

Continuing Education

Spring 2017

Registration begins January 3



**We've got a
class for that!**

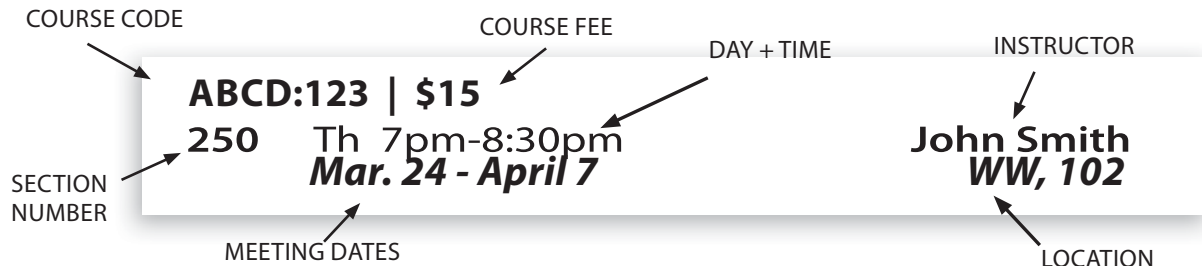


St. Louis Community College
Continuing Education

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



St. Louis Community College
Continuing Education

BOARD OF TRUSTEES

Libby Fitzgerald
Doris Graham
Hattie R. Jackson
Rodney Gee

Craig H. Larson
Joan McGivney
Derek 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 stlcc.edu/ce. More details and up-to-date information, including senior fees, can be found online.



St. Louis Community College is committed to excellence in education. Creating access for our diverse communities has allowed us to serve over 1.2 million students.

Expanding Minds. Changing Lives.

stlcc.edu



Continuing Education

Spring 2017

Never stop learning...with Continuing Education, you don't have to! Whether you're just letting your curiosity point you in **new directions**, looking to **acquire new skills** or seeking professional courses to help **advance your career**, Continuing Education provides an amazing variety of options for everyone in a world that never stops changing.

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

Registration begins January 3.

stlcc.edu/ce 314-984-7777

Table of Contents

Professional Development

Essentials Training

Professional Essentials	5
Small Business Essentials	6
Career Essentials	7
Nonprofit Essentials	8

Industry, Quality and Safety

Drones	8
Safety and Quality: OSHA	8
Construction	9
Restaurant Management	9
NABCEP Solar Certified Courses	10

Career Studies

Nursing and Allied Health	11
Healthcare Occupations	13
Mental Health	14
CPR and First Aid	15
Childcare Training	16
Communications	18
Fitness Training	18
Real Estate	18

Computers and Technology

Applications and Systems	19
Mobile Technologies	20
Personal Computing	20
Publishing and Media	
Technologies	21
Publishing Technologies	21
Video	22
Social Media	22
Web Development	23

Education and Test Prep

Adult Ed. & Literacy	23
Test Prep	23

Ageless Learning

Seminars	24
Senior Fitness	25
Social Security Benefits	26

Creative Arts

Arts and Crafts	26
Fine Arts	26
Crafts	29
Culinary Arts	33
Performing Arts	37
Dance	37
Music	39
Theater	40
Photography	40
Writing	41
Literature	43

Nature, Home and Garden

Animal Care	44
Home Improvement and Maintenance	45

Personal Enrichment

Master Naturalist	47
Ecology	47
Landscape and Gardening	47
Nature	48
Go Native!	49
Real Estate	50

Personal Finance

Finance & Investing	50
Estate Planning	50
Retirement Planning	51

Language & Communications

Communication	51
Languages	51
Sign Language	54

Historical Studies

Genealogy	55
History	55
Religion	56
Tours and Trips	57

Recreation, Fitness and Wellness

Recreation and Sports	58
Bowling	58
Cards and Games	58
Fencing	58
Motorcycle Rider Training	59
Golf	60
Tennis	61
Team Sports	61
Fitness	61
Aquatics	61
Aerobic Exercise	62
Pilates/Yoga	63
T'ai Chi	64
Self Defense	64
The Great Outdoors	65
Health and Wellness	66
Youth and Family	68

Need to Know

Locations	69
General Information	70
Registration	71

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

No-cost or Low-cost Accelerated Training!

***Train today for a new career
in these industry pathways:***



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



- Patient Care Technician (PCT)
- Community Health Worker
- Medical Assistant (MA)

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

Call our hotline: 314-539-5900



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

TRUCK DRIVERS ARE IN HIGH DEMAND!

Quality Training Options at Forest Park Campus:

- ***Class A CDL Program***
 - *5-Week, Mon-Fri Day Classes*
 - *8-Week, Evening & Saturday Classes*
- ***Class B CDL Program***
 - *2-Week, Day and Evening Classes available*
- ***CDL Refresher Training***
 - *20-hour private lesson*

Attend an Information Sessions for program details.

Information sessions are free but registration is required.

Call 314-984-7777 to register.



stlcc.edu/truckdriving

Professional Development

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

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

Essentials Training

Professional *Essentials*

Project Management and Lean Six Sigma

Project Management Orientation

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

BPCT:703 | No Fee
C80 Sa 9am-12pm
March 11

Dirk Lupien
Corp. College, 207

Project Management

Project managers are in demand when the need is for skills that include time, resource and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria of 35 hours that is required to register for the PMP exam. This practical learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. This program is presented by a Registered Educational Provider (REP). Class meets Thursdays: 3/30, 4/6, 4/13, 4/20, 4/27 and Saturdays: 4/8, 4/15, 4/22. Lunch provided on Saturdays. Class is subject to cancellation if minimum enrollment is not met by 3/22. No refunds after this date unless class is cancelled.

BPCT:703 | \$1,799
CD1 Th 6pm-9pm
March 30 - April 20
Sa 8:30am-4:30pm
April 8-22
Th 6pm-9pm
April 27

Dirk Lupien
Corp. College, 207
Corp. College, 207
Corp. College, 206

LEAN Six Sigma Green Belt

Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt for professional development, this course is appropriate for you. We blend classroom instruction and online modules. Program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Materials included in cost of course. Students successfully completing this training will receive their LEAN Six Sigma Green Belt award of completion and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and two consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program. Lunch provided on Saturdays. Class meets Wednesdays 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19 and Saturdays 4/15, 4/22. Class is subject to cancellation if minimum enrollment is not met by 2/7. No refunds after this date unless class is cancelled.

BPCT:701 | \$1,899
CD1 W 6pm-9pm
Feb. 15 - April 19
Sa 8:30am-4:30pm
April 15-22

Pat Dalton
Corp. College, 207
Corp. College, 203 & 207

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



Listening Beyond the Words: Building Communication Skills

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

BUSN:713 | \$69

C01 W 9am-4pm
March 22

Jean Walters
Corp. College, 207

Your Emotional Intelligence and Why it Matters

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

BUSN:713 | \$39

C02 W 9:30am-12:30pm
March 1

Corp. College, 207

Present with Poise, Power and Punch

Want to overcome nervousness and deliver your best presentation ever? In this presentation skills course, a leadership coach and professional development expert 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 | \$35

C01 Tu 9am-11:30am
March 7

Corp. College, 207

Time Management for Your Personal 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. Instructor 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
Feb. 21

Corp. College, 207

Bringing Out the Best in People and Managing the Conflicts

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

BUSN:745 | \$39

C01 Sa 8:30am-12pm
Feb. 4

James Lombardo
Corp. College, 209

Mastering the Art of Effective Facilitation

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

BUSN:714 | \$39

C01 Sa 8:30am-12pm
Feb. 25

James Lombardo
Corp. College, 207

Flawless Consulting

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

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

BUSN:765 | \$39

C01 Sa 8:30am-12pm
April 1

James Lombardo
Corp. College, 209

Small Business *Essentials*

Business Start-Up

Starting your Own Business - Legal Issues

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

BUSS:701 | \$29

450 M 6pm-8pm
April 17

Amy Hereford
FP - G Tower, 113

Understanding Patents, Trademarks and Copyrights

If you are a business or creative person selling a product or service, you need to know how to protect your trademark, copyright and patent so that you can profit by their use. In this problem-solving course, you will explore topics relating to the law for intellectual property such as patents, trademarks, trade names, copyrights and trade secrets. Taught by an attorney.

BUSS:734 | \$55

680 Sa 8:30am-1:30pm
March 4

Morris Turek
MC - SO, 109

Starting and Managing a Small Business

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

BUSS:701 | \$59

680 Sa 9am-12pm
Feb. 18 - Feb. 25
681 Sa 9am-12pm
April 1 - April 8

Lynette Watson
MC - SO, 108
Lynette Watson
MC - BA, 124

Business Plan Development

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

BUSS:702 | \$99

650 Th 6pm-9pm
March 23 - April 13

Lynette Watson
MC - BA, 122

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

You've been honing your talent and finding a demand for your handmade craft or artistic products, but how do you navigate the "indie" marketplace? Get ready for the upcoming 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.

BUSS:701 | \$35

650 Th 6pm-9pm
April 6

Michelle Ochonicky
MC - SO, 204

Exclamation Point!

Starting and Managing a Small Business was a very worthwhile training and Lynette Watson provided great insider, experienced advice. Thank you!

Niki R., St. Louis

Finance

Understanding Accounting: An Introduction

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

BUSS:741 | \$39

680 Sa 9am-1pm
March 4

Bill Dorr
MC - BA, 112

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
Jan. 28

T. Spector
MC - SO, 107

Keeping Records for a Small Business

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

BUSS:705 | \$75

680 Sa 9am-12:30pm
Feb. 4 - Feb. 11

T. Spector
MC - SO, 108

Career Essentials

Discover Your Career Passion

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

CPDV:702 | \$49

650 Tu 7pm-9:30pm
Feb. 28 - March 7

Jean Walters
MC - BA, 114

Finding Job Leads

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

CPDV:705 | \$29

550 Th 6:30pm-9:30pm
Feb. 9

Laurie Hawkins
FV - B, 124

650 Th 6:30pm-9:30pm
Feb. 16

Laurie Hawkins
MC - SO, 204

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 W 6:30pm-9pm
March 1

Laurie Hawkins
MC - SO, 108

Resume Workshop: Impress Potential Employers

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

CPDV:704 | \$29

650 M 6pm-9pm
March 6

Laurie Hawkins
MC - BA, 124

450 W 6pm-9pm
March 22

Laurie Hawkins
FP - G Tower, 113

Interviewing: Learn How to Shine

Approach your next interview with more confidence and success. The interview is your chance to shine and to show the employer that you are the right candidate for the job. Even if you are well qualified and generally self-assured about your abilities, you need to be prepared and be able to confidently answer questions. Come learn how to prepare for the interview, watch a video with examples, and review sample questions and answers.

CPDV:703 | \$25

650 Th 6pm-8:30pm
March 30

Laurie Hawkins
MC - BA, 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
April 6 - April 13

Edwin Penfold
MC - CN, 221

Plus 50: Finding Purpose and Passion in the Third Chapter

Are you facing the uncharted post-career years and wondering what's next? Many of us in the third chapter of life feel unsettled, restless, and adrift. We believe the years between 50 and 75 can be some of the best, but don't know how to make sense of the changes we're facing. If you are looking for new meaning in work and life, this 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. 18

Carol Watkins
MC - SO, 109

681 Sa 9am-4pm
May 6

Carol Watkins
MC - SO, 109

Online Education

Convenient
& Affordable

Instructor
Led Format

Online Course
Accessible 24/7

ed2go

Find Your Course Today!

ed2go.com/stlcc

Like us on Facebook



St. Louis
Community
College
Continuing
Education

Nonprofit *Essentials*

Establishing and Running a Nonprofit Organization: Part I

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

NPAD:703 | \$29

680 Sa 10am-12pm
April 8

Amy Hereford
MC - SO, 111

Establishing and Running a Nonprofit Organization: Part II

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

NPAD:703 | \$29

681 Sa 1pm-3pm
April 8

Amy Hereford
MC - SO, 111

Basic Grant Writing for Nonprofit Organizations

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

NPAD:701 | \$59

680 Sa 9am-4pm
March 11

Jennifer Bush
MC - SO, 107

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 9

Richard Cohrs
MC - SO, 109

Industry, Quality & Safety

Drones

Introduction to Drones

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

ENGR:706 | \$19

5C1 Tu 6pm-8pm
March 21

680 Sa 10am-12pm
March 4

Jack Beetz
FV - CWI, 136

Jack Beetz
MC - SO, 108

Drones for Hobbyists and Entrepreneurs

Class meets Tuesdays and Thursdays. A series of 14 UAV (Unmanned Aerial Vehicles) presentations along with videos will be introduced in class. These include the history of UAVs, airspace restrictions, privacy issues, employment opportunities, current manufactures, FAA requirements as well as specifics to the small UAVs including as basic electricity, batteries, safety, GPS, motors, autopilots, ground stations and more. In addition, students will have the opportunity to become proficient in flying small quadcopters using a computer based simulator and then actual quadcopters.

ENGR:706 | \$249

5C2 TuTh 6pm-9pm
April 4 - April 20

Jack Beetz
FV - CWI, 136



Safety and Quality

10-Hour OSHA Construction Safety and Health Training Certification

Class meets Monday 4/3 and Thursday 4/6. This course meets the required laws for working on public job sites. Led by an OSHA certified trainer, the course covers the mandated OSHA topics including OSHA regulations, general safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, and more. Upon successful completion students will receive the 10-hour OSHA course completion card. Students may bring a sack dinner and/or drinks and snack to class. Registration by 3/26 is encouraged. No refunds after this date.

CONS:736 | \$125

CD1 MTh 4pm-9:30pm
April 3 - April 6

Pat Dalton
Corp. College, 211

10-Hour OSHA General Industry Safety and Health Training Certification

Class meets Monday 4/24 and Thursday 4/27. This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive a 10-hour OSHA course completion card after completion of the course. Students may bring a sack dinner and/or drinks and snack to class. Registration by 4/16 is encouraged. No refunds after this date.

CONS:736 | \$125

CD2 MTh 4pm-9:30pm
April 24 - April 27

Pat Dalton
Corp. College, 211

**Call 314-539-5747 for information
on the 30-Hour OSHA certification.**

Construction

Construction Estimating

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. Class is available for credit CE 131 550. No class 3/14.

CONS:702 | \$318

210 Tu 7:05pm-9:45pm
Jan. 17 – May 14

Gary Drikow
FV - E, 158

Construction Scheduling

Construction scheduling methods to include bar graphs and Critical Path Method with emphasis on manual and computerized design, calculations, and interpretation using both arrow and precedence diagramming. Class is available for credit CE 132 550. No class 3/16.

CONS:716 | \$318

210 Th 7:05pm-9:45pm
Jan. 19 – May 14

Michael Nickels
FV - E, 284

HVAC Operator I

A practical course dealing with the basic operation, maintenance and troubleshooting of heating, ventilating and air conditioning equipment including air, closed water stream and control systems. The dynamic equipment components of various systems will be studied with special emphasis upon preventive maintenance. Prerequisite: Reading Proficiency. Course is available for credit ME 110 550. No class 3/14, 3/16.

CONS:765 | \$318

210 TuTh 7:30pm-9:10pm
Jan. 17 – May 14

John Hope
FV - CWI, 130

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. Prerequisites: EGR 050. Available for credit as EGR 133 550. No class 3/15.

COMP:770 | \$212

210 W 7pm-9:45pm
Jan. 17 – May 14

Walter Staas
FV - E, 278

National Electrical Code and Calculations - Part II

This course covers specialty areas of articles in the N.E.P.A. Division 70 text - the National Electrical Code. Review general definitions as a refresher from Part I. 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 bring to first class. Prerequisite: Part 1 National Electrical Code and Calculation. No class 3/14, 3/21.

ELEC:705 | \$299

S50 Tu 6pm-9pm
Jan. 24 – May 9

Michael Smith
SCEUC, 213

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 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
Feb. 18 – March 4
No Class 2/25

Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
Feb. 25 – March 11
No Class 3/4

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
April 8 – April 22
No Class 4/15

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. Assigned room is Hospitality 219.

RMGT:702 | \$79

480 Sa 8am-3pm
March 4

Shirley Rauh
FP - HSP, 219

580 Sa 8am-3pm
March 11

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
April 22

Almut Stephan Marino
MC - SO, 107

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



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

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

Apply today!

www.launchcode.org/cs50x



St. Louis Community College
Expanding Minds. Changing Lives.

Solar Photovoltaics Information Session

Join us for this informational session on how to become a part of the solar field. The application, design, installation and operation of photovoltaic systems will be introduced. Explore the path for certification through the North American Board of Certified Energy Professionals (NABCEP). Program is free but registration is required.

CONS:721 | No Fee

5C0 Tu 6pm-7:30pm
Jan. 17

Ryan Chester
FV - CWI, 136

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

Class meets Tuesdays and Thursdays. Join the field of solar energy. In this course, students will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets, and safety basics. Students will be introduced to basic photovoltaic equipment and will learn how to assess potential installation sites for their solar energy potential. Students will gain hands on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites, and calculation of load estimations. In addition, students will learn about photovoltaic system components and how they interact with each other. Students will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. We will build a full string inverter system and modules on a mock roof, and a ballasted racking system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Texts included. Enrollment by 1/23 is encouraged. Class subject to cancellation if minimum enrollment is not met by this date. No refunds after this date.

CONS:721 | \$299

5C1 TuTh 5pm-8pm
Jan. 31 - Feb. 21

Ryan Chester
FV - CWI, 120

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

Class meets Tuesdays and Thursdays. A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part I. No class 3/14, 3/16. Registration by 2/16 is encouraged, no refunds after this date.

CONS:721 | \$199

5C2 TuTh 5pm-8pm
Feb. 23 - March 23

Ryan Chester
FV - CWI, 120

Advanced PV Sizing Electrical Design

Class meets on Tuesdays and Thursdays. In this course, students will learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems. This course will also include basic troubleshooting techniques. This and the previous classes are required to sit for the NABCEP entry level exam. Registration by 2/21 is encouraged, no refunds after this date.

CONS:721 | \$199

5C3 TuTh 5pm-8pm
March 28 - April 11

Ryan Chester
FV - CWI, 120

Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep

In this course, students will learn the 2011/2014 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This is a continuation education class that is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text included. Registration by 4/6 is encouraged, no refunds after this date.

CONS:721 | \$259

5C4 TuTh 5pm-8pm
April 13 - May 9

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.

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.



St. Louis Community College
Expanding Minds. Changing Lives.

For additional information about programs visit stlcc.edu

Career Studies

GENERAL INFORMATION for Nursing and Allied Health Programs



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

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

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

Nursing and Allied Health

EMT Core Curriculum

This course begins January 18, 2017. Attendance at first class is required. A strict attendance policy is enforced. This course meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Participation in Wednesday labs optional pending instructor approval. Does not include CPR. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 1/18. No class 2/20, 3/13, 3/15.

EMSS:700 | \$150

H50 W 3:30pm-5:30pm
Jan. 18 – May 14
MW 6pm-9:50pm
Jan. 18-May 14

Steven Newcomb
Harrison Ed Ctr, 200

Harrison Ed Ctr, 200

New Everything You Want to Know About Funerals

This course will explain the operation of a modern funeral home and the funeralization process. The steps for making "at need" funeral arrangements (when a death has actually occurred), including the role of the funeral director and the funeral home staff will be discussed. Participants will plan their own funeral by considering their choices/options for preparation of the body, merchandise selection, services, final disposition and other funeral/memorialization details.

AHCE:734 | \$39

450 Th 7pm-9:15pm
March 2 – March 9

David Coughran
FP - E Tower, 410

New Current Trends in Diabetes Care

Management of the client with diabetes is an ever-changing challenge. Discover the benefits of focusing on healthy behaviors and lifestyle in diabetes care. The learner will be able to describe the rationale for current trends in diabetes care; explain the pathophysiology of diabetes; and discuss new medications and innovative medication delivery and glucose monitoring methods.

NURS:777 | \$49

650 W 6pm-9:15pm
March 29

Laurie Klipfel
MC - SW, 111

New Low Back and Pelvic Dysfunction: A Sequential Manual Therapy Treatment Approach

Participants will be taught how to simplify treatment of lumbar and pelvic dysfunction by following a sequential approach, focusing on improving length/balance of soft-tissues and then focusing on proper muscle activation before advancing to muscle strength training. In addition, participants will be taught how to effectively assess postural/structural imbalances, movement impairments and strength deficiencies as they relate to the condition. This will be mainly a lab-focused session enabling participants to walk away from the course ready to apply concepts they have learned.

AHCE:774 | \$45

680 Sa 9am-12pm
Feb. 11

Josh Borgmeyer
MC - AS, 104A

New Navigating F309 and F314 from the Risk Management Perspective

Federal tags (F-tags) are federal regulation which detail the rights of nursing home residents and the responsibilities of nursing homes in the provision of care. Join us for this evening's class which will provide an explanation of two important and frequently cited federal tags, F309 and F314. At this class, you will be introduced to the fundamentals required to understand the physiology of prevention and the identification and assessment of acquired and admitted with pressure injuries, ulcers and wounds. Discover how documentation may affect the facility's quality status and techniques that will reduce facility citations and litigation.

AHCE:758 | \$29

450 Tu 6pm-8:15pm
April 25

Amy Bruggemann
FP - G Tower, 117



Discover the benefits of healthy behaviors and lifestyle in diabetes care.

Caregiving at Home Series at Meramec

Come to the entire workshop or select individual classes below.

Caregiving at Home Workshop

This workshop will be offered 3/20 through 5/8. 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. All classes meet on Mondays, except session five, which meets on Tuesday, 4/18.

AHCE:701 | \$125

650 M 6:30pm-9pm
March 20 - May 8

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, services such as physical and occupational therapy, speech therapy and wound care. We will explore community services such as adult day care and respite care that may be beneficial to caregivers who wish to continue providing care for their loved one in the community. There will be a discussion about the different levels of facility-based care, including skilled nursing, assisted living and residential care. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Katelyn Eichorst MSW, VOYCE Connect Coordinator

AHCE:701 | \$39

651 M 6:30pm-9pm
March 20

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 | \$39

652 M 6:30pm-9pm
March 27

MC - SS, 108

Caregiving at Home - Eldercare Law

Join us for an interactive presentation on eldercare law. Some of the topics to be presented include advanced directives, living wills, power of attorney and trust funds. 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: Thomas McCarthy

AHCE:701 | \$39

653 M 6:30pm-9pm
April 3

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: Beverly White-Williams MBA RN

AHCE:701 | \$39

654 M 6:30pm-9pm
April 10

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 Tuesday evening, 4/18. Instructor: Mary Christman PT, MA Ed.

AHCE:701 | \$39

655 Tu 6:30pm-9pm
April 18

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. Instructor: Julie Boyer MS, RD, LD

AHCE:701 | \$39

656 M 6:30pm-9pm
April 24

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 | \$39

657 M 6:30pm-9pm
May 1

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: Education and Outreach, Alzheimer's Association St. Louis Chapter.

AHCE:701 | \$39

658 M 6:30pm-9pm
May 8

MC - SS, 108

Exclamation Point!

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

- Nina H., Ferguson, MO

SPECIAL EDITION

Caregiving at Home Series at Florissant Valley

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

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

AHCE:701 | \$15

500 W 1pm-3pm

May 3

FV - CWI, 136

Healthcare Occupations

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



Brought to you in
partnership with
MK Education

Now at
Forest Park!

Pharmacy Technician 300 Training Program

Registration for this program
begins December 5, 2016.

Register in person only with Continuing Education at Forest Park, G 322.
Refund/withdrawal deadline: 2/6.
No refunds after that date.

This hybrid/flip instructor lead course is held from February 13 through June 29, 2017. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Course work will be completed online. Students will be required to attend scheduled workshop sessions on campus: 2/13, 2/16, 2/27, 3/9, 3/27, 4/3, 4/17, 5/1 and 5/15. The externship experience is scheduled May 16 - June 23, 2017. Students will be required to attend the final examination review on 6/26 and the final examination on 6/29. Workshops and final exam will meet 6 - 9 p.m. This training prepares the student for entry level employment as a pharmacy technician. Course work will be completed online. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. Upon successful completion of the course the student is eligible to take a certification exam. 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 <http://health.mo.gov/safety/fcsr/>. Only the original letter will be accepted. Letter cannot be older than six months. Registration/refund/withdrawal deadline: 2/6. No refunds after that date.

AHCE:786 | \$2,400
4D0 TBA 6pm-9pm
Feb. 13 - June 29

FP - G Tower, 121

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



Phlebotomy

The course will be held from 2/28 - 4/27 preparing the student for entry level employment as a phlebotomist. Register in person only with Continuing Education at Forest Park, G 322/324. The course provides classroom, lab instruction and clinical experience. The 100 hours of clinical experience is in addition to the scheduled 48 hours of class time. No weekend hours for clinical experience. Time off from work may be required to complete clinical. A strict attendance policy is enforced throughout this training. Course content includes

basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register online at <http://health.mo.gov/safety/fcsr/> to obtain letter. Registration/refund/withdrawal deadline: 2/21. No refunds after that date. No class 3/14, 3/16.

AHCE:785 | \$805
4D0 TuTh 4pm-7pm
Feb. 28 - April 27

Joann Devine
FP - B Tower, 417

Exclamation Point!

"I couldn't have asked for a better instructor for the **Pharmacy Technician** training than **Kilinyaa Cothran**. She is an actual pharmacist. She is very knowledgeable without being a 'know-it-all' and keeps the class focused. She answered every question and made herself readily available."

- Margaret L., St. Louis

Nurse Assistant Training for Nursing Homes



Registration for this program
begins December 5, 2016.

Training is held from 3/21 - 5/18. Register in person only with Continuing Education at Forest Park G 322/324. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are completed in a nursing home and in addition to the scheduled class time. The on-the-job training hours are either an 8 hour day shift or evening shift. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Upon successful completion of this state approved course the student is eligible to take the Missouri written and practical certification exams. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at <http://health.mo.gov/safety/fcsr/> to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is recommended. Required Nursing Skills Lab: Saturday, 3/25, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 3/14. No refunds after that date.

NURS:723 | \$1,099
4D0 TuTh 4:30pm-8:30pm
March 21 - May 18
Sa 8am-4:30pm
March 25

Alverta Smith
FP - G Tower, 121

FP - C Tower, 415

The 104 hours of on-the-job training are completed in a nursing home and in addition to the scheduled class time. The on-the-job training hours are either an 8 hour day shift or evening shift.

Exclamation Point!

"I really enjoyed the **Phlebotomy** training I received from **STLCC. JoAnn Devine** did a phenomenal job explaining the materials with students. She took the time to make sure we understood and felt very comfortable with it before moving on. I loved being able to practice in an actual hospital. It really allowed me to hone my skills and build my confidence!"

- Michael R., Overland, MO

Central Sterile Processing Technician

Tier 1

This hybrid /flip instructor lead course is held from April 26 through July 12. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Course work will be completed online. Students will be required to attend scheduled workshop sessions on campus: 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28, 7/5 and 7/12. Workshops will meet 6-9 p.m. This training prepares the student for entry level employment as a central sterile processing technician. This program will help students establish a foundation of learning in central service workflow and concerns, anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. The student must register for Central Sterile Processing Technician: Tier 2 for the externship experience. Register in person only in Continuing Education at Forest Park, G 322. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test - Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Registration/refund/withdrawal deadline: 4/19. No refunds after that date.

AHCE:788 Section 4D0 | \$1,700

4D0 W 6pm-9pm
April 26 - July 12

FP - G Tower, 121

Tier 2

Externship hours for students enrolled in the spring semester Central Sterile Processing Technician: Tier 1. Prerequisite: Family Care Safety Registry-Worker registration letter: Register online at <http://health.mo.gov/safety/fcsr/>. Only the original letter will be accepted. Letter cannot be older than six months. Registration/refund/withdrawal deadline: 7/10. No refunds after that date.

AHCE:788 Section 4D1 | \$500

4D1 M-F
July 17 - Dec. 17

FP - Off Campus

Section available for both Tier 1 and Tier 2 students using payment plan through MK Education. Student must have approval of MK Education to register. Contact MK Education at 630-929-8602 for details.



**Registration for this program
begins December 5, 2016.**

**Refund/withdrawal deadline: 4/19.
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.

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



Free Healthcare Occupations Information Session

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

AHCE:701 | No Fee

450 W 6pm-7pm
Apr 19

FP - G Tower, 121

**Information session is free, but registration is required.
Call 314-984-7777 to register beginning January 3!**



Mental Health

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 3/13.

EDUC:760 | \$185

650 M 6:30pm-9:30pm
Feb 27 - May 8

Kim Osmanagic, Eduardo Vera
MC - CS, 204

New Mental Health First Aid Certification

Mental Health First Aid (MHFA) teaches you how to recognize when someone is experiencing a crisis and how to help them. You will learn the signs and symptoms of common mental illnesses, substance use disorders and a five-step action plan. This 8-hour class teaches the learner with limited or no medical background how to become a mental health first-aid for adults. Student manual included in cost of course. Registration/refund/withdrawal deadline: 3/11.

EDUC:766 | \$65

4D0 Sa 8am-4:30pm
Apr 1

Gwen Boyd
FP - G Tower, 121

CPR and First Aid

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

Registration is required **one week** prior to course start date to ensure appropriate student-to-instructor ratios.

Late registrations will be considered on a space-available basis only.

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

BLS for Healthcare Providers

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

CPRR:707 | \$75

- 4D0 F 9am-3:30pm
Jan. 6
5D0 Tu 9am-3:30pm
Jan. 10
6D0 Th 9am-3:30pm
Jan. 12
4D1 Th 5pm-10pm
Feb. 2
6D1 Tu 5pm-10pm
Feb. 7
4D2 F 9am-3:30pm
Feb. 24
CD0 Sa 9am-3:30pm
March 4
4D3 Th 5pm-10pm
March 9
6D2 Th 9am-3:30pm
March 23
4D4 W 5pm-10pm
March 29
HD0 Sa 9am-3:30pm
April 1
6D3 Tu 5pm-10pm
April 18
SD0 F 9am-3:30pm
April 21
4D5 W 5pm-10pm
April 26
6D4 Th 5pm-10pm
May 4
SD1 W 9am-3:30pm
May 10
4D6 F 9am-3:30pm
May 19

- Marilyn Miederhoff
FP - G Tower, 121
Gary Holsapple
FV - CWL, 136
Carol Pikey
MC - CE Classroom
Gordon Back
FP - G Tower, 121
Marilyn Miederhoff
MC - CE Classroom
Gordon Back
FP - G Tower, 121
Gary Holsapple
Corp. College, 276
Marilyn Miederhoff
FP - G Tower, 121
Carol Pikey
MC - CE Classroom
Gordon Back
FP - G Tower, 121
Gordon Back
Harrison Ed Ctr, 100
Carol Pikey
MC - CE Classroom
Carol Pikey
SCEUC, 125
Gordon Back
FP - G Tower, 121
Marilyn Miederhoff
MC - CE Classroom
Gary Holsapple
FV - CWL, 136
Gordon Back
FP - G Tower, 121

Heartsaver CPR AED: Adult and Pediatric

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

CPRR:701 | \$65

- 3D0 W 6pm-9:30pm
March 22
5D0 M 6pm-9:30pm
May 1

- Carol Pikey
WW, 204
Gary Holsapple
FV - TC, 110

Heartsaver CPR AED: Adult

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

CPRR:701 | \$49

- 6D0 Tu 6:30pm-8:30pm
March 7
CD0 Tu 4pm-6pm
April 4

- Carol Pikey
MC - CE Classroom
Gary Holsapple
Corp. College, 276

Heartsaver First Aid CPR AED

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

CPRR:706 | \$99

- CD0 W 8:30am-4:30pm
April 12

- Gordon Back
Corp. College, 276

CPR Instructor Course

The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates the knowledge and skills necessary to reach and teach potential BLS providers enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is self-paced, pre-course preparation. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre-course preparation. Per AHA requirements, within six months of the initial CPR Instructor Course, a STLC 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: 2/1. Interested students must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Course.

CPRR:708 | \$299

- 4D0 W 8am-5pm
March 1

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

CPRR:709 | \$99

- 4D0 W 6pm-10pm
Feb. 15
Registration/Refund/Withdrawal deadline: 2/8.
4D1 W 8am-12pm
May 3
Registration/Refund/Withdrawal deadline: 4/26.

Gordon Back

FP - G Tower, 121

Gordon Back

FP - G Tower, 121

Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR AED course teaches lay rescuers to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging, using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. No refund for late arrival. Bring a sack lunch. Child Care Providers DO NOT register for this course. Child Care Providers needing Approved Clock Hours MUST enroll in the Specialized Child Care Provider Course CCCR 711.

CPRR:711 | \$97

- 6D0 Sa 8:30am-4pm
Jan. 21
4D0 Sa 8:30am-4pm
Feb. 18
5D0 Sa 8:30am-4pm
March 11
6D1 Sa 8:30am-4pm
April 8
SD1 Sa 8:30am-4pm
May 13

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



Childcare Training

CHILD CARE CLOCK HOUR TRAINING

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

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

Saturday Half Day Programs

New Literacy and ME!

Strong literacy-based early childhood education is the foundation for school success. You will learn techniques for teaching early literacy skills in listening, speaking, reading, and writing from the president of the St. Louis Black Authors of Childrens Literature Organization.

CCPR:718 | \$29

680 Sa 9am-12pm

March 4

MC - BA, 116

New Mindful Learning to Deal with Daily Stress

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 through mindfulness principles.

CCPR:765 | \$29

681 Sa 9am-12pm

Feb. 4

Judith Saurage

MC - SO, 109

New Brain-Based Discipline

Do you have any idea how difficult it is to discipline children in your classroom? Learn about the brain and use this knowledge in your work with children.

CCPR:702 | \$29

680 Sa 9am-12pm

Feb. 11

Judith Saurage

MC - SO, 109

New Basics of Child Assessment

Participants will be introduced to the essentials and importance of conducting child assessments in early childhood programs. Through discussion and group activities practitioners will learn the different types of assessments, why assessments are needed, and how assessments are used to plan for children's learning.

CCPR:716 | \$29

580 Sa 9am-12pm

Jan. 28

FV - CDC, 112

Discipline and Guidance of Young Children

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

CCPR:702 | \$39

480 Sa 9am-1pm

April 1

Geraldine Jasper

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 | \$39

580 Sa 9am-1pm

May 6

Geraldine Jasper

FV - CDC, 110

New Self-Care for the Edu-carer

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

CCPR:765 | \$19

682 Th 7pm-9pm

March 23

MC - SO, 109

New Creating Inviting Learning

Create an "invitation" for children to learn. By carefully arranging props and materials in your classroom with a particular focus, the children are delighted to discover and play with them. You will learn how to design invitations that deeply engage active hands-on learning experiences

CCPR:706 | \$19

580 M 7pm-9pm

Feb. 27

Amanda McNutt

FV - CDC, 110

New Strategies for Increasing Family Involvement

Is getting families involved at your program a challenge for you? Successful interactions with children, families, colleagues, and the community is the foundation of relationships and the basis of family involvement. Learn strategies to get families invested and engaged.

CCPR:714 | \$19

580 M 7pm-9pm

March 27

Amanda McNutt

FV - CDC, 110

New Introduction of Developmental Growth

You will explore the different stages of human life from infancy to early childhood and the cognitive, motor, and social changes occurring during each stage. Topics include: attachment, motor, language, and social-moral development.

CCPR:712 | \$19

580 M 7pm-9pm

April 10

FV - CDC, 110

Discipline for Young Children

Learning to manage behavior with groups of children is always a challenge. You will learn techniques to diminish targeted behaviors and promote positive peer interactions.

CCPR:702 | \$19

780 W 7pm-9pm

April 19

Geraldine Jasper

Lindbergh H.S., 46

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. **Box lunch included.**

CCPR:710 | \$49

580 Sa 9am-3:30pm

March 25

680 Sa 9am-3:30pm

April 22

Geraldine Jasper

FV - CDC, 112

Geraldine Jasper

MC - SO, 109

New Cultural Competence

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

CCPR:765 | \$49

680 Sa 9am-3:30pm

Feb. 25

MC - SO, 109

Saturday Full Day Programs

Six clock hours for each program
Sack lunch is provided.

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

Child Care Providers: Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course you must arrive on time. No admittance after stated start time. Bring a lunch. No refund for late arrival. Attendance Training Policy: As a quality training program, we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund. For Child Care Providers ONLY. Child Care Providers needing Approved Clock Hours MUST enroll in this course.

CCPR:711 | \$97

6D0 Sa 8:30am-4pm
Jan. 21
4D0 Sa 8:30am-4pm
Feb. 18
5D0 Sa 8:30am-4pm
March 11

MC - CE Classroom

FP - G Tower, 121

FV - TC, 105

6D1 Sa 8:30am-4pm
Apr 8
5D1 Sa 8:30am-4pm
May 13

MC - CE Classroom

FV - TC, 105

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 | \$19

450 Tu 7pm-9pm
Jan. 31

Latonya Brown
FP - G Tower, 119

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 | \$19

550 M 7pm-9pm
April 24

Victoria McReynolds
FV - CDC, 110

Discipline for Toddler and Two's

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

CCPR:702 | \$19

450 Th 7pm-9pm
May 4

Geraldine Jasper
FP - G Tower, 117

New A Little Bit of Science

Join museum educators as they introduce hands-on activities that support the Missouri Early Learning Goals in Science. Early childhood educators will gather engaging teaching strategies and hands-on activities to spark the excitement of science discovery and exploration in the early childhood classroom. *This workshop is at The Magic House, St. Louis Children's Museum 516 S. Kirkwood Road, St. Louis, MO 63122, in The Whitaker Theater, located through the entrance off the back parking lot, on the upper level.* Please note: As with all of our workshops, this session is for adult learners. Children are not permitted.

CCPR:710 | \$19

MD1 Th 7pm-9pm
April 20

The Magic House

Safe Sleep Practices

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

CCPR:711 | \$19

550 M 7pm-9pm
March 6

Jasmin Marshall
FV - CDC, 110

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 | \$19

480 W 7pm-9pm
Feb. 22

FP - G Tower, 119

Child Abuse: What A Child Caregiver Needs to Know

Learn the important facts about child abuse, neglect, and shaken baby syndrome. Recognize the signs and symptoms of abuse and neglect, requirements of mandated reporter, process of reporting and investigation, preventing child abuse and strengthening families.

CCPR:717 | \$19

650 Th 7pm-9pm
April 6

Patty Smith
MC - SO, 112

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 | \$19

480 Tu 7pm-9pm
March 28

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 | \$19

650 Tu 7pm-9pm
April 4

MC - SO, 109

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

Characteristics of ADHD and how symptoms can affect each child in unique ways will be discussed. You will learn techniques for coping with behavior and receive resources for additional help. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | \$19

550 M 7pm-9pm
Feb. 6
780 W 7pm-9pm
May 3

FV - CDC, 110

Lindbergh H.S., 46

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 | \$19

650 W 7pm-9pm
Jan. 25
651 W 7pm-9pm
April 26

MC - SO, 108

MC - SO, 108

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 | \$19

780 W 7pm-9pm
March 29

Geraldine Jasper
Lindbergh H.S., 46



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

C50 Tu 6:30pm-8:30pm

March 7 – March 21

650 W 6:30pm-8:30pm

March 29 – April 12

Fred Miller

Corp. College, 207

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 9:30am-12:30pm

May 13

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 22

680 Sa 9am-12pm

May 6

Michael Doran

FP - G Tower, 323

Michael Doran

MC - SW, 207

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 22

681 Sa 12:30pm-3:30pm

May 6

Michael Doran

FP - G Tower, 323

Michael Doran

MC - SW, 207

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. Registration/withdrawal deadline: 12pm on 2/16. No refunds after that date.

PEDU:753 | \$695

4D1 F 9am-1pm

Feb. 24 – May 5

No Class 3/17

6D1 M 5pm-9pm

Feb. 27 – May 8

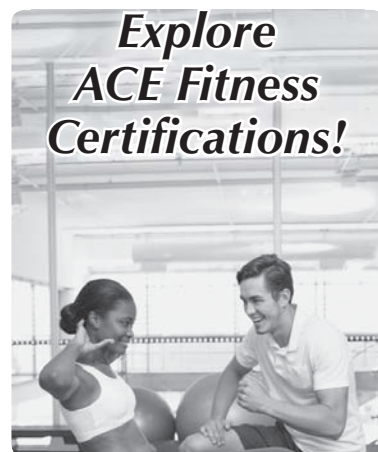
No Class 3/13

Melissa Baumgartner

FP - G Tower, 323

Melissa Baumgartner

MC - SO, 105



**Explore
ACE Fitness
Certifications!**

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

Feb 16

480 Sa 7pm-9pm

Apr 22

Jill McCoy

MC - SW, 108

Jill McCoy

FP - G Tower, 115

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

Mar 4

Mary Hankins

FP - G Tower, 115



Computers & Technology

Applications and Systems

Microsoft Windows 10: Introduction In a Day

Explore Windows 10 and all its user-friendly features in this course. Topics include using Start Screen, Live Tiles, Hot Corners, Charm Bar, One Drive and many others. This course is not for tablets or touch screen and students will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:705 | \$99

C80 Sa 9am-4pm
Feb. 18

680 Sa 9am-4pm
March 25

C81 Sa 9am-4pm
April 8

681 Sa 9am-4pm
May 6

James Prater
Corp. College, 208

Michael Georg
MC - BA, 203

James Prater
Corp. College, 208

Michael Georg
MC - BA, 203

New Microsoft Word 2016: In a Day

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

COMP:715 | \$99

680 Sa 9am-4pm
April 29

580 Sa 9am-4pm
March 4

Rachel Bufalo
MC - BA, 203

Rachel Bufalo
FV - B, 127

New Introduction to Microsoft Word 2016 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 toolbar ribbon. Leave with the skills to create a document, format, change styles and fonts, cut/paste, import text, and edit a document with confidence. Prerequisite: Windows Introduction class or equivalent experience.

COMP:715 | \$129

C01 F 9am-4pm
Feb. 3

Cris Heffernan
Corp. College, 206

New Intermediate Microsoft Word 2016 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.

COMP:716 | \$129

C01 F 9am-4pm
Feb. 10

Cris Heffernan
Corp. College, 206

New Microsoft Excel 2016: In a Day

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

COMP:720 | \$99

C80 Sa 9am-4pm
Feb. 11

680 Sa 9am-4pm
April 22

Cris Heffernan
FV - B, 127

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 3/15.

COMP:720 | \$149

750 W 6:30pm-9:40pm
Feb. 8 - March 8

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 29 - April 26

Roy Lenox
Kirkwood H.S., W 205

New Introduction to Microsoft Excel 2016 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:720 | \$129

C01 F 9am-4pm
Feb. 24

Cris Heffernan
Corp. College, 206

New Intermediate Microsoft Excel 2016 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 3

Cris Heffernan
Corp. College, 206

New Advanced Microsoft Excel 2016 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 10

Cris Heffernan
Corp. College, 206

New Microsoft Access 2016: 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.

COMP:725 | \$99

C80 Sa 9am-4pm
Feb. 18

Cris Heffernan
FV - B, 127

New Introduction to Microsoft Access 2016 for Business Part I

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

COMP:725 | \$129

C01 F 9am-4pm
March 31

Cris Heffernan
Corp. College, 206

New Introduction to Microsoft Access 2016 for Business Part II

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

COMP:725 | \$109

C02 F 9am-4pm
April 7

Cris Heffernan
Corp. College, 206

New Intermediate Microsoft Access 2016 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.

COMP:726 | \$129

C01 F 9am-4pm
April 21

Cris Heffernan
Corp. College, 206

New Microsoft PowerPoint 2016: 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

680 Sa 9am-4pm
Feb. 11

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.

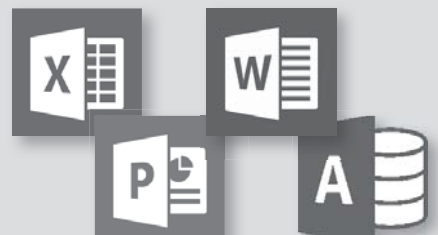
COMP:734 | \$149

C50 W 6pm-9pm
Feb. 8 - March 8

Rita Goliday
Corp. College, 208



Look for Introduction to AutoCAD I on page 9.



Mobile Technologies

Learn the Basics of an iPhone

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

COMP:765 | \$25

C51 Sa 9am-12pm
Feb. 4

Gregory Ray
Corp. College, 211

C50 W 6pm-9pm
April 12

Gregory Ray
Corp. College, 211

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

651 W 6pm-9pm
April 5

Gregory Ray
MC - BA, 208

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 | \$25

S51 Th 6pm-9pm
May 11

Rachel Bufalo
SCEUC, 202

680 Sa 9am-12pm
April 8

Patrick Karl
MC - SW, 207

S50 W 6pm-9pm
Feb. 15

Patrick Karl
SCEUC, 208

Personal Computing

PCs and 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

680 Sa 9am-4pm
May 6

Rachel Bufalo
MC-BA, 216

581 Sa 9am-4pm
Feb 4

Rachel Bufalo
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

S02 Th 9am-12pm
Feb 9 - Mar 2

Jerry Bearden
SCEUC, 209

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 3/20.

COMP:702 | \$109

780 M 7pm-9pm
Feb 27 - May 8

Helen Ralston
Lindbergh H.S., 108

New Introduction to Google Drive

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

COMP:742 | \$25

C50 Th 6pm-9pm
Feb 9

Laura Warren
Corp. College, 208

New Google Docs and Sheets

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

COMP:742 | \$25

C51 Th 6pm-9pm
Feb 23

Laura Warren
Corp. College, 208

New Google Draw and Slides

How to create flyers and slide presentations using tools in Google Drive. In Google Drawings, learn how to insert images, word art, text boxes and tables. This can be used for flyers, Facebook banners, certificates and infographics. Use Google Slides to create presentations. Everything from Google Drawing is available in Google Slides in addition to templates and transitions. Instructor works extensively in Google Drive. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID & password.

COMP:742 | \$25

C52 Th 6pm-9pm
Mar 30

Laura Warren
Corp. College, 208

New Google Gmail and Calendar

Gmail is Google's email's system that seamlessly ties into all of the Google products. Anyone can create an account for free. Hint: If you have an Android phone, you most likely already have a google account. Google Calendar is an amazing tool that you are probably not utilizing or utilizing to its full potential. Google calendar allows you to create one or more, free personal or public calendars, stores these calendars within its cloud and you don't even have to download special software. It also allows you to share your calendar with others or subscribe to someone else's calendars like your child's school. You can also embed your calendar in another site or blog. Come to this class to learn how to navigate these truly helpful tools! Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID & password.

COMP:742 | \$25

C53 Tu 6pm-9pm
Apr 25

Rachel Bufalo
Corp. College, 208

Introduction to Craigslist

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

COMP:742 | \$25

551 Tu 6pm-9pm
Feb 7

Rachel Bufalo
FV - B, 125

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
Mar 11

Cortez Tillman
Corp. College, 206



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

681 Su 12:30pm-3:30pm

Feb 12

Jean Bradley

MC - BA, 216

Internet Research and Investigations: Consumer Information

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

COMP:742 | \$29

682 Su 12:30pm-3:30pm

Apr 16

Jean Bradley

MC - BA, 216

New Buying and Selling Online

There are so many venues for buying and selling online: eBay, Craigslist, Etsy, Amazon, Facebook groups, Offer Up and many, many more. This class will discuss several different platforms and the advantages and disadvantages of each. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

653 Tu 6pm-9pm

May 2

Rachel Bufalo

MC - BA, 202

654 Th 6pm-9pm

Mar 30

Rachel Bufalo

MC - BA, 203

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

551 Tu 6:30pm-9pm

Mar 28 - Apr 4

William Bearden

SCEUC, 207

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

Mar 11

Patrick Karl

MC - BA, 203

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

Feb 25

Patrick Karl

MC - BA, 202

Publishing and Media Technologies

Publishing Technologies

Photoshop Elements 14: Basic Overview

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

COMP:755 | \$59

550 Tu 6pm-9pm

April 4 - April 18

Rachel Bufalo

SCEUC, 206

Adobe Photoshop Creative Cloud (CC): In a Day

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

COMP:755 | \$89

C80 Sa 9am-4pm

March 25

Zak Zych

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Introduction

This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Topics may include but are not limited to: layers, history, the clone stamp, the spot healing brush tool and content-aware fill, the quick selection tool, the magic wand and color range, transformations and the difference between destructive and non-destructive editing. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials Program.

COMP:755 | \$129

C51 Tu 6pm-9pm

Feb. 7 - Feb. 28

Zak Zych

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

Picking up right where the introductory class left off - topics may include but are not limited to: understanding the histogram and how to adjust exposure, smoothing wrinkles and brightening teeth, changing the size of your image and canvas, the power of crop tool and blending modes. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Certificate. No class, 3/14.

COMP:755 | \$129

C53 Tu 6pm-9pm

March 7 - April 4

Zak Zych

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced

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

COMP:755 | \$129

C54 Tu 6pm-9pm

April 11-May 2

Zak Zych

Corp. College, 206



Adobe Photoshop: The First Step

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

CVTW:701 | \$139

600 F 8:30am-4:30pm

Jan. 27

Zak Zych

MC - HE, 233



Adobe Photoshop: The Next Step

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

CVTW:701 | \$139

603 F 8:30am-4:30pm

Feb. 3

Zak Zych

MC - HE, 233



Adobe Lightroom: Introduction

This workshop introduces the basics of Lightroom. A software that contains a powerful and comprehensive set of digital photography that enable you to organize and bring out the best in your images. Lightroom is designed as an end-to-end photographic workflow for both amateur and professional photographers.

CVTW:701 | \$139

602 Sa 8:30am-4:30pm

March 11

Charles LaGarce

MC - HE, 232

Exclamation Point!

"The training I obtained with STLCC Continuing Education has really paid off. Your staff, instructors and facilities were very nice, and everyone I worked with was very accommodating. If I have the chance to take more classes, I most certainly will pursue it."

Laura H., Chesterfield



Adobe Lightroom: Advanced Development Techniques

This workshop will focus on advanced image development techniques for both amateur and professional photographers. Students will be taught both global and selective enhancement tool to optimize images. Emphasis will be placed on preparing images for Lightroom output modules: Print, Slideshow, Book, and Web.

CVTW:701 | \$139

601 Sa 8:30am-4:30pm
Feb. 4

Charles LaGarce
MC - HE, 232

680 Sa 8:30am-4:30pm
April 29

Charles LaGarce
MC - HE, 232



Adobe Illustrator: Raster to Vector

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

CVTW:702 | \$134

680 Sa 8:30am-12:30pm
March 25

John Schmitt
MC - HE, 233



Adobe InDesign: The First 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

681 F 8:30am-4:30pm
Feb. 10

David Haley
MC - HE, 233



Adobe InDesign: 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

600 F 8:30am-4:30pm
March 3

David Haley
MC - HE, 233



3D Printing for Basic Prototyping

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

CVTW:713 | \$139

650 W 6pm-8pm
Feb. 1 - Feb. 22

John Schmitt
MC - HE, 232

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
Feb. 24

Timothy Linder
MC - HE, 233



AfterEffects: The Next Step

Now that you know the basics of adding assets and key framing motion in AfterEffects, investigate more advanced techniques. Get a deeper understanding of options in the effects panel and other topics including background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience.

CVTW:704 | \$139

601 F 8:30am-4:30pm
March 24

Timothy Linder
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
March 4

Anthony Carosella
MC - HE, 232



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 F 8:30am-4:30pm
March 31

Joseph Rollins
MC - HE, 232

Social Media

Facebook Basics

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

COMP:742 | \$25

351 Th 6pm-9pm
April 20

Erin De Vore
WW, 206

652 Tu 6pm-9pm
Feb. 21

Rachel Bufalo
MC - BA, 202

550 Tu 6pm-9pm
Jan. 31

Rachel Bufalo
FV - B, 127

Facebook: Profile, Photos, Friendships and Home Page

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

COMP:742 | \$15

651 Tu 6pm-9pm
March 7

Rachel Bufalo
MC - BA, 202

350 Th 6pm-9pm
May 4

Erin De Vore
WW, 206

Facebook: Settings, Security and Notifications

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

COMP:742 | \$25

680 Sa 9am-12pm
Feb. 11

Rachel Bufalo
MC - BA, 203

Facebook: Events, Groups, Apps and Friend Distribution Lists

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

COMP:742 | \$25

S52 Th 6pm-9pm
March 2

Rachel Bufalo
SCEUC, 209

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

650 Th 5:30pm-9pm
April 13

Rachel Bufalo
MC - BA, 203

C54 Th 5:30pm-9pm
Feb. 16

Rachel Bufalo
Corp. College, 206

S50 Tu 5:30pm-9pm
March 21

Rachel Bufalo
SCEUC, 208

New Advanced Facebook for Business: Facebook Advertising

Organic reach on Facebook has declined from 16 percent in 2012 to 2 percent in 2016. So if you want your business to be in front of users then Facebook ads are the way to go. But how do Facebook ads work? How much do they cost? How much should I spend? Come to this class to find out all of the answers.

COMP:742 | \$35

656 M 6pm-9pm
May 8

MC - BA, 216



Unlock the secrets of the social media scene with our Facebook classes!

Introduction to Instagram and Snapchat

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

COMP:742 | \$25

S53 Tu 6pm-9pm
April 18

Stephanie Bearden
SCEUC, 208

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

655 W 6pm-9pm
March 8

Richard Vagen
MC - BA, 208

Web Development

Create Your Own Website with WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites. 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! Do It Yourself 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
Jan. 27

Jerry Bearden
MC - BA, 202

C01 F 9am-4pm
May 5

Jerry Bearden
Corp. College, 208

Ease into WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class. Please note that the same content will be covered as in Create Your Own Website with WordPress. This class just moves at a slower pace and is designed for those that are not generally comfortable with computers.

COMP:745 | \$109

S50 Th 6pm-9pm
March 30 - April 13

Jerry Bearden
SCEUC, 208

Education & 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 | \$195

4D0 Sa 9am-12pm

Jan. 28 - March 11

Registration/withdrawal/refund deadline: 1/20.

6D0 M 6pm-9pm

April 10 - May 22

Registration/withdrawal/refund deadline: 4/3.

3D0 Tu 6pm-9pm

April 11 - May 23

Registration/withdrawal/refund deadline: 4/3.

Toshi Floyd
FP - G Tower, 113

Toshi Floyd
MC - CE Classroom

Toshi Floyd
WW, 208

Math Review for Chemistry Students

Don't let Chemistry get you down! Get a head start on the materials you will need to succeed in Chemistry (CHM: 101 or CHM: 105). Topics include algebra review, calculator operations, scientific notation, metric system, dimensional analysis and study skills. Please bring a TI-30, TI-35, or any scientific calculator to class. Over 80% of the students completing this review went on to pass their Chemistry courses with a grade of "C" or higher.

MATH:752 | \$69

400 TuWTh 9am-1pm

Jan. 10 - Jan. 12

500 TuWTh 8:30am-12:30pm

Jan. 10 - Jan. 12

600 TuWTh 1pm-5pm

Jan. 10 - Jan. 12

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

Adult Basic Education and English as a Second Language

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

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

Call 314-984-7777 for more information

Please note: Graduates of the STLCC-Meramec Adult Education and Literacy program who are also Mehlville School District residents are eligible to receive an honorary degree from Mehlville and participate in their commencement ceremonies at the end of the school year. For more information, contact John DeWalle at dewallej@mehlilleschoolsdistrict.net or call 314-467-5267.

City of St. Louis Public Schools - 314-367-5000

Serving the school districts of St. Louis city, Ferguson-Florissant, Hancock Place, Jennings, Normandy, Riverview Gardens and Wellston

Parkway Schools - 314-415-4940

Serving the school districts of Brentwood, Clayton, Hazelwood, Pattonville, Ladue, Maplewood, Richmond Heights and Parkway

Rockwood Schools - 636-733-2161

Serving the school district of Rockwood

Ritenour Schools - 314-426-7900

Serving the school district of Ritenour

University City Schools - 314-290-4052

Serving the school district of University City.
(www.ucityaelprogram.org.)



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

STLCC Continuing Education

Personal Enrichment

Ageless Learning

Seminars

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

Presenter: Bonnie Vega

The Last American West: Indian Wars, Farmers, Ranchers

SENR:702 | No Fee
P01 W 10:30am-12:30pm
Feb. 8 MO Hist. Museum, LOWERLEVEL

The New Industrial Society: Entrepreneurs vs. Workers

SENR:702 | No Fee
P02 W 10:30am-12:30pm
Feb. 22 MO Hist. Museum, LOWERLEVEL

The Gilded Age

SENR:702 | No Fee
P03 W 10:30am-12:30pm
March 15 MO Hist. Museum, LOWERLEVEL

Imperialism: The Emergence of an American Empire

SENR:702 | No Fee
P04 W 10:30am-12:30pm
March 29 MO Hist. Museum, LOWERLEVEL

People and Politics: The Progressive Era

SENR:702 | No Fee
P05 W 10:30am-12:30pm
April 19 MO Hist. Museum, LOWERLEVEL

Presenter: Ron Elz

World War I: The Great War and St. Louis

SENR:702 | No Fee
P06 W 10:30am-12pm
Jan. 25 MO Hist. Museum, LOWERLEVEL

St. Louis Sports: Teams and Personalities

SENR:702 | No Fee
P07 Tu 10:30am-12pm
Feb. 21 MO Hist. Museum, LOWERLEVEL

Religious Landmarks and Institutions of St. Louis

SENR:702 | No Fee
P08 Tu 10:30am-12pm
March 21 MO Hist. Museum, LOWERLEVEL

St. Louis: The Fourth City-An Era of Greatness

SENR:702 | No Fee
P09 Tu 10:30am-12pm
April 11 MO Hist. Museum, LOWERLEVEL

Route 66: Revised Edition

SENR:702 | No Fee
P10 W 10:30am-12pm
May 10 MO Hist. Museum, LOWERLEVEL

Presenter: Dan Fuller

Bellefontaine Cemetery: Civil War

SENR:702 | No Fee
P11 W 10:30am-12pm
Feb. 15 MO Hist. Museum, LOWERLEVEL

Bellefontaine Cemetery: Bellefontaine's Mausoleums

SENR:702 | No Fee
P14 Tu 10:30am-12pm
May 16 MO Hist. Museum, LOWERLEVEL

Presenter: Richard Lay

Bellefontaine Cemetery: Noteworthy and Notorious Women

SENR:702 | No Fee
P12 W 10:30am-12pm
March 22 MO Hist. Museum, LOWERLEVEL

Bellefontaine Cemetery: Beer Barons

SENR:702 | No Fee
P13 Tu 10:30am-12pm
April 4 MO Hist. Museum, LOWERLEVEL

Presenter: Dorris Keeven-Franke

What Makes St. Louis So German?

SENR:702 | No Fee
P16 W 10:30am-12pm
March 8 MO Hist. Museum, LOWERLEVEL

Germans in the Civil War: The Muench Family

SENR:702 | No Fee
P17 Tu 10:30am-12pm
March 28 MO Hist. Museum, LOWERLEVEL

Exclamation Point!

"The Ageless Learning Seminars with Continuing Education are absolutely wonderful and I can't tell you how grateful I am to have had such a terrific experience with STLCC. I would not hesitate to recommend their classes to anyone I know and I will be back to ask for more. Again, thank you."

Jason L., Wildwood

Presenter: Edward Vega

The U.S. Economy Post Civil War to the Economic Troubles of the 1890's

SENR:702 | No Fee
P15 Tu 10:30am-12pm
April 25

MO Hist. Museum, LOWERLEVEL

Presenter: Kira Gale

Meriwether Lewis:The Assassination of an American Hero and the Silver Mines of Mexico

SENR:702 | No Fee
P18 M 10:30am-12pm
March 20

MO Hist. Museum, LOWERLEVEL

Presenter: Lynn Rubright

Sharecropper Protest in Southeast Missouri in 1939

SENR:702 | No Fee
P19 Tu 10:30am-12pm
March 7

MO Hist. Museum, LOWERLEVEL

Presenter: Bob Scudieri

L.K. Wood: Soldier, Builder, Politician

SENR:702 | No Fee
P20 Tu 10:30am-12pm
May 2

MO Hist. Museum, LOWERLEVEL

Look Up When Walking Downtown

Come take a seat and explore an illustrated talk showcasing interesting architecture in downtown St. Louis. Presentation topics will include mythological creatures; optical illusions created by architects; ornate terra cotta by a local company; animals; buildings inspired by other buildings; rhythmic windows; paintings designed to trick your eye; a dome fashioned after St. Peters in Rome and more.

SENR:702 | No Fee
302 Th 10am-12pm
April 6
600 Th 10am-12pm
Feb. 16

Douglas Schneider
WW, 102A
Douglas Schneider
MC - BA, 105

3D Visual and Auditory Scene Analysis

In this presentation, you will learn how the brain processes and gives the perception of three-dimensional auditory and visual environments in space around us, how various cues provide important clues to the brain to perform these difficult tasks, and how different creatures interact with the complicated environment differently. Dr. Chowdhury will present some of his own research data and also some recent scientific studies in this interesting field.

SENR:702 | No Fee
300 W 1pm-3pm
Feb. 15

Dr. Syed Chowdhury
WW, 102A

Three Women: The Treacherous, the Bold and the Brilliant

Meet the amazing Peggy Shippen, Benedict's Arnold's beautiful wife who is now known to have also betrayed America; the brave Nellie Bly, who was an early adventurous and daring investigative reporter; and Marie Curie, the renowned physicist who was the first woman to win the Nobel prize and to pioneer research in radioactivity. You'll be fascinated and inspired by their unforgettable life stories of surviving and succeeding in a male dominated world.

SENR:702 | No Fee
303 Tu 10am-12pm
May 2

Beverly Schuetz
WW, 102A

Learning to Live With Diabetes

Uncontrolled diabetes along with the often associated high blood pressure and high cholesterol can have serious consequences including heart attack, stroke, kidney failure, amputations and death. Symptoms of diabetes can go unnoticed, which is why we often refer to diabetes (as well as high blood pressure and high cholesterol) as "silent killers." Fortunately, all three can be controlled which improves not only quantity but quality of life. Learning to live with diabetes is essential to controlling it and associated complications.

SENR:702 | No Fee
5C1 Th 1pm-3pm
Feb. 2

Laurie Klipfel
FV - CWI, 136

Route 66 in Nearby Illinois

Build your knowledge base of Route 66 trivia and information. Doug Schneider is back with an overview of Route 66 in nearby Illinois and what you can see from the Chain of Rocks Bridge to Springfield, the state capital. His talk will cover the 1926 path of Route 66 which meandered through small Illinois towns, and the 1940 path, which avoided small towns. The 1940 path is often a few yards away from Interstate 55, and can easily be spotted from the Interstate.

SENR:702 | No Fee
601 Th 10am-12pm
March 30

Douglas Schneider
MC - BA, 105

From Farm to City: Growth of American Cities in the 19th Century

By 1900, 50% of Americans lived in cities designating the beginning of the modern era in American history. Come learn about the modern city and the changes encompassing new styles in architecture; services provided to residents; new innovations in entertainment, transportation and retailing; presence of large immigrant populations and the growth of the middle class from a historical point of view.

SENR:702 | No Fee
603 Th 10am-12pm
May 11

Bonnie Vega
MC - BA, 105

Around the World in 50 Comics

Join us for a world tour of the greatest comic strips, comic books, and graphic novels that have ever made us laugh, cry, and beg for more. Learn the secret histories of Batman, Spider-Man, Donald Duck, and the Teenage Mutant Ninja Turtles. From flashy superheroes to scary zombies, we will circle the globe in a rousing parade of four color fun!

SENR:702 | No Fee
301 Th 10am-12pm
March 23

Daniel Yezbick
WW, 102A

Rereading THE WIRE: Race, Crime, and Media in the New Age of Issues Television

HBO's groundbreaking series, THE WIRE, remains one of the most innovative and edgy statements about the 21st Century American City and its discontents. Join us for a lively interdisciplinary and intercultural history of the show's origins, impact, and legacy in post-Katrina and post-Ferguson America.

SENR:702 | No Fee
5C3 Th 1pm-3pm
April 13

Daniel Yezbick
FV - CWI, 136

History through Black Cinema from 1600 to the Present

This presentation will be one of excitement and unlimited information around the topic of cinematic expression through the scope of African-American history. We will watch and discuss various films that focus on comedies, dramas, action and historical perspectives and engage in open minded dialogue on numerous topics pertinent to our country's history in a manner that will stir up interest and amazement regarding African-American cinema.

SENR:702 | No Fee
5C2 Th 12:30pm-2:30pm
March 30

Keith Ware
FV - CWI, 136

Protecting Your Identity in the Virtual World and Beyond

Identity theft is on the rise. As more and more information is stored online, hackers are just a password away from your personal information. Join Dennis Knop, Certified Fraud Examiner, as he shares over 15 years of experience in investigating identity theft, elder financial exploitation, wire fraud, check fraud, scams and a multitude of other financial crimes. Come learn about prevention measures to help prohibit identity theft from occurring as you take a look at the latest scams and get advice on awareness guidelines to minimize your exposure and help stop fraudsters in their tracks. Helpful hints to protect your identity when using computers, cell phones, tablets and beyond will be discussed.

SENR:702 | No Fee
5C4 Th 10am-12pm
May 4

Dennis Knop
FV - CWI, 136

Strategies for Downsizing: What Am I Going To Do With All My Stuff?

Are you starting to think about downsizing and are overwhelmed by the thought of dealing with all of the stuff you have accumulated over the years? Are you holding on to items that belong to your adult children because they do not have the room to store them themselves? Do you have items that belonged to your deceased parents that you are not ready to let go and sell or donate? Bring your questions to this interactive program on downsizing your possessions on Ebay, Craigslist, antique dealers and through donations. Class will meet in the Student Center on the Meramec campus Room 125.

SENR:702 | No Fee
602 Th 10am-11:30am
April 6

Maria Gianino
MC - SC, 125

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
Six Sessions | \$59
M01 F 1:45pm-2:45pm
March 31 - May 12
No Class 4/14
M02 F 12:30pm-1:30pm
March 31 - May 12
No Class 4/14
M03 F 1:45pm-2:45pm
Feb. 10 - March 24
No Class 3/3

Sandra Derickson
Affton White-Rodgers, GYM
Sandra Derickson
Affton White-Rodgers, GYM
Sandra Derickson
Affton White-Rodgers

10 Sessions | \$69
500 Th 9am-9:50am
Feb. 9 - April 27
No Class 3/2, 3/16

Sandra Derickson
FV - PE, 233

Line Dancing for Older Adults: Easy Intermediate

Step it up a notch! This class is for those who have mastered the beginning class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise and meeting good friends. Prerequisite: Beginning Line Dancing for Older Adults. No partner required.

SENR:703
Six Sessions | \$59
M04 F 12:30pm-1:30pm
Feb. 10 - March 24
No Class 3/3

Sandra Derickson
Affton White-Rodgers

10 Sessions | \$69
501 Th 10am-10:50am
Feb. 9 - April 27
No Class 3/2, 3/16

Sandra Derickson
FV - PE, 233

Yoga for Seniors

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

SENR:704 | \$79

M01 Th 10am-11am
Feb. 2 - March 23

Masterpeace Studios

M02 Th 10am-11am

April 6 - May 25

Masterpeace Studios



Get fit in our Senior Fitness classes! More Fitness classes are available on page 61.

Social Security Benefits America Series

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

SSBA: Medicare and Medicare Drug Programs

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

SENR:766 | No Fee

500 W 1pm-3pm

Feb. 22

FV - CWI, 136

600 Th 1pm-3pm

Feb. 23

MC - SO, 232

SSBA: Social Security - Guide to Spousal and Survivor Benefits

What challenges will a spouse or survivor face in the retirement years? Learn about spousal benefits, widow's benefits and divorced spouse's benefits. Registration required. Class offered by the Social Security Administration.

SENR:766 | No Fee

501 W 1pm-3pm

March 8

FV - CWI, 136

601 Th 1pm-3pm

March 9

MC - SO, 232

SSBA: 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. Class offered by the Social Security Administration.

SENR:766 | No Fee

502 W 1pm-3pm

March 22

FV - CWI, 136

SSBA: Retirement, How Do You Qualify for Benefits?

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

SENR:766 | No Fee

503 W 1pm-3pm

April 12

FV - CWI, 136

602 Th 1pm-3pm

April 6

MC - SO, 232

SSBA: 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. Class offered by the Social Security Administration.

SENR:766 | No Fee

504 W 1pm-3pm

April 26

FV - CWI, 136

Creative Arts

Arts and Crafts

Fine Arts

Artful Saturdays: St Louis Art Museum

Enjoy an art history class on your feet at the Saint Louis Art Museum. Tours will be led by Betsy Solomon and will feature a specific theme each time, see details below. Participants must provide their own transportation. Please meet each week at the Saint Louis Art Museum in Sculpture Hall/inside the main entrance to the Cass Gilbert (original) museum building. February 11, Saint Louis Art Museum: A Selection of American Art; February 18, Saint Louis Art Museum: Isms of 19th Century Art; February 25, Saint Louis Art Museum: Betsy's Picks.

ARTS:705 | \$69

480 Sa 10am-12pm

Feb. 11 - Feb. 25

Betsy Solomon

FP - Off Campus

Drawing

Drawing: Beginning/Intermediate

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

ARTS:709 | \$105

600 Tu 9:30am-12pm

Jan. 31 - March 7

350 Tu 6pm-9pm

Feb. 8 - March 8

P01 W 6:15pm-8:45pm

Feb. 8 - March 15

351 W 6pm-9pm

March 22 - April 19

Ruth Kolker

MC - CE Classroom

Jeffrey Johnson

WW, 222

Lisa Payne

Nottingham, 110

Jeffrey Johnson

WW, 222

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 emailed.

ARTS:709 | \$105

601 Tu 9:30am-12pm

March 21 - April 25

P02 W 6:15pm-8:45pm

March 22 - April 26

Ruth Kolker

MC - CE Classroom

Lisa Payne

Nottingham, 110

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 | \$105

710 Th 6:30pm-9pm
Feb. 9 - March 16
711 Th 6:30pm-9pm
April 6 - May 11

Philip Perschbacher
Clayton H.S., 24
Philip Perschbacher
Clayton H.S., 24

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 emailed. This class is for beginners only.

ARTS:709 | \$105

680 Sa 12pm-3pm
Feb. 11 - March 11
681 Sa 12pm-3pm
March 25 - April 22

Sean Long
MC - HE, 125
Sean Long
MC - HE, 125

Botanical Illustration: Colored Pencils

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

ARTS:709 | \$105

602 Th 12pm-3pm
Feb. 9 - March 9

Maureen Brodsky
MC - CE Classroom

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 emailed.

ARTS:709 | \$105

603 Th 12pm-3pm
March 30 - April 27

Maureen Brodsky
MC - CE Classroom

Drawing in Color Pencil: Beginning

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

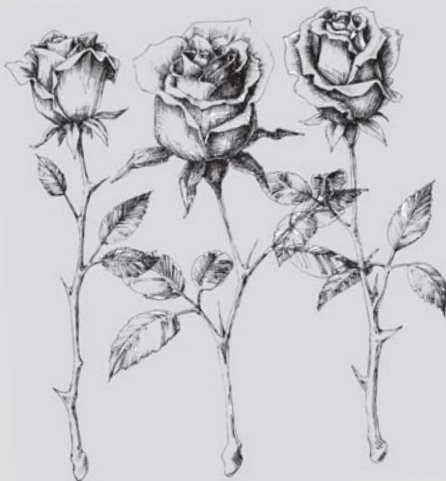
ARTS:716 | \$155

300 M 12:30pm-2:30pm
Feb. 6 - May 15
No Class 2/20, 3/13, 4/17

Kristine Scharfenberger
WW, 225

S01 Tu 12:45pm-2:45pm
Feb. 7 - May 2
No Class 3/14

Kristine Scharfenberger
SCEUC, 102



Drawing in Color Pencil: Intermediate

A continuation of the beginners' class. Intermediate students will further develop their skills in building color and value while still leaving room for the beautiful detail and control of colored pencil. No class 3/16.

ARTS:716 | \$155

S02 Th 12:45pm-2:45pm
Feb. 9 - May 4

Kristine Scharfenberger
SCEUC, 102

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure and take angles) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Supply list emailed. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 2/15. NO REFUNDS AFTER WEDNESDAY, 2/15. No class 3/13.

ARTS:718 | \$155

6D1 M 6:30pm-9:30pm
Feb. 27 - April 24

Elizabeth Kern
Clayton H.S., 24

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. First class meets in the artist's studio. Students must provide their own transportation. Supply list emailed.

ARTS:721 | \$119

P01 Sa 9am-10am
March 25
Sa 9am-12pm
April 1-29

Sarah Paulsen
FP - Off Campus
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 emailed. Textbook required - bring to first class. Drawing on the Right Side of the Brain: The Definitive, 4th Edition. ISBN 978-1585429202.

ARTS:721 | \$105

750 Tu 6:30pm-8:30pm
Feb. 7 - April 4
No Class 3/14
480 Sa 9:30am-11:30am
March 25 - May 13

Mary Feagan
Kirkwood H.S., SA 2
Mary Feagan
FP - F Tower, 211

Exclamation Point!

"I have taken several CE courses with Continuing Education and Philip Perschbacher was top notch. I learned more in this class than many combined, in an engaging and fun atmosphere. I highly recommend Perspective Drawing and Still Life and instructor, for any level student."

Suzanne B., St. Louis, MO

Picture Book Illustration

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

ARTS:721 | \$105

650 W 6pm-9pm
Feb. 8 - March 8

Sean Long
MC - HE, 124

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 emailed. There will be homework assignments.

ARTS:721 | \$105

651 W 6pm-9pm
March 22 - April 19

Sean Long
MC - HE, 124

Calligraphy

Calligraphy Basics

Learn Calligraphy basics for letters and numbers - pen angle, letter slant, size and spacing. Discover how to use this art form in practical ways. Supply list emailed.

ARTS:725 | \$125

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

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 20 - May 8

Leslie Barnes
MC - HE, 123

Pottery

Pottery: All Levels

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

ARTS:727 | \$139

580 Sa 9:30am-12pm
Jan. 28 - March 11
550 Tu 7pm-9:30pm
Feb. 7 - March 21
No Class 3/14

Sheow Chang
FV - H, 109
Carl Behmer
FV - H, 109

581 Sa 9:30am-12pm
March 25 - May 13
No Class 4/15

Sheow Chang
FV - H, 109

551 Tu 7pm-9:30pm
April 4 - May 9

Carl Behmer
FV - H, 109

Painting

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 emailed. CLASS IS FOR BEGINNERS ONLY. No class 3/2, 4/6, 5/4.

ARTS:735 | \$205

M01 Th 10am-12pm
Feb. 9 - May 18

Nancy Muschany
St. John's Ev. UCC

FIRST IMPRESSIONS

First Impressions: Monet Masterworks- Bouquet of Sunflowers Lecture

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: Bouquet of Sunflowers. You will be guided step-by-step through the entire process, shown how to mix paint, where to apply it, what kind of brushstroke to use, and how to progress. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! No prerequisite, this class is for those who have never picked up a brush or just enjoys painting. All supplies included in the cost of the class. LAST day to enroll or drop is Monday, 2/27. No refunds after Monday, 2/27.

ARTS:748 | \$149

MD1 Th 6:30pm-8:30pm
March 2 - April 6

Elizabeth Kern
MC - CE Classroom

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

Always wanted to try your hand at painting? Explore the basics of art in a slow paced, easy to follow way! Paint Monet's famous masterwork Low Tide at Pourville. Instruction will be step by step. Painting will be demonstrated, and as the instructor paints, you will follow along. Periodic breaks will be given. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! No prerequisite, this class is for those who have never picked up a brush or just enjoy painting. LAST day to enroll or drop is Monday, 1/30. No refunds after Monday, 1/30.

ARTS:748 | \$99

MD2 Th 5pm-9pm
Feb. 9

Elizabeth Kern
MC - CE Classroom

First Impressions: Monet in a Day-Lane in the Poppy Fields

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, Lane in the Poppy Fields. Instruction will be step by step. Painting will be demonstrated, and as the instructor paints, you will follow along. Periodic breaks will be given. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! No prerequisite, this class is for those who have never picked up a brush or just enjoy painting. All supplies included in the cost of this class. LAST DAY TO ENROLL OR DROP IS MONDAY, 5/1. NO REFUNDS AFTER MONDAY, 5/1.

ARTS:748 | \$99

MD3 M 5:30pm-9:30pm
May 15

Elizabeth Kern
MC - HE, 124

Exclamation Point!

"First Impressions with Elizabeth Kern was a very enjoyable class, it gave me a quick introduction to art and I've enrolled in a longer course as a result to learn even more."

Kevin G., Kirkwood

Watercolor: Beginning Techniques

Paint the brilliant color and fluid stroke of watercolor. Explore paint, paper and brush techniques. Course will cover a variety of subject matter in a supportive atmosphere. Supply list emailed.

ARTS:735 | \$105

600 Tu 1pm-3:30pm
Jan. 31 - March 7

Maureen Brodsky
MC - CE Classroom

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 emailed. No class 4/6.

ARTS:736 | \$205

M03 M 12pm-2:30pm
Feb. 6 - May 15
No Class 2/20, 4/3, 4/17

Nancy Muschany
St. John's Ev. UCC

600 Tu 1pm-3:30pm
March 21 - May 2

Maureen Brodsky
MC - CE Classroom

M02 W 12pm-2:30pm
Feb. 8 - May 3

Nancy Muschany
St. John's Ev. UCC

W02 F 12:30pm-3:30pm
Feb. 3 - April 7

Phyllis Smith Piffel
Bluebird Park

M01 Th 12:30pm-3pm
Feb. 9 - May 4

Nancy Muschany
St. John's Ev. UCC

W01 F 9am-12pm
Feb. 3 - April 7

Phyllis Smith Piffel
Bluebird Park

Oil or Acrylic Painting: All Levels

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Recommend beginning students attend first three classes. Supply list emailed. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740

Five Sessions | \$105

W02 Tu 2pm-5pm
April 11 - May 9

Michelle Ochonicky
The Timbers

350 Tu 6pm-9pm
Feb. 28 - April 4

Michelle Ochonicky
WW, 309

W01 Tu 2pm-5pm
March 7 - April 4

Michelle Ochonicky
The Timbers

351 Tu 6pm-9pm
April 11 - May 9

Michelle Ochonicky
WW, 309

10 Sessions | \$205

P01 Tu 5:45pm-8:45pm
Feb. 7 - April 18

Lisa Payne
Nottingham, 110

No Class 3/21

Oil or Acrylic: Advanced Painting 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. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom. No class 3/15, 3/22.

ARTS:746 | \$195

710 W 6pm-9pm
Feb. 22 - May 10

Brenda Schilling
Clayton H.S., 24

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 emailed. All levels welcome.

ARTS:748 | \$205

M01 Tu 12:30pm-3:30pm
Feb. 7 - April 11

Phyllis Smith Piffel
Kirkwood Comm. Ctr

Acrylic Impressions: Workshop

An accelerated workshop. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list emailed. All levels welcome. Class held in room 300 or 310. Please check at KCC office at first class for room schedule.

ARTS:748 | \$105

M02 Tu 12:30pm-3:30pm
April 18 - May 16

Phyllis Smith Piffel
Kirkwood Comm. Ctr

Pet Portraits

Forever capture your beloved pet in a life infused work of art! Learn tips and techniques from a professional artist. We will discuss basic geometric drawing techniques, how to mix values, layer colors and how to loosely paint fur for a life like, expressive effect! Class Prerequisite: Basic Drawing or Beginning Painting class. Bring 3 clear photos of your pet. Supply list sent / additional supplies discussed at first class.

ARTS:748 | \$85

450 Tu 6pm-8pm
April 4 - April 25

Elizabeth Kern
FP - G Tower, 409

Color Fusion

Train your eye to mix any color on demand! Do you wonder about the difference between hue and tint? Shade and value? Intensity and saturation? Do you wonder why it is so difficult to match a color? We will explore the color wheel and delve deep into the fascinating properties of color. Explore your emotional, colorful side with practical in class exercises and take home projects! LAST DAY TO ENROLL OR DROP MONDAY, 2/6. NO REFUNDS AFTER MONDAY, 2/6.

ARTS:748 | \$85

650 Tu 6pm-8pm
Feb. 14 - March 7

Elizabeth Kern
MC - HE, 124

Abstract Painting

Ever wanted to paint like Picasso, Warhol, Pollack, Lee Krasner or the DeKoonings? This is the studio class for you. No representational art. Broom the still lives and puppy dogs to explore the pouring, layering, scraping, trolling and stenciling techniques that made mid 20th century art so intriguing. No experience necessary. Supplies will be additional and discussed at the first class. No class 3/16.

ARTS:748 | \$105

680 Su 1pm-2pm
March 5

Maureen Brodsky
MC - HE, 217

Su 1pm-4pm
March 12-April 23

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 4/11.

ARTS:748 | \$105

400 Tu 9:30am-10:30am
March 21

Maureen Brodsky
FP - G Tower, 115

Tu 9:30am-11:30am
March 28-May 9

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!

ARTS:765 | \$30

650 W 6pm-9pm
March 29

Deborah Weltman
MC - CE Classroom

Crafts

Needlecrafts

Sewing: Beginning

Beginning students will learn how to operate their own sewing machine, wind a bobbin and insert it correctly, identify fabric grain and its importance in design layout, and to choose appropriate fabrics for simple projects. Basic sewing skills, pressing techniques, and tips to make professional looking projects will be taught throughout the class. Projects vary but may include a table runner, pillowcase, and a simple tote. All make great gifts. A supply list will be sent prior to the first class. Bring all supplies and a sewing machine to the first class.

CRFT:713 | \$59

550 M 6:30pm-9pm
March 20 – April 10

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

CRFT:713 | \$59

551 M 6:30pm-9pm
April 17 – May 8

Carolyn Rubsam
FV - SM, 133

Quilted Hexagon Potholders

Not sure what to do with small scraps of fabric? Instead of tossing them in the trash, create a set of quilted hexagon potholders. Learn the basics of quilting while making something for your kitchen. In this workshop, you will learn to work from a pattern, pin and piece your design, as well as use the sewing machine to quilt your project. You're welcome to bring in cotton fabric scraps from home. All tools and materials provided.

CRFT:713 | \$45

P01 W 6:30pm-8:30pm
March 1

PerennialSTL.org

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 room 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.

CRFT:713 | \$35

P02 Th 6:30pm-8:30pm
Feb. 23

PerennialSTL.org

Exclamation Point!

"Magan Harms has a passion for her topic that is contagious. She is a wonderful teacher. I enjoyed it so much that I wish we could have met a few more nights."

Heather H., St. Louis

Pattern Drafting Basics for Experienced Stitchers

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

CRFT:713 | \$45

P03 W 6pm-9pm

Feb. 1 – Feb. 8

P04 Th 6pm-9pm

March 9 – March 16

Anne Stirnemann

City Sewing Room

Anne Stirnemann

City Sewing Room

Pattern Drafting for Experienced Stitchers: Part II

Expand your skills by modifying your basic bodice or sloper made in the first class into different styles by manipulating ease, darts, collars, and sleeves. Prerequisite: student must have taken Pattern Drafting Basics class. This class will not cover pants.

CRFT:713 | \$45

P07 W 6pm-9pm

May 3 – May 10

Anne Stirnemann

City Sewing Room

Costume Design

Bring your ideas to learn the basic principals of making a costume for a performance, holiday or comic con. Discover sources for costume ideas, materials and how to expand your fantastic vision into a real costume. Explore techniques including draping, flat patterning, sewing skills for costumes, tailoring, and fabric modification.

CRFT:713 | \$35

P05 Th 6pm-9pm

March 23

Anne Stirnemann

City Sewing Room

Duct Tape Dress Forms

Construct a dress form that exactly matches your body! You will begin by wrapping yourself in pieces of duct tape, cutting of the shell, and filling it with foam. We will make a simple stand for the form also. Wear good undergarments, and an old t-shirt.

CRFT:713 | \$49

P06 Sa 9am-2pm

April 1

Anne Stirnemann

City Sewing Room

Alabama Stitch T-shirts

Alabama Stitch is a decorative applique technique popularized by Alabama Chanin. This designer is known for her unique twist on traditional sewing, quilting, and embroidery techniques. These are applied mostly by hand to recycled cotton jersey. Bring two or more coordinating t-shirts, new or used and learn how to combine them to make a new shirt, skirt or accessory. We have some embroidery floss and embellishments, but you may want to bring your own!

CRFT:713 | \$35

P08 W 6pm-9pm

May 17

Anne Stirnemann

City Sewing Room

Sashiko Embroidery and Mending

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

CRFT:728 | \$39

650 Th 6pm-9pm

March 23

Nicole Ottwell

MC - SO, 232

Embroidery: Design and Stitch

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

CRFT:728 | \$69

S50 Tu 6:30pm-8:30pm

Feb. 7 – Feb. 21

450 W 6:30pm-8:30pm

April 5 – April 19

Magan Harms

SCEUC, 200

Magan Harms

FP - F Tower

Embroider a Canvas Tote: Snowflake

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

CRFT:728 | \$39

P01 Tu 10am-12pm

Jan. 17

Craft Central

Embroider a Canvas Tote: Prairie Scene

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

CRFT:728 | \$39

P02 Tu 10am-12pm

March 7

Craft Central

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 | \$69

P09 M 7pm-9:30pm

Jan. 23 – Jan. 30

Craft Central

P10 Sa 9am-2pm

Feb. 4

Craft Central

Griot/Griote Dolls

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

CRFT:765 | \$39

580 Sa 1pm-4pm

March 4 – March 11

Joyce Hill

FV - E, 291

Dyeing

Introduction to Botanical Dyes

Natural dyes are a beautiful and sustainable way to bring color to textiles. From vegetables, nuts, seeds and even tiny bugs, you can achieve beautiful browns, oranges, yellows, reds, purples, and blues. In this workshop, you'll learn to create dye baths from natural materials. Experiment with the plant-based dyes to create hand-dyed fabrics of various colors. You can bring up to eight ounces of natural fiber material to dye (cotton, silk, wool, linen).

CRFT:718 | \$45

P01 Sa 10am-12pm
May 13

PerennialSTL.org

Shibori Dyed Silk Scarves

Do you love scarves? What could be better than making eight just the way you want? Learn Shibori techniques to add pattern and color to your 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 covered in the class is dye removal; you will add color, remove color, and add more color. Leave with eight finished scarves at the end of class. Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:718 | \$139

650 Tu 6:30pm-8:30pm
Feb. 14 - Feb. 28

Nicole Ottwell
MC - SS, 206

Silk Scarf Dyeing

Come and get a bit messy while hand-dyeing beautiful scarves. We will use quick techniques to bring color to silk and have fun doing it. You will leave with 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:718 | \$49

550 Th 6:30pm-8:30pm
March 9

Nicole Ottwell
FV - SM, 233

652 Th 6:30pm-8:30pm
May 11

Nicole Ottwell
MC - SS, 105

Ice Dyeing

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

CRFT:718 | \$59

651 Tu 6:30pm-8:30pm
May 2 - May 9

Nicole Ottwell
MC - SS, 105

Knit and Crochet

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 useful 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 emailed.

CRFT:720 | \$49

450 Tu 6pm-8pm
Jan. 31 - Feb. 14

Thi Miller
FP - G Tower, 113

P02 W 6:30pm-8:30pm
April 5 - April 19

Thi Miller
Nottingham, 109

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. Supply list emailed. Prerequisite: Knit 101 or equivalent experience.

CRFT:722 | \$49

450 Tu 6pm-8pm
Feb. 21 - March 7

Thi Miller
FP - G Tower, 119

P01 W 6:30pm-8:30pm
April 26 - May 10

Thi Miller
Nottingham, 109

Exclamation Point!

"I've had Thi Miller for other classes and she is excellent! I love taking classes with Thi and look for them every semester."

- Marian C., Oakville

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

480 Sa 9am-3pm
Feb. 11
Supply list emailed.

Thi Miller
FP - G Tower, 111

680 Sa 9am-3pm
April 1

Cristin Greenlee
MC - CN, 128

481 Sa 9am-3pm
May 6
Supply list emailed.

Thi Miller
FP - G Tower, 111

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 beginner's class but are essential in a knitter's repertoire. Supply list emailed.

CRFT:720 | \$49

482 Sa 9am-1pm
March 4

Thi Miller
FP - G Tower, 113

Knitted Ottoman Poufs

Old scraps of fabric make the outside of this lovely floor pouf, while unwanted scraps of almost anything make up the inside! Learn the basics of knitting while you make a great floor pouf out of recycled fabric. The first part of this class introduces basic knitting skills like the knit stitch, casting on, and binding off. For the second session, learn the unique skills to stuff and bind your poufs to finish your colorful creations. There will be some homework between classes. Class fee includes fabric and handmade knitting needles. You are welcome to bring in your own cotton bedsheets, t-shirts, or fabric scraps.

CRFT:720 | \$65

P01 Sa 10am-12pm
April 8 & April 22

PerennialSTL.org

Knitting Project: A Lacy Spring Cowl

Use your knowledge of knitting, purling and lacing to knit a beautiful lacy circular cowl over a three weeks time period. This project will require a particular yarn weight and needles size to teach you how to knit in the round while using other knitting skills. Recommended course completion: Knit101 or similar knowledge. Supply list emailed.

CRFT:722 | \$49

750 Tu 6pm-8pm
April 11 - April 25

Cristin Greenlee
Kirkwood H.S., W 105

Knitted Throw Pillow Cover

Brighten up those pillows with a beautiful hand-knitted cover. This is a great class to move beyond scarf knitting and try your hand at some new knitting! We'll try out a few designs as well as learn a few new techniques.

CRFT:722 | \$49

P02 W 6:30pm-8:30pm
Feb. 15 - March 1

Thi Miller
Nottingham, 109

Baby Bunting Sack

In this class, we'll knit a cozy baby bunting sack for the little one. This is a great class to try your hands out on several useful techniques including knitting in the round, seaming, buttonholes, and more. A bunting sack is also a wonderful gift for the new arrival!

CRFT:722 | \$59

451 Tu 6pm-8pm
April 4 - April 25

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 useful 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 emailed.

CRFT:724 | \$49

550 Tu 7pm-9pm
Feb. 21 - March 7

Anne Frese
FV - SS, 105

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 your own projects. Supply list emailed. Prerequisite: Crocheting 101 or equivalent experience.

CRFT:726 | \$49

550 Tu 7pm-9pm
March 21 - April 4

Anne Frese
FV - SS, 105

Tunisian Crochet Basics

Tunisian Crochet is a type of crochet that uses an elongated hook, often with a stopper on the handle end, called an 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 emailed.

CRFT:724 | \$49

680 Sa 9am-12pm
Feb. 25 - March 4

Dee Levang
MC - AS, 204

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 emailed.

CRFT:726 | \$49

680 Sa 9am-12pm
April 1 - April 8

Dee Levang
MC - SO, 112

**Gain Valuable
Computer Skills
for the Workplace**

**from the comfort
of your home!**



Visit our site to
learn more.

www.ed2go.com/stlcc

Baskets

Beginning Baskets: Square Cake Carrier

Beginners or experienced weavers, join us for a fun and rewarding basket weaving experience. Master the basic techniques in one evening and spend your time making a basket that holds a double layer cake, or a pie. Approximately 10 x 10 x 4 at the top of the rim. Learn the weaving techniques which include setting up a base, start/stop weaving, using color, creating an accent bow. All supplies and tools included in class cost.

CRFT:734 | \$69

650 W 5:30pm-9:30pm
March 8

Laura Klaus
MC - CE Classroom

Beginning Baskets: Mom's Casserole Basket

Beginners or experienced weavers, join us for a fun and rewarding basket weaving experience. Master the basic techniques in one evening and spend the rest of the time weaving a casserole basket. This holds a 9" x 13" casserole and has 2 oak swing handles. Students will learn twining and triple twining, and placement of the handles so that they can carry this fully loaded basket with one hand.

CRFT:734 | \$65

651 Tu 5:30pm-9pm
Feb. 14

Laura Klaus
MC - CE Classroom

Glass & Ceramics

Stained Glass Night Light

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

CRFT:740 | \$59

P02 Tu 5pm-9pm
Jan. 17

Craft Central

P01 Tu 5pm-9pm
Feb. 7

Craft Central

Stained Glass: Trinket Box

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

CRFT:740 | \$90

P03 Tu 6pm-9pm
Jan. 24 - Jan. 31

Craft Central

P04 Tu 6pm-9pm
March 14 - March 21

Craft Central

P05 Tu 5:30pm-9pm
Feb. 21

Craft Central

Stained Glass: Sun Catcher

A beginner's workshop for those curious about stained glass. Students will be introduced to the process of making a stained glass piece, and includes explanation of equipment and terminology. You will be learn the techniques for cutting and grinding, as well as copper foiling and soldering your own sun catcher in this course.

CRFT:740 | \$90

P05 Tu 5:30pm-9pm
Feb. 21

Craft Central

Glass Bubble Bowls - Mod Podge Mosaic

Just in time for Valentine's Day! Create a Mod Podge mosaic with tissue paper on two round glass bubble bowls, approximately four inches tall. They can be used for candles, candy or whatever you dream up!

CRFT:743 | \$39

M01 W 7pm-9pm
Jan. 18

Cathy Cody
Painted Zebra - Krkwid

Hand-painted Ceramic: Deviled Egg Plate

Celebrate spring holidays and cookouts by making your hand-painted ceramic deviled egg plate! You will choose your colors and design motif. Pieces will be fired and picked up one week after the class ends at the shop. Fee includes all materials and firing. Paints are lead free and food safe. Come dressed to work with paint. Can have an Easter theme or just something fun!

CRFT:743 | \$39

M02 W 7pm-9pm
April 5

Cathy Cody
Painted Zebra - Krkwid

Papercrafts

Fast and Easy Screenprinting

Learn a new style of print making that can be used to print on: fabric, paper, wood, metal & even ceramics! You will design, expose, rinse, dry & print on a flour sack towel with your handmade screen. Come with an idea or a design (up to 5" x 7") and we will make it into a screen or just use one of the instructor's many designs. You will go home with your printed towel, reusable screen, squeegee and bottle of ink to make more prints! No experience needed. Come dressed to get messy but we are using water-based inks. Supply list emailed.

CRFT:742 | \$89

650 Tu 6pm-9:30pm
Feb. 28

Trish Bordeaux
MC - SS, 105

LAST DAY TO ENROLL OR DROP TUESDAY, 2/21. NO REFUNDS AFTER TUESDAY, 2/21.

651 Tu 6pm-9:30pm
April 25

Trish Bordeaux
MC - SS, 105

LAST DAY TO ENROLL OR DROP TUESDAY, 4/18. NO REFUNDS AFTER TUESDAY, 4/18.

Raw Art Journaling

Explore the meditative process of making art, channel your intuition, and take a journey as you create for the love of it! This course will focus on the act of creating, not so much worrying about the outcome, but viewing art-making as a deeply human and spiritual action. Feel free to bring old books to alter, and any things that have meaning for you like photos, letters, and ticket stubs. You will have basic supplies in class, but you will also receive a supply list via email so you can personalize your journal. LAST DAY TO ENROLL OR DROP IS TUESDAY, 4/25. NO REFUNDS AFTER TUESDAY, 4/25.

CRFT:742 | \$85

652 Tu 6pm-8pm
May 2 - May 23

Elizabeth Kern
MC - CE Classroom

Stamping Techniques

If you've been stamping for a while now and you want to step up your game—come learn some techniques to make your stamping come to life! In this class you will learn how to do simple masking and reverse masking. We will use a spritzer, (everyone who attends will get their own spritzer to take home), and learn the kissing technique done in stamping. Fee includes most materials. Supply list emailed. LAST DAY TO ENROLL/DROP IS FRIDAY 4/14. NO REFUNDS AFTER FRIDAY 4/14.

CRFT:742 | \$49

680 Sa 9:30am-12:30pm
April 22

Patti Bossi
MC - CE Classroom

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 emailed. LAST DAY TO ENROLL/DROP IS FRIDAY, 2/17. NO REFUNDS AFTER FRIDAY 2/17.

CRFT:742 | \$49

MD1 Sa 9:30am-12:30pm
Feb. 25

Patti Bossi
Affton White-Rodgers

Stamp A Stack

Join us once a month to start your spring 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! Fee includes most materials. Supply list emailed. LAST DAY TO ENROLL OR DROP IS FRIDAY 2/3. NO REFUNDS AVAILABLE AFTER FRIDAY 2/3.

CRFT:742 | \$55

MD2 Sa 9am-11am
Feb. 11

Patti Bossi
MC - CE Classroom

Sa 9am-11am
March 11

MC - CE Classroom

Sa 9am-11am
April 15

MC - CE Classroom

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. 16

Nicole Ottwell
FV - E, 293

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

653 Tu 6pm-9pm
March 21 - April 11

Nicole Ottwell
MC - SW, 102

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.

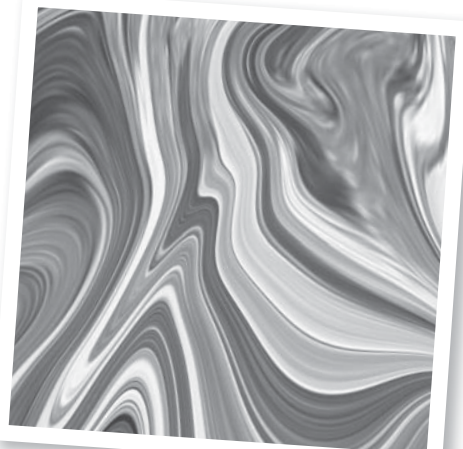
CRFT:742 | \$59

P01 W 5:45pm-8:45pm
March 8

Magan Harms
Nottingham, 113

S50 Tu 6pm-9pm
April 25

Magan Harms
SCEUC, 201



Metals and Blacksmithing

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 | \$225

680 Sa 9am-12pm
Jan. 28 - March 11
M 6pm-9pm
Feb. 6 - April 3
No Class 2/20, 3/13

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

Metalsmithing: Intermediate Techniques for Jewelry

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

CRFT:753 | \$225

681 Sa 9am-12pm
March 25 - May 13
No Class 4/15
M 6pm-9pm
April 10 - May 22

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

Copper Chased Leaves

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

CRFT:753 | \$89

P01 Sa 9am-12pm
March 11 - March 18

Craft Central

Beginning Blacksmith: Create a Wall Mount Hook

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

CRFT:753 | \$69

M01 Sa 9am-12pm
Jan. 21
M02 Sa 9am-12pm
Feb. 11
M03 Sa 9am-12pm
March 4
M04 Sa 9am-12pm
April 1

Mueller Industries
Mueller Industries
Mueller Industries
Mueller Industries

Soap and Personal Care

Introduction to Aromatherapy

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

CRFT:765 | \$49

650 W 6:30pm-8:30pm
Feb. 15
500 Sa 9am-12pm
Feb. 25

Brittany Campbell
MC - SS, 106
Brittany Campbell
FV - SM, 262

Holistic Personal Care: Body Butters and Solid Perfumes

Join us for a fun and exciting class creating your very own body butter and solid perfume bars with all natural ingredients. In this class, you'll discover the basics of creating your own recipes to fit your style, how to blend essential oils and your favorite moisturizing ingredients into your products. We'll also go over great ideas for packaging your product for personal use or for gift ideas. Instructor has been handcrafting body products for over seven years. Class is hands on and demonstration. Plan to get messy, you will be working with heated oils, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | \$49

680 Sa 10am-12pm
May 6

Brittany Campbell
MC - SS, 107

Soap Making the Herbal Way: Beginning

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

CRFT:765 | \$59

501 Sa 9am-12pm
March 25
653 W 6pm-9pm
April 5

Brittany Campbell
FV - SM, 262
Brittany Campbell
MC - SS, 106

Decorating for Fun or Profit: Beginning

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra.

FOOD:701 | \$69

550 Tu 6:30pm-9pm
Feb. 21 - March 21
No Class 3/14

Carla Soll
FV - SC, PDR-A

P01 M 6:30pm-9pm
Feb. 27 - March 27
No Class 3/20

Cynthia Sciaroni
Nottingham, 110

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

550 Tu 6:30pm-9pm
March 28 - April 18
P01 M 6:30pm-9pm
April 3 - April 24

Carla Soll
FV - SC, PDR-A
Cynthia Sciaroni
Nottingham, 110

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

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

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

Advanced Soap Making Techniques: Scents and Swirls

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

CRFT:765 | \$65

581 Sa 9am-12pm
April 15
651 W 6pm-9pm
April 19

Brittany Campbell
FV - SM, 262
Brittany Campbell
MC - SS, 106

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

582 Sa 9am-12pm
March 25 & April 15
652 W 6pm-9pm
April 5 & April 19

Brittany Campbell
FV - SM, 262
Brittany Campbell
MC - SS, 106

Gumpaste Flowers

This series of classes will teach you the skills to make amazing gumpaste flowers that look real. Following the step-by-step instruction will allow you to see your creations "bloom" right before your eyes. Through the course you will master a rose, margarita and gerbera daisy, stargazer lily and tiger lily, calla lily, dogwood and more as time permits. Costs for cutters, tools and supplies are extra (\$60+ without coupons). The class is a combination of demonstration and hands-on participation.

FOOD:703 | \$69

P01 M 6pm-9pm
May 1 - May 15

Dianne Johnson
Nottingham, 110

Cake Decorating: Contemporary Wedding Cakes

What wedding cake styles are modern brides requesting? Come join us to learn contemporary wedding cake designs that are requested by brides and featured on Pinterest and the Knot. Designs include Bling and 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 25 - May 9

Carla Soll
FV - SC, PDR-A



Culinary Arts

Baker's Delight

Delicious Cakes

Learn to bake from scratch. Come and enjoy a day of baking! Menu includes applesauce bundt cake with apple cider glaze, maple pecan pumpkin cake, lemon poppy seed cake, chocolate angel food cake, and blackberry orange cake.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm
March 25

Eileen Fraser
FV - SM, 129

Pi Day: Mini Pies!

Let's celebrate Pi Day (3.14) with mini pies! We will make mini pies using a variety of crusts and fillings. Be ready for spring entertaining with these light and delicious bite-size treats. We'll make mixed berry tartlets, tangerine chiffon mini pies, and mini strawberry pies with sugar cookie crust. They're perfect for any day or any party. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration and hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$49

P01 Tu 6pm-9pm
March 14

Debra Hennen
Cul. Arts House

Amish Sweets and Treats

Authentic Amish recipes from Pennsylvania Dutch country. These wholesome pies, cakes and breads have the old-fashioned taste of Amish tradition, but we'll show you some kitchen shortcuts that will make the recipes as easy as they are delicious. We'll make shoofly pie, soft molasses cookies, lemon sponge pie, Pennsylvania peaches 'n cream cheese crust and Amish boiled cookies. Come watch, help, and sample these delightful treats! Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$49

P02 Tu 6pm-9pm
April 18

Debra Hennen
Cul. Arts House

Baking with Brioche

Brioche is a versatile dough that can be made into sweet and savory breads and pastries. The class will learn how to make the classic brioche loaf, brioche au chocolat, and cinnamon sticky buns and more with time permitting. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$49

P01 Sa 9am-12pm
Feb. 11

Dianne Johnson
Cul. Arts House

Bread Baking 101

If you have always wanted to learn how to bake bread this would be a great class for you. To get you started we will discuss equipment, ingredients, measuring, yeast, mixing, kneading, rise, shaping, baking and storing. We will bake simple wheat crusty bread and wheat no-knead bread to practice the skills you need to bake bread at home. The class is a combination of demonstration and hands-on participation. Bring zip-lock bags to take home dough and baked bread leftovers. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$49

P02 M 10am-1pm
March 27

Dianne Johnson
Cul. Arts House

Advanced Bread Baking

This bread baking class will focus on Artisan bread shaping. We'll start the class with a review of basic shapes such as the baguette, boule and batard. We will progress to intermediate shaping and scoring with the couronne (crown), epi (wheat sheaf) and fougasse (ladder). You'll spend time perfecting braiding with four, five, or six braids and also combination braiding. You will also learn how to knot a Fleur de Lis and shape roses for decorative centerpieces. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$49

P03 Sa 9am-12pm
April 8

Dianne Johnson
Cul. Arts House

Cookie Baking 101

Have you ever made cookies that were too dark, too doughy, too dry, too soft or stuck to the cookie sheet? If your answer is yes, then this is the class for you. You'll be guided through types of equipment, steps of mixing, baking techniques, proper cooling procedures and best ways for storing. We'll work with drop, rolled and bar cookies in order to give you lots of practice. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$49

P01 W 6pm-9pm
April 12

Dianne Johnson
Cul. Arts House

Appetizers and Sides

Appetizer and Mini-Dessert Buffet

You'll have all the fun at this event! Bring your BFF and enjoy mini gruyère puffs, Italian sausage bruschetta, Thai curry meatballs, orange dream mini muffins, and picadillo nachos. The instructor will have an array of recipes for munching.

FOOD:716 | \$39

580 F 7pm-9:30pm
Jan. 27

Eileen Fraser
FV - SM, 129

Vegetarian Soups

It is still WINTER and that means cold weather will be with us for a while longer! Nothing warms you up and fills you up like a hearty bowl of soup with a slice of freshly baked bread. A variety of soups such as creamy potato, fall vegetable tomato, Normandy onion and white bean chili will be prepared along with rustic and artisan breads. The soups will accommodate a gluten-free diet or can be easily modified but the breads will not be gluten-free. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:721 | \$49

P01 Th 6pm-9pm
Feb. 23

Dianne Johnson
Cul. Arts House



Get the scoop on how to make perfect cookies in **Cookie Baking 101**.

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 | \$39

780 W 6:30pm-9pm
April 5

Jane Campbell
Lindbergh H.S., 128

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. Class in hands-on.

FOOD:735 | \$45

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

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? Rediscover 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, and white bean dip. 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 | \$45

751 Tu 6:30pm-9:30pm
March 28

Michelle Melton
Kirkwood H.S., C 191

Not-the-Same-Old-Vegetables

If you are looking for ways to jazz up vegetables, this class is for you. You will make fresh corn and zucchini sauté, lemon pecan green beans, roasted brussel sprouts with cranberries and almonds, honey mustard roasted carrots, and much more. There's always something exciting and different in our instructor's recipe box.

FOOD:735 | \$39

550 Th 7pm-9:30pm
April 27

Eileen Fraser
FV - SM, 129

Cooking with Ancient Grains: Quinoa and Farro

Join us to learn about the fascinating history of ancient grains and their nutritional benefits. Discover 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 and farro. The quinoa recipes are gluten-free. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$49

P02 Th 6pm-9pm
March 23

Dianne Johnson
Cul. Arts House

International Flavors

Cinco de Mayo Party

Prepare for your own Cinco de Mayo party and learn some incredible dishes for your next Mexican-themed fiesta! Learn how to prepare slow cooked carnitas that are authentically delicious and perfect for tacos, burritos, enchiladas and quesadillas, paired with easy cilantro lime rice! Discover elote, a Mexican street corn that is easy and delicious! Enjoy a taco pie that is tasty and perfect for your next get-together. Don't forget about dessert...learn how to make horchata cupcakes, where the cinnamon rice-based drink takes center stage in this yummy cupcake! Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$49

P01 Sa 10am-1pm
April 29

Tiffany Smith
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, we'll learn how to make crab rangoon, General Tso's chicken, sesame chicken, moo goo gai pan, szechuan beef, pork fried rice, egg drop soup and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:732 | \$45

750 Tu 6:30pm-9:30pm
March 7

Michelle Melton
Kirkwood H.S., C 191

A Taste of India: Gluten-Free

In this class, you will enjoy all of the delectable flavors and aromas of Indian food gluten-free. This delicious menu includes: cheela (chickpea flour pancakes with onion and spices), poha (flattened rice cooked with onion, potato, peanuts and spices), sambhar (soupy lentils with veggies, coconut, and spices), lemon rice (aromatic basmati rice seasoned with peanuts, lemon juice, and spices), and pongal (basmati rice and lentils cooked with aromatic spices). Class is hands-on. Please arrive at least 15 minutes early.

FOOD:733 | \$49

780 M 6:30pm-9:30pm
Feb. 27

Seema Shintre
Lindbergh H.S., 128

A Taste of India: Vegetarian

If the many flavors and aromas of dishes served at local Indian restaurants make your mouth water, come learn to prepare this array of delicious vegetarian dishes yourself at home. You'll prepare and enjoy sampling: aloo gobi (cauliflower and potatoes with spices), mix daal (two kinds of lentils seasoned with spices), roti (a low-fat everyday bread), peas pulav (aromatic basmati rice and peas with spices), aloo vada (mashed up potatoes dipped in chickpea batter then fried), and mango rice (a sweet rice made with mango pulp). Most of the dishes are totally vegan in this menu. Class is hand-on. Please arrive at least 15 minutes early.

FOOD:733 | \$49

781 W 6:30pm-9:30pm
March 8

Seema Shintre
Lindbergh H.S., 128

A Taste of India: Non-Vegetarian Favorites

If you enjoy the flavors of Indian food, come learn to prepare these extraordinary Indian dishes for yourself. On the menu: kheema matar (minced chicken cooked with aromatic spices), chicken pockets (minced chicken stuffed in a half moon shaped pastry), egg roll (eggs stuffed in bread), egg biryani (basmati rice cooked with spices and egg), and kheer (Indian rice pudding). Dishes served with naan. Class is hands-on. Please arrive at least 15 minutes early.

FOOD:733 | \$49

782 M 6:30pm-9:30pm
March 27

Seema Shintre
Lindbergh H.S., 128

Spanish Tapas

Do you enjoy food that comes with a side of lively conversation? Come learn how to make tapas, a Spanish appetizer designed to encourage friendly exchange among friends. Regarded as a style of eating rather than a form of cooking, tapas uses simple methods and imaginative applications of seasonal and local ingredients. An assortment of these flavorful small morsels can make an informal lunch or dinner. In this class, you will learn how to make scallops in saffron sauce, chicken croquette, spinach with raisins and pine nuts, a vibrant red and yellow pepper salad, manchego cheese with quince paste. Take a break from work, relax, and enjoy a spice of traditional Spanish dining. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:733 | \$49

P01 Th 6pm-9pm
March 30

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 some of your favorite soups: Greek lemon chicken orzo soup, minestrone, Italian wedding soup, creamy mushroom soup, Brazilian fish stew, and shrimp and lobster bisque. We'll also make a classic Greek salad, a strawberry salad that will take you to the west coast, and everyone's favorite 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 muffuletta, 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 | \$45

750 Tu 6:30pm-9:30pm
April 4

Michelle Melton
Kirkwood H.S., C 191

Dumplings From Around the World

While the word "dumpling" may have many different meanings, some version of dough wrapped around a delicious filling can be found almost anywhere in the world. Whether they're crimped, folded, steamed or fried, we universally seem to love sweet or savory pockets of piping-hot food nested inside all types of dough. We will be making crab rangoon, pierogi, and baked apple dumplings with brown sugar sauce. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration and hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

P01 W 6pm-9pm
Feb. 15

Debra Hennen
Cul. Arts House

The Main Event

Italian-American Pasta Feast

A crescendo of flavors will have your mouth singing in this class. You'll start with a toasted rolled lasagna with garlic cream sauce, move into a sun-dried tomato and pine nut fettuccini and also a penne borghese Tuscan salad with rosemary garlic bread, and finish with a finale of classic tiramisu. Class is hand-on.

FOOD:730 | \$45

750 Tu 6:30pm-9:30pm
Jan. 17

Suzanne Corbett
Kirkwood H.S., C 191

Fish Fry Friday

Try a different take on a fish fry with these regional twists—just in time for Lent. Wisconsin Beer Batter White Fish, Fiery Fish Tacos with Crunchy Corn Salsa, Coconut Fried Shrimp and Crawfish Puffs. Served with sides including English Pea Salad, Broccoli Slaw, and Peanut Cola Cake. Class is hands-on.

FOOD:730 | \$49

750 W 6:30pm-9:30pm
Feb. 22

Suzanne Corbett
Kirkwood H.S., C 191

Meet Meat

Do the many different cuts of beef in the meat department have 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 the most expensive item on your menu. Then we'll prepare and taste beef stroganoff, vegetable beef soup, pork tenderloin, chili, and brisket (demonstration). Class includes hands-on food preparation.

FOOD:738 | \$45

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

Shirley Rauh
Kirkwood H.S., C 191

Homestyle Foods: Delicious Classics

Try a new twist on some favorite recipes. Enjoy baked chicken stuffed with fontina, cube steaks in mushroom gravy, apple crisp with pecan streusel, dill-lemon green beans, and cranberry tata salad. Some new ways to make old favorites chock full of flavor.

FOOD:742 | \$39

550 Th 7pm-9:30pm
April 6

Eileen Fraser
FV - SM, 129

Pizza Gone Gourmet: It's a Deep Dish Pizza and Flatbread Buffet!

Welcome to the absolutely amazing world of gourmet pizzas and flatbreads! Discover how easy it is to make your favorite pizzas and flatbreads. Everyone will make a Chicago-Style deep dish pizza crust to take home and freeze for later and we'll devour a few in class as well. Learn how to make different styles of pizza sauce from scratch and explore how to vary the seasonings to create the perfect sauce for individual tastes. Prepare a variety of your favorite pizza toppings, including Italian sausage, Italian beef, and garlic mushrooms, and bake multiple traditional pizzas with all your favorite toppings on garlic naan flatbread (yum!). You will also assemble some gourmet flatbreads to try, such as fresh mozzarella caprese, garlic mushroom with wilted spinach, caramelized onions, fresh mozzarella and an olive oil herb sauce drizzle, and apple gouda chicken on a tortilla shell (aka a gourmet quesadilla). The meal will be served with a Caesar Salad. A Brownie Pizza will be your dessert. Come hungry and bring take-home containers. Class is hands-on.

FOOD:765 | \$45

751 Tu 6:30pm-9:30pm
April 25

Michelle Melton
Kirkwood H.S., C 191

Exclamation Point!

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

- Chris P., Kirkwood



Two Hot Chickens, Three Cool Salads

Why did the chickens cross the road? To get to these delicious salads, of course. These chicken dishes will warm up your taste buds and these delectable salads will balance out the heat. Menu includes: Nashville hot chicken, sweet tea-brined spicy chicken with sriracha glaze, romaine wedges with bacon ranch dressing, seafood cobb salad, and Asian noodle salad. Class is hands-on.

FOOD:737 | \$49

750 Tu 6:30pm-9:30pm
Jan. 31

Suzanne Corbett
Kirkwood H.S., C 191

Brunch @ Tiffany's: NOLA Southern Brunch

Take your tastebuds on a trip down to New Orleans and enjoy a southern brunch with traditional favorites and a contemporary spin on southern classics! Enjoy Cajun shrimp and grits, homemade beignets with chicory coffee, chicken and waffle bites with butter-infused syrup and a cheesy tater tot sausage bake. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$49

P02 Sa 9:30am-12:30pm
May 6

Tiffany Smith
Cul. Arts House

Eating Up Route 66

Get your kicks with these meals from all along route 66. Your taste buds will go from zero to 60 in mere seconds with Parkmoor onion rings, panhandle chicken fried steak with milk gravy, diamond cheese ball, copper penny salad, Witmor Farms macaroni salad, mung bean cherry cream pie, and Funk's Grove maple sugar cookies. Class is hands-on.

FOOD:765 | \$45

750 Tu 6:30pm-9:30pm
Feb. 21

Suzanne Corbett
Kirkwood H.S., C 191



Desserts

Do It Yourself Shot Glass Dessert Buffet

Do you love the idea of those adorably delicious, cute shot glass dessert platters at your favorite restaurants or on Pinterest, but can't bear the idea of having to do all that work for something so small? Well, your wish has been granted! Now is your chance to grab your friends or that special someone and come join us for a fun-filled night making our own shot glass dessert buffet. We'll work as a team to each make a few of the dessert components, so making our shot glass desserts will be a piece of cake! In this class, we will bake a few flavors of cake and master the art of cooking basic cream fillings as we prepare vanilla cream, white chocolate cream and chocolate mousse. Prepare a few dessert sauces including caramel and blueberry and discover how easy it is to make perfect whipped cream. We'll assemble all the components we've made into a few popular shot glass desserts, such as white chocolate banana cream, triple dark chocolate mousse cake, strawberries and cream shortcake, and blueberry lemon cheesecake. Bring your creativity and a container to take home a platter of your shot glass dessert creations! Class is hands-on.

FOOD:722 | \$49

750 Tu 6:30pm-9:30pm
April 11

Michelle Melton
Kirkwood H.S., C 191

Moroccan Sweets

Moroccan sweets are a unique blend of influences including Arab, French and Berber cultures. The instructor worked closely with a women's baking association while living in Morocco. The beautifully crafted desserts explore the natural colors and textures of the ingredients. Expect to be working with a variety of nuts, warqa (filo dough), sesame seeds, honey, dates, orange flower water, and spices. Moroccan mint tea will also be prepared and served. Come join us in a hands-on class to explore this delicious side to the culture. Note: Recipes will be different from previous classes, come back for a whole new experience! Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$49

P03 Sa 9am-12pm
March 25

Lisa Payne
Cul. Arts House

Gluten-Free Desserts

Are you, family and friends gluten intolerant or are you choosing to restrict gluten in your diet? Are you afraid you'll have to give up desserts forever? If the answer is yes, you'll want to sign up for this class. This class will give you the skills to add tasty gluten-free cookies and bars back into your diet. The menu includes chocolate chip cookies, Linder cookies, almond biscotti, key lime bars and pecan bars. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$49

P05 Th 6pm-9pm
April 20

Dianne Johnson
Cul. Arts House

Kaffeeklatsch

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. You will sample several 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 Tu 6pm-9pm
Feb. 21

Steve Richards
Alaska Klondike Coffee Co

Chai Tea and Appetizers: Chai Chai Chai!

In India's urban centers, tea stalls are as common as Starbucks, a staple found on every street corner. Patrons stop by to grab a cup of chai, a milk-based tea brewed with a variety of herbs and spices. They pair this with some of India's most beloved snacks, a mixture of fried and sweet treats. In this class, you will experience the culinary and cultural delights of an Indian tea stall. We will make vegetable pakoras (a fried vegetable medley dipped in a chickpea batter), savory samosas filled with a spicy pea and potato filling, and sweet gajar halwa, a carrot-based dessert that is a simple, yet delicious, compliment to a great cup of tea. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$39

P06 W 6pm-8pm
April 26

Prabha Pergadia
Cul. Arts House

Tea Time and Coffee Break Treats

Biscuits, scones and pound cake go perfectly with tea or coffee. You'll learn how to make the perfect biscuit, a variety of scones and a vanilla bean pound cake. You'll also learn how to make flavored butters, jams and crème fraiche to top the baked treats. The class is a combination of demonstration and hands-on participation. Bring a container for samples to take home. Park on Hampton or Hartford. Flag pole in front.

FOOD:765 | \$45

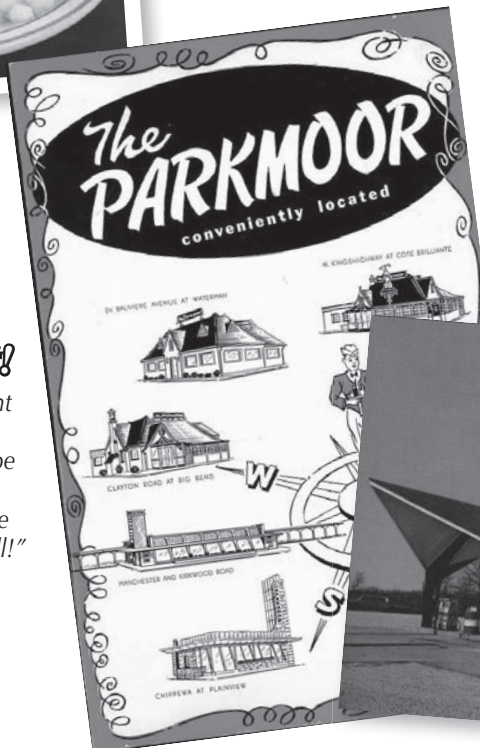
P01 Sa 9am-12pm
March 4

Dianne Johnson
Cul. Arts House

Exclamation Point!

"Michelle Melton is an excellent instructor. This was our first experience with her, and we'll be back for more. Our friend recommended her, and now we will recommend her classes to all!"

- Merri & Joan, Florissant



Couples Cook

Couples Cook: Couscous for Two

Have you ever prepared a pot of instant couscous and wondered about its origins and if you could do more with it? Join us to learn more about this unique, neither grain nor quite a pasta, food that is in a class of its own. The wonderful texture and flavor-absorbing properties has kept it popular in North Africa, where it originates, and around the world. Discover how couscous is made and prepare a variety of couscous dishes from North Africa and the Middle East including Morocco, Egypt and Israel. Couscous in salads, as a main dish, and as dessert will be covered in this hands-on class. Bring containers to take home leftovers. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$49

P04 F 6pm-9pm
April 7

Lisa Payne
Cul. Arts House

Couples Cook: Valentine's Dinner

Enjoy a romantic Valentine's Day dinner! You'll be making pork tenderloin with apple bourbon sauce, prosciutto provolone stuffed chicken breasts, cauliflower fontina a gratin, chocolate velvet cupcakes, tossed salad with berry and cream dressing, and golden gouda mushroom soup are just a few of the recipes you will enjoy. Our instructor will have an array of delicious recipes. Class is hands-on.

FOOD:755 | \$39

580 F 7pm-9:30pm
Feb. 10

Eileen Fraser
FV - SM, 129

Couples Cook: A Taste of Italy and Greece

Enjoy the flavors of Italy and Greece with rigatoni alla norma with ricotta salata, fagiolo bianco e zuppa di sausage (white bean and sausage soup), kofta kebabs with tzatzikito (lamb meatballs with cucumber yogurt dip), potatoes riganates (potatoes with oregano), lettuce with Greek vinaigrette along with a variety of other Italian and Greek recipes. Class is hands-on.

FOOD:755 | \$39

581 F 7pm-9:30pm
March 10

Eileen Fraser
FV - SM, 129

Couples Cook: Spring Buffet

Enjoy some springtime dishes. You will be making chicken with blackberry Dijon glaze, pork tenderloin with apple cider sauce, rice vermicelli pilaf, strawberry kale salad with raspberry balsamic vinaigrette, green beans with parmesan cheese and pine nuts, creamy Brussel sprouts with pancetta, and raspberry crumb cake are just a few you will enjoy. The instructor will have recipes for a complete dinner. Class is hands-on.

FOOD:755 | \$39

582 F 7pm-9:30pm
April 21

Eileen Fraser
FV - SM, 129

Tricks and Tips

Cooking Techniques Made Easy

Whether you are a beginner or a seasoned cook, you will enjoy this class! It's a meal made from scratch: homemade chocolate fudge brownies, orange thyme pork tenderloin, lemon roasted potatoes with herbs, easy homemade chicken noodle soup, homemade biscuits, and salad with homemade dressing.

FOOD:723 | \$39

550 Th 7pm-9:30pm
Feb. 23

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 "hohum" to spectacular. Learn to make the five basic mother sauces: veloute, bechamel, espagnole, 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 | \$45

750 W 6:30pm-9:30pm
Feb. 1

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

FOOD:747 | \$45

751 Tu 6:30pm-9:30pm
Feb. 28

Michelle Melton
Kirkwood H.S., C 191

Introductory Knife Skills With Dinner!

Are you ready to do more cooking at home but are unsure of yourself when it comes to techniques for using a chef's knife safely and effectively? If so, this class is for you. In this class, the instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You will learn how to use a knife safely, how to properly care for a knife, and how to recognize quality when shopping for a knife, and then, you will practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of this class, you will be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces of whatever size you want with confidence! There will be plenty of time for practice, questions, and one-on-one guidance as you practice your knife skills while making soup, salad, and garlic bread for a tasty dinner. Class includes a lecture, independent practice, and hands-on cooking. Deadline to register for the class 3/10.

FOOD:747 | \$69

MD1 Tu 6:30pm-9:30pm
March 21

Michelle Melton
Kirkwood H.S., C 191

Cooking Basics: Comfort Foods

You'll enjoy our spin on some classic comfort foods dishes. Your great new recipes will include: Class 1: Spaghetti with meat sauce, garden salad, and berries with powdered sugar. Class 2: grilled cheese, vegetable tomato soup, and chocolate and caramel sundaes for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with one-on-one assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$65

780 M 6:30pm-9:30pm
March 6 - March 13

Latoya Chauncey
Lindbergh H.S., 128

Cooking Basics: Spring Delight

Celebrate spring with delicious new recipes. These can be yours at home after you learn how to make them yourself! Your great new recipes will include: Class 1: ham 'n' yams (ham steak and sweet potatoes), green beans, and mixed fruit. Class 2: Hawaiian turkey burger, charred corn salsa, and chocolate chip cookies. NOTE: This class teaches very basic food preparation. Taught at a slower pace with one-on-one assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$65

781 M 6:30pm-9:30pm
April 10 - April 17

Latoya Chauncey
Lindbergh H.S., 128

Cheers

Wine and Chocolate

Just as with food, different wines pair great with different types of chocolate. This will be an exploration of the subtle nuances of the connection between the two (just in time for Valentine's Day). All chocolate will be from St. Louis' own Chocolate, Chocolate, Chocolate Company. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

FOOD:760 | \$19

M01 Tu 6:30pm-8:30pm
Feb. 7

William Polhemus
The Wine Barrel

Pinot: The Royal Family

An exploration in to the family of wines from Pinot that include Pinot Noir, Pinot Grigio, and Pinot Blanc. The primary areas will involve Champagne, Burgundy, and the United States. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

FOOD:760 | \$19

M02 Tu 6:30pm-8:30pm
March 14

William Polhemus
The Wine Barrel

France: The Benchmark for Wine

For thousands of years the French have pioneered all aspects of wine-making and wine-growing. This will be an overview of the major wine-growing regions and their influence on the rest of the world of wine. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

FOOD:760 | \$19

M03 Tu 6:30pm-8:30pm
April 11

William Polhemus
The Wine Barrel

Wine: What is Hip?

This class will be an overview on the current trends in the world of wine, from wine styles and the hottest wine varieties to winemaking techniques. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. A \$20 materials fee must be paid at class. Must show proof of legal drinking age to participate in wine tasting classes.

FOOD:760 | \$19

M04 Tu 6:30pm-8:30pm
May 9

William Polhemus
The Wine Barrel



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

M01 Th 7:30pm-8:30pm
Feb. 16 – 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. No class 2/20.

DANC:701 | \$69

M02 M 7pm-8pm
Feb. 6 – April 3

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! Bring shoes to first class. Call The Studio directly for specific purchasing information: (314) 968-4881. No class 3/14.

DANC:707 | \$69

M02 Tu 8pm-8:45pm
Feb. 14 – April 25

Studio-Brentwood

M01 M 8pm-9pm
Feb. 6 – April 3

ADIVA Dance Center

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. 21 – April 25

Bonnie Kleyboecker
St. John's Ev. UCC, CAFE

Let's Dance, Quick Start! Night Club Two-step

Night Club two-step is a great couples' 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 two-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 two-step is THE dance to learn and our experienced instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:719 | \$39

M01 M 8pm-9:15pm
March 27 – April 10

Bob & Gerry Tevlin
Concordia Luth. Church, 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! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | \$69

M01 Th 7:30pm-9pm
March 9 – April 27

Charles Lages
St. John's Ev. UCC, CAFE

M02 M 6:30pm-7:50pm
Feb. 27 – May 1

Karen Merlin
Bluebird Park

No Class 3/13, 4/24

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 3/15, 3/22.

DANC:721 | \$69

780 W 7:30pm-8:45pm
Feb. 15 – April 19

Sherry Martin
Sperreng Mid. Sch, 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 3/14.

DANC:725 | \$59

M01 Tu 8pm-9pm
Feb. 21 – April 18

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

P04 Tu 7pm-8:30pm
Feb. 28 – April 18

Almas Del Ritmo Dance Co.

The Bachata Experience

This Dominican dance will have you styling and socializing on the dance floor in no time!! The main focus in this course is for students to build a strong foundation in both footwork and partner-work, attain an authentic look and feel, develop and enhance leading and following techniques, as well as develop social dancing techniques and dance etiquette. This class will help you gain a better understanding of what makes up Bachata including history and origins, culture, theory, tools and concepts to make you a versatile dancer.

DANC:725 | \$69

P01 Th 7pm-8:30pm
March 2 – April 20

Almas Del Ritmo Dance Co.

Flamenco Dancing

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

DANC:725 | \$69

P02 W 7pm-8:30pm
March 1 – April 19

Almas Del Ritmo Dance Co.

Dancing With My Baby: A Baby-Wearing Latin Dance Class

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

DANC:725 | \$69

P03 Sa 10am-11am
March 4 – April 22

Almas Del Ritmo Dance Co.



Exclamation Point!

"Karen Merlin is wonderful! Actually, all of the dance instructors at STLCC are great! My husband and I have taken several classes and always have fun, meet new people, and get a good workout!"

- Mia S., Affton

Easy Social Dance 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

M02 Tu 6:30pm-7:50pm
Feb. 21 - April 18
No Class 3/14

Karen Merlin
Bluebird Park

M01 Th 7pm-8:20pm
March 2 - May 4
No Class 3/16, 3/23

Karen Merlin
Bluebird Park

Easy Social Dancing I and II

In this fun class you'll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll get help learning how to dance on the beat of the music; the best form for body positioning, posture and balance; how to lead and follow; how to spin, plus lots of great tips and ideas geared especially for each individual and couple. You'll practice forms of Swing, Slow, Latin and even Freestyle, if you like. Great music, lots of fun and all you need to know for your next social event or night on the town. Partners preferred. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/15, 3/22.

DANC:728 | \$69

780 W 6pm-7:15pm
Feb. 15 - April 19

Sherry Martin
Sperrang Mid. Sch, CAFE

M03 M 8pm-9:30pm

Feb. 6 - April 25
Concordia Luth. Ch-Krkwd, CAFE
No class 2/20, 3/13, 3/20, 4/15

Sherry Martin

Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/13.

DANC:738 | \$59

M01 M 8pm-9pm
Feb. 27 - April 24
No Class 3/13

Karen Merlin
Bluebird Park

Swing Dancing: Beginning I and II

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

DANC:738 | \$59

780 Tu 7:30pm-9pm
Feb. 21 - April 18
No Class 3/21

William Sevier
Sperrang Mid. Sch, CAFE

M02 M 6:30pm-7:45pm
March 6 - April 10

Geraldine Tevlin
Concordia Luth. Ch-Krkwd, CAFE

Belly Dancing for Fun and Fitness

If you're looking for a fun and entertaining new way to exercise, try belly dancing. This class will teach you to perform various forms in the belly dance genre. It's a workout to middle eastern music that just might be what you're looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen and bath design store.

DANC:745 | \$69

M01 Tu 8pm-9pm
Feb. 7 - March 28

ADIVA Dance Center

Bollywood Dancing for Fun and 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.

DANC:745 | \$69

M02 W 2pm-2:50pm
March 1 - April 12

Chesterfield Ath. Club

Country Western Line Dance

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 3/21.

DANC:748 | \$59

780 Tu 6:15pm-7:15pm
Feb. 21 - April 18

William Sevier
Sperrang Mid. Sch, CAFE

Modern Western-Style Square Dancing: Introduction

This is modern western-style square dancing (not that old-time dance in the barn!) and the fun starts right on the very first night! Meet new people and make new friends. This course provides introductory square dancing lessons. No previous dance experience or special dance attire is needed. Come and join us for fun, fitness and friendship! Partner not required. Wear casual clothes and comfortable shoes. Co-sponsored by West County Spinners. Check out video: <http://www.you2candance.com/square-dancing>.

DANC:747 | \$39

M01 Tu 7:15pm-9:15pm
Jan. 10 - Feb. 28

Trinity Lutheran Church

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
Feb. 4 - March 11

LaVerne Gee
FV - PE, 233

582 Sa 11am-11:50am
March 25 - May 6
No Class 4/15

Eleanor Whitney
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
Feb. 4 - March 11

LaVerne Gee
FV - PE, 233

583 Sa 12pm-12:50pm
March 25 - May 6
No Class 4/15

Eleanor Whitney
FV - PE, 233

Exclamation Point!

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

Marla K., Hazelwood



Music

Finger Picking for Guitar

Play folk, blues, ragtime and hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. Bringing music stand is recommended. No text required. No class 3/14.

MUSC:705 | \$69
750 Tu 7pm-8:30pm **James Renz**
Feb. 7 – April 4 *Kirkwood H.S., W 115*

Guitar: Beginning

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

MUSC:705 | \$69
751 W 7pm-8pm **James Renz**
March 22 – April 26 *Kirkwood H.S., W 115*

Guitar: Beginning and More

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. Text required - bring to first class. No class 2/18, 3/18, 4/15.

MUSC:705 | \$89
580 Sa 1pm-2pm **Christina Springer**
Jan. 28 – May 6 *FV - C, 114*

Advanced Beginning Guitar

A continuation of Beginning Guitar. Students need acoustic guitar only. Students will continue reading standard music notation, play chords-including barre chords, play ensemble based music and work on basic improvisation skills. Text required. No class 2/18, 3/18, 4/15.

MUSC:705 | \$99
581 Sa 11am-12:30pm **Christina Springer**
Jan. 28 – May 6 *FV - C, 114*

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 3/21.

MUSC:705 | \$79
730 Tu 7pm-9pm **Karl Markl**
Jan. 31 – May 28 *Bernard Mid. School, 106*

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: the letter names of notes and where they are on the keyboard; simple chords to accompany melodies; easy rhythm patterns; pedaling. Text and headphones with 1/4 inch adapter required. No class 3/14.

MUSC:710 | \$69
600 Tu 12pm-1pm **Cheryl Conley**
Jan. 31 – April 25 *MC - HE, 112*

Piano: Beginning and More

In this enjoyable, relaxed approach to the piano, you will learn: the letter names of notes and where they are on the keyboard; simple chords to accompany melodies; easy rhythm patterns; pedaling. Text and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 2/18, 3/18, 4/15.

MUSC:710 | \$99
580 Sa 8am-9:29am **Christina Springer**
Jan. 28 – May 6 *FV - C, 114*

Piano: Advanced Beginning and More

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 2/18, 3/18, 4/15.

MUSC:711 | \$99
580 Sa 9:30am-11am **Christina Springer**
Jan. 28 – May 6 *FV - C, 114*

Piano: Advanced Beginning

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 3/14.

MUSC:711 | \$69
600 Tu 1pm-2pm **Cheryl Conley**
Jan. 31 – April 25 *MC - HE, 112*

Piano: Intermediate

Student must know letter names of notes and where they're located on the keyboard. Covers: minor chords and songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more "pop" songs. Text required - bring to first class. No class 3/16.

MUSC:712 | \$69
600 Th 12pm-1pm **Cheryl Conley**
Feb. 2 – April 27 *MC - HE, 112*

Piano: Advanced

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 3/16.

MUSC:713 | \$69
600 Th 1pm-2pm **Cheryl Conley**
Feb. 2 – April 27 *MC - HE, 112*

Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 3/14.

MUSC:713 | \$69
601 Tu 9am-10am **Cheryl Conley**
Jan. 31 – April 25 *MC - HE, 112*

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
350 W 6:30pm-7:30pm
April 5 – April 19 *WW, 201*
651 W 6:30pm-7:30pm
March 1 – March 15 *MC - CE*
650 W 6:30pm-8:30pm
Feb. 1 – Feb. 15 *MC - CE Classroom*

New Songwriting: The Art and Discipline

In this class we will look at the intricacies of crafting original songs, the pleasure and therapeutic value of this mode of self-expression, the many stylistic approaches to writing a song, the barriers (both realistic and self-imposed) to finishing and sharing an original song, and examples throughout music history of both successful and unsuccessful songs, and the personal stories behind them. Students will get to share favorite songs from the popular music canon, and bring in works of their own to share and get feedback. Text required - Information will be given at first class. No class 3/14.

MUSC:725 | \$85
650 Tu 6:30pm-8:30pm **Kevin Renick**
Feb. 21 – April 4 *MC - LH, 104*

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (10428). Auditions for seating only. Contact the conductor at 314-984-7636. No class 2/20, 3/13.

MUSC:714 | \$25
220 M 7pm-9:20pm **Gary Gackstatter**
Jan. 23 – May 8 *MC - HW, 102*

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (10429). Auditions for seating only. Call the conductor at 314-984-7636. No class 3/16.

MUSC:716 | \$25
220 Th 7:15pm-9:30pm **Gary Gackstatter**
Jan. 19 – May 11 *MC - HW, 102*

Meramec Concert Choir

A study and performance of advanced choral literature including vocal technique and development. Available for credit as MUS 135.601 (10430). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 3/14, 3/16.

MUSC:717 | \$25
220 TuTh 12:30pm-1:50pm **Gerald Myers**
Jan. 17 – May 11 *MC - HW, 102*



Theater

Actor's Workshop: Beginning and Brush-up

Curtain up! A fun workshop for beginning actors and a great brush-up for more experienced actors. Prepare monologues and develop cold reading techniques while you build your confidence and sharpen your auditioning skills. Have a blast acting with fellow classmates and enjoy learning more about your talent; with a different style each semester! No class 3/14.

THTR:701 | \$95
650 Tu 7pm-9pm

Feb. 28 – May 9

David Houghton

MC - SC, 125

Improv Comedy for Beginners

Step out of your comfort zone and explore the creative world of Improv! If you like the show "Whose Line Is It Anyway?" you'll love this class. Learn how to think on your feet and live in the moment while having fun! After taking this class, you will understand the basic structure of improvisation and be able to play improv games with confidence.

THTR:707 | \$45
450 M 6:30pm-8:30pm

Apr 3 – Apr 24

Bob Baker

FP - Theatre, 169

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 | \$79

650 Tu 6:30pm-9pm
March 21 – April 11

MC - SW, 108

651 Th 6:30pm-9pm
Feb. 2 – Feb. 23

Gary Hesse
MC - SS, 108

C50 M 6:30pm-9pm
Jan. 30 – Feb. 27

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 | \$79

651 Th 6:30pm-9pm
March 9 – April 6

Gary Hesse
MC - SW, 207

C50 M 6:30pm-9pm
March 20 – April 10

Corp. College, 207

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 | \$79

650 Th 6:30pm-9pm
April 20 – May 11

Gary Hesse
MC - SS, 108

C50 M 6:30pm-9pm
April 17 – May 8

Corp. College, 207

Nature and Outdoor Photography

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with 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 22 – May 13

MC - SW, 209

Studio Lighting, Portrait and 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. 28 – Feb. 18

MC - SW, 207

Field Photography: Sports, Concerts, Weddings and Events

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! Bring digital camera to class. Field trips required on own. Details to be announced in class. Prerequisite: Digital Photography: Intermediate or equivalent experience. Bring digital camera to class.

PHOT:712 | \$59

680 Sa 9am-11:30am

March 4 – April 1

John Kerans
MC - SW, 208

Adobe Photoshop Creative Cloud (CC): Introduction

COMP:755 | \$129

C51 Tu 6pm-9pm

Feb. 7 – Feb. 28

Zak Zych

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

COMP:755 | \$129

C53 Tu 6pm-9pm

March 7 – April 4

Zak Zych

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced

COMP:755 | \$129

C54 Tu 6pm-9pm

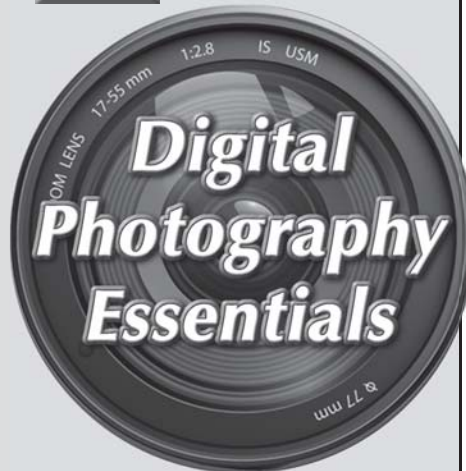
April 11-May 2

Zak Zych

Corp. College, 206



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



If taking pictures is your passion, and you have artistic flair, the Digital Photography Essentials program from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade necessary to take your passion to the next level.

The photography classes and additional Photoshop classes meet the curriculum requirements of the program. Upon successful fulfillment of the program requirements, an award of completion will be granted.

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

Photography

Darkroom Developing and Printing for B&W Photography

Students will learn to develop and print black and white pictures in a darkroom. Students will learn chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35 mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class.

PHOT:705 | \$89

480 F 6:30pm-9pm
Feb. 17 – March 24

Cheryl Petrovic
FP - F Tower, 411

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.

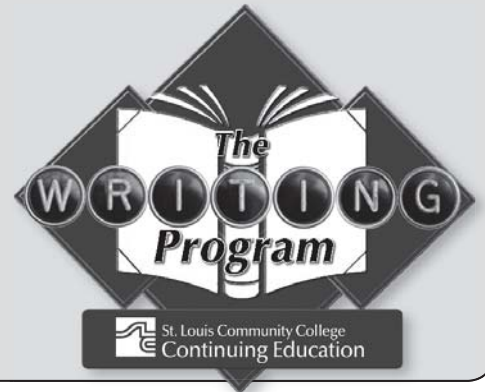
Courses may be taken individually or as a part of the program.

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

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

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



So You Want to be a Writer?

What do we mean when we say "I want to be a writer?" For a moment, set aside any popular notions about being a writer and ask yourself, "What do I mean when I say I want to be a writer? What milestones do I want to accomplish? Now that I've decided to pursue this, how do I structure my day-to-day life in order to make it possible to accomplish that goal? Where do I find the time?" For any important journey, you need a map. In this class, through discussions, examples and exercises, we'll get started on making just such a map: a plan with concrete steps that we can follow to take some of the mystery out of the process. We'll also talk about how we can maintain our sense of optimism when the terrain gets rough. Bring writing tools of your choice (pen/paper or laptop/tablet) and a sack lunch to class.

WRIT:722 | \$59

680 Sa 9am-3:30pm
March 11

Jeffrey Ricker
MC - SO, 111

Creative Writing for New Writers

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

WRIT:701 | \$59

680 Sa 9:30am-4pm
March 4

Meredith McDonough
MC - SO, 206

The Craft of Writing

Boot Camp for Writers

Do you have an idea for a fiction or nonfiction story or memoir but struggle to get started? Are you working on a project but need feedback as you go? With weekly assignments and guided in-class critiques, this four-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 | \$79

653 W 6:30pm-9:30pm
April 5 – April 26

Jordan Oakes
MC - CN, 225

The First Five Pages

When it comes to pitching your novel, one of the things agents typically ask for is the first few pages of your manuscript. An agent can tell from those first pages whether the rest of the novel will sink or swim. In the workshop, students with completed novels bring the first five pages to class and we read and discuss them. We also discuss some of the common pitfalls that writers encounter when starting their novels, from excessive backstory to overloaded description.

WRIT:724 | \$59

681 Sa 9am-3:30pm
April 29

Jeffrey Ricker
MC - SO, 111

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

651 Tu 7pm-9:30pm
April 4 – April 25

Jeff May
MC - CN, 225

Finding Your Fiction: Identifying and Developing Your Style, Voice, and Writing Personality

What is your writing personality? Who are you as a writer? This four-session course reviews basic elements of fiction and focuses on your unique style and personality. What are your goals, dreams, expectations, whims, tastes, desires, peculiarities, and so on? Are you a literary or commercial writer or a little of both? Why do we even make the distinction? Be prepared to share your work with others. Participate in editing activities, learn the difference between style and naiveté and make sure to bring your sense of humor to this course for beginning and intermediate writers. Bring the writing tools of your choice (pen and paper or laptop/tablet). No class 2/14.

WRIT:724 | \$69

650 Tu 7pm-9:30pm
Jan. 24 – Feb. 21

Jeff May
MC - CN, 225

Fiction Writing One Day Workshop

Have you always wanted to write a novel or short stories, but don't know where to start? Are you interested in exploring how to craft the essential elements for creating interesting fiction? Through lecture, short readings, and in-class exercises we will explore the fiction writer's craft. We will explore plot, dialogue, character development, story structures, point-of-view, and finding your story's voice.

WRIT:724 | \$59

680 Sa 9:30am-4pm
March 25

Melody Meiners
MC - SO, 206

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 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. 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 date 3/13.

WRIT:701 | \$79

650 M 6:30pm-9:30pm
Feb. 27 – March 27

Jordan Oakes
MC - CS, 205

Focus on Fiction: Crafting Memorable Characters

Crafting a compelling character from our imagination is a daunting challenge, but if you can create dimensional, captivating characters you are well on your way to writing a believable and perhaps unforgettable story. Memorable characters are the heart of good fiction and keep the reader turning the page. In this course, you will discover techniques for developing heroes, anti-heroes, and villains that are compelling, and perhaps unforgettable. Through lecture, examples, and in-class exercises, you will learn techniques to breathe life into your characters that stay with the reader long after they turn the final page.

WRIT:706 | \$99

651 Tu 6:30pm-9:30pm
March 9

Melody Meiners
MC - SO, 205

Quick Editing Tips

You've finished the story, dug deeply into your characters' motivations, and filled those pesky plot holes. Now you're ready to put the final coat of polish on your work before sending it out of the door. Join us for a one-night session filled with tips and tricks to make your prose flow and your settings come to life. We'll also discuss editor and agent pet peeves and how to avoid them.

WRIT:704 | \$29

651 Th 7pm-9:30pm
March 23

Amanda Stogsdill
MC - CN, 225

Writing Basics Brush-Up

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. Good copy editors cost around \$40 per hour, so it pays to write well enough to avoid them. Review the basics and you'll be able to edit your own work like a pro. No class date 3/15.

WRIT:706 | \$79

650 W 6:30pm-9:30pm
March 1 - March 29

Jordan Oakes
MC - CN, 225

Writer's Workshop: Revising and Editing

One thing most writers can do even better than writing is procrastinate. Completing your short story, poem, chapter or essay is usually a matter of revising and editing. Usually it takes several drafts to polish your project enough to consider it finished. This class will guide you through three drafts of your short story, poem or essay. If you're writing a book, you will be guided through revising one chapter, be it the first or final. We will workshop each draft, which entails sharing your work-in-progress with fellow students and the instructor. Our purpose will be to encourage each other, clarify the writing and most of all, help bring your project to a polished conclusion. Bring your first draft to the initial session.

WRIT:706 | \$79

652 M 6:30pm-9:30pm
April 3 - April 24

Jordan Oakes
MC - CS, 205

Introduction to Screenwriting II: Writing Great Scenes

Become the screenwriter you've always wanted to be by learning to create powerful and memorable scenes that showcase your unique writer's voice. In this class, we will discuss practical tools to help you elevate your scenes from good to great through the use of compelling dialogue and colorful narrative descriptions that are layered with meaningful subtext. You will complete a series of scene writing exercises and share your work in class to receive constructive feedback. Note: Prerequisite: Introduction to Screenwriting I or equivalent experience.

WRIT:728 | \$89

550 W 7pm-9:30pm
March 29 - May 3

Rita Russell
FV - SS, 103

Beyond the Script: TV and Film for Writers

Television and film are powerful storytelling mediums, and they are the darlings of today's pop-culture and storytelling worlds. But what can novelists and short story writers learn from television shows and movies to improve their storytelling? Through lecture, examples, and in-class assignments we will examine the elements of fiction including character, setting, story arcs, and dialogue through the lens of pop-culture sensations in TV and movies.

WRIT:765 | \$49

650 Tu 6:30pm-9:30pm
April 4 - April 11

Melody Meiners
MC - SO, 205

Genre

Mining Your Soul Story

Our bodies record the sum of our experiences. Writing extracts the event and allows us to see the situation and our reaction as two separate things. Using various prompts, reflective journaling time, and shared conversation, you will be given tools for mining and writing your own soul story. This workshop is intended for everyone—whether you are new to writing or a long-time journal writer. Bring a sack lunch.

WRIT:710 | \$59

680 Sa 9am-3pm
April 8

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 date 3/15.

WRIT:714 | \$69

600 W 1pm-3pm
March 1 - March 29

Jordan Oakes
MC - CE Classroom

The Personal Essay As Art

Do you want to learn to express opinions through the prism of your own personal experiences? Effective personal essays can do just that while evoking happiness, sorrow and everything in between for the writer and audience alike. If you'd like to learn more about this form of creative nonfiction and may even want to try having some personal essays published in magazines or online, this class is for you. Please come prepared with some of your own ideas as well as examples of personal essays from your favorite print or internet publications. No class date 4/13.

WRIT:714 | \$69

650 Th 6pm-8pm
March 30 - April 27

Charlene Oldham
MC - BA, 216

How to Map a Murder

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

WRIT:719 | \$39

680 Sa 9am-1pm

Jo Hiestand,
Pam DeVoe
MC - SO, 109

April 1

Writing Fiction for Young Adults

From Suzanne Collins to John Green, some of the biggest names in fiction write for children and young adults. Young adult fiction covers a variety of genres from the literary realism of Sherman Alexie's *The Absolutely True Diary of a Part-time Indian* to the dark, dystopian fantasy of Suzanne Collins' *The Hunger Games*. Young adult literature is so compelling that more than a quarter of readers are not teens at all, but rather adults. In this class we'll explore what makes a novel a Young Adult novel and discuss aspects of character, plot, and voice and how they help shape the young adult book. Students will engage in in-class writing exercises, and will work on finishing the course with an outline or synopsis of their young adult novel. No class date 3/14.

WRIT:719 | \$69

650 Tu 7pm-9:30pm
Feb. 28 - March 28

Jeffrey Ricker
MC - CN, 225

Publishing

Finding Writing Jobs Using Online Resources

Online job boards including Upwork and ProBlogger offer thousands of new writing jobs every day, but they're only starting points for finding work online. Whether you are already an experienced freelancer or you are simply interested in exploring options for earning extra income while working from home, this session will help you identify multiple online job boards to find paid writing work you'll enjoy. Bring a sack lunch.

WRIT:722 | \$59

681 Sa 9:30am-4pm
May 6

Charlene Oldham
MC - BA, 202

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. 25

Jeffrey Ricker
MC - SO, 111

What's your story?



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

683 Sa 8am-12pm
April 22

MC - SO, 111

Self-Publishing for Writers

If you're writing a book and contemplate 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. 23 - March 2

Jill Mettendorf
MC - CN, 225

Creative Writing and Publishing Workshop

Curious how the publishing process works? In this class, you will explore the way that writers write, editors edit, and readers read. You will learn about the technological advances in book, magazine, and online publishing. We will also discuss how the roles of editors and writers have changed. You will develop a writing project based on what you have learned. This workshop is perfect for beginners who are interested in how publishing works. No class date of 3/18.

WRIT:704 | \$79

480 Sa 9am-12pm
Feb. 25 - March 25

Daphne Rivers
FP - G Tower, 115

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 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

682 Sa 9:30am-4pm
April 1

Charlene Oldham
MC - BA, 202



Look for more WordPress classes in the Publishing Technologies section on page 21.

How to be Published in Literary Magazines

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

WRIT:704 | \$59

681 Sa 9:30am-4pm
March 11

Meredith McDonough
MC - SO, 206

Program Completion

Portfolio Review - Writing Program

This is for confirmation that students have met the requirements of the Writing program. You must submit your portfolio for review. The work should exhibit increased proficiency in writing techniques and should aspire to high literary standards. You will receive a confirmation response from a writing program faculty member. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to grant the Writing award of completion. If the portfolio does not meet acceptable standards, the instructor will make recommendations. You may register for the portfolio review again, until the faculty member is satisfied with the quality of your work.

WRIT:740 | \$69

450 TBA
Jan. 3 - May 14

Jordan Oakes
FP - TBA

Exclamation Point!

I received a call from the St. Louis Writer's Guild to inform me I'd won 2nd place in their annual short story competition for "The Goatherd of Naxos." How about that? I was (and am) very excited, and wanted to tell you and also thank you for your encouragement.

- Chip H., Central West End

Literature

The Heroine and Villainess in Fairy Tales and Modern Narratives

We all grew up reading them, but how much have we thought about the messages that underlie fairy tales? In this class, we will explore the portrayal of the female hero and villain in fairy tales and contemporary stories. Through lecture, discussion, and readings we will uncover what makes those princesses different from the evil queen and how those messages permeate the modern narrative. Reading selections will be distributed during our first meeting.

LITR:701 | \$29

650 Tu 6:30pm-9pm
April 18 - April 25

Melody Meiners
MC - SO, 204

Women in Suspense Fiction

Explore themes, motifs, and aesthetics of literature without the book club setting. In this course, we will read "Gods in Alabama" by Joshilyn Jackson, using it as a lens to explore women's representations in the different subgenres of thriller and suspense fiction. Through lecture, discussion, and close reading we will deconstruct gender, identity, and body narrative in the genre and the emerging subgenre of Domestic Noir. Students are responsible for bringing novel to class either by purchasing it or renting it through a library, ISBN 9780446694537. No class date 2/14.

LITR:701 | \$29

651 Tu 7pm-8pm
Feb. 7
Tu 7pm-9pm
Feb. 21-28

Melody Meiners
MC - SO, 204
MC - SO, 204

St. Louis' Slave Narrative in Literature

Most adults are aware of Missouri's role in the Civil War; however, many of us have forgotten the significance of St. Louis in perpetuating the institution of slavery. In this course, we will discuss "proof" of St. Louis' role in slavery in the United States through first-hand accounts of formerly enslaved people while we uncover common themes within the literature. You will walk away with an understanding of our strategically prominent placement along the Mississippi River as well as a reading list that will allow you to continue your exploration.

LITR:701 | \$29

551 Th 6:30pm-9:30pm
April 27

Lonetta Oliver
FV - C, 104

For the Love of Literature: Mysteries for Pleasure

In this class, we will read, enjoy, and learn about the best detective stories of all time! Read detective stories written from the age of Edgar Allen Poe to Agatha Christie, to Dashiell Hammett, and more modern writers. It's not all Sherlock Holmes, although he may be there, too! Come see what the fun is all about and figure out the mystery. Materials will be distributed during the first class meeting. No class date 3/14.

LITR:701 | \$29

550 Tu 6:30pm-7:30pm
March 7
Tu 6:30pm-8:30pm
March 21-28

Jackie Mink
FV - C, 104
FV - C, 104

For the Love of Literature: A Study of Harper Lee's Novels

Do you love to read? Do you remember those classics of high school and college or maybe you missed them and always wanted to know about them? This study of literature is not about one of the best sellers of the day, but of those books and stories that have stood the test of time. Harper Lee wrote only two books. "To Kill a Mockingbird" is an American mainstay that has been read for 50 years. "Go Set a Watchman" was published a short time before Harper Lee died amid controversy and criticism. We will read both books and compare and discuss. Students are responsible for bringing novels to class either by purchasing it or renting it through a library: "To Kill a Mockingbird" ISBN is 9780446310789 and "Go Set a Watchman" ISBN is 9780062409867. No class date 4/15.

LITR:707 | \$29

552 Sa 9am-10am
April 8
Sa 9am-11am
April 22-29

Jackie Mink
FV - H, 113
FV - H, 113

For the Love of Literature: John Steinbeck's "Of Mice and Men"

Do you love to read? Do you remember those classics of high school and college or maybe you missed them and always wanted to know about them? This study of literature is not about one of the best sellers of the day, but of those books and stories that have stood the test of time. John Steinbeck is rated as one of the most famous American writers. In this class, we will read one of his best known short novels, "Of Mice and Men". Set in the 1930's, it has issues that still resonate today. Students are responsible for bringing novels to class either by purchasing it or renting it through a library, ISBN 9780140177398. No class date 5/11.

LITR:707 | \$29

650 Th 6:30pm-7:30pm
May 4
Th 6:30pm-8:30pm
May 18-25

Jackie Mink
MC - HE, 123
MC - HE, 123



Nature, Home & Garden

Animal Care

Pet First Aid

If you own a pet, it's important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury, or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.

ANIM:702 | \$29

680 Sa 9:30am-11:30am
April 22

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 emailed.

ANIM:703 | \$69

M01 Sa 9:30am-11am
Feb. 4 - March 11
M02 Sa 9:30am-11am
March 25 - May 6
No Class 4/15, 4/29

Susan Baxter-Carr
RiverChase-Fenton
Susan Baxter-Carr
RiverChase-Fenton

Canine Good Citizen

The Canine Good Citizen (CGC) 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 emailed.

ANIM:706 | \$59

M02 Sa 12pm-1pm
Feb. 4 - March 11

Susan Baxter-Carr
RiverChase-Fenton

Exclamation Point!

"Puppy Kindergarten was an invaluable experience for me and my dog. Each week we furthered our bond and became more comfortable and confident with each other. We learned a variety of relaxation techniques, commands, manners and grooming methods. He was also able to socialize with other the students and I was able to seek advice from their owners. I am so glad that we did this class and I look forward to signing up for Susan Baxter Carr's other courses."

Merri P., - Town and Country

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 six months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. Course information will be emailed.

ANIM:706 | \$69

M07 Sa 11am-12:30pm
March 25 - May 6
No Class 4/15, 4/29

Susan Baxter-Carr
RiverChase-Fenton

Dog Training: Beyond the Basics

Beyond the Basics is more advanced skills training class for dogs who have already completed basic training in an instruction-based class setting. Through class-work, games, and homework you will train your dog to obey hand signals as well as voice commands, such as: heel without pulling; sit or down stay with you in, then out of the room; off-lead recalls from a distance; and pay attention to you and not distractions. This class uses the Positive Reinforcement and Praise method of dog training. Dogs must have current vaccinations. Pets must have successfully completed prior in-class instruction. Practice at home a must. Course information will be emailed.

ANIM:706 | \$59

M01 Sa 11am-12pm
Feb. 4 - March 11
M06 W 7:15pm-8:45pm
March 22 - April 26

Susan Baxter-Carr
RiverChase-Fenton
Susan Baxter-Carr
RiverChase-Fenton

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 emailed.

ANIM:706 | \$69

M04 W 7:30pm-8:45pm
March 15 - April 19

Sandra Ellison
RiverChase-Fenton

Dog Sports: K9 Nose Work: Without the Dog

This class is the same as ANIM 706 M04, 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. Course information will be emailed.

ANIM:706 | \$59

M05 W 7:30pm-8:45pm
March 15 - April 19

Sandra Ellison
RiverChase-Fenton

K9 Nose Work: An Introduction to Odor: Level II

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

ANIM:706 | \$69

M03 W 6pm-7pm
March 15 - April 19

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 | \$29

750 W 6:30pm-9:30pm
March 22

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 9

Susan Baxter-Carr
WW, 201

New! Doggone Diabetes

Diabetes is becoming more common both in humans and dogs. Often dogs are euthanized for a diagnosis of diabetes. Recognizing symptoms early and having a good understanding of the pathophysiology and treatment of diabetes can greatly improve the quality and quantity of life for our furry friends. It is very important that animal caregivers and pet owners have a good understanding of the needs of a pet with diabetes. The purpose of this course is to share key information that can help animal care providers deliver optimal care for dogs with diabetes and assist pet owners to care for their fur babies with confidence.

ANIM:765 | \$29

650 Tu 6pm-9pm
April 11

Laurie Klipfel
MC - SO, 107



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.

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 Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM:741 | \$29

650 Th 7pm-9:30pm
Feb. 23

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 Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM:741 | \$29

651 Th 7pm-9:30pm
March 30

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 Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM:741 | \$29

652 Th 7pm-9:30pm
April 20

MC - SO, 105



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



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 6

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 3/15.

AUTO:715 | \$149

M01 W 6pm-9pm
Feb. 22 - April 19

Gus Sturmfels

Kirkwood H.S., IA170

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

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

HOME:701 | \$19

650 Th 7pm-8:30pm
Feb. 9

Jean Linton

MC - CN, 225

Think Like a Decorator

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

HOME:702 | \$69

650 M 7pm-9pm
March 27 - April 17

Deborah Weltman

MC - SW, 108



Exclamation Point!

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

Jamie R., Maryland Heights

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, and more.

HOME:703 | \$29

650 M 7pm-9:30pm

Feb. 6

Kimberly Hany

MC - SO, 232

Kitchen Design for Home Remodeling

Whether you're planning a simple update, completely remodeling or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to help you understand your options in cabinetry, countertops and much more. Bring your ideas and questions for this open discussion on how to create a functional, affordable and beautiful kitchen. One of the best decisions you'll make about your new kitchen starts here!

HOME:703 | \$29

651 M 7pm-9:30pm

March 6

Kimberly Hany

MC - SO, 232

New Give Your Home a Budget-Friendly Facelift

What could be better than redecorating for pennies? Let an experienced designer help you to unlock your imagination and recreate your own signature look! Explore the excitement of creating a whole new style while using your own valued possessions and supplementing your pieces with those great garage and estate sale finds. In this class you will learn how to select which pieces to keep, which pieces to let go and how to revitalize those old color schemes.

HOME:709 | \$29

650 Tu 6pm-9pm

March 27

Kathryn Leinauer

MC - SO, 232

Interior Design: Color Schemes for Home, Kitchen and Bath

Give your home a facelift! 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. We will also discuss refurbishing your existing accessories and shopping for budget items. Optional 2-hour field trip on Saturday morning, 2/11. Details will be given in class.

HOME:708 | \$39

650 Tu 6pm-9pm

Feb. 7

Kathryn Leinauer

MC - SO, 232

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow or you need a new faucet, this course is for you! We'll look at how-to, when-to and when it's better NOT-to. We'll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

HOME:713 | \$25

550 W 7pm-9pm

Feb. 15

750 W 7pm-9pm

March 29

Jean Linton

FV - E, 158

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 to do it for you after this class.

HOME:713 | \$25

551 W 7pm-9pm

Feb. 22

751 W 7pm-9pm

April 5

Jean Linton

FV - E, 158

Jean Linton

Kirkwood H.S., SA 1

How to Use Power Tools

Power tools help us perform difficult tasks with less effort and greater accuracy than most of us could accomplish without them. However, in order to use them effectively and without injury, you must know how to operate them correctly and safely. In this class, our home repair expert will demonstrate the operation of several common power tools, including: corded and cordless drill, dremel, reciprocating saw, miter saw and circle saw. If you have a small power tool you'd like to know more about, bring it to class and our instructor may select it for a demonstration. Join us and bring your questions.

HOME:713 | \$25

552 W 7pm-9pm

March 1

Jean Linton

FV - E, 158

Fearless Home Repair: Five Repairs Every Homeowner Should Know

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

HOME:713 | \$25

553 W 7pm-9pm

March 8

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 | \$25

752 W 7pm-9pm

April 12

Jean Linton

Kirkwood H.S., SA 1

Paint Like a Pro

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 | \$25

754 W 7pm-9pm

April 19

Jean Linton

Kirkwood H.S., SA 1

Do-It-Yourself Drywalling

Our experienced handyperson will show you how to measure, cut, and hang drywall. You'll learn how to prep the room prior to installing the 2x4 framing, including proper layout. Instruction will include cut-to-size with minimal drywall seams and cut out for electric boxes. Also learn how to apply seam tape (both paper tape and self-stick mesh tape) and mud (joint compound). If you have a drywall project in your future, get to this class before getting started.

HOME:713 | \$25

554 W 7pm-9pm

April 26

Jean Linton

FV - E, 158

New Do-It-Yourself Trim and Crown Molding

Our experienced handyperson will show you how to measure, cut, and hang trim and crown molding. You'll learn how to prep the room prior to installing, learn the basics of a mitre saw and the proper hardware to install. If you want to add value to your home or have a renovation in your future get to this class before getting started.

HOME:713 | \$25

753 W 7pm-9pm

Feb. 8

Jean Linton

Kirkwood H.S., SA 1



Master Naturalist Program

The Master Naturalist Program consists of *three components*:

- Completion of five biology, geology, physical science or horticulture related college credit courses.
- Attend six Continuing Education Master Naturalist designated programs offered through St. Louis Community College in the area of Nature, Ecology, or Landscape and Gardening.
- Volunteer 25 hours with a local nature-related organization.

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist Program. Classes may be taken individually for your own personal enrichment, or as part of the Master Naturalist program.

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

Ecology

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 | \$29
680 Sa 9am-12pm
May 6

Dr. Catrina Adams
MC - SO, 107

Indoor Composting: Make and Take Home a Bokashi Bucket

Don't throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used in the winter months, it's quick, convenient and has no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You'll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 4/12. No refunds after this date.

ECOL:704 | \$49
6D1 Th 7pm-8:30pm
April 27

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
March 25

Guy Niere
MC - SW, 108

Landscape and Gardening



For more Landscape and Gardening classes, see the Go Native section on page 49

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 4
681 Sa 9am-11:30am
March 11

Nancee Kruescheck
MC - SO, 107
Nancee Kruescheck
MC - SO, 108

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
650 W 6pm-9pm
April 5

Michelle Ochonicky
MC - SO, 108

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 Kruscheck 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
April 1

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 8

Nancee Kruescheck
MC - SO, 108

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 13

Michelle Ochonicky
MC - SO, 108

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 a Greenscape Gardens expert to identify deer-resistant plants, flowers and methods to deter deer from ruining the landscaping delights in your gardens and yard.

HORT:712 | \$15
M01 Sa 10am-11:30am
March 18

Greenscape Gardens

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 W 7pm-9pm
April 12

Michelle Ochonicky
MC - SO, 204

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 15

Nancee Kruescheck
MC - SO, 108

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 May 6. Meet at the picnic tables across from the visitor's center.

NATR:704 | \$19
M01 Sa 10am-12pm
April 22

Nancy Gelb
Shaw Nature Reserve

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
652 Th 6:30pm-8:30pm
March 23

Mark H.X. Glenshaw
MC - SO, 108

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
654 Th 6:30pm-8:30pm
April 6

Mark H.X. Glenshaw
MC - SO, 109

Owls of Missouri

Join in this exploration of owls. We will look at the eight species of owls native to Missouri with special focus on four local species: Barn, Barred, Eastern Screech, and Great Horned owls. Participants will also dissect owl pellets to investigate owl eating habits. Offered in partnership with St. Louis Audubon Society.

NATR:709 | \$25
650 W 7pm-9pm
Feb. 8

MC - SW, 108

New Waterfowl

There are 63 species of ducks, geese, and swans in North America, eight of which breed in Missouri. Come learn about the habitat, behavior and markings of those found in the greater St. Louis area. Coot, cormorant, and grebe will be included in the discussion. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25
651 W 7pm-9pm
March 1

MC - SO, 204

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
653 W 7pm-9pm
April 5
Sa
April 8

MC - SO, 204

MC - Off Campus TBA

Monarchs and Milkweed

Join biologist Dave Tylka to learn the plight 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
650 Tu 7pm-9pm
March 28

David Tylka
MC - SO, 108



Spring Butterflies

Enjoy the beauty of butterflies both indoors and outdoors. In the classroom session, you will learn basic identification skills through a Power Point and video presentation. On the field trip, you will experience the magic of butterflies in their natural habitat while spring wildflowers are in full bloom. Field trip date Saturday 4/29. Location: TBA. Provide own transportation. Although not required, binoculars and the field guide "Butterflies through Binoculars: The East" by Jeffrey Glassberg would be useful tools for the field trip walk. Offered in partnership with the North American Butterfly Association.

NATR:720 | \$29
651 Tu 6pm-8pm

Yvonne Homeyer
Pat Garner
MC - SO, 107

April 18
Sa
April 29

MC - Off Campus

On the Brink Again? Recovering Two Endangered Wolves

Recovering a species from 14 individual animals, or even 7, is a challenging process. Both the red wolf (who was native to Missouri) and the Mexican gray wolf have come back from the brink of extinction by the passion and efforts of several facilities. This class will focus on the Endangered Wolf Center's key role in their recovery and the current status of each species in the wild now. A tour of the animals will be included. Call EWC at 636-938-5900 and for directions and location details. Offered in partnership with the Endangered Wolf Center. Registration deadline 2/17. No refunds after this date.

NATR:727 | \$29
MD1 Sa 9am-12pm
Feb. 25

Endangered Wolf Center

Geology of Missouri

Spend a few hours learning about the geology and geography of Missouri in an informal atmosphere. We will discuss how our state has been shaped by glaciations, earthquakes, uplift and warm, and shallow seas. Learn about the processes that gave us the nickname "The Cave State." We will also take a look at the economic impact rocks and minerals have had on our state's economy.

NATR:730 | \$29
680 Sa 9am-12pm
April 8

Jeffrey Smith
MC - SW, 106

Introduction to Beekeeping

Bees play an important role in agriculture as pollinators of flowering plants that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full-time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come and learn how to attract native pollinators and honey bees by planting a pollinator-friendly garden and constructing nesting habitat for native pollinators. We will also present introductory information on getting started with beekeeping and honey bee products of the hive.

NATR:733 | \$29
680 Sa 9am-12pm
Feb. 18

Jane Sueme
MC - SO, 107

Exclamation Point!

"I love the **Master Naturalist program!** The instructors are top notch and have really inspired me to keep learning more."

Jerry M., Clayton

Go Native! 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 "natuescaping," 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 W 9am-12pm
April 5

Mitch Leachman
MC - CE Classroom

Go Native! 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 F 9am-12pm
April 7

David Tylka
MC - CE Classroom

Go Native! 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 an attractive, biodiverse landscape throughout the seasons. Many spring native wildflowers bloom before most large trees leaf out, shade-adapted shrubs can thrive under low-light conditions, grasses and foliage plants provide summer texture, late summer and fall bloomers welcome wildlife, and berries and bark can provide winter interest. Join us and learn how to establish and maintain shade-adapted native landscapes.

HORT:713 | \$25

602 W 9am-12pm
April 12

Betty Struckhoff
MC - CE Classroom

Go Native! 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. Some of the class may be outdoors. Dress appropriately for the weather.

HORT:713 | \$25

603 F 9am-12pm
April 14

Susie Van de Riet
MC - CE Classroom

Go Native! 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 F 9am-12pm
April 21

David Tylka
MC - BA, 112

Go Native! 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 W 9am-12pm
April 26

Mitch Leachman
MC - CE Classroom

Go Native! 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 F 9am-12pm
April 28

Mitch Leachman
MC - CE Classroom

Go Native! 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 W 9am-12pm
April 19

David Tylka
MC - CE Classroom

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 native plants you'll learn about will reduce mowing and improve biodiversity while fitting nicely into your home landscape. Some native specimens 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 22

Nancee Kruescheck
MC - SO, 108

Go Native!

Creating an environment with nature in mind.

Native plants 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; Nancee Kruscheck, gardening expert and local nursery owner; Mitch Leachman, Executive Director of the St. Louis Audubon Society; Betty Struckhoff, St. Louis Master Gardener and Wild Ones Native Landscaper member; Susie Van de Riet, owner of St. Louis Native Plants, LLC and Forest Park Forever gardener. Courses offered in this section focus only on Midwest native species and qualify for the Master Naturalist program.

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

580 Sa 9:30am-11:30am

April 1

650 Th 7pm-9pm

April 6

Janelle Stowers

FV - SS, 103

Jill McCoy

MC - SW, 108

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

March 9

Jill McCoy

MC - SW, 108

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

350 Tu 7pm-9pm

March 28

Jill McCoy

WW, 201

New How To Sell Your Parents' Home

Individuals and their support family should explore all of the next phase options. Relevant questions include: Where is the next home going to be? How much will it cost? What is actually affordable? What will we do with the personal property? What is the current home worth? What is involved in putting it on the market? Do repairs or maintenance need to be done? Most importantly, when is the appropriate time to make the move? In many cases, these questions need to be explored before any action can be taken. Let's explore the options so you can make more informed decisions for yourself and your family.

REAL:702 | \$29

651 Th 7pm-9pm

Feb. 23

350 Th 7pm-9pm

April 27

Jill McCoy

MC - SW, 108

Jill McCoy

WW, 201

Personal Finance

Finance & Investing

Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad

This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor will relate first-hand experience in the oil market the last time oil collapsed in 1986, similar to the recent decline - and the similar opportunities this may present based on the 18-year cycle (oil bottomed in 1998) and a large shift in investment dollars currently underway. A discussion of the crash of 1987, 2008, and others, and the warning signs ahead of time will also be discussed. Lunch on your own.

FINC:705 | \$89

C80 Sa 9am-4pm

March 4 - March 11

Brian Bingham

Corp. College, 208

Demystifying Annuities

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

FINC:705 | \$25

651 Th 6:30pm-8:30pm

April 6

Margie Bittner

MC - SO, 108

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

March 2 - March 9

Margie Bittner

MC - SO, 108

Understanding Wall Street

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

- Stocks, bonds, and mutual funds - what's the difference?
- Tax considerations - the ultimate loophole
- Understanding fees
- Common financial myths
- Overcoming obstacles to creating wealth
- Exit strategies - how these vehicles can affect your legacy.

FINC:765 | \$19

651 Th 6:30pm-8pm

Feb. 23

Andrew Hall

MC - SO, 108

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 | \$25

450 Tu 6pm-8pm

March 7

Andrew Hall

FP - G Tower, 113

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

Are you one of 70% of Americans who is worried about your finances? Are you one of 60% who don't have a budget? You don't have to be a CPA to manage your finances and build wealth within the resources that you have, even while recovering from the recession. Join business and finance instructor Tiffany Smith to learn about budgeting, building emergency savings, paying down debt, saving for retirement and a crash course in building wealth through investments. Many of the financial questions you were afraid to ask will be answered in this course that will help you take control of your finances and help build a better future for you and your family. Bring a sack lunch and drink.

FINC:735 | \$35

680 Sa 9am-1pm

April 8

Tiffany Smith

MC - SO, 109

What Everyone Needs to Know About Divorce

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

FINC:765 | \$29

650 Th 6pm-9pm

Feb. 9

Laura Boedges

MC - SO, 109

Estate Planning

Estate Planning: Living Trusts

Everyone wants to do estate planning for control of their assets and for a legacy to 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

S50 M 7pm-9pm

March 6

Jacquelynn Capriano

SCEUC, 102

Preparing Your Estate Plan

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

FINC:710 | \$35

650 Th 6:30pm-9pm

Feb. 16

Margie Bittner

Kathleen Gmelich

MC - SO, 108

General Estate Planning: Wills, Trusts and Avoiding Probate

Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.

FINC:710 | \$35

710 M 6pm-8pm

Feb. 27

350 M 6pm-8pm

March 27

Yvonne Homeyer

Clayton H.S., 124

Yvonne Homeyer

WW, 202



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
March 21

Margie Bittner
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
651 W 7pm-9pm
March 22
350 W 7pm-9pm
April 5

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

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
March 29

Steve Glazer
MC - SO, 108

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
April 12

Steve Glazer
MC - SO, 108

Exclamation Point!

"The instructor, Yvonne Homeyer did a very good job of fielding questions from the class as well as explaining the planned material."

Linda Q., St. Louis

New Retirement University

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

FINC:736 | \$59
S50 Tu 6pm-8pm
March 21 - April 11

Andrew Hall
SCEUC, 104

Retirement Planning 101

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

FINC:736 | \$59
450 M 6pm-9pm
Feb. 27 - March 6

Steven Bailey
FP - G Tower, 115

Paying for Long Term Care, Obtaining Medicaid and Veteran's Benefits

Paying for long term care is a problem facing a lot of senior citizens. This course will cover the benefits available through Medicaid and through the Veterans Administration (for veterans and their spouses). You'll learn about eligibility requirements as well as techniques and strategies to become eligible. Class is designed for seniors who are facing such costs, or worrying about the future costs, as well as family members who are providing care for their parents. Taught by an elder care and accredited VA attorney.

FINC:746 | \$25
S50 M 7pm-9pm
April 3

Paul Gantner
SCEUC, 102

Language & Communications

Communications

Nonverbal Communication: How to Speak and Listen Without Words

Avoid miscommunication and become a better communicator overall! Learn about the extraordinary amount of information that can be provided through nonverbal communication and how a simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to improve your communication skills.

COMM:711 | \$39
650 Tu 6:30pm-8:30pm
April 18 - April 25

Erin De Vore
MC - SO, 108

Languages

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

Arabic

Arabic Language: Beginning I

Interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic? Come meet with others who share a common interest in the Arabic culture and language. Text required - bring to first class. No class 3/15.

FLAR:717 | \$99
650 W 6:30pm-8:30pm
Feb. 22 - April 19

Jabr Dumit
MC - BA, 114

Bosnian

Bosnian and Croatian Language: Beginning I

Are you interested in the Bosnian and Croatian language and culture of the region? Learn basic everyday expressions, simple conversational phrases and contemporary culture of this region. No text required. No class 3/16.

FLBO:717 | \$99
S50 Th 6:30pm-8:30pm
March 2 - April 27

Azim Mujakic
SCEUC, 102

Chinese

Chinese for First-Timers

Explore an ancient culture and language with Chinese for First-Timers. This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required.

FLCH:717 | \$59
650 W 7pm-9pm
Feb. 1 - Feb. 22

John Yeh
MC - CN, 203

Chinese (Mandarin) Language: Beginning I

Learn Chinese conversational skills for traveling or doing business in China! Learn practical dialogue for asking directions, using public transportation, making phone calls, and other needs for travel and social life. After completion, 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 3/15.

FLCH:717 | \$99

651 W 7pm-9pm
March 8 – May 3

John Yeh
MC - CN, 203

French

French for the Traveler

Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.

FLFR:716 | \$75

710 W 6:30pm-8:30pm
April 5 – May 10

Manuella Bonnet
Clayton H.S., 123

650 W 7pm-9pm
April 19 – May 24

Patricia Adams
MC - CN, 126

French Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in French! Text required-bring to first class.

FLFR:717 | \$99

710 M 6:30pm-8:30pm
March 20 – May 15
No Class 4/10

Barbara Sandmel
Clayton H.S., 123

750 Tu 7pm-9pm
Feb. 7 – April 4

Marcel Kyle
Kirkwood H.S., W 122

No text required. Bring a pocket folder, notebook and pen. No Class 3/14

P01 W 7pm-9pm
Feb. 1 – March 29
No Class 3/22

Patricia Adams
Nottingham, 104

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 2/15, 3/15.

FLFR:718 | \$99

750 W 7pm-9pm
Feb. 1 – April 5

Marcel Kyle
Kirkwood H.S., W 122

German

German for the Traveler

Enjoy an easy and practical introduction to the German language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.

FLGE:716 | \$75

650 Th 6:30pm-8:45pm
April 13 – May 4

Dustin Glastetter
MC - CN, 201

German Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in German! Text required - bring to first class.

FLGE:717 | \$99

650 W 6:30pm-8:45pm
Jan. 25 – March 8

Dustin Glastetter
MC - CN, 201

German Language: Beginning II

Continue to increase your knowledge of the German language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: German-Beginning I or equivalent experience. Text required - bring to first class.

FLGE:718 | \$99

650 W 6:30pm-8:45pm
March 29 – May 10

Dustin Glastetter
MC - CN, 201

German Language: Beginning III

Continue to increase your knowledge of the German language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: German-Beginning II or equivalent experience. Text required - bring to first class.

FLGE:719 | \$99

650 Th 6:30pm-8:45pm
Jan. 26 – March 9

Dustin Glastetter
MC - CN, 201

Irish

Irish (Gaelic) Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Gaelic and learn to become comfortable conversing with others in Gaelic. No text required. No class 3/18.

FLIR:717 | \$99

480 Sa 9am-11am
Feb. 25 – April 22

Sarah Johnson
FP - G Tower, 119

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 3/18.

FLIR:718 | \$99

480 Sa 11:30am-1:30pm
Feb. 25 – April 22

Sarah Johnson
FP - G Tower, 119

Italian

Italian for the Traveler

Enjoy an easy and practical introduction to the Italian language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.

FLIT:716 | \$75

400 Tu 4pm-6pm
Jan. 31 – March 7

Barbara Klein
FP - G Tower, 115

650 M 7pm-9pm
Feb. 6 – March 27
No Class 2/20, 3/13

Barbara Klein
MC - CN, 203

600 Tu 4pm-6pm
April 4 – May 9

Barbara Klein
MC - CS, 205

450 Tu 7pm-9pm
April 11 – May 16

Barbara Klein
FP - G Tower, 115

Italian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Italian! Text required-bring to first class.

FLIT:717 | \$99

750 W 6:30pm-8:30pm
Jan. 18 – March 22
No Class 2/15, 3/15

Maria Brandle
Kirkwood H.S., E 183

450 Tu 7pm-9pm
Jan. 24 – March 21
No Class 3/14

Barbara Klein
FP - G Tower, 117

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

600 M 4pm-6pm
Feb. 6 – April 10
No Class 2/20, 3/13

Barbara Klein
MC - CN, 203

750 W 6:30pm-8:30pm
April 5 – May 24

Maria Brandle
Kirkwood H.S., E 183

Italian Language: Beginning III

Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning II or equivalent experience. Text required-bring to first class.

FLIT:719 | \$99

750 Tu 6:30pm-8:30pm
April 4 – May 23

Maria Brandle
Kirkwood H.S., E 183

Italian Conversation: Intermediate II

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

FLIT:721 | \$99

750 Tu 6:30pm-8:30pm
Jan. 17 – March 7

Maria Brandle
Kirkwood H.S., E 183

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
March 27 – May 15

Louisa Flynn
Clayton H.S., 124

Exclamation Point!

"Before my family went to Italy, we took the Italian language classes with STLCC Continuing Education. It really paid off. We learned the language and had no problems traveling abroad!"

Marcus J., Creve Coeur

Preparing for Your Trip to Italy

Do you have an upcoming trip to Italy or want to know more about traveling in Italy? This course is designed specifically for you! Become familiar with practical traveling tips as well as cultural differences that you should be aware of while in Italy. Instructor previously lived in Italy and travels there every year. Now she wants to help prepare you so that you can fully enjoy your experience while in this beautiful country. No text required.

FLIT:765 | \$25

600 M 4pm-6pm
Jan. 23

Barbara Klein
MC - CS, 210

650 M 7pm-9pm
Jan. 23

Barbara Klein
MC - CS, 210

400 Tu 4pm-6pm
Jan. 24

Barbara Klein
FP - G Tower, 115

450 Tu 7pm-9pm
April 4

Barbara Klein
FP - G Tower, 115

Japanese

Japanese Language: Beginning I

This class introduces the Japanese language and culture through conversation. The goal is mastery of the basic grammatical structures. Cultural aspects of the class include customs, modern topics and traditions. No text required, handouts provided.

FLJP:717 | \$99

480 Sa 10am-12pm
March 25 - May 13

Nobue Olwig
FP - G Tower, 111

Korean

Korean Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Korean. Text required-bring to first class. No class 3/18.

FLKO:717 | \$99

680 Sa 9:30am-11:30am
March 4 - April 29

Misook Yu
MC - CN, 201

Portuguese

Portuguese for the Traveler

Enjoy an easy and practical introduction to the Brazilian Portuguese language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Taught by a native-fluent speaker provided by Viva Brasil STL. Text suggested-bring to first class.

FLPG:716 | \$75

680 Sa 10am-12pm
April 15 - May 20

Viva Brasil STL
MC - CS, 204

Portuguese Language: Beginning I

Explore the Brazilian culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to form greetings, introductions and daily expressions in basic Portuguese. Taught by a native-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

FLPG:717 | \$99

680 Sa 10am-12pm
Feb. 4 - April 1
No Class 3/18

Viva Brasil STL
MC - CS, 204

650 W 6:30pm-8:30pm
March 29 - May 17

Viva Brasil STL
MC - CS, 206

Portuguese Language: Beginning II

Continue to increase your knowledge of the Portuguese language by introducing simple conversation, grammar and vocabulary. Improve your basic understanding of Portuguese and communicate better in common everyday situations. Prerequisite: Portuguese - Beginning I or equivalent experience. Taught by a native-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

FLPG:718 | \$99

650 W 6:30pm-8:30pm
March 29 - May 17

Viva Brasil STL
MC - CN, 230

Portuguese Language: Beginning III

Continue to increase your knowledge of the Portuguese language including speaking, grammar and vocabulary. Emphasis will be on oral use of the language in dealing with everyday situations. Prerequisite: Portuguese - Beginning II or equivalent experience. Taught by a native-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

FLPG:719 | \$99

680 Sa 10am-12pm
Feb. 4 - April 1
No Class 3/18

Viva Brasil STL
MC - CS, 210

650 W 6:30pm-8:30pm
March 29 - May 17

Viva Brasil STL
MC - CN, 224

Portuguese: Intermediate II

Continue to improve your conversational skills in Portuguese through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Brazilian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Portuguese: Intermediate I or equivalent experience. No text required. Bring a pocket folder, notebook and pen. No class 3/18.

FLPG:721 | \$99

680 Sa 10am-12pm
Feb. 4 - April 1

Viva Brasil STL
MC - CS, 206

Portuguese Conversation

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Brazilian Portuguese by reading and discussing short selections on a variety of topics. Prerequisite: Portuguese - Intermediate II or equivalent experience. No text required. Bring a pocket folder, notebook and pen.

FLPG:723 | \$75

680 Sa 10am-12pm
April 15 - May 20

Viva Brasil STL
MC - CS, 206

650 W 6:30pm-8:30pm
Feb. 1 - March 8

Viva Brasil STL
MC - CS, 210

Russian

Russian for First Timers

Begin to explore a new culture and language with Russian for First Timers. This is the perfect class for beginners that are ready to start with the basics. You will be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class. No class 2/20.

FLRU:717 | \$59

650 M 7pm-9pm
Jan. 30 - Feb. 27

Valerie Powers
MC - CN, 202

Russian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. While covering all four aspects of study (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class.

FLRU:717 | \$99

651 M 7pm-9pm
March 20 - May 8

Valerie Powers
MC - CN, 202

Russian Language: Beginning II

Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian - Beginning I or equivalent experience. Text required-bring to first class. No class 3/14.

FLRU:718 | \$99

650 Tu 7pm-9pm
Feb. 21 - April 18

Valerie Powers
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 3/8, 3/15.

FLRU:719 | \$99

650 W 7pm-9pm
Feb. 15 - April 19

Valerie Powers
MC - CN, 204

Russian Language: Intermediate II

Continue to deepen your knowledge of Russian and expand its use. Students will become increasingly proficient in conversational skills as they use their language to explore real-life situations. Prerequisite: Russian Language: Beginning III. Text required-bring to first class. No class 3/16.

FLRU:721 | \$99

650 Th 7pm-9pm
Feb. 2 - March 30

Valerie Powers
MC - CN, 202

Spanish

Spanish for the Traveler

Enjoy an easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.

FLSP:716 | \$75

450 W 7pm-9pm
Feb. 1-March 8

Timothy Neckermann
FP - G Tower, 113

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

780 W 7pm-9pm
March 29 - May 17

Timothy Neckermann
Lindbergh H.S., 51

450 Tu 7pm-9pm
Jan. 17 - March 7

Timothy Neckermann
FP - G Tower, 115

650 Tu 7pm-9pm
Jan. 24 - March 21

Ann Rupert (Matthews)
MC - CS, 209

No Class 3/14

600 Th 4pm-6pm
Jan. 26 - March 23

Ann Rupert (Matthews)
MC - CS, 209

No Class 3/16

550 Tu 4pm-6pm
Jan. 24 - March 21

Maria de la Garza
FV - C, 104

No Class 3/14



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

450	Th 7pm-9pm Jan. 26 - March 23 No Class 3/16	Timothy Neckermann FP - G Tower, 115
600	Th 4pm-6pm April 6 - May 25	Ann Rupert (Matthews) MC - CS, 209
551	Tu 4pm-6pm April 4 - May 23	Maria de la Garza FV - C, 104
550	Tu 6:30pm-8:30pm Jan. 24 - March 21 No Class 3/14	Maria de la Garza FV - C, 106
650	Tu 7pm-9pm April 4 - May 23	Ann Rupert (Matthews) MC - CS, 209

Spanish Language: Beginning III

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class.

FLSP:719 | \$99

450	Th 7pm-9pm April 6 - May 25	Timothy Neckermann FP - G Tower, 115
650	Th 7pm-9pm Jan. 26 - March 23 No Class 3/16	Ann Rupert (Matthews) MC - CS, 209
550	Tu 6:30pm-8:30pm April 4 - May 23	Maria de la Garza FV - C, 104

Spanish Conversation: Intermediate I

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Language - Beginning III or equivalent experience. Text required-bring to first class.

FLSP:720 | \$99

450	Th 7pm-9pm April 6 - May 25	Lorenzo Gonzalez FP - G Tower, 113
650	Th 6:30pm-8:30pm Jan. 26 - March 23 No Class 3/16	Maria de la Garza MC - CN, 203

Spanish Conversation: Intermediate II

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation - Intermediate I or equivalent experience. Text required-bring to first class.

FLSP:721 | \$99

650	Th 6:30pm-8:30pm April 6 - May 25	Maria de la Garza MC - CN, 204
-----	--------------------------------------	--

Spanish Conversation: Intermediate III

This class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Advanced level grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation-Intermediate II or equivalent experience. Text required - bring to first class.

FLSP:722 | \$99

450	Th 7pm-9pm Jan. 26 - March 23 No Class 3/16	Lorenzo Gonzalez FP - G Tower, 113
650	W 7pm-9pm Jan. 25 - March 22 No Class 3/15	Maria de la Garza MC - CN, 224

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 - bring to first class.

FLSP:723 | \$99

720	W 7pm-9pm March 29 - May 17 No text required	Margarita Gunther Clayton H.S., 124
450	Tu 7pm-9pm Jan. 24 - March 21 No Class 3/14	Lorenzo Gonzalez FP - G Tower, 111
650	W 7pm-9pm April 5 - May 24	Maria de la Garza MC - CN, 226
451	Tu 7pm-9pm April 4 - May 23	Lorenzo Gonzalez FP - G Tower, 111

Spanish Grammar: Level I

Become proficient in conjugating verbs! Gain an in-depth understanding of the present tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Language - Beginning II or equivalent experience. Text required - bring to first class.

FLSP:765 | \$99

651	Th 7pm-9pm April 6 - May 25	Ann Rupert (Matthews) MC - CS, 209
650	Tu 4pm-6pm Jan. 24 - March 21 No Class 3/14	Ann Rupert (Matthews) MC - CS, 209

Spanish Grammar: Level III

Gain an in-depth understanding of the preterite and imperfect past tenses, reflexive verbs, and the future tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level II or equivalent experience. Text required - bring to first class.

FLSP:765 | \$99

600	M 4pm-6:15pm April 10 - May 22	Ann Rupert (Matthews) MC - CS, 209
-----	-----------------------------------	--

Applied Spanish Grammar: Part I

Continue to expand your understanding of grammatical structures and the preterite and imperfect past tenses, reflexive verbs, and the future tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level III or equivalent experience. Note: Part One and Two of this class are independent of each other and may be taken in any order. Text required - bring to first class. No class 3/18.

FLSP:765 | \$99

680	Sa 10am-12pm Jan. 28 - March 25	Ann Rupert (Matthews) MC - CS, 209
-----	------------------------------------	--

Applied Spanish Grammar: Part II

Continue to expand your understanding of grammatical structures and the present, preterite and imperfect past tenses, reflexive verbs, and the future tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level III or equivalent experience. Note: Part One and Two of this class are independent of each other and may be taken in any order. Text required - bring to first class.

FLSP:765 | \$99

681	Sa 10am-12:15pm April 8 - May 20	Ann Rupert (Matthews) MC - CS, 209
-----	-------------------------------------	--

Sign Language

Sign Language: Beginning ASL

Learn the fundamentals of American Sign Language (ASL), including finger spelling and hand signs. You will also receive a brief overview of deaf culture as you begin to learn the basics of unspoken communication. Text required - bring to first class.

SIGN:701 | \$99

550	M 7pm-9pm March 20 - May 8	Antonina Biondo FV - C, 133
-----	-------------------------------	---------------------------------------

Sign Language: Intermediate ASL

Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class.

SIGN:703 | \$99

550	W 7pm-9pm March 22 - May 10	Antonina Biondo FV - C, 133
-----	--------------------------------	---------------------------------------

Getting Started with Sign Language I

Join other individuals who would like a basic knowledge and learn common vocabulary (numbers, feelings, opposites, colors, food, etc) to begin communicating in Sign Language. Class does not cover ASL sentence structure. No text required. No class 3/16.

SIGN:701 | \$99

550	Th 6:30pm-8:30pm Feb. 23 - April 20	Cynthia Hayes 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 3/14.

SIGN:702 | \$99

550	Tu 6:30pm-8:30pm Feb. 21 - April 18	Cynthia Hayes SCEUC, 122
-----	--	------------------------------------

Getting Started with Sign Language: Beginning III: Chapters 9 - 16

Build upon the skills you learned in the Beginning I and Beginning II classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book "Signing Illustrated." Book is divided into two classes and you can take either class at any time as the skills learned are independent of each other. This semester will cover chapters 9-16. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language II. Text required-bring to first class No class 3/13.

SIGN:702 | \$99

551	M 6:30pm-8:30pm Feb. 27 - April 24	Cynthia Hayes SCEUC, 104
-----	---------------------------------------	------------------------------------

Exclamation Point!

"Excellent presentation of material that makes progressive learning of the Spanish language easy and fun. I especially enjoyed the time devoted to small group interaction."

- Tyrone G., Webster Groves



Historical Studies

Genealogy

Starting Your Family History

If you are just starting or need a refresher, this class covers the various American genealogical resources. Information covers resources at libraries, courthouses, churches, and on the Internet.

GENE:705 | \$49

602 W 3pm-5pm
April 5 - April 26

Pat Stamm
MC - BA, 208

Using Google for Genealogy

Genealogists have long used the Google's search engine. This class overview will highlight other facets of Google that may assist genealogists expand their family tree.

GENE:705 | \$25

601 W 3pm-5pm
March 22 - March 29

Pat Stamm
MC - BA, 208

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. 15 - Feb. 22

Pat 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 | \$39

580 Sa 11am-2pm
Feb. 11 - Feb. 18

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 1 - April 8

LaDonna Garner
FV - B, 120

Introduction to U.S. Land Records

U.S. land records are some of the earliest documents available to researchers. This course will enable students to have an understanding of the U.S. land record system for genealogical research. Prerequisite: Windows Introduction class or equivalent experience.

GENE:745 | \$45

582 Sa 11am-2pm
March 4 - March 11

LaDonna Garner
FV - B, 120



History

New Woodrow Wilson

2017 marks the centenary of the spring that Woodrow Wilson led America into the Great War. Spend an evening examining the career of this scholar-president whose administration made such a mark on the early 20th Century.

HIST:703 | \$19

650 W 7pm-9pm
March 29

James Gallen
MC - SO, 205

New JFK at 100

Spring 1917 includes the 100th birthday of John Fitzgerald Kennedy. Take an evening to look back at a century of life and legacy of this youngest elected and youngest to die president.

HIST:703 | \$19

651 Tu 7pm-9pm
May 2

James Gallen
MC - SO, 206

New Captain Eads, General Grant and the Civil War Ironclads

Before he built the bridge in St. Louis, James B. Eads built seven ironclads in 100 days. He delivered them in January 1862 just in time to play an important part in U.S. Grant's campaign to capture Forts Henry and Donelson. The unknown Brigadier General became nationally known when he captured the two forts. Eads built seven more ironclads and registered eight patents including a steam-driven turret that fired every 45 seconds. His gunboats helped win many important victories including the capture of Clarksville, Nashville, Island No. 10, Fort Pillow, and Vicksburg. Eads and Grant became "warm friends".

HIST:705 | \$19

650 W 6:30pm-8:30pm
April 26

Gerald Porter
MC - SO, 205

New LZ X-Ray

LZ X-Ray in the Ia Drang Valley was the first major battle of the Vietnam War. The story of this battle was ably told, in part, by the movie "We Were Soldiers," but the movie only covered half of the actual battle. Come hear the full story. This battle raged over a week and was the first clash of regular North Vietnamese Army soldiers against U.S. forces. Learn what they discovered about each other in this battle.

HIST:706 | \$25

650 Th 7pm-9:30pm
March 9

John Ketcherside
MC - SO, 206

New Steamboats on the Mississippi and Missouri Rivers

Steamboats were an amazing technological advancement. The shallow and dangerous Midwest rivers were the commercial arteries of the heartland. Despite the dangers, steamboats on the western rivers opened the land to farmers and merchants. What kind of cargo did they carry? What was it like to be a passenger on a steamboat heading up the Mississippi and Missouri Rivers? Learn how steamboat design improved and how they brought waves of immigrants and increasing prosperity to the river regions.

HIST:708 | \$19

650 Tu 6:30pm-8:30pm
March 7

Gerald Porter
MC - SO, 204

New James B. Eads: His Life and His Bridge

We all know the Eads name from the bridge he built across the Mississippi River. But what else do you know about where he grew up and how he became rich before the bridge? Did you know how he helped General Grant in the Civil War? Come and learn a little about the man, his family, and the major engineering feats he engaged in before and after building the St. Louis bridge.

HIST:708 | \$19

651 Tu 6:30pm-8:30pm
April 11

Gerald Porter
MC - SO, 204

Armchair Architecture

From early French construction to Classical to Mid-Century Modern, the St. Louis area abounds with beautiful buildings. Join us in the classroom as we view and discuss what makes us so unique. This class is a perfect precursor to the Architecture in St. Louis class. Bring a sack lunch.

HIST:708 | \$39

652 M 9am-2:30pm
Feb. 27

Joan Huisinga
MC - CE Classroom

New History Through Black Cinema Part I: 1865-1920

History Through Black Cinema is the perfect opportunity to converse about political, social and relevant issues on the plight of African-Americans. Conversations in class are centered on how film is portrayed via the lens of the creator and the student as the critic. By opening a dialogue through film, this course opens an outlet that allows participants to discuss relevant issues. This course includes films that span time periods from 1865-1920 that will broaden your scope to create an experience of relating real life issues to cinema.

HIST:711 | \$39

550 Tu 6:30pm-8:30pm
March 21 - April 4

Keith Ware
FV - SS, 108

New History Through Black Cinema Part II: 1920-1975

History Through Black Cinema is the perfect opportunity to converse about political, social and relevant issues on the plight of African-Americans. Conversations in class are centered on how film is portrayed via the lens of the creator and the student as the critic. By opening a dialogue through film, this course opens an outlet that allows participants to discuss relevant issues. This course includes films that span time periods from 1920-1975 that will broaden your scope to create an experience of relating real life issues to cinema.

HIST:711 | \$39

551 Tu 6:30pm-8:30pm
April 11 - April 25

Keith Ware
FV - SS, 108

New Battle of Waterloo

Waterloo is one of the most famous battles in history. Come see why it was important and how it was fought.

HIST:712 | \$25

450 W 7pm-9:30pm
March 8

John Ketcherside
FP - G Tower, 327

New WWII: Battle of the Kursk

This unsuccessful German offensive against Soviet forces in 1943 claims several titles: the turning point on the Eastern Front, the last German strategic offensive of the war, and the greatest armor clash ever. Come and see if the battle can truly lay claim to these descriptions and learn about the titanic battle on the Eastern Front that involved millions of the best soldiers both sides had.

HIST:714 | \$25

650 Th 7pm-9:30pm
March 30

John Ketcherside
MC - CN, 225

New WWI: The 1918 Offensives

In 1918, the Germans devised how to break the stalemate of trench warfare allowing them to launch a series of offensives that almost turned the tide of the war. Find out how they were stopped, and learn why these offensives were the beginnings of what would become what was later called Blitzkrieg.

HIST:714 | \$25

451 W 7pm-9:30pm
March 22

John Ketcherside
FP - G Tower, 327

New WWI 1917: Year of Decision

After three years of stalemate, 1917 brings significant changes to the war. One major belligerent leaves, and one enters. On the Western front, the French Army mutinies, and meanwhile the war rages on in the Middle East. The year is an important point in the war in terms of combat but also in terms of diplomacy.

HIST:714 | \$25

450 W 7pm-9:30pm
March 1

John Ketcherside
FP - G Tower, 327

Making Sense of the Middle East Today

In this class, we will explore and discuss the development of Israel from the 1920s to 1948, the Cold War "push and pull" in the area, the issues of oil and water, the history behind the "unnatural" boundaries drawn by outsiders on specific nations and conflicts and divisions within Islam. These, and other topics, will shed light on our study of making sense of the Middle East today.

HIST:727 | \$45

P01 W 10am-12pm
April 5 - April 19

Thomas St. John
Thomas Dunn

The Life of a German Indentured Servant in St. Louis in 1835

What was it like to be an indentured servant from Germany at the age of thirteen in St. Louis, Missouri? Come follow the life of one such young man in this outpost city at this early time. His life took many twists and turns throughout his seventy-six years as a resident of our city. This story is a true account of the storyteller's great-grandfather and the many historical events that happened during his lifetime from the great fire to the cholera epidemic. This fascinating story of one man's life and that of his family's will be told in Period Dress of that Era. A story sure to please that may inspire attendees to recount their own genealogical stories.

HIST:702 | \$19

650 W 7pm-8:30pm
April 5

Gloria Perry
MC - SO, 205

Sunni/Shi'a Divide

Though the subject is abundantly more complex than the space of two hours can unravel, please join us to dampen our feet to the intricacies of the Sunni/Shi'a divide. Critical to our understanding of the Muslim world, classifying these two groups will require an examination of politics, geography, history, religion and culture. We'll explore the schism within Islam that created these groups, sources of and exceptions to their mutual hostility, the structural specifics of each and the impact of their rift on modern international relations. Our instructor will venture to explain the rules governing the use of the term "Shi'a" vs. that of "Shi'ite." Unveiling this essential component of intra-Islamic affairs will focus the lens through which we read a newspaper, study the problems of individual states and understand one of the root causes of conflict in the modern Middle East.

HIST:727 | \$29

P02 Tu 3pm-5pm
March 14

Katie Young
Thomas Dunn

Sa'udi Succession

Last spring, Sa'udi Arabia's king made headlines when he announced changes to the line of royal succession. Besides thrilling forecasters and analysts, the change prompted speculation and uncertainty about the conservative monarchy's future. With the dozens of sons of the founder, King Abd-al Aziz ibn' Sa'ud, down to just a few, the future belongs to the next generation. Hundreds strong, this group faces terrorist threats, a hostile Iran, regional change, and a restless population, half of which is under the age of thirty. Join us to examine the possibilities, complexities and potential mine fields that King Salman's successors may confront in global Islam's terrestrial core.

HIST:727 | \$19

650 W 6:30pm-8:30pm
May 3

Katie Young
MC - SO, 205

Islam 101

Find yourself curious about Islam? This class will be an overview of Islam. By the end of the class, you will have a basic knowledge of its teachings, understand the different points-of-view in Islam, recognize the Golden Age of Islam and zero in on the major issues the faith faces today.

HIST:765 | \$39

650 Tu 7pm-9pm
April 4 - April 18

Thomas St. John
MC - SO, 206



New A Biographical Look at the Wright Brothers

The Wright Brothers lived in a remarkable family in a city that was a hotbed of innovation during a time period that was ripe for aviation experimentation. Join us for an insightful, biographical look at two of the most famous brothers in history. Doug Schneider will show how the Wright Brothers succeeded in creating the airplane, and how they tried to promote and protect their invention after Kitty Hawk.

HIST:765 | \$19

652 Tu 2pm-4pm
March 28

Douglas Schneider
MC - CS, 104

New Steamboat Disasters

Steamboats were great technological advancements that made the Mississippi Valley prosperous, but passengers and merchants risked fires, explosions, sinking, epidemic diseases and other disasters. Tens of thousands of immigrants, business men and pleasure seekers rode the steamboats. Most trips were safe, but disasters were real and often terrible. Hundreds of steamboats ran aground, burned, blew up or sank. In the early years, steamboats were engineering experiments and the rivers were full of danger and delay.

HIST:765 | \$19

651 W 6:30pm-8:30pm
March 22

Gerald Porter
MC - SO, 205

Religion

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. 23

Kevin Walsh
MC - SO, 206

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

651 Th 7pm-9pm
March 2

Kevin Walsh
MC - SO, 206

Does God Really Exist?

People throughout 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

652 Th 7pm-9pm
March 23

Kevin Walsh
MC - SO, 206

Religious Fundamentalism

Fundamentalism, regardless of which religion, is a means of dealing with a changing world. Often this is done through a literal interpretation of a sacred scripture. We'll explore why people migrate towards a fundamentalist approach to life and what effect this has on society, both locally and globally.

RELG:701 | \$19

653 Th 7pm-9pm
April 6

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 how religion has influenced every period of that history. This class is a recommended prerequisite for the Eastern Religions course and the Western Religions course which will discuss five major world religions.

RELG:701 | \$19

350 Tu 7pm-9pm
Feb. 21

Jan Worley
WW, 202

Eastern Religions

Are you intrigued by the major religions of Asia? Begin your search for understanding with this course, which offers an introduction to the teachings, history, development and current challenges of Hinduism and Buddhism. It is recommended that this course be taken in conjunction with the "Religion and Its Role in World History" course and the "Western/Monotheistic Religions" course to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$29

351 Tu 7pm-9pm
Feb. 28 - March 7

Jan Worley
WW, 202

Western/Monotheistic Religions

Each week, we'll spend the evening talking about the teachings, history, development and current challenges of one of the following western/monotheistic religions: Judaism, Christianity and Islam. It is recommended that this course be taken in conjunction with the "Religion and Its Role in World History" course and the "Eastern Religions" course to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$39

352 Tu 7pm-9pm
March 21 - April 4

Jan Worley
WW, 202

Exclamation Point!

"Katie Young is the best instructor I have ever had...no exaggeration. She provides a great deal of information presented in an easy-to-understand way. I'll be on the lookout for more of her classes."

- Kathleen K., Spanish Lake

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 11 - April 18

Jan Worley
WW, 202

Tours and Trips

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 5/6.

TRIP:701 | \$59

480 Sa 8:30am-1:30pm
April 22

Charles Koehler
FP - G Tower, 113

Photos and Motos

The first stop on this tour will be the Thaxton Speakeasy located in the Kodak Building downtown. Learn about this narrow three-story building with a terra cotta facade from its early days as a prototype display space for Eastman Kodak to its now posh status as a password protected, underground lounge used for private events. We will enjoy a special jazz performance by Candice Ivory. Next, we will visit the International Photography Hall of Fame and view historic photographs and cameras. We will enjoy a presentation by the curator of the exhibition then partake in lunch at Triumph Grill. Our tour ends at the Moto Museum which houses rare and vintage motorcycles from European manufacturers from 1900-1975. Be prepared to walk on this tour as well as climbing steps to board the bus. Tour includes transportation, all listed attractions, lunch, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund 3/1.

TRIP:701 | \$89

MD3 Tu 8:30am-4pm
April 4

Dea Hoover
MC - Off Campus

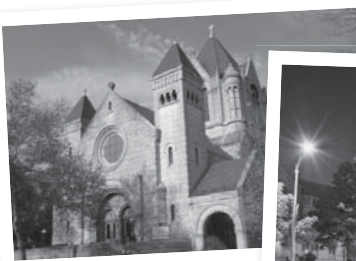
Churches of the Central West End

At the turn of the 20th Century, many denominations followed their members to the Central West End at the time of the World's Fair. We'll tour the largest collection of Tiffany church windows, a major mosaic collection and treasures you didn't know existed. Lunch will be on your own at St. Nicholas Greek Orthodox Church. Expect a fair amount of walking. Meet tour bus on Lot E on NW side of Meramec campus. Tour guide is Joan Huisinga. Please arrive 15 minutes prior to depart time. Withdrawal deadline for refunds 2/1.

TRIP:701 | \$99

MD1 F 8:30am-3:30pm
Feb. 17

Joan Huisinga
MC - Off Campus



Forgiveness

Love can heal the world and forgiveness is the catalyst to make it happen. When anyone gives up all grievances, the path is open to find real peace and happiness. In this class, we will discuss inspirational stories of the miracles of personal healing that radical forgiveness can produce and why forgiveness is so important for our own well-being, as well as for others. The steps of actually performing forgiveness will be presented and discussed. Following these steps outside the classroom can release grievances and heal relationships. This presentation of forgiveness is psychologically based and is not focused on any particular religious view of forgiveness, so no religious or faith-based view of forgiveness is needed to understand and practice it.

RELG:701 | \$19

354 Tu 7pm-9pm
April 25

Jan Worley
WW, 202

Architecture in St. Louis

Tour examples of the fascinating history and architectural styles of buildings in St. Louis. Lunch will be in a mid-century modern building. There will be some short walks to buildings from the bus. The Armchair Architecture class would be helpful but not required. Meet tour bus on Lot E on NW side of Meramec campus. Tour guide is Joan Huisinga. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds 2/20.

TRIP:701 | \$99

MD2 Tu 9am-4pm
March 7

Joan Huisinga
MC - Off Campus

Exploring St. Louis

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. First class meets on campus, followed by a tour. Class meets off-campus after first session. Withdrawal deadline for refund 4/3.

TRIP:701 | \$99

MD4 F 9am-10:30am
April 21
F 10:45am-2:30pm
April 21
F 9am-2:30pm
April 28-May 12

Joan Huisinga
MC - CE Classroom
MC - Off Campus
MC - Off Campus

Route 66, Illinois Part I: Mitchell Litchfield

Doug Schneider will be leading Route 66 tours this spring; this is your chance to cross the Mississippi and explore the Mother Road in Illinois. There's a lot to see, including the Rabbit Ranch (VW rabbits and bunny rabbits), remains of the Interurban, Mother Jones' grave and a Route 66 gas filling station turned into a dentist's tooth filling office. We'll also see where Al Capone liked to hang out, visit a Mustang corral, tour a Route 66 museum, eat lunch at an iconic Route 66 restaurant, and visit a preserved 1926 Shell station. On the way home, we'll see a muffler man and a futuro house and a swimmer boy close up. It's Route 66-Illinois at its finest! Tour includes transportation, lunch, a souvenir Rabbit Ranch matchbook, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund 3/27.

TRIP:702 | \$99

MD2 W 8:30am-4:30pm
April 19

Douglas Schneider
MC - Off Campus

Route 66, Illinois Part II: Springfield to Carlinville

Doug Schneider will be leading Route 66 tours this spring; your chance to cross the Mississippi and explore the Mother Road in Illinois. There's a lot to see, including: a motorcycle club's Route 66 mural, the home of the corn dog for a morning corn dog or doughnut, a patriotic muffler man. You will be photographed by the turkey tracks. Lunch will be in a well-preserved 1929 soda fountain with a chance to visit a 19th century pharmacy. We will visit a neon museum and meet the man who designed the draperies for the Abraham Lincoln Presidential Library. We will see the Battle of Virden monument and drive a unique stretch of brick Route 66 pavement. Tour includes transportation, corn dog/doughnut, buffet lunch, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund 4/3.

TRIP:702 | \$99

MD3 W 8:30am-4:30pm
April 26

Douglas Schneider
MC - Off Campus

Arthur Amish

We'll begin this trip at the Arthur Welcome Center where we'll kick off our journey through Amish Country. We will enjoy a tour of Goat Farm before eating a delicious lunch inside of a traditional Amish home. A Buggy Shop tour will follow. Then, we'll stop at either Rockome Foods or Beachy's Bulk Foods for a bit of shopping. There will be a fair amount of walking on this tour. Tour includes transportation, all listed attractions, lunch, and all gratuities to driver and guide. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund 4/11.

TRIP:702 | \$109

MD5 Th 7am-6:30pm
May 11

Dea Hoover
MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD1 Th 7:30am-6pm
May 11

Dea Hoover
FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Hermann Living History Farm via Amtrak

Join us for a day of living history! First, we will arrive in the German settlement town of Hermann where we will enjoy a delicious and casual summer luncheon at Tin Mill. Next, we will visit Dierbergs's Living History Farm and learn techniques of the original German steelers. Then we will pop in downtown for ice cream break at the Downtown Deli. Tour will consist of much walking. Tour includes transportation, Amtrak ticket from Kirkwood to Hermann, lunch at Tin Mill, tour of Dierberg's Living History Farm, ice cream break, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund 4/4.

TRIP:702 | \$109

MD4 Th 9am-6pm
May 4

Dea Hoover
MC - Off Campus

Tour churches of the Central West End in St. Louis with Continuing Education.

Spring Fling: An Exclusive Outing to Elsah and Grafton

Have you ever driven down the Great River Road in Illinois and wondered about the homes you see along the way? A one-of-a-kind opportunity awaits you on this unique tour of Elsah and Grafton. First, visit the Village of Elsah and view several privately owned buildings. Next, travel up the hill to Principia, the Christian Science College often called one of the most beautiful in the U.S. because of its architecture and river overlooks. Lunch is a special treat at Tara Point which is not open to the public but we will get a sneak peek at their exclusive bed and breakfast overlooking Grafton and the river. We will return by ferry. Meet tour bus on Lot E on NW side of Meramec campus. Tour guide is Joan Huisinga. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds 5/1.

TRIP:702 | \$129
MD7 F 9am-4pm
May 19

Joan Huisinga
MC - Off Campus

Mound Builders and the Early French

Visit Cahokia Mounds Interpretive Site, the most sophisticated prehistoric civilization north of Mexico and hopefully soon a World Heritage Site followed by a bus tour of the site area. If you're feeling really adventurous, you can climb to the top of Monk's Mound! Then, it's on to the early French village of Cahokia to tour the vertical log church and other historic buildings. Lunch will be provided by members of Holy Family Church. Meet tour bus on Lot E on NW side of Meramec campus. Tour guide is Joan Huisinga. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds 3/27.

TRIP:702 | \$109
MD1 Th 9am-4pm
April 13

Joan Huisinga
MC - Off Campus

Local Legends

We will begin this trip at the National Blues Museum. Throughout the years, St. Louis has been home to such blues influenced musicians as W.C. Handy, Henry "Mule" Townsend, Miles Davis, and Chuck Berry, among others. This new museum pays homage to all those sounds and more. Enjoy lunch on your own at nearby restaurants-Sugarfire, Pi, Snarf's and Taze, to name a few. Next, we will depart for Alton, Illinois for a guided tour of Alton highlighting local legends Robert Wadlow and Elijah Lovejoy. We will also enjoy a sightseeing cruise on the Hakuna Matata on the Illinois River. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund 4/16.

TRIP:702 | \$99
MD6 Tu 9:30am-4:30pm
May 16

Dea Hoover
MC - Off Campus

Great Tips for Traveling Abroad

Planning an international trip this year? Many mistakes can be avoided by tapping the brains and experiences of those who've been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, Greece, China and Egypt and has lots of helpful tips for what to bring (and more important, what not to bring!), the best ways to pack, things to do before you leave (home safety), plus plenty of advice on traveling internationally. Little things can make a big difference in your travel experience. If you're planning to go abroad, make this class your first stop!

TRIP:703 | \$25
710 M 6:30pm-8:30pm
March 6

Fred Miller
Clayton H.S., 123

Recreation, *Fitness* & 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
April 11 - May 2

Charles Kelly
Crestwood Bowl

Fencing

Fencing: Beginning I and II

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting and will accommodate returning students as well with instruction to expand technique. Equipment provided. No class 3/15.

PEDU:745 | \$59
920 W 6pm-6:55pm
Feb. 22 - April 19

Patrick Dorsey
U. City H.S., GIRLS GYM

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 Standard American bidding (SAYC).

GAME:701 | \$89
650 M 5pm-7pm
Jan. 30 - April 3
No Class 2/20, 3/13
651 M 7:01pm-9pm
Jan. 30 - April 3
No Class 2/20, 3/13
M01 Tu 2:45pm-4:45pm
Jan. 31 - March 28
No Class 2/21, 3/14

Phyllis Siegel
MC - SW, 209

Phyllis Siegel
MC - SW, 209

Phyllis Siegel
Affton White-Rodgers

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
650 M 5pm-7pm
April 17 - May 8
651 M 7:01pm-9pm
April 17 - May 8
M01 Tu 2:45pm-4:45pm
April 18 - May 9
550 Th 7pm-9pm
Feb. 9 - March 9

Phyllis Siegel
MC - SW, 209

Phyllis Siegel
MC - SW, 209

Phyllis Siegel
Affton White-Rodgers

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. 7 - March 7

Edward Baur
Chess Club & Scholastic Ctr



Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted to class. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | \$225

- PD1 SaSu 9am-7pm
March 11 - March 12
Withdrawal Date: March 8
FP - D Tower, 215
- PD2 SaSu 7am-5pm
April 1 - April 2
Withdrawal Date: March 29
FP - D Tower, 215
- PD3 SaSu 9am-7pm
April 1 - April 2
Withdrawal Date: March 29
FP - D Tower, 215
- PD4 SaSu 7am-5pm
April 8 - April 9
Withdrawal Date: April 5
FP - D Tower, 215
- PD5 SaSu 9am-7pm
April 8 - April 9
Withdrawal Date: April 5
FP - D Tower, 215
- PD6 SaSu 9am-7pm
April 22 - April 23
Withdrawal Date: April 19
FP - D Tower, 215
- PD7 SaSu 7am-5pm
May 6 - May 7
Withdrawal Date: May 3
FP - D Tower, 215
- PD8 SaSu 9am-7pm
May 6 - May 7
Withdrawal Date: May 3
FP - D Tower, 215

Motorcycle Safety Basic Rider Course II (BRC2)

The Motorcycle Safety Course BRC-2 was developed to hone your skills and fine-tune the mental drills crucial to being a safe rider while using your own motorcycle. This is an excellent class as a refresher after winter storage, to update your training for insurance company discount or as an intermediate level of training after the Basic Rider Course. Put into practice the techniques of managing traction, stopping quickly, limited space maneuvers, cornering, and swerving using your own bike. There's always something left to learn! This course is for two-wheeled motorcycles only (no scooters). Students must have a Class M driver's license and provide their own street legal and insured motorcycle. Students should have successfully completed a Basic Rider Course or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students who cannot demonstrate basic low speed maneuvers in Exercise 1 can be counseled out of the class. Passengers are permitted to accompany riders; all safety gear and rules apply. Class held rain or shine.

MOTR:703 | \$99

- PD2 Su 8am-5pm
April 30
Withdrawal Date: April 26
FP - D Tower, 215

Basic Bike Bonding Rider Course (BBBRC)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC 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. Loaner motorcycles provided. This is not a MO State waiver class.

MOTR:703 | \$99

- PD1 Sa 8am-5pm
April 29
Withdrawal Date: April 26
FP - D Tower, 215
- PD3 Sa 8am-5pm
May 20
Withdrawal Date: May 17
FP - D Tower, 215

Ultimate Bike Bonding Rider Course (UBBRC)

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). This is a precision riding curriculum derived from police motorcycle training courses and consists of drills and skill circuits to improve a rider's performance. Controlled motorcycle operation and body positioning are emphasized to maximize low-speed operation and control. By the end of the course, participants should be able to handle their motorcycle in a more precise and smooth manner. There is no classroom portion to this course. Participants must provide their own motorcycle and pass an on-site safety inspection. The BRC-2 or ARC are recommended prerequisites if the student has never taken a formal class for low speed maneuvers. Must have M-endorsement on license, use their own street-legal insured motorcycle (no scooters permitted), be 18 years of age or older.

MOTR:704 | \$99

- PD1 Sa 8am-5pm
May 13
Withdrawal Date: May 10
FP - D Tower, 215

Motorcycle Safety Advanced Rider Course (ARC)

Get the most out of your bike with the Advanced Motorcycle Safety Course Level III (MSF-ARC), while improving your ability to deal with hazards. Riders will enhance skills to improve cornering, swerving, and braking techniques, as well as develop additional expertise in the areas of risk management, decision-making, riding strategies, and rider behavior. Using techniques developed by sport bike riders, you will learn how to maximize your turning abilities, how to stop as well as your machine can manage, and how to swerve around large objects. This course is for two-wheeled motorcycles only (no scooters). For the beginning or casual rider, the BRC-2 would be a recommended prerequisite. Students must have a Class M driver's license and provide their own street legal and insured motorcycle. No passengers allowed! Class held rain or shine.

MOTR:704 | \$139

- PD2 Su 8am-5pm
May 21
Withdrawal Date: May 17
FP - D Tower, 215



Golf

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

Four Sessions | \$45

800	Th 7pm-8pm	
	March 23 – April 13	Golfport-Maryland Hghts
801	Th 6pm-7pm	
	April 27 – May 18	Golfport-Maryland Hghts
802	Sa 9am-10am	
	April 29 – May 20	Golfport-Maryland Hghts
810	W 7pm-8pm	
	March 29 – April 19	Big Bend GC
811	M 5pm-6pm	
	April 10 – May 1	Big Bend GC
812	Sa 10am-11am	
	April 22 – May 13	Big Bend GC
813	Su 1pm-2pm	
	April 23 – May 14	Big Bend GC

Six Sessions | \$59

880	W 6pm-7pm	Donald Simpson
	April 5 – May 10	First Tee
881	Sa 10am-11am	Donald Simpson
	April 8 – May 13	First Tee
860	M 6pm-7pm	Ronald Muse
	April 10 – May 15	Sunset Hill Golf LC
861	Th 5pm-6pm	Ronald Muse
	March 2 – April 6	Sunset Hill Golf LC
862	Sa 10am-11am	Ronald Muse
	April 15 – May 20	Sunset Hill Golf LC
893	Sa 11am-12pm	
	Feb. 11 – March 18	Tower Tee
891	M 7pm-8pm	
	March 20 – April 24	Tower Tee
890	Tu 9am-10am	
	March 28 – May 2	Tower Tee
892	Th 6pm-7pm	
	April 6 – May 11	Tower Tee

12 Sessions | \$109

870	TuTh 11am-12pm	
	March 28 – May 4	Ruth Park

Golf: Basics and Beyond

Learning to play correctly is key to a great golf game. New golfers get started on the right track and more experienced golfers will get back to basics to help "unlearn" any bad habits. Class will cover Putting, Chipping, Pitching, Rules, Etiquette, Full swing with Iron and Full swing with WOOD. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course!

PEDU:730 | \$99

820	Sa 10am-11:30am	
	April 22 – May 13	Eagle Springs

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 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 25 – May 16	Golfport-Maryland Hghts
801	Th 6pm-7pm	
	March 23 – April 13	Golfport-Maryland Hghts
802	Th 7pm-8pm	
	April 27 – May 18	Golfport-Maryland Hghts
803	Sa 11am-12pm	
	April 29 – May 20	Golfport-Maryland Hghts
810	W 5pm-6pm	
	March 29 – April 19	Big Bend GC
811	M 6pm-7pm	
	April 10 – May 1	Big Bend GC
812	M 7pm-8pm	
	April 10 – May 1	Big Bend GC
813	Sa 9am-10am	
	April 22 – May 13	Big Bend GC

Six Sessions | \$59

880	Tu 6pm-7pm	Donald Simpson
	April 11 – May 16	First Tee
881	W 7pm-8pm	Donald Simpson
	April 5 – May 10	First Tee
860	M 5pm-6pm	Ronald Muse
	Feb. 27 – April 3	Sunset Hill Golf LC
861	Sa 11am-12pm	Ronald Muse
	April 15 – May 20	Sunset Hill Golf LC
890	Tu 10am-11am	
	March 28 – May 2	Tower Tee
891	Th 5pm-6pm	
	Feb. 16 – March 23	Tower Tee
892	M 6pm-7pm	
	March 20 – April 24	Tower Tee
893	Sa 9am-10am	
	April 1 – May 6	Tower Tee

Golf: Short Game Skills

Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Class will cover putting, chipping and pitching.

PEDU:732

Four Sessions | \$45

822	M 6pm-7pm	
	March 27 – April 17	Eagle Springs
891	Th 10am-11am	
	Feb. 16 – March 23	Tower Tee
892	W 6pm-7pm	
	March 29 – May 3	Tower Tee
894	Th 7pm-8pm	
	April 6 – May 11	Tower Tee
897	Sa 10am-11am	
	April 1 – May 6	Tower Tee
870	F 10am-11am	
	April 7 – May 12	Ruth Park
860	Th 6pm-7pm	Ronald Muse
	April 13 – May 18	Sunset Hill Golf LC
880	Tu 7pm-8pm	Donald Simpson
	April 11 – May 16	First Tee

Golf for Seniors

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace.

PEDU:732 | \$45

800	Tu 10am-11am	
	April 25 – May 16	Golfport-Maryland Hghts

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; remainder of classes meet on Sunday). For details contact instructor (314-793-6061, melklearman@att.net).

PEDU:732 | \$39

V01	Tu 5:30pm-7pm	Melvin Klearman
	March 14	Creve Coeur Mun. GC
	Su 9am-10am	
	March 19-April 9	Creve Coeur Mun. GC
V02	Tu 5:30pm-7pm	Melvin Klearman
	April 18	Creve Coeur Mun. GC
	Su 9am-10am	
	April 23-May 21	Creve Coeur Mun. GC

Golf: Parent/Child - Four Sessions

Parent attends class with child ages 7-15. Registration required for each participant.

PEDU:732 | \$45

810	W 6pm-7pm	
	March 29 – April 19	Big Bend GC
811	Su 12pm-1pm	
	April 23 – May 14	Big Bend GC
801	Tu 6pm-7pm	
	April 25 – May 16	Golfport-Maryland Hghts
802	Sa 10am-11am	
	April 29 – May 20	Golfport-Maryland Hghts

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$20 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is at the start time so be sure to arrive a few minutes early.

PEDU:732 | \$39

820	M 5pm-7pm	
	May 1	Eagle Springs
821	M 5pm-7pm	
	May 15	Eagle Springs

Golf: Combo Class

Enjoy a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.

PEDU:732 | \$59

890	Th 9am-10am	
	Feb. 16 – March 23	Tower Tee
893	W 7pm-8pm	
	March 29 – May 3	Tower Tee
895	Sa 10am-11am	
	Feb. 11 – March 18	Tower Tee
896	Sa 8am-9am	
	April 1 – May 6	Tower Tee
898	Sa 11am-12pm	
	April 1 – May 6	Tower Tee

Tennis

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$69

M01	Tu 1pm-2pm	Vetta
	Feb. 7 – March 21	
M02	Sa 2pm-3pm	Vetta
	Feb. 4 – March 18	

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Four Sessions | \$55

M09	Th 7pm-8pm	SH Watson Trails
	April 27 – May 18	

Six Sessions | \$85

M06	Su 6pm-7pm	Frontenac RC
	Feb. 5 – March 12	
M07	Su 6pm-7pm	Frontenac RC
	March 26 – May 7	
	No Class 4/16	
M08	MW 7pm-8pm	Lake Sch Park/TC
	May 1 – May 17	

Seven Sessions | \$69

M03	Su 10am-11am	Chesterfield Ath. Club
	Jan. 29 – March 19	
	No Class 2/19	

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

M02	Sa 3:30pm-4:30pm	Vetta
	Feb. 4 – March 18	
M03	Sa 3:30pm-4:30pm	Vetta
	April 1 – May 13	

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Six Sessions | \$85

M04	Sa 4pm-5pm	Forest Lake TC
	Jan. 28 – March 4	
M05	Sa 4pm-5pm	Forest Lake TC
	March 18 – April 22	

Seven Sessions | \$95

M06	Tu 2pm-3:30pm	Vetta
	Feb. 7 – March 21	
M07	Th 2pm-3:30pm	Vetta
	March 30 – May 11	
M08	Sa 4:30pm-6pm	Vetta
	April 1 – May 13	

Nine Hours | \$89

M01	Th 8:30pm-10pm	Woods Mill RC
	Jan. 12 – Feb. 16	
M02	Th 8:30pm-10pm	Woods Mill RC
	March 2 – April 6	
M03	Th 8:30pm-10pm	Woods Mill RC
	April 20 – May 25	

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

M02	Tu 2pm-3:30pm	Vetta
	March 28 – May 9	
M03	Th 2pm-3:30pm	Vetta
	Feb. 2 – March 16	
M04	Sa 4:30pm-6pm	Vetta
	Feb. 4 – March 18	
M05	Sa 2pm-3:30pm	Vetta
	April 1 – May 13	
M01	Tu 1pm-2:30pm	Chesterfield Ath. Clb
	Jan. 31 – March 14	

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.

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.

Team Sports

Basketball: Recreational

Tired of “riding the pine?” Get up and play! A great way to have fun and get exercise. All levels welcome; just register and come play! Bring a white and a dark colored t-shirt to class. Do not wear jewelry. No class 3/21, 4/4.

PEDU:701 | \$59

730	Tu 7pm-8:30pm
	Feb. 21 – May 16

Richard Bannecker
Oakville H.S., GYM

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/17.

PEDU:704 | \$69

580	F 7pm-8:30pm
	March 3 – May 12

Jason Guss
FV - PE, GYM

Fitness

Aquatics

Attention Water Students:

Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call

- Meramec Pool: 314-984-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool. One parent/guardian per 3 children if they can swim. One parent/guardian per non-swimming child. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration. No class 3/19, 4/16.

PEDU:720 | \$79

580	Su 5pm-6:50pm
	Jan. 29 – April 30

FV - PE, POOL

Additional family members of students that have registered and paid for PEDU 720 580 should register for PEDU 720 581. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration.

Lap Swim - Florissant Valley

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 3/4, 3/16.

PEDU:721 | \$79

500	TuTh 7am-7:50am
	Jan. 31 – May 4

FV - PE, POOL



Open Lap Swim - Meramec

Pool will be open for credit and non-credit students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 2/20, 3/13, 3/14, 3/15, 3/16.

PEDU:721 | \$95

600 MTuWTh 8am-8:50am
Jan. 17 - May 2

MC - PE, POOL

Swimming Skills: Beginning/Intermediate

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722

Eight Sessions | \$55

581 Sa 11am-11:50am
Feb. 25 - April 22
No Class 3/18

Jeanne Hudgens
FV - PE, POOL

12 Sessions | \$79

580 Sa 9am-9:50am
Feb. 4 - April 29
No Class 3/18

Daniel Vogt
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

580 Sa 10am-10:50am
Feb. 4 - April 29
No Class 3/18

Daniel Vogt
FV - PE, POOL

604 TuTh 9am-9:50am
March 28 - May 11

Gary Ketcherside
MC - PE, POOL

605 TuTh 2pm-2:50pm
March 28 - May 11

Lisa Hale
MC - PE, POOL

15 Sessions | \$89

601 TuTh 9am-9:50am
Jan. 7 - March 17
602 TuTh 2pm-2:50pm
Jan. 7 - March 17

Gary Ketcherside
MC - PE, POOL
Lisa Hale
MC - PE, POOL

16 Sessions | \$95

500 MWF 8am-8:50am
Jan. 30 - March 8
No Class 2/20
502 MWF 10am-10:50am
Jan. 30 - March 8
No Class 2/20
503 MWF 7:30am-8:20am
March 27 - May 1

Barbara Harris
FV - PE, POOL

Barbara Harris
FV - PE, POOL

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.

PEDU:729

12 Sessions | \$79

551 Th 6pm-6:50pm
Feb. 2 - April 27
No Class 3/16

Neil Skid
FV - PE, POOL

14 Sessions | \$85

600 MW 9am-9:50am
Jan. 18 - March 8
No Class 2/20
603 MW 9am-9:50am
March 27 - May 10

Neil Skid
MC - PE, POOL

Neil Skid
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 | \$79

550 W 6pm-6:50pm
Feb. 1 - April 26
No Class 3/15

Barbara Harris
FV - PE, POOL

16 Sessions | \$95

501 MWF 9am-9:50am
Jan. 30 - March 8
No Class 2/20

Barbara Harris
FV - PE, POOL

504 MWF 8:30am-9:20am
March 27 - May 1

Barbara Harris
FV - PE, POOL

Aquafusion

Use various resistance equipment (dumbbells and noodles) in this high energy class to build cardio capacity and strengthen main muscle groups. Great exercise to increase your strength and endurance, leaving you feeling great and looking good!

PEDU:729 | \$85

451 TuTh 8pm-8:50pm
Jan. 24 - March 9

Terri Williams
FP - PE, POOL

650 MW 6pm-6:50pm
Jan. 18 - March 8

Terri Williams
MC - PE, POOL

652 MW 6pm-6:50pm
March 27 - May 10

Terri Williams
MC - PE, POOL

453 TuTh 8pm-8:50pm
March 28 - May 11

Terri Williams
FP - PE, POOL

FABS: For Over Forty, ABS, Balance and Strength

Are you over Forty? Do you want tighter ABS to help with Balance? Do you loathe the thought of pumping iron in a gym but would still like to build muscle and increase Strength? Then this FABSulous class is for YOU! As we age, our bellies tend to get bigger, our balance becomes a bit off kilter, and our muscles start to sag (especially the back of those arms). Using various water equipment, FABS class will: tighten your tummy, improve your balance, and build major muscle groups.

PEDU:729 | \$85

450 TuTh 7pm-7:50pm
Jan. 24 - March 9

Terri Williams
FP - PE, POOL

651 MW 7pm-7:50pm
Jan. 18 - March 8

Terri Williams
MC - PE, POOL

653 MW 7pm-7:50pm
March 27 - May 10

Terri Williams
MC - PE, POOL

452 TuTh 7pm-7:50pm
March 28 - May 11

Terri Williams
FP - PE, POOL

Exclamation Point!

"Terri Williams is a very good instructor. She has a way of leading the class that makes exercise fun. I have signed up for the next class."

- Dianne T., Glendale

Aerobic Exercise

Cardio Kickboxing

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

PEDU:744 | \$69

M01 W 7pm-8pm
March 8 - May 10

Timothy Toeniskoetter

780 M 7pm-8pm
Feb. 27 - May 8

Timothy Toeniskoetter

No Class 3/20

Sperreng Mid. Sch, LG GYM

Zumba Gold

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

PEDU:747 | \$59

M01 W 11am-11:50am
Feb. 8 - March 29

ADIVA Dance Center

Zumba Toning

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

PEDU:747 | \$59

M02 Th 6pm-6:50pm
Feb. 9 - March 30

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 3/22.

PEDU:750 | \$75

730 W 6pm-6:50pm
Feb. 1 - April 26

Susan Pellegrino
Oakville H.S., CAFE

Rise and Shine: Senior Workout

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

PEDU:755 | \$75

614 TuTh 6am-7am
Jan. 31 - March 7

Gail Velten

March 9

MC - PE, GYM

615 TuTh 6am-7am
March 28 - May 4

MC - PE, 201

Gail Velten

MC - PE, GYM

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress and enhance coordination. Bring a towel and mat. No class 3/14.

PEDU:755 | \$75

616 Tu 8am-8:50am
Feb. 7 - May 2

Gary Ketcherside

No Class 3/14

MC - PE, GYM

617 Th 8am-8:50am
Feb. 9 - May 11

Gary Ketcherside

No Class 3/9, 3/16

MC - PE, GYM

Boot Camp with Shark Fitness

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

PEDU:755

Seven Sessions | \$119

650 MW 5:30pm-6:30pm
Jan. 9 - Feb. 1 MC - PE
No Class 1/16

Eight Sessions | \$129

604 TuTh 5:45am-6:45am
Jan. 10 - Feb. 2 MC - PE

608 TuTh 9:30am-10:30am
Jan. 10 - Feb. 2 MC - PE

606 TuTh 5:45am-6:45am
March 21 - April 13 MC - PE

610 TuTh 9:30am-10:30am
March 21 - April 13 MC - PE

611 TuTh 9:30am-10:30am
April 18 - May 18 MC - PE

Nine Sessions | \$139

651 MW 5:30pm-6:30pm
Feb. 6 - March 8 MC - PE
No Class 2/20

10 Sessions | \$149

605 TuTh 5:45am-6:45am
Feb. 7 - March 9 MC - PE

609 TuTh 9:30am-10:30am
Feb. 7 - March 9 MC - PE

607 TuTh 5:45am-6:45am
April 18 - May 18 MC - PE

11 Sessions | \$159

600 MWF 5:45am-6:45am
Jan. 9 - Feb. 3 MC - PE
No Class 1/16

12 Sessions | \$169

602 MWF 5:45am-6:45am
March 20 - April 14 MC - PE

14 Sessions | \$189

601 MWF 5:45am-6:45am
Feb. 6 - March 10 MC - PE
No Class 2/20

15 Sessions | \$195

603 MWF 5:45am-6:45am
April 17 - May 19 MC - PE

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, 4/4.

PEDU:755 | \$69

782 Tu 6pm-6:55pm
Feb. 28 - May 16 Sperrang Mid. Sch, SM GYM
Rena Potsos

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. 7 - May 9 Sperrang Mid. Sch, SM GYM
No Class 3/21, 4/4
Marsha Fey

781 W 7pm-7:55pm
Feb. 8 - May 3 Sperrang Mid. Sch, SM GYM
No Class 3/22
Marsha Fey

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

M01 Sa 8:15am-9:10am
Feb. 4 - March 11 Karol McNutt
MC - PE, 105

M02 Sa 8:15am-9:10am
April 1 - May 6 Karol McNutt
MC - PE, 105

Class will meet from 8am-8:55am on 4/1 and 5/6 only.
Remaining dates are from 8:15am-9:10 am.

New Low-Impact Workout

Do you want to repair damage to your joints, improve your health or both? This low-impact workout class will help you do just that! Have fun exercising to music and improve your heart health without putting stress on your joints; resulting in a healthier YOU. No class 3/15.

PEDU:755 | \$59

920 W 7pm-7:50pm
Feb. 22 - April 19 Andrea Barnes
U. City H.S., GIRLS GYM

Pilates/Yoga

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

10.5 Hours | \$69
M02 Th 5:30pm-7pm
Feb. 2 - March 23 Denise Motta
Affton White-Rodgers, B
No Class 3/16

M03 Th 5:30pm-7pm
March 30 - May 11 Denise Motta
Affton White-Rodgers, B

13 Sessions | \$89

P01 M 6:30pm-7:25pm
Jan. 23 - May 8 Jill Woehrl
Nottingham, GYM
No Class 2/20, 3/20, 4/17

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756

10 Sessions | \$69
M01 Th 10:15am-11:15am
March 2 - May 11 Denise Motta
Affton White-Rodgers, GYM
No Class 3/16

13 Sessions | \$89

650 M 6pm-6:50pm
Jan. 23 - May 1 Katherine McMeans
MC - PE, 105
No Class 2/20, 3/13

651 W 6pm-6:50pm
Jan. 25 - April 26 Katherine McMeans
MC - PE, 105
No Class 3/15

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

Three Sessions | \$35

M15 M 7:15pm-8:15pm
May 8 - May 22 Sharon Danyluck
Sunset Hills Comm. Ctr

M14 M 6pm-7pm
May 8 - May 22 Sharon Danyluck
Sunset Hills Comm. Ctr

Four Sessions | \$39

M01 M 9:30am-10:30am
Jan. 23 - Feb. 13 Nicole Thompson
Queeny Park RC

M02 W 9:30am-10:30am
Jan. 25 - Feb. 15 Nicole Thompson
Queeny Park RC

Eight Sessions | \$59

M09 F 9:30am-10:30am
March 24 - May 12 Colleen Haviland
Bluebird Park

10 Sessions | \$69

780 M 6:30pm-7:25pm
Feb. 27 - May 8 Sperrang Mid. Sch, SM GYM
Bring a towel, mat, yoga belt, and #6 or 8 resistance band. No Class 3/20

M05 M 9:30am-10:30am
Feb. 27 - May 1 Nicole Thompson
Queeny Park RC

M06 W 9:30am-10:30am
March 1 - May 3 Nicole Thompson
Queeny Park RC

12 Sessions | \$79

730 W 7pm-7:50pm
Feb. 1 - April 26 Colleen Haviland
Oakville H.S., CAFE
No Class 3/22

13 Sessions | \$89

M10 M 6pm-7pm
Jan. 30 - May 1 Sharon Danyluck
Sunset Hills Comm. Ctr
No Class 2/20

M11 M 7:15pm-8:15pm
Jan. 30 - May 1 Sharon Danyluck
Sunset Hills Comm. Ctr
No Class 2/20

15 Hours | \$95

P01 W 6:30pm-7:25pm
Jan. 25 - May 7 Jill Woehrl
Nottingham, GYM
No Class 3/22

M03 Tu 1pm-2:30pm
Feb. 7 - April 11 Julie Garland
Big Bend Yoga Center

Yoga: Continuing

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

PEDU:761

10 Sessions | \$69

M08 M 1:30pm-2:30pm
Feb. 27 - May 8 Kelly Kauffmann
Affton White-Rodgers, GYM
No Class 3/13

15 Hours | \$95

M04 Th 9am-10:30am
Feb. 9 - April 13 Karen Martinez
Big Bend Yoga Center



Convenient, Affordable, and Effective.

Take ed2go courses anywhere and when it's most convenient for you.

We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

Visit our site to learn more.
www.ed2go.com/stlcc/

St. Louis Community College
Continuing Education

ed2go
extend your reach

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 | \$49

350 W 8pm-8:50pm
Jan. 18 – March 1
450 Th 6:30pm-7:50pm
Jan. 19 – March 2
352 W 8pm-8:50pm
March 22 – May 3
451 Th 6:30pm-7:50pm
March 23 – May 4

Robert Gadon
WW, 102B
Robert Gadon
FP - SC, 25
Robert Gadon
WW, 102B
Robert Gadon
FP - PE, East

Iyengar Yoga: Continuing

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

PEDU:761 | \$69

351 W 6:15pm-7:45pm
Jan. 18 – March 1
353 W 6:15pm-7:45pm
March 22 – May 3

Robert Gadon
WW, 102B
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 3/13.

PEDU:761 | \$69

M07 M 12:15pm-1:15pm
Feb. 27 – May 8

Kelly Kauffmann
Affton White-Rodgers, GYM

Gentle Yoga - MSPC

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

PEDU:761 | \$79

M12 W 7pm-8pm
Feb. 1 – March 22
M13 W 7pm-8pm
April 5 – May 24

Masterpeace Studios
Masterpeace Studios

BUTI® Yoga

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

PEDU:761 | \$69

650 Th 6:30pm-7:25pm
March 2 – May 11
No Class 3/16
P02 Tu 5:30pm-6:15pm
Feb. 28 – May 2

Alexandra Culberson
MC - PE, 105
No Class 3/16
Holly Wilson
Flex Fitness Studio

T'ai Chi

T'ai Chi Chih: Beginning

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

PEDU:766 | \$69

P01 Tu 2:30pm-3:30pm
Feb. 14 – April 18

Jeanette Miller
Solar Yoga Center

Chen Tai Chi for Beginners

Strengthen your body through slow, smooth movements; increase energy through mindful breathing; and improve balance through the constant shift of body weight. Tai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of Tai Chi.

PEDU:766 | \$59

600 W 10am-10:50am
Feb. 8 – April 5
No Class 3/15
650 Th 6pm-6:50pm
Feb. 9 – April 6
No Class 3/16

Alex Chen
MC - PE, 201

Alex Chen
MC - PE, 201

New Tai Chi Quan

Practicing Tai Chi has been shown to increase muscle strength, flexibility and balance. Learn the basic form of Yang Style Tai Chi to improve circulation, stability and overall health. Come see how this form of moving meditation can help you reduce stress and live a longer, healthier life. Great exercise for all ages and levels of ability.

PEDU:766 | \$59

450 M 6:30pm-7:25pm
March 20 – May 8

Arthur Du
FP - PE, DANCE RM

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. 14 – April 18
500 Th 4:30pm-5:25pm
Feb. 23 – May 4
No Class 3/16

Jeanette Miller
Solar Yoga Center
Jeanette Miller
FV - CWI, 134

Mini Session | \$39

P02 Tu 1:15pm-2:15pm
May 2 – May 30

Jeanette Miller
Solar Yoga Center

Self Defense

New Shorin Ryu Karate

Shorin Ryu classes are taught from the traditional lineage of Shoshin Nagamine including kata, sparring, competition training and traditional weapons; with modern-day scenarios needing real-world applications. Highly physical workouts and disciplined instruction lead by a Karate and kickboxing champion from St. Louis lineage of Sensei Bob Yarnall.

PEDU:742 | \$95

M01 M 7pm-8:30pm
Feb. 6 – April 10
M02 W 7pm-8:30pm
Feb. 15 – April 19

CODA Martial Arts
CODA Martial Arts

New CODA Jujitsu

Learn the best self-defense techniques for real-world attack situations with a seamless blend of Karate/kickboxing, Judo, Small Circle Jujitsu and grappling. Practice how to defend yourself. Acquire skills based on proven principles that work across all martial art styles. Class is open for all levels.

PEDU:743 | \$95

M04 F 7:30pm-9pm
Feb. 10 – April 14

CODA Martial Arts

New Kung Fu Shaolin Black Dragon

Learn practical self-defense techniques through an introduction to Kung Fu, emotional and physical balance, technique, style and disciplined training. Build self-confidence and gain the ability to avoid or deal with unexpected confrontation.

PEDU:743 | \$95

M05 Su 1pm-3pm
Feb. 5 – April 9

CODA Martial Arts

New Shikata Yoso Te: 'The Way of the Elemental Hands'

Learn to mimic characteristics of the four main elements (Earth, Water, Wind, Fire) for practical self-defense application. Shikata Yoso Te is a hybrid martial art which incorporates various aspects of traditional styles such as Tae Kwon Do, Karate, Kung Fu and more. This merging of styles provides you with the ability to apply your training to real-world, everyday situations, while preserving traditional practices in the dojo. Build physical fitness while building skills.

PEDU:743 | \$95

M06 Th 6pm-8pm
Feb. 16 – April 20

CODA Martial Arts

Systema: Russian Self-Defense

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

PEDU:743 | \$95

P01 Tu 6:30pm-7:30pm
March 7 – May 8

Systema St. Louis

Class Nikita: Covert Self-Defense for Women

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

PEDU:743 | \$95

P02 Th 5:45pm-6:45pm
March 9 – May 11

Systema St. Louis

Pro-Active Personal Security and Self-Defense

Easy-to-learn concepts make this a great seminar for novice students that are interested in practical application of self-defense without countless, complicated techniques. Be pro-active and prepare yourself to face stronger, more skilled, armed and unarmed opponents through a unique combination of demonstrations and hands-on tactics. No shoes on mats; athletic wear required.

PEDU:743 | \$25

680 Sa 9am-12pm
April 1
681 F 5:30pm-8:30pm
May 5

Dennis Fonod
MC - PE, 105
Dennis Fonod
MC - PE, 105

Practical Self-Defense for Women

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

PEDU:743 | \$25

682 F 6pm-9pm
Feb. 24

683 Sa 9am-12pm
May 6

580 F 6pm-9pm
March 31

581 F 6pm-9pm
April 14

Gina Breadon

MC - PE, 105

Gina Breadon

MC - PE, 105

Gina Breadon

FV - PE, 122

Gina Breadon

FV - PE, 122

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
Feb. 27 - May 1

M03 Sa 10am-11am
March 18 - May 20

Xtreme Krav Maga

Xtreme Krav Maga

Women Only

M02 Tu 6pm-7pm
March 14 - May 16

Xtreme Krav Maga

The Great Outdoors

SUP-Stand Up Paddleboarding: Introduction

Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! Learn proper paddling instruction and get a brief introduction before you hit the water. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$59

M01 W 5:30pm-7:30pm
May 10 - May 17 Simpson Lake

M02 Sa 10am-12pm
May 6 - May 13 Simpson Lake

SUP-Stand up Paddleboarding: Yoga

Leave the yoga mat behind and enjoy a challenging, core-strengthening exercise on the water! Learn to use breathing, stretching and relaxation techniques as you balance mind and body on a paddleboard. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$39

M03 W 4:30pm-5:20pm
May 10 - May 17 Simpson Lake

New SUP-Stand Up Paddleboarding: Fitness

Ready to take your fitness to a whole new level? Get a great, total body workout by combining paddling, plyometrics, strength training and more! Great for all levels of fitness! Some experience with Stand Up Paddleboarding is recommended but not required. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$39

M04 Sa 10am-10:50am
May 6 - May 13 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

680 Sa 8:30am-4:30pm
March 25 MC - BA, 118

Pickleball: Basics and Continuing

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

PEDU:740 | \$59

M01 M 5pm-5:55pm

April 10 - May 15

M02 M 6pm-6:55pm

April 10 - May 15

M03 Sa 9am-9:55am

April 15 - May 20

M04 Sa 10am-10:55am

April 15 - May 20

Frank Dalton Allyson
Duffin

Kennedy Rec Plex

Frank Dalton Allyson
Duffin

Kennedy Rec Plex

Frank Dalton Allyson
Duffin

Kennedy Rec Plex

Frank Dalton Allyson
Duffin

Kennedy Rec Plex

Tree Climbing classes do not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. Ages 7 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

Tree Climbing Fun: Friends and Family!

Looking for something new to do with family and friends? Why not spend time in nature while experiencing the thrill and beauty of being high in a tree? Engage in fun group activities and games as you enjoy learning about trees. Using a rope and harness, you will get to relish in the gorgeous views as you ascend higher and higher in the tree.

PEDU:765 | \$39

V01 Sa 9am-12pm
March 25

Guy Mott
EarthDance Farms

New MORE Tree Climbing Fun: Friends and Family!

Build upon what you learned in Tree Climbing Fun with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Prerequisite: Tree Climbing Fun or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc). Sack lunches are recommended for students attending morning and afternoon classes; there will be a short break between classes.

PEDU:765 | \$49

V02 Sa 12:30pm-4:30pm
March 25

Guy Mott
EarthDance Farms



Get into the great outdoors this spring with Continuing Education!

Discover Pickleball, explore paddleboarding, or see the world from the treetops!

Health and Wellness

Natural Wellness: Overview of Traditional Chinese Medicine

Explore the fundamental concepts of Traditional Chinese Medicine (TCM); concepts that have been the foundation of TCM for over 2500 years! Learn the basics of principles and how you can apply them in your daily life to enhance your health and wellness. Class taught by a licensed acupuncturist and herbalist with a PhD in Traditional Chinese Medicine.

HEAL:701 | \$29
650 Th 6pm-9pm
Feb. 2

Alex Chen
MC - BA, 122

Back Care Basics

Approximately 80% of Americans experience back pain, but you don't have to let it control your life. Understand how the spine relates to health and the importance of posture, even with something as simple as sending a text message. Learn about proper sleep position and how to create an ergonomic workstation to help minimize strain on your back and neck. Stretches and exercises that can help maintain good spinal health will also be demonstrated during class.

HEAL:703 | \$15
550 Tu 7pm-7:50pm
April 11
680 Sa 11am-11:50am
Feb. 25

Timothy Sullivan
SCEUC, 118
Timothy Sullivan
MC - SO, 105

Couples Massage

Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage and Trigger Point Therapy. Partner required. Fee is per person. Supply list emailed.

HEAL:704 | \$49
480 Sa 9:30am-3:30pm
April 22
680 Sa 9:30am-3:30pm
Feb. 11

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

MELT®

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

HEAL:709 | \$75
M01 M 12pm-12:50pm
March 6 - March 27
M02 M 12pm-12:50pm
April 3 - April 24

Body by Pilates,
STUDIO RUE
Body by Pilates,
STUDIO RUE

New Workshop | \$29

M03 F 6pm-7:30pm
March 3
M04 F 6pm-7:30pm
April 7
M05 F 6pm-7:30pm
May 5

Body by Pilates,
STUDIO RUE
Body by Pilates,
STUDIO RUE
Body by Pilates,
STUDIO RUE

Dump Sugar for Good

Do you have a sweet tooth that has you reaching for that candy bar or ice cream often? It's not an easy task but you can break up with your sugar habit. Health and Wellness Coach, Amber Branson, will help you learn how to successfully stop the addiction and create healthy habits along the way!

HEAL:712 | \$25
450 W 6:30pm-8:30pm
Feb. 22

Amber Branson
FP - G Tower, 115

Winter Wellness: Boosting Your Immune System

Cold and Flu season is here! Discover great ways to boost your immunity and reduce your chances of getting sick this winter; even learn how to avoid the dreaded weight gain with a personalized action plan to improve your health after the holidays and feeling great in the New Year!

HEAL:712 | \$25
650 Th 6:30pm-8:30pm
Jan. 19

Amber Branson
MC - SO, 108

Healthy Living

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

HEAL:713 | \$29
680 Sa 9:30am-12:30pm
March 4

James Toombs
MC - SO, 112

New Introduction to Matrix Thinking: Learning Outside of the Box

Did you enjoy the movie The Matrix? If so, then you might be surprised to know that the matrix has a very interesting interdisciplinary history and its applications and meanings are nearly endless. In this seminar, you will learn more about the history of the matrix and its significance as a master trope. Whether you are looking for ways to improve your critical and creative thinking skills for work or deepen your understanding of the interconnectedness of everyday experiences and academics, Matrix Thinking helps you see these networks and relationships in a totally different way. This seminar provides the eye-opening learning experiences that will make you (re)evaluate everything you thought you knew and the person you think you are.

PERD:709 | \$25
450 W 6:30pm-8pm
Feb. 1 - Feb. 22

Jeremy Dennis
FP - D Tower, 215

New Karma

Explore what karma is and how it is connected to your past lives. Learn how it operates, how to recognize when it is occurring and how you can resolve karma in the most effective way. Acquire skills necessary to identify karmic lessons and move forward in life.

PERD:709 | \$25
680 Sa 10am-12pm
April 8
550 Th 6:30pm-8:30pm
March 9

Dana West
MC - SO, 105
Dana West
SCEUC, 120

New Facing Your Giants

Explore the continual lessons and obstacles you face in life and the "giant" that is lurking underneath these events. Discover how to recognize dysfunctional giants and how they manifest. Learn strategies to conquer those giants and end self-sabotaging behaviors that result from these overwhelming problems.

PERD:709 | \$25
681 Sa 10am-12pm
May 6

Dana West
MC - SO, 105

Discover Your Talents

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

PERD:709 | \$49
480 Sa 9am-12pm
March 4
March 11
651 Th 6pm-9pm
April 27 - May 4

Carol Watkins
FP - E Tower, 310
FP - E Tower, 315
Carol Watkins
MC - BA, 203

New Flourishing With Your Strength Blueprint

Do you have the opportunity to do what you do best each day? Discover, develop and deliver on your strengths, those things that you are naturally good at and actually enjoy doing. Positive Psychology research shows that developing your strengths and talents helps to improve confidence, performance and well-being. Whether you are seeking to discover your strengths, design a strengths fueled future or want to deliver on your strengths each day, having a strengths blueprint will help you to flourish in both your work and personal life. There will be an hour lunch break.

PERD:709 | \$49
682 Sa 9am-4pm
May 13

Carol Watkins
MC - BA, 203



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

680 Sa 9am-12pm
March 25

580 Sa 10am-1pm
April 22

Kimberly Meredith
MC - CS, 104

Kimberly Meredith
FV - C, 111

Stress Management

Live a healthier, happier life by learning how to deal with stress effectively. Discover what stress is and identify your personal stress response. Class will also explore adaptogens and the role they play in stress reduction.

PERD:712 | \$25

550 Th 6:30pm-8:30pm
April 27

Amber Branson
FV - C, 111

Leaving a Legacy Letter for Your Loved Ones

Leaving the gift of words doesn't cost anything and yet, your letter may end up being your most remembered and cherished legacy. But where to start and what to include? How do you get past staring at a blank piece of paper and find the words that you want to say and that they need to know? Discuss topics, ideas and ways of doing just that. Through exercises, creative techniques and discussion, you can find the words to express your values, beliefs and blessings with the people you care about.

PERD:715 | \$29

400 Tu 1pm-4pm
March 7

350 Tu 6pm-9pm
Feb. 21

Margarita Meyer
FP - G Tower, 119

Margarita Meyer
WW, 220

New Leaving a Legacy Message for Your Loved Ones

Leave your loved ones something more than just a memory. Other than a legacy letter, there are many options to leaving a lasting impression and something for your loved ones to cherish. Explore some of the many options for leaving a message for your loved ones, something that expresses your sentiments in a way that is uniquely you. There are as many ways to leave a message as there are people.

PERD:715 | \$29

650 W 6pm-9pm
April 5

Margarita Meyer
MC - CE Classroom



Look for a class on Forgiveness in the History and Religion section on page 57.

Meditation for Health and Harmony

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you. No class 3/15.

PERD:732 | \$49

650 W 7pm-9pm
March 1 - March 29

Rhonda Leifheit
MC - CS, 120

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

450 W 7pm-9:30pm
March 22 - April 5

Jean Walters
FP - F Tower, 325

651 Th 7pm-9:30pm
Feb. 23 - March 9

Jean Walters
MC - CE

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

650 Tu 7pm-9:30pm
April 11 - April 25

Jean Walters
MC - SO, 109

Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more. No class 3/16.

PERD:735 | \$49

450 Th 7pm-9pm
March 2 - March 30

Rhonda Leifheit
FP - HSP, 219

Dreams: Wisdom from Within

Delve into the mystery of dreaming to discover the guidance they can give. Learn techniques for remembering dreams, identify the different types of dreams and explore how their meaning can be used to solve problems, make decisions and improve your health.

PERD:735 | \$49

651 Th 7pm-9pm
April 20 - May 11

Rhonda Leifheit
MC - CS, 120

Explore the Possibilities...



St. Louis Community College Continuing Education

Call 314-984-7777 to register beginning January 3

Youth and Family

New Manga Madness

Learn to draw your favorite manga characters! Follow along in this easy to understand class. No drawing experience necessary, everything (faces, arms, bodies, action poses) is broken down into steps. Ages 10 - 16 ONLY. KIDS:701 | \$79

580 Sa 9am-12pm Elizabeth Kern
April 8 - April 22 FV - H, 104

Myth and Magic: Create Your Fantasy World

Learn to draw and color fairies, dragons, unicorns, goblins, mermaids, monsters and other fantastic creatures in this exciting course! Young people will learn the basics of drawing and the building blocks of art, from a professional artist, while creating their own wonderful world based on their unique imaginations! Book required. Supply list emailed. LAST DAY TO ENROLL OR DROP IS FRIDAY 2/24. NO REFUNDS AFTER FRIDAY, 2/24. Ages 10 - 16 ONLY.

KIDS:701 | \$79
581 Sa 9am-12pm Elizabeth Kern
March 4 - March 18 FV - E, 295

Griot/Griote Dolls: Parent and Child

Keep your family traditions going and build new ones by becoming a griot doll artisan. Griot/Griote were unique to West Africa. They were the people who told stories to their family and other people in an entertaining way to preserve their ancient histories and traditions. They were very important because they were the oral historians of West Africa. We will make American Griot/Griote family dolls to start a new tradition of storytellers. Share family stories, jokes, songs, recipes and home remedies while crafting your doll. Learn key questions to start your storytelling tradition. Children must be accompanied by an adult. Both must register and pay. Age limit is 5 and above. KIDS:701 | \$39

582 Sa 1pm-4pm
April 1 - April 8 FV - E, 291

Karate for Kids

Designed to build self-confidence, self-esteem, and self-discipline. Karate for Kids teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. Ages 4-10.

KIDS:707 | \$59

M01 Sa 10am-11am Timothy Toeniskoetter
Feb. 18 - April 22 Martial Arts Ctr (Mehl)

V01 Sa 10am-11am
March 11 - May 13 Ferguson Martial Arts Ctr

New Kung Fu Shaolin Black Dragon for Kids

Learn practical self-defense techniques through an introduction to Kung Fu through emotional and physical balance, technique, style and disciplined training. Receive one-on-one instruction on anti-bullying and defense against bullies to build self-confidence and to avoid or deal with unexpected confrontation. Ages 5 and up.

KIDS:707 | \$95

M02 Su 4pm-6pm
Feb. 5 - April 9 CODA Martial Arts

Tennis for Youth: Pee Wee I

Series of group lessons specifically designed to introduce your young child, 4-6 years of age, to the game of tennis. Class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided.

KIDS:709

Four Sessions | \$35
M08 Th 5:30pm-6pm
April 27 - May 18 SH Watson Trails

Six Sessions | \$55
M06 MW 5:30pm-6pm
May 1 - May 17 Lake Sch Park/TC

M03 Su 5:30pm-6pm
Feb. 5 - March 12 Frontenac RC

Tennis for Youth: Beginning I and II

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

KIDS:709
Four Sessions | \$55
M09 Th 6pm-7pm
April 27 - May 18 SH Watson Trails

Six Sessions | \$85
Ages 7-10
M04 Su 6pm-7pm
Feb. 5 - March 12 Frontenac RC
M05 Su 6pm-7pm
March 26 - May 7 Frontenac RC
No Class 4/16

Ages 11-15
M01 Sa 4pm-5pm
Jan. 28 - March 4 Forest Lake TC
M02 Sa 4pm-5pm
March 18 - April 22 Forest Lake TC
M07 MW 6pm-7pm
May 1 - May 17 Lake Sch Park/TC

Golf for Youth: Beginning I - 4 Sessions

Beginning golf for children. Ages 7-15. Extra fee for balls.

KIDS:710 | \$45
810 Sa 11am-12pm
April 22 - May 13 Big Bend GC

Portuguese Language for Kids:

Ages 5-11
Learn Portuguese language and Brazilian culture while having fun! Energetic classes will include games, basic concepts and skills, conversation, texts interpretation, movies, and more. Taught by native-fluent speaker provided by Viva Brasil STL. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99
680 Sa 10am-12pm Vival Brasil STL
Feb. 4 - April 1 MC - CS, 211
No Class 3/18
681 Sa 10am-12pm Vival Brasil STL
April 15 - May 20 MC - CS, 211

Portuguese Conversation Youth:

Ages 12 - 17
Discover the Portuguese language and explore the Brazilian culture in the fun and relaxed atmosphere. Explore Brazilian costumes, dialogs and vocabulary using conversational approach and age-appropriate material to engage and motivate. This class is for individuals who have had previous exposure or experience with Portuguese language and can understand the basic communication in everyday situations. Emphasis will be on oral use of the language. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$75
650 W 5:30pm-7:30pm Viva Brasil STL
Feb. 1 - March 8 MC - CS, 204

Exclamation Point!

"My kids loved Karate for Kids with Continuing Education. They had a great time, met some new friends and stayed active with it afterwards. Thank you Continuing Education!"

- Marcy W., Ferguson

Fencing for Youth: Beginning I and II

Kids will have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and bouting, and will accommodate returning students with instruction to expand technique. Equipment provided. Ages 8-15.

KIDS:720 | \$59
650 M 5:30pm-6:25pm Patrick Dorsey
Jan. 23 - March 27 MC - PE, 201
No Class 2/20, 3/13
651 M 5:30pm-6:25pm Patrick Dorsey
April 3 - May 22 MC - PE, 201

Youth Volleyball: Ages 12-18

Learn the basics of volleyball in a fun, non-competitive environment! Passing, setting, hitting, serving and blocking will all be taught using fun games and activities. Ages 12-18. No class 3/17.

KIDS:720 | \$49
580 F 6pm-6:55pm Becca Guss
March 3 - May 12 FV - PE, GYM

Swimming for Children: Beginning

Get ready to swim like a fish-maybe a shark! Overcome any fear you may have of the water, practice beginning swimming strokes and learn personal water safety skills. No class 3/18.

KIDS:720 | \$55
Ages 5-8
581 Sa 12pm-12:50pm Jeanne Hudgens
Feb. 25 - April 22 FV - PE, POOL
582 Sa 1pm-1:50pm Jeanne Hudgens
Feb. 25 - April 22 FV - PE, POOL

Ages 8 and up
583 Sa 2pm-2:50pm Jeanne Hudgens
Feb. 25 - April 22 FV - PE, POOL

Mini Movers: Parent/Child

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. \$79 fee covers one child and up to two parents/guardians. All children MUST be registered under KIDS 738 600 and parents/guardians MUST register under KIDS 738 601. Signed waiver required for each participant. Parents of children can enjoy activities together and are welcome to stay and watch their child explore and learn. No class 3/14.

KIDS:738 | \$79
Ages Six months to three years
600 Tu 4:30pm-5:25pm Laura Legg
Feb. 28 - April 25 Katherine Van Horn
MC - PE, 105

Ages Two to Six years
650 Tu 5:30pm-6:25pm Laura Legg
Feb. 28 - April 25 Katherine Van Horn
MC - PE, 105

The following sections are for parents/guardians of children that have registered and paid for KIDS:738 600/650. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant

Ages Six months to three years
601 Tu 4:30pm-5:25pm Laura Legg
Feb. 28 - April 25 Katherine Van Horn
MC - PE, 105

Ages Two to Six years
651 Tu 5:30pm-6:25pm Laura Legg
Feb. 28 - April 25 Katherine Van Horn
MC - PE, 105

Like us on Facebook



**St. Louis
Community
College
Continuing
Education**

Location Index

STLCC Continuing Education *Registration begins January 8*

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Aftton White-Rodgers
Community Center
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Co.
3200 N. Highway 67, 63033

Almas Del Ritmo Dance Co.
3515 Park Ave., 63104

Babler Memorial State Park
Highway 109, 63005

BARx CrossFit
12309 Old Big Bend Rd, 63122

Bernard Middle School
1054 Forder Road, 63129

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Body by Pilates
(inside Studio Rue)
8744 Big Bend Blvd., 63119

Bridgeton Trails Library
3455 McKelvey Road, 63044

**STLCC-Center for Workforce
Innovation (CWI)**
3344 Pershall Rd., 63135

Chess Club and Scholastic
Center of St. Louis
4657 Maryland Ave, 63108

Chesterfield Athletic Club
16401 Swingley Ridge Rd.,
63017

City Sewing Room
6700 Arsenal Ave., 63139

Clayton High School
#1 Mark Twain Circle, 63105

CODA Martial Arts
11025 Gravois Ind. Ct. Dr., 63128

Columbia Bottom
Conservation Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Comprehensive Chiropractic
113 West 5th St., 63025

**STLCC-Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

Craft Central
8500 Delmar, 63124

Crestwood Bowl
9822 Watson Rd., 63126

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue,
63139

Dance Arts St. Louis
8045 Big Bend Ste 200b, 63119

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

STLCC-Florissant Valley (FV)
3400 Pershall Road, 63135

Forest Lake Tennis Club
1012 N. Woods Mill Road,
63011

STLCC-Forest Park (FP)
5600 Oakland Ave, 63110

Francis Park
Donovan and Eichelberger,
63109

Frontenac Racquet Club
10455 German Blvd., 63131

Garden of Life Spiritual Center
9525 Eddie and Park Rd.,
63126

Garden Villas South
13457 Tesson Ferry Rd., 63128

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Great American Human
Foosball (G.A.H.F.)
3227 Morganford, 63116

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

Lake School Park Tennis Ctr
581 Coeur de Ville Ln, 63141

Ladue Middle School
9701 Conway Road, 63124

Ladue Horton Watkins Sr.
High School
1201 S. Warson Rd., 63124

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Mehlville)
3712 Lemay Ferry Road,
63125

Masterpeace Studios
(inside Arden Mead Youth and
Community Center)
17 Selma Ave., 63119

STLCC-Meramec (MC)
11333 Big Bend Road, 63122

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Missouri History Museum
5700 Lindell Blvd, 63112

Mueller Industries
12951 Maurer Ind. Dr., 63127

Nottingham Elementary
School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra (Krkwd)
10907 Manchester Road,
63122

PerennialSTL.org
3762 S. Broadway, 63118

Queeny Park-Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

Shaw Nature Reserve
Hwy 100 At I-44 (exit 253)
Gray Summit, MO 63039

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

**STLCC-South County
Education & University
Center (SCEUC)**
4115 Meramec Bottom Road,
63129

Sperreng Middle School
12111 Tesson Ferry Road,
63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

St. Louis Genealogical Society
4 Sunnen Drive, 63143

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 Willowyc Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Water's Edge
17081 N. Outer 40 Rd., 63005

**STLCC-William J. Harrison
Education Center (Harrison
Ed. Ctr)**
3140 Cass Ave, 63106

STLCC-Wildwood (WW)
2645 Generations Dr.
Wildwood, 63040

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road,
63017

Xtreme Krav Maga
639 Gravois Bluffs Blvd. Ste C,
63026

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART 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 is limited to persons 16 years and older except for youth section classes and where otherwise noted.

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to stlcc.edu/need2know.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. In addition, all location closings will be posted on the college website, stlcc.edu. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. **NOTE:** Those wishing to take advantage of this fee reduction must do so at the time of registration. *Class costs vary, so prior to registering, please contact the Continuing Education office or see the online class schedule for the total cost of the senior reduced rate.*

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks

Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact Patricia Henderson of Human Resources, 314-539-5214.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least three weeks prior to the class or event.

*For more information
call 314-984-7777.*

Registration is Easy!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
3344 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
5600 Oakland Ave., St. Louis, MO 63110

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



By Phone

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

Telephone: 314-984-7777 NEW-Call Center Hours: M-Th 8:30 am - 5 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number /email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

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

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In Registration form *Please print in ink.*

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

*Please check material
fees prior to sending
payment in.*

Check Payment:

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

Credit Card Payment:

Charge fees to:

- ☐ MasterCard
☐ 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: _____

RESIDENTIAL CUSTOMER



Printed on
recycled paper.

Feature Five

Registration begins January 3



Healthcare Occupations

Start your new year off training for a new career! STLCC Continuing Education has a variety of opportunities to enter the healthcare field with our Healthcare Occupations training programs. Examine our spring opportunities on **page 13**.



Historical Studies

Gain an understanding of the present and training for the future by building a foundation through knowledge of the past with our history classes this spring. Expand your mind and change your life through the study of history beginning on **page 55**.



Home Improvement and Maintenance

There's nothing more rewarding than being able to improve or repair your home on your own. D.I.Y. and learn tips and tricks to save you time and money with St. Louis Community College Continuing Education! Explore Home Improvement classes beginning on **page 45**.



Social Media

Are your family and friends on Facebook, while you're still wondering what's in it for you? If you already use Facebook, do you worry about privacy on the social network? Join STLCC Continuing Education this spring and explore Facebook in a new and simple way! **See page 22**.



Career Essentials

Career planning is a life-long process that is accomplished by conducting research, participating in workshops or meeting with a career counselor. Join STLCC Continuing Education this spring for Career Essentials, a series of workshops for those just entering the workforce as well as those who are taking a new career path! **Review our classes on page 7**.

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 students enroll in:

- College transfer and career programs
- 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

575012-16-30-11/2016

Governed by a board of six elected and one state-appointed 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.