seminar for novice students that are interested in practical application of self-defense without countless, complicated techniques. Be pro-active and prepare yourself to face stronger, more skilled, armed and unarmed opponents through a unique combination of demonstrations and hands-on tactics. No shoes on mats; athletic wear required.

PEDU:743 | \$25

| | | |
|-----|-------------------------|------------------------------|
| 680 | Sa 9am-12pm Sept. 17 | Dennis Fonod MC - PE, 105 |
| 681 | Sa 9am-12pm Nov. 5 | Dennis Fonod MC - PE, 105 |

Practical Self-Defense for Women

Maximize your own power and gain confidence in your ability to defend yourself in an attack situation. Easy to learn and highly effective techniques make this a great introduction for beginning students interested in learning new skills and a great refresher for anyone that has been through basic self-defense. Female instructor, with over 25 years in martial arts, will cover situational awareness, standup defense (striking and kicking), defense against grab attacks, grappling techniques to escape from ground attacks and more! Ages 13 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant. All gear is provided. Signed waiver required for each participant. No shoes on mats; athletic wear required.

PEDU:743 | \$25

| | | |
|-----|----------------------|------------------------------|
| 580 | F 6pm-9pm Oct. 21 | Gina Breadon FV - PE, 122 |
| 682 | F 6pm-9pm Dec. 2 | Gina Breadon MC - PE, 105 |

Couples Self-Defense

Grab your significant other, best friend or family and enjoy time together learning, practicing and becoming more comfortable with basic self-defense techniques. Improve your confidence, strength and physical dexterity while running through moves with your partner. Registration required for each participant; individuals welcome. Signed waiver required for each participant. Bring towel and mat; athletic wear recommended.

PEDU:743 | \$39

| | | |
|-----|---------------------------------|-------------------------|
| 351 | M 7pm-7:50pm Nov. 7 - Dec. 5 | James Barry WW, 102B |
|-----|---------------------------------|-------------------------|

New Self-Defense for Family and Friends

Have fun spending time with your friends/family and learning an important life skill! Train in animal-style tactics and movements that help you use an attacker's strength to your advantage. Learn how to move, respond, attack and defend in real world situations. Mature subject matter discussed when covering how to defend against sexual assault. Ages 13 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Signed waiver required for each participant. Bring towel and mat; athletic wear recommended.

PEDU:743 | \$39

| | | |
|-----|------------------------------------|-------------------------|
| 350 | M 7pm-7:50pm Sept. 26 - Oct. 24 | James Barry WW, 102B |
|-----|------------------------------------|-------------------------|

PERSONAL ENRICHMENT

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

P01 Tu 6:30pm-7:30pm
Oct. 4 - Dec. 6

Systema St. Louis

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. No class 11/24.

PEDU:743 | \$95

P02 Th 5:45pm-6:45pm
Oct. 6 - Dec. 15

Systema St. Louis

Krav Maga

Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced class designed to prepare both the body and mind for violent attacks. Utilizing stress drills designed to mimic real life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation. Class is hands-on and fully interactive. No shoes on mats; athletic wear required.

PEDU:743 | \$95

M01 M 6pm-7pm
Sept. 12 - Nov. 14
M03 Sa 10am-11am
Oct. 1 - Dec. 10
No Class 11/26

Xtreme Krav Maga

Xtreme Krav Maga

Women Only

M02 Tu 6pm-7pm
Sept. 13 - Nov. 15

Xtreme Krav Maga



The Great Outdoors

Pickleball: Basics and Continuing

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

PEDU:740 | \$49

M01 M 5pm-5:55pm

Allyson Duffin

Frank Dalton

Kennedy RecPlex

Sept. 12 - Oct. 24

No Class 9/26

M02 M 6pm-6:55pm

Allyson Duffin

Frank Dalton

Kennedy RecPlex

Sept. 12 - Oct. 24

No Class 9/26

M03 Sa 9am-9:55am

Allyson Duffin

Frank Dalton

Kennedy RecPlex

Sept. 10 - Oct. 15

M04 Sa 10am-10:55am

Allyson Duffin

Frank Dalton

Kennedy RecPlex

Sept. 10 - Oct. 15

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 5:30pm-7:30pm

Simpson Lake

Aug. 31 - Sept. 7

M02 Sa 10am-12pm

Simpson Lake

Aug. 20 - Aug. 27

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, 2202 Marshall Rd, Saint Louis, MO 63122 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

Greentree Park

Sept. 17

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 paddleboard. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$39

M04 Sa 9am-9:50am

Simpson Lake

Aug. 20 - Aug. 27

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 Fun - Friends and Family!

Looking for something new to do with family and friends? Why not spend time in nature while experiencing the thrill and beauty of being high in a tree? Engage in fun group activities and games as you enjoy learning about trees. Using a rope and harness, you will get to relish in the gorgeous views as you ascend higher and higher in the tree. . Ages 7 & up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome.

PEDU:765 | \$39

M01 Tu 5pm-8pm

Guy Mott

Aug. 23

Camp Wyman

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

M02 Sa 9am-12pm

Guy Mott

Oct. 15

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). Sack lunches are recommended for students attending Level I and Level II; there will be a short break between classes.

PEDU:765 | \$49

M03 Sa 12:30pm-4:30pm

Guy Mott

Oct. 15

Camp Wyman



Health and Wellness

Wellness

Natural Wellness: Overview of Traditional Chinese Medicine

Explore the fundamental concepts of Traditional Chinese Medicine (TCM); concepts that have been the foundation of TCM for over 2500 years! Learn the basics of principles and how you can apply them in your daily life to enhance your health and wellness. Class taught by a licensed acupuncturist and herbalist with a PhD in Traditional Chinese Medicine.

HEAL:701 | \$29

650 Th 6pm-9pm
Sept. 8

Alex Chen
MC - BA, 122

450 Th 6pm-9pm
Sept. 22

Alex Chen
FP - G Tower, 115

New Back Care Basics

Approximately 80% of Americans experience back pain, but you don't have to let it control your life. Understand how the spine relates to health, how to create an ergonomic workstation and the importance of posture, even with something as simple as sending a text message. Learn how to correctly perform common chores, such as vacuuming, lifting, raking and shoveling, to help minimize strain on your back. Stretches and exercises that can help maintain good spinal health will also be demonstrated during class.

HEAL:703 | \$15

550 Tu 7pm-7:50pm
Oct. 11

Tim Sullivan
SCEUC, 100

680 Sa 11am-11:50am
Nov. 19

Tim Sullivan
MC - SO, 105

Couples Massage

Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage and Trigger Point Therapy. Partner required. Fee is per person. Supply list will be emailed.

HEAL:704 | \$49

480 Sa 9:30am-3:30pm
Oct. 15

Alice Sanvito
FP - HSP, 221

680 Sa 9:30am-3:30pm
Dec. 3

Alice Sanvito
MC - SW, 106

New Dump Sugar for Good

Do you have a sweet tooth that has you reaching for that candy bar or ice cream often? It's not an easy task but you can break up with your sugar habit. Health and Wellness Coach, Amber Branson, will help you learn how to successfully stop the addiction and create healthy habits along the way!

HEAL:712 | \$25

550 W 6:30pm-8:30pm
Oct. 19

Amber Branson
FV - C, 111

New Winter Wellness: Boosting Your Immune System

Cold and Flu season is here! So are the holidays! Discover great ways to boost your immunity and reduce your chances of getting sick this winter; even learn how to avoid the dreaded weight gain this season with a personalized action plan to keep you healthy through the holidays and feeling great going into the New Year!

HEAL:712 | \$25

680 Sa 10am-12pm
Nov. 12

Amber Branson
MC - SO, 105*

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. 20

Deborah Weltman
MC - HW, 104

'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. The Artist's Way, ISBN# 978-1585421466. Supply list will be emailed. No class 11/26.

PERD:709 | \$125

684 Sa 10am-12pm
Sept. 10 - Dec. 3

Deborah Weltman
MC - HW, 104

Exclamation Point!

"Deborah Weltman was the perfect instructor for 'The Artist's Way'. Thorough, on point but flexible and kind."

Louise K., Affton

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

400 F 10am-4pm
Nov. 11

Deborah Weltman
FP - F Tower, 325

683 Sa 10am-4pm
Aug. 27

Deborah Weltman
MC - CE

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. 19 - Nov. 16

Tawni Hoeglund
MC - SO, 109

401 Th 1pm-2:30pm
Sept. 15 - Oct. 13

Tawni Hoeglund
FP - G Tower, 115

The Basics of Leaving a Legacy Letter

Want to leave a message behind to be remembered and treasured by your loved ones? Writing a Legacy Letter is a priceless gift that those you love will cherish. Begin the process by learning where to start and what to include in your letter. Through exercises, creative techniques and discussion, you will find the words to express your values, beliefs and blessings with those you care about. Bring folder with 3-prong fastener, notebook and pen/pencil.

PERD:715 | \$29

600 Tu 1pm-4pm
Sept. 13

Margarita Meyer
MC - CS, 120

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 five 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. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

680 Sa 9am-12pm
Sept. 17

Carol Watkins
MC - BA, 216

Sept. 24

First class meets 9/17 in computer lab, BA-216. Second class meets 9/24 in classroom, BA-203.

450 W 5pm-8pm
Oct. 26

Carol Watkins
FP - E Tower, 310

Nov. 2

First class meets 10/26 in computer lab, FP-E, 310. Second class meets 11/2 in classroom, FP-F, 219.

The Power of Coincidence

Discover how to trust your intuition and receive the power of synchronicities. Explore the interconnectedness of all things and build a greater awareness of "meaningful coincidences" in life!

PERD:709 | \$25

681 Sa 10am-12pm
Oct. 22

Dana West
MC - SO, 109

New Simplify Your Life: Fall Cleaning Edition

Winter is coming; time to prepare your home! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management, a huge help with the busy holiday season, and learn how to make a big difference in your home with small changes.

PERD:711 | \$25

480 Sa 10am-1pm
Oct. 15

Kimberly Meredith
FP - G Tower, 113

680 Sa 9am-12pm
Sept. 24

Kimberly Meredith
MC - CS, 206

New Stress Management

Live a healthier, happier life by learning how to deal with stress effectively. Discover what stress is and identify your personal stress response. Class will also explore adaptogens and the role they play in stress reduction.

PERD:712 | \$25

450 Th 6:30pm-8:30pm
Sept. 29

Amber Branson
FP - G Tower, 115

New Stress Management

Live a healthier, happier life by learning how to deal with stress effectively. Discover what stress is and identify your personal stress response. Class will also explore adaptogens and the role they play in stress reduction.

PERD:712 | \$25

450 Th 6:30pm-8:30pm
Sept. 29

Amber Branson
FP - G Tower, 115

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

450 Th 7pm-9pm
Oct. 20 - Nov. 10

Rhonda Leifheit
FP - HSP, 219

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. No class 10/18.

PERD:732 | \$49

651 Tu 7pm-9pm
Oct. 4 - Nov. 1

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

650 W 7pm-9pm
Sept. 7 – Sept. 28

Rhonda Leifheit
MC - CS, 120

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. 26 – Nov. 2

Kim Harness
Clayton H.S., 108

CSI Forensics: Fact or Fiction?

Do you have what it takes to be a detective based on what you have learned from popular crime dramas on television? Learn what is fact and what is Hollywood fiction. Coordinator of the Criminal Justice program at STLCC-Meramec discusses ten of the most prevalent mistakes in forensics-based television shows. Real crime scene photos and cases will be discussed. Participants must be 18 or older.

PERD:765 | \$29

683 Sa 10am-12pm
Oct. 8

Michael Hepner
MC - CS, 120

Youth and Family

New Myth and Magic: Create Your Fantasy World

Learn to draw and color fairies, dragons, unicorns, goblins, mermaids, monsters and other fantastic creatures in this exciting course! Young people will learn the basics of drawing and the building blocks of art, from a professional artist, while creating their own wonderful world based on their unique imaginations! Book required. Supply list sent. LAST day to enroll or drop is Monday, 10/31. No refunds after Monday, 10/31. Ages 10 - 16 ONLY.

KIDS:701 | \$79

580 Sa 9am-12pm
Nov. 5 – Nov. 19

Elizabeth Kern
FV - H, 106

New Griot/Griote Dolls : Parent/Child

Keep your family traditions going and build new ones by becoming a griot doll artisan. Griot/Griote were unique to West Africa. They were the people who told stories to their family and other people in an entertaining way to preserve their ancient histories and traditions. They were very important because they were the oral historians of West Africa. We will make American Griot/Griote family dolls to start a new tradition of storytellers. Share family stories, jokes, songs, recipes and home remedies while crafting your doll. Learn key questions to start your storytelling tradition. Children must be accompanied by an adult. Both must register and pay. Age limit is 5 and above.

KIDS:701 | \$39

550 Sa 9am-12pm
Sept. 10 – Sept. 17

FV - H, 106

Portuguese Language for Kids:

Ages 5-11

Learn Portuguese language and Brazilian culture while having fun! Energetic classes will include games, basic concepts and skills, conversation, texts interpretation, movies, and more. Taught by native-fluent speaker provided by Viva Brasil STL. Ages 5-11. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99

681 Sa 10am-12pm
Oct. 22 – Dec. 17
No Class 11/26

MC - CS, 211

680 Sa 10am-12pm
Aug. 13 – Oct. 8
No Class 9/3

MC - CS, 204

Karate for Kids

Designed to build self-confidence, self-esteem, and self-discipline. Karate for Kids 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. Ages 4-10.

KIDS:707 | \$59

M01 Sa 10am-11am
Sept. 17 – Nov. 19

Timothy Toeniskoetter
The Martial Arts Cntr (Mehlvl)

V01 Sa 10am-11am
Sept. 17 – Nov. 19

Jeff O'Donnell
Ferguson Martial Arts

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

Four Sessions | \$35

M01 Th 5:30pm-6pm
Sept. 8 – Sept. 29

Sunset Hills Watson Trails

Six Sessions | \$55

M06 Su 5:30pm-6pm
Sept. 18 – Oct. 23

Frontenac Racquet Club

M03 MW 6:30pm-7pm
Sept. 19 – Oct. 5

Ladue Mid. School

Tennis for Youth: Beginning I and II

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

Two Sessions | \$25

Ages 7-10

580 Sa 9am-9:55am
Sept. 24 – Oct. 1

FV - PE, TENNIS

Ages 11-15

581 Sa 10am-10:55am
Sept. 24 – Oct. 1

FV - PE, TENNIS

Four Sessions | \$55

Ages 7-10

M02 Th 6pm-7pm
Sept. 8 – Sept. 29

Sunset Hills Watson Trails

Six Sessions | \$85

Ages 7-10

M05 Sa 4pm-5pm
Sept. 10 – Oct. 22

Forest Lake Tennis Club

M08 Sa 4pm-5pm
Oct. 29 – Dec. 3

Forest Lake Tennis Club

M07 Su 6pm-7pm
Sept. 18 – Oct. 23

Frontenac Racquet Club

M09 Su 6pm-7pm
Nov. 6 – Dec. 11

Frontenac Racquet Club

Ages 11-15

M04 MW 7pm-8pm
Sept. 19 – Oct. 5

Ladue Mid. School

Golf for Youth: Beginning I - 4 Sessions

Have fun learning the basics of golf and practicing the perfect swing! Ages 7-15. Extra fee for balls.

KIDS:710 | \$45

810 Sa 11am-12pm
Sept. 10 – Oct. 1

Big Bend G.C.

Fencing for Youth: Beginning I and II

Kids will have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and bouting, and will accommodate returning students with instruction to expand technique. Equipment provided. Ages 8-15. No class 10/18.

KIDS:720 | \$59

650 Tu 5pm-6:50pm
Sept. 13 – Nov. 8

Patrick Dorsey
MC - PE, 201

New Youth Volleyball

Learn the basics of volleyball in a fun, non-competitive environment! Passing, setting, hitting, serving and blocking will all be taught using fun games and activities. Ages 12-18.

KIDS:720 | \$49

580 F 6pm-6:50pm
Sept. 16 – Nov. 18

Becca Guss
FV - PE, GYM

Swimming for Children: Beginning

Get ready to swim like a fish-maybe a shark! Overcome any fear you may have of the water, practice beginning swimming strokes and learn personal water safety skills.

KIDS:720 | \$55

Ages 5-8

581 Sa 12pm-12:50pm
Oct. 1 – Nov. 19

Jeanne Hudgens
FV - PE, POOL

582 Sa 1pm-1:50pm
Oct. 1 – Nov. 19

Jeanne Hudgens
FV - PE, POOL

Ages 8 and up

583 Sa 2pm-2:50pm
Oct. 1 – Nov. 19

Jeanne Hudgens
FV - PE, POOL

Mini Movers: Parent/Child

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. \$79 fee covers one child and up to two parents/guardians. All children ages 2-6 MUST be registered under KIDS 738 600/650 and parents/guardians MUST register under KIDS 738 601/651. 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 10/18, 11/22.

KIDS:738 | \$79

600 Tu 4:30pm-5:25pm

Laura Legg

Oct. 4 – Dec. 6

Katherine Van Horn

650 Tu 5:30pm-6:25pm

MC - PE, 105

Laura Legg

Oct. 4 – Dec. 6

Katherine Van Horn

MC - PE, 105

The following sections are for parents/guardians of children that have registered and paid for KIDS:738 600/650. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant KIDS:738

601 Tu 4:30pm-5:25pm
Oct. 4 – Dec. 6

Laura Legg
MC - PE, 105

651 Tu 5:30pm-6:25pm
Oct. 4 – Dec. 6

Laura Legg
MC - PE, 105



Location Index

STLCC Continuing Education

Registration begins August 1

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Affton White-Rodgers
Community Center
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

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

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

Garden Villas South
13457 Tesson Ferry Rd., 63128

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Great American Human
Foosball (G.A.H.F.)
3227 Morganford, 63116

Greenscape Gardens
2832 Barrett Station Rd, 63021

Greentree Park
2202 Marshall Rd, 63122

Guildded Crafts
313 Gravois Rd., 63026

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Hidden Valley Ski Resort
17409 Hidden Valley Drive
63025

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 Arden Mead Youth and
Community Center)
17 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

Shaw Nature Reserve
Hwy 100 At I-44 (exit 253)
Gray Summit, MO 63039

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.(Brentwood)
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

Water's Edge
17081 N. Outer 40 Rd., 63005

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 |
| CE | ADMINISTRATION CONTINUING ED. BLDG. |
| 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

STLCC Continuing Education

**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 Patricia Henderson of Human Resources, 314-539-5214.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least six weeks prior to the class or 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 NEW-Call Center Hours: M-Th 8:30 am - 5 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: _____

Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX
CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

CARD NUMBER Expiration Date: _____

Signature: _____

RESIDENTIAL CUSTOMER



Printed on
recycled paper.

Feature Five

Registration begins August 1



Professional Essentials

Earn a credential that will increase your value in the job market and help you develop new skills. Check out Project Management (PMP certification test prep), Lean Six Sigma Green Belt Certification and the new LEAN Six Sigma Green Belt to Black Belt starting **on page 5**.



Personal Finance and Investing

Join Continuing Education this fall and increase your knowledge of personal finance and investing. The earlier and more completely you can master your money, the more likely you are to achieve a financially comfortable today and a financially secure tomorrow. Begin your financial journey **on page 51**.



Youth and Family

We've got a wide variety of programs and classes specially designed for kids of all ages throughout the metro area. Try classes in karate, fencing, tennis, golf, foreign languages, and much more. **See page 68**.



Arts and Crafts

Discover, sample and expand your artistic talent with one of STLCC Continuing Education's Fine Arts and Crafts courses. Get creative this fall with Continuing Education. **See page 26**.



Cake Decorating Program

If baking is your passion and you have artistic flair, the Cake Decorating program from St. Louis Community College 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. **Review our classes on page 34**.

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

575006-16-30-06/2016

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.