

Summer 2015 Health and Wellness

Mind, Body and Spirit



St. Louis
Community
College

Continuing Education

3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-984-7777

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St. Louis
Community
College
Continuing
Education

Aerobic Exercise

Aerobic Kickboxing

Begin class with a warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center.

PEDU:744 | \$69

M01 W 7pm-8pm
June 3 – Aug. 5

Timothy Toeniskoetter
Martial Arts Ctr (Mehl)

Zumba

Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumbia. It's a great high-energy, low-impact workout that's fun!

PEDU:747 | \$69

550 MW 7pm-7:50pm
June 8 – July 8

Paula Taylor
FV - SC, PDR-B

Zumba Gold for Seniors

Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity, gentle approach to Zumba dance, so it's perfect for older active adults or individuals with limited physical ability. Exercises will include breathing and stretching, and are modified to help work on your posture, strength, and balance.

PEDU:747 | \$45

M01 W 11am-11:50am
June 3 – July 8

Adiva Dance Center

Zumba: Beginning

Dance your way to fitness with Zumba! Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumbia. It's a great high-energy, low-impact workout that is a fun and effective way to get fit and increase your energy level! Class is designed for the beginning student, but the lower intensity and easy to learn routines are still designed to quickly burn calories. No class 7/4.

PEDU:747 | \$45

M03 Sa 9am-9:50am
June 6 – July 18

Adiva Dance Center

Zumba Toning: Beginning

Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | \$45

M02 W 6pm-6:50pm
June 3 – July 8

Adiva Dance Center

Dance Aerobics

Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required.

PEDU:750 | \$79

550 MW 6pm-6:50pm
June 1 – July 20

Susan Pellegrino
FV - SC, PDR-B

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress, and enhance coordination. Bring a towel and mat.

PEDU:755 | \$45

600 Tu 8am-8:50am
June 2 – July 14

Gary Ketcherside
MC - PE, GYM

601 Th 8am-8:50am
June 4 – July 16

Gary Ketcherside
MC - PE, GYM

Rise and Shine: Senior Workout

Wonderful total body senior workout program for active older individuals! Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility, and heart-healthy movement to support the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | \$69

606 TuTh 5:55am-6:55am
June 2 – July 2

Gail Velten
MC - PE, 201

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. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Class will be held outside - meet at the entrance to the PE Building on O Parking Lot.

PEDU:755

17 Sessions | \$204

602 MWF 5:45am-6:45am
May 27 – July 1

MC - PE

15 Sessions | \$190

603 MWF 5:45am-6:45am
July 13 – Aug. 14

MC - PE

14 Sessions | \$178

604 MWF 5:45am-6:45am
Aug. 17 – Sep 18

MC - PE

Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome. No class 7/4.

PEDU:755 | \$59

M01 Sa 8:15am-9:10am
June 13 – July 25

Karol McNutt
Dance Arts-STL

Fun with Fitness

Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. Class is designed for all levels of fitness.

PEDU:755 | \$85

605 MW 4pm-4:50pm
June 15 – July 29

Eileen Franco
MC - PE, 201

New Fitcamp

Ready to burn more calories, increase your energy, and get toned? Get a consistent cardiovascular workout through interval and cross training, a variety of calisthenic drills, short sprints, and abdominal work to the beat of upbeat and motivating music. Bring mat and a resistance band; dumbbells and hand weights are optional.

PEDU:755 | \$75

500 TuTh 8am-8:50am
June 9 – July 16

Lee Johnson
FV - PE, 233

**Check out other STLCC
Continuing Education brochures:**

- **The Great Outdoors**
- **Golf and Tennis**
- **Aquatics**

**Call 314-984-7777 to
request more information
or to register
beginning May 4!**

Fencing

Fencing for Youth: Beginning I

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework and bouting. Equipment provided. Ages 8-15.

KIDS:720 | \$59

650 M 5:30pm-6:20pm
June 8 – July 27

Patrick Dorsey
MC - PE, 201

Wellness

Lavender Aromatherapy

Enjoy the art of treating body, mind and spirit with aromatic substances harvested from nature's rich store. Lavender is generally regarded as the most versatile essence therapeutically. Explore all aspects of lavender used for these purposes. You will even get to take home a bottle of lavender essential oil. Class will be held lakeside in the old red barn (fans but no air conditioning - dress appropriately for the season). There will also be a brief tour of the blooming lavender fields (walking shoes required). Expect full sun and uneven ground. For directions to the lavender farm: www.WindingBrookEstate.com. Registration/Withdrawal deadline: 7/8.

HEAL:701 | \$29

WD1 Sa 10:30am-12pm
July 11

Winding Brook Estate

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
June 27
680 Sa 9:30am-3:30pm
July 18

Alice Sanvito
FP - HSP, 221
Alice Sanvito
MC - SW, 106

MELT®

Do you suffer from chronic pain? The MELT® Method is a great way to alleviate chronic pain and re-balance the neural core. MELT® is changing the way people care for their bodies. This simple, proactive self-help approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better. Regardless of your age, gender, or current activity level, anyone can learn to MELT®! All tools will be provided. Bring plenty of water to drink.

HEAL:709 | \$75

M01 Tu 4pm-4:50pm
June 23 – July 14

Body by Pilates at
STUDIO RUE

A Bucket of Life

Many adults in the United States are overweight and that puts them at risk for high blood pressure, high cholesterol, cardiovascular disease, and diabetes. Learn now to make small changes that produce big results over time. Class will discuss content from "A Bucket of Life," a medically-based fitness fable designed to educate and engage adult students in reclaiming fitness. Students should read the book before class and be prepared to discuss content. A Bucket of Life, ISBN 978-0615764146.

HEAL:713 | \$29

680 Sa 9am-12pm
June 27

James Toombs
MC - AS, 108

The Magic of Coincidence

Discover how to trust intuition and receive the power of synchronicities. Explore the interconnectedness of all things and build to a greater awareness of "meaningful coincidences" in life!

HEAL:765 | \$25

680 Sa 10am-12pm
July 11

Roselyn Mathews
MC - SO, 109

Discover Your Talents

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

680 Sa 10am-12pm
May 30
June 6

Carol Watkins
MC - SW, 202
MC - SW, 207

New "The Artist's Way" - Overview

Explore your creative desires and discover how "The Artist's Way" can help you find trust and joy in your creative self! Learn about the techniques covered in Julia Cameron's book, "The Artist's Way: A Spiritual Path to Higher Creativity," and what to expect in the full 12-week course. The book is not required.

PERD:709 | \$25

681 Sa 10am-12pm
Aug. 1

DeborahWeltman
MC - HW, 104

New Basics of Couponing

Are you ready to save money but not sure where to start? Get the coupon basics, tips, and tricks in this 3 hour class. After learning all about how to coupon, put your new skills to the test at a nearby store where the instructor will help walk you through the entire process! Students to provide own transportation and should bring notebook/pen. The first 1.5 hours of class are spent in the classroom. The remaining time is spent off-campus for hands-on experience.

PERD:710 | \$39

550 M 6:30pm-9:30pm
June 22
680 Sa 10am-1pm
July 11

Laura Ruma
SCEUC, 120
Laura Ruma
MC - CE

Meditation for Health and Harmony

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

PERD:732 | \$49

450 Tu 7pm-9pm
June 2 – June 23

Rhonda Leifheit
FP - B Tower, 013

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Beginners to any class should come 10 minutes early for a brief introduction. Bring water, towel and yoga mat.

PEDU:756 | \$95

M01 Th 5:30pm-7pm
June 4 – Aug. 6

Denise Motta
Affton White-Rodgers, A

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

6 Sessions | \$49

600 F 9am-9:50am
June 19 – July 31
No Class 7/3

Katherine Hanewinkel
MC - PE, 201

8 Sessions | \$59

650 M 6:30pm-7:25pm
June 8 – July 27
651 W 6:30pm-7:25pm
June 10 – July 29

Katherine McMeans
MC - PE, 105
Katherine McMeans
MC - PE, 105

10 Sessions | \$69

450 W 5:30pm-6:25pm
May 27 – July 29

Jill Woehrlé
FP - B Tower, 013



Get into health and wellness with

 St. Louis
Community
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Continuing Education

**New Pilates:
Mat and Equipment Introduction**

Combine mat work with the Pilates equipment for a workout that is easier on your joints, allows for modifications to suit specific needs and helps give you the core strength you need for a healthy life! Perfect for anyone that has been inactive, is recovering from an injury/surgery, or lives with a chronic condition. All equipment provided.

PEDU:756 | \$75

- M02** Tu 9am-9:50am *Body by Pilates at*
June 2 – July 21 *STUDIO RUE*
- M03** W 7pm-7:50pm *Body by Pilates at*
June 3 – July 22 *STUDIO RUE*

Yoga

Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. All levels welcome. Bring a towel and mat.

PEDU:761

6 Sessions | \$49

- 600** F 10am-10:50am *Katherine Hanewinkel*
June 19 – July 31 *MC - PE, 201*
No Class 7/3

8 Sessions | \$59

- M08** M 6pm-7pm *Sharon Danyluck*
June 8 – Aug. 3 *Sunset Hills CC*
No Class 7/27

- M09** M 7:30pm-8:30pm *Sharon Danyluck*
June 8 – Aug. 3 *Sunset Hills CC*
No Class 7/27

- W01** F 9am-10am *Louisa Donovan*
May 29 – July 31 *Bluebird Park*
No Class 6/19, 6/26

10 Sessions | \$69

- 450** W 6:30pm-7:25pm *Jill Woehrl*
May 27 – July 29 *FP - B Tower, 013*

12 Hours | \$89

- M01** Tu 1pm-2:30pm *Julie Garland*
June 9 – July 28 *Big Bend Yoga Center*
Equipment and mats available for use or you may bring your own.

Yoga Basics

New to yoga or desire a slow, gentle pace? Start with the basics and learn standard yoga postures, flexibility, and correct breathing techniques in this beginner class. Bring a mat, towel and water.

PEDU:761 | \$69

- M04** M 12:15pm-1:15pm *Kelly Kauffmann*
June 1 – Aug. 3 *Affton White-Rodgers, GYM*

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

- M05** M 1:30pm-2:30pm *Kelly Kauffmann*
June 1 – Aug. 3 *Affton White-Rodgers, GYM*

12 Hours | \$89

- M02** Th 9am-10:30am *Melanie Klug*
June 11 – July 29 *Big Bend Yoga Center*
Equipment and mats available for use or you may bring your own

New Iyengar Yoga - Beginning

Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a yoga mat.

PEDU:761 | \$59

- 350** W 8pm-8:50pm *Robert Gadon*
June 10 – Aug. 5 *WW, 102B*
No Class 7/1

- 451** Th 6:30pm-7:50pm *Robert Gadon*
June 18 – July 30 *FP - B Tower, 013*
No Class 7/2

New Iyengar Yoga - Continuing

Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Prerequisite: Iyengar Beginning or prior yoga experience. Bring a yoga mat. No class 7/1.

PEDU:761 | \$85

- 351** W 6:15pm-7:45pm *Robert Gadon*
June 10 – Aug. 5 *WW, 102B*

Gentle Yoga

Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water.

PEDU:761 | \$79

- M07** Tu 9am-10am *Masterpeace Studios*
June 9 – July 28 *Class will be held inside Fellowship Hall of Christ Lutheran Church, 1 Selma Ave, 63119.*

- M10** W 7pm-8pm *Masterpeace Studios*
June 10 – July 29 *Class will be held in Arden Mead Youth and Community Center, 17 Selma Ave, 63119.*

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 water

PEDU:761 | \$69

- P02** Tu 5:30pm-6:15pm *Flex Fitness Studio*
June 9 – Aug. 11

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

June 11 – July 30 *Masterpeace Studios*
Class will be held inside Fellowship Hall of Christ Lutheran Church, 1 Selma Ave, 63119.

Self Defense

Class Nikita: Covert Self-Defense for Women

Arm yourself with the skills necessary to handle any violent or confrontational situation with this highly individualized and practical training. Learn hand-to-hand self-defense, situational awareness, armed/unarmed tactical training, child protection, improvised weapons, weapon recognition/concealment, vehicle and home defense, defense against multiple attackers, and psychological manipulation of attackers.

PEDU:743 | \$95

- P02** Th 5:45pm-6:45pm *Systema STL*
June 11 – Aug. 13

Systema: Russian Self-Defense

Learn the innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstance. Based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. In Systema, the synergy of three components creates a TRUE WARRIOR - Combat Skill, Strong Spirit and Healthy Body. Class will push your body and test your spirit.

PEDU:743 | \$95

- P01** Tu 6:30pm-7:30pm *Systema STL*
June 9 – Aug. 11

Systema: Health and Breathing for Self-Defense

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life and improve your skills in self-defense as you learn to control your body in all situations.

HEAL:701 | \$59

- P01** M 5:45pm-6:45pm *Systema STL*
June 8 – Aug. 10

Call 314-984-7777
to register
beginning May 4!

Tai Chi

Tai Chi Chih: Beginning

Tai 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. No class 7/21.

PEDU:766 | \$59

P01 Tu 2:30pm-3:30pm
June 9 - July 28

Jeanette Miller
Solar Yoga Center

Tai Chi Chih: Continuing

Ready to enhance your Tai 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: Tai Chi Chih Beginning class or equivalent experience.

PEDU:767 | \$59

P01 Tu 1:15pm-2:15pm
June 9 - July 28
No Class 7/21

Jeanette Miller
Solar Yoga Center

500 Th 4:30pm-5:25pm
June 11 - July 30
No Class 7/23

Jeanette Miller
FV - SC, PDR-B



Theater

New 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

650 M 6:30pm-8:30pm
June 1 - June 22

Robert Baker
MC - HW, 102

Fashion

Hot Tools: Hair Styling Secrets

A styling basics class to teach curling, flat ironing, smoothing and other techniques. You will find your hair easier to manage and create a new style!

FSHN:700 | \$25

500 Tu 6:30pm-8:30pm
June 16

Stephanie Hall
FV - CWI, 136

Wig Styling 101

Get styling techniques from a pro. You will learn what goes into styling and choosing a wig as well as care tips and how to make modifications.

FSHN:700 | \$25

501 Tu 6:30pm-8:30pm
June 23

Stephanie Hall
FV - CWI, 136

Master Your Make-up

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

FSHN:701 | \$25

500 Tu 6:30pm-8:30pm
June 2

Stephanie Hall
FV - CWI, 136

The Eyes Have It - Lids and Lashes

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

FSHN:701 | \$25

501 Tu 6:30pm-8:30pm
June 9

Stephanie Hall
FV - CWI, 136

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

480 Sa 9am-12pm
June 27

680 Sa 9am-12pm
July 25

Mike Doran
FP - G Tower, 113
Mike Doran
MC - SW, 210

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

481 Sa 12:30pm-3:30pm
June 27

681 Sa 12:30pm-3:30pm
July 25

Mike Doran
FP - G Tower, 113
Mike Doran
MC - SW, 210



*Celebrate the Mind, Body and Spirit
with Continuing Education!*

Our seats fill fast! Call 314-984-7777 to register beginning May 4!

Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, Associate Vice Chancellor for Student Affairs, 314-539-5374.

If you have accommodation needs, please contact Anne Marie Schreiber, 314-984-7704, at least two working days prior to the event.

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

Meramec, Florissant Valley and Forest Park: M-F 8:30am-4pm

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

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 /email address/ phone number)
3. Student Social Security 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.

Registration Deadline

All non-credit courses are limited in enrollment. Advanced registration is required.

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.*

Male Female

Senior Citizen?

Yes No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Email Address: _____

UIN or SS#: _____ 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: _____

Please register me for the following courses:

| Course Code | Section | Course Title | Day/Time | Fees |
|--------------|---------|--------------|----------|------|
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