

A high-angle, blurred photograph of a crowd of people walking down a wide set of stairs. The stairs have a black and white striped pattern. The people are in motion, creating a sense of a busy, active environment. The background is slightly out of focus, emphasizing the movement of the crowd.

Continuing Education

SPRING 2016

Registration begins January 4

A Step in the Right Direction

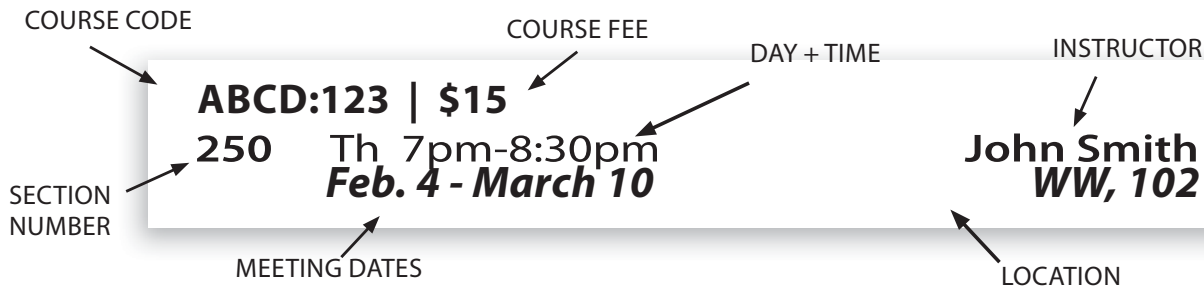


St. Louis Community College
Continuing Education

stlcc.edu/ce | 314-984-7777

HOW TO READ COURSE LISTINGS

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



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



BOARD OF TRUSTEES

Libby Fitzgerald Craig H. Larson
Doris Graham Joan McGivney
Hattie R. Jackson Derek R. Novel

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

MoSTEMWINS

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

No-cost or Low-cost accelerated training is available now.



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.

Train today for a new career in these industry pathways:

Patient Care Technician or
Community Health Worker



Life Science Lab Assistant



Precision Machining



IT Help Desk



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

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Enrollment is open. Get started today!

Continuing Education

Spring 2016

Continuing Education is here to help you take your next step in the right direction.

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

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

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St. Louis Community College has Something for Everyone.

Offering more than 100 degree and certificate programs.



◀ **Linda, 40**
Career & Technical Education

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



▲ **Kim, 22**
Pursuing Associates Degree

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

▶ **Brian, 35**
Accelerated Job Training

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



▶ **Jordan, 19**
A+ Scholarship Recipient

Completing his first two years of college at STLCC and banking the money he saves for graduate school.



▶ **Cara, 17**
High School Senior

Earning college credit through STLCC's dual credit program and will graduate high school with a jump start on her college career.



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Expanding Minds. Changing Lives.

For additional information about programs
at St. Louis Community College, please visit:
stlcc.edu

Professional Development

Take charge of your professional development this spring!

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

Essentials Training

Professional Essentials

LEAN Six Sigma Green Belt

Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt noncredit certification for your own professional development, this course is appropriate for you. We blend classroom instruction and online instructor-led labs. Program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Materials included in cost of course. Students successfully completing this training will receive their LEAN Six Sigma Green Belt noncredit certification and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and 2 consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program. Lunch provided on Saturdays. This program is approved by DESE for WIOA funding through the Missouri Career Center for qualified individuals. You must be approved for funding prior to registering for the class if using these funds. Class meets Wednesdays 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20 and Saturdays 4/16, 4/23. Registration by 2/9 is encouraged. No refunds after this date.

BPCT:701 | \$1,899

C50 W 6pm-9pm
Feb. 17 – April 20
Sa 8:30am-4:30pm
April 16-23

Patricia Dalton
Corp. College, 207
Corp. College, 209

New LEAN Six Sigma Green Belt to Black Belt

Designed for individuals who have completed the *Lean Six Sigma Green Belt course*, where participants learned how Lean Six Sigma methods and tools focused improvement efforts to drive significant improvements in speed, quality, profitability, productivity, defects, and variations. Lean Six Sigma projects follow a methodology which has been proven to work well in all business operations including operation, administrative and service. This Lean Six Sigma Black Belt course will bring all of this together to help you become a process facilitator, natural leader, and astute problem solver who are data-driven, bottom-line agents for achieving complex project breakthroughs and powering organizational changes. The course will require pre-work to assist with a concurrent class project. Students will be required to come to the course with a pre-selected project (demonstrated with a signed project charter) that can allow them to go through the DMAIC process and show improvement demonstrating understanding of the Six Sigma Black Belt Body of Knowledge (BOK). Training includes completing with a passing grade online instruction modules outside of class. You will be required to purchase a six month mini-tab software license at an additional cost of approximately \$29.99 and load onto a laptop which is required for class exercises. Class meets 10 Tuesday sessions: 2/16, 3/1, 3/15, 3/29, 4/12, 4/26, 5/10, 5/24, 6/7, 6/21. Registration by 2/9 is encouraged. No refunds after this date.

BPCT:701 | \$1799

C51 Tu 6pm-9pm
Feb. 16 – June 21

Jesse Stevenson
Corp. College, 209

Project Management Orientation

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

BPCT:703

C80 Sa 9am-12pm
March 5

Dirk Lupien
Corp. College, 213

Project Management

Project managers are in demand when the need is for skills that include time, resource and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria, 35 hours, required to register for the PMP exam. This practical learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. This program is approved by DESE for WIOA funding through the Missouri Career Center for qualified individuals and presented by a Registered Educational Provider (REP). You must be approved for funding prior to registering for the program. Class meets Wednesdays: 3/30, 4/6, 4/13, 4/20, 4/27 and Saturdays: 4/9, 4/16, 4/23. Class on 4/27 will meet in room 206. Lunch provided on Saturdays. Registration by 3/22 is encouraged. No refunds after this date.

BPCT:703 | \$1,799

C50 W 6pm-9pm
March 30 – April 27
Sa 8:30am-4:30pm
April 9-23
W 6pm-9pm
April 27

Dirk Lupien
Corp. College, 213
Corp. College, 213
Corp. College, 206

New Flawless Consulting

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

Topics will include:

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

BUSN:765 | \$79

C01 W 8:30am-5pm
Feb. 24

James Lombardo
Corp. College, 209

Exclamation Point!

*“My experience in taking **Bringing Out the Best in People and Managing the Conflicts** course was outstanding. The class was made up of folks with different work environments, but similar experiences. Great discussions, great direction and leadership from **Jim Lombardo**.”*

-Trish J., St. Louis, MO

New Time Management for Your Best

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

BUSN:793 | \$29
 C01 Tu 9am-11am Nancy Schnoebelen Imbs
 March 1 Corp. College, 213

Bringing Out the Best in People and Managing the Conflicts

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

BUSN:745 | \$79
 C01 Tu 8:30am-5pm James Lombardo
 March 29 Corp. College, 209

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. Join Dr. Renee Huss and learn processes for interacting clearly with others in order to get what you need and want through negotiating styles, which can result in a win-win outcome.

BUSN:705 | \$35
 480 Sa 9:30am-12:30pm Dr. Renee Huss
 March 5 FP - G Tower, 113

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

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

BUSN:702 | \$35
 680 Sa 9:30am-12:30pm Dr. Renee Huss
 Feb. 20 MC - SO, 108

Mastering the Art of Effective Facilitation

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

BUSN:714 | \$79
 C01 W 8:30am-5pm James Lombardo
 March 2 Corp. College, 207

New Listening Beyond the Words: Building Communication Skills

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

BUSN:713 | \$59
 C01 W 9am-4pm Jean Walters
 March 9 Corp. College, 207

New Present with Poise, Power and Punch

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

BUSN:732 | \$29
 C01 Tu 9am-11:30am Nancy Schnoebelen Imbs
 April 5 Corp. College, 213

Small Business Essentials

Business Start-Up

Starting and Managing a Small Business

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

BUSN:701 | \$59
 680 Sa 9am-12pm Lynette Watson
 Feb. 20 - Feb. 27 MC - SO, 107

Business Start-Up Skills for Artisans & Crafters: Make Money with Your Business

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

BUSN:701 | \$29
 650 Tu 6pm-9pm Michelle Ochonicky
 March 22 MC - SO, 205

New Setting Up Your Business on Etsy: An Intense Interactive Workshop

Have you ever wanted to open up a shop on Etsy? Have you tried and never got through the process? In this intense workshop, you will build your very own Etsy shop, and by the end of the day, you'll be open for business. This all-day workshop will be taught by ecommerce veteran Donna Fox who has 20+ years of marketing experience behind her. Bring your laptop as you will working step-by-step to build your site from listing your items to payment options, sales taxes and more. You will also learn about best practices on branding, coupons and promotion. What are you waiting for? Get started today on establishing a potentially successful Etsy shop and a new source of income. Supply list to be sent. Bring a sack lunch and drink. Registration deadline 3/25. No refunds after this date.

BUSN:712 | \$159
 680 Sa 9am-5pm Donna Fox
 April 2 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.

BUSN:701 | \$25
 450 M 6pm-8pm Amy Hereford
 April 18 FP - G Tower, 113

S.C.O.R.E. Seminar

Topics covered in this all-inclusive seminar include how to develop a winning marketing plan, the importance of determining your business's legal structure and writing a professional business plan. Also covered are potential sources of funding and uses and applications of technology that can make your business more profitable. In addition, you will learn about the complex licenses and taxes to which your business may be subject and a basic understanding of the balance sheet, the income statement and how to manage cash flow. All students must register with the SCORE office online at www.stlouis.score.org. Lunch is not provided. Fee for class materials payable to SCORE at registration; \$60 pre-register and pre-pay; \$70 at the door.

BUSN:701
 681 Sa 8:15am-3pm MC - SO, 107
 Jan. 9
 682 Sa 8:15am-3pm MC - SO, 107
 Feb. 6
 683 Sa 8:15am-3pm MC - SO, 111
 March 5
 684 Sa 8:15am-3pm MC - SO, 108
 April 2
 685 Sa 8:15am-3pm MC - SO, 107
 May 7

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.

BUSN:734 | \$55
 680 Sa 8:30am-1:30pm Morris Turek
 March 5 MC - SO, 109

Exclamation Point!

The class, *Starting and Managing a Small Business* made me question a lot more aspects of my thoughts on starting a business, which is exactly what I was looking for.

-Mike W., Florissant, MO

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Business Plan Development

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

BUSS:702 | \$99
 650 Th 6pm-9pm **Lynette Watson**
 March 24 – April 14 MC - BA, 122

New SWOT - Listening to Your Business

Improve your business's profitability and overall financial performance! Using the SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis, class will go through the process of visualizing the business model with a three year lens. You'll establish interim goals and develop a plan of action to help you make the best business decisions. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:740 | \$35
 650 Tu 6pm-9pm **Darlisa Diltz**
 March 22 MC - SO, 107

Finance

Understanding Accounting - An Introduction

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

BUSS:741 | \$35
 650 Th 6pm-9pm **Kimberly Franklin**
 March 24 MC - BA, 112

Keeping Records for a Small Business

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

BUSS:705 | \$75
 650 W 6pm-9:30pm **T. Spector**
 April 27 – May 4 MC - SO, 107

Small Business Tax Seminar

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

BUSS:706 | \$39
 680 Sa 9am-12:30pm **T. Spector**
 April 23 MC - SO, 109

Marketing & Promotion

Developing a Solid Marketing Strategy for Your Business

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

BUSS:710 | \$59
 681 Sa 9am-12pm **Darlisa Diltz**
 April 9 – April 16 MC - SO, 109

Establishing a Digital Presence for Your Small Business

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

BUSS:767 | \$29
 680 Sa 9am-12pm **Sarah Guldalian**
 April 9 MC - BA, 114

Generating Buzz Around Your Small Business

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

BUSS:710 | \$29
 680 Sa 9am-12pm **Sarah Guldalian**
 Feb. 27 MC - BA, 114

Career Essentials

Writing Your Resume to Impress

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

CPDV:704 | \$49
 650 Tu 6pm-8pm **Jacqueline Meaders-Booth**
 April 5 – April 19 MC - SW, 110

Finding Job Leads

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

CPDV:705 | \$25
 650 Tu 6:30pm-9:30pm **Laurie Hawkins**
 Feb. 16 MC - SO, 107

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 Tu 6:30pm-9pm **Laurie Hawkins**
 Feb. 23 MC - SO, 107

New Creating Your Personal Brand

While your technical skills may get your foot in the door, your people skills are what open most of the doors to come. Your work ethic, attitude, communication skills, emotional intelligence and a whole host of other personal attributes are the soft skills that are crucial for career success. What's your personal brand and how do you want people to perceive you? With more than 20 years experience in corporate leadership, instructor Nancy Schnoebelen Imbs, will help you pinpoint the essential skills necessary to develop and sustain a confident, successful and poised personal brand.

CPDV:765 | \$25
 650 Tu 6pm-8:30pm **Nancy Schnoebelen Imbs**
 March 8 MC - SO, 107

New Building Business Confidence: Overcoming Personal Rejection

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

CPDV:765 | \$55
 651 Tu 6pm-8:30pm **Jean Walters**
 March 22 – March 29 Corp. College, 210

Interviewing Skills 101

Preparing for a job interview is a critical process to securing employment. Designed to develop basic job interviewing techniques, you'll learn from a college career specialist insight into answer formulation and effective delivery. In-class practice will allow you to apply the concepts learned and to sharpen your interviewing skills by providing and receiving feedback to fellow participants in a group setting. You will also learn about interviewing theory, wardrobe selection and illegal questioning.

CPDV:703 | \$25
 650 Tu 6pm-9pm **Sherita Reinhardt**
 Feb. 23 MC - BA, 114

Strategies for Success: Mastering the Behavioral Based Interview

Behavioral based interviewing is fast becoming the preferred method of recruiters to screen and select top notch candidates. From the initial screening process to building rapport with interviewers, this class will help you gain insight into providing interest, showcasing your accomplishments, highlighting your skill sets and preparing exceptional responses to questions for prospective positions. Through familiarity and preparation of behavioral based interview questioning, you'll develop the best opportunity for success in securing a job.

CPDV:703 | \$25
 651 Tu 6pm-8pm **Sherita Reinhardt**
 March 29 MC - BA, 114



PROFESSIONAL DEVELOPMENT

Changing Career Directions: Find the Passion in Your Career Path

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

CPDV:702 | \$79

650 M 7pm-9:30pm
April 4 - April 25

Jean Walters
MC - BA, 118

Plus 50: Finding Purpose and Passion in the Third Chapter

Are you facing the post-career years and wondering what's next? Many in the third chapter of life feel unsettled, restless, and adrift. The years between 50 and 75 can be some of the best, but it is difficult to make sense of the changes ahead. If you're 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
Feb. 27

Carol Watkins
MC - SO, 108

681 Sa 9am-4pm
April 16

Carol Watkins
MC - SO, 112

Plus 50 Employment: Purpose, Process and the Payoff

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

CPDV:702 | \$55

651 Th 6pm-9pm
March 3 - March 10

Edwin Penfold
MC - BA, 203

551 Th 6pm-9pm
April 21 - April 28

Edwin Penfold
FV - C, 136

Nonprofit *Essentials*

Basic Grant Writing for Nonprofit Organizations

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

NPAD:701 | \$59

480 Sa 9am-4pm
Feb. 20

Barbara Primm
FP - G Tower, 111

680 Sa 9am-4pm
March 5

Jennifer Bush
MC - SO, 108



Establishing and Running a Nonprofit Organization: Part 1

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

NPAD:703 | \$29

681 Sa 10am-12pm
April 9

Amy Hereford
MC - SO, 111

Establishing and Running a Nonprofit Organization: Part 2

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

NPAD:703 | \$29

682 Sa 1pm-3pm
April 9

Amy Hereford
MC - SO, 111

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

NPAD:704 | \$25

680 Sa 9am-12pm
March 12

Sarah Guldalian
MC - SO, 108

Maximizing the Volunteer's Experience

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

NPAD:710 | \$25

650 Th 6:30pm-8:30pm
March 10

Richard Cohrs
MC - SO, 109

Abuse, Neglect and Financial Exploitation in Long Term Care Communities

This class will provide a comprehensive review of abuse, neglect and financial exploitation in long term care communities. Abuse, neglect and financial exploitation will be defined and the signs, symptoms and risk factors for each identified. How and to whom a report of abuse, neglect or financial exploitation should be processed will be explained and supportive services for the victim and family identified. Prevention of abuse, neglect and financial exploitation in long term care communities will be discussed. Instructor: Katelyn Eichorst MSW

AHCE:749 | \$29

650 M 6pm-8:15pm
April 11

MC - SW, 108

Pharmacology: Drug Interactions in the Elderly

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

NURS:706 | \$29

450 W 6pm-8:15pm
April 20

Catherine Kush
FP - G Tower, 119

Diabetes 2016: Medication Update Including Inhaled Insulin

Management of the client with diabetes is an ever-changing challenge. This workshop will focus on the recent advances in medications used in the treatment of diabetes including inhaled insulin.

NURS:777 | \$49

650 W 6pm-9:15pm
March 23

MC - SW, 111

Career Studies

Nursing and Allied Health

ACLS

Class will be held on 4/23 and 4/24. This American Heart Association course is designed to review, organize and prioritize the skills and didactic information needed to handle a cardiac arrest, events leading to a cardiac arrest and events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card. Intended audience: Personnel staffing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work. Registration three weeks prior to course start date is required to ensure arrival of pre-course material. Registration/refund/withdrawal deadline: 4/1. Due to the nature of the program, you must arrive on time. No admittance after stated start time. No refund for late arrival.

ACLS:701 | \$350

4D0 Sa 8am-6pm
April 23
Su 8am-5pm
April 24

FP - G Tower, 121

FP - G Tower, 121

EMT Core Curriculum

This course is held 1/20 - 5/15. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 1/20. No class 2/15, 3/14, 3/16.

EMSS:700 | \$270
 H50 W 3:30pm-5:30pm
 Jan. 20 - May 15
 MW 6pm-10pm
 Jan. 20-May 15

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

Creating a Trauma-Informed St. Louis

This 2-hour session hosted by Alive and Well STL will serve to create a common framework around the definition, impact and prevalence of toxic stress and trauma. The session will pay particular attention to the importance of implementing trauma-informed principles across our community—a priority of the Ferguson Commission Report. Specific areas covered will include the effects of trauma on the developing brain and body, the environmental aspects of trauma and what we can do as individuals and a community to help St. Louis thrive.

PERD:749 | \$15
 550 W 6pm-8pm
 Feb. 17

FV - TC, 105, 107

Introduction to Soft Tissue Mobilization for the PTA

As a PTA are you looking to improve your manual therapy knowledge and skill set? Do you want to become more independent with the total treatment of your lumbar spine patients? Soft tissue techniques are an essential tool for the PTA working in the outpatient setting. These techniques can have a tremendous positive impact on the patient's pain, joint mobility and overall level of spine function. Upon successful completion of the course, the PTA will be able to discuss the anatomy and neurophysiology of the connective tissue and muscle function; explain the rationale for implementation of soft tissue techniques; recognize his or her mechanics and the effect on treatment outcome and demonstrate a variety of specific and general techniques to the extremities and the spine. Instructor: Michael Gorman PhD PT DMT FAAOMPT

AHCE:774 | \$45
 680 Sa 9am-12pm
 Feb. 20

Michael Gorman
 MC - AS, 104A

Functional Goals and Treatment Strategies for Occupational Performance

This class is designed for Occupational Therapists and Occupational Therapy Assistants to explore task analysis to find creative treatment options to maximize ADL/IADL performance. Therapists will identify the limiting factors that inhibit occupational performance and expand their repertoire of functional treatment strategies. Clinicians will practice writing measurable goals and brainstorm with other professional to solve treatment challenges. Instructor: Carolyn Stecher OTR/L

AHCE:773 | \$25
 650 W 6pm-8pm
 April 6

Carol Stecher
 MC - AS, 102

GENERAL INFORMATION for Nursing and Allied Health Programs



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

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

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

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

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

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

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

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

Clinical and Field Work

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

Learn More.
 When and where you want!

Online Classes Engaging Subjects Interactive Student Discussion Areas Instructor Led Courses

Fast paced

ed2go.com/stlcc

**Continuing Education
 registration begins
 January 4!**

Caregiving at Home Series

Come to the entire workshop or select individual classes below.

Caregiving at Home Workshop

This workshop will be offered 3/21 through 5/9. 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 8-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. No class 4/18; instead class will meet on 4/19.

AHCE:701 | \$129
650 M 6:30pm-9pm
Mar. 21 - May. 9
MC - SS, 108

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

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

AHCE:701 | \$29
651 M 6:30pm-9pm
Mar. 21 MC - SS, 108

Caregiving at Home - Medications and Pain Management

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

AHCE:701 | \$29
652 M 6:30pm-9pm
Mar. 28 MC - SS, 108

Caregiving at Home - Eldercare Law and Order

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. 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: Christine Alsop

AHCE:701 | \$29
653 M 6:30pm-9pm
Apr. 4 MC - SS, 108

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. 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: Shelley Miller

AHCE:701 | \$29
654 M 6:30pm-9pm
Apr. 11 MC - SS, 108

Caregiving at Home - Do No Harm: Proper Body Mechanics

How do you safely move a senior in bed, transfer, and assist with walking? Learn the proper body mechanics that will assure the safety of the person being assisted and the caregiver. Please wear flat shoes and slacks for this session. 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. Please note this class which is part of the 8-week Caregiving at Home Workshop will be offered on a Tuesday evening. Instructor: Mary Christman PT, MA Ed

AHCE:701 | \$29
655 Tu 6:30pm-9pm
Apr. 19 MC - AS, 104A

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. 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.

AHCE:701 | \$29
656 M 6:30pm-9pm
Apr. 25 MC - SS, 108

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. 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 | \$29
657 M 6:30pm-9pm
May. 2 MC - SS, 108

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: Theresa James BSW, Community Educator, Alzheimer's Association St. Louis Chapter

AHCE:701 | \$29
658 M 6:30pm-9pm
May. 9 MC - SS, 108

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



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

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

www.launchcode.org/cs50x

Healthcare Occupations

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



Phlebotomy

This training program is held from 2/9 - 4/28. Register in person only in Continuing Education at Forest Park, G 322/324.

This training prepares the student for entry level employment as a phlebotomist. The course provides classroom, lab instruction and clinical experience. 120 hours of clinical experience is in addition to scheduled class time. No weekend hours for clinical experience. Time off from work may be required to complete clinical. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov to obtain letter. No class date 3/15, 3/17. Registration/refund/withdrawal deadline: 2/2. No refunds after that date.

AHCE:785 | \$1,400

4D0 TuTh 4pm-7pm
Feb. 9 - Apr. 28

Joann Devine
FP - B Tower, 417



Nurse Assistant for Nursing Homes

Training is held from 3/22 - 5/19. Register in person only in Continuing Education at Forest Park G 322/324. The course exceeds the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. Course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures. Upon successful completion of the course the student is eligible for state certification. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov/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.

NURS:723 | \$1,099

4D0 TuTh 4:30pm-8:30pm

Mar. 22 - May. 19

Sa 8am-4:30pm

March 26

Alverta Smith

FP - G Tower, 121

FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 3/26, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 3/15. No refunds after that date.

Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 4/5-4/28. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a "jumpstart" to learn the meaning of these complex words and to gain the "extra edge" when reading textbooks filled with medical language. Refund/withdrawal deadline date: 3/29

NURS:708 | \$79

4D0 TuTh 1pm-3pm
April 5 - April 28

Alverta Smith

FP - G Tower, 121

Central Sterile Processing Technician

**Refund/withdrawal deadline: 4/6.
No refunds after that date.**

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

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

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

Tier 1

This training is held from April 18 through August 3, 2016. Required orientation: Wednesday, April 13, 6 - 8 p.m. This class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week, Monday and Wednesday (April 18 - August 3), for 27 sessions; each 3.5 hours in length. Primary text is an E-book. Final exam: Monday, August 8, 2016. A strict attendance policy is enforced throughout this training. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 5/30, 7/4.

AHCE:788 Section 4D0 | \$2,000

Orientation:

W 6pm-8pm
April 13 FP - G Tower, 121

Class:

MW 6pm-9:30pm
April 18-Aug. 3 FP - G Tower, 121

Final Exam:

M 6pm-9:30pm
Aug. 8 FP - G Tower, 121

Tier 2

This training is held from April 18, 2016 - December 16, 2016. Required orientation: Wednesday, April 13, 6 - 8 p.m. This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week Monday and Wednesday (April 18 - August 3), for 27 sessions; each 3.5 hours in length. Primary text is an E-book. Final exam: August 8, 2016. Externship begins August 15, 2016 and ends December 16, 2016. A strict attendance policy is enforced throughout this training. This program offers the student a direct pathway to success in Central Sterile Processing. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 5/30, 7/4.

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

Orientation:

W 6pm-8pm
April 13 FP - G Tower, 121

Class:

MW 6pm-9:30pm
April 18-Aug. 3 FP - G Tower, 121

Final Exam:

M 6pm-9:30pm
Aug. 8 FP - G Tower, 121

Externship:

M-F
Aug. 15-Dec.16 FP - TBA

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.

Attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 in Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register on online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months.



Pharmacy Technician Certification Training

**Refund/withdrawal deadline: 2/1.
No refunds after that date.**

This training is held from February 11 through June 20, 2016. Required orientation: Monday, February 8, 6 - 8 p.m. Register in person only in Continuing Education at Forest Park, G 322. This training prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of class room instruction and 60 hours of externship experience. Class meets twice a week, Monday and Thursday (February 11 - May 16), for 28 sessions. Primary textbook is an E-book. The 60 hours of externship experience (May 17 - June 10, 2016) follows the classroom experience. Class review: June 13, 2016. Final exam: June 16, 2016. Last class day: June 20, 2016. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test - Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. Class will meet Tuesday, 2/16. No class 2/15, 3/7, 3/10.

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

AHCE:786 Section CD0 | \$2,100

Orientation:

M 6pm-8pm
Feb. 8 Corp. College, 276

Class:

MTh 6pm-9:45pm
Feb. 11-May 16 Corp. College, 276

Externship:

M-F
May 17-June 10

Final Exam Review:

M 6pm-9:45pm
June 13 Corp. College, 276

Final Exam:

Th 6pm-9:45pm
June 16 Corp. College, 276

Last Day of Class:

M 6pm-9:45pm
June 20 Corp. College, 276



The Central Sterile Processing Technician and the Pharmacy Technician Certification Training programs are brought to you in partnership with MK Education

Free Information Session

Central Sterile Processing Technician Information Session

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

AHCE:788

450 W 6pm-7pm
Feb. 24

FP - G Tower, 121

Register beginning January 4

CPR and First Aid

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 | \$45

6D0 Tu 6:30pm-8:30pm

March 8

CD0 Tu 4pm-6pm

April 5

Carol Pikey
MC - CE, CE

Gary Holsapple
Corp. College, 276

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 | \$59

5D0 M 6pm-9:30pm

May 2

Gary Holsapple
FV - TC, 110

Heartsaver First Aid CPR AED

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

CPRR:706 | \$97

CD0 W 8:30am-4:30pm

April 13

Gordon Back
Corp. College, 276

Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging, 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 MUST NOT Register in these Sections. Those Needing Approved Clock Hours MUST Enroll in the Specialized Child Care Provider Sessions Listed on pages 14/15.**

CPRR:711 | \$97

6D0 Sa 8:30am-4pm

Jan. 23

4D0 Sa 8:30am-4pm

Feb. 13

5D0 Sa 8:30am-4pm

March 12

6D1 Sa 8:30am-4pm

April 23

5D1 Sa 8:30am-4pm

May 7

Carol Pikey
MC - CE, CE
Carol Pikey
FP - G Tower, 121
Carol Pikey
FV - TC, 105
Carol Pikey
MC - SW, 108
Carol Pikey
FV - TC, 105

DUE TO THE NATURE OF CPR AND FIRST AID COURSES, YOU MUST ARRIVE ON TIME, NO ADMITTANCE AFTER STATED TIME. Registration is required one week prior to course start date to ensure appropriate student-to-instructor ratios. Late registrations will be considered on a space-available basis only.

Healthcare Provider CPR

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

CPRR:707 | \$69

4D0 F 9am-3:30pm

Jan. 8

4D1 Su 9am-3:30pm

Jan. 10

5D0 Tu 5pm-10pm

Jan. 12

6D0 Th 9am-3:30pm

Jan. 14

CD0 Th 5pm-10pm

Jan. 28

4D2 W 5pm-10pm

Feb. 3

6D1 Tu 5pm-10pm

Feb. 9

CD1 Sa 9am-3:30pm

Feb. 20

4D3 F 9am-3:30pm

Feb. 26

4D4 Th 5pm-10pm

March 10

3D0 W 5pm-10pm

March 23

6D2 Tu 9am-3:30pm

March 29

HD0 Sa 9am-3:30pm

April 2

4D5 M 5pm-10pm

April 11

5D0 F 9am-3:30pm

April 15

6D3 W 5pm-10pm

April 20

4D6 W 5pm-10pm

April 27

6D4 Tu 5pm-10pm

May 3

5D1 W 9am-3:30pm

May 11

4D7 F 9am-3:30pm

May 20

Marilyn Miederhoff

FP - G Tower, 121

Gordon Back

FP - G Tower, 121

Gary Holsapple

FV - TC, 105

Carol Pikey

MC - CE, CE

Gary Holsapple

Corp. College, 276

Gordon Back

FP - G Tower, 121

Marilyn Miederhoff

MC - CE, CE

Gary Holsapple

Corp. College, 276

Gordon Back

FP - G Tower, 121

Marilyn Miederhoff

FP - G Tower, 121

Carol Pikey

WW, 102B

Carol Pikey

MC - CE, CE

Gordon Back

Harrison Ed. Ctr, 100

Gordon Back

FP - G Tower, 121

Carol Pikey

SCEUC, 125

Carol Pikey

MC - CE, CE

Gordon Back

FP - G Tower, 121

Marilyn Miederhoff

MC - CE, CE

Gary Holsapple

FV - CWI, 136

Gordon Back

FP - G Tower, 121

CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate to participants enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced, pre-course work. Access to a computer will be necessary for this course work. Prerequisite required at time of registration: Current AHA Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of extensive pre-course work. Per AHA requirements, within 6 months of the initial CPR Instructor Course, a STLCC TC faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. 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: 2/10. Student must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Course.

CPRR:708 | \$275

4D0 W 8am-5pm

March 2

Gordon Back

FP - G Tower, 121

CPR Instructor Renewal Course

To successfully complete the American Heart Association CPR Instructor Renewal course, the instructor will demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration the instructor must provide documentation meeting both prerequisites. Registration is required one week prior to course start date. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Student must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Renewal Course.

CPRR:709 | \$85

4D0 Th 6pm-10pm

Feb. 18

Gordon Back

FP - G Tower, 121

Registration is required one week prior to course start date.

Registration/Refund/Withdrawal deadline: 2/11.

4D1 W 8am-12pm

April 6

Gordon Back

FP - G Tower, 121

Registration is required one week prior to course start date.

Registration/Refund/Withdrawal deadline: 3/30.

Childcare Training

**Child Care Providers
Saturday Seminars**

**Child Care Provider: Heartsaver
Pediatric First Aid CPR AED**

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

CCPR:711 | \$97

- | | | | |
|-----|---------------|-------------------|--------------|
| 6D0 | Sa 8:30am-4pm | | MC - CE, CE |
| | Jan. 23 | | |
| 4D0 | Sa 8:30am-4pm | FP - G Tower, 121 | |
| | Feb. 13 | | |
| 5D0 | Sa 8:30am-4pm | | FV - TC, 105 |
| | March 12 | | |
| 6D1 | Sa 8:30am-4pm | | MC - SW, 108 |
| | April 23 | | |
| 5D1 | Sa 8:30am-4pm | | FV - TC, 105 |
| | May 7 | | |

**Saturday
Full Day Programs**

Six clock hours for each program

Sack lunch is provided.

Nature and Young Children Seminar

The morning session: No Child Left Inside- Outdoor Play to Explore Nature and Science! Explore the natural world outside through new fun science activities you can integrate into your daily schedule. Help children wonder, explore, and discover with hands-on activities planned for the outdoors. The afternoon session: Connecting with Nature- Gardening and Cooking with Children! Encourage healthy eating as you help children learn about fruits and vegetables; and take produce from the garden to the table. Hands-on simple recipes, cooking activities and gardening tips will be shared. Our goal is to encourage children to learn to taste, eat and enjoy more fruits and vegetables. You will see new teaching materials- "Early Sprouts Cook Book" and "Lana's Favorite Recipes." Box lunch included.

CCPR:710 | \$45

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|-----|---------------|------------------|
| 581 | Sa 9am-3:30pm | Geraldine Jasper |
| | March 5 | FV - CDC, 112 |
| 680 | Sa 9am-3:30pm | Geraldine Jasper |
| | April 16 | MC - SC, 200 |

The Beautiful Brain: The First Three Years of Life

Do you know how the infant brain develops? The risk factors to healthy brain development? What caregivers and parents can do to encourage brain development? Examine hot topics in brain research and discover how to establish patterns for early learning. Box lunch included. Class will be held in Cafe' East.

CCPR:712 | \$45

- | | | |
|-----|---------------|-----------------|
| 480 | Sa 9am-3:30pm | Jasmin Marshall |
| | Jan. 30 | FP - SC |

New Understanding Behavior: Mine and the Children's

This training will first look at you and how you react and respond through the lens of mindful learning. Next it will explore the reason children behave as they do and employ brain based discipline. Session I: Mindful Learning to Deal with Daily Stress. 9:00-12:00. Do you realize how stressed I am and how difficult it is to find happiness in my life and my job? Learn practices to reduce stress and increase your personal happiness. Session II: Brain Based Discipline. 12:30-3:30. Do you have any idea how difficult it is to discipline children in my classroom? Learn about the brain and use this knowledge in your work with children. Workshop check in begins at 8:30 a.m. Box lunch included.

CCPR:765 | \$45

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|-----|---------------|----------------|
| 680 | Sa 9am-3:30pm | Judith Saurage |
| | Feb. 27 | MC - SC, 200 |
| 581 | Sa 9am-3:30pm | Judith Saurage |
| | Apr. 9 | FV - CDC, 112 |

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

Discipline and Guidance of Young Children

How do you redirect children's behavior? How do you promote positive peer interactions? How do you communicate with young children and build their self-esteem? Learn new things to do and say in guiding young children.

CCPR:702 | \$35

- | | | |
|-----|------------|-------------------|
| 581 | Sa 9am-1pm | Geraldine Jasper |
| | April 2 | FV - CDC, 112 |
| 480 | Sa 9am-1pm | Geraldine Jasper |
| | Feb. 6 | FP - G Tower, 117 |

Supervision and Safety in an Early Childhood Facility

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

CCPR:702 | \$35

- | | | |
|-----|------------|------------------|
| 582 | Sa 9am-1pm | Geraldine Jasper |
| | May 7 | FV - CDC, 112 |

Catch the Storytelling Bug!

Have you ever wanted to become a playful storyteller? Annette Harrison, award winning storyteller, educator and author will take you through the storytelling fundamentals. You will experience the joy of closing a children's picture book and jumping into the telling of the story. Co-sponsored by the Missouri Humanities Council. Please arrive and check in prior to 12:00 p.m. No one will be admitted after 12:00 p.m. Class will be held in Cafe' East.

CCPR:718 | \$25

- | | | |
|-----|-------------|------------------|
| 480 | Sa 12pm-3pm | Annette Harrison |
| | Feb. 13 | FP - SC |

Saturday Half Day Programs

Science Activities for Young Children

Science is all around us! Learn to help children explore science through a variety of hands-on activities both inside the classroom and outdoors.

CCPR:710 | \$35

- | | | |
|-----|------------|---------------|
| 580 | Sa 9am-1pm | Carrie Kinzel |
| | Feb. 20 | FV - CDC, 110 |

Encouraging the Love of Books for Preschoolers

Learn how to grow readers by engaging your preschoolers with stories, books, nursery rhymes and other activities that help promote the reading readiness skills. Participants in the workshop will explore high quality children's books, discover new ways to make books and stories come alive, and learn how to make connections between books and the child's world. Participants will take home a wealth of ideas and a variety of books to use with preschoolers. Presented by Annette Harrison, dynamic educator and storyteller. This class is designed for preschool teachers and caregivers. Co-sponsored by the Missouri Humanities Council.

CCPR:718 | \$25

- | | | |
|-----|-------------|------------------|
| 550 | Sa 12pm-3pm | Annette Harrison |
| | Jan. 23 | FV - CDC, 112 |

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

This special four hour training will cover two different topics. Session I: Brain Injuries in Early Childhood. This workshop will provide information on preventing, recognizing, and supporting brain injuries in your children ages birth through age five. Session II: Infant Toddler Transition Tips. Are you experiencing challenging behavior in transition times and routine tasks? Come learn new strategies to create teachable moments and plan smooth, meaningful and fun routines as part of your infant/toddler caregiving. Create a hands on transitional tool for your classroom!

CCPR:765 | \$40

- | | | |
|-----|------------|---------------|
| 580 | Sa 9am-1pm | Amanda McNutt |
| | May 14 | FV - CDC, 112 |



**CHILD CARE
CLOCK HOUR TRAINING**

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

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

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 | \$15
780 W 7pm-9pm
March 2

Geraldine Jasper
Lindbergh H.S., 46

Child Safety and Supervision

A review of techniques to make supervision and safety a high priority in every childcare facility.
CCPR:702 | \$15
580 Th 7pm-9pm
Jan. 21

Geraldine Jasper
FV - CDC, 112

Discipline for School-agers

Learning to manage groups of school-agers (ages 5-10) is always a challenge. We will look at ways to enrich the environment and increase developmentally appropriate choices for school-agers to reduce discipline challenges. You will gain positive techniques and tips to manage group activities and your day will go smoother.
CCPR:702 | \$15
650 Th 7pm-9pm
March 24

Geraldine Jasper
MC - SO, 109

Discipline for Toddler and Twos

Do you think of "Terrible Toddlers and Twos" or "Terrific Toddlers and Twos?" Knowing how to manage this age group and understanding their development will get you thinking "Terrific Toddlers and Twos!" You will explore many positive ways to work with this age group.
CCPR:702 | \$15
770 W 7pm-9pm
Feb. 17

Geraldine Jasper
Hixson Mid. School, 117

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 | \$18
550 Tu 7pm-9pm
April 12

Latonya Brown
SCEUC, 100

Making Sensory Exploration Materials: Play Dough, Goop, and More

Come to this hands-on workshop and learn the importance of sensory exploration materials in the classroom. You'll make several "mixtures" and will receive recipes for all the creative doughs.
CCPR:703 | \$15
550 Th 7pm-9pm
April 7

Victoria McReynolds
FV - CDC, 112

Understanding the Temperaments of Infants & Toddlers

Infants come into the world with different temperaments that influence their behavior and relationships with their caregivers both at home and in child care. This workshop will introduce the key concepts of temperaments and temperament types. Caregivers will gain an understanding of how they can be more responsive to infants and toddlers in their care.
CCPR:707 | \$15
450 Tu 7pm-9pm
May 10

Gloria Hampton
FP - G Tower, 119

How to Use Music and Movement Throughout the Day

Songs and movements make transitions fun and help children tune in when they appear to be tuned out. Even if you can't sing you can make a song out of anything.
CCPR:708 | \$15
550 Th 7pm-9pm
March 10

Rose Anderson-Rice
FV - CDC, 112

How and When to Talk to Parents

Gain helpful methods for communicating your concerns with parents about their child's education. Specific consultation strategies and techniques are demonstrated. Discussion of how to talk to parents to build and maintain positive relationships. Co-sponsored by Learning Disabilities Association, Inc.
CCPR:714 | \$15
480 M 7pm-9pm
Feb. 22

FP - G Tower, 119

Language Development: Phonological Awareness and Alphabetic Knowledge

Discussion of language development in pre-school years. Provides specific tools to encourage phonological awareness and alphabetical knowledge. Co-sponsored by St. Louis Learning Disabilities Association.
CCPR:718 | \$15
770 M 7pm-9pm
April 4

Hixson Mid. School, 117

Language Development - Birth to Age Five

This workshop discusses brain development, the importance of reading to language development, age appropriate books, developmental milestones, and appropriate activities for each milestone. Co-Sponsored by St. Louis Learning Disabilities Association.
CCPR:718 | \$15
780 M 7pm-9pm
March 7

Lindbergh H.S., 46

Fun with Books: Making a Story Time Bag

Create activities to put into your new, free story time bag. Easy to find, inexpensive ideas will be shared to help you expand your story time activities and strengthen early literacy.
CCPR:718 | \$15
551 Th 7pm-9pm
April 28

Sally Brooks
FV - CDC, 112

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 | \$15
550 Th 7pm-9pm
Feb. 4

Geraldine Jasper
FV - CDC, 112

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 | \$15
550 Th 7pm-9pm
Jan. 28
650 W 7pm-9pm
May 4

FV - CDC, 112

MC - SO, 109

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 of methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association, Inc.
CCPR:723 | \$15
551 Th 7pm-9pm
Feb. 11
651 W 7pm-9pm
May 11

FV - CDC, 112

MC - SO, 109

Surviving Naptime

Creative ways to make nap time a pleasant experience. Learn to make nap time a peaceful and relaxing experience for both children and adults. You'll discuss appropriate expectations.
CCPR:727 | \$15
650 Tu 7pm-9pm
Jan. 19

Geraldine Jasper
MC - SO, 109



Exclamation Point!

*"Great workshop-lots of fun learning new ideas to use with the children.
Gerry Jasper is an enthusiastic teacher!"*

-Angela, student

Communications

No Sweat Public Speaking

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

COMM:715 | \$39

650 W 6:30pm-8:30pm
April 6 – April 20

Fred Miller
MC - AS, 108

Are You Ready for Radio?

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

COMM:720 | \$29

680 Sa 9am-12pm
May 7

Laurie Beakley
MC - CN, 225

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
April 23

Michael Doran
FP - G Tower, 111

580 Sa 9am-12pm
April 2

Michael Doran
FV - C, 102

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
April 23

Michael Doran
FP - G Tower, 111

581 Sa 12:30pm-3:30pm
April 2

Michael Doran
FV - C, 102

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
Feb. 22 – May. 2
No class 3/14.

Melissa Baumgartner
MC - SO, 105

Registration/withdrawal deadline: 2/12. No refunds after that date.

4D1 F 9am-1pm
Feb. 26 – May. 6
No class 3/18.

Melissa Baumgartner
FP - G Tower, 323

Registration/withdrawal deadline: 2/18. No refunds after that date.

ACE Group Fitness Instructor Certification Prep Course

Group fitness has exploded in the past five years, attracting more than 22.1 million people annually to indoor cycling, Les Mills BODYPUMP™, Zumba® fitness, CrossFit, boot camp, yoga and more. Our ACE Group Fitness Instructor Certification will give you the knowledge to design and teach any class better, lead all fitness levels more effectively, and deliver experiences your participants will never forget. Don't position yourself as a performer when you can position yourself as a professional. Earning a certification accredited by the National Commission for Certifying Agencies (NCCA) will set you apart as a teacher who leads more than just the front row. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at <http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf> for more information on eligibility. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship. No class 3/17.

PEDU:753 | \$595

6D2 Th 5pm-9pm
Mar. 3 – May. 12

Melissa Baumgartner
MC - SO, 112

Registration/withdrawal deadline: 2/25. No refunds after that date.

**Explore ACE Fitness
Certifications!**

Mental Health Interpreter

Mental Health Interpreter Program

This is a 10-week non-credit certificate program to train foreign language interpreters for work in the mental health field. Those who complete the course and earn a certificate may receive priority employment by local agencies who provide foreign language translation services. Required: 6 months prior interpreting experience. All course materials included. No class 3/14.

EDUC:760 | \$179

650 M 6:30pm-9:30pm
Feb. 22 – May 2

Eduardo Vera
MC - CS, 204

Real Estate

How to Start a Career in Real Estate

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

REAL:715 | \$29

650 Th 7pm-9pm
April 7

Jill McCoy
MC - CN, 228

350 Tu 7pm-9pm
Feb. 16

Jill McCoy
WW, 201

How to Be a Successful Landlord

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

REAL:720 | \$69

480 Sa 9am-5pm
April 16

Mary Hankins
FP - G Tower, 115

Restaurant Management



ServSafe Food Safety Certification

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

RMGT:701 | \$169

480 Sa 8am-3pm
Jan. 30 – Feb. 13

Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
Feb. 20 – March 5

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
April 2 – April 16

Almut Stephan Marino
MC - SO, 107

ServSafe Food Safety Certification Review and Retest

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

RMGT:702 | \$79

480 Sa 8am-3pm
Feb. 13

Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
March 5

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
April 16

Almut Stephan Marino
MC - SO, 107

Computers and Technology

Applications and Systems

Microsoft Windows 10: Introduction: In a Day

Explore Windows 10 in detail and all of its user-friendly features in this course. Topics discussed will include the newly redesigned Start Menu, an introduction to the Windows Store, Cortana and the new Action Center. Many other topics will be discussed and we'll also have some question and answer time for those individual issues that affect everybody! This class will be using Windows 10 with a mouse. Prerequisite: Personal Computers Introduction class or experience using any version of Microsoft Windows.

COMP:705 | \$99

C01 Sa 9am-4pm
April 16

James Prater
Corp. College, 208

C81 Sa 9am-4pm
Feb. 20

James Prater
Corp. College, 208

Transitioning From Windows 7 to Windows 10

Check out the new changes with Windows 10! This three hour session we will go through the new user-friendly features of Windows 10. This class will be using Windows 10 with a mouse. Prerequisite: Personal Computers Introduction class or equivalent experience and experience with Windows Vista or Windows 7.

COMP:705 | \$49

681 Sa 9am-12pm
April 2

James Prater
Corp. College, 208

Transitioning From Windows 8 to Windows 10

Check out the new changes with Windows 10. This three hour session we will break it all down for you. This class will be using Windows 10 with a mouse. Prerequisite: Personal Computers Introduction class or equivalent experience and experience with Windows 8..

COMP:705 | \$49

C80 Sa 9am-12pm
March 12

James Prater
Corp. College, 208

Microsoft Windows 8: Introduction: In a Day

Explore Windows 8 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

C02 Sa 9am-4pm
March 26

STLCC Staff
Corp. College, 206

Microsoft Word 2013: In a Day

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

COMP:715 | \$99

C02 Sa 9am-4pm
March 5

Rachel Bufalo
Corp. College, 208

S01 Tu 9am-4pm
April 19

Rachel Bufalo
SCEUC, 206

580 F 9am-4pm
May 6

Barbara Primm
FV - B, 120

Introduction to Microsoft Word 2013 for Business

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

COMP:715 | \$129

C01 F 9am-4pm
Feb. 5

Cris Heffernan
Corp. College, 206

Intermediate Microsoft Word 2013 for Business

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

COMP:716 | \$129

C01 F 9am-4pm
Feb. 12

Cris Heffernan
Corp. College, 206

Introduction to Microsoft Excel 2013 for Business

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

COMP:720 | \$129

C01 F 9am-4pm
Feb. 19

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: In a Day

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

COMP:720 | \$99

C80 Sa 9am-4pm
Feb. 6

Cris Heffernan
Corp. College, 208

680 Sa 9am-4pm
April 16

Roy Lenox
MC - BA, 203

Microsoft Excel 2013: Introduction

Create spreadsheets using Microsoft Excel. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience. No class 2/10.

COMP:720 | \$149

750 W 6:30pm-9:40pm
Feb. 3 - March 9

Roy Lenox
Kirkwood H.S., W 205

Microsoft Excel 2013: Intermediate

This course is a continuation of our Introduction to Excel class. Further your spreadsheet skills by managing multiple sheet workbooks, creating more complex formulas and functions, enhancing the appearance of your document, and by creating custom reports with pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$149

750 W 6:30pm-9:40pm
March 23 - April 20

Roy Lenox
Kirkwood H.S., W 205

Intermediate Excel 2013 for Business

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

COMP:721 | \$129

C01 F 9am-4pm
March 4

Cris Heffernan
Corp. College, 208

Advanced Microsoft Excel 2013 for Business

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

COMP:722 | \$129

C01 F 9am-4pm
March 11

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Access 2013 for Business Part 1

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

COMP:725 | \$129

C01 F 9am-4pm
April 1

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Access 2013 for Business Part 2

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

COMP:725 | \$109

C02 F 9am-4pm
April 8

Cris Heffernan
Corp. College, 208

Microsoft Access 2013: In a Day

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

COMP:725 | \$99

C80 Sa 9am-4pm
April 16

Cris Heffernan
Corp. College, 206

Intermediate Access 2013 for Business

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

COMP:726 | \$129

C01 F 9am-4pm
April 15

Cris Heffernan
Corp. College, 208

Microsoft PowerPoint 2013: In a Day

Learn the basics of MS PowerPoint in one day! This is an introductory course in using PowerPoint to create effective graphic presentations. Learn to use word processing and drawing tools to create and edit text, logos, and artwork. Additional topics include importing clip art, using templates, and rearranging your presentation. Prerequisite: Windows Introduction class or equivalent experience.

COMP:730 | \$99

C01 Sa 9am-4pm
March 26

Patrick Karl
MC - BA, 202

QuickBooks Pro 2015

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

COMP:734 | \$149

C01 Tu 9am-12pm
April 12 - May 10

Barbara Primm
Corp. College, 208

C52 W 6pm-9pm
March 9 - April 13
No class 3/16

Barbara Primm
Corp. College, 208

C51 Tu 6pm-9pm
Jan. 26 - Feb. 23

Barbara Primm
Corp. College, 208

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. Text Required. Available for credit as EGR.133. No class 3/16.

COMP:770 | \$206

250 W 7pm-9:45pm
Jan. 20 - May 11

FV - E, 278

Mobile Technologies

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

680 Sa 9am-12pm
March 5

Barbara Primm
MC - SW, 210

550 Tu 6pm-9pm
April 5

Barbara Primm
FV - B, 120

C50 W 6pm-9pm
Feb. 3

Barbara Primm
Corp. College, 205

502 F 9am-12pm
May 6

SCEUC, 202

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

651 W 6pm-9pm
April 13

MC - BA, 208

C51 Sa 9am-12pm
Feb. 13

Corp. College, 210

Learn the Basics of an iPad

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

COMP:765 | \$25

C80 Sa 12:30pm-3:30pm
Feb. 6

Corp. College, 210

650 W 6pm-9pm
April 6

MC - BA, 208



Interested in making movies with your mobile device? Check out **Making Movies With Your Mobile Device!** on page 51.

Personal Computing

PCs & Technology: Introduction In a Day

Learn the basics of using a PC & 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

C50 Sa 9am-4pm
Feb. 27

Jerry Bearden
Corp. College, 208

300 F 9am-4pm
April 29

Jerry Bearden
WW, 206

580 Sa 9am-4pm
Feb. 6

Barbara Primm
FV - B, 127

PCs and Technology: Introduction

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

COMP:701 | \$109

501 Th 9am-12pm
Feb. 4 - Feb. 25

Jerry Bearden
SCEUC, 208

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. No class 3/21, 5/2.

COMP:702 | \$109

780 M 7pm-9pm
Feb. 22 - May 9

Helen Ralston
Lindbergh H.S., 108



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

550 Th 6pm-9pm
Feb. 4

Rachel Bufalo
FV - B, 125

552 Tu 6pm-9pm
April 26

Rachel Bufalo
FV - B, 125

553 Tu 6pm-9pm
April 5

Rachel Bufalo
SCEUC, 208



Google Docs

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

COMP:742 | \$25

C01 F 9am-12pm
Feb. 19

Rachel Bufalo
Corp. College, 206

552 F 9:30am-12:30pm
April 22

Rachel Bufalo
SCEUC, 208

Introduction to eBay: Buying and Selling

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

COMP:742 | \$49

550 Tu 6:30pm-9pm
March 29 - April 5

William Bearden
SCEUC, 207

580 Sa 9am-3pm
Feb. 27

Barbara Primm
FV - B, 127

Strategies for Selling on eBay

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

COMP:742 | \$29

C80 Sa 9am-12pm
April 30

Barbara Primm
Corp. College, 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 **Jean Bradley**
 Feb. 7 *MC - BA, 216*
 681 Su 12:30pm-3:30pm **Jean Bradley**
 April 24 *MC - BA, 216*

How to Network Computers

Learn how to create a computer network. Prerequisite: Windows Introduction class or equivalent experience.

- COMP:792 | \$25**
 680 Sa 9am-12pm **Patrick Karl**
 March 12 *MC - BA, 202*

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 **Patrick Karl**
 Feb. 27 *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 | \$35**
 680 Sa 8am-12pm **Patrick Karl**
 Feb. 13 *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 and electronic and communications using the most current/effective techniques/methodologies.

- COMP:795 | \$39**
 C80 Sa 9am-1pm **Cortez Tillman**
 April 9 *Corp. College, 208*

Publishing and Media Technologies

Desktop Publishing

Photoshop Elements 12: Basic Overview

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

- COMP:755 | \$59**
 S50 Tu 6pm-9pm **Rachel Bufalo**
 Feb. 16 - March 1 *SCEUC, 208*

Photoshop Elements 12: Special Techniques and Retouching Faces

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

- COMP:755 | \$39**
 S51 Tu 6pm-9pm **Rachel Bufalo**
 March 22 - March 29 *SCEUC, 208*

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. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.

- COMP:755 | \$99**
 C80 Sa 9am-4pm **Zak Zych**
 April 30 *Corp. College, 206*
 680 Sa 9am-4pm **Zak Zych**
 March 26 *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 Certificate.

- COMP:755 | \$129**
 C50 Th 6pm-9pm **Zak Zych**
 Feb. 4 - Feb. 25 *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. No class 3/17.

- COMP:755 | \$129**
 C51 Th 6pm-9pm **Zak Zych**
 March 10 - April 7 *Corp. College, 206*

Adobe Photoshop Creative Cloud (CC): Advanced

Adobe Photoshop Advanced builds on the skills learned in the beginning and intermediate classes. Topics may include but are not limited to: Coordinating adjustment layers with layer masks, smart objects, blurring and sharpening and shadows and highlights. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Certificate.

- COMP:755 | \$129**
 C52 Th 6pm-9pm **Zak Zych**
 April 14 - May 5 *Corp. College, 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. Topics may include but are not limited to: layers, history, the clone stamp, the spot healing brush tool and content-aware fill, selections, transformations and the difference between destructive and non-destructive editing. 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 **Zak Zych**
 Jan. 22 *MC - HE, 233*

Adobe Photoshop Creative Cloud: The Next Step

Picking up right where the First Step workshop left off, this workshop presents essential techniques for graphic designers, photographers and digital artists who are already regular users of Photoshop. 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 crop tool and coordinating adjustment layers with layer masks. 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 **Zak Zych**
 Feb. 5 *MC - HE, 233*

Adobe Edge Animate Creative Cloud

Edge Animate helps web designers create highly interactive, HTML5 animations. Create custom, moving images for web sites, digital publishing, rich media advertising and more, for desktop and mobile browsers. Learn the basic functions in this new tool and build your own examples in this hands-on workshop.

- CVTW:701 | \$139**
 680 Sa 8:30am-4:30pm **Mark Pennycuik**
 March 5 *MC - HE, 232*

 = Digital Arts and Technology Alliance Workshops

Exclamation Point!

*I learned a lot more about my computer than I expected, even though I've worked on a computer for years. Great information! Great class! Everyone working on computers should take **How to Tune Up a PC***
 - Rylan K., Oakville, MO

Introduction to Adobe Photoshop Lightroom

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 5 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.

CVTW:701 | \$139
 602 F 8:30am-4:30pm **Charles LaGarce**
 April 1 *MC - HE, 233*

Adobe InDesign Creative Cloud: The First Step

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

CVTW:702 | \$139
 680 Sa 8:30am-4:30pm *MC - HE, 233*
 Jan. 30

Adobe InDesign Creative Cloud: The Next Step

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

CVTW:702 | \$139
 683 Sa 8:30am-4:30pm *MC - HE, 233*
 April 30

Adobe Illustrator Creative Cloud: The First Step

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

CVTW:702 | \$139
 600 F 8:30am-4:30pm **John Schmitt**
 Feb. 12 *MC - HE, 233*

Adobe Illustrator Creative Cloud: The Next Step

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

CVTW:702 | \$139
 681 Sa 8:30am-4:30pm **John Schmitt**
 Feb. 20 *MC - HE, 233*

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 **Timothy Linder**
 Feb. 19 *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 **Timothy Linder**
 March 4 *MC - HE, 233*

Maya

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

CVTW:704 | \$139
 680 Sa 8:30am-4:30pm **Joseph Rollins**
 March 26 *MC - HE, 232*

Sketch Up

Three dimensional models are essential if you're in the design field. Students will learn the basics of three dimensional modeling with SketchUp. It's the perfect tool for the beginner as well as professional designers, filmmakers, game developers, architectural, civic, mechanical engineers and related professions. This program is available for anyone designing anything from frying pans to cathedrals. Basic proficiency in Illustrator and Photoshop will be helpful for this workshop.

CVTW:704 | \$139
 682 Sa 8:30am-4:30pm **Darren Thompson**
 May 7 *MC - HE, 233*

Final Cut Pro X: Video Editing: The First Step

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

CVTW:706 | \$139
 680 Sa 8:30am-4:30pm **Anthony Carosella**
 Feb. 13 *MC - HE, 232*

Final Cut Pro X: Video Editing: The Next Step

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

CVTW:706 | \$139
 681 Sa 8:30am-4:30pm **Anthony Carosella**
 Feb. 27 *MC - HE, 233*

Avid Media Composer 8 Video Editing

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

CVTW:706 | \$139
 682 Sa 8:30am-4:30pm **Anthony Carosella**
 April 2 *MC - HE, 232*

Digital Architectural Photography for Professionals

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

CVTW:710 | \$139
 680 Sa 8:30am-4:30pm **Richard Sprengeler**
 April 16 *MC - HE, 233*

GoPro HD Hero Camera for Professionals and Adventurers

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

CVTW:710 | \$139
 681 Sa 8:30am-4:30pm **Anthony Carosella**
 March 26 *MC - HE, 233*

Drones for Video and Photography

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

CVTW:710 | \$139
 682 Sa 8:30am-4:30pm **Anthony Carosella**
 May 7 *MC - HE, 136*





Restoring and Repairing Old Photos: The First Step

Learn how to professionally repair, preserve, and enhance old photos. Using a variety of techniques, participants in this workshop will correct damaged facial features, removed scratches or surface cracking, repair areas with missing pieces, repair wrinkling, yellowing, and staining. Students will also learn how to remove or combine objects and people from different photos as well as to remove and replace backgrounds.

CVTW:710 | \$139
683 Sa 8:30am-4:30pm **Michael Swoboda**
 Feb. 13 *MC - HE, 136*



Restoring and Repairing Old Photos: The Next Step

Using a variety of advanced techniques, participants will learn how to restore damage or "abused" images using Photoshop's advanced techniques, from managing the healing brush, custom curves, and channel mixers to creating custom selections. This course will include archival printing of your photos using high quality printers and paper supplied by the instructor. You may bring up to three images from your own collection to work with or use those provided by the instructor.

CVTW:710 | \$139
684 Sa 8:30am-4:30pm **Michael Swoboda**
 Feb. 20 *MC - HE, 136*



Create, Publish, and Distribute eBooks with Smashwords

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

CVTW:712 | \$139
600 F 8:30am-4:30pm **Jenny Gibbons**
 Jan. 29 *MC - HE, 233*



3D Printing Workshop for Beginners

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

CVTW:713 | \$139
680 Sa 8:30am-4:30pm **John Schmitt**
 Feb. 27 *MC - HE, 136*

Social Media

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 | \$35
C02 F 9:30am-1pm **Rachel Bufalo**
 March 11 *Corp. College, 206*
S01 F 9:30am-1pm **Rachel Bufalo**
 Jan. 29 *SCEUC, 206*
551 Tu 5:30pm-9pm **Rachel Bufalo**
 May 3 *FV - B, 125*



= Digital Arts and Technology Alliance Workshops

Facebook

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

COMP:742 | \$25
553 Tu 6pm-9pm **Rachel Bufalo**
 April 19 *FV - B, 125*
S51 Tu 6pm-9pm **Rachel Bufalo**
 Jan. 26 *SCEUC, 206*
350 W 6pm-9pm **Erin De Vore**
 May 4 *WW, 209*

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 | \$29
650 W 6pm-9pm **Richard Vagen**
 Feb. 17 *MC - BA, 208*

Instagram

Ask any teen what their social network of choice is and they will likely say Instagram. Instagram is an up and coming social network that is all about visual sharing. Come to this class to learn more. Topics Include: An introduction and overview, signing up for an account, posting photos to Instagram, 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
S54 Tu 6pm-9pm **SCEUC, 208**
 April 19



Social Media Marketing

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

CVTW:713 | \$139
603 Sa 8:30am-4:30pm **Anthony Carosella**
 April 30 *MC - HE, 233*

Tech Savvy

Tech Savvy Friday: What is the Cloud?

If the "cloud" sounds more like a high in the sky idea that a technological term this is the workshop for you.

COMP:765 | \$19
S01 F 9am-11am **Rachel Bufalo**
 April 15 *SCEUC, 206*

Tech Savvy Friday: Flash Drives

Some call it a thumb drive, a memory stick, a jump drive, a USB drive, etc. Regardless of what you call it, Flash Drives have become the most widely used device in portable data storage. Come find out how to use and love this cool little gadget. Class includes your very own flash drive to use in the class and keep. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$25
S01 F 9am-11am **Barbara Primm**
 April 29 *FV - B, 119*
S03 F 9am-11am **Rachel Bufalo**
 March 25 *SCEUC, 206*

Tech Savvy Friday: Utilizing the Internet

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

COMP:765 | \$19
S04 F 9am-11am **Rachel Bufalo**
 Feb. 12 *SCEUC, 206*

Web Development

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. This class will move at a slow 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 | \$109
S50 Th 6pm-9pm **Jerry Bearden**
 March 31 - April 14 *SCEUC, 208*

Create Your Own Website with WordPress

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

COMP:745 | \$99
600 F 9am-4pm **Jerry Bearden**
 May 6 *MC - BA, 202*
S01 F 9am-4pm **Jerry Bearden**
 March 4 *SCEUC, 206*
C02 F 9am-4pm **Jerry Bearden**
 Jan. 29 *Corp. College, 208*

Internet Marketing with WordPress

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

COMP:745 | \$39
C03 F 9am-12pm **Jerry Bearden**
 May 13 *Corp. College, 208*



Adobe Muse: Web Design for the Graphic Designer

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

CVTW:702 | \$139
682 F 8:30am-4:30pm **David Haley**
 March 11 *MC - HE, 233*



Basic Game and Simulation Design Using Unity

Learn the basics of Unity, the most widely used platform for game and interactive simulation development. This powerful program has become easier to use, and it offers a powerful means to create interactive simulation games and educational programs. Get a start toward creating basic virtual environments, games and simulations with this hands on workshop.

CVTW:713 | \$139

600 F 8:30am-4:30pm
April 15

Timothy Linder
MC - HE, 233



EZ Websites: The First Step

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

CVTW:750 | \$139

680 Sa 8:30am-4:30pm
Jan. 23

Benjamin Shasserre
MC - HE, 233



Website Design with WordPress

This workshop offers students new to WordPress a quick start, step-by-step plan for learning what WordPress is all about. With a focus on design, we will cover its features, the importance of web typography, what blogging is about, as well as how to use the WordPress online blog system to create and manage personal and professional websites.

CVTW:750 | \$139

681 Sa 8:30am-4:30pm
March 26

Benjamin Shasserre
MC - HE, 136

Web Development Program

Our exceptional course is intense and comprehensive. You'll learn how to develop websites using two methods: 1) hand-coding HTML using a text editor and 2) using a powerful design and development tool, Dreamweaver. Within this broad framework you're going to cover a lot of ground including fonts, lists, links, images, tables, forms, frames, cascading style sheets, page layout, animation, multimedia, good design principles, and World Wide Web Consortium standards. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive to the first class. No class 3/16.

COMP:745 | \$299

S51 W 5:30pm-9:30pm
Feb. 10 - April 13

Donna Peck
SCEUC, 209

Industry and Construction Technologies

Construction

Sustainable Construction

The emphasis in this class is on the 'green building' revolution, its socioeconomic importance and impact, how sustainable construction differs from the traditional approach, the Leadership in Energy and Environmental Design (LEED) and Green Globes rating systems and how these rating systems impact various aspects of a building and its components and systems. Text required. Available for credit as CE.118. No class 3/16.

CONS:701 | \$309

251 W 7pm-9:45pm
Jan. 20 - May 11

Dennis Dill
FV - E, 160

Construction Estimate

The total estimating and bidding process. Topics will include: bid form contracts, specifications, overhead, unit costs, quantity surveys, subcontract bids, pricing, checking and alternates. Students should be able to read construction drawing prior to enrolling in this course. Text required. Available for credit as CE.131. No class 3/15.

CONS:702 | \$309

251 Tu 7:05pm-9:45pm
Jan. 19 - May 10

Gary Drikow
FV - E, 158

National Electrical Code and Calculations - Part 2

This course covers specialty areas of articles in the N.F.P.A. Division 70 text - the National Electrical Code. Review general definitions as a refresher from Part 1. Chapters 5-8 are covered i.e. hazardous locations, health care facilities, mobile home parks, manufactured wiring, swimming pools, electric welders and fire pumps. These will be discussed in depth along with special occupancies. Calculations are part of the N.E.C., so basic calculations on trailer parks, welders, x-ray units, and short circuit current will be reviewed and discussed. Text required. Prerequisite: Part 1 National Electrical Code and Calculation. No class 2/23, 3/15. offered through Meramec

ELEC:705 | \$299

S50 Tu 6pm-9pm
Jan. 19 - May 3

Michael Smith
SCEUC, 213

10 Hour OSHA Construction Health and Safety Training Certification

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

CONS:736 | \$125

C01 Tu 4pm-9:30pm
Feb. 2 - Feb. 9

Patricia Dalton
Corp. College, 211

10 Hour OSHA General Industry Certification

This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive an OSHA card after completion of the course.

CONS:736 | \$125

C02 Tu 4:30pm-9:30pm
Feb. 23 - March 1

Patricia Dalton
Corp. College, 211

OSHA Safety Update

What's new? How compliant are you? How does your company's Safety Program size up?

Are you responsible for overseeing, communicating and upholding OSHA guidelines at your workplace?

The goal of this 6 hour class is to provide guidance on:

- OSHA's HazCom Compliance Directive - required interface between SDS, labels and your company's hazardous chemical inventory.
- How to transition from your existing hazardous chemicals communications program to the newly required one.
- Due dates/ deadlines for your company and chemical manufacturers and for transitioning from MSDS to the new 16 section SDS format

In addition, this course will also overview:

- Other new directives coming from OSHA
- Recordkeeping responsibilities
- Risk-based Management and what is it and why do we keep hearing about it lately?

CONS:736 | \$99

5C1 Sa 8:30am-3:30pm
March 5

Patricia Dalton
Corp. College, 211

OSHA Training at STLCC

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

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

Students may bring snack or sack lunch to class

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).
CONS:721 | No Fee
 5C0 Tu 6pm-7:30pm
 Jan. 19

Ryan Chester
 FV - CWI, 136

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

Join the field of solar energy. In this course students will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets, and safety basics. Students will be introduced to basic photovoltaic equipment and will learn how to assess potential installation sites for their solar energy potential. Students will gain hands on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites, and calculation of load estimations. In addition students will learn about photovoltaic system components and how they interact with each other. Students will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. We will build a full string inverter system and modules on a mock roof, and a ballasted racking system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Texts included.
CONS:721 | \$299
 5C1 TuTh 5pm-8pm
 Jan. 26 - Feb. 16

Ryan Chester
 FV - CWI, 120

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

A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part 1.
CONS:721 | \$199
 5C2 TuTh 5pm-8pm
 Feb. 18 - March 10

Ryan Chester
 FV - CWI, 120

Advanced PV Sizing Electrical Design

In this course students will learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems. This course will also include basic troubleshooting techniques. This and the previous classes are required to sit for the NABCEP entry level exam.
CONS:721 | \$189
 5C3 TuTh 5pm-8pm
 March 22 - April 5

Ryan Chester
 FV - CWI, 120

Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep

In this course students will learn the 2011/2014 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This is a continuation education class that is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text Included.
CONS:721 | \$259
 5C4 TuTh 5pm-8pm
 April 12 - May 5

Ryan Chester
 FV - CWI, 120

**Solar Courses
 NABCEP Certified Courses**

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

**Education and
 Test Prep**

Test Prep

ACT Test Preparation

Statistics show that preparation is the key to maximizing ACT scores. All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Text and practice test included - bring a calculator to class.
EDUC:712 | \$179
 480 Sa 9am-12pm
 Jan. 30 - Mar. 12
 Toshi Floyd
 FP - G Tower, 327
 650 M 6pm-9pm
 Apr. 4 - May. 16
 Toshi Floyd
 MC - CS, 206

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 | \$49
 600 Tu-Th 1pm-5pm
 Jan. 12 - Jan. 14
 Suzanne Saum
 MC - SO, 108
 500 Tu-Th 8:30am-12:30pm
 Jan. 12 - Jan. 14
 Susan Valley
 FV - SS, 105

Adult Basic Education and English as a Second Language

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

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

Call 314-984-7777 for more information

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

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

STLCC Continuing Education

Personal Enrichment

Ageless Learning

ALS: Growing and Using Herbs

Come to our presentation to learn how to grow herbs! Pick up some tips on how to use herbs in cooking and how to preserve them for future use.

SENR:702

302 Th 10am-12pm
April 7

Michelle Ochonicky
WW, 102B

ALS: Museum of the Dog

Do you love dogs and fine art museums? Come enjoy a visual presentation about the history and art collection of the AKC Museum of the Dog located in Queeny Park's historic Jarville House. The Museum of the Dog displays original works of art, artifacts, and special exhibits on the dog and the human-canine relationship. This museum is the only one of its kind and the only museum devoted to man's best friend.

SENR:702

303 Th 10am-12pm

May 5

WW, 102A

602 Tu 10am-12pm

April 12

MC - BA, 105

ALS: Secrets of J. Edgar Hoover and the FBI

Examine the exciting history of America's most powerful crime fighting agency and the calculating man who ran the bureau with an iron-fist, J. Edgar Hoover. Learn about his wielding of power and behaviors in this exciting overview of the fabled FBI.

SENR:702

603 Tu 10am-12pm

May 3

Beverly Schuetz
MC - BA, 105

ALS: An In-depth Look at American History

2/3 - Writing the Constitution, 2/17 - Ratification of the Constitution, 3/16 - The Founding Era: From Washington to Madison, 3/30 - Supreme Court Under John Marshall, 4/20 - First Generation Americans: Religion/Reformation/Immigration, 5/11 - Industry, Transportation, and Communications Transform the Nation.

SENR:702

P01 W 10:30am-12:30pm

Feb. 3

Bonnie Vega

W 10:30am-12:30pm

MO Hist. Museum, ATT

Feb. 17

MO Hist. Museum, ATT

W 10:30am-12:30pm

March 16

MO Hist. Museum, LEE

W 10:30am-12:30pm

March 30

MO Hist. Museum, LEE

W 10:30am-12:30pm

April 20

MO Hist. Museum, LEE

W 10:30am-12:30pm

May 11

MO Hist. Museum, LEE

Seminars

ALS: Social Networking

Join Rachel, our social media expert, as she demonstrates Facebook, Pinterest, You Tube, and more. This class is a demonstration and not hands on. Come find out what is actually out there! From cute cat videos to your grandkids, social media is another world.

SENR:702

600 Tu 10am-12pm

Feb. 9

Th 1pm-3pm

Feb. 11

Rachel

Bufalo

MC - SC, 125

Rachel

Bufalo

FV - CWI, 136

ALS: Evolution of Banking in the United States

Banks and banking in 2016 are generic terms that are part of the financial industry that includes brokerage firms, insurance companies, credit unions and former investment banking companies. The mistakes or rules of banking that may have contributed to the severity of the Great Depression in 1928 were eliminated by Congress to protect the citizens, their money and the US economy. Many of those protections were slowly eliminated or reduced by the beginning of the Great Recession in 2007. Some industry critics say this may have contributed to the severity of the Great Recession. What are the facts for and against this trend and will it be repeated again and again?

SENR:702

300 Th 10am-12pm

Feb. 11

WW, 102B

ALS: History of Scrimshaw

Learn about the American folk art of scrimshaw. Named by Early American Life magazine as one of the "Top 200 Traditional Craftsmen" in the U.S., Michelle "Mike" Ochonicky will present the history of this interesting art and show slides and actual examples of work.

SENR:702

601 Th 10am-12pm

March 3

Michelle Ochonicky

MC - BA, 105

ALS: Brazilian Language and Culture

Join us to learn about South America's biggest country; a country of diversity and full of flavors. What makes Brazil interesting? The variety of cultures, the different people that form one nation, the mystery of its economy, the tourism, the exquisite food, and history. We will present you to Brazil's celebrations, its worldwide relevance, and the challenges Brazil faces. You will get some insights about how to taste the Brazilian culture here in St Louis, through events, festivals, and the organizations sharing the Brazilian culture in St Louis.

SENR:702

301 Th 10am-12pm

March 3

501 Th 1pm-3pm

March 10

Viva Brasil

WW, 302

Viva Brasil

FV - CWI, 136

ALS: Healthy Habits - Healthy You

Explores research in the areas of diet and nutrition, exercise, cognitive activity and social engagement in order to develop a plan for healthy aging. Presented by the Alzheimer's Association of St. Louis.

SENR:702

502 Th 1pm-3pm

April 14

FV - CWI, 136

ALS: Spies, Traitors & Saboteurs

2/23 - Boat Burners, 3/23 - Benedict Arnold. Presentation given by Marc Kollbaum.

- SENR:702**
P02 Tu 10:30am-12pm **Marc Kollbaum**
 Feb. 23 *MO Hist. Museum, ATT*
 W 10:30am-12pm **Marc Kollbaum**
 March 23 *MO Hist. Museum, LEE*

ALS: St. Louis History Through the Eyes of Johnny Rabbitt

2/9 - Growing Up in St. Louis in the 1950s and 60s, 3/8 - The Hill and St. Louis' Italian Heritage, 4/5 - The Little Black Dress: From Mourning to Night, 5/4 - Get Your Kicks on Route 66.

- SENR:702**
P03 Tu 10:30am-12pm **Johnny Rabbitt**
 Feb. 9 *MO Hist. Museum, ATT*
 Tu 10:30am-12pm **Johnny Rabbitt**
 March 8 *MO Hist. Museum, LEE*
 Tu 10:30am-12pm **Johnny Rabbitt**
 April 5 *MO Hist. Museum, LEE*
 W 10:30am-12pm **Johnny Rabbitt**
 May 4 *MO Hist. Museum, ATT*

ALS: Bellefontaine Cemetery - Where History Sleeps

3/1 - Notable and Notorious Women II, 3/22 - Beer Barons, 4/12 - Heros at Bellefontaine, 5/10 - Art and Sculpture.

- SENR:702**
P04 F 10:30am-12pm
 March 11 *MO Hist. Museum, LEE*
 Tu 10:30am-12pm
 March 22 *MO Hist. Museum, LEE*
 Tu 10:30am-12pm
 April 12 *MO Hist. Museum, LEE*
 Tu 10:30am-12pm
 May 10 *MO Hist. Museum, LEE*

ALS: Germans in Missouri

4/19 - German Migration Across Missouri: Rivers/Roads/Rails, 5/17 - Gottfried Duden and the Beginning of the German Immigration Society. Presentation given by Dorris Keeven-Franke.

- SENR:702**
P05 Tu 10:30am-12pm
 April 19 *MO Hist. Museum, LEE*
 Tu 10:30am-12pm
 May 17 *MO Hist. Museum, LEE*

Senior Fitness

Line Dancing for Older Adults: Beginning

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

- SENR:703 | \$69**
500 Th 9am-9:50am **Sandra Derickson**
 Feb. 11 - April 21 *FV - PE, 233*
 No class 3/17
SENR:703 | \$59
M02 F 1:45pm-2:45pm **Sandra Derickson**
 Feb. 12 - March 18 *Affton WR Comm Ctr, GYM*
M04 F 1:45pm-2:45pm **Sandra Derickson**
 March 25 - April 29 *Affton WR Comm Ctr, 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 | \$69**
501 Th 10am-10:50am **Sandra Derickson**
 Feb. 11 - April 21 *FV - PE, 233*
 No class 3/17
SENR:703 | \$59
M01 F 12:30pm-1:30pm **Sandra Derickson**
 Feb. 12 - March 18 *Affton WR Comm Ctr, GYM*
M03 F 12:30pm-1:30pm **Sandra Derickson**
 March 25 - April 29 *Affton WR Comm Ctr, GYM*

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water. CLASS WILL BE HELD IN ARDEN MEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.

- SENR:704 | \$79**
M01 Th 10am-11am
 Feb. 4 - March 24 *Masterpeace Studios*
M02 Th 10am-11am
 April 7 - May 26 *Masterpeace Studios*

Social Security Benefits America Series

SSBA Series: What Every Woman Should Know About Social Security

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

- SENR:766**
601 Tu 1pm-3pm
 March 22 *MC - SO, 232*
503 Th 1pm-3pm
 April 7 *FV - CWI, 136*

SSBA Series: Medicare and Medicare Drug Programs

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

- SENR:766**
504 Th 1pm-3pm
 April 28 *FV - CWI, 136*
600 Tu 1pm-3pm
 Feb. 23 *MC - SO, 232*

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

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

- SENR:766**
502 Th 1pm-3pm
 March 31 *FV - CWI, 136*
602 Tu 1pm-3pm
 April 5 *MC - SO, 232*

SSBA Series: Disability, Basic Eligibility and Entitlement Factors

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

- SENR:766**
501 Th 1pm-3pm
 March 3 *FV - CWI, 136*
603 Tu 1pm-3pm
 April 19 *MC - SO, 232*

SSBA Series: Seniors and Caregivers - What You Need to Know

Who can be a Representative Payee? What effects will a move to a Skilled Nursing Facility have on your loved one's Social Security benefits? In this session, you will learn the do's and don'ts of being a Representative Payee, and possible entitlements to other benefits for your loved one. Registration required.

- SENR:766**
604 Tu 1pm-3pm
 May 3 *MC - SO, 232*
500 Th 1pm-3pm
 Feb. 18 *FV - CWI, 136*

Creative Arts

Arts and Crafts

Fine Arts

New Images of America: a Selection of African American Artists

From the 19th century to the present day, artists have shown us many different images of America - portraits, the working class, Native Americans, landscapes and inspiring figures. In celebration of Black History month, this three-part series will feature the work of a selection of African-American artists including Henry Ossawa Tanner, Edmonia Lewis, Edward Mitchell Bannister, Robert S. Duncanson, Augusta Savage, and Jacob Lawrence.

- ARTS:705 | \$65**
680 Sa 10am-12pm **Elizabeth Solomon**
 Feb. 13 - Feb. 27 *MC - SO, 206*

Drawing: Beginning/Intermediate

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

- ARTS:709 | \$99**
600 Tu 9:30am-12pm **Ruth Kolker**
 Feb. 2 - March 8 *MC - CE*
P01 W 6:15pm-8:45pm **Lisa Payne**
 Feb. 3 - March 9 *Nottingham, 110*
350 Tu 6pm-9pm
 Feb. 9 - March 8 *WW, 309*
601 Tu 9:30am-12pm **Ruth Kolker**
 March 22 - May 3 *MC - CE*
351 Tu 6pm-9pm
 March 22 - April 19 *WW, 309*

PERSONAL ENRICHMENT

Drawing: Intermediate/Advanced

Advance your skills through practice. Drawing fundamentals will be reviewed - line, perspective, value and composition. Emphasis will be on practice and technique. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent. No class 3/23.

ARTS:709 | \$99

P02 W 6:15pm-8:45pm
March 23 - May 4

Lisa Payne
Nottingham, 110

Drawing: Traditional Pencil Basics

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

ARTS:709 | \$75

680 Sa 12pm-3pm
Feb. 20 - March 12

Sean Long
MC - HE, 125

681 Sa 12pm-3pm
March 26 - April 16

Sean Long
MC - HE, 125

Perspective Drawing and Still Life

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

ARTS:709 | \$99

720 Th 6:30pm-9pm
Feb. 4 - March 31

Philip Perschbacher
Ladue H.S., 135

721 Th 6:30pm-9pm
April 7 - May 19

Philip Perschbacher
Ladue H.S., 135

No class 4/14

Drawing in Color Pencil: Beginning

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent. No class 3/15.

ARTS:716 | \$149

S01 Tu 12:45pm-2:45pm
Feb. 9 - May 3

Kristine Scharfenberger
SCEUC, 102

Drawing in Color Pencil: Intermediate

A continuation of the beginner's class. Further develop your skills in building color and value while still leaving room for the beautiful detail and control of color pencil. Supply list sent. No class 3/17.

ARTS:716 | \$149

S02 Th 12:45pm-2:45pm
Feb. 11 - May 5

Kristine Scharfenberger
SCEUC, 102

Botanical Illustration: Color Pencil

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

ARTS:709 | \$99

602 Th 12pm-3pm
Feb. 11 - March 10

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. No class 4/14.

ARTS:709 | \$99

603 Th 12pm-3pm
March 24 - April 28

Maureen Brodsky
MC - CE

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Supply list sent. Nude models are used. Classroom only has tables. Tabletop easel is recommended. Deadline to register is 2/16. No class 3/14, 3/21.

ARTS:718 | \$149

6D1 M 6:30pm-9:30pm
Feb. 22 - April 25

Philip Perschbacher
Clayton H.S., 24

New Travel Drawing

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

ARTS:721 | \$115

PD1 Sa 9am-10am
March 26
Sa 9am-12pm
April 2-April 30

Sarah Paulsen
FP - G Tower, 412
FP - Off Campus



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.

ARTS:721 | \$99

750 Tu 6:30pm-8:30pm
Feb. 16 - April 12
No class 3/15

Mary Feagan
Kirkwood H.S., SA 2

480 Sa 9:30am-11:30am
Feb. 20 - April 16
No class 3/19

Mary Feagan
FP - F Tower, 415

Picture Book Illustration

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

ARTS:727 | \$75

650 W 6pm-9pm
Feb. 17 - March 9

Sean Long
MC - HE, 125

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 | \$75

651 W 6pm-9pm
March 23 - April 13

Sean Long
MC - HE, 125

Cartooning

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

ARTS:721 | \$75

680 Sa 9:30am-11:30am
Feb. 6 - March 12

Sean Long
MC - HE, 125

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 | \$119

S01 F 10am-12pm
Feb. 12 - March 11

Kristine Scharfenberger
SCEUC, 102

Mastering Calligraphy

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

ARTS:725 | \$119

650 M 7pm-9:30pm
March 21 - May 9

Leslie Barnes
MC - CE

Pottery: All Levels

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

ARTS:727 | \$135

550 Tu 7pm-9:30pm
Feb. 2 - March 8

Carl Behmer
FV - H, 109

551 Tu 7pm-9:30pm
March 22 - April 26

Carl Behmer
FV - H, 109

580 Sa 9:30am-12pm
Feb. 6 - March 12

Sheow Chang
FV - H, 109

581 Sa 9:30am-12pm
March 26 - April 30

Sheow Chang
FV - H, 109

Pottery for the Novice/Beginner

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

ARTS:727 | \$135

720 Tu 6:30pm-9pm
Feb. 2 - March 8

Guy Sachs
Ladue H.S., 132

721 Tu 6:30pm-9pm
March 22 - April 26

Guy Sachs
Ladue H.S., 132

Exclamation Point!

Continuing Education at St. Louis Community College is fantastic.

Nowhere else in St. Louis can you learn a lot, in a little bit of time.

Emily M., St. Louis, MO

Pottery: Intermediate/Advanced

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

ARTS:727 | \$135

722 Th 6:30pm-9pm
Jan. 21 - Feb. 25
723 Th 6:30pm-9pm
March 24 - April 28

Guy Sachs
Ladue H.S., 132
Guy Sachs
Ladue H.S., 132

Watercolor: Beginning Techniques

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

ARTS:735 | \$99

600 Tu 1pm-3:30pm
Feb. 2-March 8

Beverly Hoffman
MC - CE

Watercolor: Beginning/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. Supply list sent. No class 3/17.

ARTS:735 | \$185

M01 Th 12:30pm-3pm
Feb. 4 - April 28

Nancy Muschany
St John's Ev. 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. No class 3/16.

ARTS:736

7 Sessions | \$99

600 Tu 1pm-3:30pm
March 22 - May 3
No class 3/29

Beverly Hoffman
MC - CE

10 Sessions | \$199

W01 F 9am-12pm
Feb. 5 - April 8
W02 F 12:30pm-3:30pm
Feb. 5 - April 8

Phyllis Smith Piffel
Bluebird Park
Phyllis Smith Piffel
Bluebird Park

12 Sessions | \$185

M01 M 12pm-2:30pm
Feb. 1 - May 2
No class 2/15, 3/28
M02 W 12pm-2:30pm
Feb. 3 - April 27
No class 3/16

Nancy Muschany
St John's Ev. UCC
Nancy Muschany
St John's Ev. UCC

Oil or Acrylics: 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. No class 3/22.

ARTS:740 | \$185

P01 Tu 5:45pm-8:45pm
Feb. 9 - April 19

Lisa Payne
Nottingham, 110

Oil or Acrylic Painting: Advanced Techniques

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. Supply list sent. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom. No class 3/16, 3/23.

ARTS:746 | \$185

710 W 6pm-9pm
Feb. 24 - May 11

Brenda Schilling
Clayton H.S., 24

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

Always wanted to try your hand at painting? Explore the basics of art in a slow paced, easy to follow way! Paint Monet's famous masterwork Low Tide at Pourville. Instruction will be step by step. Painting will be demonstrated, follow along as the instructor paints. 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! All supplies included in the cost of this class. LAST day to enroll or drop is Wednesday, 3/2. No refunds after Wednesday, 3/2.

ARTS:748 | \$95

MD3 W 5:30pm-9:30pm
March 9

Elizabeth Kern
MC - CE

First Impressions: Monet Masterworks-Bridge over Waterlilies

A great way to learn art is by standing on the shoulders of the giants who have gone before us! Learn the basic elements of composition, color, drawing, and much more by copying this masterful painting by Monet: Bridge Over Waterlilies. You will be guided step by step through the entire process, and shown how to mix paint, where to apply it, what kind of brushstroke to use, etc. Instruction will be practical and down to earth. Painting will be demonstrated, and as the instructor paints, you will follow along. You will be painting with acrylic on canvas. You will learn a lot and then end this class with a gorgeous painting you will be proud to hang on your wall! All materials included in class costs. LAST day to enroll or drop is Wednesday, 3/9. No refunds after Wednesday, 3/9.

ARTS:748 | \$145

MD2 W 6:30pm-8:30pm
March 23 - April 27

Elizabeth Kern
MC - HE, 123

First Impressions: Monet in a Day: Waterlilies

In this four hour class, learn the basics of art in a paced, easy to follow way! You will be painting Monet's beautiful masterwork: Waterlilies. You will be using acrylic on canvas for this painting. Instruction will be practical and very down to earth. 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! All materials included in the cost of the class. LAST day to enroll or drop is Wednesday, 5/4. No refunds after Wednesday, 5/4.

ARTS:748 | \$95

MD1 W 5:30pm-9:30pm
May 11

Elizabeth Kern
MC - CE



Acrylic Impressions

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | \$199

M01 Tu 12:30pm-3:30pm
Feb. 2 - April 5

Phyllis Smith Piffel
Kirkwood CC

Acrylic Impressions: Workshop

An accelerated workshop. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | \$75

M02 Tu 12:30pm-3:30pm
April 12 - May 3

Phyllis Smith Piffel
Kirkwood CC

Portraiture for All Mediums

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

ARTS:748 | \$139

480 Sa 1pm-4pm
Feb. 6 - March 5
480 Sa 1pm-4pm
April 2 - May 7
No class 4/16

Philip Perschbacher
FP - F Tower, 415
Philip Perschbacher
FP - F Tower, 415

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, spraying and stenciling techniques that made mid 20th century art so intriguing. No experience necessary. Supplies will be additional and discussed at the first class. No class 3/20, 3/27.

ARTS:748 | \$99

680 Su 1pm-2pm
Feb. 28
Su 1pm-4pm
March 6-April 7

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

Painting Plein Air

Paint Forest Park in your favorite medium (watercolor, acrylic or oil) while you explore the language of color. Paint at a variety of locations and discover the intricacies of mixing a limited set of colors each week to make an infinite number of tints and shades. Experience the emotions of color, paint the light and enjoy the park. The first session will meet at Forest Park campus for one hour. We will cover materials needed at this time. All following sessions are for two hours and meet in different locations in Forest Park. Provide your own transportation. No class 4/19.

ARTS:748 | \$79

400 Tu 1pm-2pm
March 22
Tu 1pm-3pm
March 29-May 17

Maureen Brodsky
FP - G Tower, 115
FP - Off Campus

All About Framing Artwork

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

ARTS:765 | \$30

680 Sa 10am-1pm
April 9

Deborah Weltman
MC - SO, 232

Crafts

Sewing: Beginning

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

CRFT:713 | \$59
550 M 6:30pm-9pm
March 21 – April 11
Carolyn Rubsam
FV - SM, 133

Sewing: Intermediate

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

CRFT:713 | \$59
551 M 6:30pm-9pm
April 18 – May 9
Carolyn Rubsam
FV - SM, 133

New Mending Night

Bring your favorite torn skirt or your blouse with a missing button to learn basic sewing skills to mend the issues. Leave class with your completed items and new skills. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/23. NO REFUNDS AFTER WEDNESDAY, 3/23.

CRFT:713 | \$35
PD4 W 6pm-9pm
March 30
Anne Stirnemann
City Sewing Room

New EZ Pillows for First Time Stitchers

Never tried your hand at sewing before? Don't be intimidated. This is a beginner's project that you will be able to complete in an afternoon. Come learn sewing machine basics and create a pillow that you will be proud to show off to your friends and family. LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/1. NO REFUNDS AFTER FRIDAY, 4/1.

CRFT:713 | \$35
PD3 Sa 1pm-4pm
April 9
Anne Stirnemann
City Sewing Room

New Vintage UpCycled Garments

Collect and bring your old and vintage garments to remake into a new piece of designer quality. Basic elements of patternmaking, layout, design and sewing will all contribute to taking home a new creation from vintage elements. LAST DAY TO ENROLL OR DROP IS TUESDAY 3/1. NO REFUNDS AFTER TUESDAY, 3/1.

CRFT:713 | \$35
PD2 Tu 6pm-9pm
March 8
Anne Stirnemann
City Sewing Room

New Pattern Drafting for Experienced Stitchers

Acquire basic pattern making techniques, making a pattern from your own measurements. You will make a muslin bodice and sleeves that will be fitted at the second class. Prerequisite: must have basic machine sewing skills. LAST DAY TO ENROLL OR DROP IS TUESDAY, 2/9. NO REFUNDS AFTER TUESDAY, 2/9.

CRFT:713 | \$45
PD1 Tu 6pm-9pm
Feb. 16 – Feb. 23
Anne Stirnemann
City Sewing Room

New Introduction to Upholstery

Get a hands-on introduction to basic upholstery as you explore the tricks to re-covering the seat of an old dining chair and learn to create a new seat structure with webbing. Plus, you'll leave with your own handmade webbing stretcher. With all this knowledge, you won't be able to stop re-envisioning and reupholstering where you sit when you get home! All materials provided. Questions or more information: www.perennialstl.org. LAST DAY TO ENROLL OR DROP IS FRIDAY, 2/19. NO REFUNDS AFTER FRIDAY, 2/19.

CRFT:713 | \$35
PD7 Th 6:30pm-8:30pm
Feb. 25
PerennialSTL.org

Embroidery: Design & Stitch

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

CRFT:728 | \$65
550 Tu 6:30pm-8:30pm
Feb. 23 – March 8
Magan Harms
SCEUC, 100
551 Tu 6:30pm-8:30pm
April 19 – May 3
Magan Harms
SCEUC, 100

Exclamation Point!

*"I took the **Embroidery: Design & Stitch** class with Magan Harris. She was very enthusiastic and approachable. It was a very enjoyable experience."*

Robin M., St. Louis

Basic Building Blocks for New Quilters

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

CRFT:718 | \$105
680 Sa 10:01am-12pm
Feb. 6 – March 12
Melanie Redler
MC - CN, 126

New Weave & Sew

This class weaves on a preloaded table loom with multicolored fiber to produce a beautiful woven fabric. Class continues by machine sewing the hand woven fabric into a elegant handbag. All materials included in the cost of class. LAST DAY TO ENROLL OR DROP IS FRIDAY, 1/22. NO REFUNDS AFTER FRIDAY, 1/22.

CRFT:713 | \$80
MD4 Sa 9am-3pm
Jan. 30
Guided Crafts

Weaving: Begin With A Table Runner

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

CRFT:713 | \$60
MD3 Tu 7pm-9pm
March 1 – March 8
Guided Crafts
LAST DAY TO ENROLL OR DROP IS TUESDAY, 2/23.
NO REFUNDS AFTER TUESDAY, 2/23
MD5 Sa 9am-1pm
March 12
Guided Crafts
LAST DAY TO ENROLL OR DROP IS FRIDAY, 3/4. NO REFUNDS AFTER FRIDAY, 3/4.

Woven Rag Rugs

Peg loom weaving is a great way to learn to weave with non-traditional materials. Class will demonstrate how to build a peg loom from salvaged wood. Each participant will build their own peg loom in class to take home. After building, the class will learn how to use their loom to start weaving a rectangular rag rug. You'll also discover a few tricks to making a continuous ball of upcycled yarn. After the class, use your loom and new skills to weave anything from potholders to trivets to rugs! All materials provided. Questions or more information: www.perennialstl.org. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/9. NO REFUNDS AFTER WEDNESDAY, 3/9.

CRFT:713 | \$45
PD5 M 6pm-9pm
March 14
PerennialSTL.org

Dyeing for Crafters and Quilters

Have you wanted to learn how to dye your own fabrics? You will learn about the dye chemistry and how easy it is to continue to dye your own cloth at home using fiber reactive dyes that are permanent. You will also learn several easy dye application techniques and ways to get various colors onto cloth. Dye six yards of fabric in this class in your choice of colors. Come with an old towel, rubber gloves and old clothes because class can get a bit messy.

CRFT:718 | \$95
500 F 9:30am-12pm
April 8
Nicole Ottwell
FV - SM

New Gradient Dyeing for Crafters and Quilters

Have you wanted to learn how to dye your own fabrics? We will dye several gradients light to dark or one color to another. Imagine a length of fabric that goes from green to yellow or several shades of one color. You will learn about the dye chemistry and how easy it is to continue to dye your own cloth at home using fiber reactive dyes that are permanent. You will dye six yards of fabric in this class in your choice of gradients. Come with an old towel, rubber gloves and old clothes because it can get a bit messy. All supplies included in the cost of the class.

CRFT:718 | \$95
600 F 9:30am-12pm
March 4
Nicole Ottwell
MC - SS, 107

Shibori Dyed Silk Scarves

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

CRFT:718 | \$139
651 Tu 6:30pm-8:30pm
Feb. 23 – March 8
Nicole Ottwell
MC - SS, 207
550 Th 6:30pm-8:30pm
April 7 – April 21
Nicole Ottwell
FV - SM, 249

Silk Scarf Painting

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

CRFT:713 | \$65
 M01 M 6pm-9pm
 April 25
 Lisa Payne
 Cul. Arts House

Silk Scarf Dyeing

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

CRFT:765 | \$49
 650 Th 6:30pm-8:30pm
 Feb. 11
 Nicole Ottwell
 MC - SS, 107
 500 Tu 6:30pm-8:30pm
 March 22
 Nicole Ottwell
 FV - SM

Stamp Carving and Printing for Textiles

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

CRFT:718 | \$79
 650 Th 6:30pm-8:30pm
 Feb. 25 - March 10
 Nicole Ottwell
 MC - SS, 107

Introduction to the Spinning Wheel

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

CRFT:713 | \$35
 MD1 W 6pm-9pm
 Jan. 20
 Guided Crafts
 LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 1/13. NO REFUNDS AFTER WEDNESDAY, 1/13.
 MD2 W 6pm-9pm
 Feb. 24
 Guided Crafts
 LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 2/17. NO REFUNDS AFTER WEDNESDAY, 2/17.

Knitting 101: Beginning Techniques for All Seasons

Knitting isn't just for making winter garments and accessories. Use linen, silk and lighter threads and yarns to make projects and garments that will be usefull all year round. Cover the basics - casting on, increasing and decreasing, finishing, a variety of stitches and more. Get lots of information and tips for future projects as well as help reading patterns. You may bring unfinished projects. All levels welcome. Supply list sent.

CRFT:720 | \$49
 450 Tu 6pm-8pm
 Feb. 2 - Feb. 16
 Thi Miller
 FP - G Tower, 113
 P01 W 6:30pm-8:30pm
 Feb. 24 - March 9
 Thi Miller
 Nottingham, 109
 750 Tu 6:30pm-8:30pm
 Feb. 16 - March 1
 Cristin Rae
 Kirkwood H.S., C 192



Knitting: the Next Step

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

CRFT:722 | \$49
 P01 W 6:30pm-8:30pm
 March 30 - April 13
 Thi Miller
 Nottingham, 109
 450 Tu 6pm-8pm
 Feb. 23 - March 8
 Thi Miller
 FP - G Tower, 117

Knit in a Day

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

CRFT:720 | \$49
 481 Sa 9am-3pm
 Feb. 27
 Thi Miller
 FP - G Tower, 113
 680 Sa 9am-3pm
 April 2
 Cristin Rae
 MC - CN, 128
 480 Sa 9am-3pm
 May 7
 Thi Miller
 FP - G Tower, 113

New Knitting Project: Baby Blocks

Baby blocks are great gifts for the little ones. Learn basic knitting, seaming, and pattern reading. In addition, we'll explore fun and different ways to make these blocks. Once you make one, you'll be surprised at how quick and easy the rest are. Supply list sent.

CRFT:720 | \$49
 451 W 6:30pm-8:30pm
 April 20 - May 4
 Thi Miller
 Nottingham, 109

New Knitting Know How

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

CRFT:720 | \$49
 482 Sa 9am-1pm
 Feb. 13
 Thi Miller
 FP - G Tower, 111

New Knitting Project: Magic Loop

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

CRFT:722 | \$59
 451 Tu 6pm-8pm
 March 29 - April 19
 Thi Miller
 FP - G Tower, 113

Crochet 101: Beginning Techniques for All Seasons

Crocheting isn't just for making winter hats. Use linen, silk and lighter threads and yarns to make projects and garments that will be usefull all year round. Crochet basic stitches - single, double and triple, learn to decrease and increase. Make a simple piece and get help reading patterns. You may bring your unfinished project. Both Beginning and continuing students welcome. Supply list sent.

CRFT:724 | \$49
 550 Tu 7pm-9pm
 Feb. 23 - March 8
 Anne Frese
 FV - C, 104
 750 Tu 6:30pm-8:30pm
 Feb. 23 - March 8
 Dee Levang
 Kirkwood H.S., W 107

Crochet: the Next Step

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

CRFT:726 | \$49
 550 Tu 7pm-9pm
 March 22 - April 5
 Anne Frese
 FV - C, 104
 750 Tu 6:30pm-8:30pm
 March 22 - April 5
 Dee Levang
 Kirkwood H.S., W 107

Tunisian Crochet Basics

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

CRFT:724 | \$49
 680 Sa 9am-12pm
 March 5 - March 12
 Dee Levang
 MC - AS, 204

New Tunisian Crochet: the Next Step

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

CRFT:726 | \$29
 680 Sa 9am-12pm
 April 16
 Dee Levang
 MC - AS, 204

New Crochet: Beyond the Square

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

CRFT:726 | \$49
 650 M 6pm-9pm
 April 4 - April 11
 Dee Levang
 MC - CS, 211

New Crochet a Basket

Crochet a simple yet sturdy basket to store your extra yarn, toiletries, or other small items. Basket will have crocheted handles in the sides for easy portability. Supply list sent.

CRFT:726 | \$39
 551 Tu 7pm-9pm
 Feb. 16 - Feb. 23
 Laura Frazier
 FV - C, 108

New Crochet a Rug

You can make a rug out of just about any kind of yarn, even upcycled t-shirts! Thick or thin, small enough for a scatter rug or the size of the whole living room. You choose the size and materials. For this class we will start with a simple round rug. Make it as big as you want to suit your project needs. Supply list sent.

CRFT:726 | \$39
 552 Tu 7pm-9pm
 March 22 - March 29
 Laura Frazier
 FV - C, 108

New Crochet a Pillow

Learn how to crochet an attractive pillow that is not only decorative, but functional as well. Knowledge of single and double crochet stitches is needed to complete this project. Supply list sent.
CRFT:726 | \$39
 553 Tu 7pm-9pm
 April 12 – April 19

Laura Frazier
 FV - C, 108

New Crochet a Market Bag

For all those times you wish you had a tote bag for the farmer's market or groceries from the supermarket. Now you'll have the opportunity to make a sturdy, yet slightly stretchy, shoulder bag to accommodate all of your shopping needs. This market bag is very strong versatile and attractive to boot. Supply list sent.
CRFT:726 | \$39
 554 Tu 7pm-9pm
 May 3 – May 10

Laura Frazier
 FV - C, 108

Beginning Baskets: Market Basket

Beginners and experienced weavers, join us for a fun and rewarding basketweaving experience. Master the basic techniques in one evening and spend the next making a sturdy Market Basket for all of your food and farmer's market shopping. All supplies and tools included in the cost of the class.
CRFT:734 | \$69
 650 Tu 6:30pm-9pm
 March 22 – March 29

Laura Klaus
 MC - CE

New Stained Glass Trinket Box

Explore the medium of stained glass. Build a trinket box that measures, 2 inches x 3 inches x 2 inches high. You will cut and grind the glass, experiment with copper foil and learn to solder your box together. All materials included in the cost of the class. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/2. NO REFUNDS AFTER WEDNESDAY, 3/2.
CRFT:740 | \$65
 MD1 W 6:30pm-9pm
 March 9 – March 16

Guilded Crafts

New Stained Glass Night Light

Create a stained glass night light in two quick classes. Learn to cut and grind glass, work with copper foil, and how to solder your light. You will complete the project by adding an electric plug. All materials included. LAST DAY TO ENROLL OR DROP IS MONDAY, 4/4. NO REFUNDS AFTER MONDAY, 4/4.
CRFT:740 | \$60
 MD2 W 6:30pm-8:30pm
 April 13 – April 20

Guilded Crafts

Introduction to Ceramics

A beginning class for those curious about ceramics. Learn techniques to clean greenware, the process of glazing and under glazing, and rub-on staining techniques. Course includes a hands-on slip casting demonstration. Basic ceramic terminology is reviewed. At the end of the 2 session course, you'll finish at least 2 pieces. All materials included.
CRFT:741 | \$45
 MD1 W 1pm-3pm
 Jan. 20 – Jan. 27

Guilded Crafts

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 1/13. NO REFUNDS AFTER WEDNESDAY, 1/13.
 MD2 Sa 1pm-5pm
 April 9

Guilded Crafts

LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/1. NO REFUNDS AFTER FRIDAY, 4/1.

Stamp A Stack

Join us once a month to start your spring holiday crafting of cards. Each month you will create five cards using different stamping techniques. Ending in April, you will have a total of 15 hand-crafted unique cards to use for the spring holidays! Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS FRIDAY 2/5. NO REFUNDS AVAILABLE AFTER FRIDAY 2/5.
CRFT:742 | \$55
 MD1 Sa 9am-11am
 Feb. 13

Patti Bossi
 MC - CE

Sa 9am-11am
 March 5

MC - CE

Sa 9am-11am
 April 2

MC - CE

Stamping Birthday Cards

Join us for a birthday extravaganza card class! Create some handmade birthday cards for the year to come. You will make five birthday cards using stamping techniques and embellishments to make your cards "pop." Fee includes most materials. Supply list sent. LAST DAY TO ENROLL/DROP IS FRIDAY, 2/12. NO REFUNDS AFTER FRIDAY 2/12.
CRFT:742 | \$49
 MD2 Sa 9:30am-12:30pm
 Feb. 20

Patti Bossi
 Affton WR Comm Ctr

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 W 5:45pm-8:45pm
 Feb. 10

Magan Harms
 Nottingham, 113

S50 Th 6pm-9pm
 March 10

Magan Harms
 SCEUC, 201



Introduction to Bookbinding

Even in the midst of the digital age, the beauty of handmade books has not been lost. A great place for beginners, Japanese bookbinding techniques are simple yet finish elegantly and do not require many tools. Participants will learn to use an awl and a binder's needle to handcraft up to two books from upcycled materials. Transform tossed hardback books into a new blank sketchbook or create a soft bound journal from salvaged leather goods. All materials provided. Questions or more information: www.perennialstl.org. LAST DAY TO REGISTER OR DROP IS WEDNESDAY, 3/2. NO REFUNDS AFTER WEDNESDAY, 3/2.
CRFT:742 | \$40
 PD2 M 6pm-9pm
 March 7

PerennialSTL.org

Bookbinding Basics

Practice the slow art of creating your own books. Basics will teach you to make 4 kinds of hardcover books. Book making is the creative way to personalize your own sketchbook, journals, guest books or scrapbooks. Make a special gift for the holidays or take them all home for yourself. Learn to stitch the pages, cover the books, and glue everything together for a completed book. All supplies included in the cost of the class.
CRFT:742 | \$139
 650 Tu 6pm-9pm
 April 5 – April 26

Nicole Ottwell
 MC - SW, 102

Introduction to Papermaking

Create beautiful handcrafted papers. In this workshop, participants will make handmade papers using discarded paper waste. Covers the basics of papermaking techniques, including fiber and pulp preparation, how to form sheets using a mold and deckle, and pressing and drying techniques. Make as many sheets as time allows. No experience required. Dress to get wet and messy. All materials provided in the cost of the class. Questions or more information: www.perennialstl.org. LAST DAY TO REGISTER OR DROP IS MONDAY, 2/1. NO REFUNDS AFTER MONDAY, 2/1.
CRFT:742 | \$35
 PD6 M 6:30pm-8:30pm
 Feb. 8

PerennialSTL.org

Zentangles

Anything is possible one stroke at a time! The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Almost a meditation, you can use it to create beautiful images for cards, scrapbooking and even wall art pieces. Zentangles increase focus and creativity, provide artistic satisfaction and an increased sense of personal well-being. You will learn many tangles and find out creative ways to make beautiful drawings from simple shapes and lines. Students will need to bring a pencil.
CRFT:742 | \$59
 550 Th 6pm-9pm
 Feb. 18

Nicole Ottwell
 FV - H, 104

M01 M 6pm-9pm
 Feb. 29

Lisa Payne
 Cul. Arts House

Making Mandalas and Coloring for Grown Ups

Create repeating designs that compose a circular pattern. Draw your own mandalas and color them with brilliant Aquarelle pencils. These may be used dry or with a paintbrush and water to create washes. No experience or prior art knowledge necessary. Supplies included in the cost of the class and are yours to take home.
CRFT:742 | \$39
 651 Th 6pm-9pm
 May 5

Nicole Ottwell
 MC - HE, 134

New Glass Mosaic Project

Create a six inch square mosaic on ceramic. When finished, this can be hung on the wall or used as a trivet. A simple design, you choose your color scheme. You'll create a mosaic pattern during the evening of the class. Instructor will demonstrate the grout technique and provide a grout kit for you to take home to complete the project once the glue adhesive has dried. All materials provided and included in cost of the class. Come prepared to get a bit messy.
CRFT:743 | \$39
 M01 W 6:30pm-9pm
 Jan. 27

Cathy Cody
 Painted Zebra - Krkwd

Hand Painted Ceramic Platter

Come decorate a eleven and a half inch round ceramic platter with sunburst design that fills the platter. Everyone needs a little sun in February! You choose the colors and add designs for your own personal touch. Pieces will be fired and may be picked up at the shop one week after the class. Fee includes materials and firing. Paints are lead free and food-safe. Come dressed to work with paint.
CRFT:743 | \$45
 M02 W 6:30pm-9pm
 Feb. 10

Cathy Cody
 Painted Zebra - Krkwd

Hand Painted Glass Bowl

Bring spring into your home by painting this glass bowl. Suitable for fruit, fruit salad or any other spring dish. You will choose your colors and design motif. Pieces will be fired and picked up one week after the classes ends at the shop. Fee includes all materials and firing. Paints are lead free and food safe. Come dressed to work with paint.
CRFT:743 | \$45
 M03 W 7pm-9pm
 April 13

Cathy Cody
 Painted Zebra - Krkwd

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
 Feb. 3 – March 23
 No class 3/16

Chih Yu Lin
 FV - E, 290

680 Sa 9am-12pm
 Jan. 30 – March 12

Lacey Kirkwood
 MC - HE, 131

Metalsmithing: Intermediate Techniques for Jewelry 'Rings and Things'

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

CRFT:753 | \$219
 551 W 6pm-9pm Chih Yu Lin
 March 30 - May 11 FV - E, 290
 681 Sa 9am-12pm Lacey Kirkwood
 April 2 - May 14 MC - HE, 131

Basic Wire Wrap

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

CRFT:753 | \$45
 M01 Th 6pm-9pm DEEsigs Studio
 Feb. 18
 M02 Sa 9:30am-12:30pm DEEsigs Studio
 March 12

Advanced Wire Wrap

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

CRFT:753 | \$45
 M03 Sa 9:30am-12:30pm DEEsigs Studio
 April 9

Wire Wrap Amethyst Earrings

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

CRFT:753 | \$45
 M04 Sa 9:30am-12:30pm DEEsigs Studio
 May 14

New Wire Wrap Rosary or Prayer Necklace

Learn the skill of wire wrap jewelry while creating a personal rosary or prayer necklace for yourself or as a gift. Supplies included in class costs.

CRFT:753 | \$59
 650 Tu 6pm-8:30pm Donna Fox
 Feb. 9 - Feb. 16 MC - HE, 123

New Viking Knit Wire Bracelet

Learn to braid wire to form a bracelet for yourself or as a gift. Supplies included in the cost of the class.

CRFT:753 | \$59
 651 Tu 6pm-8:30pm Donna Fox
 April 5 - April 12 MC - HE, 124

New Jewelry 101: Handmade Necklace and Earrings

Master the basics of jewelry making by creating your own custom handmade earring and necklace set. In this course you will learn how to use jewelry-making tools, design basics, how to select the right materials for a project, the assembly process, and finishing techniques. Most supplies are provided. Students should bring a light-colored hand towel to use as a work surface, a measuring tape, and needle nose pliers.

CRFT:753 | \$45
 930 Sa 1pm-4pm Holly Schroeder
 Feb. 6 Thomas Dunn LC

Beaded Earrings

Join us for an exciting class on the basics of making your very own earrings. Handcrafted earrings can be made for personal beauty or for a lovely gift. You'll use your creativity while discovering the basics of beading, wire wrapping, and collaging for one of a kind earrings. Instructor has been handcrafting her own jewelry since 2007. Class is hands on and demonstration. Course cost includes materials. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 2/17. NO REFUNDS AFTER WEDNESDAY, 2/17.

CRFT:753 | \$35
 FD1 Sa 10am-12pm Brittany Campbell
 Feb. 27 FV - H, 104

Gemology 101: Diamond Essentials

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

CRFT:753 | \$55
 S50 W 7pm-9pm Stacy Minden
 Feb. 24 - March 9 SCEUC, 120

Gemology 102: Colored Stones and Pearls

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

CRFT:753 | \$55
 S51 W 7pm-9pm Stacy Minden
 March 23 - April 6 SCEUC, 120

New Beginning Blacksmith: Copper Chased Leaves

Students will learn to cold hammer copper in an actual blacksmith's shop. We will use the technique of copper chasing to create ornamental leaves that you can take home at the close of the final class. All materials included in the cost of class. Come prepared to work in an industrial shop environment. LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/15. NO REFUNDS AFTER FRIDAY, 4/15.

CRFT:753 | \$89
 MD2 Sa 9am-12pm Guided Crafts
 April 23 - April 30

New Beginning Blacksmith: Create a Wall Mount Hook

Students will learn how to heat, hammer and twist steel to make a wall mounted hook in a traditional blacksmith area. All materials included in the cost of the class. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/9. NO REFUNDS AFTER WEDNESDAY, 3/9.

CRFT:753 | \$59
 MD1 Sa 9am-12pm Guided Crafts
 March 19

New Terra Fun

Design and assemble a terrarium that includes a miniature scene. Use plants, polymer clay and various dried outdoor materials to create a one of a kind miniature environment.

CRFT:765 | \$69
 MD3 W 10am-1pm Guided Crafts
 Feb. 24
 LAST DAY TO REGISTER OR DROP IS WEDNESDAY, 2/17. NO REFUNDS AFTER WEDNESDAY, 2/17

MD1 W 6pm-9pm Guided Crafts
 March 9
 LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/2. NO REFUNDS AFTER WEDNESDAY, 3/2.

New Fairy Garden Raised Bed

No more bending over to care for your outdoor fairy garden! This project includes assembling a fairy house, planting the provided garden box, and some assembly of miniature pieces to continue decorating as your garden grows. Bring your own box lunch if you like. All materials provided in the cost of the class.

CRFT:765 | \$109
 MD2 Sa 9am-5pm Guided Crafts
 April 16
 LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/8. NO REFUND AFTER FRIDAY, 4/8

New Fairy Gardens

Craft a Garden Under Glass - Terrariums are a beautiful, low-maintenance way to add greenery to a home or office. In this workshop, you will make a terrarium to keep and learn the basics of terrarium building and care. Topics covered will include: an overview of the appropriate plant species, soil requirements, and props. Fee includes most materials. Bring a large, clear glass jar with a lid to use for the terrarium structure. Jars should be label-free and can be any shape or size (not to exceed two quarts). Class can be messy, dress appropriately.

CRFT:765 | \$109
 P01 Sa 1pm-4pm Holly Schroeder
 April 23 Thomas Dunn LC

Miniature Marvels: Easter Basket

Create a miniature Easter scene in a wicker basket. Scale is 1:12 inch. Bring Tacky glue and tweezers.

CRFT:765 | \$29
 580 Sa 9am-12pm Carole Weusthoff
 March 12 FV - SM, 133

Bows Like a Pro

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

CRFT:765 | \$25
 651 W 7pm-9pm Christine Knipp
 March 9 MC - CN, 126

DIY Cleaning Products

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

CRFT:765 | \$45
 680 Sa 1pm-4pm Christine Ritter
 March 5 MC - SW, 102

LAST DAY TO ENROLL OR WITHDRAW FROM THIS CLASS IS FRIDAY, 2/26. NO REFUNDS AFTER 2/26.

930 Sa 1pm-4pm Christine Ritter
 April 9 Thomas Dunn LC

LAST DAY TO ENROLL OR WITHDRAW FROM THIS CLASS IS FRIDAY, 4/1. NO REFUNDS AFTER 4/1.

Call 314-984-7777 to register beginning January 4.

PERSONAL ENRICHMENT

Soap Making: Beginning and Advanced

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

CRFT:765 | \$115

FD3 W 6pm-9pm **Brittany Campbell**
Feb. 10 – Feb. 24 FV - SM, 245
LAST DAY TO ENROLL OR DROP IS MONDAY, 2/1. NO REFUNDS AFTER MONDAY, 2/1.

MD4 Sa 9am-12pm **Brittany Campbell**
April 9-April 23 MC - SS, 105
LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/30. NO REFUNDS AFTER WEDNESDAY, 3/30.

Soap Making the Herbal Way: Beginning

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

CRFT:765 | \$59

FD1 W 6pm-9pm **Brittany Campbell**
Feb. 10 FV - SM, 245
LAST DAY TO ENROLL OR DROP IS MONDAY, 2/1. NO REFUNDS AFTER MONDAY, 2/1.

MD6 Sa 9am-12pm **Brittany Campbell**
April 9 MC - SS, 105
LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/30. NO REFUNDS AFTER WEDNESDAY, 3/30.

Advanced Soap Making Techniques: Scents and Swirls

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

CRFT:765 | \$65

FD2 W 6pm-9pm **Brittany Campbell**
Feb. 24 FV - SM, 245
LAST DAY TO ENROLL OR DROP IS FRIDAY, 2/12. NO REFUNDS AFTER FRIDAY, 2/12.

MD7 Sa 9am-12pm **Brittany Campbell**
April 23 MC - SS, 105
LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 4/13. NO REFUNDS AFTER WEDNESDAY, 4/13.

Introduction to Aromatherapy

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

CRFT:765 | \$45

MD5 Sa 10am-12pm **Brittany Campbell**
Feb. 13 MC - SS, 106
LAST DAY TO ENROLL OR DROP IS MONDAY, 2/1. NO REFUNDS AFTER MONDAY, 2/1

FD4 W 6pm-8pm **Brittany Campbell**
March 2 FV - SM, 244
LAST DAY TO ENROLL OR DROP IS MONDAY, 2/22. NO REFUNDS AFTER MONDAY, 2/22

Holistic Personal Care: Body Butters and Solid Perfumes

Join us for a fun and exciting class creating your very own body butter and solid perfume bars with all natural ingredients. In this class you'll discover the basics of creating your own recipes to fit your style, how to blend essential oils and your favorite moisturizing ingredients into your products. We'll also go over great ideas for packaging your product for personal use or for gift ideas. Instructor has been handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 2/24. NO REFUNDS AFTER WEDNESDAY, 2/24.

CRFT:765 | \$45

931 Sa 10am-12pm **Brittany Campbell**
March 5 Thomas Dunn LC

Exclamation Point!

"Brittany Campbell was a fantastic instructor. I've taken several of her classes and always have a great experience, plus I walk away with a completed project and useful skills."

Jenna R., Ferguson

Culinary Arts

New Donuts! (Homemade!)

Everybody loves donuts and homemade are definitely the best! We will make ring doughnuts and filled doughnuts, then creatively finish them with a variety of glazes, icings and toppings. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration with some hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$39

P02 M 6:30pm-9:30pm **Debra Hennen**
March 21 Cul. Arts House

Italian Sweets and Treats

Italian sweets are as variable as the regions of Italy. We'll make Cannoli from Sicily; Tiramisu, including Lady Fingers, from Treviso; Double Chocolate Panna Cotta from the northern Italian region of Piedmont; and Torta di Ricotta from the southern regions of Italy. Class is a combination of demonstration with some 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 | \$39

P01 M 6:30pm-9:30pm **Debra Hennen**
March 7 Cul. Arts House

Classic Greek Pastries

From delicate and fragile to crunchy and chewy, Greece is known for its confections, cakes and cookies. Made with an abundance of honey, nuts, fruits and creams, these mouth-watering treats will satisfy anyone's sweet tooth. We'll make the ever popular Baklava with our super easy recipe, Melomakarona (honey cookies with walnuts), Kataifi (almond and walnut pastry in syrup), and Melopita (honey pie). 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 | \$39

P03 M 6:30pm-9:30pm **Debra Hennen**
April 4 Cul. Arts House

Hand-held Pies: Sweet and Savory

Delicious individual pastries with sweet and savory fillings in the convenience of a hand held pie! Great for picnics, when you are on the go, and perfect for back to school lunches. We'll make traditional Cornish pasty, with a hearty combination of steak and veggies for the filling; veggie empanadas, with black bean, corn and portabella filling; fried peach hand pies; and summer fruit galettes. Class is a combination of demonstration with some 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 | \$39

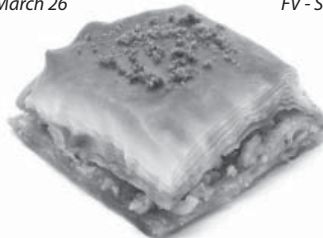
P04 M 6:30pm-9:30pm **Debra Hennen**
April 18 Cul. Arts House

Delicious Cakes

Come find out how easy it is to bake a cake from scratch. You'll spend a fun morning helping to bake (and eat) a variety of amazing cakes, including: apple cinnamon white cake, fresh peach cake, Greek lemon cake, supreme carrot cake, Vermont-maple pecan cake, and chocolate truffle cake (and more). You may never use a boxed mix again. Bring take home containers for slices of your favorites. Class is hands-on.

FOOD:705 | \$39

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



Learn about making classic Greek pastries with Continuing Education

Artisan Breads: Flat Breads

There are hundreds of types of flatbreads that are made worldwide. The textures of flatbreads vary from crispy, puffy, soft, flaky, tender or light. Come learn the variations of pizzas and flatbreads and how to make sure that yours turns out perfectly in your home oven. The class will concentrate on pizza, pita, focaccia and lavash. If time allows, we'll experiment with breadsticks. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P02 Sa 9am-12pm **Dianne Johnson**
April 9 Cul. Arts House

Sweet and Savory Quick Breads

Buttermilk biscuits, blueberry muffins, pumpkin bread, and cranberry scones are all called quick breads. They are called quick breads because they are quick to mix together and quick to bake. You'll learn how to use chemical leavening agents (primarily baking powder and baking soda) properly. We'll prepare quick breads using the biscuit method, muffin method and creaming method. We'll use a variety of flours, fruits, nuts, spices and vegetables in our breads. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P01 Sa 9am-12pm **Dianne Johnson**
Feb. 27 Cul. Arts House

New Sourdough from Start(er) to Finish

There's more than one way to catch the sourdough bug and more to make than just bread. We'll discuss how sourdough cultures work and make starters using several methods - quick, wild-caught and traditional. Then, using already-cultured sourdough starters, we'll explore ways to incorporate that tanginess into dishes beyond bread. We'll make sourdough pizza crust, cherry-pecan muffins, waffles and noodles. Bring a pint jar to take home a sourdough starter. Class is hands-on.

FOOD:706 | \$39

780 W 6:30pm-9:30pm **Robin Wheeler**
March 16 Lindbergh H.S., 128

New Keep the Sweet! Reducing Sugar in Baked Treats

Are you trying to reduce sugar but miss sweet treats? If your answer is "yes!" you won't want to miss this class. We'll be baking desserts with recipes that reduce and/or replace sugar. Some use of alternative sweeteners and fruit purees will be included. Recipes will include: chocolate chip oatmeal cookies, frozen coconut-coffee bites, no-bake oatmeal cookies, orange-pumpkin tart and more. You'll be able to satisfy your sweet tooth and not miss the sugar. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$39
P01 Th 6:30pm-9:30pm
 April 14 **Dianne Johnson**
 Cul. Arts House

Brunch @ Tiffany's

Can't afford a trip around the world? Have an international brunch that will transport you to another country in your own kitchen! Learn to make and enjoy mini-baked German pancakes with fresh berry compote, a Mexican chorizo egg strata, a tropical fruit yogurt parfait with homemade granola and French Croque Monsieur ham and cheese grilled sandwiches. Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$39
P02 Sa 9:30am-12:30pm
 April 23 **Tiffany Smith**
 Cul. Arts House

Spring Appetizers & Mocktails

Spring has sprung! And invitations to showers and other social events are popping up all over! Whether you are hosting or bringing a dish, come experience some easy recipes with an international flair that will be perfect for all ages. Sip and learn spring-inspired tasty non-alcoholic drinks that are family-friendly and deliciously beautiful using gourmet lemonades, flavored teas and fresh fruit juices to start. Enjoy beef and lamb meatballs with fresh tzatziki sauce, an easy shrimp ceviche, spanakopita, and a show-stopping Italian inspired antipasti tray featuring burrata cheese and easy flatbreads! Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$39
P01 Sa 9:30am-12:30pm
 March 5 **Tiffany Smith**
 Cul. Arts House

Girls' Night Out: Dessert Buffet

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

FOOD:716 | \$39
P01 F 6:30pm-9:30pm
 April 1 **Debra Hennen**
 Cul. Arts House

Girls' Night Out: Appetizer and Mini-Dessert Buffet

Gather your BFFs for a food-filled night where girls have all the fun! You'll be cooking together and noshing on great appetizers and mini-desserts. We'll be making and munching down on strawberry rum cupcakes, calzone mini-pinwheels, almond cheddar cheese wedges, French vanilla puffs, chicken satay with Thai peanut sauce, pepperoni bread and turkey meatballs in peach sauce. Our instructor plans to sneak even more great nibbles onto the menu from her secret recipe file. See you there! Class is hands on.

FOOD:716 | \$39
580 F 7pm-9:30pm
 Jan. 29 **Eileen Fraser**
 FV - SM, 129

Vegetarian Small Plates and Appetizers

Come join us for vegetarian-vegan small plates and appetizers that are guaranteed to please all your guests. Recipes include mini corn and leek flautas, mini meatless Reubens, zucchini chips, buffalo chickpea pitas with ranch dressing and more. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:721 | \$39
P01 Th 6:30pm-9:30pm
 Feb. 18 **Dianne Johnson**
 Cul. Arts House

Cheese-making at Home - DIY for Beginners

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

FOOD:722 | \$69
P02 Sa 9am-3pm
 March 19 **Lisa Payne**
 Cul. Arts House

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

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

FOOD:722 | \$69
P03 Sa 9am-3pm
 April 2 **Lisa Payne**
 Cul. Arts House

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. No class 3/14.

FOOD:701 | \$69
770 M 6:30pm-9pm
 Feb. 29 - March 28 **Cynthia Sciaroni**
 Hixson Mid. School, 121

Cake Decorating for Fun or Profit: Beginning & Intermediate

Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then you'll enhance your artistic skills and creative abilities with the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supplies extra. No class 3/15.

FOOD:701 | \$89
550 Tu 6:30pm-8:30pm
 Feb. 9 - April 5 **Carla Soll**
 FV - SC, PDR-A

Cake Decorating for Fun or Profit: Intermediate

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. Supplies extra.

FOOD:702 | \$69
770 M 6:30pm-9pm
 April 4 - April 25 **Cynthia Sciaroni**
 Hixson Mid. School, 121

Icings & Fillings

No matter how pretty your creations are, the same basic tasting cake can get tiresome. So if you're looking to expand your repertoire of icings and fillings, this is the class for you. Come learn to make Italian buttercream, ganache, lemon curd, mousse and more. You'll enjoy taste-testing lots of samples! Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$49
P01 Su 1pm-5pm
 Feb. 28 **Debra Hennen**
 Cul. Arts House

Cake Decorating: Contemporary Wedding Cakes

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

FOOD:704 | \$59
550 Tu 6:30pm-9pm
 April 12 - April 26 **Carla Soll**
 FV - SC, PDR-A

The Cake Decorating Program with Continuing Education

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

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

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



Cooking with Ancient Grains: Quinoa, Amaranth and Farro

Join us to learn about fascinating history of ancient grains and their nutritional benefits. Next, learn how to cook and add these ancient grains into your daily diet. Cooking with old-world grains adds texture, variety and healthy nutrients to meals. Participants will prepare and sample a number of recipes made with quinoa, amaranth and farro. Most of the recipes will be suitable for a gluten-free diet. Bring take home containers. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$39
P01 Th 6:30pm-9:30pm **Dianne Johnson**
 Feb. 11 *Cul. Arts House*

Cooking with Coffee

Love coffee? It's not just for kick-starting your day! That rich, roastiness works in variety of dishes. We'll make a coffee-infused meat rub coupled with little buzzed sliders with red-eye gravy, carrots roasted in coffee beans, and coffee jelly-glazed mocha cookies. Bring an 8-ounce jar and a container to take home spice rub.

FOOD:722 | \$39
784 W 6:30pm-9:30pm **Robin Wheeler**
 April 13 *Lindbergh H.S., 128*

Fermented Pickles for Your Spring Pantry

The days are getting longer and the greens are sprouting! Capture those fresh flavors with this easy, all-natural preservation technique that's loaded with probiotics. We'll pickle asparagus, sweet salad turnips, radishes with honey, and strawberry salsa to welcome the warmer days. Bring 4 wide-mouth pint jars.

FOOD:722 | \$39
780 W 6:30pm-9:30pm **Robin Wheeler**
 March 2 *Lindbergh H.S., 128*

Crazy for Kefir & Kombucha

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

FOOD:722 | \$35
781 W 6:30pm-9pm **Jane Campbell**
 March 9 *Lindbergh H.S., 128*

Making Miso - It's More Than Soup!

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

FOOD:722 | \$35
782 W 6:30pm-9pm **Jane Campbell**
 March 30 *Lindbergh H.S., 128*

The Wonderful World of Fermented Vegetables

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

FOOD:722 | \$35
783 W 6:30pm-9pm **Jane Campbell**
 April 6 *Lindbergh H.S., 128*

Cooking Techniques Made Easy

With a few easy techniques, you can create delicious "from scratch" meals. You'll learn to measure, dice, slice, chop, roast, and bake. The helpful hint, guidance in class, and easy to follow recipes will sharpen your culinary skills and have you cooking great meals yourself. At home Tonight's recipes will include apple coffee cake with streusel topping, tossed salad with homemade classic vinaigrette, oven-roasted potatoes with peppers and onions, simplified homemade tomato soup, creamed spinach, honey glazed carrots, herb-roasted chicken and more. Class is hands-on.

FOOD:723 | \$39
550 Th 7pm-9:30pm **Eileen Fraser**
 Feb. 25 *FV - SM, 129*

Cooking Basics: A Taste of Paris

Take your taste buds on a culinary trip to France to take on traditional flavors in this fun, fix-and-eat two-session cooking class. Day 1: Quiche with beef, cheddar, bacon, and veggies; seasoned green beans; lemon berry tart for dessert. Day 2: French dip sandwiches; pasta salad; strawberry banana crepes for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$59
780 Tu 6:30pm-9:30pm **Latoya Chauncey**
 March 7 - March 14 *Lindbergh H.S., 128*

Exclamation Point!

"I really appreciated the pace of Cooking with Ancient Grains: Quinoa, Amaranth and Farro - starting with the description of what we would do, dividing up participants to prepare a number of food items, "tasting" throughout the three hours and leaving with recipes and websites for additional ideas."

Ron T., Olivette

Cooking Basics: Spring Festival

Celebrate spring with delicious warm weather comfort foods. These can be yours at home after you learn how to make them yourself! Your great new recipes will include: Day 1: Stuffed meatball burgers with fixin's like cheeses, bacon, BBQ sauces and all the trimmings; home fries; cole slaw; mini apple and chocolate pies for dessert. Day 2: Crescent pizza and hot dogs, baked beans, roasted zucchini and homemade ice cream cones for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$59
781 Tu 6:30pm-9:30pm **Latoya Chauncey**
 April 11 - April 18 *Lindbergh H.S., 128*

Louisiana Mardi Gras Mambo

Forget gumbo and red beans and rice — this class brings a whole different mix of Cajun and Creole recipes sure to make the good times roll. Join us for Royal Street cream of artichoke soup, boudin balls, avocados with stuffed andouille crusted fish with corn macque chou, Cajun rice and the supreme ending with Commanders Palace soufflé bread pudding. Class is hands-on.

FOOD:724 | \$39
750 Tu 6:30pm-9:30pm **Suzanne Corbett**
 Feb. 2 *Kirkwood H.S., C 191*

Valentine's Day Gifts: From the Heart of Your Kitchen

Tired of mass-produced chocolate-covered strawberries and boxes of chocolates? Try these romantic and perhaps aphrodisiac handmade edible gifts for your beloved. A cocoa and dried cherry chutney preserves the flavors of the holiday and goes great with cheese. Pomegranate jelly gets your blood flowing. Fiery candied walnuts give a boost of omega-3s and heat. The best part: we'll bring them all together in a gooey, intense chocolate cake that incorporates all three recipes. Bring two 8-ounce jars and a container to take home a slice of cake. Class is hands-on.

FOOD:724 | \$39
780 W 6:30pm-9:30pm **Robin Wheeler**
 Feb. 10 *Lindbergh H.S., 128*

Gluten-free Spring Brunch

Spring holiday celebrations include family get-togethers with lots of sweet and savory dishes. This class will give you ideas and recipes for your gluten-sensitive guests. We will be making classic brunch items with a gluten-free twist. Recipes will include: caramel-apple bundt cake, pumpkin doughnuts, quiche and strata, scones, and coffee cake. Class is a combination of demonstration and hands-on. Bring take-home containers or zip-lock bags. Class is part demonstration, part hands-on. *NOTE: We'll be working in a facility that may have been cross-contaminated with some gluten-containing ingredients. Park on Hartford or Hampton. Flagpole in front.

FOOD:725 | \$39
P01 Th 6:30pm-9:30pm **Dianne Johnson**
 March 3 *Cul. Arts House*

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, you'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 | \$39
750 Tu 6:30pm-9:30pm **Michelle Melton**
 March 22 *Kirkwood H.S., C 191*

A Taste of India: Vegan Meal

If you enjoy dining out in Indian restaurants, come learn how to prepare these delicious vegan dishes yourself at home. The flavors are so full and hearty, you'll never miss the meat. It's not difficult once you've been shown how to do it. You'll prepare and enjoy sampling: Rajma (red kidney beans with spices); Bhindi masala (okra cooked with bell peppers, onions, tomatoes and spices); Poha (flattened rice with onions, potato and spices); Karanji (coconut-filled, fried pastry). Served with roti (whole wheat unleavened Indian bread). Class is hand-on.

FOOD:733 | \$39
780 M 6:30pm-9:30pm **Seema Shintre**
 Feb. 22 *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: black-eyed pea curry; saag paneer (spinach cooked with Indian cheese, spices and cream); mango burfi (mango-coconut dessert); pulav; raita. Served with naan (Indian bread). Class is hand-on.

FOOD:733 | \$39
781 M 6:30pm-9:30pm **Seema Shintre**
 Feb. 29 *Lindbergh H.S., 128*

A Taste of India: Traditional Chicken Dinners

If you enjoy the flavors of Indian food, come learn to prepare these extraordinary Indian chicken meals for yourself. You'll help prepare and enjoy traditional Indian flavors in: chicken curry; kheema paratha (minced chicken stuffed bread); vegetable pulav (basmati rice, veggies and aromatic spices); daal (lentils cooked with aromatic spices); kheer (rice pudding). Served with naan (Indian bread). Class is hand-on.

FOOD:733 | \$39
782 M 6:30pm-9:30pm **Seema Shintre**
 March 28 *Lindbergh H.S., 128*

New Indian "Street Food"

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

FOOD:733 | \$39

P01 Th 6:30pm-9:30pm
April 7

Prabha Pergadia
Cul. Arts House

Dining Global: Soups, Salads and Sandwiches from Around the World

Savor the flavors of global and regional specialties with one-pot wonders from around the world, salads with flair, and sandwiches that will make you wonder why you ever settled for a ham and cheese. In this class, you'll learn to make these delicious soups: French onion, Greek lemon chicken orzo, Italian wedding soup, Spanish paella, Brazilian stew and shrimp bisque. We'll also make a classic Greek salad, strawberry salad and Caesar salad, all with homemade dressings. Finally, we'll revel in the simple joy of a good sandwich as we devour our own New Orleans muffalettas, Italian halibut sandwiches, and Mediterranean basil pesto breakfast sandwiches. Come hungry and leave with your lunch for tomorrow. Bring take home containers. Class is hands-on.

FOOD:734 | \$39

750 Tu 6:30pm-9:30pm
Feb. 23

Michelle Melton
Kirkwood H.S., C 191

Irresistible Vegetables: Who Knew?

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

FOOD:735 | \$39

750 Tu 6:30pm-9:30pm
March 29

Michelle Melton
Kirkwood H.S., C 191

Even More Irresistible Vegetables: Who Knew?

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

FOOD:735 | \$39

751 Tu 6:30pm-9:30pm
April 12

Michelle Melton
Kirkwood H.S., C 191

Tasty, Easy Vegetable Side Dishes

If you're looking for ways to jazz up vegetables, this class is for you. You'll help make and enjoy these recipes: tuscan asparagus, balsamic glazed Brussels sprouts, creamy cauliflower, smashed parmesan potatoes, sunny baby carrots and much more. There's always something exciting and different from our instructor's recipe box. Class is hands-on.

FOOD:735 | \$39

550 Th 7pm-9:30pm
April 28

Eileen Fraser
FV - SM, 129

Southern Fish Fry

Throw your own down-home fish fry — just in time for Lent. We'll prepare classic recipes that are easy to make and promise rave reviews. Southern-fried catfish and Bayou fried shrimp will star the show, sided with home-style lemon tartar sauce and spicy hush puppies. Southern fried corn, buttermilk slaw, and three cheese mac and cheese will complement this meal. We'll finish with a scrumptious sour cream lemon pound cake. Class is hands-on.

FOOD:736 | \$39

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

Suzanne Corbett
Kirkwood H.S., C 191

Learning to Love Seafood: Fish Fry Favorites and More

Do you sometimes crave the yummy fish fry menus that vanish with the end of Lent or wish you had a few healthier ideas for delicious ways to incorporate more fish and seafood into your year-round diet? In this fish and seafood exploratory class, we will not only master a few fish fry favorites like southern-fried catfish, battered cod, and cheddar chive biscuits, but we will also learn all about the many common types of fish and shellfish that can be purchased in St. Louis and the best ways to prepare them. Try sea bass en papillote steamed with fresh vegetables, crab-stuffed flounder, sautéed lemon pepper tilapia, pan-seared scallops over a spinach salad, Mediterranean halibut canapés, and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:736 | \$39

751 Tu 6:30pm-9:30pm
March 1

Michelle Melton
Kirkwood H.S., C 191

Meet Meat

Have the many different cuts of beef in the meat department got you confused and bewildered? Come hone your consumer skills in purchasing meat, learn to select the best cooking techniques for each type of cut, and understand how you can enhance flavor and tenderness of the most expensive item on your menu. Then, we'll prepare and taste: beef stroganoff, vegetable beef soup, pork tenderloin, chili, brisket (demonstration). Class includes hands-on food preparation.

FOOD:738 | \$39

750 Tu 6:30pm-9:30pm
April 19

Shirley Rauh
Kirkwood H.S., C 191

Spring Fling: Soups and Salads

Tired of the heavy stews, chilis and soups of winter? Lighten up the menu and kick in some new flavors! Suzanne Corbett brings it on with recipes to get you excited about spring. You'll prepare and sample: roasted spring asparagus soup, Thai chicken soup, watercress brie soup, orzo spinach soup, lemon basil chicken salad, ancho Caesar steak salad, Asiago chips, chopped Greek salad and smoky ham and corn salad. Class is hands-on.

FOOD:742 | \$39

750 W 6:30pm-9:30pm
Feb. 17

Suzanne Corbett
Kirkwood H.S., C 191

Homestyle Foods: Comfort Food Classics

We all like foods that make us feel good inside. And knowing we can make them anytime with these recipes is even better! You'll help make and sample these old favorites (some with a new twist): crispy oven chicken, ziti macaroni with gruyere cheese, pork chops with sautéed apples and pecans, easy homemade chicken noodle soup, blueberry buckle, asparagus with almond sauce and much more. Our instructor is planning a full array of flavorful recipes would satisfy anyone's appetite and that would make you proud to serve. Class is hands-on.

FOOD:742 | \$39

550 Th 7pm-9:30pm
April 14

Eileen Fraser
FV - SM, 129

The Magic of Mother Sauces

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

FOOD:747 | \$39

750 Tu 6:30pm-9:30pm
Feb. 16

Shirley Rauh
Kirkwood H.S., C 191

Introductory Knife Skills (with dinner!)

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

FOOD:747 | \$59

751 Tu 6:30pm-9:30pm
March 8

Michelle Melton
Kirkwood H.S., C 191

What's in Your Spice Cabinet?

An Exploration of Cooking Spices

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

FOOD:747 | \$39

752 Tu 6:30pm-9:30pm
April 5

Michelle Melton
Kirkwood H.S., C 191

Sunny Winter Citrus Preservation

While the local harvests are long away, take advantage of the beautiful citrus fruits that fill the produce department in winter! We'll capture the bright winter sunshine to use year-round with canning and curing techniques. Savory and tangy pickled kumquats, wine-infused aigre-doux citrus preserves, easy marmalade, salt-cured and sugar-cured citrus peels will fill your pantry for months to come. We'll discuss unique varieties of citrus only available in the winter - Meyer lemons, clementines, blood oranges, ruby red grapefruit - and how to use them in their preserved forms. Bring three 8-ounce jars with lids. Class is hands-on.

FOOD:754 | \$39

780 W 6:30pm-9:30pm
Feb. 24

Robin Wheeler
Lindbergh H.S., 128



Make your vegetables irresistible with our Culinary Arts classes

PERSONAL ENRICHMENT

Couples Cook: Flavors of the Mediterranean - A Taste of Italy and Greece

Make plans to join us for an evening of delicious dining. We'll enjoy the flavors of Italy and Greece with zuppa di salsiccia con tortellini (sausage soup with tortellini), yauroritopa (Greek yogurt cake with syrup), fagiolini con pomodoro (green beans with herbed tomatoes), Greek salad, tacchino al marsala (turkey with marsala cream sauce) and merluzzio alla siciliana (sicilian cod). Our instructor will have additional delicious recipes for you to enjoy that will complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

581 F 7pm-9:30pm
March 11

Eileen Fraser
FV - SM, 129

Couples Cook: Romantic Valentine's Dinner

Bring your sweetie for a fun and romantic evening of couples cooking and dining on these great recipes: pork tenderloin with peach sauce, lemon cherry cake, chipotle butternut squash soup, chicken with sage cream sauce, roasted carrots with honey mustard and cauliflower fontina gratin. The instructor will have additional delicious recipes for you to enjoy that will complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

580 F 7pm-9:30pm
Feb. 12

Eileen Fraser
FV - SM, 129

Couples Cooking: Spring Buffet

Make plans to join us for an evening of delicious dining and fun in the kitchen. Enjoy preparing and sharing these springtime dishes: grilled pork chops with basil garlic rub, blueberry coffee cake, tossed berry salad with cream raspberry dressing, salmon with tarragon tartar sauce, lemon pecan green beans and apple cinnamon squash soup. The instructor will have additional recipes to complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

582 F 7pm-9:30pm
April 8

Eileen Fraser
FV - SM, 129

Wines: The Big 6

An exploration into the six most influential and popular grape varieties in the world. This will be an examination of the styles and characteristics of Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay, Sauvignon Blanc and Riesling. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M01 Tu 6:30pm-8:30pm
Feb. 16

William Polhemus
The Wine Barrel

California Wines: Beyond Napa Valley

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

FOOD:760 | \$15

M02 Tu 6:30pm-8:30pm
March 15

William Polhemus
The Wine Barrel

Rhone Around the World

Come experience the influence that France's Rhone region, where Syrah is king, has had on America, Australia, and South Africa. Wines included will be a G.S.M, Grenache, and Viognier. Wine tasting will be accompanied by explanations of the influence of growing environment, and the fermentation, aging, and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M03 Tu 6:30pm-8:30pm
April 12

William Polhemus
The Wine Barrel

Compare and Contrast: Different Wine Varietals

What's the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varieties from different regions and identifying their individual characteristics. Included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. \$20 materials fee payable at class. Must show proof of age 21 to participate.

FOOD:760 | \$15

M04 Tu 6:30pm-8:30pm
May 10

William Polhemus
The Wine Barrel

Make Your Own Wine at Home

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

FOOD:760 | \$35

M05 W 6pm-9pm
March 30

Dave Deaton
St Louis Wine & Beermaking

New Food as Medicine: The Traditional Chinese Medicine Approach to Spring

"Let medicine be thy food and food be thy medicine." -Hippocrates. What are the best herbs and foods for the spring season to ensure vitality and ward off illness? In Traditional Chinese Medicine (TCM), spring is the Liver/Gallbladder time of year and is associated with the Wood element. Spring is the time to cleanse the Blood and Liver, and to regulate our habits and activities. We are going to talk about herbs and their use in food and how you can help heal your family and yourself by including herbal medicine in your kitchen recipes, your family meals and your day to day eating activities. You'll learn about how herbs can be used as food, and food can be used as medicine. Demonstration and all supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$39

P01 Sa 10am-12:30pm
March 12

Rachel Davis
Cul. Arts House

New Food as Medicine: The Ayurvedic Approach to Spring

"Let medicine be thy food and food be thy medicine." -Hippocrates. How does the Ayurvedic system of medicine work and how can you apply it to your daily life? What's a dosha and how do you find out what your dosha is? This class is an introductory course on this ancient East Indian approach to medicine and how to eat in alignment with your physical constitution. By understanding your constitution, you gain a better understanding of tendencies, strengths and weaknesses. We will talk about foods to incorporate at this time of spring as well as what to avoid. Let every meal be an opportunity to heal. Demonstration and all supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$39

P02 Sa 10am-12:30pm
April 16

Rachel Davis
Cul. Arts House

Coffee College

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

FOOD:765 | \$29

V01 W 6pm-9pm
Feb. 17

Steve Richards
Alaska Klondike Coffee Co

Our wine classes span a variety of levels and topics.

Cheers!

Performing Arts

Dance

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. No class 3/16.

DANC:701 | \$79
M02 W 7:15pm-8:15pm
 Feb. 17 – April 27 *Studio-Brentwood*

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
 Feb. 8 – March 28 *ADIVA Dance Center*

Tap Dancing: Beginning

Designed for the beginner as well as someone with limited tap experience. Basic tap steps and tap combinations will be taught as well as a tap routine. Develop your sense of movement while practicing basic rhythm tap techniques. A fun way to exercise!

DANC:707 | \$69
M02 Tu 8:15pm-9pm
 Feb. 16 – April 26 *Studio-Brentwood*

Bring shoes to first class. Call The Studio directly for specific purchasing information 314-968-4881. No class 3/15.

M01 M 8pm-9pm
 Feb. 8 – March 28 *ADIVA Dance Center*
Do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store.

Tap Dancing: Beyond the Basics

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll learn and practice new steps, combinations and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required.

DANC:708 | \$69
M01 Tu 6:30pm-7:30pm
 Feb. 23 – April 26 *Bonnie Kleyboecker*
St John's Ev. 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 instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:719 | \$39
M01 M 8pm-9:15pm
 Feb. 8 – Feb. 22 *Gerry & Bob Tevlin*
Concordia Luth-Krkwd, CAFE

Hip Hop Dancing

Come try this trendy and energetic dance form for a terrific workout to great dance music. Our instructor will teach all types of hip hop moves, such as popping, locking, freezing and stepping (all styles except break-dancing). You'll acquire an understanding of rhythm and musicality that will get you opening up and moving in unique ways. Hip hop can be done to all kinds of music, so come learn some new moves that will help you express your own personality through dance. No class 3/21.

DANC:719 | \$69
780 M 6:30pm-8pm
 Feb. 22 – April 4 *Thembisile Mnyande*
Sperrng, CAFE

Ballroom Dancing: Beginning

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

DANC:720 | \$69
M01 Th 7pm-8:30pm
 Feb. 11 – April 7 *Charles Lages*
St John's Ev. UCC, CAFE

Partners only. No class 3/24
M02 M 6:30pm-7:50pm
 Feb. 22 – April 18 *Karen Merlin*
Bluebird Park
Partners helpful though not required. Rotation of partners is encouraged but not mandatory. No class 3/14

Ballroom and Latin Dancing: Intermediate

This class is for those who are ready to move to the next level. Be certain to have a firm grasp of moves learned in the beginning class. Learn more steps to the basic ballroom and Latin rhythms and add tango, salsa, and merengue rhythms. Get an impressive edge that will give you the confidence you're looking for. Prerequisite: Beginning Ballroom and Latin Dancing. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/23.

DANC:721 | \$69
780 W 7:30pm-8:45pm
 Feb. 24 – April 20 *Sherry Martin*
Sperrng, CAFE

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 3/15.

DANC:725 | \$59
M01 Tu 8pm-9pm
 Feb. 23 – April 19 *Karen Merlin*
Bluebird Park

The Salsa Experience: Beginning

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

DANC:725 | \$69
P01 Tu 7pm-8:30pm
 Feb. 23 – April 12 *Carmen Guynn*
Almas Del Ritmo Dance Co.

Easy Social Dancing I & 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 | \$69
M03 M 8pm-9:30pm
 Feb. 29 – April 18 *Sherry Martin*
Concordia Luth-Krkwd, CAFE

780 W 6pm-7:15pm
 Feb. 24 – April 20 *Sherry Martin*
Sperrng, CAFE
No class 3/23

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
M01 Tu 6:30pm-7:50pm
 Feb. 23 – April 19 *Karen Merlin*
Bluebird Park

No class 3/15
M02 Th 7pm-8:20pm
 March 3 – April 28 *Karen Merlin*
Bluebird Park
No class 3/17



Put your dancing shoes on!



*Get on the
dance floor!*

Swing Dancing: Beginning I & II

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you'll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.
DANC:738 | \$59
M03 M 6:30pm-7:45pm **Gerry & Bob Tevlin**
 March 14-April 18 *Concordia Luth-Krkwd, CAFE*

Let's Swing! Quick Start for New Dancers

Swing is one of the most popular dances in St. Louis because it's lively, fun, easy and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you're looking for a new leisure-time couple's activity, enjoyable exercise or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.
DANC:738 | \$39
M01 M 6:30pm-7:45pm **Gerry & Bob Tevlin**
 Feb. 8 - Feb. 22 *Concordia Luth-Krkwd, CAFE*

Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Fee is per person. Dress shoes recommended. No tennis shoes.
DANC:738 | \$59
M02 M 8pm-9pm **Karen Merlin**
 Feb. 22 - April 18 *Bluebird Park*
Partners helpful though not required. Rotation of partners is encouraged but not mandatory. No class 3/14
DANC:738 | \$69
780 Tu 7:30pm-9pm **William Sevier**
 Feb. 23 - April 19 *Sperreng, CAFE*
Partners only. No class 3/22

Belly Dance for Fun & 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 7pm-8pm
 Feb. 9 - March 29 *ADIVA Dance Center*

Bollywood Dancing for Fun & Fitness

Get in on the latest dance-fitness craze! Bollywood Dancing is a beautiful blend of dance styles — Indian elements blend with Western dance styles (as seen on MTV or in Broadway musicals). Techniques include beautiful hand, feet, and body movements to up-beat music. You do not need to be a dancer to join us, and we promise you a fun time and a great workout. Comfortable workout wear, tennis shoes recommended. Class is held in the Aerobic Studio. For more information and directions visit: [www. BollywoodShuffle.com](http://www.BollywoodShuffle.com). No class 3/16.
DANC:745 | \$69
M02 W 7pm-7:50pm
 March 2 - April 20 *Chesterfield Ath.*

Country Western Line Dancing

Learn the basic dance steps that will give you the confidence to step out on the dance floor and join in on the fun. Line dancing is exercise in disguise; you'll have a lot of energetic fun while learning the classics, newer line dances and all the 'party' line dances like the Cuban Shuffle, Wobble, Cupid Shuffle and Cha Cha Slide. Partner not required, but bring a friend or two for twice the fun! No class 3/22.
DANC:748 | \$59
780 Tu 6:15pm-7:15pm **William Sevier**
 Feb. 23 - April 19 *Sperreng, CAFE*

Electric Slide: Beginning

Slide dancing is a fun, energetic way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructor will start at the beginning and take you to fantastic! No experience required.
DANC:749 | \$59
580 Sa 11am-11:50am **Laverne Gee**
 Feb. 6 - March 12 *FV - PE, 233*
582 Sa 11am-11:50am **Eleanor Whitney**
 April 2 - May 7 *FV - PE, 233*

Electric Slide: Plus

This is a strictly for-fun course that is designed to teach you the Electric Slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.
DANC:749 | \$59
581 Sa 12pm-12:50pm **Laverne Gee**
 Feb. 6 - March 12 *FV - PE, 233*
583 Sa 12pm-12:50pm **Eleanor Whitney**
 April 2 - May 7 *FV - PE, 233*

Slide Dancing for Fun & Fitness: Beginning

Come learn the latest party slide dances in the St. Louis area and around the nation. This is an introduction to R&B line dance. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that. Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress and promote positive social interaction.
DANC:749 | \$49
H80 Sa 10am-11:30am **Stephanie Crusoe**
 Feb. 6 - March 12 *Harrison Ed. Ctr, 206*

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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 | \$69
751 W 7pm-8:30pm **James Renz**
 Feb. 17 - April 13 *Kirkwood H.S., W 115*
No class 3/16
710 M 7pm-8:30pm **James Renz**
 Feb. 22 - April 18 *Clayton H.S., 102*
No class 3/14

Guitar: Beginning & 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 - available at campus bookstore - bring to first class. No class 2/20, 3/19, 3/26.
MUSC:705 | \$89
580 Sa 1pm-2pm **Christina Springer**
 Jan. 23 - May 14 *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. No class 3/15.
MUSC:705 | \$66
750 Tu 7pm-8:30pm **James Renz**
 Feb. 9 - April 5 *Kirkwood H.S., W 115*

Fun with Ukulele: Part II

Continue to learn about playing the ukulele in a fun and easy way. Prerequisite: Fun with Ukulele - Part I or permission of the instructor. Fee includes music and use of ukulele. No class 3/22.
MUSC:705 | \$69
730 Tu 7pm-9pm **Karl Markl**
 Feb. 2 - March 29 *Bernard Mid. School, 106*

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 3/15.
MUSC:710 | \$69
600 Tu 12pm-1pm **Cheryl Conley**
 Jan. 26 - April 19 *MC - HE, 112*

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Education**

Theater

Actor's Workshop: Beginning and Brush-up

Curtain up! A fun workshop for beginning actors and a great brush-up for more experienced actors. Prepare monologues and develop cold reading techniques while you build your confidence and sharpen your auditioning skills. Have a blast acting out scenes with fellow classmates and enjoy learning more about your talent! No class 3/14.

THTR:701 | \$95
650 M 7pm-9pm David Houghton
 Feb. 29 – May 9 MC - SC, 102

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 Bob Baker
 March 7 – March 28 FP - Theatre, 169

Clowning for Fun!

Learn the joy of being funny and entertaining others through this fun, interesting class. Explore the history of clowning, character development, magic, face painting, balloon twisting and so much more! Taught by professional, award winning St. Louis Clowns of America. Textbook and materials provided. Additional supplies will be available for purchase.

THTR:765 | \$89
650 W 7pm-9pm
 March 30 – May 4 MC - LH, 102

Exclamation Point!

"I loved Bob Baker's Improv Comedy for Beginners class. Bob is well versed in his trade and pleasant/fun as an instructor."

Maria P., Hazlewood, MO

Let the music play!



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 (available at Campus bookstore) and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 2/20, 3/19, 3/26.

MUSC:710 | \$99
580 Sa 8am-9:30am Christina Springer
 Jan. 23 – May 14 FV - C, 114

Piano: Advanced Beginning

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 3/15.

MUSC:711 | \$69
600 Tu 1:01pm-1:59pm Cheryl Conley
 Jan. 26 – April 19 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 (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 2/20, 3/19, 3/26.

MUSC:711 | \$99
580 Sa 9:31am-10:59am Christina Springer
 Jan. 23 – May 14 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 (available at Campus bookstore) - bring to first class. No class 3/17.

MUSC:712 | \$69
600 Th 12pm-1pm Cheryl Conley
 Jan. 28 – April 21 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 (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 3/17.

MUSC:713 | \$69
600 Th 1:01pm-1:59pm Cheryl Conley
 Jan. 28 – April 21 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 (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 3/15.

MUSC:713 | \$69
601 Tu 9:01am-9:59am Cheryl Conley
 Jan. 26 – April 19 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 (10506). Auditions for seating only. Contact the conductor at 314-984-7636. No class 2/15, 3/14.

MUSC:714 | \$25
220 M 7:15pm-9:30pm Gary Gackstatter
 Jan. 25 – May 15 MC - HW, 102

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (10507). Auditions for seating only. Call the conductor at 314-984-7636. No class 3/17.

MUSC:716 | \$25
220 Th 7:15pm-9:30pm Gary Gackstatter
 Jan. 21 – May 15 MC - HW, 102

Meramec Choir

A study of advanced choral literature. Emphasis on vocal technique and development. Available for credit as MUS 135.601 (10508). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 3/15, 3/17.

MUSC:717 | \$25
220 TuTh 12:30pm-1:50pm Michael Engelhardt
 Jan. 19 – May 15 MC - HW, 102

Harmonica: Beginning

The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play dozens of folk and campfire type songs. Fee includes student guide/song-book and a 10-hole, "C" diatonic harmonica. Instructor is a member of the Gateway Harmonica club.

MUSC:720 | \$39
650 M 6:30pm-7:30pm MC - CE
 Jan. 25 – Feb. 8
651 W 6:30pm-7:30pm MC - CE
 March 23 – April 6
350 M 6:30pm-7:30pm WW, 201
 April 11 – April 25

Bag Pipes

Students will learn the scale, basic note fingering, and some of the building blocks of ornamentation. Initial learning is done on a practice chanter (about the same size and noise volume as a recorder). This is an introductory course. Practice chanters will be available to use and take home during the session and can be purchased at any time. All other materials are provided. Continued instruction will be available. Instructor is with the St. Louis Caledonian Pipe Band. Registration deadline is 2/9. No class 3/15.

MUSC:720 | \$39
652 Tu 7pm-8:30pm MC - SW
 Feb. 16 – April 12

Photography

Darkroom Developing and Printing for B&W Photography

Students will learn to develop and print black and white pictures in a darkroom. Students will learn chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35 mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class. No class 3/18.

PHOT:705 | \$89
 480 F 6:30pm-9pm
 Feb. 19 - April 1

Cheryl Petrovic
 FP - F Tower, 411

Digital Pictures: Introduction

What's a jpeg? How do I get a photo from my digital camera into my computer? Where do I put my photos in my computer? How do I download a picture that someone sent me in an email? How do I find the photos once they are in my computer? If you don't know the answer to one or more of these questions then this course is for you. This course is an introduction to digital images, digital photos and digital cameras and will cover the technology side of photography but only touch on photography composition. This is an entry level class. Because digital cameras vary, the class will cover universal methods of inputting digital images into your computer including using SD (secure digital) and CF (compact flash) memory cards. In some cases, the methods may not apply to your specific digital camera. Bring your camera, manual and cords to both classes if possible.

PHOT:707 | \$49
 550 Tu 6pm-9pm
 Feb. 2 - Feb. 9
 C01 Th 9:30am-12:30pm
 May 5 - May 12

Rachel Bufalo
 SCEUC, 206
Rachel Bufalo
 Corp. College, 206

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.

PHOT:720 | \$69

550 W 6:30pm-9pm
 Feb. 17 - March 9
 650 Th 6:30pm-9pm
 Feb. 4 - Feb. 25
 C50 M 6:30pm-9pm
 Feb. 1 - Feb. 29
 No class 2/15

Gary Hesse
 SCEUC, 118
Gary Hesse
 MC - SS, 108
Gary Hesse
 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.

PHOT:721 | \$69

C50 M 6:30pm-9pm
 March 7 - April 4
 No class 3/14
 650 Th 6:30pm-9pm
 March 10 - April 7
 No class 3/17

Gary Hesse
 Corp. College, 207

Gary Hesse
 MC - LH, 101A

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.

PHOT:722 | \$69

650 Th 6:30pm-9pm
 April 21 - May 12
 C50 M 6:30pm-9pm
 April 18 - May 9

Gary Hesse
 MC - LH, 101A

Gary Hesse
 Corp. College, 207

Nature & Outdoor Photography

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with infield, hands-on photo instruction coupled with classroom sessions and image critiques. You will gain a greater understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks professional photographers use. This class will meet in a classroom and in a nature setting. You will need to have your photos developed or printed and brought to the last class. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:708 | \$59

680 Sa 9am-11:30am
 April 16 - May 7

Gary Hesse
 MC - SW, 210

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. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:711 | \$59

680 Sa 9am-11:30am
 Jan. 30 - Feb. 20

Gary Hesse
 MC - SW, 210

Field Photography: Studio Lighting, Portrait & Indoor Photography

A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Also covered in this class will be customer service, contracts, album design and much more! Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Intermediate, 35MM and Digital Photography: Intermediate or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. No class 3/19.

PHOT:712 | \$59

680 Sa 9am-11:30am
 March 5 - April 2

John Kerans
 MC - SW, 208



Look for course descriptions for the following Adobe Photoshop classes for the Digital Photography Essentials program in Technology on page 19.

Adobe Photoshop Creative Cloud (CC):

Introduction

COMP:755 | \$129
 C50 Th 6pm-9pm
 Feb. 4 - Feb. 25

Zak Zych
 Corp. College, 206

Adobe Photoshop Creative Cloud (CC):

Intermediate

COMP:755 | \$129
 C51 Th 6pm-9pm
 March 10 - April 7

Zak Zych
 Corp. College, 206

Adobe Photoshop Creative Cloud (CC):

Advanced

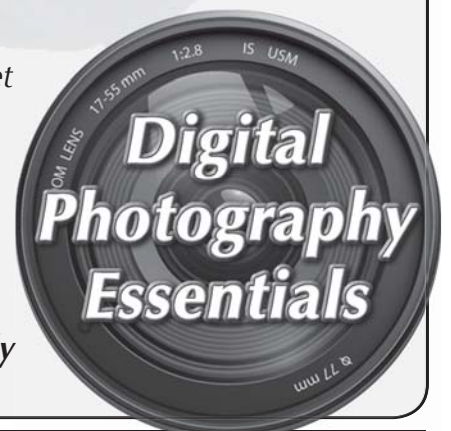
COMP:755 | \$135
 C52 Th 6pm-9pm
 April 14 - May 5

Zak Zych
 Corp. College, 206

If taking pictures is your passion, and you have artistic flair, the Digital Photography Essentials program from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade necessary to take your passion to the next level.

The photography classes and additional Photoshop classes meet the curriculum requirements of the program. Upon successful completion of the program requirements, a non-credit certificate of completion will be awarded.

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



Writing

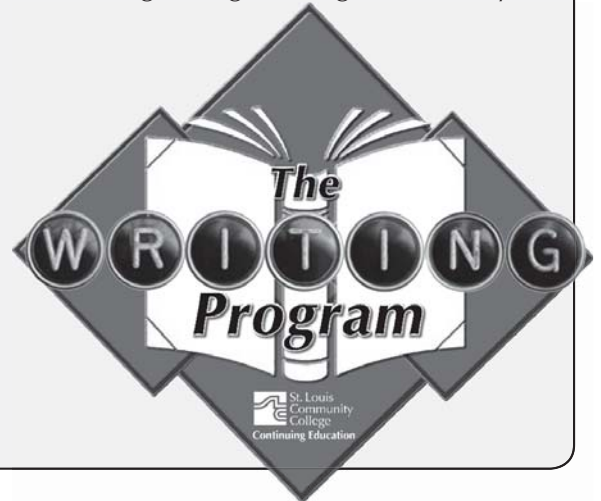
The St. Louis Community College Continuing Education **Writing Program** is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight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

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

Writing Program Requirements:

- One course from each of the four areas of study
- Two electives from any of the areas of study
- Three years to finish program
- Portfolio review capstone evaluation with a faculty member

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



New So You Want to Be a Writer?

What do we mean when we say "I want to be a writer"? For a moment, set aside any popular notions about being a writer and ask yourself, "What do I mean when I say I want to be a writer? What milestones do I want to accomplish? Now that I've decided to pursue this as more than just an avocation, how do I structure my day-to-day life in order to make it possible to accomplish that goal? Where do I find the time?" For any important journey, you need a map. In this class, through discussions, examples and exercises, we'll get started on making just such a map: a plan with concrete steps that we can follow to take some of the mystery out of the process. And we'll also talk about how we can maintain our sense of optimism when the terrain gets rough. Bring a sack lunch and a laptop/tablet (or pad and pen) to get the most out of this class.

WRIT:722 | \$59

680 Sa 9am-3:30pm
March 12

Jeffrey Ricker
MC - SO, 111

Creative Writing: A One-Day Workshop

This class is for beginning or experienced writers. We'll emphasize self-exploration and experimentation through a variety of activities. This will include reviewing other creative works and engaging in writing exercises that will stimulate your thinking as you learn to convey ideas effectively. Throughout the day, you'll sharpen your creative voice and discover what works best for you. Bring a sack lunch - you'll have the opportunity to ask individual questions and share your experiences.

WRIT:701 | \$59

480 Sa 9am-3pm
April 2

Daphne Rivers
FP - G Tower, 115

580 Sa 9am-3pm
March 5

Daphne Rivers
FV - SS, 102

Focus on Fiction: The Writer's Block Toolbox

Do you often start pieces and not finish them? Do you feel inspired to write, but unsure of how to focus and direct your efforts? Are you a seasoned writer that has recently been feeling unmotivated? This course will help you break out of your rut. Join us for a one-night course filled with fun and original writing prompts, in-class writing exercises and real tips and techniques to help you jump start your next writing project. This course will be unlike any other and is guaranteed to help you gain a sense of playfulness and confidence in your creative potential.

WRIT:706 | \$25

651 W 7pm-9:30pm
March 9

Heather Luby
MC - CS, 204

Focus on Fiction: Quick Tips for Revision

Smart writers know that the key to crafting memorable fiction is all in the revision process. True revision takes place long before proofreading and encompasses more than just a few red marks on your manuscript. Real writers understand that well executed revision is absolutely necessary if you want to see your work polished and published. But how does a writer know what is (or isn't) working in a manuscript? What tools can be used to fix problem areas? In this one-night course, you will learn the difference between macro and micro revision, how to plan and organize your revision process and step-by-step guidelines on how to take your manuscript to the next level. Prerequisite: Bring your short story or the first 5 pages of your novel-in-progress to class.

WRIT:706 | \$25

654 W 7pm-9:30pm
April 6

Heather Luby
MC - CS, 204

Boot Camp for Writers

Do you have an idea for a fiction or nonfiction story or memoir, but don't have the discipline to get started? Are you working on a project, but need feedback as you go? With weekly assignments and guided in-class critiques, this 4-session class will help you get writing, stay writing, or improve the writing you already do. All genres welcome. If you have a work-in-progress, bring copies to share for peer review.

WRIT:706 | \$69

653 W 7pm-9:30pm
April 6 - April 27

Jordan Oakes
MC - CN, 225

The Craft of Writing

Writer's Workshop: Revising and Editing

One thing most writers can do even better than writing is procrastinate. Completing your short story, poem, chapter or essay is usually a matter of revising and editing. Usually it takes several drafts to polish your project enough to consider it finished. This class will guide you through three drafts of your short story, poem or essay. If you're writing a book, you will be guided through revising one chapter, be it the first or final. We will workshop each draft, which entails sharing your work-in-progress with fellow students and the instructor. Our purpose will be to bring encouragement to one another and clarity to the writing. And most of all, to help bring your project to a polished conclusion. Bring your first draft to the initial session.

WRIT:706 | \$69

652 M 7pm-9:30pm
April 4 - April 25

Jordan Oakes
MC - CS, 205

Writing Basics Brush-up (What You Should Have Learned in High School!)

Few of us will admit it, but even the best writers can't always remember the difference between "affect" and "effect" or "then" and "than." If you sometimes struggle with the basics in your writing, come join us. You'll brush up on proofreading, grammar, sentence structure and word usage. Lit agents and magazine editors throw error-filled manuscripts into the rejection pile, no matter how mesmerizing your metaphors. With good copy editors costing around \$40 per hour, it pays to write well enough to avoid them as much as possible. Review the basics and you'll be able to edit your own work like a pro. No class 3/16.

WRIT:706 | \$69

650 W 7pm-9:30pm
Feb. 24 - March 23

Jordan Oakes
MC - CN, 225

Exploring the Creative Process

Unleashing the Writer Within

Every one of us has a special story to tell, but it can be hard in this busy modern world to access that creativity. In this class, we'll peel away the familiar outer layers of doubt, distraction and writer's block. We'll get to the core of what we're actually trying to say, and we'll learn to say it with language that is irreplaceably unique to each of us. When the writer within is unleashed, the words will come freely - and the stories we need to tell will finally occur to us. It will not be a class requirement, but those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students. You'll need to make copies of your work to share. No class 3/14.

WRIT:701 | \$69

651 M 7pm-9:30pm
Feb. 22 - March 21

Jordan Oakes
MC - CS, 205

New Creative Writing for New Writers

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 4-session workshop will help you create and perfect a short story, essay, or poem. In our first session, we will discuss what genre would best suit the story you want to tell. In subsequent sessions, we will have guided, strength-focused writing workshops. Bring writing tools of your choice (pen/paper or laptop/tablet).

WRIT:701 | \$69

650 Th 7pm-9:30pm
Feb. 18 - March 10

Meredith McDonough
MC - CS, 209

Genre

Mining Your Soul Story

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

WRIT:710 | \$59

680 Sa 9am-3pm
April 9

Mary Eigel
MC - SO, 206

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. No class 3/16.

WRIT:714 | \$69

600 W 1pm-3pm
Feb. 24 - March 23

Jordan Oakes
MC - CE

Finding Your Fiction: The Elements of Fiction

Participate in writing activities designed to develop mastery of plot, character, point of view, dialogue and more. Enjoy learning and practicing the essential elements of fiction through concise presentations and fun activities. Learn the "rules" before you break them. Bring your fears, wants and good humor to this four-session interactive course for beginning and intermediate writers. Bring the writing tools of your choice (pen and paper or laptop/tablet).

WRIT:724 | \$69

650 Tu 7pm-9:30pm
April 5 - April 26

Jeff May
MC - CN, 225

Writing the Short Story

Short stories have to do everything that a novel does - deliver a compelling narrative about dynamic characters that the reader cares about - only they have to do it in a tenth of the length (or less). We'll discuss approaches to pacing, character, dialogue and compression, and use in-class writing exercises, written comments and workshop critiques to develop your understanding of what makes successful short fiction. We'll also read great stories by some of the masters of the form, including Nobel Prize winner Alice Munro and Folio Prize recipient George Saunders.

WRIT:726 | \$69

650 Tu 7pm-9:30pm
Feb. 16 - March 8

Jeffrey Ricker
MC - CN, 225

Screenwriting: Introduction

Do you ever watch movies and think, "I could write something better than that!?" Well here's your chance to learn how. Screenwriting is both a craft and an art, and doing it well requires a solid foundation in the fundamentals of good storytelling. In this class, you'll learn all the key elements of writing a screenplay, including story structure, plot, scene development, characterization and dialogue. A series of writing assignments will guide you toward mastering the basics of screenwriting and help you begin work on your own script. The course goal is to complete a step outline or beat sheet that prepares you to turn your story idea into a screenplay. This is a great class to get a solid foundation in screenwriting, review fundamentals and craft essentials, finish a first draft or start your next script. Class is taught by a Writers Guild of America screenwriter whose credits include "The Bold and the Beautiful" and "Touched by an Angel."

WRIT:728 | \$89

550 W 7pm-9:30pm
March 23 - April 27

Rita Russell
FV - SS, 102

Finding a Literary Agent

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

WRIT:704 | \$49

651 Tu 7pm-9:30pm
March 22 - March 29

Amanda Stogsdill
MC - CN, 225

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
April 16

MC - SO, 111

WordPress for Writers: Easy Website Design for Online Publishing

Looking for a place to share your poetry, essays, short stories and other creative works with the world? Why not design the perfect online forum yourself with WordPress, which draws more than 409 million people who view 15.8 billion pages each month? WordPress is one of the world's most popular Web design tools because it's free, easy to use and produces professional results. In fact, WordPress sites are so pro that you can even use them as an online hub for marketing your work to journals, magazines and other print or online publications. Prerequisite: Windows Introduction class or equivalent experience. Students must bring their own laptop or tablet computer and already have a generic email account through Gmail, Yahoo or Hotmail and know this email address and password. Bring a sack lunch.

WRIT:704 | \$59

681 Sa 9:30am-4pm
April 23

Charlene Oldham
MC - SO, 111

Publishing

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
Feb. 20

Jeffrey Ricker
MC - SO, 111

Self-Publishing for Writers

If you're writing a book and have been contemplating the daunting task of getting it published, come learn about the process involved in self-publishing your work. This class will give you information you need to know to save yourself a lot of time and money and help you understand all the decisions required to make self-publishing a successful venture. We'll cover everything from getting copyright registered, applying for an ISBN, good cover design, manuscript editing, print, eBooks and marketing.

WRIT:704 | \$39

650 Th 7pm-9pm
Feb. 25 - March 3

Jill Mettendorf
MC - CN, 225

New Publishing for Emerging Writers

Do you want to publish a story, essay, or poem? Are you unsure about how to break into the writing market? Many literary magazines and journals love to discover new, emerging writers. This introductory workshop will demystify the publishing process and build your confidence in your writing. This 4-session class will help you match your unique, creative writing with like-minded publishers and get your writing out there! Bring writing tools of your choice (pen/paper or laptop/tablet) and copies of your works-in-progress.

WRIT:704 | \$69

652 Th 7pm-9:30pm
March 31 - April 21

Meredith McDonough
MC - CS, 209

Program Completion

Portfolio Review - Writing Certificate Program

This is for confirmation that students have met the requirements of the Writing Certificate program. You must submit your portfolio for review. The work should exhibit increased proficiency in writing techniques and should aspire to high literary standards. You will receive a confirmation response from a writing program faculty member. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to award the Writing Certificate. If the portfolio does not meet acceptable standards, the instructor will make recommendations. You may register for the portfolio review again, until the faculty member is satisfied with the quality of your work.

WRIT:740 | \$69

650 TBA
Jan. 4 - May 15

Heather Luby
MC - TBA

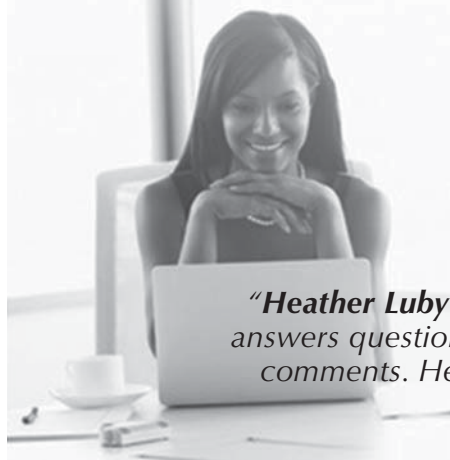
450 TBA
Jan. 4 - May 15

Jordan Oakes
FP - TBA

Exclamation Point!

"Heather Luby is an effective communicator. She invites student participation and answers questions fully. She maintains a positive attitude and reinforces constructive comments. Her generous use of detailed PowerPoint slides is extremely helpful,"

David W., - St. Louis, MO



Nature, *Home* and Garden

Animal Care

Pet First Aid

If you own a pet, it's important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.

ANIM:702 | \$19
680 Sa 9:30am-11:30am
April 16

Dr. Teresa Garden
MC - SO, 206

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll also learn leadership, grooming skills and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class. Course information will be sent.

ANIM:703 | \$69
M01 Sa 9:30am-11am
Feb. 6 - March 12
M02 Sa 9:30am-11am
April 2 - May 7

Susan Baxter-Carr
RiverChase-Fenton
Susan Baxter-Carr
RiverChase-Fenton

Canine Good Citizen

The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog (and water bowl) to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately). Course information will be sent.

ANIM:706 | \$59
M01 Sa 12pm-1pm
Feb. 6 - March 12

Susan Baxter-Carr
RiverChase-Fenton

Dog Training: Basic Skills and Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. Course information will be sent.

ANIM:706 | \$69
M06 Sa 11am-12:30pm
April 2 - May 7

Susan Baxter-Carr
RiverChase-Fenton

New Dog Training: Beyond the Basics

Beyond the Basics is a skills training class for dogs who already have an understanding of Heel, Sit, Down, Stay and Come. Through class-work, games and homework you will train your dog to obey hand signals as well as voice commands, such as: heel without pulling; sit or down stay with you in, then out of the 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. Practice at home a must. Course information will be sent.

ANIM:706 | \$59
M02 Sa 11am-12pm
Feb. 6 - March 12

Susan Baxter-Carr
RiverChase-Fenton

Animal Welfare Assistant Program

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

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

Career and Volunteer Opportunities in Animal Welfare Agencies

Animals are wonderful. If you agree, you may have thought about working with them (or for their welfare). If you've considered the possibility of a career or volunteer position in the wide world of animal welfare but aren't sure where you fit into the picture, this class can help you sort through the possibilities. You'll learn about the personal rewards and benefits of working directly with animals as well as things you can do indirectly (and locally) for their benefit. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29
650 Th 7pm-9:30pm
Feb. 25

MC - SO, 105

The People Ingredient: Working in an Animal Welfare Organization

If you're thinking about working or volunteering in an animal welfare agency, you'll need a variety of important "people" skills. There are so many possibilities: you may be matching pets with new families, working with people surrendering their pets, educating adults and kids in the community, or interacting with other agency staff. In this class, you'll gain an overview of many of the skills you'll need to perform a variety of tasks within animal welfare organizations. There are many joys and rewards to working in animal welfare, but some sadness, too, so we'll share with you our ways of coping with the inevitable heart-breaking side of the business. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29
651 Th 7pm-9:30pm
March 31

MC - SO, 105

Animal Care Basics for Animal Welfare Workers

In this class it's all about the animals! We'll cover basic health considerations, including prevention measures and spay/neuter issues. Acquiring some knowledge of animal behavior is a vital key to safe handling for yourself and the animals you work with. You'll learn about caring for and feeding a variety of animals, behavioral screening techniques and enrichment ideas to enhance quality of life for confined animals. You'll hear from several shelters, who'll explain their basic animal care-taking operations. If you're interested in working directly with animals, this class is a must! This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29
652 Th 7pm-9:30pm
April 14

MC - SO, 105



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



PERSONAL ENRICHMENT

Dog Sports: K9 Nose Work (Level I)

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M04 for a discount. Course information will be sent.

ANIM:706 | \$69

M03 W 7:30pm-8:45pm
March 9 – April 13

Sandra Ellison
RiverChase-Fenton

Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 706 M03, but without the dog. If you would like to learn to play this sport with your dog but due to your dog's shy, nervous, or reactive behavior aren't comfortable bringing him/her to a multi-dog activity. You are welcome to register to attend for yourself, to learn and watch and do the exercises with your dog at home.

ANIM:706 | \$59

M04 W 7:30pm-8:45pm
March 9 – April 13

Sandra Ellison
RiverChase-Fenton



K9 Nosework: An Introduction to Odor (Level III)

If you and your dog enjoyed our other DogSports K9 Nosework 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). Course information will be sent.

ANIM:706 | \$59

M05 W 6pm-7pm
March 9 – April 13

Sandra Ellison
RiverChase-Fenton

Cats: Understanding Them Better

Does your cat have you curious and wondering? Join us for an informative evening, designed just for cat owners. Our veterinarian will discuss the development, health, and behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet. If you have specific cat troubles, whether it involves furniture scratching, conflicts in multi-pet households, feeding concerns or litter box problems, bring your questions. You'll understand your pet much better after this helpful session.

ANIM:710 | \$25

750 W 6:30pm-9:30pm
March 30

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

How to Become Part of a Therapy Pet Team

If your pet is obedience trained, has a loving temperament and you want to help others, you and your pet can visit the elderly in nursing homes, children in hospitals or other groups as part of a therapy team. Have you wondered what it takes to become part of a therapy pet team? Explore this wonderful volunteer activity for you and your pet. Even if you don't have a pet, this class can prepare you to work with a therapy pet team. Do not bring your pet to class.

ANIM:765 | \$19

350 Th 7pm-9pm
March 10

Susan Baxter-Carr
WW, 201

You can share the love your pet brings to your life with someone who needs it more than ever by training to be come part of a therapy pet team.

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
April 21

Michael Silva
Advanced Auto Service

Small Engine and Lawn Mower Repair

This course includes operation, maintenance, repair, and storage of small gasoline engines. Topics are: principles of operation, normal maintenance and repair of the air, fuel, ignition, and compression systems. Repair of your own engine is part of the instruction. Bring a small engine or lawnmower to be repaired to the second class session. Prefer a 4-stroke engine needing some repair. No class 3/16.

AUTO:715 | \$149

MO1 W 6pm-9pm
Feb. 24 – April 20

Gus Sturfels
Kirkwood H.S., IA170

Interior Design: Building, Remodeling or Updating Your Home

Building, remodeling or updating your home can be very stressful, but it doesn't have to be a nightmare. In this class you'll learn how to set priorities for your project and stay within your budget. You'll learn how to prevent costly mistakes before they happen. We'll investigate the many affordable choices available in furniture, cabinetry style and wood choices, countertops, flooring, tile, faucets, paint options and hardware. You'll learn what proportionate sizes are best for your space. Whether you're interested in enlarging your home, building a new home or simply making your current space more attractive, this class is for you. Last class is a 2-hour field trip (TBA). Provide own transportation.

HOME:702 | \$69

350 M 6:30pm-8:30pm
Feb. 22 – March 7

Kathryn Leinauer
WW, 225

Bathroom Design for Home Remodeling

One of the best decisions you'll make about your new bathroom starts here. Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She'll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc.

HOME:703 | \$29

650 Tu 7pm-9:30pm
Feb. 9

Kimberly Hany
MC - SO, 206

Cabinetry: Refinish, Reface, or Replace?

Thinking of changing your kitchen cabinetry? Wondering what option is best for you and your kitchen? Join us for an in-depth discussion of the pros and cons of refinishing, refacing or replacing your kitchen cabinetry. Learn about the processes and products available so you can make an educated decision about which option you choose. It is recommended that you bring one of your cabinet doors or drawers to class for discussion.

HOME:703 | \$29

652 W 7pm-9:30pm
March 30

Kimberly Hany
MC - CN, 225

Kitchen Design for Home Remodeling

Whether you're planning a simple update, completely remodeling or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to help you understand your options in cabinetry, countertops and much more. Bring your ideas and questions for this open discussion on how to create a functional, affordable and beautiful kitchen. One of the best decisions you'll make about your new kitchen starts here!

HOME:703 | \$29

651 Th 7pm-9:30pm
Feb. 25

Kimberly Hany
MC - SO, 206

Kitchen Planning for Home Remodeling

Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper and ruler; we will be drawing floor plans to scale. Measurements and photos of your existing kitchen recommended.

HOME:703 | \$29

653 Th 7pm-9:30pm
April 21

Kimberly Hany
MC - SO, 206

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 (TBA). Provide own transportation.

HOME:708 | \$39

350 M 6:30pm-9:30pm
March 21

Kathryn Leinauer
WW, 225

Interior Design: Accessories for Home, Kitchen and Bath

Well-chosen accessories are the perfect finishing touch that every room deserves. In this class, you'll learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your rooms will reflect your personality with a professional touch. Second class is a 2-hour field trip (TBA). Provide own transportation.

HOME:709 | \$39

350 M 6:30pm-9:30pm
April 4

Kathryn Leinauer
WW, 225

Turn Your House into a Welcoming Home with Proven, Simple Feng Shui Adjustments

Even if you have never heard of Feng Shui you have felt its power in your home every day...either positive or negative. Feng Shui is concerned with energy and how we feel in our surroundings. Energy is everywhere; in our homes it affects everyone's moods either positively or negatively. Poor placement of your stove and bed as well as an unwelcoming front door can contribute to negative energy and cause stress, money and relationship problems. User friendly and working with what you have, Feng Shui adjustments help you find more life balance and new solutions to perplexing issues to have more fun, success and satisfaction in life.

HOME:710 | \$25

750 W 6:30pm-9pm
March 23

Samantha Shields
Kirkwood H.S., E 184

Reclaim Your Life and Reduce Stress: Release Your Clutter the Feng Shui Way

We all have clutter these days, because we are soooo busy. Feng Shui wisdom knows that clearing your clutter is a truly transformative life process. Since everyone's clutter situation is unique, Feng Shui has a variety of solutions to help you deal with your clutter once and for all. Clutter is slowing you down, making you confused and hampering your success in every aspect of your life. We start by identifying and understanding your personal style/type of too much "stuff." Then you learn useful and effective techniques that empower you to unburden yourself from "too much stuff" and learn to focus on everything else of more importance in your newly empowered clutter-free life.

HOME:710 | \$25

751 W 6:30pm-9pm
April 6

Samantha Shields
Kirkwood H.S., E 184

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 | \$19

552 W 7pm-9pm
March 2

Jean Linton
FV - E, 158

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 | \$19

751 Tu 7pm-9pm
March 29

Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow or you need a new faucet, this course is for you! We'll look at how-to, when-to and when it's better NOT-to. We'll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

HOME:713 | \$19

752 Tu 7pm-9pm
April 5

Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: Electrical

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you. We'll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | \$19

753 Tu 7pm-9pm
April 12

Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow or you need a new faucet, this course is for you! We'll look at how-to, when-to and when it's better NOT-to. We'll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

HOME:713 | \$19

550 W 7pm-9pm
Feb. 17

Jean Linton
FV - E, 158

Fearless Home Repair: Electrical

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you. We'll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | \$19

551 W 7pm-9pm
Feb. 24

Jean Linton
FV - E, 158

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 will select it for a demonstration. Join us and bring your questions.

HOME:713 | \$19

750 Tu 7pm-9pm
March 22

Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: 5 Repairs Every Homeowner Should Know

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

HOME:713 | \$19

553 W 7pm-9pm
March 9

Jean Linton
FV - E, 158

Do-It-Yourself Painting

Of course you can paint, but can you paint like a pro? Learn how to prepare surfaces - what to use and what not to use. We'll tell you if and what you need to prime with primer vs. stain blockers. Our instructor will talk about techniques for texturing to make your patches not look like a patch. You can make your paint brush do the work - sounds simple but we'll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick.

HOME:713 | \$19

754 Tu 7pm-9pm
April 19

Jean Linton
Kirkwood H.S., SA 1



Exclamation Point!

"Taking the Kitchen Design for Home Remodeling and the Kitchen Planning for Home Remodeling classes have helped me get my plan of action together in a huge home makeover project."

Timothy G., - Sappington, MO

Master Naturalist



The Master Naturalist Program consists of three components:

- Completion of five biology, geology, physical science or horticulture related college credit courses.
- Attend six Continuing Education Master Naturalist designated noncredit programs offered through St. Louis Community College in the area of Nature, Ecology, or Landscape and Gardening.
- Volunteer 25 hours with a local nature-related organization.

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist 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.

Beyond the Coop: Advanced Topics for Experienced Backyard Chicken-Keepers

This class is for individuals who have been keeping chickens for a while and are looking for more in-depth information on the following topics: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. Bring your questions to class! This is an intermediate level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

ECOL:705 | \$25
681 Sa 10am-1pm
 April 16

Guy Niere
 MC - SW, 105

Landscape and Gardening

Vegetable Gardening

Do you want to "grow your own" this season? For the best selection of seeds and plantings, you need to start planning early. Learn tips for planting, maintaining and harvesting your own fresh veggies. Topics for discussion include raised beds, container gardening and more. Bring your questions for our gardening expert and local nursery owner.

HORT:701 | \$25
680 Sa 9am-11:30am
 March 5
681 Sa 9am-11:30am
 March 12

Nancee Kruescheck
 MC - SO, 107
Nancee Kruescheck
 MC - SO, 107

All About Herbs

Now is the time to plan for your summer garden! Learn how to get the most for your effort in this one-night class. From starting to expanding an herb garden, you'll learn about soil conditions, fertilizing and the optimal placement for growth. Come hear the best advice from Master Gardener "Mike" on how to plant, maintain and harvest an herb garden. You'll also get tips on using herbs in and around your home as well as the best way to freeze and preserve herbs for future use. Bring a notebook and pen to class.

HORT:701 | \$25
450 Tu 6pm-9pm
 March 29
651 Tu 6pm-9pm
 April 5

Michelle Ochonicky
 FP - G Tower, 111
Michelle Ochonicky
 MC - SO, 109

Grow Your Own: Mushroom Garden in a Bucket

Wouldn't you like to pick your own quality mushrooms at the peak of freshness to use in your morning omelet or evening gourmet meal? Come discover how easy it is to "grow your own" in a compact bucket which can be used indoors or out. Class will begin with a short presentation on growing mushrooms and then you'll get hands-on experience assembling the bucket, growing medium and spawns to get the process started and take home. It's time to add mushrooms to your food garden list and start discovering the many opportunities that exist in your own home. Registration deadline 3/24. No refunds after this date.

HORT:701 | \$29
650 Th 6:30pm-8:30pm
 March 31

Mark Brown
 MC - SS, 108



Ecology

It's OK to Eat the Weeds-Wild Edible Plants of Spring

The next time you weed your garden, you might find you have the makings for a unique dish! Join Dr. Catrina Adams, Ph.D. in Paleoethnobotany (how people have used plants in the past) to learn about some of the common edible plants that grow in and around St. Louis in the spring. Discover where to find them, how to identify and collect them, and how to eat them! Then, take a tour of the campus to identify edible and useful plants you probably walk past every day. Some wild edibles are lovely native plants that you may want to cultivate in your own backyard. Others might be growing in your lawn or garden already, for better or for worse!

ECOL:703 | \$25
680 Sa 9am-12pm
 April 23

Catrina Adams
 MC - SO, 108

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 no has household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You'll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 3/23. No refunds this date.

ECOL:704 | \$49
650 Th 7pm-8:30pm
 April 7

Kat Golden
 MC - SW, 105

DIY: Making Bran for a Bokashi Bucket Composting System

Bokashi is a great space-saving way to compost at home that uses a bran mixture of carbon-rich materials and effective microorganisms to transform kitchen waste into a great fertilizer for your garden. The bokashi bucket system can be used year round, it's quick, convenient and produces no household smells with the help of this bran mixture! Designed for individuals who currently have a bokashi bucket, you'll make a one pound mixture of the bran in class and take home the recipe and know how to make more with just a few easy steps. Don't have a bokashi bucket yet? Register for the *Make and Take Home a Bokashi Bucket* class or get an instruction sheet in the DIY Bran class to build your own at home. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 4/27. No refunds after this date.

ECOL:704 | \$39
651 Th 7pm-8:30pm
 May 12

Kat Golden
 MC - SW, 105

Backyard Chickens for the Beginner

Have you thought about keeping chickens in your city or suburban backyard? There's a lot to find out about before you get started. Learn about local ordinances and where to find more information for the area where you live. You'll also hear about the benefits of keeping chickens, appropriate housing and feeding and different ways of keeping your chickens healthy and happy. Instructor has years of personal and professional experience and is an enthusiastic and knowledgeable, healthy chicken-farmer! Bring a sack lunch to class.

ECOL:705 | \$35
680 Sa 10am-2pm
 April 9

Guy Niere
 MC - SW, 105



Soil and Composting : Get the ‘Dirt’ on Successful Gardening

The first step in successful gardening is working from the ground up. Learn the ‘dirt’ on successful gardening as we’ll discuss easy to understand information on soil types, practical tips on preparation and the ‘how to’ and benefits of composting for your home garden. A beneficial class for both beginning and experienced homeowners.

HORT:709 | \$25
650 Th 7pm-9pm
April 7

Michelle Ochonicky
MC - SO, 108

Really Green Thumbs

Improve your ‘eco-green’ garden materials and your ‘green thumb’ gardening practices and learn how an organic sustainable approach can benefit your home or community garden. Join Master Gardener, Mike Ochonicky, as she teaches you simple ways to incorporate natural techniques to improve your garden soil, plant nutrition, and pest control. Make your garden environmentally friendly and improve your gardening skills, your health and the world in which we all live.

HORT:713 | \$25
650 Tu 7pm-9pm
April 12

Michelle Ochonicky
MC - SO, 107

The ‘Other’ Part of Gardening: Care and Maintenance of Flowers and Shrubs

Powdery mildew taking over your plants? Are your roses in need of deadheading? What’s “bugging” your greenery and shrubs? Why are your plants not flowering? Learn how to maintain vigorous plants that continue to thrive throughout the season. With regular maintenance, you can keep your plants looking their best. Nursery owner Nancee Kruescheck will teach you “tips and tricks” on feeding, pruning and dealing with common pests and diseases. Bring your questions to class for this informative session.

HORT:723 | \$25
680 Sa 9am-11:30am
April 16

Nancee Kruescheck
MC - SO, 108

***New* The “Deer Free” Zone**

Is the local deer population feasting upon the ornamental plants in your yard? Are you tired of investing time, money and hard work into your landscaping only to have it eaten away? Join Jennifer at Greenscape Gardens to identify deer-resistant plants, flowers and methods to deter deer from ruining the landscaping delights in your gardens and yard.

HORT:712 | \$15
680 Sa 10am-11:30am
March 19

Jennifer Schamber
Greenscape Gardens

Sun and Shade Perennials: What’s Best for the Midwest?

Save time and money by creating or enhancing your yard and garden with easy-to-grow perennial plants that come back year after year. Start your perennial garden with a good understanding of plant selection, and care and maintenance based on the shade and sunlight locations in your yard. Join local nursery owner Nancee Kruescheck and discover the most popular varieties of plants and characteristics of each including: size and height; when they bloom; soil requirements and conditions in which they grow best. You’ll be able to take what you learn in this class and create a perennial garden that is not only beautiful, but easier to maintain throughout the season.

HORT:704 | \$25
680 Sa 9am-11:30am
March 26

Nancee Kruescheck
MC - SO, 107

Gardening Under Trees and Other Tough Spaces

Do you have problems successfully growing plants under the trees in your yard? Are you concerned about possibly damaging the tree roots but would really like to add some attractive plantings that would thrive there? Come learn about the art and science of gardening under trees and other tough-to-grow spots to add to the beauty of your yard.

HORT:708 | \$25
680 Sa 9am-11:30am
April 9

Nancee Kruescheck
MC - SO, 108

Native plants, or simply “native” are species that have evolved and occur naturally in local geographic areas. In the Midwest region, native plants are adapted to local soil conditions, rainfall and temperature patterns, and generally do not require any special maintenance needs after they are established in the right environment, saving you both time and money. Most importantly, native plants function in the landscape by attracting and furnishing a habitat for a host of wildlife including birds, butterflies and beneficial insects and providing you with a healthy environment in which to live.

Classes are presented by Dave Tylka, biologist, photographer, native landscape and wildlife author of Native Landscaping for Wildlife and People; and Nancee Kruescheck, gardening expert and local nursery owner. Courses offered in this section focus only on Midwest native species and qualify for the Master Naturalist program.

Go Native.

Creating an environment with nature in mind.

An Introduction to Native Landscaping

Bring a bit of nature to your urban or suburban home. Come discover the many benefits of native landscaping, also known as “naturescaping”, and enrich your life by bringing low maintenance plants to your yard or workplace and developing a natural ecosystem to attract animals and beneficial insects. Learn why native coneflowers, milkweeds, viburnums and oaks are more beneficial than non-native hostas, daylilies, crape myrtles, and Bradford pears, explore why biodiversity is healthy, and why cultivars should be scrutinized. You’ll also receive information on assistance and resources available through the St. Louis Audubon “Bring Conservation Home” program to help get you started. We face many environmental challenges and this is your opportunity to extend your commitment to make a difference.

HORT:713 | \$25
600 F 9am-12pm
April 1

David Tylka
MC - CE

Create a Beautiful Landscape with Native Plants

Enrich the diversity in your yard by discovering and planting species native to Missouri. You can create a beautiful and interesting landscape with a progression of plants that are perfectly adapted to our unique soil and climate. The natives you’ll learn about will reduce mowing and improve biodiversity while fitting nicely into your home landscape. Some natives are ideal for your perennial gardens and problem areas. You’ll be delighted at how beautiful the native plants are and enjoy learning some plant folklore.

HORT:713 | \$25
680 Sa 9am-11:30am
April 23

Nancee Kruescheck
MC - SO, 107

Identification and Ecology of Common Missouri Wildflowers

Have you ever wanted to explore the scientific approach to identifying wildflowers? This is your chance to get an introduction into flora classification. Missouri is a crossroads of several different natural communities across the Midwest and supports a wide array of native and non-native wildflowers. You’ll explore basic flower parts and leaf arrangements and then determine the distinguishing and unique characteristics of over 60 common species organized by color and chronology. You are encouraged to bring a copy of Denison’s Missouri Wildflowers (6th Ed.) published by the MO Conservation Dept. for use in the class. Book is available at most area bookstores, nature centers and libraries.

HORT:713 | \$25
601 W 9am-12pm
April 6

David Tylka
MC - CE

Native Landscaping with Shade-Adapted Plants

Successfully growing plants under large trees can be challenging, but if you mimic nature by planting ecologically adapted natives, you can enjoy a green, biodiverse landscape throughout the seasons. Several spring native wildflowers bloom also before most large trees leaf out and shade-adapted shrubs can thrive under low-light conditions. Join us and learn how to establish and maintain shade-adapted native landscapes.

HORT:713 | \$25
602 F 9am-12pm
April 8

David Tylka
MC - CE

Native Landscaping with Sun-Adapted Perennials

Did you know that prairies and glades are the two most diverse and colorful natural communities in Missouri that thrive in the sun? Learn basic characteristics of the soil and moisture conditions of these communities and how they can be emulated in your home landscape. Presentation will focus on native prairie and glade species that can be successfully grown in the St. Louis area, the height and spread of each species and where each species will grow best in your yard.

HORT:713 | \$25
603 W 9am-12pm
April 13

David Tylka
MC - CE



Native Landscaping for Bees, Butterflies and Other Pollinators

Butterflies go wherever they please and please wherever they go. Along with bees and other insect pollinators, they 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 | \$25
604 W 9am-12pm
April 20

David Tylka
MC - CE

Ways to Attract Songbirds and Hummingbirds through Native Landscaping

Are you looking to attract more songbirds and hummingbirds to enhance your backyard viewing? Learn the secrets to selecting the best native plants that furnish seeds, flowers and fruits for these birds. To attract the greatest diversity of birds to your property at various seasons, you need to select fruiting shrubs and trees from different categories based upon the season the fruits and seeds are produced, their nutritional make-up and the length of time they remain on the plants. Bring a kaleidoscope of colors and songs to your landscape with your knowledge from this class.

HORT:713 | \$25
605 F 9am-12pm
April 22

David Tylka
MC - CE



Native Landscaping with Shrubs

Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife. Lots of suggestions will be presented to help you get started.

HORT:713 | \$25
606 W 9am-12pm
April 27

David Tylka
MC - CE

Identification and Natural History of Common Missouri Insects

Ever wonder why insects are the most successful and ecologically important class of animals in the world? They form a vital link between plants and vertebrate animals, such as birds and mammals. Although their biodiversity can be overwhelming, after learning some basic anatomy, you'll be able to identify ten major groups or orders of insects and recognize the most commonly encountered species found in the greater St. Louis area. See close-up images of insects, discuss their natural history and receive identification resources to take home. Students are encouraged to obtain the Golden Guide paperback titled, "Insects" for use in class. Book is available from most area bookstores and libraries.

NATR:715 | \$25
600 F 9am-12pm
April 15

David Tylka
MC - CE

Nature

Nature Walk

With the warm weather upon us, it's time to get outside and see what's blooming! Join our small group tour to explore, discover and study the spring landscape observing the splendor of the environment of Shaw Nature Reserve. Naturalist Nancy will guide you along a 2-3 mile walk on well-maintained, mostly level paths through the Whitmire Wildflower Garden and on the Brush Creek Trail. Wear comfortable shoes and dress appropriately for the weather. In case of rain, class will be rescheduled to April 23. Meet at the picnic tables across from the visitor's center.

NATR:704 | \$19
M01 Sa 10am-12pm
April 9

Nancy Gelb
Shaw Nature Reserve

New Monarchs and Milkweed

Join biologist Dave Tylka to learn the plight is of these beautiful animal ambassadors of the air, how you can help monarchs by planting different milkweed species around your home, and where milkweed seeds and seedlings may be obtained.

NATR:720 | \$25
680 Tu 7pm-9pm
March 22

David Tylka
MC - SO, 108

Spring Warblers

Known for their bright colors and sweet whistled song, the spring warbler is a fascinating bird. Discover facts about their size and shape, color patterns, behavior and habitat. With over 40 varieties of the species, you'll learn which are year-round residents for our area, which breed in our area and which just are passing through in the spring and fall. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25
654 Tu 7pm-9pm
April 12

Bill Salsgiver
MC - SO, 232

New Spring Flowering Weeds in Missouri

Thistles and thorns, native, non-native, invasive, aggressive, exotic, noxious, not noxious, persistent and pernicious, oh my! Learn to identify those weeds covering our lawns, roadsides and waste places in the spring. Emphasis will be placed on the mustards, chickweed and speedwells. Following class discussions, the group will venture out on two field trips (4/16 and 4/23), where members of the Missouri Plant Society will help you create a personal herbarium notebook of species found. Provide own transportation. Offered in partnership with the Missouri Native Plant Society.

NATR:723 | \$59
650 Tu 6:30pm-8:30pm
April 12 - April 19
Sa 9am-12pm
April 16 - April 23

MC - SW, 106
MC - Off Campus TBA

New 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 Vicki Flier of 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
650 Tu 7pm-9pm
Feb. 16

Vicki Flier
MC - SO, 109

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
652 Tu 7pm-9pm
March 8
Sa
March 12

Bill Salsgiver
MC - SO, 232
MC - Off Campus TBA

Forest Park Owls: Hiding in Plain Sight

Join award-winning, amateur naturalist and speaker Mark H.X. Glenshaw and discover details into the lives of a local mated pair of Great Horned Owls in Forest Park. Mark has been closely observing and documenting the owls since 2005. You'll learn how he found the owls, basic facts about the species, and the different behaviors he observes and documents with photos and videos to illustrate these behaviors. Don't be surprised if you find yourself looking for owls after this course in a follow up instructor led Owl Prowl!

NATR:709 | \$25
651 Th 6:30pm-8:30pm
Feb. 25

Mark H.X. Glenshaw
MC - SO, 108



New Forest Park Owls: Mating, Nesting and Owlets

Join Mark H.X. Glenshaw, an award-winning amateur naturalist and speaker for a class focusing on the mating and nesting behavior and the owlets raised by Great Horned Owls he has been observing, documenting, and doing outreach in Forest Park since December 2005. Learn what Mark has been able to observe and document including: mating, nest selection, feeding of the owlets, fledging and gradual maturation of owlets, and the dispersal of the owlets with photos and videos to illustrate these behaviors. You will be amazed at the delights and challenges these owls have when they raise their families.

NATR:709 | \$25
653 Th 6:30pm-8:30pm **Mark H.X. Glenshaw**
April 7 *MC - SO, 109*

Discovering Endangered Wolves and Canids at the Endangered Wolf Center

Guests will experience the Endangered Wolf Center through an informative and interactive lecture about the wolves and other endangered canids and the role the Endangered Wolf Center has played in the recovery of the endangered canids in our care. We will also examine the myths and misconceptions that surround these misunderstood creatures and what ultimately led to the near extinction of many species of wolves and other canids. After the presentation, guests will have the opportunity to touch real wolf pelts, skulls, and to visit the enclosures. Bring sack lunch and drink. Please call EWC 636-938-5900 for directions to the facility. Offered in partnership with the Endangered Wolf Center. Registration deadline 2/25. No refunds after this date.

NATR:727 | \$29
M01 Sa 9am-1pm **Endangered Wolf Center**
March 5

Introduction to Beekeeping

Of the 4,000 native species of bees that live in North America, Missouri is home to more than 400 bee species—including 10 bumblebees. Honey bees are an exotic species first introduced into the New World in 1622. Bees play an important role in agriculture as pollinators of flowering plants that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full-time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come and learn how to attract native pollinators and honey bees by planting a pollinator-friendly garden and constructing nesting habitat for native pollinators. We will also present introductory information on getting started with beekeeping and honey bee products of the hive.

NATR:733 | \$29
680 Sa 9am-12pm **Yvonne Von Der Ahe**
Feb. 13 *MC - SO, 107*

Geology of Missouri

Spend a few hours learning about the geology and geography of Missouri in an informal atmosphere. We will discuss how our state has been shaped by glaciations, earthquakes, uplift and warm, and shallow seas. Learn about the processes that gave us the nickname "The Cave State." We will also take a look at the economic impact rocks and minerals have had on our state's economy.

NATR:730 | \$25
680 Sa 9am-12pm **Jeffrey Smith**
April 9 *MC - SW, 106*

Thunderstorms and Tornadoes

St. Louis is in a prime location for severe spring weather conditions. The combination of fronts from cool dry air and warm moist air create an unstable environment for the possible formation of thunderstorms and tornadoes. Are you fascinated with these weather conditions and want to learn more of the scientific meteorology including how they form, where they are likely to occur, the weather forecasting and warning process and how to predict if they might occur? Join meteorologist Joe Schneider as he discusses these concepts, weather indicators to look out for and safety measures to implement to help keep you safe in case of a weather emergency. Be prepared for the upcoming seasons before, during and after severe weather occurs as it can strike with little or no warning.

NATR:734 | \$25
650 Tu 6pm-9pm **Joseph Schneider**
March 29 *MC - SO, 107*

Exclamation Point!
"Mark Glenshaw's presentation on Forest Park Owls was very informative and he was very enthusiastic about the topic."

Sarah S., Clayton

Real Estate

Buying a Home? Top Home Buying Mistakes to Avoid

"If only we had known..." is the sad tale of too many home buyers. Come spend a valuable evening preventing mistakes that don't have to happen. Purchasing a home is the largest investment you'll ever make. Come get the inside scoop to avoid surprises at closing. We'll discuss what you need to know before you purchase, what you can expect throughout the process, the strategies to use to obtain the best value, the importance of understanding the contracts you sign, getting the right inspections before closing the deal and how to safeguard yourself in any market.

REAL:701 | \$19
650 Th 7pm-9pm **Jill McCoy**
March 31 *MC - CN, 228*
350 Tu 7pm-9pm **Jill McCoy**
April 12 *WW, 201*
580 Sa 9:30am-11:30am **Janelle Stowers**
April 23 *FV - SS, 102*

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 **Jill McCoy**
Feb. 25 *MC - CN, 228*
350 Tu 7pm-9pm **Jill McCoy**
March 8 *WW, 201*

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 **Jill McCoy**
March 3 *MC - CN, 228*

Personal Finance

Finance & Investing

Ten Steps to Financial Freedom

Take control of your finances and bring balance to your budget. Taught by a CPA, you'll get the tools to learn step-by-step processes to creating budgets, lowering your debt, and starting on the path to accumulating wealth through saving and investing for your future use. The course will help provide a framework and process to follow in order to take control of your financial life and make a positive impact for the years ahead.

FINC:735 | \$19
450 Tu 6pm-8pm **Andrew Hall**
March 1 *FP - G Tower, 113*

Tax Strategies: Tax-Smart Planning for Every Stage of Life

This workshop addresses basic tax planning information to help individuals plan in a tax-efficient manner. It includes information on record keeping, tax law changes, state and local taxes, tax credits and tax-deferred programs.

FINC:734 | \$25
650 W 7pm-9pm **Steve Glazer**
March 9 *MC - SO, 107*

Protect What You've Worked For

This presentation covers the risks that could impact your financial strategies and will cover possible insurance solutions to protect against these risks. Topics include term insurance, permanent life insurance including variable universal life (VUL), long term care insurance and hybrid policies. You will get answers to all of your protection questions. What type is right for my family? How much coverage should we have? What are the differences between them? What costs do they cover? How difficult is it to get coverage?

FINC:745 | \$25
650 Tu 6:30pm-8:30pm **Margie Bittner**
April 5 *MC - SO, 107*

Annuities Explained: Understanding the Basics

Join Laura J. Boedges, Financial Consultant with Rogers & Company, A Wealth Management Firm, Inc. in an enlightening conversation on annuities: What are they? How do they work? When and why would I need one? No one cares more about your money than you do. It's wise to ask questions in advance of an annuity purchase. This introductory class will give you all the basic information you need you'll know what questions to ask to be better informed and more comfortable making an annuity investment decision. Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through V Wealth Management, a registered investment advisor. Rogers & Company, A Wealth Management Firm, Inc. and V Wealth Management are separate entities from LPL Financial.

FINC:705 | \$25
651 Th 6pm-8pm **Laura Boedges**
March 31 *MC - SO, 109*

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 **Margie Bittner**
 March 3 – March 10 **MC - SO, 108**

Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad

This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor will relate first-hand experience in the oil market the last time oil collapsed in 1986, similar to the recent decline - and the similar opportunities this may present based on the 18-year cycle (oil bottomed in 1998) and a large shift in investment dollars currently underway. A discussion of the crash of 1987, 2008, and others, and the warning signs ahead of time will also be discussed. Lunch on your own.

FINC:705 | \$89
C80 Sa 9am-4pm **Brian Bingham**
 March 5 – March 12 **Corp. College, 206**

Mastering Investing Psychology: Understanding Why You Will Succeed Where Others Fail

Proper psychology and mental preparedness can help you better understand how the investing business and news flow works against you, and how to succeed where countless others fail. This course will provide timeless examples of how proper investing knowledge and mindset kept great investors in the game. Specific examples from investment history, and what it took to succeed then, and how it applies to today will be discussed. Simply put, applying theory to the real world, explained by someone who does it every day. This class will add deeper understanding to the forces at work while applying the knowledge from the required prerequisite class, *Preserving Capital and Making it Grow*. One hour lunch on your own.

FINC:705
C81 Sa 9am-4pm **Brian Bingham**
 May 7 **Corp. College, 208**

Estate Planning

General Estate Planning: Wills, Trusts and Avoiding Probate

Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.

FINC:710 | \$35
720 M 6pm-8pm **Yvonne Homeyer**
 Feb. 29 **Ladue H.S., 145**
721 M 6pm-8pm **Yvonne Homeyer**
 April 4 **Ladue H.S., 145**

Estate Planning: Living Trusts

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

FINC:710 | \$35
550 M 7pm-9pm **Jacquelynn Capriano**
 March 7 **SCEUC, 102**
780 M 7pm-9pm **Charles Amen**
 April 18 **Lindbergh H.S., 53**

Retirement Planning

Retirement by Design

This course will help you translate your vision for retirement into tangible goals. Whether you are close to retirement or forty years from retirement, you will learn investment strategies you can use now to help design the retirement you want tomorrow. Specific topics include employer-sponsored retirement plans (e.g. 401Ks), traditional and Roth IRAs, the impact of taxes and inflation, factoring in social security and pensions and your asset reliance rate.

FINC:736 | \$25
650 Tu 6:30pm-9pm **Margie Bittner**
 March 22 **MC - SO, 109**

Retirement Income Planning

Make the most out of your retirement savings. During this workshop you will learn the steps you need to take to create an income strategy and how to manage five common retirement risks. You will also get information on how to make your savings last and to help ensure a comfortable retirement by covering both your "needs" and "wants."

FINC:736 | \$25
652 W 7pm-9pm **Steve Glazer**
 March 30 **MC - SO, 107**

Retirement Roadblocks: Mistakes Retirees Often Make

Understand common mistakes that retirees can make over and over again - and how you can overcome them! This class will explore being too conservative, having an unsuitable asset allocation strategy, paying too much in taxes and helping out the kids...how much is too much?

FINC:736 | \$25
653 W 7pm-9pm **Steve Glazer**
 April 13 **MC - SO, 107**

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. You will learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed and the little-understood effect of earned income on Social Security benefits.

FINC:736 | \$25
600 W 10am-12pm **Steve Glazer**
 Feb. 24 **MC - CE**
651 W 7pm-9pm **Steve Glazer**
 March 23 **MC - SO, 107**
350 W 7pm-9pm **Steve Glazer**
 April 6 **WW, 202**

New Medicare Essentials

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

FINC:746 | \$19
600 F 10am-12pm **Shelly Miller**
 Feb. 26 **MC - CE**
601 M 10am-12pm **Shelly Miller**
 April 11 **MC - CE**

Paying for Long Term Care, Obtaining Medicaid and Veteran's Benefits

Paying for long term care is a problem facing a lot of senior citizens. This course will cover the benefits available through Medicaid and through the Veterans Administration (for veterans and their spouses). You'll learn about eligibility requirements as well as techniques and strategies to become eligible. Class is designed for seniors who are facing such costs, or worrying about the future costs, as well as family members who are providing care for their parents. Taught by an elder care and accredited VA attorney.

FINC:746 | \$25
550 M 7pm-9pm **Paul Gantner**
 April 4 **SCEUC, 102**

Exclamation Point!

"I heard about Brian Bingham's class (Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad) from one of my friends. After attending the class I am going to recommend this class to my friends. This is the best. Period. Brian is very knowledgeable. He is keen in sharing the very basics as well as daily routines that one can incorporate into their lives to make use of the time to have a financial freedom. He is also willing to share the mistakes he made during the tradings so we can learn from it. The best class relating to investing."

Santhosh N., 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 | \$29

650 W 6:30pm-8:30pm
March 23 – March 30

Erin De Vore
MC - SO, 105

Making Movies With Your Mobile Device!

Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.

COMM:765 | \$49

650 Tu 6:30pm-8:30pm
April 19 – May 10

Dale Ward
MC - CN, 201

Languages

For textbook information, view the [Explore Our Classes](#) page online.

Arabic Language: Beginning I

Interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic? Come meet with others who share a common interest in the Arabic culture and language. Text required - bring to first class. No class 3/16.

FLAR:717 | \$99

650 W 6:30pm-8:30pm
Feb. 24 – April 20

Jabr Dumit
MC - SW, 108

Bosnian and Croatian Language: Beginning I

Are you interested in the Bosnian and Croatian language and culture of the region? Learn basic everyday expressions, simple conversational phrases and contemporary culture of this region. No text required. No class 3/17.

FLBO:717 | \$99

550 Th 6:30pm-8:30pm
March 3 – April 28

Azim Mujakic
SCEUC, 101

Chinese for First Timers

Explore an ancient culture and language with Chinese for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required.

FLCH:717 | \$59

650 W 7pm-9pm
Feb. 3 – Feb. 24

John Yeh
MC - CN, 203

Chinese (Mandarin) Language: Beginning I

Great way to gain conversational skills for those who wish to travel or do business in China! Learn practical dialogues for asking directions, using public transportation, making phone calls, and other needs for travel and social life. After completion, you will have a basic knowledge of the Chinese language which will enrich your experiences. Prerequisite: Chinese for First Timers or knowledge of the Pin Yin system. Text required - bring to first class. No class 3/16.

FLCH:717 | \$99

651 W 7pm-9pm
March 2 – April 27

John Yeh
MC - CN, 203

French for the Traveler

Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.

FLFR:716 | \$75

650 W 7pm-9pm
April 20 – May 25

Patricia Adams
MC - CN, 126

550 Tu 7pm-9pm
Feb. 2 – March 8

Eva Enoch
FV - C, 110

920 W 6:30pm-8:30pm
March 2 – April 13
No class 3/16

Manuella Bonnet
U. City H.S., 115

French Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in French!

FLFR:717 | \$99

720 M 6:30pm-8:30pm
March 21 – May 16

Barbara Sandmel
Ladue H.S., 208

Text required - bring to first class. No class 5/9

750 Tu 7pm-9pm
Feb. 16 – April 12

Marcel Kyle
Kirkwood H.S., W 122

No text required. Bring a pocket folder, notebook and pen. No class 3/15.

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 3/16.

FLFR:718 | \$99

750 W 7pm-9pm
Feb. 17 – April 13

Marcel Kyle
Kirkwood H.S., W 122

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 Th 6:30pm-8:45pm
April 21 – May 12

Dustin Glastetter
MC - CN, 201

750 W 6:30pm-8:45pm
Feb. 17 – March 9

Dustin Glastetter
Kirkwood H.S., E 182

German Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in German! No text required.

FLGE:717 | \$99

750 W 6:30pm-8:30pm
March 30 – May 18

Dustin Glastetter
Kirkwood H.S., E 182

German Language: Beginning II

Continue to increase your knowledge of the German language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: German-Beginning I or equivalent experience. No text required. No class 3/17.

FLGE:718 | \$99

650 Th 6:30pm-9pm
Feb. 18 – March 31

Dustin Glastetter
MC - CN, 201

Irish (Gaelic) Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Gaelic! Feel comfortable conversing with others in Gaelic. No text required. No class 3/19, 4/2.

FLIR:717 | \$99

480 Sa 9am-11am
Feb. 27 – April 30

Sarah Johnson
FP - F Tower, 213

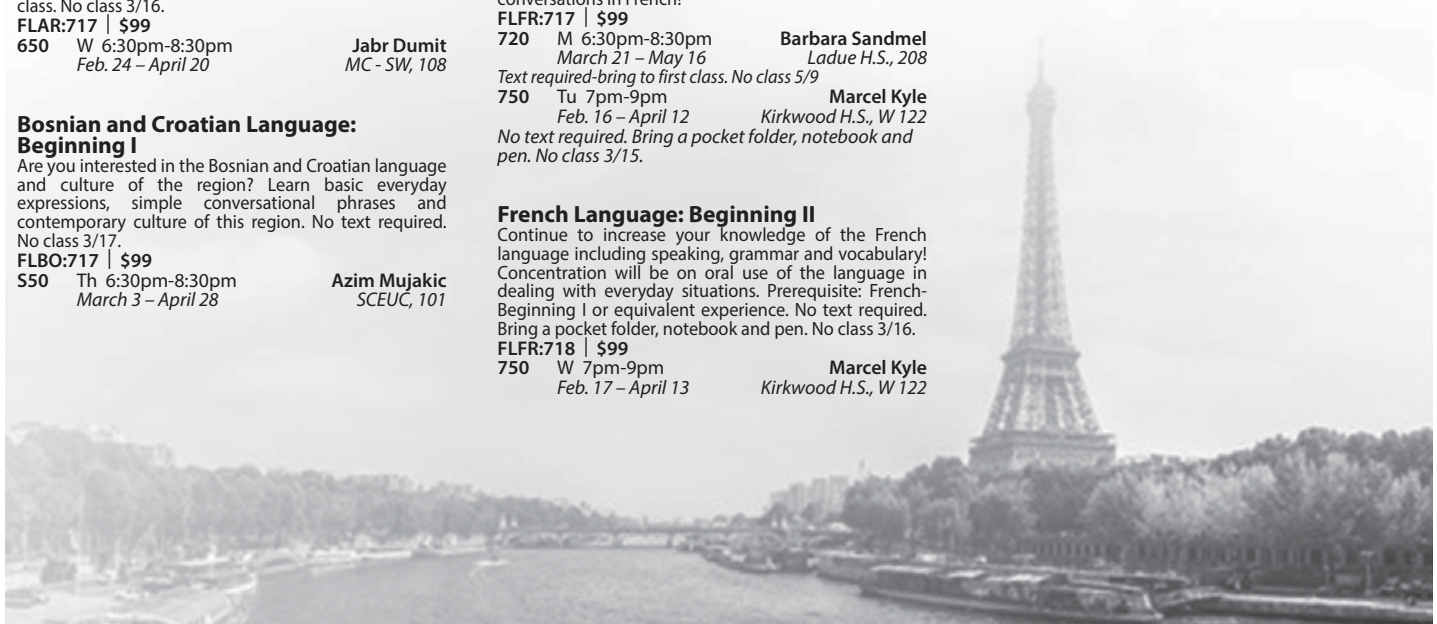
Irish (Gaelic) Language: Beginning II

Continue to increase your knowledge of Gaelic including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Irish-Beginning I or equivalent experience. No text required. No class 3/19, 4/2.

FLIR:718 | \$99

480 Sa 11:30am-1:30pm
Feb. 27 – April 30

Sarah Johnson
FP - F Tower, 213



Exclamation Point!

"I loved Maria de la Garza's teaching style! Great teacher. Challenging class!"

Sarah S., Clayton, MO

Italian for the Traveler

Enjoy an easy and practical introduction to the Italian language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.

- FLIT:716 | \$75**
600 M 4pm-6pm **Barbara Klein**
Jan. 25 – March 7 *MC - CN, 203*
No class 2/15
400 Tu 4pm-6pm **Barbara Klein**
March 22 – April 26 *FP - G Tower, 115*
651 M 7pm-9pm **Barbara Klein**
April 4 – May 9 *MC - CN, 203*

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**
Jan. 19 – March 8 *Kirkwood H.S., E 183*
450 Tu 7pm-9pm **Barbara Klein**
March 22 – May 10 *FP - G Tower, 115*
600 Tu 4pm-6pm **Barbara Klein**
Jan. 19 – March 8 *MC - CN, 203*

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**
650 Tu 7pm-9pm **Barbara Klein**
Jan. 19 – March 8 *MC - CN, 203*
750 Tu 6:30pm-8:30pm **Maria Brandle**
March 29 – May 17 *Kirkwood H.S., E 183*
600 M 4pm-6pm **Barbara Klein**
March 21 – May 9 *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 2/15, 3/14.

- FLIT:720 | \$99**
650 M 7pm-9pm **Barbara Klein**
Jan. 25 – March 28 *MC - CN, 203*

Italian Conversation: Advanced

Continue to review grammar and syntax in conjunction with reading and discussion of articles covering current issues and events in this advanced Italian conversation class. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required.

- FLIT:723 | \$99**
710 M 7pm-9pm **M Flynn**
March 28 – May 16 *Clayton H.S., 124*

Preparing for Your Trip to Italy

Do you have an upcoming trip to Italy? Well this course is designed specifically for you! Become familiar with practical traveling tips as well as cultural differences that you should be aware of while in Italy. Instructor previously lived in Italy and travels there every year; now she wants to help prepare you so that you can fully enjoy your experience while in this beautiful country. No text required.

- FLIT:765 | \$25**
650 W 7pm-9pm **Barbara Klein**
Jan. 20 *MC - CS, 210*
450 W 7pm-9pm **Barbara Klein**
Jan. 27 *FP - G Tower, 115*

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. No class 3/14.

- FLKO:717 | \$99**
650 M 7pm-9pm **Misook Yu**
March 7 – May 2 *MC - CN, 201*

Korean Language: Beginning II

Continue to increase your knowledge of the Korean language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Prerequisite: Korean - Beginning I or equivalent experience. One class will be held at a local Korean restaurant where students will be able to test their skills! Text required-bring to first class. No class 3/19, 3/26.

- FLKO:718 | \$99**
680 Sa 9:30am-11:30am **Misook Yu**
March 5 – May 7 *MC - CN, 201*

Portuguese for the Traveler

Enjoy an easy and practical introduction to the Portuguese language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Taught by a native-fluent speaker. *Bring a pocket folder, notebook and pen.* Text required.

- FLPG:716 | \$75**
650 M 7pm-9pm **Viva Brasil STL**
Feb. 22 – April 4 *MC - CN, 230*
No class 3/14
651 M 7pm-9pm **Viva Brasil STL**
April 18 – May 23 *MC - CN, 230*



Portuguese Language: Beginning I

Explore the Brazilian culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to form greetings, introductions and daily expressions in basic Portuguese! Taught by a native-fluent speaker. No text required. *Bring a pocket folder, notebook and pen.*

- FLPG:717 | \$99**
650 W 7pm-9pm **Viva Brasil STL**
Jan. 20 – March 9 *MC - CN, 224*
680 Sa 10am-12pm **Viva Brasil STL**
Jan. 23 – March 12 *MC - CN, 230*
681 Sa 10am-12pm **Viva Brasil STL**
April 2 – May 21 *MC - CN, 230*

Portuguese Language: Beginning II

Continue to increase your knowledge of the Portuguese language by introducing simple conversation, grammar and vocabulary! Improve your basic understanding of Portuguese and communicate better in common everyday situations. Prerequisite: Portuguese - Beginning I or equivalent experience. Taught by a native-fluent speaker. No text required. *Bring a pocket folder, notebook and pen.*

- FLPG:718 | \$99**
650 W 7pm-9pm **Viva Brasil STL**
March 30 – May 18 *MC - CN, 224*
680 Sa 10am-12pm **Viva Brasil STL**
Jan. 23 – March 12 *MC - CN, 224*
681 Sa 10am-12pm **Viva Brasil STL**
April 2 – May 21 *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. Taught by a native-fluent speaker. No text required. *Bring a pocket folder, notebook and pen.*

- FLPG:719 | \$99**
680 Sa 10am-12pm **Viva Brasil STL**
Jan. 23 – March 12 *MC - CN, 228*
681 Sa 10am-12pm **Viva Brasil STL**
April 2 – May 21 *MC - CN, 228*

Portuguese Conversation: Intermediate I

Improve your conversational skills in Portuguese through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Brazilian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Portuguese Language - Beginning III or equivalent experience. Taught by a native-fluent speaker. No text required. *Bring a pocket folder, notebook and pen.*

- FLPG:720 | \$99**
680 Sa 10am-12pm **Viva Brasil STL**
April 2 – May 21 *MC - CN, 226*

Russian for First Timers

Begin to explore a new culture and language with Russian for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.

- FLRU:717 | \$59**
650 Th 7pm-9pm **Valerie Powers**
Feb. 4 – Feb. 25 *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 3/17.

- FLRU:717 | \$99**
651 Th 7pm-9pm **Valerie Powers**
March 3 – April 28 *MC - CN, 202*

Russian Language: Beginning II

Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian - Beginning I or equivalent experience. Text required-bring to first class. No class 3/14.

FLRU:718 | \$99
 650 M 7pm-9pm Valerie Powers
 Feb. 22 – April 18 MC - CN, 202

Russian Language: Beginning III

Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian - Beginning II or equivalent experience. Text required-bring to first class. No class 3/15.

FLRU:719 | \$99
 650 Tu 7pm-9pm Valerie Powers
 Feb. 23 – April 19 MC - CN, 202

Spanish for the Traveler

Enjoy an easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.

FLSP:716 | \$75
 350 Tu 5:30pm-7:30pm Burnette McNamee
 Feb. 2 – March 8 WW, 220
 600 M 4pm-5:55pm Rosario Gasquet
 Feb. 22 – April 4 MC - HE, 124
 No class 3/14
 650 M 6pm-7:55pm Rosario Gasquet
 Feb. 22 – April 4 MC - HE, 124
 No class 3/14

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
 450 Tu 7pm-9pm Timothy Neckermann
 Jan. 19 – March 8 FP - G Tower, 115
 650 M 7pm-9pm Ann Matthews
 Jan. 25 – March 28 MC - CS, 209
 No class 2/15, 3/14
 651 Tu 7pm-9pm Margaret Poth
 Jan. 26 – March 22 MC - CS, 104
 No class 3/15
 600 Th 4pm-6pm Ann Matthews
 Jan. 28 – March 24 MC - CS, 209
 No class 3/17
 550 Th 6:30pm-8:30pm Maria de la Garza
 March 24 – May 12 FV - C, 104
 780 W 7pm-9pm Timothy Neckermann
 March 30 – May 18 Lindbergh H.S., 51

Friends and Family Ages 8 and up

350 Tu 6pm-8pm Ann Matthews
 Feb. 23 – April 19 WW, 208
 No class 3/15

Students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome.

Spanish Language: Beginning II

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning I or equivalent experience. Text required-bring to first class.

FLSP:718 | \$99
 600 Th 4pm-6pm Ann Matthews
 March 31 – May 19 MC - CS, 209
 650 M 7pm-9pm Ann Matthews
 April 4 – May 23 MC - CS, 209
 652 W 7pm-9pm Ann Matthews
 April 6 – May 25 MC - CS, 210
 550 Tu 6:30pm-8:30pm Maria de la Garza
 Jan. 19 – March 8 FV - C, 106
 780 W 7pm-9pm Timothy Neckermann
 Jan. 27 – March 16 Lindbergh H.S., 51
 450 Tu 7pm-9pm Timothy Neckermann
 March 29 – May 17 FP - G Tower, 117
 651 Tu 7pm-9pm Margaret Poth
 April 5 – May 24 MC - CS, 104

Spanish Language: Beginning III

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class.

FLSP:719 | \$99
 770 W 7pm-9pm Ann Matthews
 Jan. 20 – March 2 Hixson Mid. School, 115
 W 7pm-9pm Ann Matthews
 March 9 MC - CS, 210
 550 Tu 6:30pm-8:30pm Maria de la Garza
 March 29 – May 17 FV - C, 106

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. No class 2/15, 3/14.

FLSP:720 | \$99
 650 M 7pm-9pm Maria de la Garza
 Jan. 25 – March 28 MC - CN, 226

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
 450 Tu 7pm-9pm Lorenzo Gonzalez
 Jan. 26 – March 22 FP - G Tower, 323
 No class 3/15
 650 M 7pm-9pm Maria de la Garza
 April 4 – May 23 MC - CN, 226

Spanish Conversation: Intermediate III

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 II or equivalent experience. Text required-bring to first class. No class 3/16.

FLSP:722 | \$99
 650 W 7pm-9pm Maria de la Garza
 Jan. 27 – March 23 MC - CN, 226

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. Text required - will be discussed at first class.

FLSP:723 | \$99
 Text required - will be discussed at first class.
 450 Tu 7pm-9pm Lorenzo Gonzalez
 April 5 – May 24 FP - G Tower, 323
 650 Th 7pm-9pm Lorenzo Gonzalez
 Jan. 28 – March 24 MC - CS, 206
 651 Th 7pm-9pm Lorenzo Gonzalez
 April 7 – May 26 MC - CS, 206

No text required.
 720 W 7pm-9pm Margarita Gunther
 March 30 – May 18 Clayton H.S., 124

Spanish Grammar: Level I

Become proficient in conjugating verbs! Gain an in-depth understanding of the present tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Language - Beginning I or equivalent experience. Text required - bring to first class. No class 3/12, 3/19.

FLSP:765 | \$99
 680 Sa 10am-12pm Ann Matthews
 Jan. 23 – March 26 MC - CS, 209

Spanish Grammar: Level II

Continue to increase your proficiency in conjugating verbs and understanding of the present 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
 681 Sa 10am-12pm Ann Matthews
 April 2 – May 21 MC - CS, 209

Sign Language

Getting Started with Sign Language I

Ready to get started? Join other individuals who would like a basic knowledge and learn common vocabulary (numbers, feelings, opposites, colors, food, etc) to begin communicating in Sign Language! Class does not cover ASL sentence structure. No text required. No class 3/17.

SIGN:701 | \$99
 550 Th 6:30pm-8:30pm Cynthia Hayes
 Feb. 18 – April 14 SCEUC, 122

Getting Started with Sign Language II

Explore even more common words and phrases as you continue learning basic signs and build upon the knowledge you acquired in Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required. No class 3/15.

SIGN:702 | \$99
 550 Tu 6:30pm-8:30pm Cynthia Hayes
 Feb. 16 – April 12 SCEUC, 122

Sign Language: Beginning ASL

Learn the fundamentals of American Sign Language (ASL), including finger spelling and hand signs! You will also receive a brief overview of deaf culture as you begin to learn the basics of unspoken communication. Text required - bring to first class.

SIGN:701 | \$99
 550 W 7pm-9pm Antonina Wilson
 March 23 – May 11 FV - C, 133

Sign Language: Intermediate ASL

Did you enjoy your first Sign Language course? Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class.

SIGN:703 | \$99
 550 M 7pm-9pm Antonina Wilson
 March 21 – May 9 FV - C, 133



By taking our courses you'll learn about the rich tapestry that is the deaf community: its language and its culture.

Historical Studies

Genealogy

Using FamilySearch.org

If you visited the FamilySearch.org website, you noticed that the site changes. This course covers the resources available from an old favorite.

GENE:705 | \$25

600 W 3pm-5pm
Feb. 17 - Feb. 24

Mary Stamm
MC - BA, 208

Using Google for Genealogy

Genealogists have long used the Google's search engine. This overview will highlight other facets of Google that may assist genealogists expand their family tree.

GENE:705 | \$25

601 W 3pm-5pm
March 23 - March 30

Mary Stamm
MC - BA, 208

Starting Your Family History

If you are just starting or need a refresher, this class covers the various American genealogical resources. Information covers resources at libraries, courthouses, churches, and on the Internet.

GENE:705 | \$49

602 W 3pm-5pm
April 6 - April 27

Mary Stamm
MC - BA, 208

African-American Genealogy

This course will assist the beginner to intermediate researcher in compiling and furthering the family histories of African-American ancestors. Instructor is a Board-Certified Genealogist (CG).

GENE:765 | \$29

580 Sa 11am-2pm
Feb. 13 - Feb. 20

LaDonna Garner
FV - B, 120

Strategies in Genealogy: Moving Beyond the Basics

Finding yourself stumped after launching a family history project? Learn how to plan a research strategy and make use of alternative sources that can move along your genealogy. Attendee must have prior experience in basic genealogy. Instructor is a Board-Certified Genealogist (CG).

GENE:765 | \$39

581 Sa 11am-2pm
April 9 - April 16

LaDonna Garner
FV - B, 120



Fill in your family tree with Genealogy classes at STLCC.

History and Religion

Yankee Bride in the Heart of Richmond

This story begins in 1849, with a Philadelphia orphan who was transported to a Richmond orphanage for the duration of the Civil War. It was there that she became the wife of a former Confederate-soldier who made a life for them as they traveled in service with the U.S. Cavalry. There were few options for women during that time. She epitomizes the strong, enduring nature of many women of that era. Come hear the adventurous tale of her life as told by her great-grand-daughter costumed in period dress. As you hear this tale, be inspired to consider how you also might vividly retell your own family's stories.

HIST:701 | \$19

650 Th 7pm-8:30pm
March 31

Gloria Perry
MC - SO, 206

America's First Political Dynasty: The Adams Family - John Adams

The Adams family played a prominent role in American government and culture for a century and a half. Spend an evening studying the life of the patriarch of the Dynasty: John Adams - Lawyer, Promoter of Independence, Diplomat, Legal Draftsman, Vice-President, President and Senior Statesman who died in a good old age, full of days, riches, and honor; and Solomon his son reigned in his stead.

HIST:703 | \$19

652 Tu 7pm-9pm
March 29

James Gallen
MC - SO, 206

America's First Political Dynasty: The Adams Family - John Quincy Adams and Posterity

The tradition of service begun by John Adams was continued by his son John Quincy Adams - Diplomat, Senator, Secretary of State, Representative, Abolitionist and Old Man Eloquent. Reflect on his contributions to our developing nation as well as that of his sons, Charles Francis Adams, Ambassador to the Court of St. James during the Civil War and historian and confidant Henry Adams.

HIST:703 | \$19

653 Tu 7pm-9pm
April 5

James Gallen
MC - SO, 206

New George Armstrong Custer: A Conflicted Legend

George Armstrong Custer is probably the most controversial military figure in American history, particularly due to his untimely defeat at the Little Bighorn. This class will focus upon how the conflicted life and death of Custer moved from history to myth due especially to the efforts of his widow, Elizabeth Custer. We will also explore the myth through examples of art, poetry, film and even music.

HIST:703 | \$19

650 Tu 7pm-9pm
March 8

Vincent Heier
MC - SO, 206

Life in Colonial America Before the Revolution

This class is your passport to pre-revolutionary times in America. Europeans in the 1700s were fascinated with news they kept hearing about newly "discovered" land of America, which led to the founding of the American colonies in that century. The northern colonies developed differently from the southern colonies as a result of immigration trends, geography and many local factors, making for diverse lifestyles for the people of the two regions. You'll enjoy discovering what they wore, the foods they ate and the activities that dominated their lives before the American Revolution. Although slavery also existed in the North at this time, there were many other differences that may have made the Civil War inevitable.

HIST:703 | \$19

P01 W 10am-12pm
March 9

Wynn Ward
Thomas Dunn LC

The Reformation and Counter-Reformation Come to America (from 16th Century Europe)

We'll begin with a brief review of the Reformation period of the 16th Century in Europe. Then, we will turn our attention to America, looking at this Reformation from both the Protestant and Catholic perspectives and how very different they were. We will take this review from the start of the 13 colonies in the 17th century to immigration in the 18th century and end with the early 19th century.

HIST:703 | \$49

P02 Tu 10am-12pm
April 12 - April 26

Thomas St John
Thomas Dunn LC

Warfare in the Horse and Musket Era

Come spend an evening learning about the armies, weapons and tactics that dominated the 17th, 18th and early 19th centuries. We will discuss how kings and generals used tactics and technology of horse, foot and gun to build empires. Discussions of weapons, tactics and army structures will include illustrative battles of the period. We will explore the tactics of Gustavus Adolphus, Frederick the Great and Napoleon Bonaparte as we travel through this period of military history.

HIST:703 | \$19

651 W 7pm-9:30pm
March 9

Craig Ackerman
MC - SO, 206

New The Civil War in Film

The rebroadcast of Ken Burns' Civil War series has reminded us of the visual nature of that conflict. This class will focus upon how the subject of the Civil War has been captured by Hollywood from silent films to modern epics and especially what the movies got right and got wrong.

HIST:705 | \$19

652 W 7pm-9pm
March 30

Vincent Heier
MC - SO, 206

Shiloh (1862)

Ulysses S. Grant's army was camped along the Tennessee River near Pittsburg Landing. Before he could be reinforced by General Buell's forces, the Confederacy's most competent general, Albert S. Johnston, suddenly attacked. Understand Johnston's plan of battle and how he fought it. There were more casualties on those two days than in all of America's previous wars.

HIST:705 | \$19

653 Tu 7pm-9pm
April 12

Wynn Ward
MC - SO, 206

Civil War in Missouri (1861-1864)

There were more battles and engagements in Missouri than any other Union state. We will see how the war began in Missouri and how it progressed, including the definitive battle for control of Missouri that was fought in a neighboring state. In addition to the major battles, there was guerilla warfare in the Ozarks and other areas. You'll hear about the home front in Missouri which was likely a more dangerous place to be than any other Union state.

HIST:705 | \$19

651 W 7pm-9pm
March 2

Wynn Ward
MC - SO, 206

War Within a War: Native American Uprising in Minnesota (1862)

Treaty violations in the late 1850s had left the Dakota-Sioux in Minnesota hungry and discouraged. Then a hunting party of young braves murdered five settlers on their farm in Minnesota. A Native American uprising of peaceful Sioux (who were mainly farmers) followed. Hundreds of settlers and Native Americans were killed. Come hear about the causes, adventures and the conclusion of this great tragedy and the role President Lincoln played in it.

HIST:705 | \$19
 650 Tu 7pm-9pm Wynn Ward
 Feb. 23 MC - SO, 206

Medicine in the Civil War

Medical treatment was still very crude at the time of the Civil War and medicines sometimes did more harm than good. The high percentage of deaths among the wounded wasn't because of lack of care, as you'll see, but because of the few and overwhelmed hospitals and medical personnel. You'll hear about the amazing efforts of many famous individuals, such as Clara Barton, Dorothea Dix, Louisa May Alcott, Walt Whitman and Phoebe Pember. Come hear how they all coped.

HIST:705 | \$19
 P01 Tu 10am-12pm Wynn Ward
 April 5 Thomas Dunn LC

The "Other" Vietnam War

From 1946 through 1954 the French fought a war in Vietnam that saw the collapse of her empire in Asia. It laid the groundwork for the war we fought in the 1960s and 70s, so a better understanding of this war is needed to properly view our war in Vietnam. The class will focus on military difficulties faced by the French Union as well as diplomatic efforts.

HIST:706 | \$19
 650 Tu 7pm-9pm Thomas Hoff
 April 19 MC - SO, 206

The Waterloo Campaign of 1815

The last four days of Napoleon's "100 Days" is often viewed through English eyes, but the campaign was fought by the French, the Prussians, the Dutch-Belgians and soldiers from many minor German states. In this class, we will look at the events of June 1815 from a variety of viewpoints, giving a picture that strays from popular perceptions, but is closer to the truth of Napoleon's last campaign.

HIST:712 | \$19
 651 Th 7pm-9pm Thomas Hoff
 April 14 MC - SO, 206

New Irish Witches & Wise Women

Come spend a fascinating evening hearing about the history of witches and witchcraft and how these women were persecuted due to their knowledge of herbs and healing along with prejudice by male physicians and church leaders. Then we will examine, in particular, the history of witches in Ireland and how witch persecution differed in that country.

HIST:712 | \$19
 650 Tu 7pm-9:30pm Charles Kilker
 March 22 MC - SO, 206

Guadalcanal

Operation Shoestring was a battle the United States was not prepared to fight, but was compelled to fight. This class will look at both the land campaign and the naval combat around the Island that led to so many ships being sunk that it is now called Iron Bottom Sound. The plans and reactions of both sides are discussed, as they continually poured reinforcements into a battle that neither side expected to be so fierce and costly.

HIST:714 | \$19
 650 Th 7pm-9:30pm Chris Ketcherside
 March 3 MC - SO, 206

New Stalingrad

This class will discuss the German offensive into the southern Soviet Union in 1942 and how Stalingrad became an objective. We will look at how the battle was fought from the perspectives of both sides along with the details of the Soviet counter-offensive. Was this a turning point in WWII? If not, it was a tremendous loss from which the Wehrmacht would never recover.

HIST:714 | \$19
 651 Th 7pm-9:30pm Chris Ketcherside
 March 10 MC - CN, 225

They Shall Not Pass! World War I in France

Il ne passeront pas, "They shall not pass" is a phrase used to express determination to defend a position against an enemy. It was most famously used during the Battle of Verdun in the First World War. The impact of the First World War on France was overwhelming, with 1.6 million young Frenchmen dying. This class will examine that war, and how it shaped French attitudes during the Second World War and the withdrawal from empire.

HIST:714 | \$19
 652 W 7pm-9pm Thomas Hoff
 March 23 MC - CS, 204

Air Campaign Over Germany (WW II)

From 1941 to 1945, over 160,000 Allied airmen in over 33,000 aircraft were lost and the Luftwaffe was completely destroyed in the ferocious battles against German industry. In this class, we will look at the beginnings of the campaign by British forces, the expansion with the entry of the U.S. 8th Air Force among others, and the counter offensive by the Luftwaffe. This will include examinations of significant missions, types of aircraft, effect on civilians and personal anecdotes. Lastly, we will discuss its controversial results.

HIST:714 | \$19
 P02 W 10am-12:30pm Chris Ketcherside
 March 23 Thomas Dunn LC

Eastern Front: World War II

The Eastern Front was the largest land campaign ever fought, dwarfing others with its colossal scale in distance and numbers. For every German the GIs faced in WWII, three were fighting in Russia against overwhelming numbers of Russian soldiers. This was the decisive campaign of the Second World War. This class will cover the opening campaign, other principle campaigns and battles such as Kharkov, Stalingrad, Kursk, Cherkassy, Bagration among others, and culminate with the capture of Berlin. Also, we'll see how the results of this war still impact events today.

HIST:714 | \$19
 P01 W 10am-12:30pm Chris Ketcherside
 March 16 Thomas Dunn LC

Normandy Invasion: The German Perspective

Operation Overlord is a well-known, much discussed and highly documented battle from the Allied perspective. But what about the defenders? What was the German overall plan? What types of soldiers were manning the defenses? This class will cover the invasion from the German point of view, covering what their plan was, and how they reacted to the surprise at Normandy, the paratrooper landings and the dominant Allied air cover. The story of this battle has amazing new insights when seen from the enemy's eyes.

HIST:714 | \$19
 P03 W 10am-12:30pm Chris Ketcherside
 March 30 Thomas Dunn LC

The Arab-Israeli Conflict: Before 1948

To say that the conflict between Arab (mostly Muslim) and Israeli (mostly Jewish) is as old as Abraham is hardly a stretch. This course will highlight major developments in the history of the land that is now the state of Israel prior to its inception in 1948. We will discuss key empires and leaders that governed this important territory, its religious significance and the conflicting claims that groups have made regarding its rightful rule. This class will illustrate the significance of the Zionist movement, the World Wars and the United Nations in the creation of an independent homeland for the millions of formerly diaspora Jews.

HIST:727 | \$19
 600 Tu 1pm-3pm Katie Young
 Feb. 23 MC - SO, 205

The Arab- Israeli Conflict: 1948-1973

In the first three decades of its existence, a nascent Israel faced the persistent threat of war at the hands of a host of hostile neighbors. This period saw four major wars, territorial expansion into key areas, and the formation of the institutions that would support a strong, democratic Israeli state. If you have ever wondered how a state that would fit inside of New Jersey, surrounded by enemies, managed to persevere in the face of nearly constant peril, join us. We will discuss the development of Israel's military might, the PLO and the significance of the iconic photograph of Israeli soldiers at the Western Wall.

HIST:727 | \$19
 601 Tu 1pm-3pm Katie Young
 March 1 MC - SO, 205

The Arab- Israeli Conflict: The Intifada (1973)

In recent months, pundits, journalists and politicians have had much to say regarding the continued extension of American aid to Egypt. This course will discuss the birth of this strategic aid package and its connection to Israel. It will bring into focus the cast of characters in Israeli politics and their meaning to their people and neighbors. The 1970s, 80s, 90s and the first decade of the 21st century brought important changes for Israel, its neighbors and especially the displaced Palestinians who continued to champion a return to the land that is crucial to their national identity. Please join us to discuss the Camp David Accords, Israel's war with Lebanon, the Palestinian uprising and other moments of heartbreak and hope in this epic struggle for national survival.

HIST:727 | \$19
 602 Tu 1pm-3pm Katie Young
 March 8 MC - SO, 205

The Arab-Israeli Conflict: The Post-Intifada Spring of Hope and its Aftermath

The iconic photo of President Clinton standing between Israeli Prime Minister Yitzhak Rabin and PLO chairman Yasser Arafat on the White House lawn in 1993 represents the hope for peace that followed the end of the First Intifada. This course will study that optimistic period, in which, despite continued violence, key figures on both sides believed in and worked toward the establishment of a Palestinian state in exchange for peace. It will examine the roles of the United States, internal Israeli politics, a divided Palestinian people, regional strife and international forces in the pursuit and devastating collapse of peace. The series will conclude with an overview of the key issues that continue to thwart a comprehensive Arab-Israeli settlement.

HIST:727 | \$19
 603 Tu 1pm-3pm Katie Young
 March 22 MC - SO, 205

Exclamation Point!

*"I love the **History** classes with STLCC Continuing Education. I've found that they have great instructors that are enthusiastic about history, and share everything from the general facts to little-known tidbits of information."*

Marcus J., Creve Coeur

PERSONAL ENRICHMENT

New Egypt

This class will focus on Egypt, the largest Muslim nation in population in the Middle East. The class will explore the following topics: British occupation from 1882 to the 1950's; the Suez Canal: water, population, poverty; the secular revolution of 1952 and the role of the Egyptian army; the 3 Premiers who follow after 1952 and their roles with the U.S, Israel, USSR and other Arab nations; the role of the society of the Muslim brotherhood; the spring revolution of 2011 and the events that followed. We will also look at the present leader today, Abdel-Fattah el-Sissi.

HIST:727 | \$29

651 W 7pm-9pm
April 6 - April 13

Thomas St John
MC - SO, 206

New Oil: The Fuel That Drives U.S. Foreign Policy

In the past decade, the United States has reduced its petroleum imports by 20%. Though foreign oil now fuels less than half of our daily habit, Americans' disparate use of global oil will continue to drive foreign policy. This course will examine how the ooze that has tantalized and entangled our nation has played a role in nearly every major U.S. military engagement since World War II. It will reveal the patterns, decisions and partnerships that have directed and resulted from the substance that President Jimmy Carter deemed a national security imperative. Please join us to explore the history of America's relationship with its favorite non-renewable resource.

HIST:727 | \$19

652 Th 7pm-9pm
April 7

Katie Young
MC - SO, 206

New The Islamic State - ISIS (Part II): Regional Dynamics

We have already unpacked the Islamic State in Iraq and al-Sham. We know its motives, practices and objectives. The next phase of understanding ISIS will require an analysis of its impact on regional politics and alliances. How did the United States find itself on the same team as Hizballah? Is Iran's intervention in Iraq against ISIS good news? Is Israel in danger? If you have not yet taken the original ISIS course, do not fret. This class will begin with a recap of the most important elements of the self-styled Islamic State. It will incorporate such regional elements as Sunni-Shi'a rivalry, power politics, the Syrian civil war and the fragile state of modern Iraq. Please join us to place ISIS in regional context and to examine its potential to affect change, realignment and perhaps even revolution in the modern Middle East.

HIST:727 | \$19

650 Th 7pm-9pm
March 10

Katie Young
MC - SO, 206

Politics and Religion

To begin to understand today's hot issues surrounding religion and politics in the U.S., we have to start with what the Constitution and the founding fathers said about the separation of church and state. Using speeches, letters and articles, we'll examine historical issues that have brought politics and religion face-to-face. We'll conclude with a discussion of Senator John Danforth's writing on faith and politics. Join us for a lively, thought-provoking evening.

HIST:765 | \$19

650 W 7pm-9pm
April 20

Kevin Walsh
MC - SO, 206

Religion in St. Louis

Religion has always played a major role in our local culture. In the earliest days, Catholicism dominated the St. Louis area. Today we have grown to many denominations and faiths. Join us in the classroom as we take a look at traditions and personalities that built the religious history of the St. Louis area. This class is not a prerequisite, but dovetails beautifully with several local tours that follow (see TRIP 701-MD2, TRIP 701-MD3 and TRIP 702-MD3) when we'll visit some of the buildings and hear the stories from the congregations.

RELG:701 | \$29

600 W 9am-12pm
March 23

Joan Huisinga
MC - CE

New Capitalism vs "The Golden Rule"

There is an ongoing debate and concern about the widening gap in wealth and the disappearing middle class. In this evening session, we will examine the possibility of building a partnership between capitalism's credo to maximize profit and religion's credo of "The Golden Rule." Are there truly workable solutions or is this a naive question? We'll find the answers between rigid political rhetoric and being politically correct. Come join the conversation and rethink the rules of America's economic model, redefining social justice.

RELG:701 | \$19

653 W 7pm-9pm
March 23

Kevin Walsh
MC - SO, 206

Does God Really Exist?

People through the centuries have pondered the question: "Does God Really Exist?" In this class, we'll explore the arguments for and against God's existence, from Aristotle to Aquinas to Richard Dawkins. We'll consider all views, from the rational to the emotional, and discuss those we feel have merit. Be prepared to examine for yourself where your own thoughts and feelings about God's existence match up with those of some of the most brilliant minds in history.

RELG:701 | \$19

651 W 7pm-9pm
Feb. 24

Kevin Walsh
MC - SO, 206

New 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

652 Tu 7pm-9pm
March 1

Kevin Walsh
MC - SO, 206

Religion and Its Role in World History

Come join us for an exciting journey as we investigate the question: "What is religion?" Our popular instructor will include a brief survey of world history that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and Introduction to Western Religions which will discuss five major world religions.

RELG:701 | \$19

350 Tu 7pm-9pm
Feb. 23

Jan Worley
WW, 202

Eastern Religions

Are you intrigued by the major religions of Asia? Begin your search for understanding with this course, which offers an introduction to the teachings, history, development and current challenges of Hinduism and Buddhism. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$29

351 Tu 7pm-9pm
March 1 - March 8

Jan Worley
WW, 202

Western/Monotheistic Religions

Each week, we'll spend the evening talking about the teachings, history, development and current challenges of one of the following western/monotheistic religions: Judaism, Christianity and Islam. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$39

352 Tu 7pm-9pm
March 22 - April 5

Jan Worley
WW, 202

History of the Bible

Join us for a look at the history of one of the world's most famous, most read, most debated and most controversial books. The stories within the Bible will not be discussed. Discussions will focus on how, when and by whom the material was recorded, copied, translated, debated and eventually selected to be canonized into collections to form first, the Hebrew scriptures, then the Christian Bible, consisting of the Old and New Testaments. We'll discuss the Protestant Reformation with attention to the implications of printing and translation of the Bible into English, and the recovery of ancient manuscripts, construction of critical editions and the rise of critical historical scholarship as well as contemporary responses.

RELG:701 | \$29

353 Tu 7pm-9pm
April 12 - April 19

Jan Worley
WW, 202

Catholic Church Crisis: From Local Tragedy to World-wide Scandal

In this class, we'll explore some of the root causes of the sex abuse scandal and the cover-up. What was the psychological profile of the abusers? What was the church document called "Crimen Sollicitationis"? How did vows of silence and obedience affect the scandal? We will use the works of journalists David France (Our Fathers) and Michael D'Antonio (Mortal Sins) in our exploration and discussion, as we learn how and why the scandal was able to grow into a world event.

RELG:701 | \$19

650 Th 7pm-9pm
Feb. 18

Kevin Walsh
MC - SO, 206

Exclamation Point!

"The religion classes that I have attended with Continuing Education have been deep, captivating, and thought provoking."

Steve B., Ballwin, MO

Tours and Trips

Exploring St. Louis

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. First class meets on campus, followed by a tour. Class meets off-campus after first class. Withdrawal deadline for refund: 4/8.

TRIP:701 | \$99
MD5 F 9am-10:30am **Joan Huisinga**
 April 29 *MC - CE*
 F 10:45am-3pm
 April 29 *MC - Off Campus*
 F 9am-3pm
 May 6-20 *MC - Off Campus*

Re-live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 4/23.

TRIP:701 | \$45
480 Sa 8:30am-1:30pm **Doug Schneider**
 April 16 **Charles Koehler**
FP - G Tower, 113

Behind the Scenes (A Mystery Tour)

Prepare to be amazed as we go behind the scenes to a place you probably haven't been (or if you have, you'll see it in a whole new way!) You'll see things you don't ever see as we explore exciting places in St. Louis. Trip includes transportation, tour guide, lunch, admissions, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refunds: 3/4.

TRIP:701 | \$69
MD1 Th 9am-3pm **Joan Huisinga**
 March 24 *MC - Off Campus*

Angels, Miracles and Stained Glass Windows

Steeple in the sky proclaim some of our earliest religious history as we visit several of St. Louis' downtown and midtown churches. Although we can't reveal which churches we'll be visiting that day, we guarantee you'll see magnificent structures along with beautiful and inspiring stained glass windows. Lunch will be out of pocket at St. Raymond's. Trip includes transportation, tour guide, donations and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/11.

TRIP:701 | \$69
MD2 W 9am-3pm **Joan Huisinga**
 March 30 *MC - Off Campus*

World Religions

St. Louis has always been an immigrant city. These settlers brought their religious traditions and denominations with them from many countries. You'll get a global perspective without leaving the Saint Louis area. Come along with us as we take our inspiring tour of the sanctuaries of different world religions. This day, we will tour temples and a mosque. Trip includes transportation, tour guide, gratuities, lunch and donations. Meet tour bus on Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/16.

TRIP:701 | \$69
MD3 W 9am-3pm **Joan Huisinga**
 April 6 *MC - Off Campus*

Jewish in St. Louis

Your day will begin at the Holocaust Museum and Learning Center for a thorough exploration of the exhibits and audio-visual presentations. You'll enjoy a delish local Jewish deli lunch before our visit to the Central Reform Congregation for a tour and lecture by the rabbi who will speak of the Jewish faith, worship practices and history. Our final stop will be a Jewish cemetery to learn about the burial practices associated with Jewish law. Tour includes transportation, tour guide, admission, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/30.

TRIP:701 | \$69
MD4 Th 10am-3:30pm **Dea Hoover**
 April 21 *MC - Off Campus*

Money \$: Inside the Economy

Money, money, money! We know how to spend it, but have you wondered how prices and our spending are influenced by U.S. monetary policy? Inside the Economy Museum at the historic Federal Reserve Bank of St. Louis, you'll immerse yourself in a one-of-a-kind experience that explains the economy and your role in it. ****PLEASE NOTE - every participant will need to bring a government issued photo ID and must clear through security through a metal detector.** Enjoy lunch in at Mike Shannon's Restaurant A former bank, its vaults in the basement act as a wine cellar. We'll stop for dessert at Shaw Coffee on our way to visiting the Newman Money Museum at Washington University. The museum houses exhibitions and audiovisual displays relating to the history of coin and currency. You'll leave understanding your money in ways you never imagined! Tour includes transportation, admissions, lunch, dessert and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 4/8.

TRIP:701 | \$89
MD6 F 9:30am-4pm **Dea Hoover**
 May 6 *MC - Off Campus*

Homes of the Captains of Industry

Your tour will begin at the Latzer Homestead, built by the founder of Pet Milk, where you'll enjoy a guided tour of the home and a visit to the Pet Museum. Enjoy an authentic German lunch at the renown Roemer Topf restaurant in Mascoutah. Next stop is a guided tour of the Magic Chef Mansion, one of St. Louis' premiere old-world estates. Tour includes transportation, tour guide, admissions, lunch and gratuities. Withdrawal deadline for refund: 3/4.

TRIP:702 | \$89
MD1 Th 9:30am-4:30pm **MC - Off Campus**
 March 31

Meet tour bus in Lot E on NW side of the Meramec campus.

VD1 Th 10am-5pm **FV - Off Campus**
 March 31

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

National Churchill Museum and Crane's Country Store

Travel to Fulton for a tour to remember. Lunch will be at Bek's in historic downtown, then over to St. Mary the Virgin, Aldermanbury Church and Churchill Museum in Fulton, MO, the site of Churchill's famous "Iron Curtain" speech. The museum is filled with a priceless treasury of artifacts and information relating to the life and times of Sir Winston Churchill. The Church which houses the museum is a 12th century British church, redesigned in 1677 and relocated to Fulton. We'll stop on the way home for ice cream and a tour of Crane's Country Store and Museum, founded in 1899, taking you back to a simpler way of life and country living. Tour includes transportation, tour guide, admissions, lunch, ice cream and gratuities. Withdrawal deadline for refund: 4/25.

TRIP:702 | \$89
MD7 M 9am-4:45pm **MC - Off Campus**
 May 23

Meet tour bus in Lot E on NW side of the Meramec campus.

VD2 M 8:30am-5:30pm **FV - Off Campus**
 May 23

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Amish Experience in Arthur, Illinois

Step back in time to see a simpler religious lifestyle as we visit the hard-working Amish in their homes and businesses. We'll stop at an auction, visit a buggy shop, grocery store and quilt shop, have a delicious, hearty feast in an Amish home and pick up a treat at a candy shop as we tour the countryside. We'll spend a delightful day learning about the Amish lifestyle and customs. (NOTES: Credit cards are not usually accepted for purchases. Also, due to road construction, return time may be delayed). Trip includes transportation, tour guide, lunch, admissions and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refunds: 3/11.

TRIP:702 | \$89
MD2 Sa 8am-6pm **Joan Huisinga**
 April 2 *MC - Off Campus*

German Lutherans

Lutherans were the only religious sect ever to come to St. Louis as a group. They ended up sending part of their population to Perry County, where many of the ways that became the Missouri Synod Lutherans were established. Join us as we tour these historic sites in Altenburg and Frohna and enjoy a delicious German-inspired lunch. Trip includes transportation, tour guide, gratuities, lunch and admissions. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/22.

TRIP:702 | \$79
MD3 W 8:30am-5pm **Joan Huisinga**
 April 13 *MC - Off Campus*

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PERSONAL ENRICHMENT

Route 66, Illinois Part I: Mitchell to Litchfield

Doug Schneider will be leading Route 66 tours this spring; it's 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 and a Route 66 museum, have lunch at an iconic Route 66 restaurant, visit a preserved 1926 Shell station, see the late Joe Williams' favorite drive-in movie theater and more. It's Route 66-Illinois at its finest! Tour includes transportation, admissions, lunch, a souvenir Rabbit Ranch matchbook and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/21.

TRIP:702 | \$89

MD4 Th 8:30am-4:30pm
April 14

Douglas Schneider
MC - Off Campus

Route 66, Illinois Part 2: Springfield to Carlville

Doug Schneider will be leading Route 66 tours this spring; it's 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, visit the home of the corn dog for a morning corn dog or doughnut, see a patriotic muffler man and get 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 drop in at Becky's Barn, visit a neon museum and meet the man who did all 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: 3/25.

TRIP:702 | \$89

MD5 Th 8:30am-4:30pm
April 21

Douglas Schneider
MC - Off Campus

New Harmony, Indiana: Land of Utopias

Did Utopia really work...? Come explore New Harmony, a quiet Indiana river town that tried communal living and experimented with scientific living experiences. Today it is a living history area. We'll start our day at the architectural gem, the Antheneum, for a video presentation and see the famous roofless church. Lunch will be at the renowned Red Geranium. A tram tour of the town will follow, allowing for short walking tours of many of the historical buildings. There will be a bit of free time for shopping or walking around this beautifully preserved community. Trip includes all transportation, tour guide, lunch, admissions and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refunds: 4/26.

TRIP:702 | \$99

MD6 Th 7:45am-6pm
May 19

Joan Huisinga
MC - Off Campus

Spring Fling! A Day in the Countryside

May is the perfect time of year to spend a day in the countryside and pay a visit to the old historic stone village of Mayestown. Among our many stops, we'll include a winery, an old stage coach stop and a country museum. You can be sure there are special plans for a delightful lunch. Trip includes transportation, tour guide, lunch, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refunds: 5/6.

TRIP:702 | \$79

MD8 Th 9am-4pm
May 26

Joan Huisinga
MC - Off Campus

Great Tips for Traveling Abroad

Planning an international trip this year? Many mistakes can be avoided by tapping the brains and experiences of those who've been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, Greece, China and Egypt and has lots of helpful tips for what to bring (and more important: what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling internationally. Little things can make a big difference in your experience. If you're planning to go abroad, make this class your first stop!

TRIP:703 | \$25

920 W 6:30pm-8:30pm
March 2

Fred Miller
U. City H.S., 110



Let STLC Continuing Education be your tour guide this spring.

Recreation, *Fitness* and Wellness



Recreation and Sports

Bowling

Bowl with a Pro

Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.

PEDU:772 | \$49

M01	Tu 3pm-5pm March 8 – March 29	Charles Kelly Crestwood Bowl
M02	Tu 2pm-4pm April 12 – May 3	Charles Kelly Crestwood Bowl

Cards and Games

Bridge: Beginning

This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SAYC (Standard American bidding.) No class 3/15.

GAME:701 | \$99

M01	Tu 2:45pm-4:45pm Feb. 2 – March 29 No class 3/15	Phyllis Siegel Affton WR Comm Ctr
650	M 5pm-7pm Feb. 1 – April 4 No class 2/15, 3/14	Phyllis Siegel MC - SW, 209
651	M 7pm-8pm Feb. 1 – April 4 No class 2/15, 3/14	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 | \$49

M01	Tu 2:45pm-4:45pm April 12 – May 10 No class 4/26	Phyllis Siegel Affton WR Comm Ctr, B
650	M 5:01pm-6:59pm April 11 – May 9 No class 4/25	Phyllis Siegel MC - SW, 209
651	M 7pm-9pm April 11 – May 9 No class 4/25	Phyllis Siegel MC - SW, 209
550	Th 7pm-9pm March 31 – April 28	George Hawley FV - SC, PDR-A

Chess I: Beginning to Intermediate

This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Cost includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.

GAME:710 | \$59

P01	Tu 7pm-9pm Feb. 2 – March 1	Edward Baur Chess Club & Scholastic Ctr SL
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Fencing

Fencing: Beginning I & 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 3/16.

PEDU:745 | \$59

920	W 6pm-6:55pm Feb. 24 – April 20	Patrick Dorsey U. City H.S., GIRLS GYM
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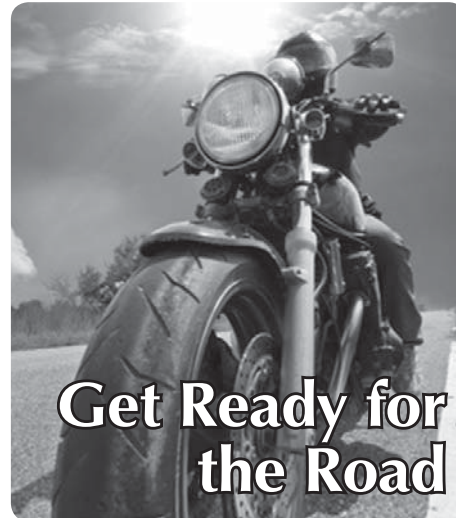
Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | \$225

481	SaSu 9am-7pm March 12 – March 13	FP - D Tower, 215	488	SaSu 7am-5pm April 23 – April 24	FP - D Tower, 215
482	SaSu 7am-5pm April 2 – April 3	FP - D Tower, 215	489	SaSu 9am-7pm April 23 – April 24	FP - D Tower, 215
483	SaSu 9am-7pm April 2 – April 3	FP - D Tower, 215	490	SaSu 7am-5pm April 30 – May 1	FP - D Tower, 215
484	SaSu 7am-5pm April 9 – April 10	FP - D Tower, 215	491	SaSu 9am-7pm April 30 – May 1	FP - D Tower, 215
485	SaSu 9am-7pm April 9 – April 10	FP - D Tower, 215	492	SaSu 7am-5pm May 21 – May 22	FP - D Tower, 215
486	SaSu 7am-5pm April 16 – April 17	FP - D Tower, 215	493	SaSu 9am-7pm May 21 – May 22	FP - D Tower, 215
487	SaSu 9am-7pm April 16 – April 17	FP - D Tower, 215			



Get Ready for the Road

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 or Returning Rider BRC are recommended prerequisites for the novice rider; however, not required. Must have motorcycle permit or M-endorsement, be 18 years of age or older. This is not a MO State waiver class.

MOTR:703 | \$59

480	Sa 7am-12pm May 14	FP - D Tower, 215
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Golf



Tee up for Spring

**Golf Classes
Extra fee for balls**

Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

Four Sessions | \$45

801	Th 7pm-8pm March 24 – April 14	Golfport-MH
802	Th 6pm-7pm April 28 – May 19	Golfport-MH
803	Sa 10am-11am April 2 – April 23	Golfport-MH
810	W 7pm-8pm March 30 – April 20	Big Bend GC
811	M 5pm-6pm April 11 – May 2	Big Bend GC
812	Sa 10am-11am April 23 – May 14	Big Bend GC
813	Su 1pm-2pm April 24 – May 15	Big Bend GC
820	Sa 10am-11am April 2 – April 23	Eagle Springs

Women Only

800	Th 6pm-7pm March 24 – April 14	Golfport-MH
804	Sa 11am-12pm April 30 – May 21	Golfport-MH

Six Sessions | \$59

880	Tu 7pm-8pm April 5 – May 10	The First Tee
881	W 6pm-7pm April 6 – May 11	The First Tee
882	Sa 10am-11am April 2 – May 7	The First Tee
890	Tu 9am-10am March 29 – May 3	Tower Tee
891	M 7pm-8pm March 21 – April 25	Tower Tee
892	Th 6pm-7pm April 7 – May 12	Tower Tee

893	Sa 11am-12pm Feb. 13 – March 19	Tower Tee
860	M 6pm-7pm Feb. 29 – April 4	Ron Muse Sunset Hills Golf LC
861	W 6pm-7pm March 2 – April 6	Ron Muse Sunset Hills Golf LC
862	Sa 10am-11am Feb. 27 – April 9	Ron Muse Sunset Hills Golf LC
	No class 3/26	

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.

PEDU:731

Four Sessions | \$45

800	Tu 11am-12pm April 26 – May 17	Golfport-MH
801	Th 7pm-8pm April 28 – May 19	Golfport-MH
803	Sa 10am-11am April 30 – May 21	Golfport-MH
810	W 5pm-6pm March 30 – April 20	Big Bend GC
811	M 6pm-7pm April 11 – May 2	Big Bend GC
812	M 7pm-8pm April 11 – May 2	Big Bend GC
813	Sa 9am-10am April 23 – May 14	Big Bend GC

Women Only

802	Sa 11am-12pm April 2 – April 23	Golfport-MH
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Six Sessions | \$59

880	Tu 6pm-7pm April 5 – May 10	The First Tee
881	W 7pm-8pm April 6 – May 11	The First Tee
890	Tu 10am-11am March 29 – May 3	Tower Tee
891	Th 5pm-6pm Feb. 18 – March 24	Tower Tee
892	M 6pm-7pm March 12 – April 25	Tower Tee
893	Sa 9am-10am April 2 – May 7	Tower Tee

860	M 6pm-7pm April 11 – May 16	Ron Muse Sunset Hills Golf LC
861	W 6pm-7pm April 13 – May 18	Ron Muse Sunset Hills Golf LC
862	Sa 10am-11am April 16 – May 21	Ron Muse Sunset Hills Golf LC

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

820	M 6pm-7pm March 28 – April 18	Eagle Springs
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Six Sessions | \$59

891	Th 10am-11am Feb. 18 – March 24	Tower Tee
892	W 6pm-7pm March 30 – May 4	Tower Tee
894	Th 7pm-8pm April 7 – May 12	Tower Tee
897	Sa 10am-11am April 2 – May 7	Tower Tee
882	Sa 11am-12pm April 2 – May 7	The First Tee

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.

PEDU:732 | \$59

890	Th 9am-10am Feb. 18 – March 24	Tower Tee
893	W 7pm-8pm March 30 – May 4	Tower Tee
895	Sa 10am-11am Feb. 13 – March 19	Tower Tee
896	Sa 8am-9am April 2 – May 7	Tower Tee
898	Sa 11am-12pm April 2 – May 7	Tower Tee

Golf: Parent/Child - 4 Sessions

Attend class with your child, ages 7-15, and have fun learning the basics of golf together! Registration required for each participant.

PEDU:732 | \$45

810	W 6pm-7pm March 30 – April 20	Big Bend GC
811	Su 12pm-1pm April 24 – May 15	Big Bend GC

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$39

821	M 5pm-7:30pm May 2	Eagle Springs
822	M 5pm-7:30pm May 16	Eagle Springs

Golf for Seniors - 4 Sessions

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace.

PEDU:732 | \$45

800	Tu 10am-11am April 26 – May 17	Golfport-MH
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Play Better Golf

Become the best golfer you can be! Instruction will focus on putting, short game skills, and learning how to drive the ball further with more accuracy so you can start lowering your scores today. Open for all skill levels and balls will be provided. Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 4/19; remainder of classes meet on Sunday, 4/24-5/15). For details contact instructor (314-434-4715, melklearman@att.net).

PEDU:732 | \$39

V01	Tu 5:30pm-7pm April 19	Melvin Klearman Creve Coeur Mun. Golf
	Su 9am-10am April 24-May 15	Creve Coeur Mun. Golf

Tennis

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box.

PEDU:733 | \$69

M02 Tu 1pm-2pm Vetta
 Feb. 2 – March 15
 M04 Sa 2:30pm-3:30pm Vetta
 Feb. 6 – March 19

Tennis: Beginning I & II (NTRP 1.0-2.5)

See NTRP Rating Box.

PEDU:733

Four Sessions | \$55

M03 Th 6pm-7pm Sunset Hills Watson Trails
 April 28 – May 19

Six Sessions | \$85

M06 Su 6pm-7pm Frontenac RC
 Feb. 14 – March 20
 M07 Su 6pm-7pm Frontenac RC
 April 10 – May 15
 M08 Sa 9am-10am Queeny Park Rec
 April 9 – May 14
 720 MW 6pm-7pm Ladue Mid. School
 May 2 – May 18

Seven Sessions | \$69

M01 M 11am-12pm Chesterfield Ath.
 Feb. 1 – March 21
 No class 2/15
 M05 Su 10am-11am Chesterfield Ath.
 Feb. 7 – April 3
 No class 2/14, 3/27

Tennis Workshop: Beginning I & II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants.

PEDU:733 | No Fee

580 Sa 11am-11:55am FV - PE, TENNIS
 April 23 – May 7

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box.

PEDU:734 | \$69

M01 Tu 1pm-2pm Vetta
 March 29 – May 10
 M02 Sa 3:30pm-4:30pm Vetta
 Feb. 6 – March 19

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box.

PEDU:735

Four Hours | \$55

M05 Th 5pm-6pm Sunset Hills Watson Trails
 April 28 – May 19

Six Hours | \$85

M06 Sa 4pm-5pm Forest Lake TC
 Jan. 30 – March 5
 M07 Sa 4pm-5pm Forest Lake TC
 April 2 – May 7
 M09 Sa 10am-11am Queeny Park Rec
 April 9 – May 14
 720 MW 7pm-8pm Ladue Mid. School
 May 2 – May 18

Nine Hours | \$89

M03 Th 8:30pm-10pm Woods Mill RC
 Feb. 11 – March 17
 M04 Th 8:30pm-10pm Woods Mill RC
 March 31 – May 5

10.5 hours | \$95

M01 Tu 2pm-3:30pm Vetta
 Feb. 2 – March 15
 M02 Th 2pm-3:30pm Vetta
 March 31 – May 12
 M08 Sa 4:30pm-6pm Vetta
 April 2 – May 14

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)

See NTRP Rating Box.

PEDU:736 | \$95

M03 Tu 2pm-3:30pm Vetta
 March 29 – May 10
 M02 Th 2pm-3:30pm Vetta
 Feb. 4 – March 17
 M04 Sa 4:30pm-6pm Vetta
 Feb. 6 – March 19
 M05 Sa 2pm-3:30pm Vetta
 April 2 – May 14
 M01 Tu 1pm-2:30pm Chesterfield Ath.
 Feb. 2 – March 15

Team Sports

Men's Basketball: Recreational

Tired of "riding the pine?" Get up and play! A great way to have fun and get exercise. All levels welcome; just register and come play! Bring a white and a dark colored t-shirt to class. Do not wear jewelry. No class 3/15, 3/22.

PEDU:701 | \$59

730 Tu 7pm-8:30pm Richard Bannecker
 Feb. 9 – May 10 Oakville Sr. H.S., GYM

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/18.

PEDU:704 | \$69

580 F 7pm-8:30pm Jason Guss
 March 4 – May 13 FV - PE, GYM

New Human Foosball League

Taking the classic game of table Foosball to the max! Human Foosball is the newest game picking up popularity that literally puts YOU in the game! Players are attached to beams that slide side to side and fight to score a goal against the other team. Grab some friends and have fun playing games for 6 weeks, then end with a tournament for all teams on the 7th week. Participants must wear rubber soled tennis shoes and sign waiver. Withdrawal deadline: 3/17.

PEDU:765 | \$49

MD2 Th 6pm-9pm G.A.H.F.-STL
 March 24 – May 5



Do you enjoy tennis? You'll love pickleball! Check out our classes on page 64.

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.

Fitness

Aquatics

Attention Water Students:

Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call

- Meramec Pool: 314-984-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. 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 \$75 registration. No class 3/20, 3/27.

PEDU:720 | \$75

580 Su 5pm-6:50pm
Feb. 7 – May 1

FV - PE, POOL

Additional family members of students that have registered and paid for PEDU 720 580 should register for PEDU 720 581. Maximum 8 parent/guardian and children for \$75 registration.

Open Lap Swim - Meramec

The pool is open for lap swimming during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 2/15, 3/14, 3/15, 3/16, 3/17.

PEDU:721 | \$89

600 M-Th 8am-8:50am
Jan. 19 – May 5

MC - PE, POOL

Lap Swim - Meramec

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables.

PEDU:721 | \$89

601 Tu 7am-7:50am
Jan. 19 – May 3
No class 3/15

MC - PE, POOL

602 Th 7am-7:50am
Jan. 21 – May 5
No class 3/17

MC - PE, POOL

Lap Swim - Florissant Valley

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables.

PEDU:721 | \$79

500 M-Th 7am-7:50am
Jan. 25 – March 9
No class 2/15

FV - PE, POOL

501 M-Th 7am-7:50am
March 28 – May 4

FV - 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

12 Sessions | \$75

450 Tu 8pm-8:50pm
Feb. 9 – May 3
No class 3/15

Sandra Liming
FP - PE, POOL

580 Sa 11am-11:50am
Jan. 30 – April 30
No class 3/19, 3/26

Sandra Liming
FV - PE, POOL

15 Sessions | \$89

600 TuTh 11am-11:50am
Jan. 19 – March 8

Sandra Liming
MC - PE, POOL

601 TuTh 11am-11:50am
March 22 – May 10

Sandra Liming
MC - PE, POOL

Lifeguard Training

Course provides students with the opportunity to complete American Red Cross Lifeguard Certification. Gain the knowledge and skills necessary to keep the patrons of aquatic facilities safe in and around the water. First Aid/CPR is included. Additional hours required. Prerequisites: Swimming proficiency in an endurance swim and student must be at least 15 years of age. Prerequisite: Endurance Swim - 300 yard swim (100 yards front crawl with rotary breathing and 100 yards breast stroke. Then swim 20 yards to retrieve a 10 lb brick, swim back to start and exit pool in 1 min 40 sec). Available for credit as PE 142 550. Text required - available at Florissant Valley Bookstore.

PEDU:725 | \$101

210 F 4pm-8pm
March 25 – May 13

Stephanie Puricelli
FV - PE, POOL

Water Exercise

Get a total body workout! Tone, strengthen, and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.

PEDU:729

12 Sessions | \$75

450 Tu 7pm-7:50pm
Feb. 9 – May 3
No class 3/15

Sandra Liming
FP - PE, POOL

502 MW 10am-10:50am
Jan. 25 – March 7
No class 2/15

FV - PE, POOL

500 MW 8am-8:50am
Jan. 25 – March 7
No class 2/15

Barbara Harris
FV - PE, POOL

504 MW 8am-8:50am
March 28 – May 4

Barbara Harris
FV - PE, POOL

501 MW 9am-9:50am
Jan. 25 – March 7
No class 2/15

Barbara Harris
FV - PE, POOL

505 MW 9am-9:50am
March 28 – May 4

Barbara Harris
FV - PE, POOL

506 MW 10am-10:50am
March 28 – May 4

FV - PE, POOL

581 Sa 10am-10:50am
Jan. 30 – April 30
No class 3/19, 3/26

Sandra Liming
FV - PE, POOL

14 Sessions | \$85

603 MW 9am-9:50am
Jan. 20 – March 9
No class 2/15

Gary Ketcherside
MC - PE, POOL

15 Sessions | \$89

600 TuTh 9am-9:50am
Jan. 19 – March 8

Gary Ketcherside
MC - PE, POOL

602 TuTh 2pm-2:50pm
Jan. 19 – March 8

Lisa Huseman
MC - PE, POOL

605 MW 9am-9:50am
March 21 – May 9

Gary Ketcherside
MC - PE, POOL

607 TuTh 9am-9:50am
March 22 – May 10

Gary Ketcherside
MC - PE, POOL

609 TuTh 2pm-2:50pm
March 22 – May 10

Lisa Huseman
MC - PE, POOL

Water Exercise: Deep Water Aerobics

Go off the deep end! Exercising in deep water is the perfect way to get a non-impact, full body workout. See and feel the benefits of a great aerobic workout without putting stress on your joints. Safety belts required in deep water. Life jackets NOT recommended.

PEDU:729

12 Sessions | \$75

580 Sa 9am-9:50am
Jan. 30 – April 30
No class 3/19, 3/26

Sandra Liming
FV - PE, POOL

14 Sessions | \$85

604 MW 1pm-1:50pm
Jan. 20 – March 9
No class 2/15

Sandra Liming
MC - PE, POOL

15 Sessions | \$89

606 MW 1pm-1:50pm
March 21 – May 9

Sandra Liming
MC - PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo

Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Safety belts required in deep water. Life jackets NOT recommended.

PEDU:729

14 Sessions | \$85

650 MW 6pm-6:50pm
Jan. 20 – March 9
No class 2/15

Terri Williams
MC - PE, POOL

15 Sessions | \$89

651 MW 6pm-6:50pm
March 21 – May 9

Terri Williams
MC - PE, POOL

Aqua Zumba

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729

12 Sessions | \$75

550 MW 6pm-6:50pm
Jan. 25 – March 7
No class 2/15

Barbara Harris
FV - PE, POOL

553 MW 6pm-6:50pm
March 28 – May 4

Barbara Harris
FV - PE, POOL

Gentle Aqua Zumba

Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises, just at a slower pace. No class 3/17, 3/24.

PEDU:729 | \$75

552 Th 6pm-6:50pm
Feb. 4 – May 5

Neil Skid
FV - PE, POOL

Exclamation Point!

“I really enjoyed the water exercise class and the exercises. I always feel very good after class for the rest of the day. It certainly helps me to attain my goals of getting my body into shape and feeling good.”

Carolyn P., St. Louis, MO

Aerobic Exercise

Aerobic Kickboxing

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

PEDU:744 | \$69

780 M 7pm-8pm
Feb. 1 – April 18
No class 2/15, 3/21

Timothy Toeniskoetter
Sperrang, LG GYM

M01 W 7pm-8pm
March 2 – May 4

Timothy Toeniskoetter
The Martial Arts Cntr
(Mehlv)

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

480 Sa 10am-10:50am
Feb. 20 – May 7
No class 3/19, 3/26

Eileen Franco
FP - PE, DANCE RM

550 MW 7pm-7:50pm
Feb. 1 – March 9
No class 2/15

Paula Taylor
FV - PE, 233

551 MW 7pm-7:50pm
March 28 – May 2

Paula Taylor
FV - PE, 233

Zumba Gold

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

PEDU:747 | \$55

M01 W 11am-11:50am
Feb. 10 – March 30

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! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | \$55

M02 Th 6pm-6:50pm
Feb. 11 – March 31

ADIVA Dance Center

Dance Aerobics

Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required. No class 3/23.

PEDU:750 | \$75

730 W 6pm-6:50pm
Feb. 3 – April 27

Susan Pellegrino
Oakville Sr. H.S., CAFE

Feldenkrais® for Healthy Backs

Don't let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat. No class 3/23.

PEDU:761 | \$59

730 W 7pm-7:50pm
March 16 – April 27

Joanie French
Oakville H.S., CAFE

Boot Camp with Sharkfitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water.

PEDU:755

Mornings

14 Sessions | \$180

600 MWF 5:45am-6:45am
Jan. 4 – Feb. 5
No class 1/18

MC - PE, GYM

601 MWF 5:45am-6:45am
Feb. 8 – March 11
No class 2/15

MC - PE, GYM

15 Sessions | \$192

602 MWF 5:45am-6:45am
March 21 – April 22

MC - PE

603 MWF 5:45am-6:45am
April 25 – May 27

MC - PE

10 Sessions | \$130

604 TuTh 5:45am-6:45am
Jan. 5 – Feb. 4

MC - PE, GYM

605 TuTh 5:45am-6:45am
Feb. 9 – March 10

MC - PE, GYM

606 TuTh 5:45am-6:45am
March 22 – April 21

MC - PE

607 TuTh 5:45am-6:45am
April 26 – May 26

MC - PE

608 TuTh 9:30am-10:30am
Jan. 5 – Feb. 4

MC - PE, GYM

609 TuTh 9:30am-10:30am
Feb. 9 – March 10

MC - PE, GYM

610 TuTh 9:30am-10:30am
March 22 – April 21

MC - PE

611 TuTh 9:30am-10:30am
April 26 – May 26

MC - PE

Evenings

Nine Sessions | \$120

650 MW 7pm-8pm
Jan. 4 – Feb. 3
No class 1/18

MC - PE, GYM

651 MW 7pm-8pm
Feb. 8 – March 9
No class 2/15

MC - PE, GYM

Fun with Fitness

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

PEDU:755 | \$79

612 MW 4pm-4:55pm
Jan. 25 – March 9
No class 2/15

MC - PE, 201

613 MW 4pm-4:55pm
March 28 – May 9

MC - PE, 201

Rise and Shine: Senior Workout

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

PEDU:755 | \$75

614 TuTh 5:55am-6:55am
Jan. 26 – March 3

Gail Velten
MC - PE, GYM

615 TuTh 5:55am-6:55am
March 29 – May 5

Gail Velten
MC - PE, GYM

Qi Gong - Chair Exercise for Health

Learn to relax and get energized with this gentle, ancient Chinese form of healing exercise. Qi Gong will increase your flexibility and body strength through deep breathing and meditative movements. Seated stretching from a chair makes this a perfect class for all levels of physical ability!

PEDU:755 | \$39

M01 F 9am-9:45am
March 25 – April 22

Kathleen Schabelski
Affton WR Comm Ctr, A

Dynamic Stretch

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

PEDU:755 | \$75

616 Tu 8am-8:50am
Feb. 9 – May 3
No class 3/15

Gary Ketcherside
MC - PE, GYM

617 Th 8am-8:50am
Feb. 11 – May 12
No class 3/10, 3/17

Gary Ketcherside
MC - PE, GYM

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
Feb. 2 – May 10
No class 3/15, 3/22, 4/5

Marsha Fey
Sperrang, Fit Rm 54

781 W 7pm-7:55pm
Feb. 10 – May 4
No class 3/23

Marsha Fey
Sperrang, FitRm 54

PERSONAL ENRICHMENT

Total Body Ball Workout

Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, #6 or #8 resistance band and a 65" stability ball. Dumbbells and hand weights are optional. No class 3/21.

PEDU:755 | \$69

782 M 7:30pm-8:30pm

Feb. 22 – May 2

Rena Potsos
Sperreng, FitRm 54

Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome.

PEDU:755 | \$59

M03 Sa 8:15am-9:10am

Feb. 13 – March 19

Karol McNutt
Dance Arts of St. Louis

M04 Sa 8:15am-9:10am

April 9 – May 14

Karol McNutt
Dance Arts of St. Louis

Introduction to CrossFit for Masters - Ages 50+

Learn the basic fundamentals of CrossFit, a highly effective strength-and-conditioning system that will help restore and improve mobility utilizing functional movements in a constantly varied format. Focus will be on movement mechanics, proper technique, and safety. All fitness levels welcome - ages 50 plus. Bring water.

PEDU:755 | \$75

M02 W 10am-11am

March 23 – April 27

BARx CrossFit

T'ai Chi

T'ai Chi Chih: Beginning

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

PEDU:766 | \$69

500 Th 4:30pm-5:25pm

Feb. 25 – May 5

Jeanette Miller
FV - CWI, 134

No class 3/17

P01 Tu 2:30pm-3:30pm

Feb. 16 – April 19

Jeanette Miller
Solar Yoga Center

T'ai Chi Chih: Continuing

Ready to enhance your T'ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: T'ai Chi Chih Beginning class or equivalent experience.

PEDU:767 | \$69

P01 Tu 1:15pm-2:15pm

Feb. 16 – April 19

Jeanette Miller
Solar Yoga Center

T'ai Chi Chih: Continuing - Mini Session

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 | \$39

P02 Tu 1:15pm-2:15pm

May 3 – May 31

Jeanette Miller
Solar Yoga Center

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St. Louis
Community
College
Continuing
Education

The Great Outdoors

Pickleball: Basics and Continuing

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while Continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

PEDU:739 | \$49

M01 M 5pm-5:55pm

April 11 – May 16

Allyson Duffin
Frank Dalton
Kennedy Rec

M02 M 6pm-6:55pm

April 11 – May 16

Allyson Duffin
Frank Dalton
Kennedy Rec

M03 Sa 9am-9:55am

April 9 – May 14

Allyson Duffin
Frank Dalton
Kennedy Rec

M04 Sa 10am-10:55am

April 9 – May 14

Allyson Duffin
Frank Dalton
Kennedy Rec

Tree Climbing - Level I

Experience the exhilaration of being in the trees as never before! Access parts of the canopy that you never thought possible and enjoy this new sport using ropes and harnesses just like the professionals. Learn basics about tree biology and procedures for climbing safely before starting your climb. Class ends with a survey of climbing gear and techniques. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

PEDU:765 | \$39

V01 Sa 9am-12pm

May 28

Guy Mott
EarthDance Farms

Tree Climbing - Level II

Build upon what you learned in Tree Climbing - Level I with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. All gear is provided. Prerequisite: Tree Climbing - Level I or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc). STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

PEDU:765 | \$49

V02 Sa 1pm-5pm

May 28

Guy Mott
EarthDance Farms

Skiing for Beginners

Learn how to use your equipment and basic techniques for gliding and stopping. Safety is the primary focus and fun comes next! Extra clothing (hat, gloves, coat, sunglasses, waterproof pants) recommended. Fee includes the use of skis, boots and poles during class. Students will go through the Group Check In window. Registration/withdrawal deadline: 1/25. No refunds after that date.

PEDU:769 | \$45

WD1 Th 6:30pm-7:30pm

Jan. 28 – Feb. 11

Hidden Valley

Ski for a Day

Skiing is one of the world's most exciting sports! Don't let winter keep you indoors, enjoy a day of downhill excitement skiing at Hidden Valley. Don't know how to ski? Professional ski instructors will help you get where you need and want to be during a scheduled Beginner - Intermediate lesson. Fee includes ski lesson, lift ticket and ski rental for the day. Students will meet at the Group Check In window at 1:30pm; students do not have to stay until 9:30pm but are able to enjoy the resort until then. Registration/withdrawal deadline: 2/12. No refunds after that date.

PEDU:769 | \$65

WD2 Th 1:30pm-9:30pm

Feb. 18

Hidden Valley

SUP: Stand Up Paddleboarding - Introduction

Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! Learn proper paddling instruction and get a brief introduction before you hit the water. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$59

M01 W 5pm-7pm

May 4 – May 11

Water's Edge

M02 Sa 12pm-2pm

May 7 – May 14

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

M03 Sa 12pm-2pm

May 21

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 paddle board. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$35

M04 Sa 11am-11:45am

May 7 – May 14

Simpson Lake

About Boating Safely - Adults and Family

Learn general information concerning boats and maintenance, including how to make your boating experience safer and more comfortable. Review laws and regulations to which you must adhere, and discuss tips on how to be a more courteous boat operator. NSBLA approved course, offered by the Coast Guard Auxiliary. Required materials may be purchased at the class for \$35 for the first participant, \$15 for each additional family member. Those successfully completing this course will receive the Coast Guard certificate necessary for boating licensure. Lunch not provided. Ages 10-15 allowed to attend with parent. Cost is per participant.

PEDU:781 | \$25

480 Sa 8:30am-4:30pm

March 12

FP - G Tower, 111

680 Sa 8:30am-4:30pm

March 5

MC - BA, 118



Health and Wellness

Self Defense

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*
Feb. 29 – May 2
- M03 Sa 10am-11am *Xtreme Krav Maga*
March 5 – May 7

Women Only

- M02 Tu 6pm-7pm *Xtreme Krav Maga*
March 1 – May 3

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.

PEDU:743 | \$59

- P01 M 5:45pm-6:45pm *Systema St. Louis*
March 7 – May 9

Systema: Russian Self-Defense

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

PEDU:743 | \$95

- P02 Tu 6:30pm-7:30pm *Systema St. Louis*
March 8 – May 10

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

- P03 Th 5:45pm-6:45pm *Systema St. Louis*
March 10 – May 12

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. Athletic wear required.

PEDU:743 | \$25

- 680 Sa 9am-12pm *Dennis Fonod*
April 2 *MC - PE, 105*
- 681 Sa 9am-12pm *Dennis Fonod*
April 30 *MC - PE, 105*

Wellness

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

- 680 Sa 9:30am-3:30pm *Alice Sanvito*
April 23 *MC - SW, 106*
- 480 Sa 9:30am-3:30pm *Alice Sanvito*
Feb. 13 *FP - HSP, 221*

MELT®

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

HEAL:709 | \$75

- M02 Tu 4pm-4:50pm *Body by Pilates,*
April 19 – May 10 *STUDIO RUE*
- M01 Tu 4pm-4:50pm *Body by Pilates,*
March 1 – March 22 *STUDIO RUE*

Your Path to Healthy Living

Start the new year off right! 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 | \$25

- 450 W 7pm-9pm *Jane Kaiser*
Jan. 20 – Jan. 27 *FP - G Tower, 321*

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 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 *James Toombs*
March 5 *MC - SO, 112*

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!

PERD:709 | \$25

- 680 Sa 10am-12pm *Roselyn Mathews*
April 2 *MC - SO, 109*

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

- 682 Sa 10am-4pm *Deborah Weltman*
Feb. 6 *MC - CE*

"The Artist's Way" - Overview

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

PERD:709 | \$25

- 650 Th 6:30pm-8:30pm *Deborah Weltman*
Jan. 28 *MC - CE*

"The Artist's Way" - A Spiritual Path to Higher Creativity

Explore your creative desires and learn how "The Artist's Way" can help change your life! Learn and practice techniques used to access your personal creativity, move past creative blocks, and find trust and joy in your creative self. Class based on readings and exercises from Julia Cameron's book "The Artist's Way: A Spiritual Path to Higher Creativity." Bring book to first class. The Artist's Way, ISBN# 978-1585421466. Supply list will be emailed. No class 3/17.

PERD:709 | \$125

- 651 Th 6:30pm-8:30pm *Deborah Weltman*
Feb. 11 – May 5 *MC - CE*

Discover Your Talents

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. First class meets 4/30 in computer lab, BA- 216. Second class meets 5/7 in classroom, BA-203. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

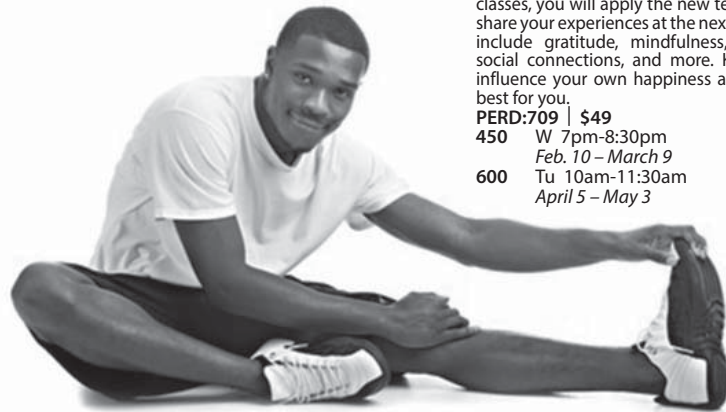
- 681 Sa 9am-12pm *Carol Watkins*
April 30 *MC - BA, 216*
- Sa 9am-12pm *MC - BA, 203*
May 7

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

- 450 W 7pm-8:30pm *Tawni Hoeglund*
Feb. 10 – March 9 *FP - G Tower, 115*
- 600 Tu 10am-11:30am *Tawni Hoeglund*
April 5 – May 3 *MC - CS, 104*



PERSONAL ENRICHMENT

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.

PERD:710 | \$39

550 M 6:30pm-8pm
March 7

Laura Duffin
SCEUC, 120

M 8:01pm-9:30pm

March 7

MC - Off Campus

Simplify Life: Spring Cleaning Edition

It's that time of year again! 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 and learn how to make a big difference in your home with small changes.

PERD:711 | \$25

650 Sa 9am-12pm
April 2

Kimberly Meredith
MC - CS, 206

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

450 Tu 6pm-8pm
Feb. 9 - Feb. 16

Hester Owens
FP - G Tower, 111

Meditation for Health and Harmony

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

PERD:732 | \$49

450 W 7pm-9pm
March 30 - April 20

Rhonda Leifheit
FP - B Tower, 013

550 Th 7pm-9pm

April 28 - May 19

Rhonda Leifheit
FV - CWI, 136

Meditation: How and Why

Learn how to quiet your conscious mind (inner chatter), move inward and attune to your Higher Mind. As you shift your attention/awareness within, align with the Subconscious, and then the Super-conscious Mind, you have access to the vast storehouse of Inner Wisdom. In this class you will explore various exercises and methods to deepen your meditation experience. Meditation will be practiced in each class and a meditation CD will be provided. Fee includes CD. Bring a blanket or pillow.

PERD:732 | \$69

720 Th 7pm-9:30pm
April 7 - April 21

Jean Walters
Ladue H.S., 131

The Intersection of Business and Spirituality

Enjoy a spirited and respectful conversation with other students who may hold differing opinions. Class dialog will be open-minded discussions, not debates, on various topics including consciously matching your workplace values to your personal values, economic systems, non-traditional business models and cross-cultural concepts. Bring notebook and pen.

PERD:734 | \$49

650 Tu 6:30pm-8:30pm
April 5 - April 19

Deborah Weltman
MC - CE

Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD:735 | \$49

650 Tu 7pm-9pm
April 12 - May 3

Rhonda Leifheit
MC - CS, 120

Listening to the Voice of Intuition

Identify, explore and learn how to use your Intuition daily. Everyone has Intuition, but you may not understand how to actually listen to your gut feelings. Meditation exercises, visualization and in-class discussions will enhance your ability to communicate with the universe and listen to your "Inner Voice." Fee includes textbook.

PERD:735 | \$69

550 M 7pm-9:30pm
Feb. 22 - March 7

Jean Walters
FV - C, 113

CSI: Distinguishing Between Fact and Fiction

Do you have what it takes to be a detective based on what you have learned from popular crime dramas on television? Learn what is fact and what is Hollywood fiction. Coordinator of the Criminal Justice program at STLCC-Meramec discusses ten of the most prevalent mistakes in forensics-based television shows. Real crime scene photos and cases will be discussed. Participants must be 18 or older.

PERD:765 | \$29

550 Th 7pm-9pm
April 21

Michael Hepner
FV - C, 103

650 Th 7pm-9pm
March 24

Michael Hepner
MC - CS, 120

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756

10 Sessions | \$69

M01 Tu 10:15am-11:15am
March 1 - May 10
No class 3/15

Denise Motta
Affton WR Comm Ctr, GYM

13 Sessions | \$89

650 M 6pm-6:50pm
Jan. 25 - May 2
No class 2/15, 3/14

Katherine McMeans
MC - PE, 105

651 W 6pm-6:50pm

Jan. 27 - April 27
No class 3/16

Katherine McMeans
MC - PE, 105

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

Seven Sessions | \$69

M02 Th 5:30pm-7pm
Feb. 4 - March 24
No class 3/10

Denise Motta
Affton WR Comm Ctr, B

M03 Th 5:30pm-7pm

March 31 - May 12

Denise Motta
Affton WR Comm Ctr, B

13 Sessions | \$89

P01 M 6:30pm-7:25pm
Feb. 1 - May 9
No class 2/15, 3/21

Jill Woehrle
Nottingham, GYM

Iyengar Yoga: Beginning

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

PEDU:761

Seven Hours | \$49

352 W 8pm-8:50pm
March 30 - May 11

Robert Gadon
WW, 102B

350 W 8pm-8:50pm
Jan. 27 - March 9

Robert Gadon
WW, 102B

10.5 Hours | \$69

450 Th 6:30pm-7:50pm
March 31 - May 12

Robert Gadon
FP - B Tower, 013

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. Prerequisite: Iyengar Beginning or prior yoga experience. Bring a yoga mat.

PEDU:761 | \$69

351 W 6:15pm-7:45pm
Jan. 27 - March 9

Robert Gadon
WW, 102B

353 W 6:15pm-7:45pm
March 30 - May 11

Robert Gadon
WW, 102B

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 3/21.

PEDU:761 | \$69

M04 M 12:15pm-1:15pm
Feb. 22 - May 2

Kelly Kauffmann
Affton WR Comm Ctr, GYM

Gentle Yoga

Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water. CLASS WILL BE HELD IN ARDEN MEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.

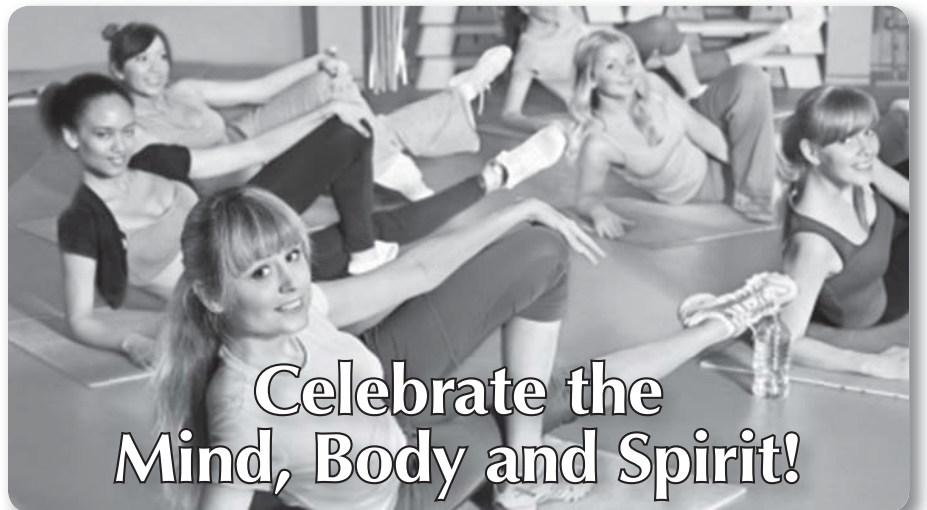
PEDU:761 | \$79

M10 W 7pm-8pm
Feb. 3 - March 23

Masterpeace Studios

M13 W 7pm-8pm
April 6 - May 25

Masterpeace Studios



Yoga

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

PEDU:761

Eight Sessions | \$59

- M07** F 9am-10am **Louisa Donovan**
March 25 – May 13 *Bluebird Park*
- M11** Tu 6:30pm-7:25pm **Louisa Donovan**
Feb. 16 – April 19 *Garden of Life Spirit. Ctr, MP*
No class 3/1, 4/5

10 Sessions | \$69

- M06** W 9:30am-10:30am **Reshma Danak**
Feb. 24 – April 27 *Queeny Park Rec*
- M03** M 9:30am-10:30am **Reshma Danak**
Feb. 22 – April 25 *Queeny Park Rec*
- 550** Tu 6:30pm-7:25pm **Reshma Danak**
March 1 – May 10 *FV - PE, 233*
- 780** M 6:30pm-7:25pm **Rena Potsos**
Feb. 22 – May 2 *Sperreng, Fit Rm 54*
No class 3/21

13 Sessions | \$89

- M08** M 6pm-7pm **Sharon Danyluck**
Feb. 1 – May 2 *Sunset Hills CC*
No class 2/15
- M09** M 7:30pm-8:30pm **Sharon Danyluck**
Feb. 1 – May 2 *Sunset Hills CC*
No class 2/15

15 Hours | \$95

- M01** Tu 1pm-2:30pm **Julie Garland**
Feb. 9 – April 12 *Big Bend Yoga*
- P01** W 6:30pm-7:25pm **Jill Woehrl**
Jan. 27 – May 11 *Nottingham, GYM*
No class 3/23

Yoga: Relax and Restore

Let your tensions melt away. Feel yourself become more relaxed and restore your body through gentle stretching, deep breathing and stillness. Learn poses that can be used in your daily routine to help relieve stress. All levels are welcome. No class 3/1, 4/5.

PEDU:761 | \$59

- M12** Tu 7:30pm-8:25pm **Louisa Donovan**
Feb. 16 – April 19 *Garden of Life Spirit. Ctr, MP*

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

PEDU:761

10 Sessions | \$69

- M05** M 1:30pm-2:30pm **Kelly Kauffmann**
Feb. 22 – May 2 *Affton WR Comm Ctr, GYM*
No class 3/21

15 Hours | \$95

- M02** Th 9am-10:30am **Melanie Klug**
Feb. 11 – April 14 *Big Bend Yoga*

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

- P02** Tu 5:30pm-6:15pm **Flex Fitness Studio**
Feb. 9 – April 12 *Flex Fitness Studio*

Bring a towel and water, mats provided.

- 650** Th 6:30pm-7:15pm **MC - PE, 105**
March 3 – May 12
No class 3/17

Bring a towel and mat.

Youth and Family

Jr. Docs & Vets: Dissection

Put on your aprons and gloves and get ready to explore the inside structures found in different specimens such as a pig, frog, shark, and snake. You'll learn to use dissection equipment properly and to identify the organs in these animals. Ages 8-15. Specimens may vary based on availability.

KIDS:706 | \$35

- 480** Sa 9:30am-12pm **Jeanne Schulte**
March 5 *FP - G Tower, 225*
- 580** Sa 9:30am-12pm **Jeanne Schulte**
Feb. 27 *FV - E, 156*
- 680** Sa 9:30am-12pm **Jeanne Schulte**
Feb. 13 *MC - SS, 105*

Karate for Kids

Karate for Kids is a program designed to build self-confidence, self-esteem, and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. Ages 4-10. No class 3/26.

KIDS:707 | \$59

- M01** Sa 10am-11am **Timothy Toeniskoetter**
Feb. 20 – April 30 *The Martial Arts Cntr (Mehlvl)*
- V01** Sa 10am-11am **Ferguson Martial Arts Center**
Feb. 20 – April 30

Tennis for Youth: Pee Wee

Series of group lessons specifically designed to introduce your young child, 4-6 years of age, to the game of tennis. Class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided.

KIDS:709 | \$85

- M03** Su 5pm-6pm **Frontenac RC**
Feb. 14 – March 20

Tennis for Youth Workshop: Beginning I & II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants. Tennis balls provided.

KIDS:709

Ages 7-10 | No Fee

- 580** Sa 9am-9:55am **FV - PE, TENNIS**
April 23 – May 7

Ages 11-15 | No Fee

- 581** Sa 10am-10:55am **FV - PE, TENNIS**
April 23 – May 7

Tennis for Youth: Beginning I & 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 | \$85

Ages 7-10

- M04** Su 6pm-7pm **Frontenac RC**
Feb. 14 – March 20
- 720** MW 6pm-7pm **Ladue Mid. School**
May 2 – May 18
- M07** Th 4pm-5pm **Sunset Hills Watson Trails**
April 28 – May 19

Ages 11-15

- M01** Sa 5pm-6pm **Forest Lake TC**
Jan. 30 – March 5
- M06** Sa 11am-12pm **Queeny Park Rec**
April 9 – May 14

Tennis for Youth: Intermediate I

Continue to hone your skills and use drills to improve your game. Players must have had previous instruction and will be grouped according to ability. Tennis balls provided.

KIDS:709 | \$85

Ages 7-10

- M05** Su 7pm-8pm **Frontenac RC**
April 10 – May 15

Ages 11-15

- M02** Sa 5pm-6pm **Forest Lake TC**
April 2 – May 7

Golf for Youth: Beginning I - 4 Sessions

Beginning Golf for children. Ages 7-15.

KIDS:710 | \$45

- 810** Sa 11am-12pm **Big Bend GC**
April 23 – May 14

Home Alone (Ages 9-14)

This 6.5-hour course teaches children, ages 9-14, to be more aware of potential dangers they could face when home alone, as well as teaching responsibility for personal safety and well-being. Topics include: keeping your house key safe, door safety, dealing with fires and gas leaks, phone and internet safety, how to get help, general first-aid and other safety related topics. Guest speakers include a police officer and an EMT. Students should bring a list of several personal emergency contact phone numbers for a project. There will be a 30-minute lunch break from 12:00-12:30pm. Students must bring a non-perishable lunch. Fee includes materials. Call 314-984-7777 for more information.

KIDS:714 | \$49

- 680** Sa 9am-4pm **MC - SW, 108**
Feb. 6

Portuguese Language for Kids

Learn Portuguese language and Brazilian culture while having fun! Energetic classes will include, games, basic concepts and skills, conversation, texts interpretation, movies, etc. Taught by native-fluent speakers. Ages 5-11. No text required. *Bring a pocket folder, notebook and pen.*

KIDS:719 | \$99

- 652** W 6:30pm-8:30pm **Vival Basil STL**
Jan. 20 – March 9 *MC - CS, 211*
- 653** W 6:30pm-8:30pm **Vival Basil STL**
March 30 – May 18 *MC - CS, 211*
- 654** Sa 10am-12pm **Vival Basil STL**
Jan. 23 – March 12 *MC - CS, 211*
- 655** W 6:30pm-8:30pm **Vival Basil STL**
March 30 – May 18 *MC - CS, 211*
- 656** Sa 10am-12pm **Vival Basil STL**
April 2 – May 21 *MC - CS, 211*

Portuguese Language for Youth

Discover the Portuguese language and explore the Brazilian culture in a relaxed environment. Explore Brazilian costumes, dialogs, grammar, and vocabulary using a conversational approach and age-appropriate materials to engage and motivate. Taught by native-fluent speaker. Ages 12-18. No text required. *Bring a pocket folder, notebook and pen.*

KIDS:719 | \$99

- 650** W 6:30pm-8:30pm **Vival Basil STL**
Jan. 20 – March 9 *MC - CN, 230*
- 651** W 6:30pm-8:30pm **Vival Basil STL**
March 30 – May 18 *MC - CN, 230*

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** Th 5pm-5:55pm **Patrick Dorsey**
Jan. 21 – March 10 *MC - PE, 201*

Fencing for Youth: Beginning II

Ready to learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and bouting tactics. Prerequisite: Fencing for Youth - Beginning I or equivalent experience. Equipment provided. Ages 8-15.

KIDS:720 | \$59

- 651** Th 5pm-5:55pm **Patrick Dorsey**
March 31 – May 19 *MC - PE, 201*

Swimming for Children: Beginning

You'll learn to swim like a fish-maybe a shark-while practicing beginning swimming strokes and personal water safety skills and overcoming any fear you may have of the water. No class 3/19, 3/26.

KIDS:720 | \$39

Ages 5-8

580 Sa 12pm-12:50pm

March 12 - April 30

581 Sa 1pm-1:50pm

March 12 - April 30

Ages 8 & Up

582 Sa 2pm-2:50pm

March 12 - April 30

Jeanne Schulte

FV - PE, POOL

Jeanne Schulte

FV - PE, POOL

Jeanne Schulte

FV - PE, POOL

Junior Baker: Cookies!

A fun activity for young bakers ages 9-14. Come spend a fun afternoon learning to make, bake and decorate your very own special cookie creations. You'll develop your baking skills and knowledge in this class as we make a variety of rolled, drop and bar-type cookies. After this experience, you'll be able to go home and be the family cookie-baker. Class is a combination of demonstration, hands-on and taste-testing. Bring containers to take home your finished cookies. Park on Hartford or Hampton. Flagpole in front.

KIDS:730 | \$39

P01 Sa 1pm-4pm

March 13

Debra Hennen

Cul. Arts House

Mommy & Me: Stamp Camp

Mom, Dad, Grandmothers or Grandfathers bring your buddy to this Mommy and Me Stamp Camp to create some fun projects. We will be creating two cards, a bookmark and a piggy bank. No experience needed to create these one of a kind stamping projects with stamps and punches! Supply list will be sent. Students must be accompanied by a guardian. Registration is in pairs or more. Each participant must register. LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/15. NO REFUNDS AFTER FRIDAY 4/15.

KIDS:738 | \$30

MD1 Sa 9am-12pm

April 23

Patti Bossi

MC - CE

Mini Movers: Parent/Child - Ages 6 months to 2.5 years

Come play with us! Promote motor development with fun gymnastics activities that you can enjoy with your child, ages 6 months to 2.5 years. Children will explore balance, coordination and sensory development using fun and exciting mat shapes, gymnastics and other play equipment. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children MUST be registered under KIDS 738 600 and parents/guardians MUST register under KIDS 738 601. Signed waiver required for each participant. No class 3/15.

KIDS:738 | \$79

600 Tu 4:30pm-5:15pm

March 1 - April 26

Laura Legg

Sarah Hasser

MC - PE, 105

The following section is for parents/guardians of children that have registered and paid for KIDS:738 600. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant

601 Tu 4:30pm-5:15pm

March 1 - April 26

MC - PE

Mini Movers: Parent/Child - Ages 2-6

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children ages 2-6 MUST be registered under KIDS 738 650 and parents/guardians MUST register under KIDS 738 651. Signed waiver required for each participant. Parents of children 3 and younger can enjoy activities together and those with older children are welcome to stay and watch their child explore and learn. No class 3/15.

KIDS:738 | \$79

650 Tu 5:30pm-6:30pm

March 1 - April 26

Laura Legg

Sarah Hasser

MC - PE, 105

The following section is for parents/guardians of children that have registered and paid for KIDS:738 650. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant

651 Tu 5:30pm-6:30pm

March 1 - April 26

MC - PE

Family Fun Night

Ready for a fun night out with family and friends? Take on the new craze of human foosball! That's right, become one with the foosball table and have a blast. 40' minimum shoulder height requirement to play the human foosball but all ages are welcome to play giant versions of classic games such as tic-tac-toe or try out some 'foot pool' (giant pool table played with soccer balls)! Participants must wear rubber soled tennis shoes and sign waiver. All participants MUST register. Maximum 5 total family members per \$49 registration. One parent/guardian per 3 children..

PEDU:765 | \$49

MD1 F 6:30pm-9pm

Feb. 26

G.A.H.F.-STL

MD3 F 6:30pm-9pm

April 29

G.A.H.F.-STL

This following section is for additional family members of students that have registered and paid for PEDU 765 MD1. * * * One parent/guardian per 3 children. All participants MUST register. Maximum 5 total family members per \$49 registration. Withdrawal deadline 2/12

MD4 F 6:30pm-9pm

Feb. 26

G.A.H.F.-STL

This following section is for additional family members of students that have registered and paid for PEDU 765 MD3. * * * One parent/guardian per 3 children. All participants MUST register. Maximum 5 total family members per \$49 registration. Withdrawal deadline 4/15

MD5 F 6:30pm-9pm

April 29

G.A.H.F.-STL

**Our Seats
Fill Fast!**

**Registration
begins January 4.**

Explore the Possibilities...

Continuing Education

Call 314-984-7777 to register beginning January 4

Location Index

STLCC Continuing Education

Registration begins January 4

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Affton White-Rodgers
Community Center
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Co.
3200 N. Highway 67, 63033

Almas Del Ritmo Dance Co.
3515 Park Ave., 63104

Babler Memorial State Park
Highway 109, 63005

BARx CrossFit
12309 Old Big Bend Rd, 63122

Bernard Middle School
1054 Forder Road, 63129

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Body by Pilates
(inside Studio Rue)
8744 Big Bend Blvd., 63119

Bridgeton Trails Library
3455 McKelvey Road, 63044

Chess Club and Scholastic
Center of St. Louis
4657 Maryland Ave, 63108

Chesterfield Athletic Club
16401 Swingley Ridge Rd.,
63017

City Sewing Room
6700 Arsenal Ave., 63139

Clayton High School
#1 Mark Twain Circle, 63105

Columbia Bottom
Conservation Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Comprehensive Chiropractic
113 West 5th St., 63025

Crestwood Bowl
9822 Watson Rd., 63126

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue,
63139

DEEsigns Studio
9920 Watson Rd. Ste 200,
63126

Dance Arts St. Louis
8045 Big Bend Ste 200b, 63119

Eagle Springs Golf Course
2575 Redman Rd. 63136

EarthDance Farms
233 S Dade Ave, 63135

Ellisville Parks & Rec. (Bluebird
Park)
225 Kiefer Creek Rd., 63021

Endangered Wolf Center
6750 Tyson Valley Road,
63025

Ferguson Martial Arts Center
433 S. Florissant Rd., 63135

First Tee (South County)
6286 Lemay Ferry Road,
63129

FitChix Fitness Studio
12295 Olive Blvd., 63141

Flex Fitness Studio
3139A South Grand Blvd,
Suite 201, 63118

Forest Lake Tennis Club
1012 N. Woods Mill Road,
63011

Francis Park
Donovan and Eichelberger,
63109

Frontenac Racquet Club
10455 German Blvd., 63131

Garden of Life Spiritual Center
9525 Eddie and Park Rd.,
63126

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Great American Human
Foosball (G.A.H.F.)
3227 Morganford, 63116

Greenscape Gardens
2832 Barrett Station Rd, 63021

Greentree Park
2202 Marshall Rd, 63122

Guilded Crafts
313 Gravois Rd., 63026

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Hidden Valley Ski Resort
17409 Hidden Valley Drive
63025

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Ladue Middle School
9701 Conway Road, 63124

Ladue Horton Watkins Sr.
High School
1201 S. Warson Rd., 63124

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Mehlville)
3712 Lemay Ferry Road,
63125

Masterpeace Studios
(inside Arden Mead Youth and
Community Center)
17 Selma Ave., 63119

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Missouri History Museum
5700 Lindell Blvd, 63112

Nottingham Elementary
School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra
10907 Manchester Road,
63122

PerennialSTL.org
7413 S. Broadway, 63111

Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

Shaw Nature Reserve
Hwy 100 At I-44 (exit 253)
Gray Summit, MO 63039

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

Sperreng Middle School
12111 Tesson Ferry Road,
63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

**St. Louis Community
College
Florissant Valley (FV)**
3400 Pershall Road, 63135

**St. Louis Community
College
Forest Park (FP)**
5600 Oakland Ave, 63110

**St. Louis Community
College
Meramec (MC)**
11333 Big Bend Road, 63122

**St. Louis Community
College Wildwood (WW)**
2645 Generations Dr.
Wildwood, 63040

**St. Louis Community
College William J. Harrison
Education Center
(Harrison Ed. Ctr)**
3140 Cass Ave, 63106

**St. Louis Community
College South County
Education & University
Center (SCEUC)**
4115 Meramec Bottom Road,
63129

**St. Louis Community
College Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

**St. Louis Community
College Center for
Workforce Innovation (CWI)**
3344 Pershall Rd., 63135

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer
Making
231 Lamp and Lantern Village,
63017

Sunset Hills Community
Center
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr
13550 West Watson Rd, 63127

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

The Studio, Inc.(Brentwood)
1332 Strassner Drive, 63144

Systema St. Louis
4208 Sarpy Avenue, 63110

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Learning
Center
3113 Gasconade, 63118

Thornhill Branch/St. Louis
County Library
12863 Willowick Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Water's Edge
17081 N. Outer 40 Rd., 63005

Winding Brook Estate
3 Winding Brook Estate Drive
63025

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road,
63017

Xtreme Krav Maga
639 Gravois Bluffs Blvd. Suite
C, 63026

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A ADMINISTRATION
B BUSINESS
CDC CHILD DEVELOPMENT
CENTER
C COMMUNICATIONS
EC EMERSON CENTER
E ENGINEERING
H HUMANITIES
IR INSTRUCTIONAL
RESOURCES
PE PHYSICAL EDUCATION
S SERVICE BUILDING
SM SCIENCE-MATHEMATICS
SS SOCIAL SCIENCES
SC STUDENT CENTER
T THEATER
TC TRAINING CENTER
CWI CTR FOR WORKFORCE
INNOVATION

FOREST PARK = FP

A A-TOWER
B B-TOWER
C C-TOWER
D D-TOWER
F F-TOWER
G G-TOWER
HSP HOSPITALITY
LB LIBRARY
PE PHYSICAL EDUCATION
SC STUDENT CENTER
T THEATRE
AA ART ANNEX

MERAMEC = MC

AC ASSESSMENT CENTER
AD ADMINISTRATION/CLARK
HALL
AS APPLIED SCIENCE
BA BUSINESS
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

South County Education and
University Center = SCEUC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

For more information, visit us at stlcc.edu/ce.

General Information

STLCC Continuing Education

**Enrollment in classes within this brochure,
except for youth section classes, is limited to persons 16 years or older.**

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to stlcc.edu/need2know.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. In addition, all location closings will be posted on the college website, stlcc.edu. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks

Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Non-Discrimination/Accommodations Statement

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

*For more information
call 314-984-7777.*

Registration is Easy!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
 St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
 3344 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
 5600 Oakland Ave., St. Louis, MO 63110

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



By Phone

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

Telephone: 314-984-7777

Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number /email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

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

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In Registration form *Please print in ink.*

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

Male Female

Senior Citizen?

Yes No

Check Payment:

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

Credit Card Payment:

Charge fees to:

- MasterCard
 VISA
 Discover
 American Express

Email Address: _____

Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

_____ Expiration Date: _____
CARD NUMBER

Signature: _____

Continuing Education

300 South Broadway
St. Louis, MO 63102-2800

RESIDENTIAL CUSTOMER



Printed on
recycled paper.

Feature Five

Registration begins January 4



The Great Outdoors

Get into the Great Outdoors this spring with Continuing Education. We've got paddleboarding, pickleball, skiing, and more. **See page 64.**



Lean Six Sigma

Continuing Education provides opportunities to further your career plan with Lean Six Sigma Green Belt, and the new Lean Six Sigma Green Belt to Black Belt. **See page 5.**



Go Native!

Join Continuing Education this spring for Go Native! - a special edition of the Master Naturalist Program featuring landscaping with native plants. **See page 47.**



NABCEP Certified Solar Courses

STLCC offers North American Board of Certified Energy Practitioners (NABCEP) approved solar training, from beginner to advanced levels. **See page 23.**



Wine Classes

Elevate your status to "wine geek" with Continuing Education's wine classes. We'll teach you to swirl, sniff and sip just like the pros as you build your wine knowledge. **See page 36.**

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

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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.