

Continuing Education

FALL 2017

Registration begins August 7



The Power of Possibilities



St. Louis Community College
Continuing Education

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Are you an STLCC Alum?

If you have taken at least one class at St. Louis Community College, our students want to hear about your success!

Share your story at stlcc.edu/Alumni or call **314-539-5472** and you will be entered to win a 3-hour Continuing Education class of your choice.



We want to hear from you!



St. Louis Community College
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stlcc.edu/foundation

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TO CAREER



St. Louis Community College

Continuing Education

Fall 2017

Enhance your skills. Pursue a passion. Expand your knowledge. Challenge your mind.

Never stop learning with Continuing Education at St. Louis Community College.

Whether you're eager to refresh your knowledge or embark on a new adventure, Continuing Education provides access to personal and professional growth in a world that never stops changing. Explore the possibilities available for you and create a rewarding future through lifelong learning.

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

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Enrollment in classes within this brochure is limited to persons 16 years and older except for youth section classes and where otherwise noted.

No-cost or Low-cost Accelerated Training!



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

Train today for a new career in these industry pathways:

- **Community Health Worker**
- **Medical Assistant (MA)**
- **Patient Care Technician (PCT)**
- **Industrial Maintenance Technician (IMT)**

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.

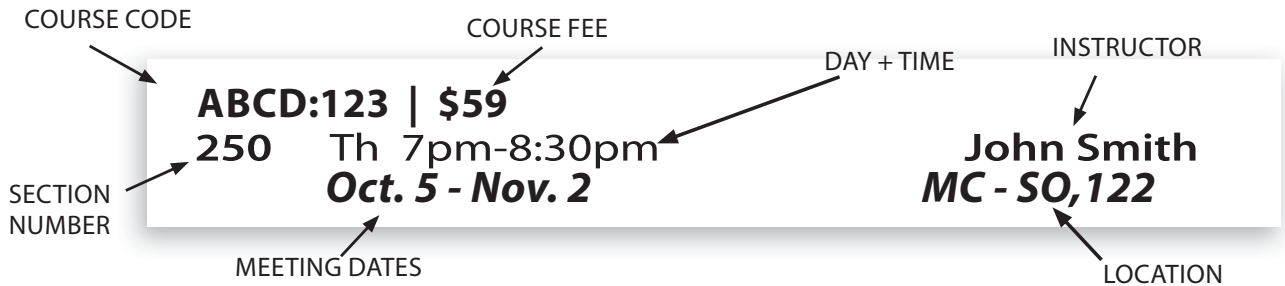
Call our hotline: 314-539-5900



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

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 by offering high-quality educational experiences leading to degrees, certificates, employment, university transfer, and life-long learning.



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

Professional Development



Continuing Education programs offer great opportunities to *energize your career, update and expand your professional expertise, explore new fields, earn a promotion and grow your professional network.*

Our *professional development* programs help you expand your existing knowledge and skills by focusing on what you need to exceed job requirements and career goals.

Learn it today, apply it tomorrow! Power your performance and your career to the next level with our *Corporate College Professional Development* classes at *STLCC*.



St. Louis Community College
Continuing Education



**Essentials
Training**

Professional Essentials

Project Management and Lean Six Sigma

Earn a credential that will increase your value in the job market and help you develop new skills. St. Louis Community College Continuing Education will help take your career to the next level and maintain your competitive edge!

Project Management Orientation

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

BPCT:703 | No Fee
C80 Sa 9am-12pm
Sept. 16

Dirk Lupien
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. Program is presented by a Registered Educational Provider (REP). Class meets Thursdays: 10/5, 10/12, 10/19, 10/26, 11/2 (Class on 11/2 will meet in Corp. College 208) and Saturdays: 10/7, 10/14, 10/28. Lunch provided on Saturdays. Class is subject to cancellation if minimum enrollment is not met by 9/26. No refunds after this date unless class is cancelled. No senior discount..

BPCT:703 | \$1,899

CD1 Th 6pm-9pm
Oct. 5 - Nov. 2
Sa 8:30am-4pm
Oct. 7-Oct. 28
No Class 10/21

Dirk Lupien
Corp. College, 207
Corp. College, 207

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 for 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 a LEAN Six Sigma Green Belt award of completion and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and two 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 non-credit 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 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15 and Saturdays 11/11, 11/18. Class is subject to cancellation if minimum enrollment is not met by 9/5. No refunds after this date unless class is cancelled.

BPCT:701 | \$1,899

CD1 W 6pm-9pm
Sept. 13 - Nov. 15
Sa 8:30am-4pm
Nov. 11-Nov. 18

Pat Dalton
Corp. College, 209
Corp. College, 207

Professional Development

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. 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 | \$35
680 Sa 9:30am-12:30pm
Sept. 16
Dr. Renee Huss
MC - SO, 107

Dealing with Difficult People in the Workplace and Managing the 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. 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:702 | \$35
480 Sa 9:30am-12:30pm
Oct. 7
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. Discover blocks hindering good listening, build positive interaction, in-depth listening skills and appropriate feedback. Lunch on your own.

BUSN:713 | \$69
C02 W 9am-4pm
Sept. 13
Jan Walters
Corp. College, 207

Your Emotional Intelligence and Why it Matters

Your IQ will get you in the door, but it's your emotional intelligence (EI), your ability to connect and manage the emotions of yourself and others, that will determine how successful you are in your professional and personal life. Emotions are all around us, and it's important to understand how to control them to cultivate productivity and positive relationships. In this interactive course, you'll learn the domains of the emotional intelligence model and how to effectively apply these core competencies in the workplace and beyond for optimum success and to enhance your skills.

BUSN:713 | \$39
C01 Tu 9:30am-12:30pm
Sept. 12
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 a 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 | \$39
C80 Sa 8:30am-12pm
Oct. 7
James Lombardo
Corp. College, 211

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 | \$39
C80 Sa 8:30am-12pm
Sept. 16
James Lombardo
Corp. College, 207

Small Business Essentials

Business Start-Up

Business Start-Up Skills for Artisans 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 holiday season and learn tips from award winning artist, 35-year veteran in the arts and former Executive Director of Best of Missouri Hands, "Mike" Ochonicky as she discusses: effective marketing techniques, outlets to sell online and in-person, balancing creativity with administrative tasks and more. Bring a notebook and pen to class.

BUSS:701 | \$29
450 M 6pm-9pm
Sept. 11
Michelle Ochonicky
FP - G Tower, 323
650 Th 6pm-9pm
Sept. 21
Michelle Ochonicky
MC - SO, 108

Starting and Managing a Small Business

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

BUSS:701 | \$59
680 Sa 9am-12pm
Sept. 16 - Sept. 23
Lynette Watson
MC - BA, 220
681 Sa 9am-12pm
Oct. 14 - Oct. 28
No Class 10/21
Lynette Watson
MC - BA, 220

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.

BUSS:701 | \$29
451 M 6pm-8pm
Sept. 11
Amy Hereford
FP - G Tower, 325

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. No class 11/22.

BUSS:702 | \$99
650 W 6:15pm-9:15pm
Nov. 8 - Dec. 6
Lynette Watson
MC - BA, 122

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. 23
Morris Turek
MC - BA, 114

DIY Background Checks on Potentials: Employees, Tenants, Contractors, Relationships and More

Protect yourself and your business using public resources and investigative techniques to learn more about the candidates you are about to hire in a legal capacity. From an employee hiring manager for a large or small business firm to a homeowner contractor or rental property manager, it's a good employment practice to learn more about potential individuals you are hiring and screen those candidates to help ensure that a potential new hire does not have anything lurking in their past that could potentially harm your business or create a safety hazard for clients and other employees. Taught by a private investigator, come learn about free and low cost options for conducting background checks, when and how to conduct background checks and the "red flags" to look for before a potential problem arises.

BUSS:765 | \$25
650 Sa 10am-12pm
Sept. 9
Cheryl D. Ring
MC - SO, 107

Exclamation Point!

"Starting and Managing a Small Business was a fantastic class! Tons of practical information delivered in an energetic and interactive manner. Thank you!!"

-Margaret Q., St. Louis, MO

Finance

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 and methods for tracking and deducting vehicle expenses. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS:705 | \$75

650 Sa 9am-12:30pm
Oct. 14 – Oct. 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. 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
Oct. 7

T. Spector
MC - BA, 124

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-1pm
Sept. 16

Bill Dorr
MC - BA, 124

Career Essentials

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 | \$39

S50 W 6:30pm-8:30pm
Oct. 11 – Oct. 18

Erin De Vore
STLCC - SC, 118

Discover Your Career Passion

You spend a good part of your life expressing yourself through work and career. For that reason, it is important to discover a path that offers joy and value in what you do. In this class, we'll help you to convert that passion into a career path through the use of worksheets and discussions. You have always known what you love, now discover your career passion.

CPDV:702 | \$65

650 Tu 7pm-9:30pm
Sept. 19 – Sept. 26

Jean Walters
MC - BA, 114

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
Sept. 26

Laurie Hawkins
MC - BA, 124

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. 26 – Oct. 10

Fred Miller
MC - CN, 203

C50 W 6:30pm-8:30pm
Nov. 7 – Nov. 21

Fred Miller
Corp. College, 207

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 | \$29

650 Th 6:30pm-9:30pm
Sept. 14

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. 5

Laurie Hawkins
MC - SO, 108

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. 19

Laurie Hawkins
MC - BA, 124

Plus 50 Employment: The Purpose, Process and Payoff

Whether you have been recently laid off from your job as a result of the economy and company restructuring or are looking to get into a different career path, individuals over age fifty may find that the job seeking and employment process is vastly different from years ago. Come learn about the unique challenges that older workers may face including: researching companies; locating online job search databases; updating your resume to match your skills with prospects; networking; skill enhancement tools; interview styles; local resources; branding statements and more. You'll receive information from industry experts to help you find the path to opportunities.

CPDV:701 | \$59

650 Th 6pm-9pm
Oct. 5 – Oct. 12

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. Bring a sack lunch.

CPDV:702 | \$65

680 Sa 9am-4pm
Sept. 30

Carol Watkins
MC - SO, 232

681 Sa 9am-4pm
Nov. 4

Carol Watkins
MC - SO, 232

NEW! MORE ONLINE COURSES FOR YOUR SUCCESS



www.stlcc.edu/ed2go

Exclamation Point!

"Plus 50: Finding Purpose and Passion in the Third Chapter was interesting and informative. The overall participation among the group was excellent. It was fun as well as a positive learning experience."

-John H., Concord Village, MO

Nonprofit Essentials

Establishing and Running a Nonprofit Organization: Part I

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

NPAD:703 | \$29
 680 Sa 10am-12pm
 Sept. 16
 580 Sa 10am-12pm
 Nov. 4

Amy Hereford
 MC - SO, 108
Amy Hereford
 FV - C, 133

Establishing and Running a Nonprofit Organization: Part II

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. 16
 581 Sa 1pm-3pm
 Nov. 4

Amy Hereford
 MC - SO, 108
Amy Hereford
 FV - C, 133

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. 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. 23

Jennifer Bush
 MC - SO, 111

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 501(c)(3) status, types of funders, how to identify potential funders, proposal requirements, sample MO Common Grant Application and tips on writing proposals. Lunch on your own.

NPAD:701 | \$59
 580 Sa 9am-4pm
 Oct. 14

Hannah McClellan
 FV - B, 122

Capacity-Building in Nonprofits: Strategies and Resources

Attend this interactive course to learn capacity-building strategies and resources for supporting your nonprofit's effectiveness and sustainability towards achieving your mission. Activities will include self-assessing your nonprofit's key capacity strengths and identifying growth strategies to enhance engagement with stakeholders. Tools and methods to be discussed for finding potential partners, program planning and evaluation. Strategies will be illustrated with examples on building staff skills, applying evidence-based models and designing community programs. Instructors have partnered with numerous nonprofits over the past ten years in direct consultation and mentoring graduate students in a service learning course.

NPAD:702 | \$25
 650 Th 6:30pm-8:30pm
 Sept. 28

Peggy Neufeld
 MC - SO, 108

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. Instructor is a producer for an international media outreach organization and former nonprofit manager for over 100 volunteers.

NPAD:704 | \$29
 650 Tu 6pm-9pm
 Sept. 19

Sarah Guldalian
 MC - SO, 107



Drones

Introduction to Drones

Class is 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 | \$29
 680 Sa 10am-12pm
 Oct. 14

Jack Beetz
 MC - SO, 108



Commercial Drones: FAA Part 107 Test Prep

Get prepared for the FAA test to operate a drone. To operate an unmanned aerial vehicle (UAV) commercially for hire, the new FAA Part 107 regulation now requires the operator to obtain a Remote Pilot Airman Certificate with a small UAS rating, or be under the direct supervision of a person who holds such a certificate. A former airline pilot and current drone instructor will review material to successfully pass the FAA test. Subjects include the new regulation, airspace classifications, flight restrictions, aeronautical chart study, airport operations, radio communication, weather, human factors and more. Sample test questions will also be reviewed. Optional \$15 test prep book available for purchase in class. One hour lunch on your own. Deadline for withdraw is 9/14. No refunds after this date.

ENGR:706 | \$249
 CD1 Sa 8am-2pm
 Sept. 23 - Sept. 30

Jack Beetz
 Corp. College, 207

Safety and Quality: OSHA

10-Hour OSHA General Industry Safety and Health Training Certification

Class meets Tuesday 10/24 and Thursday 10/26. This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Get 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 a 10 hour OSHA card after completion of the course. Students may bring a sack dinner and/or drinks and snack to class. Registration by 10/16 is encouraged. No refunds after this date.

CONS:736 | \$125
 CD2 TuTh 4pm-9pm
 Oct. 24 - Oct. 26

Pat Dalton
 Corp. College, 205

10-Hour OSHA Construction Safety and Health Training Certification

Class meets Tuesday 9/26 and Thursday 9/28 and meets the required laws for working on public job sites. Led by an OSHA certified trainer, 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 9/18 is encouraged. No refunds after this date.

CONS:736 | \$125
 CD1 TuTh 4pm-9pm
 Sept. 26 - Sept. 28

Pat Dalton
 Corp. College, 205

Construction

Construction Methods

This course covers many of the principles, materials, and methods used in light construction. Topics include building codes, construction standards and specializations, wood and wood products, concrete, masonry, glass, plastics, aluminum products, bituminous products, gypsum products, asbestos cement products, construction methods systems, foundation systems, slabs-on-ground, floor/ceiling systems, wood framed floors, wall systems, masonry walls, roof/ceiling systems, stucco, and terrazzo. Available for credit as CE 108 550. No class 10/17.

CONS:717 | \$329

210 Tu 7:05pm-9:45pm
Aug. 22 – Dec. 17

FV - E, 160

Construction Blueprint Reading

The interpretation of construction working drawings and specifications for residential and commercial building projects. Architectural, structural, and utility drawings will be covered. Available for credit as CE 116 550. No class 9/4.

CONS:718 | \$329

210 M 7:05pm-9:45pm
Aug. 21 – Dec. 17

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. Available for credit as CE 235 550. No class 11/22.

CONS:765 | \$329

210 W 7:05pm-9:45pm
Aug. 23 – Dec. 17

Todd Fisk
FV - E, 156

HVAC Operator I

A practical course dealing with the basic operation, maintenance and troubleshooting of heating, ventilating and air conditioning equipment including air, closed water stream and control systems. The dynamic equipment components of various systems will be studied with special emphasis upon preventive maintenance. Course is available for credit as ME 110 550. No class 10/17, 11/23.

CONS:765 | \$329

211 TuTh 7:30pm-9:10pm
Aug. 22 – Dec. 17

John Hope
FV - CWI, 130

National Electric Code and Calculations - Part I

Class is an introductory study of the NEC for those in related fields. This course will cover the elements, changes, applications, and design aspects of the 2017 National Electrical Code for residential and commercial properties. Certificate of participation will be awarded to those successfully finishing the course. Texts required bring to first class. No class 9/19, 10/17, 11/21.

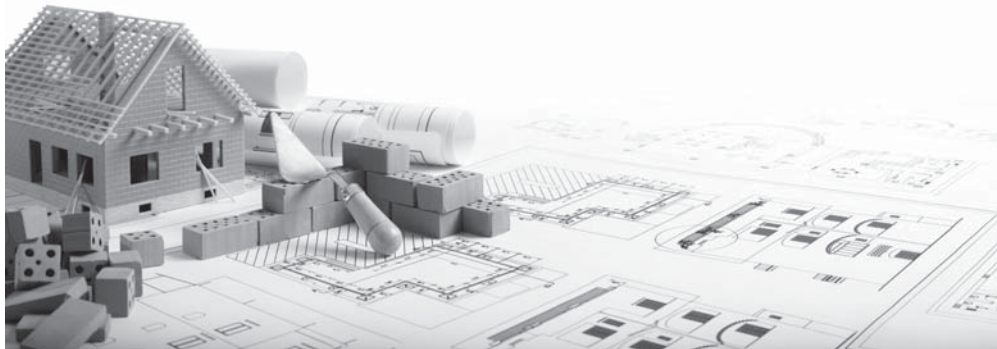
ELEC:705 | \$299

S50 Tu 6pm-9pm
Aug. 29 – Dec. 12

Michael Smith
STLCC - SC, 213



Look for AutoCAD classes in the Computers and Technology section on page 20



Gain Valuable Computer Skills for the Workplace

from the comfort of your home!



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www.ed2go.com/stlcc

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 | No Fee

550 Tu 6pm-7:30pm
Aug. 15

Ryan Chester
FV - CWI, 136

Solar Basics, Solar Site Survey, Components and System Build: Part I

Class meets Tuesdays and Thursdays. Join the field of solar energy. In this course, you will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets and safety basics. Class will introduce basic photovoltaic equipment and you will learn how to assess potential installation sites for their solar energy potential. 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, learn about photovoltaic system components and how they interact with each other. You 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. 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 8/16 is encouraged. No refunds after this date.

CONS:721 | \$349

5D1 TuTh 5pm-8pm
Aug. 24 – Sept. 14

Ryan Chester
FV - CWI, 127

Solar Basics, Solar Site Survey, Components and System Build: Part II

Class meets Tuesdays and Thursdays. A continuation of the solar energy studies and hands-on experiences. Prerequisite: Solar Basics - Part I. Registration by 9/11 is encouraged. No refunds after this date.

CONS:721 | \$159

5D2 TuTh 5pm-8pm
Sept. 19 – Oct. 10

Ryan Chester
FV - CWI, 127

Advanced PV Sizing Electrical Design

Class meets on Tuesdays and Thursdays. 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 as well as basic troubleshooting techniques. This course and the previous classes are required to sit for the NABCEP entry level exam. Registration by 10/5 is encouraged. No refunds after this date. No class 10/17.

CONS:721 | \$199

5D3 TuTh 5pm-8pm
Oct. 12 – Oct. 31

Ryan Chester
FV - CWI, 127

Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep

Class meets Tuesdays and Thursdays. 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 refunds after this date. No class 11/7, 11/23.

CONS:721 | \$259

5D4 TuTh 5pm-8pm
Nov. 2 – Dec. 5

Ryan Chester
FV - CWI, 127

Solar Courses NABCEP Certified Courses

STLCC offers 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.

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. 9 – Sept. 23
No Class 9/16
- 580 Sa 8am-3pm
Oct. 7 – Oct. 21
No Class 10/14
- 680 Sa 8am-3pm
Nov. 4 – Nov. 18
No Class 11/11

Tina Clark
FP - HSP, 219

Almut Stephan Marino
FV - B, 243

Almut Stephan Marino
MC - SO, 112

ServSafe Food Safety Certification Review and Retest

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

RMGT:702 | \$79

- 480 Sa 8am-3pm
Sept. 23
- 580 Sa 8am-3pm
Oct. 21
- 680 Sa 8am-3pm
Nov. 18

Tina Clark
FP - HSP, 219

Almut Stephan Marino
FV - B, 243

Almut Stephan Marino
MC - SO, 112



Nursing and Allied Health

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 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.

Vision in Adult Rehab

This education activity is designed for the OT/OTA professional. Join Mary Falcetti, MA, OTR/L. FAOTA for a discussion of common adult low vision conditions seen in treatment. Review assessment tools for low vision, treatment ideas and strategies for low vision clients and suggestions for best practice of documentation and progress.

AHCE:773 | \$25

- 650 W 6pm-8pm
Oct. 18

Mary Falcetti, MA, OTR/L. FAOTA
MC - AS, 104A

EMT Core Curriculum

This course begins August 22, 2017. 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 10/17, 11/23.

EMSS:700 | \$150

- H50 TuTh 6pm-9:50pm
Aug. 22 – Dec. 14

Harrison Ed. Ctr, 200

Community Emergency Response Team Training

Have you ever thought, "What would I do if a tornado struck my subdivision?" or "What types of natural disasters can happen in St. Louis?" We have the answers...Community Emergency Response Team Training (CERT) is a series of classes that prepares you to help yourself, your family, coworkers and neighbors in the event of a crisis in your community. Through this interesting eight-week series of classes (Thursday evenings, September 7 - October 26) participants learn about emergency preparedness and receive training in basic response skills such as fire safety, team organization, terrorism, disaster psychology, disaster preparedness, light search and rescue and disaster medical operations. Through a partnership with local emergency responders who are trained professionals and CERT trainers you will learn lifesaving skills. Once you have completed the eight classes you will conclude training with a full-scale disaster exercise (off-campus Saturday, October 28) that will put what you have learned to work in a real-life tornado simulation. Upon successful completion of the training, you will be able to join a local St. Louis Area CERT program to continue to support and help in times where volunteers are needed. This training is free but registration is required.

EMSS:715 | No Fee

453 Th 6:30pm-10pm
Sept. 7 - Oct. 26

WW, 220

Sa 9am-4pm
Oct. 28

WW - Off Campus

Computed Tomography Registry Review Course - Tier 1

This review course begins Wednesday, September 6 and will meet Monday/Wednesday through November 20, each session 2 hours in length. Register in person only in Continuing Education at Forest Park, SC 125. This course is designed for the Technologist currently working in Computed Tomography or, the Nuclear Medicine Technologist who does not need clinical placement to complete clinical requirements for ARRT CT certification eligibility. 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: Radiology Technologist - ARRT RT(R); Nuclear Medicine Technologist - NMTCB (CNMT) or ARRT (N). Textbooks required and will be available at the Forest Park Bookstore. Registration/refund/withdrawal deadline: 8/30. No refunds after that date.

AHCE:789 | \$345
4D0 MW 7pm-9pm
Sept. 6 - Nov. 20

Patrick Murphy
FP - A Tower, 413



Computed Tomography Registry Review Course - Tier 2

This review course begins Wednesday, September 6, 2017 and will meet through May 7, 2018. Register in person only in Continuing Education at Forest Park, SC 125. This course is designed for the Technologist or the Nuclear Medicine Technologist entering the field of Computed Tomography who needs the classroom instruction and clinical placement to complete clinical requirements for ARRT CT certification eligibility. 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. Class meets twice a week Monday and Wednesday (September 6 - November 20), each session 2 hours in length. The clinical component begins November 27, 2017 and ends May 7, 2018. Students will be placed at a STLCC clinical site. Students will have to attend a weekly clinical review on Monday evenings 7 - 9 p.m. beginning November 27, 2017 through May 7, 2018. Prerequisites required at registration: Radiology Technologist - ARRT RT(R); Nuclear Medicine Technologist - NMTCB (CNMT) or ARRT (N); 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: 12/23/2017 - 1/1/2018, 1/15, 2/19, 3/12-3/16. Textbooks required and will be available at the Forest Park Bookstore. Registration/refund/withdrawal deadline: 8/30. No refunds after that date.

AHCE:789 | \$589
4D1 MW 7pm-9pm
Sept. 6 - Nov. 20
M 7pm-9pm
Nov. 27 - May 7

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

Free Healthcare Occupations Information Sessions

Information sessions are free, but registration is required.
Call 314-984-7777 to register beginning August 7

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

Healthcare Occupations Information Session

This free session is designed to provide information to individuals interested in the noncredit healthcare occupation trainings offered at St. Louis Community College. The information session will include an overview of each noncredit healthcare occupation training along with an explanation of all prerequisites.

AHCE:701 | No Fee
458 W 6pm-7pm
Oct. 11

FP - G Tower, 323

Pharmacy Technician Information Session

This free session is designed to provide information for individuals interested in the Pharmacy Technician Training. The presentation will include an explanation of the prerequisites, an overview of the training and requirements needed for successful completion and certification.

AHCE:786 | No Fee
450 W 6pm-7pm
Nov. 1

FP - G Tower, 323

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 successful completion and certification.

AHCE:788 | No Fee
450 Th 6pm-7pm
Nov. 16

FP - G Tower, 121

SPECIAL EDITION

Caregiving at Home Series at Meramec

Special Edition: Caregiving at Home Series - A Call to Change the Culture of Aging

Aging, something that is inevitable, and yet many fear it. Instead of fearing aging, there are those who believe we should embrace it. Yes, we need to address those issues that cause the fear and look to how we can continue to have quality of life wherever we live and whatever challenges we face. Pioneer Network is an organization whose mission is to "advocate and facilitate deep system change and transformation in our culture of aging", and whose vision is to create "A Culture of Aging that is Life-Affirming, Satisfying, Humane and Meaningful." Joan Devine, Director of Education for the Pioneer Network, and Board President of Missouri Coalition Creating Care Continuum Change (MC5), the state affiliate, will share and discuss the work these organizations are doing to change the culture of aging, and how this can change the way we all embrace growing older and living a quality life.

AHCE:701 | \$19
651 W 6pm-8pm Joan Devine, BA BSN MM RN
Oct. 4 MC - CE

Special Edition: Caregiving at Home Series - Caregiving Resources

Of the nearly 44 million family caregivers in the United States, many are often over-burdened and under-informed. Having access to quality resources that will support them in their role, will benefit both the caregiver and the care-receiver. Learn valuable information about the basics of caregiving, helpful resources and tips for navigating your role as a family caregiver. Workshop presented by Mid-East Area Agency on Aging.

AHCE:701 | \$19
650 M 6pm-8pm
Sept. 18

MC - CE



Special Edition: Caregiving at Home - Talking about Death: Have you had the difficult conversation?

Death and taxes, we have all heard that these are inevitable, yet many deny them, especially death. How many times have you heard people say "if I die." In fact, it is really "when I die." Talking about death isn't easy, but avoiding the conversation, not learning what your loved ones believe and would wish for themselves, often creates much heartache when the inevitable happens. Come and learn about The Conversation Project, dedicated to helping people talk about their wishes for end-of-life care. Join us as we explore feelings about death, and learn how to start the conversation with your loved ones.

AHCE:701 | \$19
652 W 6pm-8pm Joan Devine, BA BSN MM RN
Oct. 25 MC - CE

Caregiving at Home Series *at Forest Park*

Caregiving at Home Workshop

This workshop will be offered 9/26 through 11/6. The first class will meet on Tuesday evening, 9/26. Subsequent classes will meet on Monday evening. 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 | \$89

450 Tu 6:30pm-8:30pm
Sept. 26

FP - G Tower, 323

M 6:30pm-8:30pm
Oct., 2-Nov. 6

FP - G Tower, 323

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

This session meets on Tuesday, 9/26. 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, services such as physical and occupational therapy, speech 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, VOYCE Connect Coordinator.

AHCE:701 | \$25

451 Tu 6:30pm-8:30pm
Sept. 26

FP - G Tower, 323

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 | \$25

452 M 6:30pm-8:30pm
Oct. 2

FP - G Tower, 323

Caregiving at Home - Eldercare Law

Join us for an interactive presentation on eldercare 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. 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: Staff of Alsop Elder Law

AHCE:701 | \$25

453 M 6:30pm-8:30pm
Oct. 9

FP - G Tower, 323

Exclamation Point!

"The Caregiving at Home Series was so helpful - a wealth of information. The topics covered were thorough - so much the average person would not think of asking. I especially liked the guest speakers - they brought another dimension to the class and they were experts in their fields."

- Nina H., Ferguson, MO

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. 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: Beverly White-Williams MBA RN.

AHCE:701 | \$25

454 M 6:30pm-8:30pm
Oct. 16

FP - G Tower, 323

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. 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: Janice Palmer PhD, RN, CNE

AHCE:701 | \$25

455 M 6:30pm-8:30pm
Oct. 23

FP - G Tower, 323

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: Julie Boyer MS RD LD.

AHCE:701 | \$25

456 M 6:30pm-8:30pm
Oct. 30

FP - G Tower, 323

Caregiving at Home - Caregiving and Dementia: Understanding Difficult Behaviors

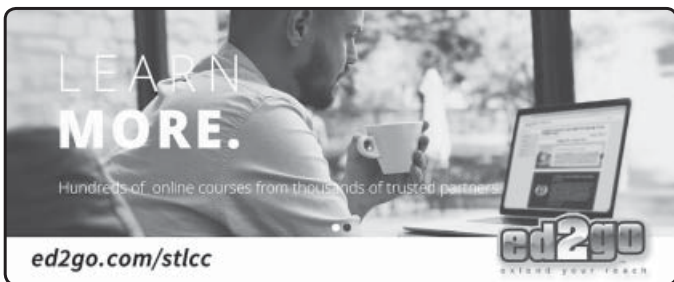
During this final evening of the Caregiving at Home Workshop we will discuss caregiving and dementia. Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as their ability to use language is lost. However, some behaviors 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. Presenter: Education and Outreach, Alzheimer's Association St. Louis Chapter.

AHCE:701 | \$25

457 M 6:30pm-8:30pm
Nov. 6

FP - G Tower, 323

Attend the entire workshop or select individual classes.



Call 314-984-7777 to register beginning August 7

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: six months prior interpreting experience. All course materials included. Registration/Refund/Withdrawal deadline: 9/5.

EDUC:760 | \$219

6D0 M 6:30pm-9:30pm
Sept. 11 - Nov. 13

Kim Osmanagic, Eduardo Vera
MC - SW, 108



Healthcare Occupations

Registration for Healthcare Occupations programs can only be completed in person at the Forest Park Campus - Continuing Education, Student Center 125.

Nurse Assistant Training for Nursing Homes



Training is held from 9/12 - 11/14. Register in person only in Continuing Education at Forest Park Student Center 125. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are completed in a nursing home and in addition to the scheduled class time. The on-the-job training hours are either an 8 hour day shift or evening shift. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Upon successful completion of this state approved course the student is eligible to take the Missouri written and practical nurse assistant certification exams. 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.health.mo.gov/safety/fcsr/ 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, 9/16, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 9/5. No refunds after that date. No class 10/17.

NURS:723 | \$1,099
4D0 TuTh 4:30pm-8:30pm
Sept. 12 - Nov. 14
Sa 8am-4:30pm
Sept. 16

Alverta Smith
FP - G Tower, 121

FP - C Tower, 415

The 104 hours of on-the-job training are completed in a nursing home in addition to the scheduled class time. The on-the-job training hours are either an eight hour day shift or evening shift.

Exclamation Point!

"I loved Alverta Smith. She was excellent when it came to teaching us the skills and techniques on how to become a success in the world."

Rob W., Overland, MO



Phlebotomy

The course will be held from 9/19 - 11/14 preparing the student for entry level employment as a phlebotomist. Register in person only in Continuing Education at Forest Park, Student Center 125. 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 night shift or weekend hours for clinical experience. Time off from work may be required to complete clinical. A strict attendance policy is enforced throughout this training. 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. 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: 9/12. No refunds after that date. No class 10/17.

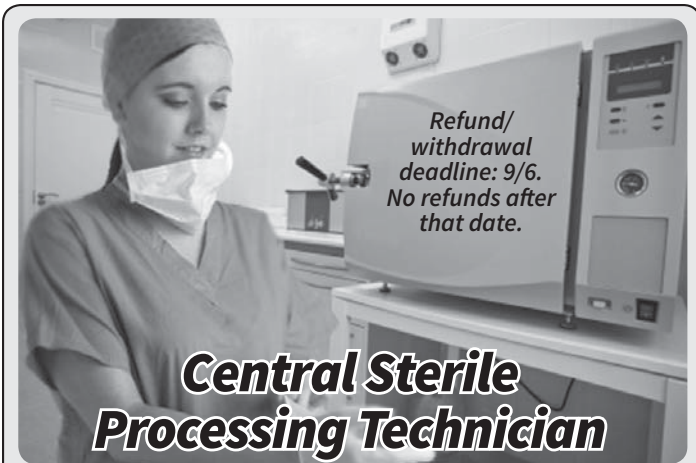
AHCE:785 | \$805
4D0 TuTh 4pm-7pm
Sept. 19 - Nov. 14

Joann Devine
FP - B Tower, 417

Exclamation Point!

"I thoroughly enjoyed the Phlebotomy course and the clinical experience. Taking this class was the best decision ever to advance my career path."

Gina H., St. Louis, MO



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/online instruction. This hybrid/flip instructor lead course is held from 9/13 - 12/6. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Course work will be completed online. Students are required to attend scheduled workshop sessions. 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. Register in person only in Continuing Education at Forest Park, Student Center 125. 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. Registration/refund/withdrawal deadline: 9/6. No refunds after that date. No class 11/22.

AHCE:788 | \$1,700
4D0 W 6pm-9pm
Sept. 13 - Dec. 6

FP - G Tower, 121

Tier 2

This class is for the individual entering the field of Central Sterile Processing who needs both the classroom/online instruction and externship. This course will be held from September 13, 2017 through May 21, 2018. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Course work will be completed online. Externship begins December 11, 2017 and ends May 21, 2018. 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 prepares the successful student to take a national certification exam. Register in person only in Continuing Education at Forest Park, Student Center 125. 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. Refund/withdrawal deadline: 9/6. No refund after that date. No class 11/22.

AHCE:788 | \$2,150
4D2 W 6pm-9pm
Sept. 13 - Dec. 6
Externship: Dec. 11 - May 21, 2018

FP - G Tower, 121
Off Campus

Section available for both Tier 1 and Tier 2 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.

Brought to you in partnership with MK Education



Healthcare Occupations

Registration for Healthcare Occupations programs can only be completed in person at the Forest Park Campus - Continuing Education, Student Center 125.

Brought to you in partnership with MK Education

Now at Forest Park!

Pharmacy Technician 300 Training Program

Registration for this program begins July 31, 2017.

Refund/withdrawal deadline: 8/14 - No refunds after that date.

This hybrid/flip instructor lead course is held from August 21, 2017 through January 29, 2018. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Course work will be completed online. Students will be required to attend scheduled workshop sessions on campus: 8/21, 8/24, 9/7, 9/18, 10/2, 10/9, 10/23, 11/6, 11/20 and 12/4. The externship is scheduled December 5, 2017 - January 19, 2018. Students will be required to attend the final examination review on 1/22 and the final examination on 1/29. Workshops and final exam will meet 6 - 9 p.m. This training prepares the student for entry level employment as a pharmacy technician. 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. Upon successful completion of the course the student is eligible to take a certification exam. Register in person only in Continuing Education at Forest Park, Student Center 125. 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. Registration/refund/withdrawal deadline: 8/14. No refunds after that date.

AHCE:786 | \$2,400
4D0 Dates listed in description - 6pm-9pm
Aug. 21 - Jan. 29

FP - G Tower, 121

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.

Exclamation Point!

"Linda Hoerchler's vast knowledge of Central Sterile Processing careers inspired me to explore a new career path. She is approachable and willing to answer all questions to make sure you understand. She shared her work experience and gave insight on how and why things are done in sterile processing. Excellent teacher! Two thumbs up!"

Cherise T., Florissant, MO

Exclamation Point!

"My instructor, Kilinyaa Cothran, always went the extra mile to help us out and she truly wanted everyone to succeed. I'm so glad I came to St. Louis Community College for this training."

Eric W., St. Louis, MO

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.
No transfers between sessions or refunds given within five business days of class date.

Heartsaver CPR AED: Adult and Pediatric

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

CPRR:701 | \$65

5D0 W 6pm-9:30pm
Sept. 13

Gary Holsapple
FV - TC, 110

Heartsaver CPR AED: Adult

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

CPRR:701 | \$49

6D0 Tu 6pm-8pm
Nov. 7

Marilyn Miederhoff
MC - CE

Heartsaver First Aid CPR AED

Heartsaver First Aid CPR/AED is a classroom, DVD-driven, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency during the first few minutes before emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn the skills to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Upon successful completion, each participant will receive a course completion card. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time. No refund for late arrival.

CPRR:706 | \$99

4D0 Sa 8:30am-4:30pm
Oct. 7

Gary Holsapple
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. Due to the nature of the course, you must arrive on time. No admittance after stated start time. No refund for late arrival. Bring a sack lunch. Child Care Providers DO 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

6D0 Sa 8:30am-4pm
Oct. 21
MC - CE

5D0 Sa 8:30am-4pm
Nov. 18
FV - TC, 105

4D0 Sa 8:30am-4pm
Dec. 2
FP - G Tower, 121

BLS for Healthcare Providers

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 | \$75

4D0 Th 5pm-10pm
Aug. 31

Marilyn Miederhoff
FP - G Tower, 121

6D0 M 5pm-10pm
Sept. 11

Carol Pikey
MC - CE, CE

5D0 Sa 9am-3:30pm
Sept. 16

Gary Holsapple
FV - TC, 105

4D1 Sa 9am-3:30pm
Sept. 23

Gordon Back
FP - G Tower, 121

4D2 Tu 5pm-10pm
Oct. 10

Gordon Back
FP - G Tower, 121

5D0 F 9am-3:30pm
Oct. 13

Carol Pikey
STLCC - SC, 125

6D1 M 9am-3:30pm
Oct. 16

Carol Pikey
MC - CE, CE

5D1 Th 5pm-10pm
Oct. 26

Gary Holsapple
FV - TC, 105

CD0 M 5pm-10pm
Oct. 30

Gary Holsapple
Corp. College, 276

4D3 Th 5pm-10pm
Nov. 2

Gordon Back
FP - G Tower, 121

5D2 W 5pm-10pm
Nov. 8

Gary Holsapple
FV - TC, 105

6D2 Sa 9am-3:30pm
Nov. 11

Carol Pikey
MC - CE, CE

3D0 M 5pm-10pm
Nov. 13

Marilyn Miederhoff
WW, 102A

6D3 Tu 5pm-10pm
Nov. 21

Carol Pikey
MC - CE, CE

HD0 W 9am-3:30pm
Nov. 29

Gordon Back
Harrison Ed. Ctr, 100

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

Gordon Back
FP - G Tower, 121

6D4 Th 5pm-10pm
Dec. 7

Carol Pikey
MC - CE, CE

6D5 M 5pm-10pm
Dec. 11

Marilyn Miederhoff
MC - CE, CE

4D5 Th 5pm-10pm
Dec. 14

Gordon Back
FP - G Tower, 121

Basic Life Support Instructor Essentials Course

The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and First Aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre course online study, followed by the hands-on session conducted by Training Center Faculty during the AHA Instructor course. The course educates the instructor candidate in the use of AHA Instructor teaching materials; how to ensure that students meet learning objectives; student coaching skills; how to conduct an objective skills performance evaluation and to follow AHA Instructor course policies. Please note there is self-paced, pre course preparation. Access to a computer will be necessary to complete required online course work. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card. Registration four weeks prior to course start date is required to ensure arrival of pre course materials and completion of pre course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC Training Center Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Registration/Refund/Withdrawal deadline: 9/25. Interested students must contact Diane Sterett at 314-539-5754 before registering for the BLS Essentials Instructor Course.

CPRR:708 | \$299

4D0 M 8am-5pm
Oct. 23

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 all prerequisites. Registration is required one week prior to course start date. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Interested students must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Renewal Course.

CPRR:709 | \$99

4D0 M 6pm-10pm
Sept. 25

Gordon Back
FP - G Tower, 121

Registration/Refund/Withdrawal deadline: 9/18.

4D1 W 9am-1pm
Nov. 15

Gordon Back
FP - G Tower, 121

Registration/Refund/Withdrawal deadline: 11/8.



**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. For registration in programs, call 314-984-7777.

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. No participant substitutions permitted. Only the person officially registered for the session and whose name appears on the official roster will be allowed to attend the session.

**You must bring Your State MOPD ID number to ALL Workshops.
The state is requiring the ID on the Sign-In Sheet for all clock-hour training.
Without your ID number, you will not receive online credit.**

To obtain or to look up your MOPD ID # go to www.openinitiative.org

Saturday Childcare Programs

Please arrive early to check in prior to the workshop

Half Day Programs

Full Day Programs

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 | \$35

480 Sa 9am-12pm
Sept. 30

FP - G Tower, 323

Literacy and Guidance

A children's book is the primary source for instruction in early childhood classrooms. This workshop will explore ways we can use literature to teach classroom values, acceptable social behaviors, and ideas about culture. Participants will also be introduced to several new diverse titles of books for children. Taught by the president of the St. Louis Black Authors of Children's Literature organization.

CCPR:702 | \$35

680 Sa 9am-12pm
Oct. 14

Julius Anthony
MC - SO, 109

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

580 Sa 9am-1pm
Nov. 11

Geraldine Jasper
FV - CDC, 112

Supervision & 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

682 Sa 9am-1pm
Dec. 9

Geraldine Jasper
MC - SO, 109

Creating a Culture of Caring in the Classroom

You will learn and practice the language of virtues in teachable moments as a strengths-based approach to reinforce the child's character development as well as provide positive approaches to guidance, correction and discipline. You will learn communication tools to assist you in setting healthy boundaries and listening tools to assist the children in coming up with resolutions to their own problems. Box lunch included.

CCPR:702 | \$59

681 Sa 9am-3:30pm
Nov. 4

Lisa von Stamwitz
MC - SO, 107

New Cultural Competence

Explore the importance of culturally responsive education in early childhood classrooms. Training participants will take part in difficult self-exploratory exercises intended to dismantle misconceptions about race, poverty, injustice, and how children learn best. The focus is placed on children's literature and how it can be used to support a culturally competent early childhood classroom. Box lunch included.

CCPR:765 | \$59

580 Sa 9am-3:30pm
Dec. 2

Julius Anthony
FV - CDC, 112

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. For Child Care Providers ONLY. Child Care Providers needing Approved Clock Hours MUST enroll in this course.

CCPR:711 | \$97

6D0 Sa 8:30am-4pm
Oct. 21
5D0 Sa 8:30am-4pm
Nov. 18
4D0 Sa 8:30am-4pm
Dec. 2

Carol Pikey
MC - CE, CE
Gary Holsapple
FV - TC, 105
Carol Pikey
FP - G Tower, 121

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

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 | \$25

550 W 7pm-9pm
Sept. 27

Geraldine Jasper
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. Participants will use provided materials to create and manipulate various messy mediums.

CCPR:703 | \$25

650 M 7pm-9pm
Sept. 18

Latonya Brown
MC - SO, 112

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 | \$25

550 W 7pm-9pm
Oct. 11

Victoria McReynolds
FV - CDC, 110

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 | \$25

550 W 7pm-9pm
Oct. 18

Jasmin Marshall
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 | \$25

780 W 7pm-9pm
Dec. 6

Gloria Hampton
Lindbergh H.S., 46

Child Abuse: What a Child Caregiver Needs to Know

This workshop is required for every child care provider in the state of Missouri! Learn the important facts about child abuse, neglect, and shaken baby syndrome. Recognize the signs and symptoms of abuse and neglect, requirements of mandated reporter, process of reporting and investigation, preventing of child abuse, and strengthening families.

CCPR:717 | \$25

780 W 7pm-9pm
Nov. 1

Patty Smith
Lindbergh H.S., 46

New Storytime STEAM

Join Magic House educators and discover how students can make real-life connections through inquiry, collaboration and project-based learning. This workshop opens the door to hands-on learning using favorite children's books and integrated Science, Technology, Engineering, Art and Mathematics content. This workshop is at the Magic House, St. Louis Children's Museum, 516 S Kirkwood Rd., St. Louis, MO 63122, the Whitaker Theater, located through the entrance off the back parking lot on the upper level.

CCPR:718 | \$25

M01 Tu 7pm-9pm
Sept. 26

MC - Off Campus

Language Development: Phonological Awareness and Alphabetic Knowledge

Discussion of language development in preschool years. Provides specific tools to encourage phonological awareness and alphabetical knowledge. Co-sponsored by St. Louis Learning Disabilities Association.

CCPR:718 | \$25

650 Tu 7pm-9pm
Oct. 3

MC - SO, 108

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 | \$25

650 Th 7pm-9pm
Oct. 26

Geraldine Jasper
MC - SO, 109

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 | \$25

450 M 7pm-9pm
Nov. 20

FP - G Tower, 323

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 | \$25

651 Tu 7pm-9pm
Nov. 7

MC - SO, 107

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 | \$25

652 Tu 7pm-9pm
Dec. 5

MC - SO, 107

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 | \$25

550 W 7pm-9pm
Nov. 15

Victoria McReynolds
FV - CDC, 110

Keeping Kids Safe in Today's World: Intruder Safety

Back by popular demand! Lockdown, intruder guidelines, social media issues, identity security are all factors to plan for in the 21st century. We will discuss many security factors that can affect children's safety in your center or home day care.

CCPR:765 | \$25

551 W 7pm-9pm
Nov. 29

Mary Roy
FV - CDC, 110

Self-Care for the Edu-carer

Discover new ways to nurture the nurturer. Gain simple tools to reduce stress by increasing self-awareness and self-empathy in order to disconnect your "buttons" before they get pushed. Obtain insights into professional development practices that can help sustain the teacher/child relationship with unconditional acceptance and compassion bringing out the best in yourself and the children in your care.

CCPR:765 | \$25

550 W 7pm-9pm
Nov. 8

Lisa von Stamwitz
FV - CDC, 110



We're Saving Your Seat!

Call 314-984-7777 to register beginning August 7



St. Louis Community College
Continuing Education

Communications

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. 30
 580 Sa 9am-12pm
 Nov. 4

Michael Doran
 MC - SW, 207
 Michael Doran
 FV - C, 112

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. 30
 581 Sa 12:30pm-3:30pm
 Nov. 4

Michael Doran
 MC - SW, 207
 Michael Doran
 FV - C, 112

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.

PEDU:753 | \$695

6D1 M 5pm-9pm
 Sept. 25 - Nov. 27
 Registration/withdrawal deadline: 9/18.
 No refunds after this date.

Melissa Baumgartner
 MC - SO, 105

4D1 F 9am-1pm
 Sept. 29 - Dec. 8
 Registration/withdrawal deadline: 9/21.
 No refunds after this date. No Class 11/24

Melissa Baumgartner
 FP - G Tower, 323



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

450 W 7pm-9pm
 Oct. 25
 650 Th 7pm-9pm
 Sept. 21

Jill McCoy
 FP - G Tower, 325
 Jill McCoy
 MC - CN, 202

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. 14

Mary Hankins
 FP - G Tower, 325

Exclamation Point!

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

-Bonnie W., Kirkwood, MO

TRUCK DRIVERS ARE IN HIGH DEMAND!

Learn about the 5-week Class A CDL Truck Driving Program, 2-week Class B CDL Program, and the Refresher CDL Program.

Attend an Information Session at the Forest Park campus for program details.

Information sessions are free but registration is required.

Truck Driving Class A CDL and Class B CDL Information sessions are held weekly on Thursdays at 9:30am or on the second Tuesday of the month at 5pm.

Call 314-984-7777 to register.





Computers and Technology

Applications and Systems

Microsoft Word 2016 - 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

680 Sa 9am-4pm

Sept. 9

681 Sa 9am-4pm

Nov. 11

Rachel Bufalo

MC - BA, 202

Rachel Bufalo

MC - BA, 203

Microsoft Word 2016 for Business: Part I

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. 25

Cris Heffernan

Corp. College, 208

Microsoft Word 2016 for Business: Part II

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. 1

Cris Heffernan

Corp. College, 208

Microsoft Excel 2016: 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. 16

580 Sa 9am-4pm

Sept. 23

681 Sa 9am-4pm

Nov. 18

Cris Heffernan

Corp. College, 208

Cris Heffernan

FV - B, 120

Roy Lenox

MC - BA, 203

Microsoft Excel 2016: 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

650 Th 6:30pm-9:40pm

Sept. 7 - Oct. 5

Roy Lenox

MC - CN, 221

Microsoft Excel 2016: 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

650 Th 6:30pm-9:40pm

Oct. 12 - Nov. 9

Roy Lenox

MC - CN, 221

Microsoft Excel 2016 for Business: Part I

You will learn tips and tricks to navigate efficiently and create effective spreadsheets in one of Microsoft's most powerful programs. Learn to build basic formulas and functions, with an emphasis on Relative and Absolute referencing. Learn to make your sheets and printouts easier to read with special formatting techniques. An important class for the beginner as well as for the self-taught Excel user. Prerequisite: Windows Introduction class. Recommended to bring a flash drive.

COMP:720 | \$129

C01 F 9am-4pm

Sept. 8

Cris Heffernan

Corp. College, 208

Microsoft Excel 2016 for Business: Part II

Build on previous knowledge and further your spreadsheet skills by creating more complex formulas using a variety of Functions. Learn techniques of data management and analyzing your data with lists, tables, common charts, pivot tables, and pivot charts. Discover the ease of using range names and conditional formatting. Prerequisite: Microsoft Excel Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:721 | \$129

C01 F 9am-4pm

Sept. 22

Cris Heffernan

Corp. College, 208

Microsoft Excel 2016 for Business: Part III

Continue to expand your Excel expertise as you manage multiple workbooks and worksheets, and build 3 dimensional calculations and file linking. Explore the power of the all-important Lookup Functions and related concepts. Become adept at using Formula Auditing tools, Data Validation, and sharing and protecting workbooks. Also, explore the use of major Data Analysis tools, such as Scenarios and Data Tables. Create and edit macros to save you time and create consistency across workbooks. Prerequisite: Introduction to Excel or equivalent experience. Recommended to bring a flash drive.

COMP:722 | \$129

C01 F 9am-4pm

Sept. 29

Cris Heffernan

Corp. College, 208

Microsoft Access 2016: In a Day

Learn the basics of Access in one day! In this class, you will 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

Oct. 7

Cris Heffernan

MC - BA, 203

Microsoft Access 2016 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. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive.

COMP:725 | \$129

C01 F 9am-4pm

Oct. 20

Cris Heffernan

Corp. College, 208

Microsoft Access 2016 for Business: Part II

Get the skill you need to enhance your database designs. Work with Data Normalization, Table Relationships and Join techniques, including Inner and Outer joins. Learn to query multiple tables for customized reports. Create more complex queries using parameters, and action queries. Learn to use more advanced Reporting techniques. Prerequisite: Windows Introduction class or equivalent experience and Introduction to Access or equivalent experience. Recommended to bring a flash drive.

COMP:725 | \$129

C02 F 9am-4pm

Oct. 27

Cris Heffernan

Corp. College, 208

Microsoft Access 2016 for Business: Part III

Round out development of your Access skills by learning advanced Forms design techniques, including the addition of controls, improved navigation, and effective use of Conditional Formatting. You will link tables, import and export data, and use your database in a Word Mail Merge. Learn to build Macros to validate and automate data, and be introduced to VBA to enhance your database even further. Topics also include documenting and securing your DB, and creating and managing a Switchboard to control user interaction with your DB. Prerequisite: Microsoft Access 2016 for Business: Part I and Part 2. Bring a flash drive.

COMP:726 | \$129

C01 F 9am-4pm

Nov. 3

Cris Heffernan

Corp. College, 208

QuickBooks Pro 2017

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

C50 W 6pm-9pm

Oct. 4 - Nov. 1

Dawn Jones

Corp. College, 208

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Community
College
Continuing
Education

Gmail and Google Calendar

Gmail is Google's email's system that seamlessly ties into all of the Google products. Anyone can create an account for free. Hint: If you have an Android phone, you most likely already have a google account. 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 these truly helpful tools! Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

COMP:742 | \$25

654 Tu 6pm-9pm
Sept. 12

Rachel Bufalo
MC - TBA

Introduction to Google Drive

In this class you will learn how to create docs, sheets, slides and more using Google's free web based system. Access your documents from any computer and easily share them with others. This class will be an overview of the tools available in Google Drive. Instructor works extensively in Google Drive. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful. It is also helpful, but not required, to have your Google account set up prior to class. Bring user ID and password.

COMP:742 | \$25

C53 W 6pm-9pm
Nov. 1

Laura Warren
Corp. College, 206

Google Docs and Sheets

In this class you will learn how to create and edit a text document in Google Docs and a spreadsheet in Google sheets. In Docs, learn how to format text, create a table of contents and insert images and tables. In Sheets, learn how to edit cells, insert and delete rows and columns and use simple formulas. Instructor works extensively in Google Drive. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

COMP:742 | \$25

C50 W 6pm-9pm
Oct. 18

Laura Warren
Corp. College, 206

Introduction to AutoCAD I

Fundamentals of the AutoCAD drafting system. Drawing setup units, limits, layers, linetypes, colors. Drawing procedures points, lines, arcs, circles. Special features polylines, blocks, dimensioning, cross-hatching, plotting. Prerequisite: EGR 050. Available for credit as EGR 133 550. No class 11/22.

COMP:770 | \$219

210 W 7pm-9:55pm
Sept. 13 - Dec. 17

Walter Staas
FV - E, 278

Introduction to AutoCAD II

Continuation of Introduction to AutoCAD I. DOS for AutoCAD, Blocks, attributes, symbol libraries, bill of material extraction, screen and tablet menus, digitizing drawings, slides and slide shows, introduction to LISP language. Prerequisite: EGR 133. Available for credit as EGR 141 550. No class 10/17.

COMP:770 | \$219

211 Tu 7pm-9:55pm
Sept. 12 - Dec. 17

Walter Staas
FV - E, 278

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. 28

Corp. College, 211

652 Th 6pm-9pm

Sept. 14

MC - SW, 108

Learn the Basics of an iPhone or iPad

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

COMP:765 | \$25

C80 Sa 9am-12pm

Nov. 18

Corp. College, 209

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

651 Tu 6pm-9pm

Nov. 28

Rachel Bufalo
MC - AS, 204

C83 Sa 9am-12pm

Sept. 23

Patrick Karl
Corp. College, 205

Personal Computing

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 Th 9am-12pm

Sept. 7 - Sept. 28

Jerry Bearden
STLCC - SC, 209

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

580 Sa 9am-4pm

Nov. 18

Rachel Bufalo
FV - B, 127

680 Sa 9am-4pm

Sept. 30

Rachel Bufalo
MC - BA, 203

Keyboarding: Learn to Type on the Computer

Do you use the hunt and peck method of typing? Keyboarding skills are essential fundamentals for all computer software applications. Learn where each key is and how to type more efficiently. Increase speed and accuracy. You will learn correct hand positions and how to use the alphabetic, numeric, symbol and shortcut keys.

COMP:702 | \$109

750 M 7pm-9pm

Sept. 18 - Nov. 20

Helen Ralston
Lindbergh H.S., 108

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. 9

Corp. College, 208

C82 Sa 9am-4pm

Nov. 18

Corp. College, 208

Introduction to Craigslist

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

COMP:742 | \$25

S52 Th 6pm-9pm

Oct. 26

Rachel Bufalo
STLCC - SC, 206

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, search for items, to bid, win auctions, sell items-including fees, add a picture, 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 W 6:30pm-9pm

Oct. 18 - Oct. 25

William Bearden
STLCC - SC, 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. 1

Jean Bradley
MC - BA, 208



Google calendar



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. 19 **Jean Bradley**
 MC - BA, 208

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. 16 **Patrick Karl**
 MC - BA, 202

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. 28 **Patrick Karl**
 MC - BA, 202

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, electronic and communications using the most current/effective techniques/methodologies.
COMP:795 | \$39
 C80 Sa 9am-12pm
 Nov. 11 **Cortez Tillman**
 Corp. College, 208

Publishing and Media Technologies

Publishing Technologies

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
 Nov. 4 **Zak Zych**
 MC - BA, 212

Adobe Photoshop Creative Cloud (CC): Introduction

This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. 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 M 6pm-9pm
 Sept. 11 - Oct. 2 **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 M 6pm-9pm
 Oct. 9 - Oct. 30 **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 Essentials program.
COMP:755 | \$129
 C54 M 6pm-9pm
 Nov. 13-Dec. 4 **Zak Zych**
 Corp. College, 206

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 W 6pm-9pm
 Oct. 11 - Oct. 25 **Rachel Bufalo**
 STLCC - SC, 206

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 W 6pm-9pm
 Nov. 1 - Nov. 8 **Rachel Bufalo**
 STLCC - SC, 206

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
 Sept. 1 **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
 Oct. 6 **Zak Zych**
 MC - HE, 233

Adobe Lightroom: Introduction

This workshop introduces the basics of Lightroom, a software that contains a powerful and comprehensive set of digital photography tools that enable you to organize and bring out the best in your images. Lightroom is designed as an end-to-end photographic workflow for both amateur and professional photographers
CVTW:701 | \$139
 682 Sa 8:30am-4:30pm
 Aug. 26 **Charles LaGarce**
 MC - HE, 232

New Adobe Lightroom: Advanced Development with PhotoShop

This workshop will focus on advanced image development techniques for both amateur and professional photographers. Students will be taught both global and selective enhancement tools to optimize images. Emphasis will be placed on preparing images for the Lightroom output modules: Print, Slideshow, Book and Web.
CVTW:701 | \$139
 680 Sa 8:30am-4:30pm
 Nov. 4 **Charles LaGarce**
 MC - HE, 232

New Adobe Lightroom: Print and Publish

This workshop will focus on advanced image layout and printing techniques from Lightroom Print Module, and creating a Photo Book with the Lightroom Book Module for both amateur and professional photographers.
CVTW:701 | \$139
 681 Sa 8:30am-4:30pm
 Dec. 2 **Charles LaGarce**
 MC - HE, 232

Adobe Lightroom: Introduction

This workshop introduces the basics of Lightroom. 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 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.
CVTW:701 | \$139
 684 Sa 8:30am-4:30pm
 Sept. 16 **Charles LaGarce**
 MC - HE, 232



= Digital Arts and Technology Alliance Workshops



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
Oct. 13

David Haley
MC - HE, 233



New Adobe Illustrator: Pen Tool Boot Camp

Have you struggled with drawing in a vector format? The Pen tool is a key component for image creation in vector design and difficult to master. This half day workshop will focus on lessons to help understand line creation in vector software. Learn best practices on how to place anchor points, control handles and use modifier keys for path creation. Brief experience with Illustrator is helpful. This class will be offered on the Macintosh platform with current version of Adobe Illustrator CC 2017.

CVTW:702 | \$79

681 Sa 8:30am-12:30pm
Sept. 9

John Schmitt
MC - HE, 232



New Adobe InDesign Creative Cloud: Basic Core Tools

The objective of this workshop is to give you an introduction to the basic core tools of Adobe InDesign. It is targeted to those with little or no experience with InDesign. The course covers the basics of the application; the preferences, tool bar, control bar and tool panels, what each is used for and how to use them. In addition you will work with type setting, formatting, type spacing, placing of photos, artwork and basic excel data import for tables. Included is the completion of a Flyer so that an understanding of how everything works together to complete a page layout. The completion of this workshop will give you the skills to do basic page layout. It is recommended that you take the follow-up course "Adobe InDesign - Beyond the Basics" to build on what you learned in the previous course.*

CVTW:702 | \$79

682 F 8:30am-12:30pm
Oct. 13

David Haley
MC - HE, 233



Adobe Illustrator: Raster to Vector

This workshop will take you through the steps to convert a raster image or logo into a vector format. Specific tools in Illustrator will be explored to learn all the aspects of this unique and important function of Illustrator. Explore the Image Trace menu, editing paths, and the pen tool to clean up a rasterized file. This class will be offered on the Mac platform. Basic knowledge of Illustrator helpful but not necessary.

CVTW:702 | \$79

683 Sa 8:30am-12:30pm
Oct. 14

John Schmitt
MC - HE, 232



3D Printing for Basic Prototyping

This four-part workshop will take you through the workflow of 3D printing. Learn terminology, history, and an overview of 3D printing in software and hardware developments. Design, build and create a 3D printed object. Software such as TinkerCad, Cura, Adobe Illustrator, and Photoshop will be covered. This multi session format will allow students to learn in class and then modify and design between sessions for comprehensive learning.

CVTW:713 | \$139

600 Th 6pm-8pm
Oct. 5 - Oct. 26

John Chihak
MC - HE, 136



= 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. 15

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
Sept. 29

Timothy Linder
MC - HE, 233



New Maya: 3D Modeling Basics

This course is designed for the true beginner. We will start by touring the Maya interface, then move into creating and texturing simple objects. From there we will learn techniques and tools to create and texture characters and complex shapes. This class will focus on polygon extruding, sculpting, texturing and lighting. No previous experience with 3D art or Autodesk Maya is necessary.

CVTW:704 | \$139

602 F 1pm-6pm
Sept. 22

Joseph Rollins
MC - HE, 232



New Maya: 3D Animation

This course is created for someone new to animation. You will learn the core concepts, tools and techniques to build a solid foundation in animating with Autodesk Maya. The focus will be on animating along paths, dynamics, rigging and character movement.

CVTW:704 | \$79

603 F 1pm-5pm
Oct. 20

Joseph Rollins
MC - HE, 232



Digital Movie Making: Introduction

This class will teach the basics of shooting video with a camcorder or DSLR with the intent of creating, editing, and presenting short movies. Topics covered will include: video shooting skills, cameras, lenses, resolution, and frame rates. Adobe and Apple software will be used for editing. Video codec compression and video file formats will be discussed. Students will be taught how to optimize their movies for a DVD or to be shared on YouTube, Vimeo, or Instagram. Students must provide their own digital video camera or DSLR (No Smart Phones please).

CVTW:706 | \$139

681 Th 6:30pm-9pm
Oct. 12 - Oct. 26

Russell Rosener
MC - HE, 233

Exclamation Point!

"The training I obtained with STLCC Continuing Education has really paid off. Your staff, instructors and facilities were very nice, and everyone I worked with was very accommodating. I plan on taking more classes with STLCC Continuing Education."

Laura H., Chesterfield

Social Media

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

C52 Tu 6pm-9pm
Aug. 29

350 W 6pm-9pm
Sept. 27

S50 W 6pm-9pm
Oct. 25

Rachel Bufalo
Corp. College, 208

Erin De Vore
WWW, 206

Erin De Vore
STLCC - SC, 207

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

650 Th 5:30pm-9pm
Aug. 31

C51 Th 5:30pm-9pm
Sept. 28

653 Tu 5:30pm-9pm
Nov. 14

Rachel Bufalo
MC - BA, 203

Rachel Bufalo
Corp. College, 206

Rachel Bufalo
MC - TBA

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

652 Tu 6pm-9pm
Oct. 10

Rachel Bufalo
MC - TBA

Facebook: Profile, Photos, Friendships and Home Page

You've 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. 28

Rachel Bufalo
MC - BA, 203

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

S51 W 6pm-9pm
Nov. 15

Erin De Vore
STLCC - SC, 207

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 W 6pm-9pm
Oct. 25

Richard Vagen
STLCC - SC, 209

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
Nov. 2

Stephanie Bearden
STLCC - SC, 208



Social Media Marketing

Marketing through social media has become a must, but there are so many sites to navigate. This 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, social media sites such as Facebook, Instagram, Twitter, Pinterest, Youtube, LinkedIn and blogging sites.

CVTW:713 | \$139
601 F 8:30am-4:30pm
Dec. 8

Rachel Bufalo
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. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience and Basic Introduction to WordPress or equivalent experience. This class will move at a fast pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

COMP:745 | \$99
650 F 9am-4pm
Nov. 10

C80 Sa 9am-4pm
Aug. 26

Jerry Bearden
MC - BA, 202
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
Oct. 5 - Oct. 19

Jerry Bearden
STLCC - SC, 206



Test Prep

ACT Test Preparation Workshop

Ready to do your best on the ACT? Toshi Floyd, an experienced ACT Test prep instructor, will use a proven curriculum to review all subject areas and test-taking strategies to maximize your ACT scores. Using retired ACT Tests students can compare their pre and post test scores. Text and practice tests included - bring a calculator to class. Students must attend the first and last sessions of the test prep.

EDUC:712 | \$195

6D0 W 6pm-9pm
Aug. 30 - Oct. 11
Registration/withdrawal/refund deadline: 8/23.

4D0 Sa 9am-12pm
Oct. 7 - Nov. 18
Registration/withdrawal/refund deadline: 9/29.

Toshi Floyd
MC - BA, 118

Toshi Floyd
FP - G Tower, 321

Chemistry Warm-up: Math Review for Chemistry Students

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 | \$69
500 M-Th 8:30am-11:30am
Aug. 14 - Aug. 17
400 Tu-Th 9am-1pm
Aug. 15 - Aug. 17
600 Tu-Th 1pm-5pm
Aug. 15 - Aug. 17

Donna Mabbs
FV - SM, 130
Joe Wilson
FP - B Tower, 415
Suzanne Saum
MC - SS, 108

Adult Basic Education and English as a Second Language

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

Affton, Bayless, Kirkwood, Lindbergh, Mehlville, Valley Park and Webster Groves.

Call 314-984-7777 for more information

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

Cultivate your knowledge and curiosity with our personal enrichment classes. Take this opportunity to expand your mind and do something just for you! Explore your passion and meet others who share it. Seek new ideas and foster your excitement for learning. Whether you're interested in adding some *variety to your life*, *finding an outlet for your creative spirit* or *discovering something new*, you can pursue your dreams through lifelong learning with Continuing Education.

Personal Enrichment



St. Louis Community College
Continuing Education



Ageless Learning

Classes below are held at the Missouri History Museum, Lower Level from 10:30 am - 12:30 pm.

Seminars

SENR:702 P01	Tuesday	Sept. 12	ALS: St. Louis's Theaters - The Stage to the Silver Screen	Ron 'Johnny Rabbitt' Elz
SENR:702 P02	Wednesday	Sept. 13	ALS: Progressivism's Presidents - Theodore Roosevelt & Woodrow Wilson	Bonnie Vega
SENR:702 P03	Wednesday	Sept. 20	ALS: Economic Result of the Progressive Era	Edward Vega
SENR:702 P04	Thursday	Sept. 21	ALS: 1904 World's Fair	Dan Fuller
SENR:702 P05	Wednesday	Sept. 27	ALS: World War I	Bonnie Vega
SENR:702 P06	Thursday	Sept. 28	ALS: Missouri's First Main Street - The Boone Lick Road	Dorris Keeven-Franke
SENR:702 P07	Thursday	Oct. 5	ALS: Beer Barons	Richard Lay
SENR:702 P08	Wednesday	Oct. 11	ALS: The 1920's - The New Era	Bonnie Vega
SENR:702 P09	Thursday	Oct. 12	ALS: Mercantile Library	Ron 'Johnny Rabbitt' Elz
SENR:702 P10	Wednesday	Oct. 18	ALS: Exploring Missouri's German Heritage	Dorris Keeven-Franke
SENR:702 P11	Wednesday	Oct. 25	ALS: The Great Depression	Bonnie Vega
SENR:702 P12	Tuesday	Oct. 31	ALS: Bellefontaine Cemetary General Overview - "Digging a Little Deeper"	Dan Fuller
SENR:702 P13	Wednesday	Nov. 15	ALS: Remembering St. Louis in World War II	Ron 'Johnny Rabbitt' Elz
SENR:702 P14	Thursday	Nov. 16	ALS: Saints and Sinners of Bellefontaine Cemetary	Richard Lay
SENR:702 P15	Tuesday	Nov. 21	ALS: Depression and Recovery	Edward Vega
SENR:702 P16	Wednesday	Nov. 29	ALS: German Customs & Traditions	Dorris Keeven-Franke
SENR:702 P17	Thursday	Nov. 30	ALS: The New Deal	Bonnie Vega

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

Seminars (cont.)

ALS: Wildwood's Early Settlers and the History of Our Local One-Room Schoolhouses

The district of St. Andre was one of the earliest settlements in what is now called Wildwood. Founded in 1798 during Spanish territorial times, St. Andre was populated mostly by Americans, many who came west with Daniel Boone. By the 1820s, one-room schoolhouses were established by these families and over the following century, nearly thirty one-room schoolhouses would be built in western St. Louis County. This presentation by Karen Fox, researcher with the Wildwood Historical Society, will detail the history of these early settlers.

SENR:702 | No Fee
300 Th 10am-11:30am
Aug. 31

Karen Fox
WW, 102A

ALS: Medicare Essentials

Are you getting close to being eligible for Medicare? In a small class setting in order to allow for questions from participants, presenter, will be providing information about enrolling in Medicare, understanding the difference between Medicare Advantage and Medigaps, how to choose a Part D plan, and how to protect your benefits. Class is presented by CLAIM, a nonprofit organization providing information about Medicare to Missourians. All of CLAIM's services are free, unbiased and confidential.

SENR:702 | No Fee
500 Th 10am-12pm
Sept. 7

Julia Allen
FV - CWI, 136

ALS: The Great River Mississippi, Classic Stories and Images of Steamboat Transportation

Can you hear the boat coming? Come join us as we take a look at the history of the great Mississippi River and steamboat travel in the 19th century. These days mark the grandest of travel on the river for passengers and the movement of cargo. We'll also discuss the devastation brought by the Civil War.

SENR:702 | No Fee
501 Th 10am-12pm
Oct. 5

John Meehan
FV - CWI, 136

ALS: Discovering Public Parks in St. Louis

It's time to explore the colors of fall. From dog parks to trails and greenways, to arboreta and community gardens, St. Louis has tremendous community parks. Come learn about historic squares, comfortable old plazas and modern sculpture gardens. History buffs will learn about the naming of parks, as well as discover many facts, legends, trivia and points of interest with stories that unearth nuggets of St. Louis history found in public parks. Learn about Missouri State Parks and conservation areas within a 90 minute drive of St. Louis for an easy day trip. Each park is unique. Together they are essential in meeting our cultural, social, psychological, health, environmental and quality of life needs.

SENR:702 | No Fee
301 Tu 10am-12pm
Sept. 12
602 Th 10am-12pm
Oct. 5

Nancy Carver
WW, 102A
Nancy Carver
MC - SC, 201



ALS: The Earliest Photographic Images

By the time the first photographic process was revealed to the public in 1839, chemical experiments from the prior generation had already yielded a variety of images created by light. Presentation will explore the ways by which the earliest photographs were produced, along with how the methods and results quickly improved. Not only did this work lay the foundation for the medium we know, but a number of these formats have again become popular in contemporary photography.

SENR:702 | No Fee
602 F 10am-12pm
Nov. 3

David Hanlon
MC - SC, 201

ALS: The Wake Up Call

Ever wonder what it's like to be a private investigator (PI) and what really goes on behind the scenes of an investigation? Licensed Private Investigator, Cheryl D. Ring, will take you behind the scenes of her life changing journey that was revealed on Lifetime Television. She will take you into the depths of a criminal investigation and inside the mind of a common criminal. You'll learn the skills, tools and techniques that Cheryl used to beat a criminal at his own game. She'll discuss: why people lie, how to detect a liar and when to know someone is telling the truth and more. Learn ways to protect yourself in today's society at home, school and work and how to conduct your own investigation.

SENR:702 | No Fee
600 Tu 10am-12pm
Aug. 29

Cheryl D. Ring
MC - BA, 105

ALS: A Whirlwind Look at 120 Museums in the St. Louis Area

The Washington Post has counted - there are more museums in the US than there are Starbucks and McDonalds combined. Presentation will explore the grand array of museums in the St. Louis area from the small museums (saxophones, beer brewing, mastodons, and antique fire engines) to the large world-class museums. Come explore what St. Louis has to offer and get ready to plan your adventures!

SENR:702 | No Fee
303 Th 10am-11:30am
Nov. 16

Douglas Schneider
WW, 102A

ALS: A Biographical Look at the Wright Brothers

The Wright brothers lived in a remarkable family in a city that was hotbed of innovation during a time ripe for aviation experimentation. Join us for an insightful look at two of the most famous brothers in history and how they succeeded in creating the airplane and how they tried to promote and protect their invention after Kitty Hawk. You will also find out who was called the "Third" Wright brother.

SENR:702 | No Fee
302 Th 10am-11:30am
Oct. 19

Douglas Schneider
WW, 102A

ALS: Valley Park Past and Present

July 15th, Valley Park, Missouri celebrated its 100th anniversary of incorporation. Come discover some well-known and little-known facts about the area as presenter, Doug Schneider, helps you explore Valley Park's history. You'll learn about past and present major buildings, century homes, lepidopterists, Preventorium and the town's own railroad. Ulysses Grant wooed his love, Julia Dent, with the beauty of area and the Sphinx was a local attraction.

SENR:702 | No Fee
601 Th 10am-11:30am
Sept. 14

Douglas Schneider
MC - BA, 105

Senior Fitness

Seniors Dance: Extra Easy Line Dancing

Even if you think you have two left feet, you can learn basic line dancing steps. No prior experience is necessary and no partner is required. Come by yourself or bring a group of friends. Be prepared for lots of fun and the opportunity to make new friends! Learn some new line dances and some old classics at an easy-going pace. Non-rubber soled shoes recommended.

SENR:703 | \$59
W01 Tu 9am-9:50am
Sept. 12 - Oct. 31

Karen Merlin
Bluebird Park

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. 15 - Oct. 20

Sandra Derickson
Afton White-Rodgers, GYM

M04 F 1:45pm-2:45pm
Oct. 27 - Dec. 15
No Class 11/17, 11/24

Sandra Derickson
Afton White-Rodgers, GYM

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

Six Sessions | \$59

M01 F 12:30pm-1:30pm
Sept. 15 - Oct. 20
M03 F 12:30pm-1:30pm
Oct. 27 - Dec. 15
No Class 11/17, 11/24

Sandra Derickson
Afton White-Rodgers, GYM

Sandra Derickson
Afton White-Rodgers, GYM

10 Sessions | \$69

501 Th 10am-10:50am
Sept. 14 - Nov. 16

Sandra Derickson
FV - PE, 233

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water.

SENR:704 | \$79

M01 Th 10am-11am
Aug. 24 - Oct. 12
M02 Th 10am-11am
Oct. 19 - Dec. 14
No Class 11/23

Masterpeace Studios

Masterpeace Studios



Social Security Benefits America (SSBA)

The Social Security Administration recommends you create a *my Social Security* account before class so you can review your Social Security Statement. You can sign in or create an account at www.socialsecurity.gov/myaccount

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. The session is free but registration is required.

SENR:766

300 Tu 1pm-3pm
Sept. 12 WW, 102A
400 Th 1pm-3pm
Sept. 14 FP - SC, 031

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. The session is free but registration is required.

SENR:766

301 Tu 1pm-3pm
Oct. 24 WW, 102A
401 Th 1pm-3pm
Oct. 26 FP - SC, 031

SSBA: Guide to Spousal and Survivor Benefits

What challenges will a spouse or survivor face in the retirement years? Learn about Spousal Benefits, Widow's Benefits and Divorced Spouse Benefits. Class offered by the Social Security Administration. The session is free but registration is required.

SENR:766

302 Tu 1pm-3pm
Nov. 7 WW, 226
402 Th 1pm-3pm
Nov. 9 FP - SC, 031



Fine Arts

Artful Saturdays

Enjoy three Saturday mornings exploring museum collections. Tours will be led by Betsy Solomon and will feature a specific theme each time, see details below. Featured selections are all new, no repeats from last year. Participants must provide their own transportation. Where to meet: for the Saint Louis Art Museum, meet in Sculpture Hall inside the main entrance to the Cass Gilbert (original) museum building; for the Missouri History Museum, meet next to the Thomas Jefferson Sculpture inside the main entrance facing Lindell.

- October 7, 10:00-12:00, Saint Louis Art Museum: Selection of Women Artists and a Few Other Picks
- October 14 10:00-12:00, Saint Louis Art Museum: Modern Painting
- October 21, 10:00-12:00, An Art Historian's Tour of the Missouri History Museum

ARTS:705 | \$65

480 Sa 10am-12pm
Oct. 7-Oct. 21 Elizabeth Solomon
FP - Off Campus



First Impressions: Monet in a Day

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 TUESDAY, 10/17. No refunds after this date.

ARTS:748 | \$99

P01 Tu 5pm-9pm
Oct. 24 Elizabeth Kern
Nottingham School, 102

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 photos of your rooms and art or bring your art!

ARTS:765 | \$29

651 Th 6pm-9pm
Oct. 19 Deborah Weltman
MC - HE, 124

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 | \$105

600 Tu 9:30am-12pm
Sept. 5 - Oct. 10 Ruth Kolker
MC - CE
601 Tu 9:30am-12pm
Oct. 24 - Dec. 5 Ruth Kolker
MC - CE
No Class 11/21

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. No class 9/21.

ARTS:709 | \$105

602 Th 12pm-3pm
Sept. 7 - Oct. 12 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 | \$105
603 Th 12pm-3pm Maureen Brodsky
Oct. 19 - Nov. 16 MC - CE

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 | \$105
680 Sa 12pm-3pm Sean Long
Sept. 9 - Sept. 30 MC - HE, 125
681 Sa 12pm-3pm Sean Long
Oct. 7 - Oct. 28 MC - HE, 125

Drawing: All Levels

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. No class 11/9, 11/23.

ARTS:709 | \$105
P01 Th 6pm-8:30pm Lisa Payne
Sept. 7 - Oct. 12 Nottingham School, 110
P02 Th 6pm-8:30pm Lisa Payne
Oct. 19 - Dec. 7 Nottingham School, 110

Drawing in Color Pencil: Beginning

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent. No class 10/17 and 11/21.

ARTS:716 | \$155
S01 Tu 12:45pm-2:45pm Kristine Scharfenberger
Sept. 5 - Dec. 5 STLCC - SC, 102

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 11/23.

ARTS:716 | \$155
S02 Th 12:45pm-2:45pm Kristine Scharfenberger
Sept. 7 - Nov. 30 STLCC - SC, 102

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 six-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 | \$105
651 W 6pm-9pm Sean Long
Sept. 13 - Oct. 4 MC - HE, 124

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Use 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. Prerequisite: previous drawing training or equivalent experience.

ARTS:718 | \$155
6D0 M 6:30pm-9:30pm Elizabeth Kern
Sept. 18 - Nov. 6 Clayton H.S., 24

Drawing Hands and Feet

Fundamentals of learning to draw hands and feet of the human figure. Anatomy emphasized. Draw with gesture, line, shape and value. Learning proportions. How to "attach" hands and feet to the body. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience.

ARTS:748 | \$85
580 Sa 10am-12pm Elizabeth Kern
Sept. 9 - Sept. 30 FV - B, 211

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. Supplies and routes discussed at the first class. Prerequisite: students must be able to walk 15 minutes at a time.

ARTS:721 | \$105
PD1 Sa 10am-11am Sarah Paulsen
Sept. 16 FP - G Tower, 412
Sa 10am-1pm
Sept. 23-Oct. 21 FP - Off Campus

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 | \$105
652 W 6pm-9pm Sean Long
Oct. 11 - Nov. 1 MC - HE, 123

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. No class 10/17.

ARTS:721 | \$105
750 Tu 6:30pm-8:30pm Mary Feagan
Sept. 19 - Nov. 14 Kirkwood H.S., SA 1

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 | \$105
S01 F 10am-12pm Kristine Scharfenberger
Sept. 22 - Nov. 10 STLCC - SC, 102

Mastering Calligraphy

Get an in-depth study of calligraphy's most common form: italic type. 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
650 M 7pm-9:30pm Leslie Barnes
Sept. 11 - Oct. 30 MC - HE, 215

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 | \$139
550 Tu 6:30pm-9pm Carl Behmer
Sept. 5 - Oct. 10 FV - H, 109
551 Tu 6:30pm-9pm Carl Behmer
Oct. 24 - Dec. 5 FV - H, 109
No Class 11/21
580 Sa 9:30am-12pm Sheow Chang
Sept. 9 - Oct. 14 FV - H, 109
581 Sa 9:30am-12pm Sheow Chang
Oct. 21 - Dec. 2 FV - H, 109
No Class 11/25



Get Creative with STLCC Continuing Education

Painting

Basic Design Principles

In this class, you will learn the basic skills and principles that no artist should be without! This class is designed for painters and artists who wish to learn the fundamental skills for building better compositions through dynamic design. We will examine successful paintings and explore what makes them memorable. In-class activities and take home projects will focus on the principles and elements of outstanding design.

ARTS:748 | \$85

650 Th 6pm-8pm
Oct. 5 - Oct. 26

Elizabeth Kern
MC - CE

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, 9/5. No refunds after this date.

ARTS:748 | \$105

6D1 Tu 6pm-8pm
Sept. 12 - Oct. 10

Elizabeth Kern
MC - HE, 124

Watercolor: Beginning Techniques

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

ARTS:735 | \$105

600 Tu 1pm-3:30pm
Sept. 5 - Oct. 10

Maureen Brodsky
MC - CE

Watercolor: Advanced 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. Students must have basic knowledge of watercolor technique. Supply list sent. No class 9/7, 10/5, 10/19, 11/2, 11/23.

ARTS:735 | \$205

M01 Th 9:30am-12pm
Aug. 24 - Nov. 30

Nancy Muschany
St John's UCC

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

15 Hours | \$105

600 Tu 1pm-3:30pm
Oct. 24 - Dec. 5
No Class 11/21

Maureen Brodsky
MC - CE

30 Hours | \$205

M01 M 12pm-2:30pm
Sept. 11 - Nov. 27

Nancy Muschany
St John's UCC

M02 W 12pm-2:30pm
Aug. 30 - Nov. 15

Nancy Muschany
St John's UCC

M04 Th 12:30pm-3pm
Aug. 31 - Nov. 16

Nancy Muschany
St John's UCC

W01 F 12:30pm-3:30pm
Sept. 8 - Nov. 17
No Class 10/6

Phyllis Smith Piffel
Bluebirk Park

W02 F 9am-12pm
Sept. 8 - Nov. 17
No Class 10/6

Phyllis Smith Piffel
Bluebird Park

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

Five Sessions | \$105

W01 Tu 2pm-5pm
Sept. 12 - Oct. 10

Michelle Ochonicky
Eureka Comm. Ctr

350 Tu 6pm-9pm
Sept. 12 - Oct. 10

Michelle Ochonicky
WW, 309

W02 Tu 2pm-5pm
Oct. 24 - Nov. 28
No Class 11/21

Michelle Ochonicky
Eureka Comm. Ctr

351 Tu 6pm-9pm
Oct. 24 - Nov. 28
No Class 11/21

Michelle Ochonicky
WW, 309

10 Sessions | \$205

P01 Tu 5:45pm-8:45pm
Sept. 5 - Nov. 7

Lisa Payne
Nottingham School, 110

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. No class 10/18.

ARTS:746 | \$185

710 W 6pm-9pm
Sept. 6 - Nov. 15

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 | \$105

680 Su 1pm-2pm
Sept. 24
Su 1pm-4pm
Oct. 1-Oct. 29

Maureen Brodsky
MC - HE, 217
MC - HE, 217

Painting Plein Air

Paint outside 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 Meramec campus for one hour. We will cover materials needed and locations chosen at this time. All following sessions are for two hours and meet in different locations as planned. Provide your own transportation.

ARTS:748 | \$105

600 M 1pm-2pm
Sept. 11
M 1pm-3pm
Sept. 18-Oct. 23

Maureen Brodsky
MC - CE
MC - Off Campus

Acrylic Impressions

Calling all artists! Join us to create your own masterpiece. 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 | \$205

M01 Tu 12:30pm-3:30pm
Sept. 5 - Nov. 7

Phyllis Smith Piffel
Kirkwood 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. No class 11/21.

ARTS:748 | \$105

M02 Tu 12:30pm-3:30pm
Nov. 14 - Dec. 12

Phyllis Smith Piffel
Kirkwood Comm Ctr

Chinese Brush Painting

Learn the fundamentals of this dynamic and ancient art form - from holding the brush to creating elegant brush strokes. After learning basic techniques, students will be led step by step through a traditional Chinese brush painting. LAST DAY TO ENROLL OR DROP IS THURSDAY, 10/26. No refunds after this date.

ARTS:765 | \$79

P01 Th 6pm-8pm
Nov. 2 - Nov. 16

Elizabeth Kern
Nottingham School, 102

Continuing Education Call Center Hours

**Fall 2017 registration begins
Monday, August 7**

Expanded hours August 7 - August 25

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

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

Regular Hours (after August 25):

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

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

Call 314-984-7777 to register



St. Louis Community College
Continuing Education

Crafts

Hodgepodge

Frame It!

In this class, you will decorate your own 4"x6" picture frame. The wooden frame has an 6.5"x8.5" outside dimension. You will use acrylic paints to color your frame. You can personalize it to add flare to your desk or end table or create it with someone in mind to give as a gift! Instructor will provide samples to help get your creative juices flowing!

CRFT:755 | \$39

M01 W 7pm-9pm
Oct. 18

Cathy Cody
Painted Zebra-Krkwld

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 | \$79

P06 Sa 12pm-4pm
Nov. 18

Craft Central

Eco-Friendly Furniture Restoration Demo

In this demonstration and talk, Perennial will share with you some of their best tips on repairing joints and refinishing surfaces - all with the earth in mind! Through hands-on demonstrations, you'll learn all about natural paints, stains, and waxes. Learn to add a pop of color to your projects with Milk Paint, mix and apply a fresh coat of Perennial's signature wood wax, and cook up natural stain from walnuts. You'll leave this workshop with the knowledge to add a whole new look to your furniture without harming the environment or your compromising your health.

CRFT:765 | \$15

P02 Tu 6:30pm-8pm
Sept. 12

PerennialSTL.org

Introduction to Upholstery: Dining Room Chair

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 MONDAY, 10/16. No refunds after this date.

CRFT:713 | \$39

P05 Th 6:30pm-8:30pm
Oct. 26

PerennialSTL

Needlecrafts

Sew What? Holiday Gift Ideas

Discover several great easy gifts you can stitch. Everyone loves the hand crafted gift and you can do it! We have several easy ideas like infinity scarfs, cosmetic bags and placemats to choose from. You will be able to make several gifts at class and learn to make more at home. No sewing experience necessary.

CRFT:713 | \$59

P07 Tu 6pm-9pm
Nov. 28 - Dec. 5

Anne Stirnemann
City Sewing Room

Alabama Stitching

Join us for creative hand embroidery on knits popularized by Natalie Chanin known for her unique twist on traditional sewing, quilting and embroidery techniques. It's joining two pieces of knit fabric by appliqueing one on top of the other. Great for recycling t-shirts into new shirts, skirts or hats. Bring two coordinating t-shirts to class, we'll have the rest of notions and thread.

CRFT:713 | \$39

P02 W 6pm-9pm
Oct. 11

Anne Stirnemann
City Sewing Room

Sewing Halloween Costumes

Get some help in making your child's Halloween costume. Bring your pattern and fabric and we will get it started—or finished if you are stuck in the middle. Must be able to use a sewing machine.

CRFT:713 | \$39

P08 Sa 9am-12pm
Sept. 30

Anne Stirnemann
City Sewing Room

Pattern Making for the Experienced Stitcher I

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 | \$59

P01 W 6pm-9pm
Sept. 13 - Sept. 20

Anne Stirnemann
City Sewing Room

Pattern Making for the Experienced Stitcher II

Expand your skills by modifying your basic bodice or sloper made in the first class into different styles by manipulating ease, darts, collars and sleeves. Prerequisite: student must have taken Pattern Making for the Experienced Stitcher I class. Note: this class will not cover how to make pants.

CRFT:713 | \$59

P03 W 6pm-9pm
Oct. 18 - Oct. 25

Anne Stirnemann
City Sewing Room

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 | \$75

S50 Tu 6:30pm-8:30pm
Sept. 12 - Sept. 26

Magan Harms
STLCC - SC, 120

450 W 6:30pm-8:30pm
Nov. 1 - Nov. 15

Magan Harms
FP - G Tower, 325

Embroidery Basics: Canvas Tote with Prairie Flowers

In this class, you will learn basic embroidery stitches used in candlewicking: French and colonial knots, running stitch, stem stitch, back stitch, and lazy daisy. We will be stitching on an unbleached canvas tote bag. The end result will be a monocolored prairie scene. All materials included.

CRFT:728 | \$55

P01 Tu 10am-12pm
Sept. 26

Craft Central

Sashiko Embroidery and Mending

Have you seen the newest mending craze? It is a combination of embroidery and patching holes and making them look amazing at the same time. Bring that old pair of jeans that you've worn a hole in, or your favorite jacket that has a tear. We can also add bits to cover a stain. Some people are making holes to patch and add a little something to the item. Bring a pair of scissors and an item of clothing with a hole.

CRFT:728 | \$39

650 W 6pm-9pm
Oct. 4

Nicole Ottwell
MC - SO, 112

Tangled Fibers: A Felting Class

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 | \$129

M02 M 6pm-9pm
Nov. 6 - Nov. 27

Nicole Ottwell
MC - Off Campus

Needle Felt a Christmas Gnome

Learn to needle felt Christmas gnomes! Needle felt is a process whereby 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 two to three gnomes. All materials included in class cost.

CRFT:765 | \$45

P01 Tu 10am-12pm
Nov. 7

Craft Central

P04 Tu 6:30pm-8:30pm
Nov. 7

Craft Central



Stitch your stress away with STLCC Continuing Education.

Weaving

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 | \$85

P04 Th 6:30pm-9pm

Oct. 19 - Oct. 26

Craft Central

P06 Th 6pm-8:30pm

Nov. 9 - Nov. 16

Craft Central

Dyeing

Silk Scarf Dyeing

Join us for a fun mess while hand-dyeing beautiful scarves. We will use quick techniques to bring color to silk to have you accenting your wardrobe with your own design. You will leave with not one, not two, but THREE beautiful scarves that will look amazing for years to come! You can keep these beautiful accessories for yourself, give away as gifts, or maybe a little of both!

CRFT:765 | \$69

M01 M 10am-1pm

Sept. 11

Nicole Ottwell

Divers. Health & Wellness

Fabric Makeover: Ice Dyeing

Interested in altering colors of fabrics or want to make old fabrics new again? Join us for a dye-lightful time as we use dye and ice to achieve great color on fabrics, both silk and cotton. You will spend two classes exploring this medium that has been featured on Facebook and Pinterest. You will learn how to achieve amazing results that are soft and blended or an intense saturation of color. Ice dyeing will work on any natural fabric and this class will teach you the skills so that 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 safely take home your fabrics!

CRFT:713 | \$85

600 M 10am-1pm

Sept. 18 - Sept. 25

Nicole Ottwell

Divers. Health & Wellness

Shibori Dyed Silk Scarves

What could be better than making a scarf just the way you want? How about making EIGHT scarves just the way you want! In this class, you will learn Shibori techniques to add pattern and color to your scarves. Shibori dyeing is an ancient technique that means "shaped-resist dyeing." The shaping process leaves areas undyed that become patterns when the cloth is dyed. Rather than treating cloth as a two-dimensional flat surface, Shibori techniques support a three-dimensional form by folding, crumpling, stitching, plaiting or plucking and twisting. A cloth may be dyed repeatedly using a different shaping method each time. Also covered in the class is dye removal; you will add color, remove color, and add more color. Leave with eight finished scarves at the end of class. These beautiful scarves make great gifts! Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:718 | \$139

650 M 6pm-9pm

Oct. 2 - Oct. 16

Nicole Ottwell

Divers. Health & Wellness

Exclamation Point!

*"I enjoyed my **Crochet** class very much. I had never crocheted before and **Dee Levang** took extra care to help me. I appreciated her patience and time."*

Virginia M., St. Louis

Knit and Crochet

Spin Your Own Yarn on a Drop Spindle

In this class, you will make your own yarn without a spinning wheel! Learn to spin yarn from various fiber preps while using a drop spindle. This class is for beginners and wheel spinners who may not have much experience in drop spindle spinning. All materials included in cost of class.

CRFT:713 | \$69

650 Th 6:30pm-8:30pm

Oct. 12 - Oct. 19

Dee Levang

MC - SO, 112

Knit in a Day

Join us for a crash course in knitting. You will learn the basics in one fell swoop (casting on, knitting, purling, pattern reading, cabling and binding off) and be on your way to impress friends and yourself! It's a beautiful form of handiwork that's well worth the time. You may bring snacks or a sack lunch.

CRFT:720 | \$49

680 Sa 9am-3pm

Oct. 7

Cristin Greenlee

MC - CN, 128

480 Sa 9am-3pm

Nov. 18

Thi Miller

FP - G Tower, 327

Knitting I

Join us for fun, laughter, and knitting fundamentals. You will 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:722 | \$49

P01 W 6:30pm-8:30pm

Sept. 13 - Sept. 27

Nottingham School, 104

Thi Miller

750 Tu 6:30pm-8:30pm

Oct. 3 - Oct. 17

Kirkwood H.S., W 105

Cristin Greenlee

Knitting II

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

750 Tu 6pm-9pm

Nov. 7 - Nov. 14

Kirkwood H.S., W 105

Cristin Greenlee

Knitting Intermediate: Brioche Cowl

Experiment with the beautiful brioche 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 is a great way to practice and perfect this stitch.

CRFT:722 | \$49

451 Tu 6:30pm-8:30pm

Oct. 3 - Oct. 24

Nottingham School, 104

Thi Miller

Knitting in the Round: Magic Loop Socks

Knitting in the round is incredibly enjoyable, portable and makes a fantastic winter gift. In this class, you will knit a pair of socks. 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. You will learn all about the construction of a sock so that it can be made to order.

CRFT:722 | \$49

450 Tu 6:30pm-8:30pm

Sept. 5 - Sept. 26

Thi Miller

FP - F Tower, 331

Knit Hats

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

CRFT:722 | \$49

P02 W 6:30pm-8:30pm

Oct. 11 - Oct. 25

Thi Miller

Nottingham School, 104

Make It and Take It: Infinity Scarf

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: Knitting I or equivalent experience. Supply list sent.

CRFT:720 | \$49

681 Sa 9am-1pm

Dec. 9

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 I or equivalent experience. Supply list sent.

CRFT:722 | \$49

452 Tu 6:30pm-8:30pm

Nov. 7 - Nov. 28

Thi Miller

FP - G Tower, 321

Crochet I

Join us to learn to 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

650 Tu 6:30pm-8:30pm

Sept. 12 - Sept. 26

Dee Levang

MC - SO, 112

550 Tu 7pm-9pm

Sept. 12 - Sept. 26

Anne Frese

FV - SS, 105

Crochet II

Go beyond the basics of crochet with this class. Learn how to make, tubular and textured stitches, half-double and treble crochet stitches, how to increase and decrease, and how to crochet a flat circle. Practice reading patterns. After this class, you will be an intermediate crocheter! Students may bring their own projects. Prerequisite: Crochet I or equivalent experience. Supply list sent.

CRFT:726 | \$49

651 Th 6:30pm-8:30pm

Nov. 2 - Nov. 16

Dee Levang

MC - SO, 112

550 Tu 7pm-9pm

Nov. 7 - Nov. 21

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 I. Supply list sent.

CRFT:726 | \$49

652 Tu 6pm-9pm
Nov. 7 - Nov. 21

Dee Levang
MC - SO, 112

Crochet: Lace

Learn three special crochet lace techniques in this class-Broomstick Lace, Hairpin Lace and Solomon's Knot Lace. You will learn one technique, along with a small project, in each class. This class is for intermediate and advanced crocheters. Supply list sent.

CRFT:726 | \$49

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

Dee Levang
MC - SO, 112

Tunisian Crochet I

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

680 Sa 12pm-3pm
Sept. 16 - Sept. 23

Dee Levang
MC - SO, 112

Tunisian Crochet II

Now that you've learned the basics of Tunisian Crochet (simple stitch, knit stitch, purl stitch and reverse stitch) in Tunisian Crochet I, what's next? In this class, 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

681 Sa 12pm-3pm
Nov. 11 - Nov. 18

Dee Levang
MC - SO, 111

Baskets

Beginning Baskets: Mom's Casserole Carrier

In this class, you will make a basket large enough to hold a 9 x 13 casserole dish. This basket will have sturdy handles woven in the base of the basket to offer more support. You will learn how to lay out the base of the basket incorporating the handles so it can be held with one hand. You will also learn how to incorporate "chicken feeting" the fillers, triple twining for accent on the side, and so much more!

CRFT:734 | \$85

650 Tu 6:30pm-9:30pm
Sept. 12 - Sept. 19

Laura Klaus
MC - CE

Beginning Baskets: Market Basket

In this class, you will create an 8 x 8 x 15 basket with an oak handle. You will have fun learning how to lay out the base, incorporate the twining technique, start and stop weaving, and how to complete the basket using a rimming technique! The class is hands-on and we jump right in the first night by working on the base and starting the sides.

CRFT:734 | \$85

651 Tu 6:30pm-8:30pm
Oct. 3 - Oct. 10

Laura Klaus
MC - CE

Glass and Ceramics

Stained Glass: Sun Catcher

Stained glass has been a treasured art form for centuries with its elegance seen around the world. Come explore the medium of stained glass to learn its history, how it is made, and why it is an intricate and unique art form. Join us for a beginner's workshop for those curious about stained glass where you will be introduced to the process of making a stained glass art form. The class includes explanation of equipment and terminology. You will learn the techniques for cutting and grinding, as well as copper foiling, and soldering to create your own custom sun catcher. All materials included in the cost of the class.

CRFT:740 | \$79

P05 Tu 5pm-8:30pm
Oct. 24

Craft Central

Stained Glass: Night Light

Stained glass has been a treasured art form for centuries with its elegance seen around the world. Join us to explore the medium of stained glass to learn its history, how it is made, and why it is an intricate and unique art form. By learning to cut and grind glass, work with copper foil, and how to solder your light, you will create a unique stained glass night light in just one evening! You will complete your project by adding an electric plug. All necessary tools are provided by Craft Central and materials are included in the cost of the class.

CRFT:740 | \$69

P03 Tu 5pm-9pm
Sept. 26

Craft Central

P04 F 1pm-5pm
Sept. 29

Craft Central

Stained Glass: Ornaments

Want to create your own holiday decorations? Join us to learn how to make your own stained glass ornaments! Stained glass has been a treasured art form for centuries with its elegance seen around the world. Join us to explore the medium of stained glass to learn its history, how it is made, and why it is an intricate and unique art form. By learning to cut, grind, copper foil, and solder, you will create three glass ornaments: an angel, a toy soldier, and a bird. All materials included in the cost of the class.

CRFT:740 | \$59

P06 F 11am-2pm
Nov. 10

Craft Central

P07 Tu 6pm-9pm
Nov. 21

Craft Central

Stained Glass: Trinket Box

Stained glass has been a treasured art form for centuries with its elegance seen around the world. Join us to explore the medium of stained glass to learn its history, how it is made, and why it is an intricate and unique art form. You will build a custom, small trinket box incorporating ornamental stained glass. 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 | \$110

P01 Tu 5pm-8pm
Sept. 12 - Sept. 19

Craft Central

Mosaic Stepping Stone

The art of glass-cutting comes in handy when creating a stained glass mosaic, setting a window pane, or another do-it-yourself project you may have in mind. Join us to learn the skills necessary for cutting glass. In this class, you will develop skills to design and create a unique, ornate stepping stone. Watch your project come into being as you cut and grind decorative glass to form your creation in stone. By pouring cement into form, you will complete your personalized stepping stone to take home. All materials are included in the cost of the class.

CRFT:740 | \$59

P08 Sa 11am-2:30pm
Sept. 16

Craft Central

P02 W 5:30pm-9pm
Sept. 20

Craft Central

Ceramics: Halloween Scene

In this class, you will learn basic techniques for staining bisque. You will complete at least four small figurines to create a Halloween scene on a ceramic base. Project includes use of acrylic and fashion hues. All materials included.

CRFT:741 | \$59

P01 W 6pm-9pm
Oct. 18

Craft Central

Ceramics: Gingerbread Holiday Swag

Since the 16th century, gingerbread creations have been a mainstay of Christmas traditions. Join us for an evening of gingerbread fun! You will create four gingerbread people by learning basic techniques for staining bisque. Then you will decorate your creations using acrylic and fashion hues by layering color and dry brushing accents. Once your gingerbread dries, the pieces will be wired on greenery to make sweet holiday swag. All materials included.

CRFT:741 | \$65

P02 W 5:30pm-9pm
Nov. 15

Craft Central

New Crafting a Plate: Lovebirds in Moonlight

In this class, you will design a wavy plate with the image of two lovebirds sitting on a branch of a large tree under a full moon. Initials and a date can be carved into the trunk of the tree. You choose if the leaves are spring or fall. Pieces will be fired and ready for pickup at the shop one week after the class. Material fees are included in the cost of the class.

CRFT:741 | \$49

M01 W 7pm-9pm
Sept. 13

Janet Becker
Painted Zebra-Krkwd

New Crafting a Plate: Welcoming Snow

In this class, you will design an oval platter with two roly-poly snowmen welcoming snow. You can choose your own colors for the hats, scarves, and mittens. A banner on the design can be personalized with a message or a name. This cute plate would make a great addition to the holiday dinner or a wonderful present! Pieces will be fired and ready for pickup at the shop one week after the class. Material fees are included in the cost of the class.

CRFT:741 | \$49

M02 W 7pm-9pm
Oct. 11

Janet Becker
Painted Zebra-Krkwd



New Crafting a Plate: Holly

In this class, you will design a square plate with a red banner, holly leaves, and red berries. This plate will be ready just in time for the holidays—a great decoration or gift! Pieces will be fired and ready for pickup at the shop one week after the class. Material fees are included in the cost of the class.

CRFT:741 | \$49
M03 W 7pm-9pm
Nov. 29

Janet Becker
Painted Zebra-Krkwd

Zentangle Ceramic Mug

Join us to learn how to make your own decorated ceramic mug covered in Zentangles. You will learn what tools are needed to draw on a ceramic mug and how to finish them so they are able to be used for years to come. You'll use what we learn in class to decorate your own mug in your favorite Zentangles patterns. All materials included.

CRFT:741 | \$39
650 W 6pm-9pm
Nov. 29

Nicole Ottwell
MC - SS, 108

Wine Bottle Re-Use

Want to get creative with your empty glass wine bottles? Learn to transform used wine bottles into a self-watering planter. The creative folks at Perennial will demonstrate safe ways to cut glass bottles using techniques you can replicate at home. Learn an easy and eco-friendly way to remove adhesive residue with SoyGel. In class, you'll practice scoring and cutting glass with Perennial's handmade glass cutter tool in combination with a hot/cold water bath. Decorate your home with these upcycled creations, or give as a handmade gift.

CRFT:765 | \$45
P03 Th 6pm-8:30pm
Oct. 5

PerennialSTL.org

Papercrafts

Bookbinding Basics

For centuries, bookmakers have been crafting awe-inspiring books. You too can join the ranks of those who have made delicate art with your hands; bookmaking is easy, accessible, and fun! Join us to practice the intricate art of creating your own books. By learning the basics, you will make four kinds of hardcover books. Bookmaking is the creative way to personalize your own sketchbook, journals, guest books, or scrapbooks. Make special gifts for the holidays or take them home for yourself. Learn to stitch the pages, cover the books, and use adhesive to seal the book spine to the binding for a completed book. All supplies included in the cost of the class.

CRFT:742 | \$139
650 W 6pm-9pm
Oct. 25 - Nov. 2

Nicole Ottwell
MC - SS, 105

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 | \$55
550 M 6pm-9pm
Oct. 23

Nicole Ottwell
FV - H, 101

Exclamation Point!

"Patti Bossi makes her classes as interesting to her students as they are for her! She is passionate and so creative!! Thanks!!"

Susan P., St. Louis

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
P01 Tu 5:45pm-8:45pm
Nov. 14
450 Tu 6pm-9pm
Oct. 24

Magan Harms
Nottingham School, 103
Magan Harms
FP - G Tower, 409

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 8/25. No refunds after this date.

CRFT:742 | \$59
6D1 Sa 9am-11:30am
Sept. 2
Sa 9am-11:30am
Oct. 7
Sa 9am-11:30am
Nov. 4

Patti Bossi
MC - CE
Patti Bossi
MC - CE
Patti Bossi
MC - CE

Fabulous Fall Stamping

In this class, we will have fun creating some special Halloween, fall, and Thanksgiving cards along with some special paper treat holders using different punches, die cuts, and stamps. You will leave class with five fall cards and some treat holders that could be used for any holiday. Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS 10/13. No refunds after this date.

CRFT:742 | \$39
6D2 Sa 9am-12pm
Oct. 21

Patti Bossi
MC - SS, 105

Metals and Blacksmithing

Wear appropriate clothing and closed-toe shoes.

Metalsmithing: Beginning 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
550 W 6pm-9pm
Sept. 6 - Oct. 18

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 11/22.

CRFT:753 | \$219
551 W 6pm-9pm
Oct. 25 - Dec. 13

Chih Yu Lin
FV - E, 290

Metalsmithing Blacksmith: Copper Chasing

Metalsmithing is one of the oldest metalworking occupations, producing useful items such as tools, kitchenware, tableware, jewelry and more for centuries! Shaping metal with a hammer is the fundamental element of smithing and in this class, you will learn how to cold hammer copper and apply the technique of copper chasing to create images in copper plates. All materials included in cost of the class.

CRFT:753 | \$99
P01 W 5pm-8pm
Sept. 27 - Oct. 4

Craft Central

Beginning Blacksmith: Create a Wall Mount Hook

A blacksmith creates objects from wrought iron or steel by forging the metal and using tools to hammer, bend, and cut metal to create useful items. In this class, you will explore the craft of blacksmithing to make your very own wall mount hook! Join us to learn how to heat, hammer and twist steel in the traditional blacksmith medium. All materials included in the cost of the class.

CRFT:753 | \$79
P03 Sa 9am-12pm
Oct. 7

Mueller Industries

P04 Sa 9am-12pm
Nov. 11

Mueller Industries

P02 Sa 9am-12pm
Sept. 23

Mueller Industries



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. This class can be taken by itself or as part of the Cake Decorating Program.

FOOD:701 | \$69
P01 M 6:30pm-9pm
Sept. 11 - Oct. 2

Cynthia Sciaroni
Nottingham School, 110

Cake Decorating for Fun or Profit: Beginning & Intermediate

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Program. No class 10/17.

FOOD:701 | \$75
550 Tu 6:30pm-9pm
Aug. 29 - Oct. 24

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. This class can be taken by itself or as part of the Cake Decorating Program. Supplies extra.

FOOD:702 | \$69
P01 M 6:30pm-9pm
Oct. 16 - Nov. 6

Cynthia Sciaroni
Nottingham School, 110

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. This class can be taken by itself or as part of the Cake Decorating Program.

FOOD:704 | \$59
550 Tu 6:30pm-9pm
Nov. 7 - Nov. 21

Carla Soll
FV - SC, PDR-A

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 award 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.



Baker's Delight

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 butter pumpkin pie, crumble berry pie, pear cranberry deep dish pie, apple, cranberry and raspberry pie, apple pie a la zing, are just a few you will make. Bring a 9" pie pan to take home a pie.

FOOD:705 | \$39
580 Sa 9:30am-12:30pm
Oct. 21

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 | \$49
750 W 6pm-9:30pm
Nov. 15

Michelle Melton
Kirkwood H.S., C.191

Swedish Sweets

Sweden's dessert scene offers plenty of delicious, culturally classic desserts. We'll be making pepparkakor (traditional Scandinavian sugar and spice cookies), toscakaka (tosca cake - Swedish almond cake), kladdkaka (Swedish sticky chocolate cake), and chockladbullar (no cook cocoa balls). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$49
P01 Tu 6pm-9pm
Nov. 14

Debra Hennen
Cul. Arts House

New Soulfully Sweet Treats

Desserts are often times the best ending to a great meal, but why always save the best of last? Leave those store bought sweets on the shelf and preheat the oven. Come out for an evening of hands-on instruction of some of the best desserts the south has to offer. You will make these delectable desserts: peach cobbler, apple crumble, pecan pie, death by chocolate, and banana nut bread muffins. Bring a container to take home leftovers.

FOOD:705 | \$49
751 Tu 6:30pm-9:30pm
Sept. 26

Lee Thomas
Kirkwood H.S., C.191

Experimenting with Sweet Treats

Come out for an evening of experimenting with alternative ingredients like almond flour, and coconut oil, along with more familiar ketogenic friendly ingredients like eggs, and cream cheese in a fresh combination to attain a low carb version of some household favorites. Recipes include: cinnamon rolls, low-carb copycat Oreo cookies, chocolate chip cookies, low-carb carrot cake, and blueberry lemon shortbread cookies. Class is hands-on. Bring a container to take home leftovers.

FOOD:705 | \$49
752 Tu 6:30pm-9:30pm
Oct. 24

Lee Thomas
Kirkwood H.S., C.191

Basic Home-Baked Yeast Breads (and Beyond!)

Imagine filling your home with the delightful aroma of baking bread and sharing warm-from-the-oven home baked breads with family and friends! Learn to make a variety of old-fashion homemade breads made perfect for modern appetites. We're sure you'll enjoy our herb whole wheat bread, many grains bread, rye bread sticks with caraway seeds, basic white bread, whole wheat rolls, homemade pizza crust, and many more.

FOOD:706 | \$39
580 Sa 9:30am-12:30pm
Sept. 30

Eileen Fraser
FV - SM, 129

Sweeten up your life with the Baker's Delight!





Celebrate the Seasons

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: almond berry muffins, cranberry nut bread, white chocolate macadamia muffins, cinnamon sweet potato muffins and array of other quick breads that can be enjoyed by the family or given as gifts to family and friends. Don't forget your take-home containers!

FOOD:706 | \$39

581 Sa 9:30am-12:30pm
Nov. 4

Eileen Fraser
FV - SM, 129

Whole Grain Artisan Bread

Do you love bread and are looking for a healthier option? Look no further! This bread baking class will focus on Whole-Grain Artisan breads. Whole grain breads are healthier but do have some baking challenges. One of the baking methods we will be using is baking bread in a Dutch oven. The breads covered in this class will include multi-grain, rye and sprouted whole-wheat. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$49

P02 W 9am-12pm
Nov. 1

Dianne Johnson
Cul. Arts House

Bread Baking 101

This is an introduction to bread baking class for beginners. If you have always wanted to learn how to bake bread this would be a great class for you. To get you started we will discuss equipment, ingredients, measuring, yeast, mixing, kneading, rise, shaping, baking and storing. We will bake Classic French bread and baguettes to practice the skills you need to bake bread at home. The class is a combination of demonstration and hands-on participation. Bring zip-lock bags to take home dough and baked bread leftovers. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P01 Sa 9am-12pm
Oct. 7

Dianne Johnson
Cul. Arts House

Christmas Cookie Bouquets

Join us for holiday fun as we make, decorate, and construct a deliciously edible Christmas Cookie Bouquet centerpiece in one easy lesson. You'll leave with a completed "bouquet" to grace your holiday table or to make someone else's holiday special! Class is hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$49

P02 Tu 6pm-9pm
Dec. 12

Debra Hennen
Cul. Arts House

Holiday Cookies

Looking for new cookie recipes to satisfy that sweet tooth and/or give away as holiday gifts? This class has all the ingredients to placate a palate! You will bake black forest cookies, berry happy holiday cookies, c'raisin oatmeal chocolate chunk cookies, blueberry zucchini cookie bars. Bring a container to take home fresh baked cookies.

FOOD:709 | \$39

580 Sa 9:30am-12:30pm
Dec. 2

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 six 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, three-hour class! Class is hands-on. Bring several tins to take home the cookies you will help make in this class.

FOOD:709 | \$49

751 W 6:30pm-9:30pm
Dec. 13

Michelle Melton
Kirkwood H.S., C 191

Day of the Dead: Create Your Own Sugar Skull

Celebrate el Dia de 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 | \$49

P01 Tu 6pm-9pm
Oct. 17

Debra Hennen
Cul. Arts House

Appetizers and Sides

Eek, Drink and Be Merry: Adult Halloween Cocktail Party

This All Hallows Eve cooking class is all treats and no tricks! Whether you are donning a costume or dressing up as yourself, these dishes will satisfy your craving for savory, spooky enchantments. Celebrate with these ghoulish delights: angel of death cheese, creatures of the deep (peppered shrimp) spiced cocktails bones, devilish eggs, devils on horseback, black bat wings, and pumpkin dump cake. Class is hands on.

FOOD:724 | \$39

750 W 6:30pm-9:30pm
Oct. 18

Suzanne Corbett
Kirkwood H.S., C 191

Fall Fondue and Appetizer Party

Ready to have some fun while finding a few new favorite Fall recipes? In this class, we will master the art of fondue and cheese sauce making as we prepare a few different kinds to try including classic fondue, a milder, very customizable provol-based fondue, a cheddar queso cheese dip, baked shrimp cheesy bread, and more. Come master the art of fondue while enjoying a fall snack and appetizer party with homemade cider, soy sauce apple glazed meatballs, apple bacon salad with homemade black cherry balsamic vinaigrette, pumpkin spice cookies, and more. Come hungry and bring take-home containers. Class is hands on.

FOOD:714 | \$49

750 W 6:30pm-9:30pm
Oct. 25

Michelle Melton
Kirkwood H.S., C 191

Girls' Night Out: Appetizer Buffet

Enjoy an evening of "just the girls." Gather your closest friends and spend the evening socializing, cooking together, and munching away with these tasty items: pork tenderloin and sausage flatbread, ground beef snack quiche, chocolate chip mini muffins, spice chicken sliders with cranberry aioli, cranberry bruschetta, and much more. Our instructor always has an array of recipes for you to enjoy.

FOOD:716 | \$39

550 F 7pm-9:30pm
Sept. 15

Eileen Fraser
FV - SM, 129

New Low Carb Cooking: Favorites

Bring your appetite and join us for an evening of delicious eating! In this class, you'll take a new approach to some classic favorite recipes to jumpstart a new approach to the way you prepare for the foods you eat. Scrumptious dishes include: cloud bread deviled eggs, baked stuffed mushrooms, buffalo chicken, cauliflower bake, creamy garlic chicken, and chocolate chip cookie cheesecake bars. Bring a container to take home leftovers.

FOOD:718 | \$49

750 Tu 6:30pm-9:30pm
Sept. 12

Lee Thomas
Kirkwood H.S., C 191

Fall Vegetarian Soups

Fall weather means cold weather will soon be with us! Nothing warms you up and fills you up like a hearty bowl of soup with a slice of freshly baked bread. A variety of soups such as Creamy Potato, Fall Vegetable Tomato, Normandy Onion and White Bean Chili will be prepared along with rustic and artisan breads. The soups will accommodate a gluten-free diet or can be easily modified but the breads will not be gluten-free. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:721 | \$49

P01 Th 6pm-9pm
Oct. 19

Dianne Johnson
Cul. Arts House

Holiday Appetizers

Looking for different appetizers that will delight guests at your holiday party? Come and enjoy an evening of mouth-teasing tasters! You will make shrimp cream cheese pastry shells, spinach cheddar cheese crescent bites; parmesan mushroom tartlets, as well as bacon and sun-dried tomato tarts. Bring your appetite as well as take-home containers.

FOOD:724 | \$39

550 Th 7pm-9:30pm
Nov. 16

Eileen Fraser
FV - SM, 129

Irresistible Vegetables: Who Knew?

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

FOOD:735 | \$49

750 W 6:30pm-9:30pm
Sept. 13

Michelle Melton
Kirkwood H.S., C 191

Even More Irresistible Vegetables

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

FOOD:735 | \$49
751 W 6:30pm-9:30pm
Nov. 1
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. We will make soups for those chilly nights including: mushroom tortellini soup, Italian sausage and zucchini soup, savory cheese soup, bean and pasta soup, and pizza tortellini soup. Bring containers to take the leftovers home. Be sure to bring containers to take home some of your favorites. Class is hands-on.

FOOD:742 | \$39
550 Th 7pm-9:30pm
Sept. 21
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 | \$49
751 W 6:30pm-9:30pm
Dec. 6
Michelle Melton
Kirkwood H.S., C 191

Cooking Basics: Beefing Things Up

You will learn to cook your favorite American fare dishes and sides in this fun, fix-it-and-eat-it, two session cooking class. Your great flavorful recipes include: Week one: sloppy Joes on whole wheat bread, vegetable baked beans, corn on the cob, with chocolate brownies for dessert; Week two: Loaded beef nachos, including lettuce, salsa, sour cream, and black olives, cheese quesadillas, cream cheese caramel apple dip 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
Oct. 16 - Oct. 23
Latoya Chauncey
Lindbergh H.S., 128

Cooking Basics: Hearty Meals for Cold Weather Days

These hearty meals can be yours at home after you learn how to make them in these classes. Your great new recipes will include: Week one: Lemon chicken, broccoli, macaroni and cheese and brown rice crispy treats; Week two: jambalaya/gumbo with brown rice, toasted French bread and spice cake 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
Nov. 6 - Nov. 13
Latoya Chauncey
Lindbergh H.S., 128

New Holiday Sides

Looking for appetizing and aesthetically pleasing new recipes to decorate your dinner table for the holidays? This spread will impress your guests and make mouths water! Dishes include: maple Dijon roasted butternut squash and apple bake; Balsamic-drizzled green beans with caramelized pearl onions, pancetta, and toasted pine nuts; savory mashed sweet potatoes with gruyere; creamy polenta with a mixed mushroom medley; and rustic apple tart with cinnamon hard sauce. Class is hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$49
P02 Th 6pm-9pm
Nov. 9
Elizabeth Parker
Cul. Arts House

International Flavors

Mad About Miso

Join us for all tastes miso! We'll start with making a walnut miso dip. We'll sample misozuke (miso pickles) as well as make our own quick pickles, two ways: pressed and rice vinegar. Then we're off to the stove to make miso soup with tofu, onigiri (rice balls) with rice seasoning, and umeboshi. We will also whip up nosu dengako (eggplant miso) along with a green salad with miso dressing. The instructor will demo how to make a thin Japanese omelette. Come hungry, there will be other fermented Japanese foods for you to try! Please bring a 4 ounce jar if you'd like some miso to take home.

FOOD:722 | \$49
782 W 6:30pm-9:30pm
Oct. 18
Jane Campbell
Lindbergh H.S., 128

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? Learn how to make your Chinese favorites at home with fresh vegetables and sometimes, less oil. In this class, we'll learn how to make crab rangoon, General Tso's chicken, sesame chicken, moo goo gai pan, Szechuan beef, pork fried rice, egg drop soup and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:732 | \$49
750 Tu 6:30pm-9:30pm
Oct. 10
Michelle Melton
Kirkwood H.S., C 191
751 W 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 curry- chicken cooked with coconut milk and spices in a mild sauce, chicken tikka masala- boneless pieces of chicken in mild creamy sauce, kadhai chicken- hicken with bell peppers, tomato and onions, cumin pulav-basmati rice cooked with spices to go with chicken, onion pakora- nions fritters made in a chickpea batter, and kalakand-dessert made with ricotta cheese. Served with naan. Class is hand-on.

FOOD:733 | \$49
780 M 6:30pm-9:30pm
Oct. 2
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: butternut squash-sweet and sour butternut squash, chana masala-chicpeas with spices, batata wada-seasoned mashed potatoes balls dipped in chickpea batter and deep fried, cabbage bhaji-cabbage and potatoes seasoned with turmeric and spices, masala bhat-fragrant basmati rice cooked with veggies, curry leaves and spices, roti-everyday Indian bread made with whole wheat flour. Class is hand-on.

FOOD:733 | \$49
781 M 6:30pm-9:30pm
Sept. 25
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: panchmel dal-five different kinds of lentils cooked and seasoned with aromatic spices, aloo gobi-cauliflower, peas and potatoes in a spicy tomato sauce, mater paneer-peas and paneer in creamy sauce, onion pakoda-onion fritters made with chickpea flour, masala bhat-aromatic basmati rice cooked with lots of veggies and spices, pineapple squares-dessert made with pineapple and ricotta, and chapati-whole wheat flat bread. Class is hand-on.

FOOD:733 | \$49
782 M 6:30pm-9:30pm
Sept. 11
Seema Shintre
Lindbergh H.S., 128

Parsi Food

The Parsis migrated to India from Iran bringing with them their unique recipes and culinary skills. Just like the Parsi community, the cuisine has adopted local ingredients and local spice to invent new dishes and to carve a distinct niche for itself. In this class you will learn to make the classic patra ni macchi, a traditional dish which is often served in Parsi weddings. Fillets of fish are covered with a mint chutney, wrapped in banana leaf and steamed to perfection. Dhansaak is one of the best known dishes and is a favorite for Sunday lunch. Dhansaak is usually made with lentils, meat, and vegetables. This dish is served over a bed of ghee rice and is a true reflection of Indian flavors and Persian technique. No meal is complete without sali chicken-a recipe adapted from the famous Britannia and Co. restaurant in Mumbai. Sali Murghi or sali chicken is a delicious chicken curry that is garnished with Sali or fried strips of shoestring potatoes. Just bring your appetite as we travel to Mumbai to create the less popular yet very rich Parsi food. Park on Hartford or Hampton. Flagpole in front.

FOOD:733 | \$49
P01 M 6pm-9pm
Oct. 23
Prabha Pergadia
Cul. Arts House

Indian Cuisine: Street Food

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. You will perfect the craft of Indian seasoning, as we create spicy salmon cutlets and mint sauce, alongside koftas (Indian version of meatballs) in a tomato gravy. You will learn to make chicken mulligatawny soup which hails from the days of British Raj in India. 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 | \$49
P02 M 6pm-9pm
Nov. 6
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 hands-on class includes meat and vegetable tajines, couscous, hot and cold salads, as well as traditional mint tea and fresh bread. Recipes include repeat favorite classic dishes as well as some new ones! 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). Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:734 | \$49
P01 F 6pm-9pm
Oct. 13
Lisa Payne
Cul. Arts House

Personal Enrichment

Greek Feast

It's all Greek to us! Join us as we prepare these fantastic Greek dishes: moussaka roll-ups, Greek salad, chicken souvlaki with tzatziki, saganaki, spanakopita wedges, pita bread, and baklava. Class is hands on.

FOOD:734 | \$49

750 W 6:30pm-9:30pm
Nov. 8

Suzanne Corbett
Kirkwood H.S., C 191

New Delicias de Brazil: Caldos Night!

Caldo is a typical Brazilian dish served in the winter and it is something between a soup and a cream. There are a variety of flavors, but the most famous ones are mandioca (yuca), feijão (beans), abóbora (squash), and verde (greens). The caldos are paired with bread and herbs (parsley and green onions). We will learn how to make these four savory caldos and Canjica, a delicious and creamy desert made of a type of white corn, very used in Latin cuisine. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

P02 F 6pm-9pm
Sept. 29

Ana Carolina Pires McGinn
Cul. Arts House

The Main Event

New Cooking Up Foods from The Hill

Food in and around the 314 has a uniquely defined, lip-smacking taste. Join us as we prepare some of the dishes that are distinctively St. Louis, zeroing in on The Hill neighborhood. Menu includes: panko-breaded toasted ravioli with a zesty marinara sauce; classic St. Louis Italian salad with tomatoes, artichokes, and Volpi salami; pasta with meatballs in marinara; super cheesy garlic bread; and gooey butter cake. Class is hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$49

P01 Th 6pm-9pm
Sept. 14

Elizabeth Parker
Cul. Arts House

St. Louis' Unique Eats

St. Louisans know their food and aren't afraid to show it! Join us as we prepare some favorite dishes for which St. Louis is famous. This class will feature classic St. Louis eats such as homemade toasted ravioli, St. Paul sandwiches, Shaw Avenue chicken spiedini with Hill chopped salad, and gooey deep butter cake. These recipes are easy to master and satisfy your cravings for St. Louis staple dishes. Class is hands on.

FOOD:722 | \$49

751 Tu 6:30pm-9:30pm
Oct. 3

Suzanne Corbett
Kirkwood H.S., C 191

Apple Lovers Unite: Dinner for Apple Lovers

If an apple a day keeps the doctor away, these recipes will have you set for quite some time! Join us for all things apple as we prepare apple stilton Welsh rarebit bites, carrot and apple soup, apple Gouda stuffed chicken breast with sweet potatoes, curried basmati rice and apple pilaf, caramel apple cheesecake bars, and apple brown Betty. Class is hands on.

FOOD:722 | \$49

752 Tu 6:30pm-9:30pm
Nov. 28

Suzanne Corbett
Kirkwood H.S., C 191

Harvest Heartland Supper

Looking for hearty new recipes to add to your cooking repertoire? Look no further! Join us as we prepare butternut bisque with herb breadsticks, river pecan chicken, harvest grape salad, and Roman apple cake with banded whipped cream. Class is hands on.

FOOD:742 | \$39

750 Tu 6:30pm-9:30pm
Nov. 7

Suzanne Corbett
Kirkwood H.S., C 191

Steakhouse Christmas Dinner

Cooking a holiday dinner? Perhaps you love cooking dinner for the whole family or perhaps you were volunteered; either way our instructor has you covered with this delicious array of dishes. Join us as we prepare crab cake bites, old English-style prime rib steaks with horseradish cream and rosemary popovers, crusted leek and potato gratin, soufflé cream spinach, Christmas trifle shooters, and chocolate truffles. Your guests will love this menu and Santa will surely put you on the "nice" list after you leave him a delicious steak! Class is hands on.

FOOD:724 | \$49

751 W 6:30pm-9:30pm
Nov. 29

Suzanne Corbett
Kirkwood H.S., C 191

New Soulfully Scrumptious Favorites

Soul food is a term that most have at least heard off, but may not have much experience preparing at home. You don't have to venture beyond your own kitchen to enjoy some great soul food. If you're ready for a fun filled evening, come out and learn the basics of soul food cooking as well as hands on instruction of some household favorites. Dishes include: fried green tomatoes, hot bacon cheese dip, beef stroganoff, chicken and dumplings, and apple turnovers. Bring a container to take home leftovers.

FOOD:742 | \$49

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

Lee Thomas
Kirkwood H.S., C 191

Fall Comfort Foods

The air is crisp, the days are shorter and you are craving easy comfort foods for you and your family. Cooking for two? Learn how to freeze these dishes in smaller portions for perfect meal planning! Recipes include: shrimp bacon and corn chowder, French onion stuffed meatballs with mashed potatoes, hearty traditional sausage lasagna, and apple pie bread pudding. Park on Hartford or Hampton. Flagpole in front.

FOOD:742 | \$49

P01 Sa 10am-1pm
Oct. 14

Tiffany Smith
Cul. Arts House

Brunch @ Tiffany's: Christmas Brunch

Everyone enjoys a beautiful Christmas brunch during the holidays! Whether you are entertaining at home or taking a dish to family and friends, delicious brunch recipe ideas during the holidays are the perfect Christmas gift! In this class, you will enjoy: egg nog French toast with run infused pecan praline syrup, crescent breakfast ring (pastry filled with bacon, eggs, veggies and cheese), oven roasted breakfast potatoes with caramelized onions and bacon, winter fruit salad, and cranberry brunch punch. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$49

P01 Sa 9:30am-12:30pm
Nov. 4

Tiffany Smith
Cul. Arts House

Just Desserts

Gourmet Dipped Apples

Covered apples are impressive and delicious—imagine a crisp, fall apple hidden under layers of sinfully sweet caramel, drizzles of dark and white chocolate, and loads of crunchy toppings. Hungry now? Join us as we learn the secrets to creating these delightful treats. Not only will you enjoy tasting these in class, but you'll go home with the perfect one of your own! These are the perfect party favor or gift (or personal indulgence!). Bring a take home container. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$49

P01 Tu 6pm-9pm
Sept. 26

Debra Hennen
Cul. Arts House

Delectable Edibles: Holiday Gifts

Can't think of the perfect gift for the special people in your life? Homemade edible gifts are the perfect solution. Attach the recipe to these delicious foods to give the gift that keeps on giving! Join us as we make a cheese ball trio, orange glazed pecans, mixed nut brittle, sweet hot mustard, savory parmesan shortbread rounds, hot-spiced bourbon balls, and a red velvet Bundt cake. Everyone will love your gifts! Class is hands on.

FOOD:724 | \$49

752 Tu 6:30pm-9:30pm
Dec. 5

Suzanne Corbett
Kirkwood H.S., C 191

Tricks and Tips

New Meal Prep 101

Have you seen those seemingly super organized individuals that manage to prepare a whole week's worth of food in one day and think, man I wish I could do that? If the answer is yes, come out for an evening of tips, tricks, and best practices for making this wish a reality. This course will instruct you on the best methods of making meals for your family in just a few hours to last an entire week. The course will also touch on best practices for grocery shopping as it relates to meal prepping. This class is not a cooking class.

FOOD:722 | \$25

750 Tu 6:30pm-9:30pm
Sept. 19

Lee Thomas
MC - BA, 116

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. Deadline to register/withdraw: 9/22.

FOOD:747 | \$75

MD1 W 6pm-9:30pm
Oct. 4

Michelle Melton
Kirkwood H.S., C 191

Exclamation Point!

"Jane Campbell is a true gem! I love her classes and am looking forward to taking more with her next semester."

Allison C., Affton, MO



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

Have you ever stared at the hundreds of little bottles in the spice aisle at your grocery store perplexed and thinking "what does THAT smell/taste like and what can you DO with it?" Come find out. In this exploratory course, you'll experience a wide variety of spices from anise to turmeric. You'll learn about all those spices at your grocery store: what they taste and smell like, what types of foods and cuisines to use them with, and of course how to cook with them hands-on to make awesome dishes from curry chicken to Jamaican jerk pasta. If you are ready to bring some spice into your life with flavors like paprika, fennel, cardamom, white pepper, cloves, allspice, and more, then this class is for you. Come hungry and bring take-home containers. Class includes a discussion on spices and hands-on cooking.

FOOD:747 | \$49

751 W 6pm-9:30pm
Sept. 27

Michelle Melton
Kirkwood H.S., C 191

Couples Cook

Couples Cook: Fall Entertaining

Start the holiday season early with delicious recipes that will dazzle your friends and family. You will dine on apricot orange sweet potatoes, pan roasted chicken breast Provençe, tossed green salad with pine nuts and homemade parmesan black pepper dressing, rustic autumn soup, bacon wrapped pork tenderloin with cranberry orange glaze, autumn streusel cake, just to name a few. Our instructor will have an array of recipes for you to enjoy! Bring containers to take home leftovers. Class is hands on. Fee is per person.

FOOD:755 | \$39

580 F 7pm-9:30pm
Oct. 13

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 include sweet potato with brussel sprouts and pecans, wild rice cranberry stuffing, pork wellington, cranberry-gorgonzola stuffed chicken, mixed salad greens with pears and dressed with vinaigrette, honey garlic green beans, cumin butternut squash soup, apple crisp with berries, 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 | \$39

581 F 7pm-9:30pm
Oct. 27

Eileen Fraser
FV - SM, 129

Couples Date Night: The Art of French Cooking

Inspired by Julia Child and her love affair with French cooking from her years of living in France, bring a taste of Paris home tonight with easy yet traditional French dishes that will become your favorite beloved recipes! Recipes include: coq au vin, pommes dauphinoise, homemade French onion soup, clafoutis, and chocolate mousse. Fee is per person. Park on Hartford or Hampton. Flagpole in front.

FOOD:755 | \$49

P01 F 6pm-9pm
Sept. 8

Tiffany Smith
Cul. Arts House

Kaffeeklatsch

New Roast Your Own Coffee

Warning: this class will spoil your taste buds for delicious coffee! After taking this class, you'll never go back to commercial coffees! Roasting coffee is easier than it sounds and you can do it right in your own home. In this class, you will learn the process of roasting your own coffee, the different methods of roasting coffee and their advantages and disadvantages, the characteristics of different green coffees (and where you can find them!), and how you grind your coffee. There is an entire sub-culture of people roasting their own coffee; become part of it and enjoy your coffee even more! Bring a container to take home your own roasted coffee.

FOOD:765 | \$39

750 Tu 6:30pm-9pm
Sept. 19

Roy Lenox
Kirkwood H.S., C 191

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 four glass jars to take home products for home fermentation.

FOOD:722 | \$49

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

Jane Campbell
Lindbergh H.S., 128

Nut of Course: Non-Dairy Milks

Join us as we go nutty! You'll learn how to make our own milk alternatives at home! You will learn the process for making fresh almond milk (including flavored almond milk called thundai), and cashew milk. As an extra bonus, you'll make homemade peanut butter too!

FOOD:722 | \$49

781 M 6:30pm-9:30pm
Sept. 18

Seema Shintre
Lindbergh H.S., 128

Cheers

Wines of the Southern Hemisphere

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

FOOD:760 | \$19

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

William Polhemus
The Wine Barrel

Wines of the Pacific Northwest

California has definitely set the tone for American wines but the world-class wines of the Pacific Northwest have made a significant impact. The quality of Oregon Pinot Noir and Pinot Gris as well as Washington Merlot, Syrah and Riesling cannot be outdone. 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 | \$19

M02 Tu 6:30pm-8:30pm
Oct. 10

William Polhemus
The Wine Barrel

Wines of the Old World

France, Italy, Spain and Germany is where it all started. This will be an overview of some of the most influential wine producing areas of the old world such as Bordeaux, Burgundy, Chianti and more. 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 | \$19

M03 Tu 6:30pm-8:30pm
Nov. 14

William Polhemus
The Wine Barrel

Wines of Sonoma Valley

Sonoma is home to some of the oldest and most established wineries in California. This will be an exploration in to the top grape varietals and specific areas within Sonoma Valley. 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 | \$19

M04 Tu 6:30pm-8:30pm
Dec. 12

William Polhemus
The Wine Barrel

New Great Wines for Autumn

Join us for an evening devoted to great fall wines. This class will be a general introduction course covering the major varietal types and styles as well as their characteristics. Learn about reading labels, how to evaluate wines in general, the geography, history and possible food and wine combinations. \$20 materials fee payable at class. Must show proof of age 21 to participate.

FOOD:760 | \$15

VD1 W 6:30pm-8:30pm
Sept. 20

Cork Wine Bar

Exclamation Point!

"Deb Hennen's classes are always fun. She is a knowledgeable instructor. She shared many great ideas that I'll use in the future."

- Chris P., Eureka, MO



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. 11 – Oct. 30 *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
M03 Th 7pm-8pm
 Sept. 14 – Nov. 16 *Amanda Fedor Studio-Brentwood*

Ballet: Intermediate

If you have studied classical ballet consistently, have a good understanding of basic barre work and centre work and are seeking to develop your technique, musicality, and artistry, this is the class for you! You'll refine your technique at the barre, with emphasis on Cecchetti, Royale and Vaganova methods of technique. Centre combinations will be given, including leaps and turns. Ballet shoes and appropriate attire is required.

DANC:701 | \$79
M02 W 8pm-9pm
 Sept. 13 – Nov. 15 *Amanda Fedor 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! Do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store.

DANC:707 | \$69
M01 M 8pm-9pm
 Sept. 11 – Oct. 30 *ADIVA Dance Center*
M02 Tu 8pm-8:45pm
 Sept. 14 – Nov. 16 *Amanda Fedor Studio-Brentwood*

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. No class 10/17.

DANC:708 | \$69
M01 Tu 6:30pm-7:30pm
 Sept. 12 – Nov. 21 *Bonnie Kleyboecker St John's UCC, 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 | \$45
M01 M 6:30pm-7:45pm
 Sept. 11-Sept. 25 *Concordia Luth. Ch-Krkwd, CAFE*

New Egyptian Urban Dance

Egyptian urban dance is a new, exciting style known in the Arab world as mahragan sha'abi (Arabic for festival). This class is an introductory class to the core movements of belly dance and the Egyptian aesthetic, combined with modern hip hop-stylings and the contemporary movement vocabulary of present-day urban Egyptians. It is a street dance that emerged from post-revolution youth culture. It is characterized by a blend of indigenous, folkloric movements and modern hip-hop stylings. This is a high-energy dance with movements that are heavily based in the rhythm and take their gestural cues from the lyrics of the cutting-edge Egyptian electro-sha'abi music, also called mahragan. Students can expect to have fun, sweat, and learn about another culture!

DANC:719 | \$59
450 Th 7pm-8pm
 Sept. 7 – Nov. 9 *Amber Skye FP - Theater, 203*

Ballroom Dancing: Beginning

In eight short weeks, you can learn to dance with grace and ease. Be comfortable and confident at the next social event you attend! A variety of dance rhythms and steps will be covered. Add a new dimension to your life by learning some of the classic favorites which can provide you with a lifetime of enjoyment. It's a fun night out and you'll be amazed at what you can do! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | \$79
M01 Th 7pm-8:30pm
 Sept. 14 – Nov. 9 *Charles Lages St John's UCC, CAFE*
 No Class 10/26

DANC:720 | \$69
W01 M 6:30pm-7:50pm
 Sept. 11 – Nov. 6 *Karen Merlin Bluebird Park*
 No Class 10/23

Let's Salsa!

Salsa is one of the most popular of the Latin dances; it is easy to learn and a great workout. The rhythm is fast-paced full of sharp, energetic and exciting turns along with other variations. After taking a few classes, you'll have the confidence to join in the fun at parties, receptions and dance clubs. No tennis shoes or sandals. Singles are welcome as well as couples.

DANC:725 j | \$59
580 F 8pm-8:50pm
 Sept. 8 – Nov. 10 *Diane Brown FV - PE, 233*

The Salsa Experience: Beginning

Learn the authentic Latin Culture through the rhythmic sounds of Salsa music and dance. In just eight weeks, you will learn the history of Salsa, the origin of the dance, basic salsa steps, musicality skills, technique for men to become the perfect lead and ladies to be a fantastic follow. You will be moving and shaking in time for a class night at some of the hottest Latin dance spots in town! (Admissions and transportation on your own.) Couples are welcomed but no partner is required. On street parking; stairs-only access to dance studio in residential area.

DANC:725 j | \$69
P01 Tu 6pm-7:30pm
 Aug. 15 – Oct. 3 *Almas Del Ritmo*

Latin Dancing: Beginning

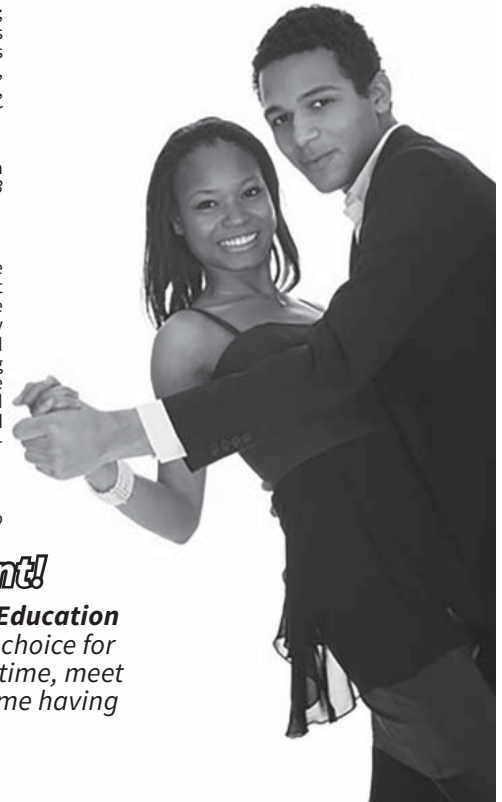
Round out your basic ballroom skills and learn to dance to Latin rhythms, including cha cha, international style rumba, and the tango. Techniques and dance rhythms taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well 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. No class 10/31.

DANC:725 | \$59
W01 Tu 7:30pm-8:30pm
 Sept. 12 – Nov. 7 *Karen Merlin Bluebird Park*

Easy Social Dancing I and II

In this fun class you'll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll get help learning how to dance on the beat of the music; the best form for body positioning, posture and balance; how to lead and follow; how to spin (!), plus lots of great tips and ideas geared especially for each individual and couple. You'll practice forms of Swing, Slow, 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.

DANC:728 | \$85
M01 M 8pm-9:30pm
 Sept. 11 – Oct. 30 *Concordia Luth. Ch-Krkwd, CAFE*
780 W 6pm-7:15pm
 Aug. 30 – Nov. 1 *Sherry Martin Sperrng, CAFE*
 No Class 9/12, 10/25



Exclamation Point!

I love taking STLCCE Continuing Education dance classes. They are a great choice for me. I learn something new each time, meet new people, and have a great time having fun and getting fit.

Mario K., Brentwood, MO

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 6pm-7:20pm **Karen Merlin**
Sept. 12 - Nov. 7
No Class 10/31
Bluebird Park
- W02** Th 6:15pm-7:35pm **Karen Merlin**
Sept. 14 - Nov. 2
Bluebird Park

Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738

Eight Hours | \$59

- W01** M 8pm-9pm **Karen Merlin**
Sept. 11 - Nov. 6
No Class 10/23
Bluebird Park
Partners helpful though not required. Rotation of partners is encouraged but not mandatory.

12 Hours | \$85

- 780** Tu 7:30pm-9pm **William Sevier**
Sept. 5 - Oct. 31
No Class 10/17
Sperreng
Partners only.

Swing Dancing: Beginning I and II

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you'll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$75

- M01** M 6:30pm-7:45pm **Geraldine Tevlin**
Oct. 2 - Nov. 6
Concordia Luth. Ch-Krkwd, CAFE

Let's Swing Dance!

Whether you're preparing for a special event or want to learn to dance for fun and fitness, this class is for you. You'll start with learning the basic steps and then variations will be added to include turns, rotations and promenade. Swing is the most popular dance in the St. Louis area and after taking this class, you'll feel comfortable in social settings that include dancing. No tennis shoes or sandals. Singles are welcome as well as couples.

DANC:738 | \$59

- 580** F 7pm-7:50pm **Diane Brown**
Sept. 8 - Nov. 10
FV - PE, 233

West Coast Swing

West Coast Swing is the most popular, evolving form of swing dancing throughout the world, danced by all generations. The music can be slower for blues or more upbeat for today's popular tunes. Leads are smooth, flirty and fun. It's very popular in the St. Louis area - lots of places to enjoy West Coast Swing on your next "dance-night out." Our instructors will cover the basics and move on to as many patterns as possible. We'll work on spinning, timing, lead/follow and more. Great fun for parties, weddings and other social events. Partners required. Fee is per person. Dress shoes recommended. No tennis shoes. No class 9/12, 10/25.

DANC:740 | \$85

- 780** W 7:30pm-8:45pm **Sharon Martin**
Aug. 30 - Nov. 1
Sperreng, 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:745 | \$69

- M01** Tu 8pm-9pm **ADIVA Dance Center**
Sept. 12 - Oct. 31

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 | \$55

- M01** Tu 7:15pm-8:45pm **Trinity Lutheran Church**
Sept. 19 - Dec. 5

New Instructor 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!

DANC:748

- Six Hours | \$59** **Nigeria King**
580 W 1pm-1:50pm
Aug. 26 - Oct. 7
FV - PE, 233

Eight Hours || \$69

- 780** Tu 6:15pm-7:15pm **William Sevier**
Sept. 5 - Oct. 31
No Class 10/17
Sperreng, CAFE

Line Dancing for Adults

Even if you think you have two left feet, you can learn basic line dancing steps. No prior experience is necessary and no partner is required. Come by yourself or bring a group of friends. Be prepared for lots of fun, cardiovascular exercise, and the opportunity to make new friends. Learn some new line dances and some old classics at an easy-going pace. Non-rubber soled shoes recommended.

DANC:748 | \$59

- W01** Th 7:45pm-8:45pm **Karen Merlin**
Sept. 14 - Nov. 2
Bluebird Park

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

- 581** Sa 11am-11:50am **Eleanor Whitney**
Aug. 26 - Oct. 7
No Class 9/2
FV - PE, 233
- 583** Sa 11am-11:50am **LaVerne Gee**
Oct. 14 - Nov. 18
FV - PE, 233

Electric Slide Plus

This strictly-for-fun course 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

- 582** Sa 12pm-12:50pm **Eleanor Whitney**
Aug. 26 - Oct. 7
No Class 9/2
FV - PE, 233
- 584** Sa 12pm-12:50pm **LaVerne Gee**
Oct. 14 - Nov. 18
FV - PE, 233



**Get on the dance floor with
STLCC Continuing Education**

Music

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. No text required.

MUSC:705 | \$79

751 W 7pm-8:30pm
Sept. 13 - Nov. 1

James Renz
Kirkwood H.S., W 115

Guitar: Beginning and More

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. Text required - bring to first class. No class 9/2, 10/7, 11/25.

MUSC:705 | \$89

580 Sa 1:30pm-2:30pm
Aug. 26 - Dec. 16

Christina Springer
FV - C, 114

Advanced Beginning Guitar

Enjoy this continuation of Beginning Guitar. Students will continue reading standard music notation, play chords-including barre chords, play ensemble based music and work on basic improvisation skills. Text required. Must bring an acoustic guitar. No class 9/2, 10/7, 11/25.

MUSC:706 | \$109

580 Sa 12:01pm-1:29pm
Aug. 26 - Dec. 16

Christina Springer
FV - C, 114

Finger Picking for Guitar

Play folk, blues, ragtime and hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. Bringing music stand is recommended. No text required. No class 10/17, 10/31.

MUSC:705 | \$79

750 Tu 7pm-8:30pm
Sept. 12 - Nov. 7

James Renz
Kirkwood H.S., W 115

Fun with Ukulele

Play an instrument so easily you can strum a tune after the first session - lots of fun. Get basic music theory, train your ear, and coordinate fingers. Small body and fingerboard make the uke a perfect starter instrument for the guitar also. Fee includes music and use of a ukulele. No class 10/3, 10/31, 11/7.

MUSC:705 | \$95

730 Tu 7pm-9pm
Sept. 12 - Nov. 22

Karl Markl
Bernard Mid Sch, 106

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. No class 10/17.

MUSC:710 | \$69

600 Tu 12pm-1pm
Aug. 29 - Nov. 21

Cheryl Conley
MC - HE, 112

Piano: Beginning and More

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 9/2, 10/7, 11/25.

MUSC:710 | \$109

580 Sa 8am-9:30am
Aug. 26 - Dec. 16

Christina Springer
FV - C, 114

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 10/17.

MUSC:711 | \$79

600 Tu 1pm-2pm
Aug. 29 - Nov. 21

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 9/2, 10/7, 11/25.

MUSC:711 | \$109

580 Sa 9:30am-11am
Aug. 26 - Dec. 16

Christina Springer
FV - C, 114

Piano: Intermediate

Student must know letter names of notes and where they're located on the keyboard. Covers: minor chords and songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more "pop" songs. Text required - bring to first class.

MUSC:712 | \$69

600 Th 12pm-1pm
Aug. 31 - Nov. 16

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
Aug. 31 - Nov. 16

Cheryl Conley
MC - HE, 112

Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 10/17.

MUSC:713 | \$69

601 Tu 9am-9:59am
Aug. 29 - Nov. 21

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 (30352). Auditions for seating only. Contact the conductor at 314-984-7636. No class 9/4.

MUSC:714 | \$35

220 M 7pm-9:40pm
Aug. 21 - Dec. 11

Gary Gackstatter
MC - HW, 102

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (30427). Auditions for seating only. Call the conductor at 314-984-7636. No class 11/23.

MUSC:716 | \$35

220 Th 7pm-9:40pm
Aug. 24 - Dec. 14

Gary Gackstatter
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 (30428). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 10/17, 11/23.

MUSC:717 | \$35

220 TuTh 12:30pm-1:50pm
Aug. 22 - Dec. 14

Gerald Myers
MC - HW, 102



New Singing with Impact: The Variety, Aesthetics and Power of Pop Music Styles

This course will examine the power and intimacy of singing (concentrating on popular music idioms), unique vocal styles from around the world, and how to develop your OWN vocal style for maximum pleasure and impact. We will look at elements of singing such as enunciating lyrics effectively, harmonies, projecting, proper breathing, and creative “emoting” in order to command audience attention. Everyone will get a chance to sing and receive useful guidance, and professional performance techniques will be covered. No text required, just a desire to sing at the height of your potential.

MUSC:717 | \$89

650 Tu 6:30pm-8:50pm
Nov. 7 – Dec. 5

Kevin Renick
MC - SW, 108

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 W 6:30pm-7:30pm

Nov. 1 – Nov. 15

MC - CE

650 W 6:30pm-7:30pm

Sept. 13 – Sept. 27

MC - CE

350 W 6:30pm-7:30pm

Oct. 4 – Oct. 18

WW, 202

Songwriting: The Art and Discipline

In this class we will look at the intricacies of crafting original songs, the pleasure and therapeutic value of this mode of self-expression, the many stylistic approaches to writing a song, the barriers (both realistic and self-imposed) to finishing and sharing an original song, and examples throughout music history of both successful and unsuccessful songs, and the personal stories behind them. Students will get to share favorite songs from the popular music canon, and bring in works of their own to share and get feedback.

MUSC:725 | \$89

650 Th 6:30pm-8:30pm
Sept. 21 – Oct. 26

Kevin Renick
MC - SW, 108

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!

THTR:701 | \$95

650 M 7pm-9pm
Sept. 25 – Nov. 27

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
Oct. 23 – Nov. 13

Bob Baker
FP - Theater, 106

New Musical Improv Comedy for Singers

Have a blast as you learn how to make up funny songs on the spot. Explore the basics of melody, rhythm and rhyme and practice incorporating them into improv games and scenes. Instructor is the author of “The Improv Comedy Musician”, co-written with Laura Hall, the longtime pianist on “Whose Line Is It Anyway?”.

THTR:707 | \$25

680 Sa 1pm-4pm
Oct. 14

Bob Baker
MC - HW, 102



Photography

Darkroom Developing and Printing for B&W Photography

Students will learn to develop and print black and white pictures in a darkroom. Explore 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. 15 – Oct. 20

Cheryl Petrovic
FP - F Tower, 411



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 Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. This course meets the curriculum requirements of the Digital Photography Essentials Program.

PHOT:708 | \$59

680 Sa 9am-11:30am
Sept. 9 – Sept. 30

John Kerans
MC - SW, 108



Architectural Photography

Whether you 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 Sa 9m-11am
Oct. 21-Nov. 11

Gary Hesse
MC - SW, 210

New Copyright and Fair Use in Photography and the Visual Arts

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

PHOT:765 | \$29

C50 Tu 6pm-9pm
Oct. 10

Gary Hesse
Corp. College, 213

Digital Photography Introduction

Come learn the basic skills involved in photography, such as camera skills and the use of light, exposure, and composition. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. You will need a digital camera and memory card. Provide own transportation. This course meets the curriculum requirements of the Digital Photography Essentials Program.

PHOT:720 | \$69

651 W 7pm-9pm
Oct. 11 - Nov. 8

MC - SW, 108

650 M 7pm-9pm
Aug. 28 - Oct. 2

Gary Hesse

C50 Th 7pm-9pm
Aug. 24 - Sept. 21

MC - SW, 208

Corp. College, 207

Digital Photography: Intermediate

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Introduction or Take Better Pictures: Introduction or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials Program.

PHOT:721 | \$69

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

Gary Hesse

MC - SW, 208

C50 Th 7pm-9pm
Sept. 28 - Oct. 26

Corp. College, 213

Digital Photography: Advanced

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Intermediate or Take Better Pictures: Intermediate or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials Program. No class 11/23.

PHOT:722 | \$69

650 M 7pm-9pm
Nov. 13 - Dec. 11

Gary Hesse

MC - SW, 208

C50 Th 7pm-9pm
Nov. 2 - Dec. 7

Corp. College, 207

Field Photography

Learn how to shoot events as a participant ñ not an observer ñ 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 light 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, Take Better Pictures Introduction, or equivalent experience. Bring digital camera to class. This course meets the curriculum requirements of the Digital Photography Certificate.

PHOT:712 | \$59

680 Sa 9am-11:30am
Oct. 7 - Oct. 28

John Kerans

MC - SW, 108

Studio Lighting, Portrait & Indoor Photography

An introduction to the basic techniques of using flash as a primary and secondary light source. Flash and its effects on your imagery will be explored through projects, classroom discussion and image critiques. Bring your digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. No class 11/25.

PHOT:711 | \$59

680 Sa 9am-11am
Nov. 4 - Dec. 2

Russell Rosener

MC - SW, 108

Adobe Photoshop Creative Cloud (CC): Introduction

COMP:755 | \$129

C50 M 6pm-9pm
9/11-10/2

Zak Zych

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced

COMP:755 | \$129

C54 M 6pm-9pm
11/13-12/4

Zak Zych

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

COMP:755 | \$129

C51 M 6pm-9pm
10/9-10/30

Zak Zych

Corp. College, 206



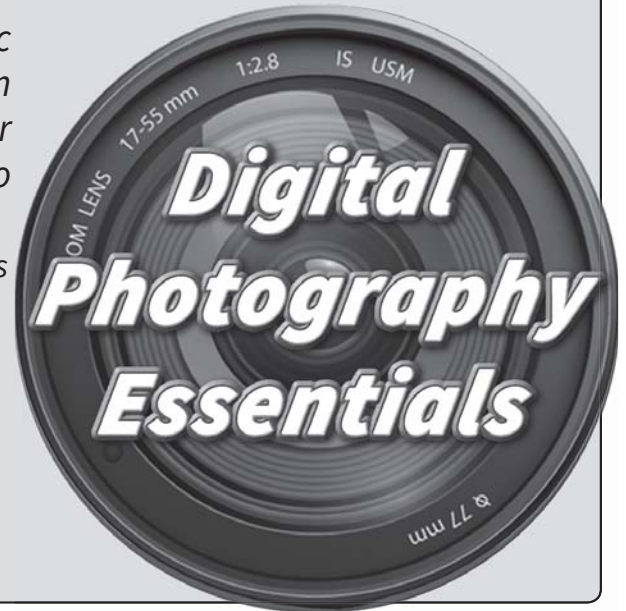
View the full descriptions for these Photoshop classes on page 21

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 fulfillment of the program requirements, an award of completion will be granted.

Classes may be taken individually or as a part of the program.

Some photography classes may require outside printing at the student's expense.



Registration begins August 7!

Like us on Facebook



St. Louis Community College Continuing Education

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.

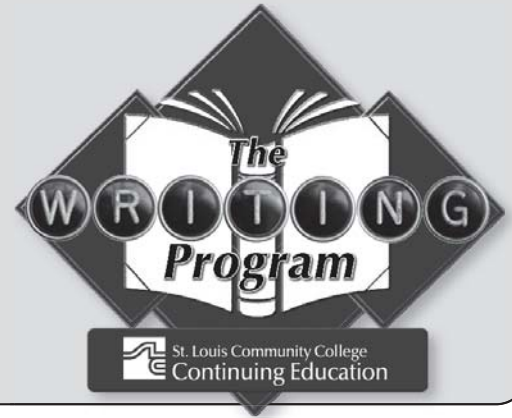
Courses may be taken individually or as a part of the program.

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

Upon successful fulfillment of the program requirements, students will be granted an award of completion.

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



Writing

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, 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. We'll also talk about how we can maintain our sense of optimism when the terrain gets rough. Bring writing tools of your choice (pen/paper or laptop/tablet) and a sack lunch to class.

WRIT:722 | \$59
480 Sa 9am-3:30pm
Sept. 30

Jeffrey Ricker
FP - C Tower, 221

The Craft of Writing

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 | \$29
650 Th 7pm-9pm
Oct. 12

Jill Mettendorf
MC - CN, 225

Exploring the Creative Process

Creative Writing for New Writers: A One Day Workshop

Are you just getting started with writing? Do you want to discover your strengths as a writer? Would you like positive feedback on your writing in a supportive environment? This workshop will help you create a short story, essay, or poem to share in a group workshop. Bring writing tools of your choice (pen/paper or laptop/tablet) and a sack lunch to class.

WRIT:701 j | \$59
680 Sa 9:30am-3:30pm
Sept. 16

Meredith McDonough
MC - SO, 109

Grammar You Should Know

After graduating from high school, and even college, many of us still have gaps and lapses in our grammar and spelling. For example, when to use "who" and when to use "whom"; and what's the difference between "effect" and "affect"? The years may have chipped away at your knowledge of English — but this class will apply a fresh coat of literacy to your writing, no matter what kind you do. Formerly, *What I Should Have Learned in High School: Writing Basics Brush-Up*.

WRIT:704j | \$79
651 W 5pm-7:30pm
Nov. 1 - Nov. 29

Jordan Oakes
MC - SO, 112

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 | \$79
450 M 7pm-9:30pm
Nov. 6 - Nov. 27

Jordan Oakes
FP - C Tower, 219

Developing Your Dialogue

Does your dialogue sound stiff? Would a real person say that? Participate in writing activities designed to develop your use of dialogue. Enjoy learning and practicing the essential elements of dialogue through concise presentations and enjoyable activities. Have fun examining what people say, why they say it, and how to fictionalize their conversations. Bring your fears, wants, and good humor to this interactive workshop.

WRIT:724 | \$39
654 Th 6:30pm-9:30pm
Nov. 2

Jeff May
MC - SO, 206

New Writing Dialogue and Scenes for the Screen

Every time you sit down to write a script, you are faced with the challenge of creating a great scene: Where to begin? How long should it be? How to make the dialogue and narrative descriptions snap, crackle, and pop? In this class, you'll learn the essential keys for creating dynamic scenes that are full of conflict, subtext, characterization, and imagery. You'll also learn to give each character a unique voice, crafting dialogue that sounds individualized and authentic. Through a series of writing exercises and analysis of screenplays and classic clips from films and TV shows, students will gain essential tools to elevate their writing game to the next level. This course is designed for screenwriters, but writers of all genres are welcome.

WRIT:728 | \$89
550 W 7pm-9:30pm
Oct. 11 - Nov. 15

Rita Russell
FV - C, 206



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. 14

Jeffrey Ricker
MC - SO, 111

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 encourage one another, clarify to the writing and most of all, to help bring your project to a polished conclusion. This course is designed for those already working on a novel, short story, poetry, or essay. Please bring at least five copies to the first session.

WRIT:706 | \$79

650 M 7pm-9:30pm
Oct. 2 - Oct. 23

Jordan Oakes
MC - CS, 205

Mining Your Soul Story

Our minds record the sum of our experiences. Writing extracts the event and allows us to see the situation and our reaction as two separate things. 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. 30

Mary Eigel
MC - SO, 109

New Write-In for Inspiration

Are you looking for writing inspiration and practice? A place where you could hang out with other writers? Without needing to make a long-term commitment or spend a lot of money? Join us at Schlafly Tap Room to eat, drink, and find inspiration to write! At our write-ins, the prompts and brief instruction are designed to motivate everyone into a freewheeling writing session. After the initial burst of writing, those who want to can read their work to the group. Then we all take a break and socialize. The process is repeated one more time, followed by drinks, snacks, and more socializing. Comments about your work during the social time are geared toward motivating you to write more. There is no pressure, no angst—just freewheeling creativity! Bring your sense of humor along and join us for an inspirational write-in. BYO pen and paper. Beer, wine, and non-alcoholic beverages will be available for purchase along with a menu of delectable foods!

WRIT:765 | \$39

P01 Tu 6:30pm-9:30pm
Oct. 3

Jeff May
Schlafly Tap Room (Dwntr)

Exclamation Point!

"I took the Writing courses to become a better writer. I found a community of writers in these classes. It has been very helpful!"

Denise L., - Oakville, MO

New The Healing Power of the Pen: Assisting Children with Writing Stories

The course is open to parents, grandparents, child specialists and educators interested in working with children to assist them in writing their stories, from their point of view. Participants will learn the basic structure of story, engage in creative writing exercises, understand first person point of view, and understand how an animal or character can "metaphorically" represent someone else and allow a child to speak through that character. The story could serve as a means of allowing a child to process life events, both positive and negative. (i.e., illness, divorce, new sibling) No writing experience required. This class instructs how to implement tools for writing with children, please do not bring youth to class.

WRIT:765 | \$59

680 Sa 9am-3pm
Oct. 14

Mary Eigel
MC - SO, 205

New Sip-n-Scribe

Looking to get your creative brain moving? Need a refreshing way to mix-up your writing? Then push away from your keyboard, get ready to put pen to paper, and come mingle with other writers. Join us at Sasha's on Shaw to write-n-wine! Sip and Scribe is a fun evening of creative writing prompts, idea swapping, and drink-sipping. The goal is to experiment with something new on the page in an informal, relaxed way, all while enjoying time with your friends and making new ones. Writing prompts are presented, then you give it a fun twist, and let your words flow! No one is here to write the next Great American novel. But if that happens, please include us in the special thanks. BYO pen and paper. Beer, wine, and non-alcoholic beverages will be available for purchase along with a menu of delectable foods!

WRIT:765 | \$39

P02 Tu 6:30pm-9:30pm
Oct. 17

Jeff May
Sasha's on Shaw

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 | \$79

650 Th 7pm-9:30pm
Sept. 7 - Sept. 28

Jordan Oakes
MC - CE



New Applying the Tricks of Poetry to Everyday Writing

In poetry, every word counts. Other forms of writing have a little more wiggle room - but to apply the same economy and precision of words to fiction and nonfiction is to elevate the overall craft. This class will be a writing workshop in which we put this theory to work. Be prepared to share your writing and make copies for the class.

WRIT:719 | \$79

650 Tu 7pm-9:30pm
Aug. 29 - Sept. 19

Jordan Oakes
MC - SO, 232

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 | \$49

680 Sa 9am-1pm
Sept. 23

Jo Hiestand
MC - SO, 109

Focus on Fiction: The Elements of Fiction

This introductory fiction course introduces new writers to the basic elements of writing fiction. You will learn the fundamentals of narrative writing and some basic techniques to get your started in your writing practice. Through lecture, discussion, and in-class exercises we will explore the basics of character, plot, setting, dialogue, conflict, POV, theme, and voice.

WRIT:724 | \$39

650 Tu 6pm-9pm
Sept. 26

Melody Meiners
MC - CN, 225

Focus on Fiction: Exploring Genre Fiction

Genre fiction has been the driving force behind many of our pop-culture phenomena. And because of the buzz and fiercely loyal fan base many genres attract, the markets continue to grow. Each genre has delineating qualities, like characters and plots, which make them stand out from one another. In this course we will explore what makes horror, science fiction, fantasy, mystery, romance, and young adult unique so you can figure out which is right for you. Through lecture, discussion, and in-class exercises we will explore methods used in writing popular and emerging genres.

WRIT:724 | \$39

651 Tu 6pm-9pm
Oct. 3

Melody Meiners
MC - SO, 206

New Focus in Fiction: Crafting a Killer Theme Using Character and Conflict

Characters and conflict are the heart of every story, and if you can craft them well they serve a bigger truth. In this class we will use lecture, discussion and in-class exercises to explore the how to develop your characters and conflict types so they serve and illuminate your story's theme.

WRIT:724 | \$49

652 Tu 6:30pm-9:30pm
Oct. 10 - Oct. 24

Melody Meiners
MC - SO, 206

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. Participants will understand and demonstrate the basic elements of fiction. Beginning to Intermediate Fiction Writers.

WRIT:724 | \$79

653 Tu 7pm-9:30pm
Sept. 6 - Sept. 27

Jeff May
MC - SO, 204

Publishing

How to Publish Your Own Book: What You Need to Know

Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to publish it yourself? In this four-hour workshop, we'll cover the realities of independent publishing, how editing and design can make your book look great, options for getting your book into print, sales channels, eBook production and tips for book marketing. Presented by the St. Louis Publishers Association.

WRIT:704 | \$39
680 Sa 8am-12pm
Nov. 18

MC - SO, 109

Literature

New The Bible as Literature- Narratives of the Heroes

Read about heroes of the Bible and relate them to literature, culture and history. The stories of Biblical heroes Abraham, Daniel, Gideon, Ruth, Esther, David and Goliath, Joseph and of course Jesus can be read and discussed related to literary themes as well as other heroes of literature. Materials provided in class.

LITR:701 | \$39
550 Th 6:30pm-8:30pm
Sept. 7 - Sept. 21

Jacqueline Mink
FV - C, 104

Mysteries for Pleasure

This class is back by popular demand with all new stories and activities for another round of sleuthing through detective stories and activities! We will read and discuss authors from around the world who have written mysteries. Join us for fun activities and conversation related to mystery literature. Materials provided in class.

LITR:701 | \$39
551 Th 6:30pm-8:30pm
Oct. 19 - Nov. 2

Jacqueline Mink
FV - C, 104

Program Completion

Portfolio Review - Writing Program

This is for confirmation that students have met the requirements of the 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. You will receive a confirmation response from a writing program faculty member. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to grant the Writing Award 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. 14 - Dec. 20

Jordan Oakes
FP - TBA

New Wonder Woman versus the Strong Female Character

You saw her on the big screen this summer, but how much do you know about our Amazonian princess? From her creative roots as a representation of the ideal of feminine strength to today's the REBIRTH storylines in the D.C. comic Universe, we will explore Wonder Woman through the ages and compare and contrast Wonder Woman with female characters in other comic lines and pop-culture.

LITR:702 | \$25
650 Tu 6pm-9pm
Sept. 12

Melody Meiners
MC - SO, 105

New Civil War Literature

In this class, we will read diaries, journals, and letters of the Civil War era written by soldiers, political figures, women, African Americans and abolitionists. Class discussion will approach readings from an historical, cultural and literary viewpoint. Materials provided in class.

LITR:706 | \$39
650 Sa 10am-12pm
Oct. 28 - Nov. 11

Jacqueline Mink
MC - BA, 112



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 | \$29
680 Sa 9:30am-11:30am
Oct. 21

MC - SO, 206

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, 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. Supply list emailed.

ANIM:703 | \$79
M01 Sa 9:30am-11am
Sept. 9 - Oct. 14

Susan Baxter-Carr
RiverChase (Fntn)

Dog Training: Advanced Basics I

Advanced Basics I is an advanced skills training class for dogs who have already completed basic training in an instruction-based class setting. 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 room; 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. Pets must have successfully completed prior in-class instruction. Practice at home a must. Supply list emailed.

ANIM:706 | \$69
M04 Sa 11am-12pm
Sept. 9 - Oct. 14

Susan Baxter-Carr
RiverChase (Fntn)

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 six 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. Supply list emailed. No class 11/11 and 11/25.

ANIM:706 | \$79
M06 Sa 9:30am-11am
Oct. 21 - Dec. 9

Susan Baxter-Carr
RiverChase (Fntn)

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). Supply list emailed. No class 11/11 and 11/25.

ANIM:706 | \$69
M07 Sa 11am-12pm
Oct. 21 - Dec. 9

Susan Baxter-Carr
RiverChase (Fntn)

Dog Sports: K9 Nose Work Level I

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M03 for a discount. Supply list emailed.

ANIM:706 | \$75
M02 W 7:30pm-8:45pm
Sept. 6 - Oct. 11

Sandra Ellison
RiverChase (Fntn)

Animal Welfare Assistant Program

Program is designed for initial training and preparation for work in a range of public and private animal welfare agencies and organizations. Classes may be taken individually or as part of the Animal Welfare Assistant Program.

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 troubleshoot 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 Humane Society of Missouri, Animal Protective Association of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29
650 Tu 7pm-9:30pm
Sept. 19

MC - SO, 105

New Location 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 Humane Society of Missouri, Animal Protective Association of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29
450 Tu 7pm-9:30pm
Oct. 24

FP - Theater, 203

New Location 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 Humane Society of Missouri, Animal Protective Association of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29
550 Tu 7pm-9:30pm
Nov. 7

FV - SM, 203



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



Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 706 MO2, but without the dog. You are welcome to register to attend for yourself to watch, learn, and do the exercises with your dog at home. Supply list emailed.

ANIM:706 | \$45
M03 W 7:30pm-8:45pm
Sept. 6 - Oct. 11

Sandra Ellison
RiverChase (Fntn)

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 | \$69
M01 W 6pm-7pm
Sept. 6 - Oct. 11

Sandra Ellison
RiverChase (Fntn)

Dog Training: Advanced Basics II

The Advanced Basics II training class is for dogs who have already completed Advanced Basics I (formerly Beyond the Basic Skills Class). Using positive reinforcement and praise, class instruction, and homework, you will move onto to the next level of dog training. In this class, you will continue distraction work and using voice commands paired with hand signals while also working on offlead heeling and recalls, out-of-sight sits and downs, and incorporating open and utility exercises for variation. Prerequisite: Advanced Basics I or equivalent. Dogs must be dog friendly. Dogs must have vaccinations (Rabies, Bordetella, DHLPP or your vet’s recommendation and Titters). Practice at home is essential.

ANIM:706 | \$69
M05 W 7pm-8pm
Oct. 18 - Nov. 29

Susan Baxter-Carr
RiverChase (Fntn)

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. 20

Gerald Williams
Kirkwood H.S., W 109

Exclamation Point!

“Susan. Baxter-Carr is an excellent instructor, who reads dogs well and conveys information in an easy-to-understand, straightforward way. She is patient and kind, and is interested in helping all students and their dogs succeed.”

Kevin G., St. Louis, MO

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. 5

Michael Silva
Adv. Auto Srvc

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 10/17 and 10/31.

AUTO:715 | \$149

750 Tu 6pm-9pm
Sept. 19 – Nov. 21

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. 21

Maria Giannino
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. 25 – Oct. 16

Deborah Weltman
MC - SO, 112

New The Anatomy of Flip

House flipping is all the rage these days, but there is a lot to consider before jumping on the bandwagon. If you are considering flipping a house for yourself or as a career come to this class to find out the nuts and bolts.

HOME:713 | \$25

552 W 7pm-9pm
Nov. 1

Jean Linton
FV - E, 158

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. 19
Sa 9am-11am
Sept. 30

Kathryn Leinauer
WW, 201
MC-SW, 210

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 Tu 6:30pm-9:30pm
Sept. 26
Sa 9am-11am
Sept. 30

Kathryn Leinauer
MC-AS, 204
MC-SW, 210

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 W 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 W 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 W 7pm-9pm
Sept. 27

Jean Linton
Kirkwood H.S., SA 2

Hand-On Home Repair: Plumbing

Got a leaky faucet or just want to upgrade to the latest style? Maybe your running toilet has caused your water bill to skyrocket? Don't get sticker shock by calling a plumber! Instead come to this hands-on class and learn how to fix minor plumbing issues yourself! This class is a combination of lecture and hands-on repair for small plumbing problems. We will have faucets, shut-offs, supply lines and complete toilet kits for you to see and practice on. Come have fun while learning how to do it yourself.

HOME:713 | \$25

753 W 7pm-9pm
Oct. 4

Jean Linton
Kirkwood H.S., SA 2

Hands-On Home Repair: Electrical

Do you want to change a light fixture or install a dimmer switch, but the price of an electrician deters you? Learn how to do it yourself! In this hands-on class we will first discuss electricity and safety, small electrical problems and upgrades, the proper tools needed and the difference between aluminum and copper wiring and how to work with both. Then you will use your new-found knowledge to practice the techniques in a group setting. 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 W 7pm-9pm
Oct. 11

Jean Linton
Kirkwood H.S., SA 2

553 W 7pm-9pm
Oct. 18

Jean Linton
FV - E, 158

Fearless Home Repair: 5 Repairs Every Homeowner Should Know

Winter is coming! Just like spring cleaning, every homeowner should do a few simple tasks in late fall to prepare their home for the St. Louis winter. These tips and tricks can save you time, trouble and money.

HOME:713 | \$25

550 W 7pm-9pm
Nov. 8

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. 25

Jean Linton
FV - E, 158

Exclamation Point!

"Jean Linton was wonderful! I learned all about drywalling and have helped two family members with their homes."

Jamie R., Maryland Heights

Master Naturalist Program

The Master Naturalist Program consists of three components:

- Completion of five biology, geology, physical science or horticulture related college credit courses. Beginning Summer 2017 - Students must attain a grade of C or higher to apply toward the Master Naturalist program. Classes taken by audit will not apply toward program requirements.
- Attend six Continuing Education Master Naturalist designated 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

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 year-round, 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 9/5. No refunds after this date.

ECOL:704 | \$49

6D1 Tu 7pm-8:30pm
Sept. 19

Simon Warren
MC - SW, 106



Landscape and Gardening

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. 23

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
Oct. 14

Nancee Kruscheck
MC - SO, 107

Landscape Basics: Plan Now for a Beautiful Spring

Do you need some tips for a great landscape? Get practical advice from nursery owner, Nancee Kruscheck, and learn about: laying out bed lines, 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
Oct. 7

Nancee Kruscheck
MC - SO, 107

Go Native! Native Landscaping for Bees, Butterflies and Other Pollinators

Fall is a great time to start thinking about what you want to bloom in the spring to attract pollinators to your landscape. Butterflies along with bees and other insect pollinators are environmental barometers. Healthy landscapes have large numbers and a wide diversity of pollinators—contaminated or altered landscapes do not. The best plants lure pollinators to their flowers by offering pollen, nectar, resin and oil, and by evolving visual and olfactory cues such as nectar guides, color and fragrance. Come get practical advice on getting started for selecting the optimal natives to attract various groups of pollinators.

HORT:713 | \$29

650 Tu 6pm-9pm
Oct. 3

David Tylka
MC - SO, 107

Making More Plants: Propagation Made Simple

Make more of your favorite plants in this hands-on class and learn some simple propagation methods. Watch local nursery owner and plant expert, Nancee Kruscheck, as she demonstrates how to take cuttings, root division, air layering and seeds, then try it yourself.

HORT:719 | \$25

680 Sa 9am-11:30am
Sept. 30

Nancee Kruscheck
MC - SO, 108

New Succulents

Succulents are hot and trending in both gardening and decorating. Perfect for both the "seasoned" and "forgetful" gardener, this group of plants offers easy-to-care for choices for your home indoors and out. What to grow, how to grow, where to grow? We'll cover all this, with plenty of inspiring images to get you ready to grow these low-maintenance plants, both indoors and out.

HORT:722 | \$25

650 W 6:30pm-8:30pm
Sept. 13

Michelle Ochonicky
MC - SO, 108

Pruning Basics

Proper techniques for pruning trees and shrubs are essential for the health of your plants and future growth. It's not difficult if you know the right techniques and timing. You'll also learn how to avoid spreading disease from tree to tree. Class will include an outdoor demonstration, so bring your pruners. Come learn hands-on from our nursery expert Nancee Kruscheck, who will also show you how to sharpen and clean your pruners and answer your questions.

HORT:723 | \$25
680 Sa 9am-11:30am
Oct. 21

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. Offered in partnership with Forest ReLeaf of Missouri.

HORT:708 | \$25
650 Th 6pm-8pm
Oct. 9

Tom Ebeling
MC - SO, 109

Nature

Forest Park Owls: Hiding in Plain Sight

Join award-winning, 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. 7 MC - SO, 108
450 Th 6:30pm-8:30pm **Mark H.X. Glenshaw**
Sept. 28 FP - C Tower, 221

Woodpeckers

With the exception of Australia, almost every place in the world has woodpeckers. Closer to home, and depending on the season, Missouri is home to seven species. Join the St. Louis Audubon Society, and take an in-depth look at our local woodpecker species including adaptations compared to perching birds, facts about physical features, communication, habitats, sources of food, lifecycle, how they help trees and forests stay healthier and more. You'll also learn how you can attract woodpeckers and provide places for woodpeckers to feed and nest. Offered in partnership with St. Louis Audubon Society.

NATR:709 | \$25
654 Tu 7pm-9pm
Nov. 7 MC - SO, 232

On the Brink Again? Recovering Two Endangered Wolf Species

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. 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. Call EWC at 636-938-5900 and for directions and location details. Offered in partnership with the Endangered Wolf Center. Registration deadline 9/28. No refunds after this date.

NATR:727 | \$29
MD1 Sa 9am-12pm
Oct. 7 *Endangered Wolf Ctr*

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. 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. 12 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 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
Oct. 7 **Tony Elliott**
MC - SO, 108

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, 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
Oct. 7 **Jeffrey Smith**
MC - SW, 106

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. 6 MC - SO, 232
Sa
Sept. 9 MC - Off Campus

Insects of Missouri

Join Chris Brown, research entomologist, conservationist and photographer as he shares information on the broad variety of insects with specific habitat associations within Missouri's ecoregions. Through close-up photos, you'll learn about the fantastic diversity, introductory level morphology and taxonomy along with some of the fascinating natural history aspects of Missouri's insects.

NATR:715 | \$25
650 W 6pm-8:30pm
Oct. 4 **Chris Brown**
MC - SO, 108

New Wildflowers of Late Summer

There is an abundance of yellow aster family plants blooming in the fall - appropriately referred to as DYC's-those "Damn! Yellow Composites!" How do you tell them apart? Join native plant experts and learn to appreciate and identify the multitude of wildflowers of later summer with an emphasis on the yellow-flowered members of the Aster family that grow natively in the St. Louis area. Classroom discussion will be enriched with a weekend field trip where you will have an opportunity to apply your new knowledge and skills. Field trip details to be discussed in class. Provide own transportation. Offered in partnership with the Missouri Native Plant Society.

NATR:723 | \$39
650 Th 6:30pm-8:30pm
Aug. 24 MC - SW, 108
Sa 9am-12pm
Aug. 26 MC - Off Campus

Exploring Fall and Winter Night Skies

Class meets on Mondays 10/23, 10/30, and Wednesdays 10/25, 11/1. 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 & Telescope magazine. One field trip 11/3-11/5, details to be announced in class. Provide own transportation.

NATR:732 | \$59
650 MW 7pm-9pm
Oct. 23 - Nov. 1 **Michael Malolepszy**
MC - SO, 232

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 in 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 do to all this from an experienced observational astronomer and past president of the St. Louis Astronomical Society.

NATR:732 | \$25
680 Sa 9am-12pm
Sept. 30 **Michael Malolepszy**
MC - SO, 107

Crows: Something to Crow About

American Crows, prevalent across much of the continent, are distinguished by their large, all black features and cawing voices. Come explore the world of this exceptional bird including discussion of the behavior and problem solving tactics they display as they interact with their habitat. Learn about food sources, nesting and other interesting facts. Other local corvids (Blue Jays and Fish Crows) will be included in the discussion. Offered in partnership with St. Louis Audubon Society.

NATR:709 | \$25
652 W 7pm-9pm
Oct. 4 MC - SO, 232

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 honeybees by planting a pollinator-friendly garden and constructing nesting habitat for native pollinators. Introductory information on getting started with beekeeping and honeybee products of the hive will be discussed.

NATR:733 | \$29
681 Sa 9am-12pm
Dec. 2

Jane Sueme
MC - SO, 108

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 a local beekeeper and business owner 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. Techniques to protect stored equipment from insect damage will also be presented.

NATR:733 | \$29
680 Sa 9am-12pm
Sept. 23

Jane Sueme
MC - SO, 108

New Unique Animals and Plants of Australia

Australia has been geographically isolated for over 45 million years resulting in an abundance of plants and animals that are found only on this continent (endemic). An amazing 80% of the mammal, reptile, frog and flowering plant species are endemic to Australia. Australia's diverse oceans support around 4,000 of the world's 22,000 types of fish. With its temperate and tropical rainforests, deserts, grasslands and coral reefs, this unique continent accounts for almost 10% of the total biodiversity of Earth. Biology professor Dave Tylka will show photos and discuss the remarkable natural histories of the larger, more unique animals and plants.

NATR:765 | \$25
650 M 6:30pm-8:30pm
Oct. 16

David Tylka
MC - SO, 108

Exclamation Point!

"I really enjoyed the Insects of Missouri class and it has certainly opened up my curiosity into the world of insects."

Dan C., St. Louis, MO

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. 12
580 Sa 9:30am-11:30am
Oct. 14

Jill McCoy
WW, 227
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

650 Th 7pm-9pm
Oct. 19

Jill McCoy
MC - SW, 209

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. 12

Jill McCoy
MC - CN, 202

Personal Finance

Finance and Investing

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 Th 6:30pm-9pm
Sept. 21 - Sept. 28

Margie Bittner
MC - SO, 232

Demystifying Annuities

Get answers to 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 6:30pm-9pm
Nov. 2

Margie Bittner
MC - SO, 108

New Investment Strategies Part I: Identifying the Best Growth Stocks

Increase your knowledge of the financial market with a historical look at the greatest growth stocks and methods that can be used for identifying potential successful trends before they become obvious to everyone and the phase is over. Past and recent examples will be discussed.

FINC:705 | \$35
C80 Sa 9am-12pm
Oct. 14

Brian Bingham
Corp. College, 208

New Investment Strategies: Part II: Identifying Market 'Tops' and 'Bottoms'

Come join us for a historical look at the 'market tops' which demonstrate the key traits and similarities for identifying signs of financial market stress and potential warnings to help you reduce market exposure a little, or a lot, in order to help avoid large downside risk in the marketplace. Additionally, historical 'market bottoms' will be examined for their similarity and sign of potential opportunities ahead. Completion of Identifying the Best Growth Stocks: Part I is recommended before enrolling in Part II but not required.

FINC:705 | \$35
C81 Sa 1pm-4pm
Oct. 14

Brian Bingham
Corp. College, 208

Where Does All My Money Go? Gain Control of Your Finances

Are you one of 70% of Americans who worry 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. 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
Sept. 30
480 Sa 9am-1pm
Oct. 7

Tiffany Smith
MC - BA, 124
Tiffany Smith
FP - G Tower, 323

What Everyone Needs to Know About Divorce

Course will deliver the legal, emotional and financial issues of divorce in a logical yet compassionate way. With the guidance of trained professionals, workshop participants will gain a greater understanding of the confusing and challenging divorce process. The more information and support you have, the better the decisions you'll make for yourself and your family, leading to a more hopeful future. Course will be taught by a divorce attorney, a mental health professional and a Certified Divorce Financial Analyst.

FINC:765 | \$29
650 Th 6pm-9pm
Sept. 21

Laura Boedges
MC - SO, 206

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
651 Th 6:30pm-8pm
Oct. 19

Andrew Hall
MC - SO, 108

Estate Planning

Estate Planning: Living Trusts

Everyone wants to do estate planning for control of their assets and for a legacy to loved ones. Course covers various ways to estate plan, avoid probate, avoid guardianships and reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

FINC:710 | \$35
S50 W 7pm-9pm
Sept. 20

Jacquelynn Capriano
STLCC - SC, 204

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. 13
711 M 6pm-8pm
Oct. 23

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

Introduction to Estate Planning

You don't have to be a millionaire to have an estate. Your estate consists of everything you own of value - home, cars, cash, clothing and furniture, investment, retirement accounts, pensions and items you have accumulated throughout your lifetime. You'll gain a better understanding of estate planning including: death and estate taxes; wills and trusts; probate; choosing an executor; lifetime giving exclusion; marital deductions; and tax-free inheritance. Become better prepared to discuss your estate planning issues with your professional advisors and learn how to preserve and manage your assets to avoid expensive delays and legal challenges.

FINC:710 | \$25
450 Tu 7pm-8:30pm
Sept. 12

Andrew Hall
FP - G Tower, 321

Preparing Your Estate Plan

Designed for anyone who would like to better understand the basics of estate planning. 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, 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 Tu 6:30pm-9pm

Margie Bittner
Kathleen Gmelich
MC - SO, 108

Oct. 10

Retirement Planning

New Retirement Savings Challenges for Women

When it comes to saving and planning for retirement, women face a number of unique challenges. Living longer, career interruptions, divorce and lower savings balances all need to be considered when planning for a successful retirement. The additional impact these challenges have on individual health care, social security and pension payouts will also be discussed. We will also review investment selection to help meet personal retirement goals.

FINC:706 | \$25
650 W 7pm-9pm
Oct. 4

Steve Glazer
MC - SO, 204

Retirement University

Financial planning is one of the most important aspects in helping you to prepare for the future. Learn how to take a strategic approach to the retirement process to assist you in preparation for every step of the way during the growth, income/distribution and conservation stages of life helping to avoid retirement roadblocks and mitigate risks in all aspects of your financial life. The in-class, step-by-step curriculum will help you develop a comprehensive understanding of tax planning strategies, advanced social security planning, wealth accumulation vs. (de)cummulation, the sequence of returns risk, long term care and Medicare options and will give you the tools to design your own strategy. Learn about the final stage of your financial life through discussion of wills, trusts, estate and tax efficient legacy planning. Handouts will be provided.

FINC:736 | \$59
S50 Tu 6pm-8pm
Sept. 19 - Oct. 10

Andrew Hall
STLCC - SC, 118

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" Class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. Learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. 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. 13

Steve Glazer
MC - BA, 114

New Managing Cash Flow in Retirement

Living in retirement is all about the cash flow, not the pile of cash. Class will focus on retirement income planning and threats to cash flow during your retirement years. Review will cover real life case studies including retiree health care costs and the impact of taxes and withdrawal rates on investment account longevity.

FINC:736 | \$25
651 W 7pm-9pm
Sept. 27

Steve Glazer
MC - SO, 108

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). 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
S51 Th 7pm-9pm
Oct. 12

Paul Gantner
STLCC - SC, 104

New Paying for Long Term Care: Alternative Funding Options

What is long term care (LTC) and how do you pay for it? If you have ever experienced a friend or family member who has needed long term care, you understand the costs associated with providing this assistance. The question is how to pay for it without having to purchase long term care insurance. Class will focus on alternative financial programs that can be used to pay for LTC instead of specifically buying a long term care insurance policy.

FINC:746 | \$25
350 W 7pm-9pm
Sept. 20
651 W 7pm-9pm
Oct. 11

Steve Glazer
WW, 202
Steve Glazer
MC - SO, 108

New Financing Long Term Care

In the next 30 years, the number of people needing long term care (LTC) services will rise from 13 million to 27 million. With over two-thirds of the American population needing care, coupled with the baby boomers rapidly approaching the age in which LTC becomes the norm, costs have and will continue to skyrocket. This course will examine this crisis, what is causing it, and how to mitigate it through traditional insurance, Medicare/Medicaid and other financing options to limit your out of pocket costs.

FINC:746 | \$19
S50 Th 6:30pm-8pm
Aug. 31

Andrew Hall
STLCC - SC, 104

Exclamation Point!

"Steve Glazer knows his subject matter. Very informative, easy-to-understand, pertinent facts given. Presentation was very clear and organized."

Jenna R., Wildwood, MO

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 | \$39
 S50 W 6:30pm-8:30pm
 Oct. 11 - Oct. 18

Erin De Vore
 STLCC - SC, 118

Interpersonal Communication

Learn how you can improve your interpersonal communication by taking an in-depth look at your speaking habits, modes of expression and non-verbal behavior. Role-playing exercises will give you the chance to practice and assess interpersonal strategies used in various situations and develop your skills to utilize these strategies based on your goals, needs and situations. Leave class with the ability to monitor your communication competence through self-awareness, a skill that can help you in every area of your life. No class 11/23.

COMM:765 | \$49
 650 Th 6:30pm-8:30pm
 Nov. 9 - Dec. 7

Kevin Renick
 MC - CN, 225

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. 11 - Oct. 30

Jabr Dumit
 MC - BA, 114

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. 14 - Nov. 2

Azim Mujakic
 STLCC - SC, 213

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. Get introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required.

FLCH:717 | \$59
 650 M 7pm-9pm
 Sept. 11 - Oct. 2

John Yeh
 MC - CN, 201

Chinese (Mandarin) Language: Beginning I

Learn Chinese conversational skills for traveling or doing business in China! Learn practical dialogue for asking directions, using public transportation, making phone calls, and other needs for travel and social life. After completion of class, 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. 16 - Dec. 4

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. No class 9/4.

FLFR:716 | \$75
 650 M 7pm-9pm
 Aug. 21 - Oct. 2

Patricia Adams
 MC - CN, 224

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! Text required-bring to first class.

FLFR:717 | \$99
 P01 Tu 7pm-9pm
 Aug. 22 - Oct. 10

Patricia Adams
 Nottingham School, 108

710 M 6:30pm-8:30pm
 Sept. 11 - Nov. 6
 No Class 10/16

Barbara Sandmel
 Clayton H.S., 102

750 W 7pm-9pm
 Sept. 13 - Nov. 1
 No text required. Bring a pocket folder, notebook and pen.

Marcel Kyle
 Kirkwood H.S., W 122

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 10/17.

FLFR:718 | \$99
 750 Tu 7pm-9pm
 Sept. 12 - Nov. 7

Marcel Kyle
 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
 Aug. 23 - Sept. 13

Dustin Glastetter
 MC - SO, 204

450 W 6:30pm-8:45pm
 Nov. 15 - Dec. 13
 No Class 11/22

Dustin Glastetter
 FP - G Tower, 323

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! Text required - bring to first class. No class 10/17.

FLGE:717 | \$99
 650 Tu 6:30pm-8:45pm
 Sept. 26 - Nov. 14

Dustin Glastetter
 MC - BA, 120

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. Text required - bring to first class.

FLGE:718 | \$99
 650 W 6:30pm-8:45pm
 Sept. 27 - Nov. 8

Dustin Glastetter
 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. Text required - bring to first class.

FLGE:719 | \$99
 650 Th 6:30pm-8:45pm
 Aug. 24 - Oct. 5

Dustin Glastetter
 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 and feel comfortable conversing in Gaelic. No text required.

FLIR:717 | \$99
 480 Sa 9am-11am Sarah Johnson
 Sept. 16 - Nov. 4 FP - D Tower, 217

Irish (Gaelic) Language: Beginning II

Continue to increase your knowledge of Gaelic including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Irish-Beginning I or equivalent experience. No text required.

FLIR:718 | \$99
 480 Sa 11:30am-1:30pm Sarah Johnson
 Sept. 16 - Nov. 4 FP - D Tower, 217

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
 400 Tu 4pm-6pm Barbara Klein
 Sept. 19 - Oct. 31 FP - F Tower, 327
 No Class 10/17
 650 M 7pm-9pm Barbara Klein
 Nov. 6 - Dec. 11 MC - CN, 226
 601 Tu 7pm-9pm Barbara Klein
 Nov. 7 - Dec. 12 FP - F Tower, 327

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 Tu 6:30pm-8:30pm Maria Brandle
 Aug. 22 - Oct. 10 Kirkwood H.S., E 183
 400 Tu 7pm-9pm Barbara Klein
 Sept. 5 - Oct. 31 FP - F Tower, 327
 No Class 10/17
 600 M 4pm-6pm Barbara Klein
 Sept. 11 - Oct. 30 MC - CN, 203

Exclamation Point!

“Before my family went to Italy, we took Italian language classes with STLCC Continuing Education. It really paid off. We learned the language and had no problems traveling abroad!”

Marcus J., Creve Coeur

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.

FLIT:718 | \$99
 750 Tu 6:30pm-8:30pm Maria Brandle
 Oct. 24 - Dec. 12 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 W 6:30pm-8:30pm Maria Brandle
 Aug. 23 - Oct. 11 Kirkwood H.S., E 183
 650 M 7pm-9pm Barbara Klein
 Sept. 11 - Oct. 30 MC - CN, 203

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. No class 11/22.

FLIT:720 | \$99
 750 W 6:30pm-8:30pm Maria Brandle
 Oct. 18 - Dec. 13 Kirkwood H.S., E 183

Italian Conversation: Advanced

Continue to review grammar and syntax in conjunction with reading and discussion of articles and short stories in this advanced Italian conversation class. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required. No class 10/16.

FLIT:723 | \$99
 710 M 7pm-9pm Luisa Flynn
 Sept. 18 - Nov. 13 Clayton H.S., 123

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
 401 Tu 4pm-6pm Barbara Klein
 Nov. 7 FP - F Tower, 327
 601 M 4pm-6pm Barbara Klein
 Dec. 4 MC - CN, 203

A Walk Through Italy

For those planning a trip to Italy, or those who would like to, join us on a trip across the ocean for a picturesque slideshow tour and get a glimpse of the 20 regions of Italy. From the ancient, historical cities of Rome, Florence and Venice to the Valley of the Temples in Sicily and onto the medieval castles in the Valle d'Aosta, you'll discover the splendor of some of Italy's hidden treasures. Andiamo!

FLIT:765 | \$25
 400 Tu 4pm-6pm Barbara Klein
 Nov. 14 FP - F Tower, 327
 600 M 4pm-6pm Barbara Klein
 Dec. 11 MC - SO, 107

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 Misook Yu
 Sept. 23 - Nov. 11 MC - BA, 118

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 Language: 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 Sa 9:30am-11:30am Soo Young (Vicky) Cho
 Sept. 23 - Nov. 11 MC - BA, 116

Portuguese



Looking for Portuguese for Youth classes? See the Youth and Family section on page 68

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! Text suggested-bring to first class. No class 11/25.

FLPG:716 | \$75
 680 Sa 10am-12pm Viva Brasil STL
 Oct. 21 - Dec. 2 MC - CN, 225

Personal Enrichment

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

FLPG:717 | \$99

680 Sa 10am-12pm
Aug. 19 - Oct. 14
No Class 9/2

Viva Brasil STL
MC - CN, 224

650 W 6:45pm-8:45pm
Oct. 11 - Dec. 6
No Class 11/22

Viva Brasil STL
MC - CN, 226

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

FLPG:718 | \$99

650 W 6:45pm-8:45pm
Aug. 16 - Oct. 4

Viva Brasil STL
MC - CN, 226

680 Sa 10am-12:20pm
Oct. 21 - Dec. 9
No Class 11/25

Viva Brasil STL
MC - CN, 224

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

FLPG:719 | \$99

680 Sa 10am-12pm
Aug. 19 - Oct. 14
No Class 9/2

Viva Brasil STL
MC - CN, 226

650 W 6:45pm-8:45pm
Oct. 11 - Dec. 6
No Class 11/22

Viva Brasil STL
MC - CN, 225

Portuguese Language: 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. No text required. Bring a pocket folder, notebook and pen. No class 11/25.

FLPG:720 | \$99

680 Sa 10am-12:20pm
Oct. 21 - Dec. 9

Viva Brasil STL
MC - CN, 227

Portuguese Language: 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 9/2.

FLPG:721 | \$99

680 Sa 10am-12pm
Aug. 19 - Oct. 14

Viva Brasil STL
MC - CN, 227

Portuguese Language: Intermediate III

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 II or equivalent experience. No text required. Bring a pocket folder, notebook and pen. No class 11/25.

FLPG:722 | \$99

680 Sa 10am-12:20pm
Oct. 21 - Dec. 9

Viva Brasil STL
MC - CN, 226

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 Language: Intermediate II or equivalent experience. No text required. Bring a pocket folder, notebook and pen.

FLPG:723 | \$75

650 W 6:30pm-8:30pm
Aug. 16 - Sept. 20

Viva Brasil STL
MC - CN, 204

651 W 6:30pm-8:30pm
Oct. 11 - Nov. 15

Viva Brasil STL
MC - CS, 206

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. Get introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.

FLRU:717 | \$59

650 M 7pm-9pm
Sept. 11 - Oct. 2

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 10/16.

FLRU:717 | \$99

651 M 7pm-9pm
Oct. 9 - Dec. 4

Valerie Powers
MC - CN, 202

Russian Language: Beginning II

Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian Language: Beginning I or equivalent experience. Text required-bring to first class. No class 10/10, 10/17, 10/31.

FLRU:718 | \$99

650 Tu 7pm-9pm
Sept. 19 - Nov. 28

Valerie Powers
MC - CN, 202

Russian Conversation: Intermediate I

Continue to deepen your knowledge of the Russian language and expand its use. Become increasingly proficient in conversational skills as you use the language to explore real-life situations. Prerequisite: Russian Language: Beginning III or equivalent experience. Text required-bring to first class. No class 10/11.

FLRU:720 | \$99

650 W 7pm-9pm
Sept. 20 - Nov. 15

Valerie Powers
MC - CN, 202

Russian Language: Intermediate III

Continue to expand your understanding of Russian and hone your language skills. Students will become more comfortable listening and speaking Russian as we open each class in "Cafe Conversation" and exploring real-life situations. Prerequisite: Russian Language: Intermediate II or equivalent experience. Text required-bring to first class. No class 10/5, 10/12, 11/23.

FLRU:722 | \$99

650 Th 7pm-9pm
Sept. 21 - Nov. 30

Valerie Powers
MC - CN, 204

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. No class 11/22.

FLSP:716 | \$75

601 W 7pm-9pm
Oct. 25 - Dec. 6

Timothy Neckermann
MC - CS, 204

Spanish Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Text required-bring to first class.

FLSP:717 | \$99

600 Tu 4pm-6pm
Aug. 22 - Oct. 10

Ann Rupert
MC - CS, 209

450 Tu 7pm-9pm
Aug. 22 - Oct. 10

Timothy Neckermann
FP - G Tower, 325

650 Th 7pm-9pm
Aug. 24 - Oct. 12

Ann Rupert
MC - CS, 210

780 Tu 7pm-9pm
Oct. 17 - Dec. 12
No Class 10/24

Timothy Neckermann
Lindbergh H.S., 51

500 Tu 4:30pm-6:30pm
Oct. 24 - Dec. 12

Maria de la Garza
FV - C, 104

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 Language: Beginning I or equivalent experience. Text required-bring to first class.

FLSP:718 | \$99

600 Tu 7pm-9pm
Aug. 22 - Oct. 10

Ann Rupert
MC - CS, 209

780 W 7pm-9pm
Aug. 30 - Oct. 18

Timothy Neckermann
Lindbergh H.S., 51

450 Th 7pm-9pm
Aug. 31 - Oct. 19

Timothy Neckermann
FP - G Tower, 325

650 Tu 7pm-9pm
Oct. 24 - Dec. 12

Ann Rupert
MC - CS, 209

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 Language: Beginning II or equivalent experience. Text required-bring to first class.

FLSP:719 | \$99

450 Th 7pm-9pm
Oct. 26 - Dec. 21
No Class 11/23

Timothy Neckermann
FP - G Tower, 325

600 Th 4pm-6pm
Oct. 26 - Dec. 21
No Class 11/23

Ann Rupert
MC - CS, 210

650 Th 7pm-9pm
Oct. 26 - Dec. 21
No Class 11/23

Ann Rupert
MC - CS, 210



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
 650 Th 6:30pm-8:30pm Maria de la Garza
 Aug. 24 - Oct. 12 MC - CN, 201
 450 Th 7pm-9pm Lorenzo Gonzalez
 Aug. 24 - Oct. 12 FP - G Tower, 323

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
 650 W 6:30pm-8:30pm Maria de la Garza
 Aug. 23 - Oct. 11 MC - CN, 201
 450 Th 7pm-9pm Lorenzo Gonzalez
 Oct. 19 - Dec. 14 FP - G Tower, 323
 No Class 11/23

Spanish Conversation: Intermediate III

Class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Advanced level grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation: Intermediate II or equivalent experience. Text required - bring to first class. No class 11/22.

FLSP:722 | \$99
 650 W 6:30pm-8:30pm Maria de la Garza
 Oct. 18 - Dec. 13 MC - CN, 201

Spanish Conversation: Advanced

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation: Intermediate III or equivalent experience. No text required. No class 10/18.

FLSP:723 | \$99
 720 W 7pm-9pm Margarita Gunther
 Sept. 13 - Nov. 8 Clayton H.S., 123

Spanish Conversation: Advanced (La Casa en Mango Street)

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation - Intermediate III or equivalent experience. Book required - bring to first class. La Casa en Mango Street (Spanish) Paperback - October 18, 1994 by Sandra Cisneros (author), Elena Poniatowska (Translator). Available on Amazon.com.

FLSP:723 | \$99
 450 Tu 7pm-9pm Lorenzo Gonzalez
 Aug. 22 - Oct. 10 FP - G Tower, 327
 451 Tu 7pm-9pm Lorenzo Gonzalez
 Oct. 24 - Dec. 12 FP - G Tower, 327

Spanish Conversation: Advanced I (Read and Think Spanish)

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation: Intermediate III or equivalent experience. Text required bring to first class. No class 11/23.

FLSP:723 | \$99
 650 Th 6:30pm-8:30pm Maria de la Garza
 Oct. 19 - Dec. 14 MC - CN, 202

Spanish Conversation: Advanced II (Like Water for Chocolate)

Continue to 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: Advanced I or equivalent experience. Book required bring to first class. Like Water for Chocolate (Spanish Edition) by Laura Esquivel, ISBN: 13-9780385721233. Available online at Amazon.com.

FLSP:723 | \$99
 651 Tu 6:30pm-8:30pm Maria de la Garza
 Aug. 22 - Oct. 10 MC - CN, 204

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 II or equivalent experience. Text required - bring to first class.

FLSP:765 | \$99
 650 W 7pm-9pm Ann Rupert
 Aug. 23 - Oct. 11 MC - CS, 210

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.

FLSP:765 | \$99
 600 Tu 4pm-6pm Ann Rupert
 Oct. 24 - Dec. 12 MC - CS, 209

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.

FLSP:765 | \$99
 651 Th 4pm-6pm Ann Rupert
 Aug. 24 - Oct. 12 MC - CS, 210

New Applied Spanish Grammar: Part III

Continue to expand your understanding of grammatical structures with interrogative questions, negative sentences and three pronouns: prepositional, direct and indirect objects through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar: Level I or Level II or equivalent experience. Note: Part I and II of this class are independent of each other and may be taken in any order. Text required - bring to first class. No class 9/2, 9/16.

FLSP:765 | \$99
 680 Sa 10am-12pm Ann Rupert
 Aug. 19 - Oct. 14 MC - CS, 209

New Applied Spanish Grammar: Part IV

Continue to expand your understanding of grammatical sentences and verbs including gustar, hacer and tener along with the prepositions de, a, en and por through writing and practice speaking as you further your skills of the Spanish language. Prerequisite: Applied Spanish Grammar: Part III. Book required, bring to first class. Pobre Ana by Blaine Ray available on Amazon.com. No class 11/25.

FLSP:765 | \$99
 681 Sa 10am-12pm Ann Rupert
 Oct. 21 - Dec. 16 MC - CS, 209

Sign Language

Getting Started with Sign Language I

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 10/17, 10/31.

SIGN:701 | \$99
 S50 Tu 6:30pm-8:30pm Cynthia Hayes
 Sept. 12 - Nov. 14 STLCC - SC, 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 the prerequisite class Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required.

SIGN:702 | \$99
 S50 Th 6:30pm-8:30pm Cynthia Hayes
 Sept. 14 - Nov. 2 STLCC - SC, 102

New Getting Started with Sign Language III: Chapters 1 - 6

Build upon the skills you learned in the Beginning I and Beginning II sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book "The Joy of Signing". The book is divided into several chapters and may be taken at any time as the skills learned are independent of each other. This semester will cover chapters 1-6. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language II. Text required-bring to first class. The Joy of Signing by Lottie Riekehof ISBN:1607313618.

SIGN:702 | \$99
 S51 M 6:30pm-8:30pm Cynthia Hayes
 Sept. 11 - Oct. 30 STLCC - SC, 102

Silent Weekend

Experience silence and new communication understanding 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. Information will be sent after registering via email. No refunds after 10/20.

SIGN:725 | \$129
 VD1 F 6pm - Su 12pm Regina Driskill
 Nov. 3 - Nov. 5 Babler State Park





Historical Studies

Culture

New A Transgender Experience: A Discussion of Transgender and Gender Non-Conforming Identity

This class explores the foundational ideas underlying categories like trans and transgender, illuminating the complexity of how gender works both in general and for trans people particularly. Topics covered include: a brief history, terminology, etiquette, and policy advocacy. Through tales of personal experience, the facilitator will debunk myths and provide information about the range of trans identities and experiences. Participants will gain comfort talking about trans issues, and have a chance to explore how these issues are relevant to them in their communities.

CLTR:707 | \$25
450 Tu 6pm-9pm
Sept. 19
Stephanie Thurmer
FP - SC, 25

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 W 3:30pm-5:30pm
Sept. 13 - Oct. 4
Mary Stamm
MC - BA, 208

Library Databases For Genealogy

Our St. Louis County Library has a variety of databases that can help you expand your family history. Learn about the different databases and how to effectively use them. Prerequisite: Students must have basic PC computer skills and know how to use Windows and a mouse. Bring your library card to class.

GENE:704 | \$15
600 W 3pm-5pm
Oct. 18
Mary Stamm
MC - BA, 208

Genealogical Gems - Military Records

Researchers often know that a family member served in the U.S. military. But they don't know where to start looking for information. Learn what records are available and where you can locate them. Prerequisite: Must have basic PC computer skills and know how to use Windows and a mouse. Class uses the St. Louis County Library card. Bring their library card to class.

GENE:705 | \$15
600 Tu 3pm-5pm
Oct. 10
Mary Stamm
MC - BA, 208

New Compiling Your Genealogy with RootsMagic

Keep track of your genealogy research, photos, and documents with this user-friendly family tree program. Instructor is a Board-Certified Genealogist (CG). Prerequisite: MS Windows Introduction class or equivalent experience. Bring a flash drive.

GENE:765 | \$19
500 Th 1pm-3:30pm
Nov. 9
LaDonna Garner
FV - B, 127

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 6pm-9pm
Sept. 14 - Sept. 21
LaDonna Garner
FV - B, 125

New Digging for Courthouse Records

The courthouse holds a treasure trove of information for family historians that is vastly underutilized. Learn what records are available and how to locate them in courthouses near and far.

GENE:704 | \$25
550 Th 6pm-9pm
Oct. 5
LaDonna Garner
FV - B, 125

History

Lights in the Window

This is the story of the life of the presenter's father and his fascination with all things Christmas. He came from very humble beginnings as an Old Newsboy at the beginning of the last century with a talent for helping others enjoy Christmas to the fullest. Come with the storyteller as she recounts Christmases of the past through vintage photos and Christmas scenes. The storyteller's father was the creator of many beautiful snow villages that occasionally can be seen today. Join us in sharing the delights of the "lights in the window" and be inspired to share your own remembrances and perhaps record your own family stories.

HIST:702 | \$19
650 Tu 7pm-9:30pm
Dec. 5
Gloria Perry
MC - CN, 202

Toes into Quagmire: How America Came to Care about Vietnam

Prior to France's defeat there, most Americans would have been unable to find Vietnam on a map. How then, sometime between the end of World War II and the Johnson Administration, did it come to occupy center stage in our foreign policy? This course will explore the back story of Western (and Eastern) involvement in Vietnam leading up to the Tonkin Gulf Incident. It will discuss American interest in Vietnam in the context of Cold War politics and introduce students to the internal dynamics of this tropical, primitive state just larger than New Mexico. Whether you lived through the period during which America grew increasingly interested in Vietnam or arrived later, and are still attempting to determine what we were doing over there, join us. We look forward to hearing a range of perspectives.

HIST:703 | \$19
M02 Th 7pm-9pm
Oct. 19
Katie Young
STLCC - SC, 104

Bogged Down in Soggy Boots: America's War in Vietnam

In 1965, twenty years after the first American was killed in Vietnam, American combat troops arrived there. Virtually unconstrained by legal limitations, President Lyndon Johnson had made clear (kind of) his intention to pursue the war he had inherited. This second installment of American involvement in Vietnam will focus on that which followed the disputed August 1964 Tonkin Gulf Incident. It will explore key events in the Vietnam experience through 1973, when the last American combat troops departed the defoliated jungle. This session will also discuss the role of American decision makers, not least of all Presidents Johnson and Nixon, in directing the course of the war.

HIST:703 | \$19
M01 Th 7pm-9pm
Oct. 26
Katie Young
STLCC - SC, 120

New Union Cavalry in Civil War

The horse soldiers in the Union army at the outset of the Civil War were at most confined to escort duties while the Confederate cavalry, especially under JEB Stuart, were an active arm for the rebels success. That began to change before Gettysburg when the reorganization of the Union army made the cavalry an effective tool in victory.

HIST:704 | \$19
650 Tu 7pm-9pm
Sept. 19
Vincent Heier
MC - BA, 112

The Border War: 1854-1865

The "Border War" began almost immediately when Kansas was opened for settlement in 1854, seven years before the Civil War officially began. Missouri was a divided state, and Kansas was a divided state. It was a "war" between people that had strong opposing sentiments and lifestyles at stake. Doug Schneider will describe events on the border before the Civil War, and during the Civil War, when Federal troops burned homes, farms, and towns - 2,200 square miles of Missouri - the burnt area was larger than the state of Delaware. Doug will also talk about some men of the Border War who decided not to lay down their arms just because the Civil War was over.

HIST:705 | \$19
650 Th 7pm-8:30pm
Sept. 21
Douglas Schneider
MC - CS, 104

New Sitting Bull: Lakota Warrior, Chief, Medicine Man, Legend

Sitting Bull was a remarkable Lakota warrior who rose to become chief and eventually spiritual leader of the Sioux. His aggressive stand against the encroachment of settlers west led to the victory at Little Bighorn yet tragedy at Wounded Knee. Join us for an evening of remembrance as we discuss this legendary man.

HIST:70 | \$19
651 Tu 7pm-9pm
Oct. 10
Vincent Heier
MC - BA, 112



Explore the
Kansas-Missouri
Border War with
STLCC Continuing
Education

The Underground Railroad in the St. Louis Area

The Underground Railroad was a covert network of safe houses linked by rivers and paths that transported slaves to designated free states in the first half of the 19th century. In this class, we'll discuss the Underground Railroad and slave burial sites in our St. Louis metropolitan region. The discussion will also focus on plantations, burial grounds, and paths to freedom in the area now known as Wildwood. Aspects of African-American history including symbolic quilts, slave hunters, free Black settlements, and the so-called "contraband camps" for escaped slaves will be covered.

HIST:708 | \$19
 650 Tu 7pm-8:30pm **Julie Nicolai**
 Sept. 26 *MC - CS, 104*

Armchair Architecture

From early French construction to Classical to Mid-Century Modern, the St. Louis area abounds with beautiful buildings. Join us in the classroom as we view and discuss what makes us so unique. This class is a perfect precursor to the Architecture in St. Louis class. Bring a sack lunch.

HIST:708 | \$19
 651 W 9am-2:30pm **Joan Huisinga**
 Nov. 1 *MC - CE*

New The Russian Revolution

2017 is the centennial of the Russian Revolutions that first overthrew the Czar and then brought the Communists to power, led to Russia's withdrawal from World War I and set in motion the struggle between the capitalist West and the Communist world. Its wake would be felt until the dissolution of the Soviet Union in 1991 and its echoes continues to this day. Spend an evening examining causes and course of this revolution that ranks with the American and French Revolutions in its impact on world history.

HIST:710 | \$19
 650 Tu 7pm-9pm **James Gallen**
 Sept. 12 *MC - SO, 205*

New Russia's Role in the Syrian Civil War

The conflict in Syria began as a part of the Arab Spring protest of 2011. This war has continued to be a major geopolitical conflict drawing in Regional and World Powers. In 2014 the Russian Federation entered the conflict. This course will explore Russian motives for intervening on behalf of the government of Bashar al-Assad.

HIST:710 | \$19
 450 M 7pm-9pm **Timothy Neckermann**
 Oct. 2 *FP - G Tower, 325*

WWII: Market Garden

The attempt to seize the bridges over the Rhine in September of 1944 was both the largest airborne operation in history and a catastrophic defeat for the Allies. Come learn what happened and what went right and wrong from the U.S., British, and German perspective.

HIST:714 | \$25
 650 M 7pm-9pm **Chris Ketcherside**
 Sept. 18 *MC - SO, 205*

New Allenby's Victories

Although WW1 is known for trench warfare, in this class we will discuss campaigns of movement. British General Sir Edmund Allenby waged a victorious campaign which started in the second half of 1917 and continued to the end of the First World War. It resulted in the destruction of the Turkish army in the Levant, and the liberation of what is now Israel, the Palestinian territories, Jordan, Syria and Lebanon from Turkish rule.

HIST:714 | \$19
 651 W 7pm-9pm **Thomas Hoff**
 Oct. 4 *MC - CN, 128*

Battle of the Bulge

This was Hitler's last gamble for a victory on the Western Front, and it caught the Allies completely by surprise. Come learn about the U.S. Army's largest battle and see how it triumphed against all odds.

HIST:714 | \$25
 652 M 7pm-9:30pm **Chris Ketcherside**
 Oct. 16 *MC - BA, 116*

New Lafayette, We Are Here! The First Actions of the American Expeditionary Force in WWI

The first actions of the American Expeditionary Force in World War One. Cantigny, Belleau Wood, Chateau Thierry and the fighting to the Vesle. There was a lot of concern among the Entente powers about the American ability to fight when we entered the war. In the fighting during the spring of 1918, we proved we could. And we set the stage for the Argonne offensive, the biggest battle America has ever fought.

HIST:714 | \$19
 653 W 7pm-9pm **Thomas Hoff**
 Oct. 25 *MC - SO, 108*

World War I-1917

1917 was the year that unrestricted submarine warfare and the Zimmerman Telegram promising Mexico aid in recovering its lost territories in the American Southwest drove the United States out of its neutrality and into declarations of war against Germany and Austria-Hungary. In Europe Canada won national honor at Vimy Ridge and the bloodbath continued at Ypres, Passchendaele, and northern Italy. Russia was convulsed in revolution and entered into an armistice while the Middle East was being reshaped. Spend an evening examining a year that so shaped the world in which we live.

HIST:714 | \$19
 654 Th 7pm-9pm **James Gallen**
 Nov. 2 *MC - SO, 205*

WWII: Italian Campaign

Largely forgotten after D-Day and too often ignored by historians, come and learn about the Allied drive up the Italian boot. See what happened and why it matters.

HIST:714 | \$25
 655 M 7pm-9:30pm **Chris Ketcherside**
 Nov. 6 *MC - SO, 205*

New Water: The Middle East's Other Precious Resource

Though the Middle East contains roughly half of the world's proven oil reserves and five percent of its people, it boasts a meager one percent of its renewable water supply. An elaborate system of canals, pipelines, wells, underground aquifers and other creations struggles to bring clean, sufficient water to the region's people. In the best of times, the supply is barely adequate. In times of turmoil, as the modern era undoubtedly is, lack of access to water threatens the population's crops, livelihood, health, and survival. Please join us for a look at the Middle East's other precious resource, on which its people depend even more than oil.

HIST:727 | \$19
 656 Th 7pm-9pm **Katie Young**
 Sept. 14 *MC - CN, 226*

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
 450 Th 7pm-9pm **Kevin Walsh**
 Sept. 28 *FP - G Tower, 327*

Religion

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 Tu 7pm-9pm **Jan Worley**
 Oct. 24 *WW, 202*

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 **Jan Worley**
 Sept. 5 *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 | \$29
 351 Tu 7pm-9pm **Jan Worley**
 Sept. 12 - Sept. 19 *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.

RELG:701 | \$39
 352 Tu 7pm-9pm **Jan Worley**
 Sept. 26 - Oct. 10 *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 | \$29

353 Th 7pm-9pm
Nov. 7 - Nov. 14

Jan Worley
WW, 202

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 Tu 7pm-9pm
Sept. 12

Kevin Walsh
MC - CN, 202

Religion and Society

This class defines religion broadly. We will examine the role religion plays in creating society's standards and rules. What is the purpose of community creeds, rites and beliefs? How do we define what is different between sacred and profane? Where do we draw the line between "us" and "them"? We will use the classic works of sociologists to answer the fascinating questions regarding the role religion plays in society, both positive and negative. Come join the conversation and share insights.

RELG:701 | \$19

450 Th 7pm-9pm
Oct. 19

Kevin Walsh
FP - F Tower, 211

Tours and Trips

Flounder Houses in St. Louis

St. Louis has more flounder houses than any other city in the world. These unique structures were built between 1860 and 1890, and we will learn what makes these houses so special. They have a distinctive shape, with one side wall higher than the other side wall. They often have a single window on the top floor, looking like an "eye". Our bus will travel to various neighborhoods of the city to show us these intriguing houses. We will even have lunch in a flounder house, home to a workingman's bar and grill. The tour begins at the Forest Park campus. Meet in the parking lot of the G Tower. Large amounts of walking required for this outing. Withdrawal deadline for refund: 8/29.

TRIP:701 | \$69

PD1 Tu 10am-2pm
Sept. 12

Douglas Schneider
FP - Off Campus

Exploring St. Louis

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some are 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. Come explore 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: 9/8.

TRIP:701 | \$99

MD2 F 9am-10:30am
Sept. 22
F 10:31am-2:30pm
Sept. 22
F 9am-2:30pm
Sept. 29 Oct. 13

Joan Huisinga
MC - CE
MC - Off Campus
MC - Off Campus

What's New in St. Lou!

St. Louis is on the move from A to Z-Arch to Zoo! Join us as we drive through the city to see the highlights and every-changing landscape of the local area. We will visit several interesting stops along the way: some new and some renovated, but all treasures. 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 departure time. Withdrawal deadline for refunds: 9/13.

TRIP:701 | \$79

MD3 W 9am-4pm
Sept. 27

Joan Huisinga
MC - Off Campus

How Things Are Made

If you've ever wondered (and we know you have!) how something is made, this day trip is for you! We will begin at St. Louis' newest hands-on experience: The Candle Fusion Studio. At the candle bar, you'll choose from over 100 scents to pour your very own candle to take home. Next, we will visit Cassie's, a unique boutique with an eclectic variety of fragrances, bath and body products, jewelry, cards, gifts and more. You'll mix and create a take home bath/body product. Lunch will be at Mary Ann's Tea Room. Recently opened in September 2014 and nestled in the heart of the Central West End, you'll dine in what was once a floral greenhouse. Surrounded by glass and with heated floors, you will enjoy a delectable lunch and dessert. We won't stop there! We will end our journey with a private glassblowing demo at Third Degree Glass. This captivating narrated demonstration explains the glassblowing process step-by-step as you watch a unique work of glass art come to life. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 9/1.

TRIP:701 | \$109

MD1 Th 9:30am-3pm
Sept. 21

Dea Hoover
MC - Off Campus

Re-Live 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 special 3-D stereoscopic presentation, and 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: 10/14.

TRIP:701 | \$59

480 Sa 8:30am-1:30pm
Oct. 7

Charles Koehler
FP - G Tower, 327

St. Louis Favorite Haunts: Spirits of St. Charles and North County

It's the haunting season. We'll entertain you with tales of the bizarre and unusual as we travel around North County and St. Charles to visit our ghostly friends. Lunch will be at the Mother-in-Law House Restaurant (maybe you will feel her presence!). 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 departure time. Withdrawal deadline for refunds: 10/2.

TRIP:701 | \$89

MD4 Tu 9am-4pm
Oct. 17

Joan Huisinga
MC - Off Campus

Architecture in St. Louis

Tour examples of the fascinating history and architectural styles of buildings in St. Louis. Lunch will be in a mid-century modern building. There will be some short walks to buildings from the bus. The Armchair Architecture class would be helpful but not required. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds: 10/23.

TRIP:701 | \$79

MD5 Th 9am-4pm
Nov. 9

Joan Huisinga
MC - Off Campus

Taste the Neighborhoods of St. Louis

Join us for international flavors as we taste the city-one neighborhood at a time! We will visit some of St. Louis' best-known neighborhoods to sample delicious local eats. We will begin with a visit to the vibrant Cherokee neighborhood to enjoy a Mexican pastry at El Chico's Bakery. From there, our taste buds will travel to around the world to delight in a Lebanese food lunch downtown at St. Raymond's Maronite Cathedral. Next on our agenda is a visit to the Italian neighborhood known as The Hill. We will sample giant toasted ravioli at Anthonino's, as featured on the Food Network show Diners, Drive-ins, and Dives, to see what makes these ravioli so popular. While we're on the hill, visiting an Italian market and sampling cheese and pepperoni is a must! (We will even get a goody bag to take home!) Our day will end sweetly with a visit to the Tower Grove neighborhood to enjoy a delicious ice cream treat at Ices Plain & Fancy, where your ice cream concoction is created right in front of your eyes using liquid nitrogen. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/15.

TRIP:701 | \$99

MD6 W 9:30am-4pm
Nov. 29

Dea Hoover
MC - Off Campus

Country Christmas

Join us as we take step back in time for a holiday when St. Louis County was a long wagon ride to St. Louis. First we will Sappington House, the oldest brick house in the county, and visit the gift shop. Next, we're off to Oakland, the summer home of the Benoit Family. Our last stop is the Village of Kimmswick with lunch at the Blue Owl and brief time for shopping before heading to another summer home, The Anheuser Estate. Gifted to Fred and Mabel Anheuser from his father in the 1940s, this historic home was built in 1867. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds: 11/20.

TRIP:701 | \$99

MD7 F 9:30am-4:30pm
Dec. 8

Joan Huisinga
MC - Off Campus

Victorian Holiday

Join us as we celebrate the holiday season with coffee and scones before touring the best example of a Victorian lifestyle in the Midwest: the Campbell House. We will follow this with a short organ concert at Christ Church Cathedral. Then we're off to high tea at the Missouri Athletic Club where we will tour their Gingerbread Village and model train collection. We will finish up with a tour of a private home in Flora Place that has an amazing collection of Victorian Christmas decorations and we will eat one last sweet treat to get us home. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds: 11/30.

TRIP:701 | \$79

MD8 Th 10am-4pm
Dec. 14

Joan Huisinga
MC - Off Campus



Explore St. Louis from A to Z with STLCC Continuing Education

Springfield, IL: Land of Lincoln via Amtrak

Climb aboard for a fun train ride to Springfield, Illinois! Upon our arrival, we will first tour the Lincoln Home. This national historic site, run by the National Park Service, includes the only home Abraham Lincoln ever owned, as well as a four-block neighborhood that reveals an intimate look at Lincoln as a husband, a father, a neighbor and a politician. Next, we will pay our respects while visiting the Lincoln Tomb. Within this breathtaking monument lie the remains of Abraham Lincoln, his wife Mary, and three of their four sons. From here, we will depart for lunch at Maldaner's. After lunch, we will tour the Abraham Lincoln Presidential Museum. The museum is complete with a state of the art interactive library, replica of the cabin in which he was raised, copies of the political cartoons of the day, and multiple theaters including a holographic movie. There's much to see, but don't worry-you'll have plenty of time to enjoy and explore the museum! You'll be able to relax and enjoy a train ride back to downtown St. Louis. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. NOTE: Due to Amtrak group booking policy, legal first and last names as well as dates of birth are required at time of registration. Withdrawal deadline for refund: 9/15.

TRIP:702 | \$119

MD1 W 8am-8pm
Oct. 4

Dea Hoover
MC - Off Campus

Historic Route 66: Mitchell, IL to Litchfield, IL

Doug Schneider will be leading Route 66 tours this spring; this is your chance to cross the Mississippi and explore the Mother Road in Illinois. There's a lot to see, including the Rabbit Ranch (VW rabbits and bunny rabbits), remains of the Interurban, Mother Jones' grave and a Route 66 gas filling station turned into a dentist's tooth filling office. We'll also see where Al Capone liked to hang out, visit a Mustang corral, tour a Route 66 museum, eat lunch at an iconic Route 66 restaurant, and visit a preserved 1926 Shell station. On the way home, we'll see a muffler man and a futuro house and a swimmer boy close up. It's Route 66-Illinois at its finest! Tour includes transportation, lunch, a souvenir Rabbit Ranch matchbook, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 9/22.

TRIP:702 | \$109

MD2 Th 8:30am-4:30pm
Oct. 5

Douglas Schneider
MC - Off Campus

Exclamation Point!

"My husband and I have attended these trips for years. They have always been fantastic experiences. To say the trip was fascinating is an understatement! Joan Huisinga was entertaining and able to keep the tour organized so there was very little down-time."

Dee and Jerry L., St. Louis

Lock-n-Dam Cruise

We will begin our adventure at the newly-renovated Arch riverfront. From there, we will board a cruise boat and enjoy the scenery while listening to the Captain narrate our travels. Our destination is the convergence of the Illinois and Mississippi Rivers where we will view the impressive lock system that allows boats to travel uphill and downhill. We will be entertained on our cruise with live Dixieland music as well as enjoy a delicious buffet. Please arrive 15 minutes prior to departure time. NOTE: Due to Amtrak group booking policy, legal first and last names as well as dates of birth are required at time of registration. Withdrawal deadline for refund: 9/15.

TRIP:702 | \$89

VD1 Sa 9am-4:45pm
Oct. 7

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Dea Hoover
FV - Off Campus

MD3 Sa 9:30am-4:15pm
Oct. 7

Meet tour bus in Lot E on NW side of the Meramec campus.

Dea Hoover
MC - Off Campus

Historic Route: Springfield, IL to Carlinville, IL

Doug Schneider will be leading Route 66 tours this fall; this is your chance to cross the Mississippi and explore the Mother Road in Illinois! There's a lot to see, including: a motorcycle club's Route 66 mural, the home of the corn dog for a morning corn dog or doughnut, a patriotic muffler man. You will be photographed by the turkey tracks. Lunch will be in a well-preserved 1929 soda fountain with a chance to visit a 19th century pharmacy. We will visit a neon museum and meet the man who designed the draperies for the Abraham Lincoln Presidential Library. We will see the Battle of Virden monument and drive a unique stretch of brick Route 66 pavement. Tour includes transportation, corn dog/doughnut, buffet lunch, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 9/29.

TRIP:702 | \$109

MD4 Th 8:30am-4:30pm
Oct. 12

Douglas Schneider
MC - Off Campus

Fall Fling: An Exclusive Outing to Elsay and Grafton

Have you ever driven down the Great River Road in Illinois and wondered about the homes you see along the way? A one-of-a-kind opportunity awaits you on this unique tour of Elsay and Grafton. First, visit the Village of Elsay and view several privately owned buildings. Next, travel up the hill to Principia, the Christian Science College often called one of the most beautiful in the U.S. because of its architecture and river overlooks. Lunch is a special treat at Tara Point which is not open to the public but we will get a sneak-peek at their exclusive bed and breakfast overlooking Grafton and the river. We will return by ferry. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 10/16.

TRIP:702 | \$129

MD5 F 8:30am-5pm
Nov. 3

Joan Huisinga
MC - Off Campus

Hermann Christmas via Amtrak

All aboard for a holly jolly train ride from Kirkwood, MO to Hermann, MO! Upon arrival in the German settlement town of Hermann, we will enjoy a delicious lunch at Harvest Table before gallivanting off to view Christmas Tablescapes in the historic Rotunda Building. We will marvel at the elaborate holiday table displays, drink warm cider, and listen to carols that create a festive atmosphere. Who knows, maybe we'll even be inspired to sing along! Next, we will enjoy the Kristkindl Market at Stonehill Winery. The Market is a traditional German market featuring craft booths, Christmas goodies, and entertainment. Next, we will be bustling off to enjoy a guided tour of the building and house, including the newly restored log homestead, and a tram ride around the 200-acre farm. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. NOTE: Due to Amtrak group booking policy, legal first and last names as well as dates of birth are required at time of registration. Withdrawal deadline for refund: 11/15.

TRIP:702 | \$119

MD6 Sa 9am-6pm
Dec. 2

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

M01 Tu 6:30pm-8:30pm
Sept. 19

Fred Miller
Clayton H.S., 123



Bowling

Bowling Skills

Whether you are just beginning or looking to bring your game up a notch, have fun and learn new techniques. Bowl two 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 1pm-3pm
Oct. 3 - Oct. 24

Mike Bluth
Crestwood Bowl, ALLEY

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.)

GAME:701 | \$89

M01 Tu 2:45pm-4:45pm
Aug. 22 - Oct. 10

650 M 5pm-7pm
Aug. 21 - Oct. 16
No Class 9/4

Phyllis Siegel
Affton White-Rodgers,
Phyllis Siegel
MC-SW, 209

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 | \$19

M01 Tu 2:45pm-4:45pm
Dec. 5 - Dec. 12

650 M 5pm-7pm
Dec. 4 - Dec. 11

Phyllis Siegel
Affton White-Rodgers,
Phyllis Siegel
MC-SW, 209

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. 6 – Oct. 25

Patrick Dorsey
U. City H.S., GIRLS GYM

Motorcycle Safety 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. Required items include: DOT-approved three-quarter or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and a photo ID. 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

- 4D1 SaSu 8am-6pm
Sept. 9 – Sept. 10
Withdrawal deadline for refund: 9/6
FP - D Tower, 215
- 4D2 SaSu 8am-6pm
Sept. 16 – Sept. 17
Withdrawal deadline for refund: 9/13
FP - D Tower, 215
- 4D3 SaSu 8am-6pm
Sept. 23 – Sept. 24
Withdrawal deadline for refund: 9/20
FP - D Tower, 215
- 4D4 SaSu 8am-6pm
Oct. 7 – Oct. 8
Withdrawal deadline for refund: 10/4
FP - D Tower, 215
- 4D5 SaSu 8am-6pm
Oct. 14 – Oct. 15
Withdrawal deadline for refund: 10/11
FP - D Tower, 215
- 4D6 SaSu 8am-6pm
Oct. 21 – Oct. 22
Withdrawal deadline for refund: 10/18
FP - D Tower, 215
- 4D7 SaSu 8am-6pm
Oct. 28 – Oct. 29
Withdrawal deadline for refund: 10/25
FP - D Tower, 215

Basic Bike Bonding Rider Course (BBBRC)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC is a recommended prerequisites for the novice rider; however, not required. Must have motorcycle permit or M-endorsement on license, be 18 years of age or older. Those under 18 years of age must have a release form signed by a legal guardian or parent. Required items include: DOT-approved three-quarter or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and a photo ID. Loaner motorcycles provided. This is not a MO State waiver class. Withdrawal deadline for refund: 9/27.

MOTR:703 | \$99

480 Sa 8am-6pm
Sept. 30

FP - D Tower, 215

Motorcycle Skills: Advanced Rider Course (ARC)

Get the most out of your bike with the Advanced Motorcycle Safety Course Level III (MSF-ARC), while improving your ability to deal with hazards. Riders will enhance skills to improve cornering, swerving, and braking techniques, as well as develop additional expertise in the areas of risk management, decision-making, riding strategies, and rider behavior. Developed for street bikes using techniques developed by sport bike riders, you will learn how to maximize your turning abilities, how to stop as well as your machine can manage, and how to swerve around large objects. This course is for two-wheeled motorcycles only (no scooters). For the beginning or casual rider, the BRC-2 would be a recommended prerequisite. Students must have an M-endorsement on license and provide their own street legal and insured motorcycle. No passengers allowed! Required items include: DOT-approved three-quarter or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants. Class held rain or shine. Withdrawal deadline for refund: 9/27.

MOTR:704 | \$139

480 Su 8am-6pm
Oct. 1

FP - D Tower, 215



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

- 860 M 6pm-7pm
Sept. 11 - Oct. 2
- 861 Th 5pm-6pm
Sept. 14 - Oct. 5
- 862 Sa 10am-11am
Sept. 16 - Oct. 7
- 810 M 5pm-6pm
Sept. 11 - Oct. 2
- 811 Sa 10am-11am
Sept. 9 - Sept. 30
- 812 Su 1pm-2pm
Sept. 10 - Oct. 1
- 800 Th 7pm-8pm
Aug. 31 - Sept. 21
- 801 Th 6pm-7pm
Oct. 5 - Oct. 26
- 802 Sa 9am-10am
Sept. 9 - Sept. 30

Ronald Muse
Sunset Hills Golf LC
Ronald Muse
Sunset Hills Golf LC
Ronald Muse
Sunset Hills Golf LC

Big Bend GC

Big Bend GC

Big Bend GC

Golfport-MH

Golfport-MH

Golfport-MH

Six Sessions | \$59

- 890 Tu 9am-10am
Sept. 5 - Oct. 10
- 891 W 5pm-6pm
Sept. 6 - Oct. 11
- 892 W 7pm-8pm
Sept. 6 - Oct. 11
- 893 Th 6pm-7pm
Aug. 31 - Oct. 5
- 894 Sa 10am-11am
Sept. 9 - Oct. 14
- 880 W 6pm-7pm
Sept. 13 - Oct. 18
- 881 Sa 10am-11am
Sept. 16 - Oct. 21

Tower Tee
Donald Simpson
First Tee Driving Range
Donald Simpson
First Tee Driving Range

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.

PEDU:731

Four Sessions | \$45

- 860 M 5pm-6pm
Sept. 11 - Oct. 2
- 861 Sa 11am-12pm
Sept. 16 - Oct. 7
- 810 M 6pm-7pm
Sept. 11 - Oct. 2
- 811 M 7pm-8pm
Sept. 11 - Oct. 2
- 812 Sa 9am-10am
Sept. 9 - Sept. 30
- 800 Th 6pm-7pm
Aug. 31 - Sept. 21
- 801 Th 7pm-8pm
Oct. 5 - Oct. 26
- 802 Sa 10am-11am
Oct. 7 - Oct. 28

Ronald Muse
Sunset Hills Golf LC
Ronald Muse
Sunset Hills Golf LC

Big Bend GC

Big Bend GC

Big Bend GC

Golfport-MH

Golfport-MH

Golfport-MH

Six Sessions | \$59

- 890 Tu 10am-11am
Sept. 5 - Oct. 10
- 891 M 6pm-7pm
Sept. 11 - Oct. 16
- 892 Th 6pm-7pm
Oct. 12 - Nov. 16
- 893 Sa 9am-10am
Sept. 9 - Oct. 14
- 880 Tu 6pm-7pm
Sept. 12 - Oct. 17
- 881 W 7pm-8pm
Sept. 13 - Oct. 18

Tower Tee
Tower Tee
Tower Tee
Tower Tee
Donald Simpson
First Tee Driving Range
Donald Simpson
First Tee Driving Range

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. 9 - Oct. 7

Eagle Springs

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 and mental game strategies will be discussed.

PEDU:732 | \$59

- 890 Th 9am-10am
Aug. 31 - Oct. 5
- 892 Tu 6pm-7pm
Sept. 5 - Oct. 10
- 894 Th 7pm-8pm
Aug. 31 - Oct. 5
- 895 W 5pm-6pm
Oct. 18 - Nov. 22
- 897 Sa 8am-9am
Sept. 9 - Oct. 14

Tower Tee

Tower Tee

Tower Tee

Tower Tee

Tower Tee

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

Four Sessions | \$45

- 860 Th 6pm-7pm
Sept. 14 - Oct. 5

Ronald Muse
Sunset Hills Golf LC

Six Sessions | \$59

- 891 Th 10am-11am
Aug. 31 - Oct. 5
- 893 W 6pm-7pm
Sept. 6 - Oct. 11
- 896 M 7pm-8pm
Sept. 11 - Oct. 16
- 898 Sa 11am-12pm
Sept. 9 - Oct. 14
- 880 Tu 7pm-8pm
Sept. 12 - Oct. 17

Tower Tee

Tower Tee

Tower Tee

Tower Tee

Donald Simpson
First Tee Driving Range

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).

PEDU:732 | \$49

- V01 Th 5:30pm-7pm
Sept. 7
- Su 9am-10am
Sept. 10-Oct. 1
- V02 Tu 5:30pm-7pm
Oct. 3
- Su 11am-12pm
Oct. 8-Oct. 29

Melvin Klearman
Creve Coeur Mun GC

Creve Coeur Mun GC

Melvin Klearman
Creve Coeur Mun GC

Creve Coeur Mun GC

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. Golf professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play some 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 5pm-7pm
Aug. 28
- 821 M 5pm-7pm
Sept. 25

Eagle Springs

Eagle Springs

Golf for Seniors

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. 5 - Sept. 26

Golfport-MH

Golf: Parent/Child

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

- 801 Sa 10am-11am
Sept. 9 - Sept. 30
- 810 Su 12pm-1pm
Sept. 10 - Oct. 1

Golfport-MH

Big Bend GC

Golf Classes Extra fee for balls

Every effort will be made to schedule a make-up sessions for outdoor classes cancelled 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. 24 – Dec. 5	Vetta, COURT
M04	Sa 2pm-3pm Sept. 9 – Oct. 21	Vetta, COURT

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Four Sessions | \$55

M03	MW 7pm-8pm Sept. 25 – Oct. 4	LSP/TC
M02	Th 7pm-8pm Sept. 7 – Sept. 28	SH Watson Trails

P01	Sa 11am-12pm Sept. 9 – Sept. 30	Kaufman Park
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Six Sessions | \$85

M05	Su 6pm-7pm Sept. 17 – Oct. 22	Frontenac RC
M06	Su 6pm-7pm Nov. 5 – Dec. 10	Frontenac RC

Seven Sessions | \$69

M02	Su 10am-11am Sept. 10 – Oct. 22	Chesterfield Athl Club
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Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

M01	Sa 3:30pm-4:30pm Sept. 9 – Oct. 21	Vetta, COURT
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M03	Sa 3:30pm-4:30pm Oct. 28 – Dec. 16 No Class 11/25	Vetta, COURT
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Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Six Sessions | \$85

M07	Sa 4pm-5pm Sept. 9 – Oct. 14	Forest Lake TC
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M09	Sa 4pm-5pm Oct. 28 – Dec. 2	Forest Lake TC
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Nine Hours | \$89

M03	Th 8:30pm-10pm Sept. 14 – Oct. 19	Woods Mill RC, COURT
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M04	Th 8:30pm-10pm Nov. 2 – Dec. 14 No Class 11/23	Woods Mill RC, COURT
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Seven Sessions | \$95

M02	Tu 2pm-3:30pm Oct. 24 – Dec. 5	Vetta, COURT
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M01	Th 2pm-3:30pm Sept. 7 – Oct. 19	Vetta, COURT
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M08	Sa 4:30pm-6pm Oct. 28 – Dec. 16 No Class 11/25	Vetta, COURT
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Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

M01	Tu 2pm-3:30pm Sept. 5 – Oct. 17	Vetta, COURT
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M03	Th 2pm-3:30pm Oct. 26 – Dec. 14 No Class 11/23	Vetta, COURT
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M04	Sa 4:30pm-6pm Sept. 9 – Oct. 21	Vetta, COURT
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M05	Sa 2pm-3:30pm Oct. 28 – Dec. 16 No Class 11/25	Vetta, COURT
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M02	Tu 1pm-2:30pm Sept. 12 – Oct. 24	Chesterfield Athl Club
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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 | \$59

M01	M 5pm-5:55pm	Allyson Duffin Frank Dalton
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	Sept. 11 – Oct. 16	Kennedy Rec Ctr, TENNIS CRT
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M02	M 6pm-6:55pm	Allyson Duffin Frank Dalton
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	Sept. 11 – Oct. 16	Kennedy Rec Ctr, TENNIS CRT
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M03	Sa 9am-9:55am	Allyson Duffin Frank Dalton
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	Sept. 9 – Oct. 14	Kennedy Rec Ctr, TENNIS CRT
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M04	Sa 10am-10:55am	Allyson Duffin Frank Dalton
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	Sept. 9 – Oct. 14	Kennedy Rec Ctr, TENNIS CRT
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Team Sports

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 10/31, 11/7.

PEDU:701 | \$59

730	Tu 7pm-8:30pm Sept. 12 – Dec. 5	Richard Banneker Oakville H.S., GYMB
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Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome.

PEDU:704 | \$69

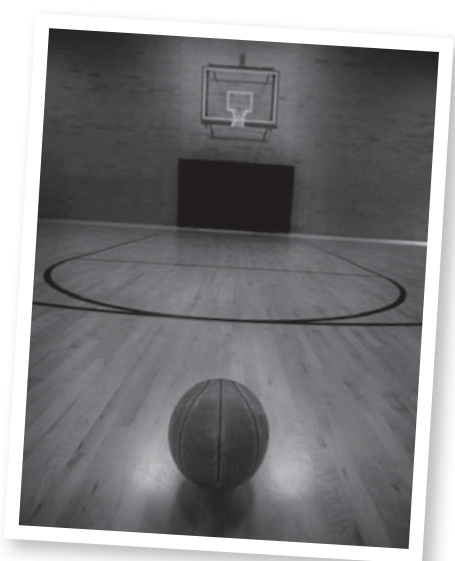
581	F 7pm-8:30pm Sept. 15 – Nov. 17	Jason Guss FV - PE, GYM
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Volleyball: Family Fun

Looking for a fun way to spend time together with friends and family? 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 10 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome.

PEDU:704 | \$49

580	F 6pm-6:55pm Sept. 15 – Nov. 17	Rebecca Guss FV - PE, GYM
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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.

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 11/26.

PEDU:720 | \$79

580 Su 5pm-6:50pm
Sept. 10 - Dec. 3 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

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

Two Days a week | \$69

501 TuTh 7am-7:50am
Sept. 12 - Nov. 30 FV - PE, POOL
No Class 10/17, 11/23

Three Days a week | \$95

500 MWF 7am-7:50am
Sept. 11 - Dec. 1 FV - PE, POOL
No Class 11/22, 11/24

Open Lap Swim

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 9/4, 10/17, 11/22, 11/23.

PEDU:721 | \$95

600 M-Th 8am-8:50am
Aug. 21 - Dec. 5 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

Eight Sessions | \$59

581 Sa 11am-11:50am
Sept. 9 - Oct. 28 Jeanne Hudgens
FV - PE, POOL

12 Sessions | \$79

580 Sa 9am-9:50am
Sept. 9 - Dec. 2 Daniel Vogt
FV - PE, POOL
No Class 11/25

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 | \$89

651 MW 7pm-7:50pm
Aug. 21 - Oct. 9 Terri Williams
MC - PE, POOL
No Class 9/4

450 TuTh 7pm-7:50pm
Sept. 26 - Nov. 16 Terri Williams
FP - PE, POOL
No class 10/17, 10/31

653 MW 7pm-7:50pm
Oct. 16 - Dec. 4 Terri Williams
MC - PE, POOL
No Class 11/22

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 | \$89

650 MW 6pm-6:50pm
Aug. 21 - Oct. 9 Terri Williams
MC - PE, POOL
No Class 9/4

451 TuTh 8pm-8:50pm
Sept. 26 - Nov. 16 Terri Williams
FP - PE, POOL
No Class 10/17, 10/31

652 MW 6pm-6:50pm
Oct. 16 - Dec. 4 Terri Williams
MC - PE, POOL
No Class 11/22

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 I | \$79

506 TuTh 8am-8:50am
Sept. 19 - Oct. 31 Barbara Harris
FV - PE, POOL
No Class 10/17

507 TuTh 8am-8:50am
Nov. 2 - Dec. 14 Barbara Harris
FV - PE, POOL
No Class 11/23

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 | \$79

580 Sa 10am-10:50am
Sept. 9 - Dec. 2 Daniel Vogt
FV - PE, POOL
No Class 11/25

607 TuTh 9am-9:50am
Oct. 24 - Dec. 5 Gary Ketcherside
MC - PE, POOL
No Class 11/23

608 TuTh 10am-10:50am
Oct. 24 - Dec. 5 Alexandra Henning
MC - PE, POOL
No Class 11/23

609 TuTh 2pm-2:50pm
Oct. 24 - Dec. 5 Lisa Hale
MC - PE, POOL
No Class 11/23

14 Sessions | \$85

601 MW 10am-10:50am
Aug. 21 - Oct. 9 Alexandra Henning
MC - PE, POOL
No Class 9/4

606 MW 10am-10:50am
Oct. 16 - Dec. 4 Alexandra Henning
MC - PE, POOL
No Class 11/22

15 Sessions | \$89

602 TuTh 9am-9:50am
Aug. 22 - Oct. 10 Gary Ketcherside
MC - PE, POOL

603 TuTh 10am-10:50am
Aug. 22 - Oct. 10 Alexandra Henning
MC - PE, POOL

604 TuTh 2pm-2:50pm
Aug. 22 - Oct. 12 Lisa Hale
MC - PE, POOL
No Class 8/31

16 Sessions | \$95

500 MWF 8am-8:50am
Sept. 11 - Oct. 16 Daniel Vogt
FV - PE, POOL

501 MWF 9am-9:50am
Sept. 11 - Oct. 16 Daniel Vogt
FV - PE, POOL

502 MWF 10am-10:50am
Sept. 11 - Oct. 16 Daniel Vogt
FV - PE, POOL

503 MWF 8am-8:50am
Oct. 23 - Dec. 1 Daniel Vogt
FV - PE, POOL
No Class 11/22, 11/24

504 MWF 9am-9:50am
Oct. 23 - Dec. 1 Daniel Vogt
FV - PE, POOL
No Class 11/22, 11/24

505 MWF 10am-10:50am
Oct. 23 - Dec. 1 Daniel Vogt
FV - PE, POOL
No Class 11/22, 11/24

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 | \$79

551 Th 6pm-6:50pm
Sept. 7 - Nov. 30 Neil Skid
FV - PE, POOL
No Class 11/23

14 Sessions | \$89

600 MW 9am-9:50am
Aug. 21 - Oct. 9 Neil Skid
MC - PE, POOL
No Class 9/4

605 MW 9am-9:50am
Oct. 16 - Dec. 4 Neil Skid
MC - PE, POOL
No Class 11/22

Exclamation Point!

"I love Neil Skid's Gentle Aqua Zumba class. It allows me to get the exercise I need while being able to dance, an activity I love but have difficulty with these days. Mr. Skid is very conscientious. He encourages the students to exercise within their abilities. I enjoy taking his classes."

Louise K., Bridgeton, MO

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. 18 - Nov. 27 *Sperreng, LG GYM*
 No Class 11/6
- M01 W 7pm-8pm** **Timothy Toeniskoetter**
 Sept. 20-Nov. 22 *Martial Arts Ctr (Mehl), STUDIO*

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 | \$59**
 M01 W 11am-11:50am
 Sept. 6 - Oct. 25 *ADIVA Dance Center, STUDIO*

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 | \$59**
 M02 Th 6pm-6:50pm
 Sept. 7 - Oct. 26 *ADIVA Dance Center, STUDIO*

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 10/4, 10/18, 11/22.

- PEDU:754 | \$75**
 730 W 6pm-6:50pm **Susan Pellegrino**
 Aug. 30 - Dec. 6 *Oakville H.S., CAFE*

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. No class 10/17.

- PEDU:755 | \$75**
 604 Tu 8am-8:50am **Gary Ketcherside**
 Sept. 5 - Nov. 28 *MC - PE, GYM*

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 workout 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. 9 - Oct. 21 *MC - PE, 105*
 No Class 9/30
- M03 Sa 8:15am-9:10am** **Karol McNutt**
 Oct. 28 - Dec. 9 *MC - PE, 105*

Boot Camp with Shark Fitness

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 TuTh 5:45am-6:45am *MC - PE*
 Sept. 26 - Oct. 31
 No Class 10/17
- 609 TuTh 9:30am-10:30am *MC - PE*
 Sept. 26 - Oct. 31
 No Class 10/17
- 602 MWF 5:45am-6:45am *MC - PE*
 Oct. 30 - Nov. 20
- 603 MWF 5:45am-6:45am *MC - PE*
 Nov. 27 - Dec. 18

- 12 Sessions | \$159**
 610 TuTh 5:45am-6:45am *MC - PE*
 Nov. 2 - Dec. 14
 No Class 11/23
- 611 TuTh 9:30am-10:30am *MC - PE*
 Nov. 2 - Dec. 14
 No Class 11/23

- 15 Sessions | \$195**
 601 MWF 5:45am-6:45am *MC - PE*
 Sept. 25 - Oct. 27
- 650 MW 5:30pm-6:30pm *MC - PE*
 Oct. 30 - Dec. 20
 No Class 11/22

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. 5 - Dec. 5 *Sperreng, SM GYM*
 No Class 10/17, 10/31
- 781 W 7pm-7:55pm **Marsha Fey**
 Sept. 6 - Nov. 29 *Sperreng, SM GYM*
 No Class 11/22

New R.I.P.P.E.D.

Get a total body workout in this high interval intensity training class! Improve your cardiovascular endurance, muscle tone, core strength, coordination and agility through resistance, intervals, power, plyometrics, endurance and diet. All fitness levels welcome. Bring a mat, towel and water.

- PEDU:755 | \$59**
 600 Tu 9am-9:50am **Angie Fister**
 Sept. 5 - Oct. 10 *MC - PE, 201*

New Barre Above™

Sculpt your body with this fun, dynamic workout! Fusing pilates, yoga, ballet, aerobics, and strengthening exercises, Barre Above™ is a great way to improve your posture, flexibility, strength and balance. All fitness levels welcome. Bring a mat, towel and water.

- PEDU:755 | \$59**
 605 Tu 9am-9:50am **Angie Fister**
 Oct. 24 - Nov. 28 *MC - PE, 105*

Pilates/Yoga

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 | \$89**
 650 M 6:15pm-7:10pm **Katherine McMeans**
 Aug. 28 - Nov. 27 *MC - PE, 105*
 No Class 9/4
- 651 W 6:15pm-7:10pm **Katherine McMeans**
 Aug. 30 - Nov. 29 *MC - PE, 105*
 No Class 11/22

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. 7 - Oct. 19 *Affton White-Rodgers, A*
 No Class 10/12
- M03 Th 5:30pm-7pm **Denise Motta**
 Oct. 26 - Dec. 7 *Affton White-Rodgers, A*
 No Class 11/23

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**
 651 Th 6:30pm-7:25pm **Alexandra Culberson**
 Sept. 14 - Nov. 16 *MC - PE, 105*
- P03 Tu 5:30pm-6:15pm **Holly Wilson**
 Sept. 19 - Nov. 28 *Flex Fitness Studio*
 No Class 10/31

Iyengar Yoga

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**
Beginning
 350 W 7:45pm-9pm **Robert Gadon**
 Aug. 23 - Oct. 4 *WW, 102B*
- 450 Th 6:30pm-7:45pm **Robert Gadon**
 Aug. 24 - Oct. 5 *FP - PE, EAST RM*
- 352 W 7:45pm-9pm **Robert Gadon**
 Oct. 18 - Dec. 6 *WW, 102B*
 No Class 11/22
- 451 Th 6:30pm-7:45pm **Robert Gadon**
 Oct. 19 - Dec. 7 *FP - SC, 25*
 No Class 11/23

Continuing

- 351 W 6:15pm-7:30pm **Robert Gadon**
 Aug. 23 - Oct. 4 *WW, 102B*
- 353 W 6:15pm-7:30pm **Robert Gadon**
 Oct. 18 - Dec. 6 *WW, 102B*
 No Class 11/22

Yoga Basics

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and correct breathing techniques. Bring a towel and mat.

- PEDU:761 | \$69**
 M05 M 12:15pm-1:15pm **Kelly Kauffmann**
 Sept. 11 - Nov. 13 *Affton White-Rodgers, GYM*

**Call 314-984-7777 to register
 beginning August 7**

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

Mini Session | \$25

- M09 M 6pm-7pm Sharon Danyluck
Aug. 14 – Aug. 28 Sunset Hills Comm. Ctr, MULTI
- M10 M 7:15pm-8:15pm Sharon Danyluck
Aug. 14 – Aug. 28 Sunset Hills Comm. Ctr, MULTI

10 Sessions | \$69

- 780 M 6:30pm-7:25pm Rena Potsos
Sept. 18 – Nov. 27 Sperreng, Fit Room 54
No Class 10/23

13 Sessions | \$89

- P02 W 6:30pm-7:25pm STLCC Staff
Aug. 30 – Nov. 29 Nottingham School, GYM
No Class 11/22
- M12 M 6pm-7pm Sharon Danyluck
Sept. 18 – Dec. 11 Sunset Hills Comm. Ctr, MULTI
- M13 M 7:15pm-8:15pm Sharon Danyluck
Sept. 18 – Dec. 11 Sunset Hills Comm. Ctr, MULTI

15 Hours | \$95

- M03 Tu 1pm-2:30pm Julie Garland
Sept. 5 – Nov. 7 Big Bend Yoga Ctr

Gentle Yoga

Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a towel and mat.

PEDU:761

Mini Session | \$39

- M01 M 9:30am-10:30am Nicole Thompson
Aug. 21 – Sept. 18 Queeny-Rec Complex, MULTI
No Class 9/4
- M02 W 9:30am-10:30am Nicole Thompson
Aug. 23 – Sept. 20 Queeny-Rec Complex, MULTI
No Class 9/6

10 Sessions | \$69

- M07 M 9:30am-10:30am Nicole Thompson
Oct. 2 – Dec. 4 Queeny-Rec Complex, MULTI
- M08 W 9:30am-10:30am Nicole Thompson
Oct. 4 – Dec. 6 Queeny-Rec Complex, MULTI

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

- M11 W 7pm-8pm
Aug. 23 – Oct. 11 Masterpeace Studios
- M14 W 7pm-8pm
Oct. 18 – Dec. 6 Masterpeace Studios

Yoga: Continuing

Continue to build your yoga skills while learning to relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

PEDU:761

10 Sessions | \$69

- M06 M 1:30pm-2:30pm Kelly Kauffmann
Sept. 11 – Nov. 13 Afton White-Rodgers, GYM

15 Hours | \$95

- M04 Th 9am-10:30am Karen Martinez
Sept. 7 – Nov. 9 Big Bend Yoga Ctr

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

- M03 Sa 10am-10:50am
Sept. 16 – Sept. 23 Simpson Lake

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.

PEDU:766 | \$59

- 600 W 1pm-1:50pm Alex Chen
Sept. 20 – Nov. 8 MC - PE, 201
- 650 Th 6pm-6:50pm Alex Chen
Sept. 21 – Nov. 9 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 Jeanette Miller
Aug. 22 – Oct. 24 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. No class 10/19, 11/23.

PEDU:766 | \$69

- 500 Th 4:30pm-5:25pm Jeanette Miller
Sept. 14 – Nov. 30 FV - CWI, 134

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 Jeanette Miller
Aug. 22 – Oct. 24 Solar Yoga Center

Mini Session | \$39

- P02 Tu 1:15pm-2:15pm Jeanette Miller
Nov. 14 – Dec. 12 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 F 6pm-9pm Dennis Fonod
Oct. 20 MC - PE, 105
- 681 Sa 9:30am-12:30pm Dennis Fonod
Nov. 18 MC - PE, 105

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. No class 10/31.

PEDU:743 | \$95

- P01 Tu 6:30pm-7:30pm
Oct. 3 – Dec. 12 Systema STL

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 11/23.

PEDU:743 | \$95

- P02 Th 5:45pm-6:45pm
Oct. 5 – Dec. 14 Systema STL

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 Xtreme Krav Maga
Sept. 11 – Nov. 13
- M03 Sa 10am-11am Xtreme Krav Maga
Sept. 30 – Dec. 9
No Class 11/25

Women Only

- M02 Tu 6pm-7pm Xtreme Krav Maga
Sept. 12 – Nov. 21
No Class 10/31

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. Class is hands on; basic physical fitness required to practice techniques with partners.

PEDU:743 | \$25

- 580 Sa 9:30am-12:30pm Gina Breadon
Oct. 7 FV - PE, 122
- 682 F 6pm-9pm Gina Breadon
Dec. 1 MC - PE, 105
- M04 F 6pm-9pm CODA Martial Arts
Sept. 15
- M05 F 6pm-9pm CODA Martial Arts
Nov. 3

Health and Wellness

The Great Outdoors

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 Sa 10am-12pm
Aug. 19 - Aug. 26

Simpson Lake

SUP: Stand Up Paddleboarding - River Trip

Now that you know what you're doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. Meet at Greentree Park, 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

M02 Sa 10am-12pm
Sept. 9

Greentree Park

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

M03 Sa 10am-10:50am
Sept. 16 - Sept. 23

Simpson Lake

SUP: Stand Up Paddleboarding - Fitness Class

Ready to take your fitness to a whole new level? Get a great, total body workout by combining paddling, plyometrics, strength training and more! Great for all levels of fitness! Some experience with Stand Up Paddleboarding is recommended but not required. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$39

M04 Sa 11am-11:50am
Sept. 16 - Sept. 23

Simpson Lake

Tree Climbing classes do not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. Ages 7 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. 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. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. Ages 7 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. 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.

PEDU:765 | \$39

M01 Sa 9:30am-12:30pm
Oct. 14

Guy Mott
Camp Wyman

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 | \$59

M01 M 5pm-5:55pm

Sept. 11 - Oct. 16

Allyson Duffin
Frank Dalton
Kennedy Rec
Ctr, TENNIS CRT

M02 M 6pm-6:55pm

Sept. 11 - Oct. 16

Allyson Duffin
Frank Dalton
Kennedy Rec
Ctr, TENNIS CRT

M03 Sa 9am-9:55am

Sept. 9 - Oct. 14

Allyson Duffin
Frank Dalton
Kennedy Rec
Ctr, TENNIS CRT

M04 Sa 10am-10:55am

Sept. 9 - Oct. 14

Allyson Duffin
Frank Dalton
Kennedy Rec
Ctr, TENNIS CRT

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
Nov. 30

Alex Chen
MC - BA, 124

Natural Wellness: Alternative Healthcare

Modern scientific research has shown how Complementary and Alternative Medicine can help in treating systematic and chronic diseases. Understand how the mechanism of acupuncture and other forms of treatment in Traditional Chinese Medicine (TCM) provide alternative options for common but difficult-to-treat diseases such as Alzheimer's, stroke, cancer, and Parkinson's disease. Class taught by a licensed acupuncturist and herbalist with a PhD in Traditional Chinese Medicine.

HEAL:701 | \$29

651 Th 6:30pm-8:30pm
Dec. 7 - Dec. 14

Alex Chen
MC - LH, 101

Back Care Basics

Do you know why approximately 80% of Americans experience back pain? Understand how the spine and posture relate to your overall health and well-being. Learn about the strain caused by daily life activities such as sleeping, ergonomics and the growing disabilities created by today's technology. Proper exercises and stretching will also be demonstrated during class to create awareness on what you can do to help yourself and others!

HEAL:703 | \$15

480 Sa 11am-11:50am
Oct. 7

Timothy Sullivan
FP - F Tower, 327

680 Sa 11am-11:50am
Nov. 18

Timothy 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. 21

Alice Sanvito
FP - HSP, 221

680 Sa 9:30am-3:30pm
Dec. 2

Alice Sanvito
MC - SW, 106

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

680 Sa 10am-12pm
Oct. 21

Amber Branson
MC - SO, 109

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

580 Sa 10am-12pm
Nov. 4

Amber Branson
FV - C, 111

Get into the great outdoors this fall with Continuing Education. Explore paddleboarding, learn pickleball or see the world from the treetops!



New Detox Your Home

Ready to detoxify your surroundings for optimum health? Learn how everyday items in your home can unknowingly affect your body and what you can do to stop it. Reduce unnecessary toxins in your home so that you can breathe easy. Homemade approaches will be discussed as well as what to look for when purchasing household items.

HEAL:765 | \$25

650 Th 6:30pm-8:30pm
Sept. 21

Amber Branson
MC - SO, 109

Karma

Explore what karma is and how it is connected to your past lives. Learn how it operates, how to recognize when it is occurring and how you can resolve karma in the most effective way. Acquire skills necessary to identify karmic lessons and move forward in life.

PERD:709 | \$25

682 Sa 10am-12pm
Nov. 4

MC - SO, 109

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. 7

MC - SO, 109

Facing Your Giants

Explore the continual lessons and obstacles you face in life and the 'giant' that is lurking underneath these events. Discover how to recognize dysfunctional giants and how they manifest. Learn strategies to conquer those giants, calm the drama and end self-sabotaging behaviors that result from these overwhelming problems.

PERD:709 | \$25

S50 Th 6:30pm-8:30pm
Oct. 26

STLCC - SC, 118

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

600 F 10am-11:30am
Oct. 6 - Nov. 3

Tawni Hoeglund
MC - CS, 204

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

Carol Watkins
MC - BA, 203

New Courage, Risks and Rewards: Taking Chances to Change Your Life

Life is all about choices. The decision to leap into something new and different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk, learn how to change your mindset and identify five powerful perspectives on risk taking that will empower you to take more chances and create opportunities for happiness and fulfillment!

PERD:709 | \$25

683 Sa 9:30am-11:30am
Oct. 21

Carol Watkins
MC - BA, 203

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

680 Sa 9am-12pm
Nov. 11

Kimberly Meredith
MC - CS, 206

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

480 Sa 10am-12pm
Dec. 2

Amber Branson
FP - G Tower, 323

New Astrology: Your Roadmap for Life

Are you ready to find your best life? Learn how to read your birth chart and apply this knowledge to live a happier and more satisfied life. Printout of your birth chart will be provided in class. Registration/Withdrawal deadline one week before class to ensure birth chart for each student. Supply list will be emailed.

PERD:731 | \$25

650 M 6pm-9pm
Nov. 20

Linda Sherwin
MC - SO, 108

480 Sa 9am-12pm
Oct. 14

Linda Sherwin
FP - G Tower, 323

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

651 Th 6:30pm-8:30pm
Oct. 19 - Nov. 9

Rhonda Leifheit
MC - CS, 211

Meditation for Health and Harmony

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

PERD:732 | \$49

650 Tu 6:30pm-8:30pm
Sept. 12 - Oct. 3

Rhonda Leifheit
MC - CS, 211

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. No class 11/22.

PERD:735 | \$49

650 W 6:30pm-8:30pm
Nov. 1 - Nov. 29

Rhonda Leifheit
MC - CS, 211

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. 25 - Nov. 1

Kim Harness
Clayton H.S., 108

New Understanding Personality Types

Learn to recognize four basic personality types and identify your own unique combination. Begin to better understand and relate to people with very different personality types, enhance relationships and gain a healthy level of self-worth by developing strength in your areas of weakness.

PERD:743 | \$25

C50 Tu 7pm-8:30pm
Nov. 21 - Nov. 28

Nancy Cohen
Corp. College, 211

New Assertiveness for the Sensitive Person

Have you ever been told that you are "too nice" and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others over their own, which leaves them feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.

PERD:744 | \$25

C50 Th 7pm-8:30pm
Oct. 26 - Nov. 2

Nancy Cohen
Corp. College, 211

New UFOs in Missouri

Are you intrigued by the unknown? Unidentified Flying Objects are being spotted in the skies over Missouri. Come with an open mind to explore the most recent cases in your area and share your own experiences. Taught by the State Section Director and Field Investigator for the Mutual UFO Network (MUFON).

PERD:749 | \$25

650 Tu 6:30pm-8:30pm
Nov. 14

MC - SO, 105

Exclamation Point!

"I wanted to be able to paddle board with my daughter while on vacation so I took the Stand-Up Paddleboarding class. I had tried previously without instruction and failed miserably. Our instructor, Daren, gave the class step-by-step instructions and with his encouragement and patience, the entire class was up and paddling before we knew it. I loved the class and am excited to learn a new skill that gets me outdoors. Can't wait to try Stand Up Yoga!!"

Teresa H., Ballwin, MO

Youth and Family

Manga Madness!

Learn to draw your favorite manga characters! Follow along in this easy to understand class. No drawing experience necessary. Everything (faces, arms, bodies, action poses) is broken down into steps. Ages 10 - 16 ONLY.

KIDS:701 | \$79
580 Sa 10am-12pm Elizabeth Kern
 Oct. 14 - Nov. 4 FV - H, 106

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 Timothy Toeniskoetter
 Sept. 16 - Nov. 18 Martial Arts Ctr (Mehl)
V01 Sa 10am-11am
 Sept. 16 - Nov. 18 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
M03 MW 5:30pm-6pm LSP/TC
 Sept. 25 - Oct. 4
M01 Th 5:30pm-6pm SH Watson Trails
 Sept. 7 - Sept. 28
P01 Sa 8:30am-9am Kaufman Park
 Sept. 9 - Sept. 30

Six Sessions | \$55

M06 Su 5:30pm-6pm Frontenac RC
 Sept. 17 - Oct. 22

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
Four Sessions | \$55
Ages 7-10
M02 Th 6pm-7pm SH Watson Trails
 Sept. 7 - Sept. 28
P02 Sa 9am-10am Kaufman Park
 Sept. 9 - Sept. 30
Ages 11-15
P03 Sa 10am-11am Kaufman Park
 Sept. 9 - Sept. 30
M04 MW 6pm-7pm LSP/TC
 Sept. 25 - Oct. 4

Six Sessions | \$85

Ages 7-10
M07 Su 6pm-7pm Frontenac RC
 Sept. 17 - Oct. 22
M09 Su 6pm-7pm Frontenac RC
 Nov. 5 - Dec. 10

Ages 11-15

M05 Sa 5pm-6pm Forest Lake TC
 Sept. 9 - Oct. 14
M08 Sa 5pm-6pm Forest Lake TC
 Oct. 28 - Dec. 2

Golf for Youth: Beginning I

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 Big Bend GC
 Sept. 9 - Sept. 30

Golf: Parent/Child

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
801 Sa 10am-11am Golfport-MH
 Sept. 9 - Sept. 30
810 Su 12pm-1pm Big Bend GC
 Sept. 10 - Oct. 1

Portuguese Language for Kids (Ages 5 - 7) Mico-leão-dourado Class

Learn Portuguese language and Brazilian culture while having fun! The focus of this class is to teach Portuguese as a Heritage Language (PHL), emphasizing oral communication, and also introducing writing, reading and comprehension skills by the interrelation between language and culture. It is highly recommended to have one of the parents/relatives speaking Portuguese at home. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99
680 Sa 10am-12pm Viva Brasil STL
 Aug. 19 - Oct. 14 MC - CS, 211
 No Class 9/2
682 Sa 10am-12:20pm Viva Brasil STL
 Oct. 21 - Dec. 9 MC - CS, 211
 No Class 11/25

Portuguese Language for Youth (Ages 8 - 12) Onça Pinata Class

Learn Portuguese language and Brazilian culture while having fun! The focus of this class is to teach Portuguese as a Heritage Language (PHL), emphasizing oral communication, and also introducing writing, reading and comprehension skills by the interrelation between language and culture. It is highly recommended to have one of the parents/relatives speaking Portuguese at home. No text required. Bring a pocket folder, notebook and pen. No class 9/2.

KIDS:719 | \$99
681 Sa 10am-12pm Viva Brasil STL
 Aug. 19 - Oct. 14 MC - CS, 210
683 Sa 10am-12:20pm Viva Brasil STL
 Oct. 21 - Dec. 9 MC - CS, 205
 No Class 11/25

Portuguese Conversation for Teens (Ages 13-17)

Discover the Brazilian Portuguese language and explore the Brazilian culture in a fun and relaxed atmosphere. Explore Brazilian costumes, dialog and vocabulary using conversational approach and age-appropriate material to engage and motivate. This class is for individuals who have had previous exposure or experience with the Portuguese language and can understand the basic communication in everyday situations. Emphasis will be on oral use of the language. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99
650 W 6:30pm-8:30pm Viva Brasil STL
 Aug. 16 - Oct. 4 MC - CS, 204
651 W 6:30pm-8:30pm Viva Brasil STL
 Oct. 11 - Dec. 6 MC - CN, 204
 No Class 11/22

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.

KIDS:720 | \$59
650 M 5pm-5:50pm Patrick Dorsey
 Sept. 18 - Nov. 6 MC - PE, 201

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 | \$59
Ages 5-8
580 Sa 12pm-12:50pm Jeanne Hudgens
 Sept. 9 - Oct. 28 FV - PE, POOL
581 Sa 1pm-1:50pm Jeanne Hudgens
 Sept. 9 - Oct. 28 FV - PE, POOL
Ages 8 and up
582 Sa 2pm-2:50pm Jeanne Hudgens
 Sept. 9 - Oct. 28 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 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 can enjoy activities together and are welcome to stay and watch their child explore and learn. No class 10/17, 10/31.

KIDS:738 | \$79
Ages six months to three years
600 Tu 4:30pm-5:25pm Laura Legg
 Katherine Van Horn
 Sept. 26 - Nov. 28 MC - PE, 105

Ages two to six years
650 Tu 5:30pm-6:25pm Laura Legg
 Katherine Van Horn
 Sept. 26 - Nov. 28 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. No class 10/17, 10/31.

KIDS:738
Ages six months to three years
601 Tu 4:30pm-5:25pm Laura Legg
 Katherine Van Horn
 Sept. 26 - Nov. 28 MC - PE, 105

Ages two to six years
651 Tu 5:30pm-6:25pm Laura Legg
 Katherine Van Horn
 Sept. 26 - Nov. 28 MC - PE, 105

Exclamation Point!

“My kids loved **Karate for Kids** with **Continuing Education**. They had a great time, met some new friends and stayed active with it afterwards. Thank you Continuing Education!”
 - Marcy W., Ferguson



Location Index



St. Louis Community College
Continuing Education

Registration begins August 7

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

**STLCC-Center for Workforce
Innovation (CWI)**
3344 Pershall Rd., 63135

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

CODA Martial Arts
11025 Gravois Ind. Ct. Dr., 63128

Columbia Bottom
Conservation Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Comprehensive Chiropractic
113 West 5th St., 63025

Cork Wine Bar
423 S. Florissant Road, 63135

**STLCC-Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

Craft Central
8500 Delmar., 63124

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

Diversified Health and
Wellness Center
11040 Manchester, 63122

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

Eureka Community Center
333 Bald Hill Rd, 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

STLCC-Florissant Valley (FV)
3400 Pershall Road, 63135

Forest Lake Tennis Club
1012 N. Woods Mill Road,
63011

STLCC-Forest Park (FP)
5600 Oakland Ave, 63110

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

Greentree Park
2202 Marshall Rd, 63122

Guided 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

Lake School Park Tennis Crts
233 S Dade Ave, 63141

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

STLCC-Meramec (MC)
11333 Big Bend Road, 63122

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Missouri History Museum
5700 Lindell Blvd, 63112

Mueller Industries
12951 Maurer Ind. Dr., 63127

Nottingham School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra (Krkwd)
10907 Manchester Road,
63122

PerennialSTL.org
3762 S. Broadway, 63118

Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

Sasha's on Shaw
4069 Shaw Blvd, 63110

Schlafly's Tap Room
2100 Locust St., 63103

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

**STLCC-South County
(STLCC-SC)**
4115 Meramec Bottom Road,
63129

Sperrung Middle School
12111 Tesson Ferry Road,
63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

St. Louis Genealogical Society
4 Sunnen Drive, 63143

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 Willowycck 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

**STLCC-William J. Harrison
Education Center (Harrison
Ed. Ctr)**
3140 Cass Ave, 63106

STLCC-Wildwood (WW)
2645 Generations Dr.
Wildwood, 63040

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. Ste 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 ANEX

MERAMEC = MC

AC ASSESSMENT CENTER
AD ADMINISTRATION/CLARK
HALL
AS APPLIED SCIENCE
BA BUSINESS
ADMINISTRATION
CE 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

STLCC - South County = STLCC-SC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

For more information, visit stlcc.edu/ce.

General Information



St. Louis Community College
Continuing Education

Enrollment in classes within this brochure is limited to persons 16 years and older except for youth section classes and where otherwise noted.

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. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. *Class costs vary, so prior to registering, please contact the Continuing Education office or see the online class schedule for the total cost of the senior reduced rate.*

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.

Access Office – disAbility Support Services for students with documented disabilities are available through campus Access offices. These services include: advising and academic counseling, coordination of academic accommodations and support services, consultation with faculty and staff regarding accommodation needs as well as help with connecting to community professionals and agencies. To qualify for services complete the online Application for Services and contact the Access Office on the campus where you plan to attend. Applications are accepted at any time during the semester, but the College recommends submitting requests as early as possible to allow time to make any necessary arrangements in time for the start of classes. Accommodations are generally not provided retroactively so it is important for you to apply for accommodations and provide documentation that supports your requested accommodations as soon as you can. For more information, visit stlcc.edu/disability or call the Access Office on your campus.

*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

Do you have a disability-related need?

Yes No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Please check material fees prior to sending payment in.

Email Address: _____

Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

Credit Card Payment:

Charge fees to:

MasterCard VISA Discover American Express

_____ Expiration Date: _____
CARD NUMBER

Signature: _____

RESIDENTIAL CUSTOMER



Feature Five

Registration begins August 7



Essentials Training

Earn a credential, grow your small business, map out your career path or develop your nonprofit business plan with Essentials Training at St. Louis Community College. Continuing Education has your solution for professional growth starting on page 5.



Culinary Arts

Get cooking with Continuing Education! Our Culinary Arts classes are brimming with flavor from instructors who will share their knowledge, techniques and tips with you, giving you the confidence you need to make cooking a simple, fun and creative experience. Begins on page 33.



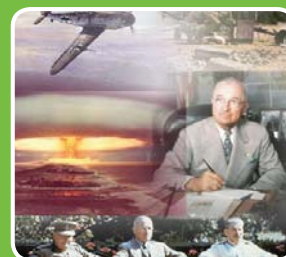
Languages

Learning a new language opens new avenues of thought, new modes of expression, and new models of understanding. Expand your mind and change your life this fall by taking a journey to new cultures, people and places. Check out our Languages classes on page 52.



Drones

Get in on leading edge technology by exploring drones. The unmanned aerial vehicle industry spans vehicles the size of a hummingbird to that of an airliner and offers employment opportunities for a broad spectrum of disciplines and experience levels. Discover your talent beginning on page 8.



Historical Studies

History is the most inclusive and wide-ranging of intellectual pursuits. Understand the present and train for the future by building a foundation through knowledge of the past with our historical studies classes this fall. Classes start on page 56.

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

575002-17-08/01/2017

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.