

Summer 2016

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

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

602 Tu 8am-8:50am
May 31 – July 12

Gary Ketcherside
MC - PE, GYM

605 Th 8am-8:50am
June 2 – July 14

Gary Ketcherside
MC - PE, GYM

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 7/4.

PEDU:750 | \$79

550 MW 6pm-6:50pm
June 1 – July 25

Susan Pellegrino
FV - EC, LOBBY

Boot Camp

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. Learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class will challenge you individually to give your best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Class will be held outside - meet at the entrance to the PE Building on O Parking Lot.

PEDU:755

10 Sessions | \$139

600 TuTh 5:45am-6:45am
May 31 – June 30

Shark Fitness
MC - PE

603 TuTh 9:30am-10:30am
May 31 – June 30

Shark Fitness
MC - PE

608 TuTh 5:45am-6:45am
July 12 – Aug. 11

Shark Fitness
MC - PE

609 TuTh 9:30am-10:30am
July 12 – Aug. 11

Shark Fitness
MC - PE

611 TuTh 5:45am-6:45am
Aug. 16 – Sep 15

Shark Fitness
MC - PE

612 TuTh 9:30am-10:30am
Aug. 16 – Sep 15

Shark Fitness
MC - PE

14 Sessions | \$189

604 MWF 5:45am-6:45am
June 1 – July 1

Shark Fitness
MC - PE

610 MWF 5:45am-6:45am
Aug. 15 – Sep 16

Shark Fitness
MC - PE

No Class 9/5

15 Sessions | \$195

607 MWF 5:45am-6:45am
July 11 – Aug. 12

Shark Fitness
MC - PE

Cardio 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 8 – Aug. 10

Timothy Toeniskoetter
Martial Arts Cntr (Mhlv)

Fun with Fitness

Ready to reduce stress, increase energy and just have FUN? Get a consistent workout, increase overall strength with resistance training and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness. No class 7/4.

PEDU:755 | \$79

606 MW 4pm-4:50pm
June 13 – July 27

Laurie Griesedieck
MC - PE, 201

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 | \$49

M01 W 11am-11:50am
June 1 – July 6

ADIVA Dance Center

Zumba Toning

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

PEDU:747 | \$49

M02 Th 6pm-6:50pm
June 2 – July 7

ADIVA Dance Center



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 7/2, 7/30.

PEDU:755 | \$59

M01 Sa 8:15am-9:10am
June 18 – Aug. 6

Karol McNutt
Dance Arts of St. Louis

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

M03 W 7pm-7:50pm
June 8 – July 27

Body by Pilates
STUDIO RUE

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 May 2!

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

Eight Sessions | \$59

650 M 6:15pm-7:10pm
June 6 – Aug. 1

No Class 7/4

651 W 6:15pm-7:10pm
June 8 – July 27

No Class 7/4

10 Sessions | \$69

450 W 5:30pm-6:25pm
June 1 – Aug. 3

M01 Tu 10:15am-11:15am
June 14 – Aug. 23

No Class 8/9

Katherine McMeans
MC - PE, 105

Katherine McMeans
MC - PE, 105

Jill Woehrle
FP - B Tower, 013

Denise Motta
Affton White-Rdgrs, GYM

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. No class 8/11.

PEDU:756 | \$95

M02 Th 5:30pm-7pm
June 16 – Aug. 25

Denise Motta
Affton White-Rdgrs, A

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. No class 7/4.

PEDU:761 | \$69

M03 M 12:15pm-1:15pm
June 6 – Aug. 15

Kelly Kauffmann
Affton White-Rdgrs, GYM

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 mat.

PEDU:761

Eight Sessions | \$59

M05 M 6pm-7pm
June 6 – Aug. 1

No Class 7/4

M06 M 7:15pm-8:15pm
June 6 – Aug. 1

No Class 7/4

W01 F 9am-10am
June 10 – Aug. 5

No Class 7/1

400 TuTh 7am-7:50am
June 14 – July 7

401 TuTh 7am-7:50am
July 19 – Aug. 11

10 Sessions | \$69

452 W 6:30pm-7:25pm
June 1 – Aug. 3

12 Hours | \$89

M01 Tu 1pm-2:30pm
June 7 – July 26

Equipment and mats available for use or you may bring your own

Sharon Danyluck
Sunset Hills CC

Sharon Danyluck
Sunset Hills CC

Louisa Donovan
Bluebird Park

Cindy Sciaroni
FP - B Tower, 013

FP - B Tower, 013

Jill Woehrle
FP - B Tower, 013

Julie Garland
Big Bend Yoga Center

Yoga: Continuing

Continue to build your yoga skills while learning to relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

PEDU:761

10 Sessions | \$69

M04 M 1:30pm-2:30pm
June 6 – Aug. 15

No Class 7/4

12 Hours | \$89

M02 Th 9am-10:30am
June 9 – July 28

Equipment and mats available for use or you may bring your own

Kelly Kauffmann
Affton White-Rdgrs, GYM

Melanie Klug
Big Bend Yoga Center

Iyengar Yoga: Beginning

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

PEDU:761 | \$59

350 W 8pm-8:50pm
May 25 – July 27

No Class 6/29, 7/6

450 Th 6pm-6:50pm
May 26 – July 28

No Class 6/30, 7/7

Robert Gadon
WW, 102B

Robert Gadon
FP - B Tower, 013

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 W 7pm-8pm
June 8 – July 27

Masterpeace Studios

BUTI® Yoga: Beginning

Are you ready to be empowered and get a great workout? The BUTI® style fuses yoga, tribal-inspired dance with hip spiraling and plyometrics into an exciting, high-intensity workout that transforms your body from the inside out.

PEDU:761 | \$69

P01 Tu 5:30pm-6:15pm
June 7 – Aug. 9

Flex Fitness Studio

For more information about the instructor and BUTI yoga please visit www.intentionallyfitstl.com/

Bring a towel and water, mats provided.

650 Th 6:30pm-7:15pm
May 26 – July 28

Alexandra Culberson
MC - PE, 201

Bring a towel and mat.

Iyengar Yoga: Continuing

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

PEDU:761 | \$85

351 W 6:15pm-7:45pm
May 25 – July 27

No Class 6/29, 7/6

451 Th 7pm-8:25pm
May 26 – July 28

No Class 6/30, 7/7

Robert Gadon
WW, 102B

Robert Gadon
FP - B Tower, 013

Power Yoga

The next level of yoga is here! Ashtanga Yoga is an energetic, more intense form of yoga where you move fluidly from one pose to the next while connecting your breathing to your movements. Learn components of a set sequence of positions at each class to improve your strength, physical and mental stamina, flexibility and balance. Class recommended for those with previous yoga experience. Bring mat, towel and water.

PEDU:761 | \$59

550 W 6:30pm-7:25pm
June 15 – Aug. 3

Cindy Sciaroni
FV - SC, PDR-B

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 | \$35

M02 Sa 9am-9:45am
July 16 – July 23

Simpson Lake

Self Defense

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
June 7 – Aug. 9

Systema St. Louis

Class Nikita: Covert Self-Defense for Women

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

PEDU:743 | \$95

P02 Th 5:45pm-6:45pm
June 9 – Aug. 11

Systema St. Louis

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 5:30pm-8:30pm
June 3

Dennis Fonod
MC - PE, 105

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
June 6 – Aug. 15
No Class 7/4

Xtreme Krav Maga

M03 Sa 10am-11am
June 11 – Aug. 20
No Class 7/2

Xtreme Krav Maga

Women Only

M02 Tu 6pm-7pm
June 14 – Aug. 16

Xtreme Krav Maga

Practical Self-Defense for Women

Maximize your own power and gain confidence in your ability to defend yourself in an attack situation. Easy to learn and highly effective techniques make this a great introduction for beginning students interested in learning new skills and a great refresher for anyone that has been through basic self-defense. Female instructor, with over 25 years in martial arts, will cover situational awareness, standup defense (striking and kicking), defense against grab attacks, grappling techniques to escape from ground attacks and more! Ages 13 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant. All gear is provided. Signed waiver required for each participant. No shoes on mats; athletic wear required.

PEDU:743 | \$25

681 F 5:30pm-8:30pm
July 15

Gina Breadon
MC - PE, 105

Mother/Daughter Self-Defense

Spend time together and have fun learning an important life skill! Train in animal-style tactics and movements that help you use an attacker's strength to your advantage. Learn how to move, respond, attack and defend in real world situations. Mature subject matter discussed when covering how to defend against sexual assault. Ages 13 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Signed waiver required for each participant. Bring towel and mat; athletic wear recommended. No class 7/4.

PEDU:743 | \$39

350 M 6pm-6:50pm
June 13 – July 18

James Barry
WW, 102B

Couples Self-Defense

Grab your significant other, best friend or family and enjoy time together learning, practicing and becoming more comfortable with basic self-defense techniques. Improve your confidence, strength and physical dexterity while running through moves with your partner. Registration required for each participant; individuals welcome. All gear is provided. Signed waiver required for each participant. Bring towel and mat; athletic wear recommended. No class 7/4.

PEDU:743 | \$39

351 M 7pm-7:50pm
June 13 – July 18

James Barry
WW, 102B



T'ai Chih

New 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

650 Th 5:30pm-6:25pm
June 16 – Aug. 4

Alex Chen
MC - PE, 201

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis.

PEDU:766 | \$59

P01 Tu 2:30pm-3:30pm
June 7 – July 19

Jeanette Miller
Solar Yoga Center

T'ai Chi Chih: Beginning/Continuing

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis. Class will accommodate beginning and continuing students. No class 8/4.

PEDU:766 | \$59

500 Th 4:30pm-5:25pm
June 23 – Aug. 11

Jeanette Miller
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 | \$59

P01 Tu 1:15pm-2:15pm
June 7 – July 19

Jeanette Miller
Solar Yoga Center

Fencing

Fencing: Beginning I and II

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting and will accommodate returning students as well with instruction to expand technique. Equipment provided. No class 7/6.

PEDU:745 | \$59

650 W 5:30pm-6:20pm
June 8 – Aug. 3

Patrick Dorsey
MC - PE, 201

Fencing for Youth: Beginning I and II

Kids will have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and bouting, and will accommodate returning students with instruction to expand technique. Equipment provided. Ages 8-15. No class 7/4.

KIDS:720 | \$59

650 M 5:30pm-6:20pm
June 6 – Aug. 1

Patrick Dorsey
MC - PE, 201

Wellness

Healthy Living

Are you ready for a healthier you? Living an unhealthy lifestyle increases your risk for high blood pressure, high cholesterol, cardiovascular disease and diabetes. Learn how to make small changes that produce big results over time. Class taught by Dr. James Toombs and will discuss content from "A Bucket of Life," a medically-based fitness fable designed to educate and engage adult students in reclaiming healthy habits. Book recommended but not required. A Bucket of Life, ISBN 978-0615764146.

HEAL:713 | \$29

680 Sa 9:30am-12:30pm
June 25

James Toombs
MC - AS, 108

Creating a Healthy Lifestyle

Learn to develop new and natural strategies for better nutrition, exercise, coping skills and sleep. Lifestyle changes are essential to prevent, control and sometimes even improve chronic diseases. Now is the time to balance your life and achieve your goals! Bring a notebook and pen.

HEAL:712 | \$29

650 W 7pm-9pm
July 6 – July 13

Jane Kaiser
MC - SO, 109

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 M 12:30pm-1:20pm
June 6 – June 27

Body by Pilates
STUDIO RUE

M02 Th 7pm-7:50pm
June 9 – June 30

Body by Pilates
STUDIO RUE

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 11

Alice Sanvito
FP - HSP, 221

680 Sa 9:30am-3:30pm
July 16

Alice Sanvito
MC - SW, 106

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
June 9

Alex Chen
MC - BA, 122

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. First class meets 7/9 in BA- 216. Second class meets 7/16 in BA-203. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

682 Sa 9am-12pm
July 9
July 16

Carol Watkins
MC - BA, 216
MC - BA, 203

Basics of Couponing

Are you ready to save money but not sure where to start? Get the coupon basics, tips, and tricks in this three 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.

PERD:710 | \$39

S50 M 6:30pm-9:30pm
June 27

Laura Duffin
SCEUC, 120



Treasure Journaling

Uncover your personal treasure: your areas of giftedness and genius! Create a 'treasure journal' in class to record everyday life experiences, reflect the positive qualities others see in you and become aware of those qualities in yourself. Collage, guided meditation, journaling, and class interaction exercises provide new insights into the amazing person you really are! Supply list will be emailed.

PERD:709 | \$49

680 Sa 10am-4pm
June 18

Deborah Weltman
MC - CE

Advanced Creativity

Take your creativity to the next level! Learn how to solve problems both inside and outside your realm of expertise. Practice the Principles of Creativity hands-on, through story, poetry, basic watercolor techniques, collage and idea generation. Bring notebook and pen. Some watercolor supplies required; to be discussed at first class.

PERD:709 | \$49

681 Sa 10am-12pm
July 9 – July 30

Deborah Weltman
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

650 Tu 7pm-9pm
June 7 – June 28

Rhonda Leifheit
MC - CS, 120

Less Stress, More Energy!

Overcome stress and increase your energy! Recognize how eating and sleeping habits can affect your stress and energy levels. Learn the tools necessary to better manage your stress, sleep, energy, and cravings! Bring notebook and pen.

PERD:712 | \$29

650 Tu 6:30pm-8:30pm
June 21 – June 28

Hester Owens
MC - SO, 112

New 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

683 Sa 10am-12pm
July 9

Dana West
MC - SO, 109

New 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

350 Tu 7pm-9pm
June 14

Jan Worley
WW, 202.

Youth and Family

Tree Climbing Fun: Friends and Family!

Looking for something new to do with family and friends? Why not spend time in nature while experiencing the thrill and beauty of being high in a tree? Engage in fun group activities and games as you enjoy learning about trees. Using a rope and harness, you will get to relish in the gorgeous views as you ascend higher and higher in the tree. Ages 7 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome.

PEDU:765 | \$39

M01 Su 1pm-4pm
June 12

Guy Mott
Camp Wyman

Japanese for Youth

Do you enjoy Japanese manga, anime and music? Do you wish you knew what they were saying? Learn the basics of the Japanese language and culture and begin to build your grammar skills through key sentences, dialogs and activities using games, exercises and manga. No text required. Ages 11-17.

KIDS:719 | \$45

300 W 4:30pm-6:30pm
June 15 – June 29

Noriko McLeer
WW, 202

Junior Baker: Cake Decorating

A fun, creative activity for young bakers ages 10-14. This class teaches beginning cake decorating techniques on projects that will be completed for take home after each class. You'll be amazed at the beautiful creations you'll be able to make for your family and friends! Bring an empty one-quart bowl (with lid) and a box to take home your finished projects. Supplies furnished. Class is a combination of demonstration and hands-on. Parents drop off students (no accommodations to remain on-site) and pick up promptly at 3pm. Park on Hartford or Hampton. Flagpole in front.

KIDS:730 | \$49

P01 Su 1pm-3pm
July 10 – July 17

Cynthia Sciaroni
Cul. Arts House

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. No class 7/2.

KIDS:707 | \$59

M01 Sa 10am-11am
June 4 – Aug. 13

Timothy Toeniskoetter
Martial Arts Cntr (Mehlvi)

V01 Sa 10am-11am
June 4–Aug. 13

Ferguson Martial Arts Ctr



Mini Movers: Parent/Child - Ages 2-6

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children ages 2-6 MUST be registered under KIDS 738 600/650 and parents/guardians MUST register under KIDS 738 601/651. Signed waiver required for each participant. Parents of children 3 and younger can enjoy activities together and those with older children are welcome to stay and watch their child explore and learn.

KIDS:738 | \$79

600 Tu 4:30pm-5:25pm
June 7 – July 26

Laura Legg
MC - PE, 105

650 Tu 5:30pm-6:25pm
June 7 – July 26

Laura Legg
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

601 Tu 4:30pm-5:25pm
June 7 – July 26

Laura Legg
MC - PE

651 Tu 5:30pm-6:25pm
June 7 – July 26

Laura Legg
MC - PE



Fencing for Youth: Beginning I and II

Kids will have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and bouting, and will accommodate returning students with instruction to expand technique. Equipment provided. Ages 8-15. No class 7/4.

KIDS:720 | \$59

650 M 5:30pm-6:20pm
June 6 – Aug. 1

Patrick Dorsey
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. No class 7/2.

KIDS:720 | \$39

Ages 5-8

580 Sa 12pm-12:50pm
June 11 – July 23

581 Sa 1pm-1:50pm
June 11 – July 23

Ages 8 and up

582 Sa 2pm-2:50pm
June 11 – July 23

Jeanne Hudgens
FV - PE, POOL

Jeanne Hudgens
FV - PE, POOL

Jeanne Hudgens
FV - PE, POOL



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
June 4 – June 25

Big Bend GC



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 | \$35

720 MW 6:30pm-7pm

June 20 – June 29

Ladue Mid. School

M01 Th 4:30pm-5pm

June 9 – June 30

Sunset Hills Watson Trails

Tennis for Youth: Beginning I and II

Designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709

Two Sessions | \$25

Ages 7-10

580 Sa 9am-9:55am
June 11 – June 18

FV - PE, TENNIS

Ages 11-15

581 Sa 10am-10:55am
June 11 – June 18

FV - PE, TENNIS

Four Sessions | \$55

Ages 7-10

M03 Sa 4pm-5pm
June 4 – June 25

Forest Lake TC

M04 Sa 4pm-5pm
July 16 – Aug. 6

Forest Lake TC

M02 Th 5pm-6pm
June 9 – June 30

Sunset Hills Watson Trails

Ages 11-15

721 MW 7pm-8pm
June 20 – June 29

Ladue Mid. School

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 Ann Marie Schreiber, 314-984-7704, at least six weeks prior to the class or 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.

Please register me for the following course(s):

Mail to: 3221 McKelvey Road
 Bridgeton, MO 63044
 Attn: Continuing Education

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

- Male Senior Citizen?
 Female Yes No

Please check material fees prior to sending payment in.

Check Payment:

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

Credit Card Payment:

Charge fees to:

- MasterCard Discover
 VISA American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

_____ CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

_____ CARD NUMBER Expiration Date: _____

Signature: _____