

Continuing Education

SPRING 2018

Registration begins January 3



School of Thought



St. Louis Community College
Continuing Education

stlcc.edu/ce | 314-984-7777

Register online with STLCC Continuing Education

Registration begins at 8:30 am on January 3.

Our new registration system requires students to provide the following information to enroll in classes:

- Full name
- Date of birth
- Mailing address
- Phone number
- Email address*
- Payment due at time of registration

- ☒ Go to stlcc.edu/CE
- ☒ Select your classes, add to your cart
- ☒ Create your account (*email address required for online registration)

- ☒ Pay for your classes
- ☒ Receive instant confirmation
- ☒ Enjoy your classes

**Be sure to check your email for class confirmation/receipt. Additional class updates including course changes and cancellations, supply lists and other applicable information will be sent via email.*



St. Louis Community College
Continuing Education

Continuing Education

Spring 2018

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

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

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



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

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

Continuing Education Call Center Hours



**Spring 2018 registration begins
Wednesday, January 3**

**Expanded hours
January 3 - 11**

Monday - Thursday:

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

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

**Regular Hours
beginning January 12**

Monday - Thursday:

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

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

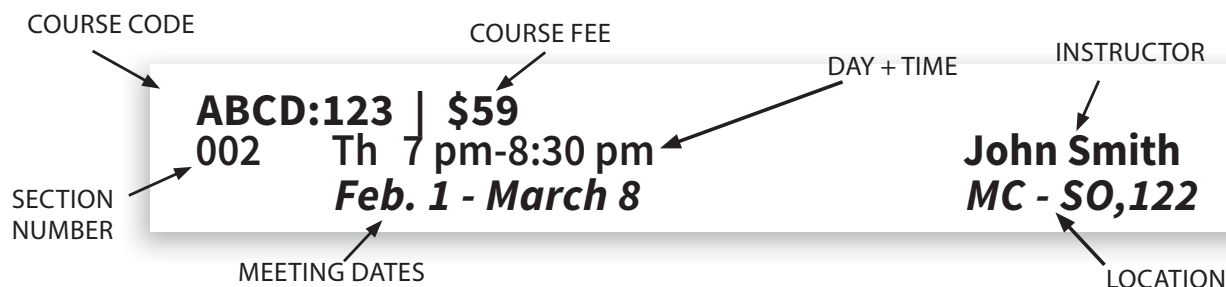


St. Louis Community College
Continuing Education

**Register online at stlcc.edu/CE
or call 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

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Pam Ross**

Rodney Gee

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

Professional Development

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

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

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



St. Louis Community College
Continuing Education



**Essentials
Training**

Professional Essentials

Project Management and Lean Six Sigma

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

Project Management Orientation

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

BPCT:703 | No Fee

001 Sa 9 am-12 pm
March 3

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. Program is presented by a Registered Educational Provider (REP). Class meets Thursdays and Saturdays. Lunch provided on Saturdays. Class is subject to cancellation if minimum enrollment is not met by 3/21. No refunds after this date unless class is cancelled.

BPCT:703 | \$1,899

002 Th 6 pm-9 pm
March 29 - April 26
Sa 8:30 am-4:30 pm
April 7 - April 21

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

LEAN Six Sigma Green Belt

Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt for professional development, this course is appropriate for you. We blend classroom instruction and online modules. Program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Materials included in cost of course. Students successfully completing this training will receive a LEAN Six Sigma Green Belt award of completion and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and two consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive noncredit 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 2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25 and Saturdays 4/21, 4/28. Class is subject to cancellation if minimum enrollment is not met by 2/13. No refunds after this date unless class is cancelled.

BPCT:701 | \$1,899

001 W 6 pm-9 pm
Feb. 21 - April 25
Sa 8:30 am-4:30 pm
April 21 - April 28

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



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

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

BUSN:702 | \$35

001 Sa 9:30 am-12:30 pm
Feb. 17

Dr. Renee Huss
MC - SO, 108

Dealing with Difficult People in the Workplace and Managing the Conflicts

Are there co-workers, subordinates or bosses in your office with whom there are conflicts? Would you like to learn how to enhance communication and build a better rapport? The relationships we have with others are important in cooperation, productivity, teamwork and support. Learn processes for interacting clearly with others in order to get what you need and want through negotiating styles, which can result in a win-win outcome.

BUSN:705 | \$35

001 Sa 9:30 am-12:30 pm
March 10

Dr. Renee Huss
MC - SO, 109

Managing Difficult Conversations

Learn to use strategic communication skills with co-workers, supervisors and the general public to ensure a positive intent and the best desired outcome. With so many interactions throughout the day, it's reasonable to expect that some may be difficult. Whether these conversations are face-to-face, by phone or virtually, there are things you can do to ensure these conversations go smoothly. This seminar will give you the tools to manage difficult conversations including speaking persuasively, listening and probing techniques, body language, staying safe and potential consequences.

BUSN:705 | \$35

002 W 9 am-12 pm
Jan. 31

FP - G Tower, 111

Listening Beyond the Words: Build Great Communication Skills

Fact: Poor communication is behind most relationship failures whether personal or business. Are you hearing your customers, colleagues, and co-workers needs and desires? Harmony can be achieved. Learn the fundamentals of effective listening, eliminate defensiveness, and discover your blocks to good communications. Positive interaction, in-depth listening, and appropriate feedback will be covered. Develop your skills and become a confident, engaging and empathic communicator!

BUSN:713 | \$69

001 W 9 am-4 pm
April 11

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

002 Tu 9:30 am-12:30 pm
March 6

Corp. College, 207

Mastering the Art of Effective Facilitation

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

BUSN:714 | \$39

001 Sa 8:30 am-12 pm
Feb. 24

James Lombardo
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

001 Sa 8:30 am-12 pm
Feb. 3

James Lombardo
Corp. College, 209

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

001 Tu 9 am-11 am
Feb. 6

Corp. College, 207



Small Business Essentials

Business Start-Up

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

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

BUSS:701 | \$29

003 Th 6 pm-9 pm
April 5

Michelle Ochonicky
MC - SO, 204

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

001 Sa 9 am-12 pm
Feb. 17 - Feb. 24
002 Sa 9 am-12 pm
April 7 - April 14

Lynette Watson
MC - BA, 220
Lynette Watson
MC - BA, 220

Starting your Own Business - Legal Issues

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

BUSS:701 | \$29

004 M 6 pm-8 pm
April 16

Amy Hereford
FP - G Tower, 111

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

001 Th 6 pm-9 pm
March 22 – April 12

Lynette Watson
MC - BA, 124

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

001 Sa 8:30 am-1:30 pm
March 3

Morris Turek
MC - SO, 109

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

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

BUSS:765 | \$25

001 Sa 10 am-12 pm
March 3

Cheryl Ring
MC - SO, 111

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

001 Sa 9 am-1 pm
March 3

Bill Dorr
MC - BA, 112

Career Essentials

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

001 Tu 6 pm-8:30 pm
March 6

Laurie Hawkins
MC - BA, 116

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

001 Tu 6 pm-9 pm
Feb. 20

Laurie Hawkins
MC - BA, 122

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

001 Th 6:30 pm-9:30 pm
Feb. 8

Laurie Hawkins
MC - SO, 204

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 | \$45

001 W 6:30 pm-8:30 pm
Jan. 24 – Feb. 7

Fred Miller
MC - SO, 108

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 | \$35

001 Tu 6:30 pm-8:30 pm
April 10 – April 17

Erin De Vore
MC - SO, 108

Interpersonal Communication

Learn how you can improve your interpersonal communication by taking an in-depth look at your speaking habits, modes of expression and non-verbal behavior. Role-playing exercises will give you the chance to practice and assess interpersonal strategies used in various situations and develop your skills to utilize these strategies based on your goals, needs and situations. Leave class with the ability to monitor your communication competence through self-awareness, a skill that can help you in every area of your life.

COMM:765 | \$49

001 Th 6:30 pm-8:30 pm
Feb. 8 – March 1

Kevin Renick
MC - SO, 108

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

002 Th 6:30 pm-9 pm
March 22

Laurie Hawkins
MC - SO, 111

Plus 50 Employment: The Purpose, Process & Payoff

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

CPDV:701 | \$59

001 Th 6 pm-9 pm
Feb. 15 – Feb. 22

Edwin Penfold
MC - BA, 203

Plus 50: Finding Purpose and Passion in the Third Chapter

Are you facing the uncharted post-career years and wondering what's next? Many of us in the third chapter of life feel unsettled, restless, and adrift. We believe the years between 50 and 75 can be some of the best, but don't know how to make sense of the changes we're facing. If you are looking for new meaning in work and life, this powerful interactive learning experience will teach you how to tap into the power of purpose. Whether you're seeking an encore career, looking for enlivening volunteer work, or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity, and fulfillment. Bring a sack lunch.

CPDV:702 | \$65

001 Sa 9 am-4 pm
Feb. 24

Carol Watkins
MC - SO, 232

002 Sa 9 am-4 pm
April 14

Carol Watkins
MC - SO, 232

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

001 Sa 10 am-12 pm
April 7

Amy Hereford
FP - G Tower, 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/profit joint ventures and other collaborative structures will also be discussed.

NPAD:703 | \$29

002 Sa 1 pm-3 pm
April 7

Amy Hereford
FP - G Tower, 111

Exclamation Point!

"Peggy Neufeld was friendly and informative. She listened to our questions and was able to apply her responses to the needs of each of our organizations."

- Linda N., St. Louis, MO

Grant Writing for Beginners

Designed for grant writers who are just getting started or have limited experience in writing proposals, this class will cover key concepts including 501(c)(3) status, types of funders, how to identify potential funders, proposal requirements, sample MO Common Grant Application and tips on writing proposals. Lunch on your own.

NPAD:701 | \$59

001 Sa 9 am-4 pm
Feb. 17

Hannah Gilk
FV - B, 122

Basic Grant Writing for Nonprofit Organizations

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

NPAD:701 | \$59

002 Sa 9 am-4 pm
March 24

Jennifer Bush
MC - SO, 109

Capacity-Building in Nonprofits: Growth Strategies for Finding/Engaging Partners

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

NPAD:702 | \$25

001 Th 6:30 pm-8:30 pm
April 5

Peggy Neufeld
MC - SO, 108



Construction

Construction Materials and Methods

This course is an introduction to the elements of building construction principles and materials. Students will learn the background and history of building materials and systems; review sustainable design, materials, and construction concepts; and review industry standards, specifications, codes and barrier-free design. Available for credit as CE 115 550. No class 2/19, 3/12.

CONS:701 | \$329

001 M 7:05 pm-9:45 pm
Jan. 16 - May 13

Richard Unger
FV - E, 156

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 as CE 131 550. No class 3/13.

CONS:702 | \$329

001 Tu 7:05 pm-9:45 pm
Jan. 16 - May 13

Gary Drikow
FV - E, 158

National Electrical Code & 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 I National Electrical Code and Calculation. No class 3/13.

ELEC:705 | \$229

001 Tu 6 pm-9 pm
Jan. 23 - May 1

Michael Smith
STLC-SC, 213

Introduction to AutoCAD I

Fundamentals of the AutoCAD drafting system. Drawing setup units, limits, layers, linetypes, colors. Drawing procedures points, lines, arcs, circles. Special features polylines, blocks, dimensioning, cross-hatching, plotting. Prerequisite: EGR 050. Available for credit as EGR 133 550. No class 3/14.

COMP:770 | \$219

001 W 7 pm-9:45 pm
Jan. 17 - May 9

Walter Staas
FV - E, 278

Drones

Introduction to Drones

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

ENGR:706 | \$29

001 Sa 10 am-12 pm
March 10

Jack Beetz
MC - SO, 108

Commercial Drones: FAA Part 107 Test Prep

Get prepared for the FAA test to operate a drone. To operate an unmanned aerial vehicle (UAV) commercially for hire, the new FAA Part 107 regulation now requires the operator to obtain a Remote Pilot Airman Certificate with a small UAS rating, or be under the direct supervision of a person who holds such a certificate. A former airline pilot and current drone instructor will review material to successfully pass the FAA test. Subjects include the new regulation, airspace classifications, flight restrictions, aeronautical chart study, airport operations, radio communication, weather, human factors and more. Sample test questions will also be reviewed. Optional \$15 test prep book available for purchase in class. One hour lunch on your own. Registration deadline 3/21. Deadline for withdraw refund is 3/15.

ENGR:706 | \$249

002 Sa 8 am-3 pm
March 24 - March 31

Jack Beetz
Corp. College, 207

Safety and Quality: OSHA

10 Hour OSHA Construction Safety and Health Training Certification

Class meets Tuesday 4/2 and Thursday 4/5 and meets the required laws for working on public job sites. Led by an OSHA certified trainer, course covers the mandated OSHA topics including OSHA regulations, general safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, and more. Upon successful completion students will receive the 10 Hour OSHA course completion card. Students may bring a sack dinner and/or drinks and snack to class. Registration by 3/26 is encouraged. No refunds after this date.

CONS:736 | \$125

001 MTh 4 pm-9:30 pm
April 2 - April 5

Pat Dalton
Corp. College, 211

10 Hour OSHA General Industry Safety and Health Training Certification

Class meets Tuesday 4/23 and Thursday 4/26. This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Get introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive a 10 hour OSHA card after completion of the course. Students may bring a sack dinner and/or drinks and snack to class. Registration by 4/16 is encouraged. No refunds after this date.

CONS:736 | \$125

002 MTh 4 pm-9:30 pm
April 23 - April 26

Pat Dalton
Corp. College, 209

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

001 Tu 6 pm-7:30 pm
Jan. 16

Ryan Chester
FV - CWI, 136

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

Class meets Tuesdays and Thursdays. Join the field of solar energy. In this course, you will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets and safety basics. Class will introduce basic photovoltaic equipment and you will learn how to assess potential installation sites for their solar energy potential. Gain hands-on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites and calculation of load estimations. In addition, learn about photovoltaic system components and how they interact with each other. You will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. Build a full string inverter system and modules on a mock roof and a ballasted racking system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Texts included. Enrollment by 1/22 is encouraged. No refunds after this date.

CONS:721 | \$349

002 TuTh 5 pm-8 pm
Jan. 30 - Feb. 20

Ryan Chester
FV - CWI, 127

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

Class meets Tuesdays and Thursdays. A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part I. Registration by 2/14 is encouraged. No refunds after this date. No class 3/13, 3/15.

CONS:721 | \$159

003 TuTh 5 pm-8 pm
Feb. 22 - March 22

Ryan Chester
FV - CWI, 127

Advanced PV Sizing Electrical Design

Class meets on Tuesdays and Thursdays. Learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems as well as basic troubleshooting techniques. This class and the previous classes are required to sit for the NABCEP entry level exam. Registration by 3/19 is encouraged. No refunds after this date. No class 4/3.

CONS:721 | \$199

004 TuTh 5 pm-8 pm
March 27 - April 12

Ryan Chester
FV - CWI, 127

Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep

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 4/9 is encouraged. No refunds after this date.

CONS:721 | \$259

005 TuTh 5 pm-8 pm
April 17 - May 10

Ryan Chester
FV - CWI, 127

Solar Courses NABCEP Certified Courses

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

Restaurant Management

Serv Safe 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

- 002 Sa 8 am-3 pm
Feb. 3 – Feb. 17
No Class 2/10
- 001 Sa 8 am-3 pm
March 10 – March 24
No Class 3/17
- 003 Sa 8 am-3 pm
April 7 – April 21
No Class 4/14

Almut Stephan Marino
FV - B, 243

Christina Clark
FP - HSP, 219

Almut Stephan Marino
MC - SO, 109

Serv Safe Food Safety Certification Review & Retest

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

RMGT:702 | \$79

- 002 Sa 8 am-3 pm
Feb. 17
- 001 Sa 8 am-3 pm
March 24
- 003 Sa 8 am-3 pm
April 21

Almut Stephan Marino
FV - B, 243

Christina Clark
FP - HSP, 219

Almut Stephan Marino
MC - SO, 109



Nursing and Allied Health

GENERAL INFORMATION for Nursing and Allied Health Programs



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

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

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

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

Clinical and Field Work

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

Community Emergency Response Team Training

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

EMSS:715 | No Fee

- 001 Th 6:30 pm-10 pm
Jan. 25 – March 8
Sa 9 am-4 pm
March 10

WW, 220
Off-campus

- 002 Th 6:30 pm-10 pm
March 22 – May 10
Sa 9 am-4 pm
May 12

WW, 220
Off-campus

New Combined Treatment Approaches for Plantar Fasciitis

This course is intended for PTAs and will give a brief review of the pathology behind plantar fasciitis/fasciosis. The course will focus on treatment approaches for this condition, including: therapeutic exercise, soft tissue/ manual therapy, taping techniques, and modalities. Come ready to practice and learn techniques to start using Monday in the clinic.

AHCE:774 | \$39

- 001 Sa 9 am-12 pm
March 3

Christina Cohoon
MC - AS, 104A

EMT Core Curriculum

This course begins January 16, 2018. Attendance at first class is required. A strict attendance policy is enforced. This course meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 1/16. No class 3/13, 3/15.

EMSS:700 | \$150

- 001 TuTh 6 pm-9:50 pm
Jan. 16 – May 10

Harrison Ed Ctr, 200

SPECIAL Caregiving EDITION at Home Series at Meramec

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.

AHCE:701 | \$35
009 Tu 6 pm-9 pm
May 1

Mary Christman
MC - AS, 104A

Caregiving at Home Workshop

This workshop will be offered 3/19 through 4/30. Whether you are a family member, a concerned friend, or a community volunteer helping a senior with household tasks, personal and/or health care in the home setting or transportation, this 7-week workshop will provide you with helpful information. Come to the entire workshop or select individual classes that will enable you to ensure the senior continues to thrive during life's most difficult times of aging. Throughout this workshop resources and support for the caregiver will be addressed. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or close friends.

AHCE:701 | \$89
001 M 6:30 pm-8:30 pm
March 19 - April 30

MC - SS, 108

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

The need for caregiving in the home may occur suddenly with an illness or injury or, as with chronic illness or frailty due to aging; it may develop over a period of time. There are a variety of factors to be considered when the need for caregiving arises. This session will explore and compare home- and facility-based options when individuals need increased assistance with everyday tasks. There will be a discussion as to the range of services provided through home care agencies, including non-medical support such as housekeeping, shopping and errands, bathing and personal care, medical services such as physical therapy, speech therapy, occupational therapy and wound care. We will explore community services such as adult day care and respite care that may be beneficial to caregivers who wish to continue providing care for their loved one in the community. There will be a discussion about the different levels of facility-based care, including skilled nursing, assisted living and residential care. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Presented by VOYCE.

AHCE:701 | \$25
002 M 6:30 pm-8:30 pm
March 19

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. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Catherine Kush MSN BSN RN GNP-BC

AHCE:701 | \$25
003 M 6:30 pm-8:30 pm
March 26

MC - SS, 108

Caregiving at Home-Elder Law:Legal Matters Affecting Seniors or Disabled Persons

Join us for an interactive presentation on eldercare law. Some of the topics to be presented include Advanced Directives, Living Wills, Power of Attorney, and Trust Funds. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. Presented by Amen, Ganter, Capriano - Attorneys at Law, Your Estate Matters, LLC

AHCE:701 | \$25
004 M 6:30 pm-8:30 pm
April 2

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. This class can be taken individually, or as part of the 7- week Caregiving at Home Workshop. Instructor: Beverly White Williams MBA RN

AHCE:701 | \$25
005 M 6:30 pm-8:30 pm
April 9

MC - SS, 108

Caregiving at Home - Nutrition and Fluid Intake

This evening's class will turn our attention to the nutrition needs and fluid intake of the senior. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Julie Boyer MS RD LD

AHCE:701 | \$25
006 M 6:30 pm-8:30 pm
April 16

MC - SS, 108

Caregiving at Home - Caregiving Resources

Of the nearly 44 million family caregivers in the United States, many are often overburdened and under-informed. Both the caregiver and care-receiver will benefit having access to quality resources that will support them in their respective role. Learn valuable information about the basics of caregiving, helpful resources and tips for navigating your role as a family caregiver. This class can be taken individually, or as part of the 7-week Caregiving at Home Workshop. Presented by Mid-East Area Agency on Aging.

AHCE:701 | \$25
007 M 6:30 pm-8:30 pm
April 23

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

AHCE:701 | \$25
008 M 6:30 pm-8:30 pm
April 30

MC - SS, 108

Caregiving at Home Series

Attend the entire workshop
or select individual classes.

at Meramec

Free Healthcare Occupations Information Sessions

Information sessions are free, but registration is required. Call 314-984-7777 to register beginning January 3

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. This information session will include an overview of each noncredit healthcare occupation training along with an explanation of all prerequisites. The information session is free but registration is required.

AHCE:701 | No Fee
010 W 6 pm-7 pm
April 4

FP - G Tower, 121

Central Sterile Processing Technician Information Session

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

AHCE:788 | No Fee
001 W 6 pm-7 pm
March 7

FP - G Tower, 121

Healthcare Occupations

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



Register in person only in Continuing Education at Forest Park Student Center 125. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are completed in a nursing home and in addition to the scheduled class time. The on-the-job training hours are either an 8 hour day shift or evening shift. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Upon successful completion of this state approved course the student is eligible to take the Missouri written and practical nurse assistant certification exams. Prerequisite: Student must be 18 years of age; Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.health.mo.gov/safety/fcsr/ to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5-Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is strongly recommended.

NURS:723 | \$1,099
001 TuTh 4:30 pm-8:30 pm
March 20 - May 17

Alverta Smith
FP - G Tower, 121

Required Nursing Skills Lab: Saturday, 3/24, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 3/6. No refunds after this date.

Nurse Assistant Training for Nursing Homes

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



Register in person only in Continuing Education at Forest Park, Student Center 125. The course provides classroom, lab instruction and clinical experience. The 100 hours of clinical experience is in addition to the scheduled 48 hours of class time. Only day shift hours available for clinical experience. Time off from work may be required to complete clinical. A strict attendance policy is enforced throughout this training. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov to obtain letter.

AHCE:785 | \$805
002 TuTh 4 pm-7 pm
April 24 - June 14

Joann Devine
FP - B Tower, 417

Registration/refund/withdrawal deadline: 4/17. No refunds after this date.

Phlebotomy



Central Sterile Processing Technician

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 be eligible for entry-level employment as a Central Sterile Processing Technician.

Tier 1

This class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom/online instruction. This hybrid/flip instructor lead course is held from April 25 through July 18. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Course work will be completed online. Students are required to attend scheduled workshop sessions. Workshops will meet 6 - 9 p.m. A strict attendance policy is enforced throughout this training. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam. Register in person only in Continuing Education at Forest Park, Student Center 125. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Registration/refund/withdrawal deadline: April 18. No refund after that date. No senior discount. No class 7/4.

AHCE:788 | \$1,700

002 W 6 pm-9 pm
April 25 - Jul 18

FP - G Tower, 121

Brought to you in partnership
with MK Education



Tier 2

This class is for the individual entering the field of Central Sterile Processing who needs both the classroom/online instruction and externship. This course will be held from April 25 through December 23, 2018. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Course work will be completed online. Externship begins July 23 and ends December 23. A strict attendance policy is enforced throughout this training. This program offers the student a direct pathway to success in Central Sterile Processing. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program prepares the successful student to take a national certification exam. Register in person only in Continuing Education at Forest Park, Student Center 125. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. Refund/withdrawal deadline: April 18. No refund after that date. No senior discount. No class 7/4.

AHCE:788 | \$2,150

005 W 5 pm-9 pm
April 25 - Jul 18
Externship: July 23 - December 23, 2018

FP - G Tower, 121
Off Campus

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

Pharmacy Technician 300 Training Program



Now at
Forest Park!



Brought to you in
partnership with
MK Education

This hybrid/flip instructor lead course is held from February 12 through May 11. 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: 2/12, 2/15, 2/22, 2/26, 3/1, 3/5, 3/8, 3/19, 3/22, final examination review on 3/26 and the final examination on 3/29. Workshops and final exam will meet 6 - 9 p.m. The externship is scheduled March 30 - May 11. This training prepares the student for entry level employment as a pharmacy technician. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. Upon successful completion of the course the student is eligible to take a certification exam. Register in person only in Continuing Education at Forest Park, Student Center 125. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test - Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. Registration/refund/withdrawal deadline: 2/5. No refund after that date. No class 2/19, 3/12, 3/16. No senior discount.

AHCE:786 | \$2,400

001 MTh 6 pm-9 pm
Feb. 12 - May 11

FP - G Tower, 117

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.

Mental Health Interpreter

Mental Health Interpreter Program

This is a 10-week non-credit certificate program to train foreign language interpreters for work in the mental health field. Those who complete the course and earn a certificate may receive priority employment by local agencies who provide foreign language translation services. Required: 6 months prior interpreting experience. All course materials included. Registration/Withdrawal deadline: 3/12

EDUC:760 | \$219

001 M 6:30 pm-9:30 pm
March 19 - May 21

Kim Osmanagic, Eduardo Vera
MC - CS, 205



CPR and First Aid

DUE TO THE NATURE OF CPR AND FIRST AID COURSES, YOU MUST ARRIVE ON TIME.

NO ADMITTANCE AFTER STATED TIME AND NO REFUND FOR LATE ARRIVAL.

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

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

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

Heartsaver CPR AED: Adult

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 | \$49

002 Tu 4 pm-6 pm
April 3

Gary Holsapple
Corp. College, 276

Heartsaver CPR AED: Adult and Pediatric

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

CPRR:701 | \$65

001 W 6 pm-9:30 pm
March 21

Carol Pikey
WW, 204

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

001 W 8:30 am-4:30 pm
April 11

Gordon Back
Corp. College, 276

BLS for Healthcare Providers

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

CPRR:707 | \$75

001 F 9 am-3:30 pm
Jan. 5

007 Tu 9 am-3:30 pm
Jan. 9

009 Th 9 am-3:30 pm
Jan. 11

002 Th 5 pm-10 pm
Feb. 1

010 Tu 5 pm-10 pm
Feb. 6

003 F 9 am-3:30 pm
Feb. 23

014 Sa 9 am-3:30 pm
March 3

004 W 5 pm-10 pm
March 28

011 Th 9 am-3:30 pm
April 5

015 Sa 9 am-3:30 pm
April 14

012 Tu 5 pm-10 pm
April 17

005 W 5 pm-10 pm
April 25

016 F 9 am-3:30 pm
April 27

013 Th 5 pm-10 pm
May 3

008 W 9 am-3:30 pm
May 9

006 F 9 am-3:30 pm
May 18

Marilyn Miederhoff
FP - G Tower, 121

Gary Holsapple
FV - CWI, 136

Carol Pikey
MC - CE, Classroom

Marilyn Miederhoff
FP - G Tower, 121

Carol Pikey
MC - CE, Classroom

Gordon Back
FP - G Tower, 121

Gary Holsapple
Corp. College, 276

Gordon Back
FP - G Tower, 121

Carol Pikey
MC - CE, Classroom

Gordon Back
FP - G Tower, 119

Marilyn Miederhoff
Harrison Ed Ctr, 100

Carol Pikey
MC - CE, Classroom

Gordon Back
FP - G Tower, 119

Marilyn Miederhoff
STLCC-SC, 125

Marilyn Miederhoff
MC - CE, Classroom

Gary Holsapple
FV - CWI, 136

Gordon Back
FP - G Tower, 121



Basic Life Support Instructor Essentials Course

The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and First Aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre course online study, followed by the hands-on session conducted by Training Center Faculty during the AHA Instructor course. The course educates the instructor candidate in the use of AHA Instructor teaching materials; how to ensure that students meet learning objectives; student coaching skills; how to conduct an objective skills performance evaluation and to follow AHA Instructor course policies. Please note there is self-paced, pre course preparation. Access to a computer will be necessary to complete required online course work. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card and alignment with an AHA Training Center. Registration four weeks prior to course start date is required to ensure arrival of pre course materials and completion of pre course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC Training Center Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Registration/Refund/Withdrawal deadline: 2/7. Interested students must contact the Training Center Coordinator before registering for the BLS Essentials Instructor Course.

CPRR:708 | \$299

001 W 8 am-5 pm
March 7

Gordon Back
FP - G Tower, 121

CPR Instructor Renewal Course

To successfully complete the American Heart Association BLS 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, attended updates as required within the previous two years and be a current CPR Instructor as evidenced by a current BLS Instructor card. At the 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 instructors must contact the Training Center Coordinator before registering for the CPR Instructor Renewal Course.

CPRR:709 | \$99

001 W 6 pm-10 pm

Feb. 14

Registration/Refund/Withdrawal deadline: 2/7

Gordon Back

FP - G Tower, 121

002 W 8 am-12 pm

May 2

Registration/Refund/Withdrawal deadline: 4/25

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

001 Sa 8:30 am-4 pm

Feb. 3

005 Sa 8:30 am-4 pm

March 10

003 Sa 8:30 am-4 pm

April 7

002 Sa 8:30 am-4 pm

May 5

Carol Pikey

FP - G Tower, 121

Gary Holsapple

MC - CE, Classroom

Gary Holsapple

FV - TC, 105

Carol Pikey

FP - G Tower, 121

Exclamation Point!

"Carol Pikey kept things informative yet interactive. She held my attention and made it easy for me to learn how to perform CPR in the most efficient way."

Ronnie H., St. Louis, MO



ed2go.com/stlcc

ed2go

Online learning anytime, anywhere... just a click away!

We're Saving Your Seat!

Spring 2018 Registration begins Wednesday, January 3

Register online at stlcc.edu/CE or call 314-984-7777!



St. Louis Community College
Continuing Education

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

Attendance Training Policy: As a quality training program, we are required by the Missouri Department of Health and Senior Services (DHSS) Section for Licensing and Child Care Regulation Training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund. No participant substitutions permitted. Only the person officially registered for the session and whose name appears on the official roster will be allowed to attend the session.

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

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

Saturday Childcare Programs

Please arrive early to check in prior to the workshop

Half Day Programs

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

002 Sa 9 am-1 pm
March 24

Geraldine Jasper
FP - G Tower, 323

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 | \$39

001 Sa 9 am-12 pm
Feb. 24

Melissa Rumph
MC - SO, 109

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

004 Sa 9 am-1 pm
April 21

Geraldine Jasper
FV - CDC, 110

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 Children's Literature organization.

CCPR:718 | \$39

003 Sa 9 am-12 pm
April 14

Julius Anthony
FP - G Tower, 323

Full Day Programs

Nature and Young Children Seminar-6 clock hours

Morning Session: No Child Left Inside-Outdoor Play to Explore Nature and Science! Explore the world outside through new fun science activities you can integrate into your daily schedule. 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. **Box lunch included.**

CCPR:710 | \$59

001 Sa 9 am-3:30 pm
March 3

Geraldine Jasper
FV - CDC, 110

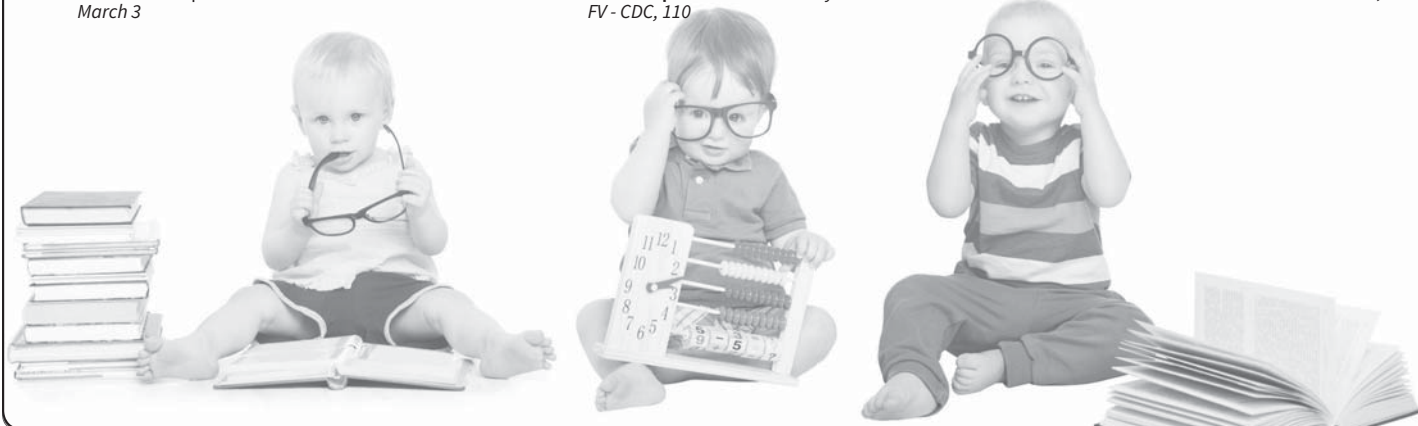
Focus on Health

This workshop will cover information that is being required for ALL child care employees whose centers receive DSS subsidy! The topics include disease prevention and control, universal health precautions/hand washing, sanitary food handling, medication administration and parental consent, food allergies and prevention and response to food allergy emergencies. **Box lunch included.**

CCPR:711 | \$45

001 Sa 9 am-2:30 pm
May 5

Darlene Neil
MC - SO, 109



**For Childcare Provider classes and programs
register at stlcc.edu/CE or call 314-984-7777.**

New Move and Groove Storytime

Do your fidgety kids have trouble being successful during story time? Join us for this 2-hour workshop that will prepare you to present favorite children's books in a whole new way! Stop fighting the children's need to move-USE it to connect kids with quality literacy experience. Every participant receives a new book to keep and use in your classroom's story time. Co-sponsored with Ready Readers.

CCPR:708 | \$25

001 Tu 7 pm-9 pm
Feb. 20

MC - SO, 109

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 | \$25

001 M 7 pm-9 pm
Feb. 26

FP - G Tower, 323

Discipline for Young Children

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

CCPR:702 | \$25

005 M 7 pm-9 pm
Feb. 28

Geraldine Jasper
Lindbergh H.S., 46

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 | \$25

001 Tu 7 pm-9 pm
March 6

MC - SO, 109

Discipline for Toddlers 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 | \$25

001 W 7 pm-9 pm
March 7

FV - CDC, 110

New What's the Buzz on Early Childhood Vocabulary?

Using preschoolers innate interest in insects as a springboard, educators will learn how to support vocabulary development of young children. Magic House educators will share word-learning strategies that can be easily introduced to your current curriculum along with hands-on activities to enhance the use of students newly learned vocabulary. Class will meet at the Magic House, Whitaker Theater.

CCPR:718 | \$25

002 W 7 pm-9 pm
March 21

Magic House

New Secure Attachment: The Art and Science

Gain an understanding of Attachment Theory and its important role in early childhood education. Learn the art and science of nurturing secure attachment for the child in your care. Explore tools that help children develop confidence, empathy, and the ability to self-regulate.

CCPR:707 | \$25

001 Th 7 pm-9 pm
March 22

Lisa von Stamwitz
MC - SO, 109

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 | \$25

001 W 7 pm-9 pm
March 28

Victoria McReynolds
FV - CDC, 110

Understanding Autism: Birth to Age Five

Characteristics of autism spectrum disorder and how symptoms can affect each child in a unique way will be discussed. You will learn methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | \$25

002 W 7 pm-9 pm
April 11

FV - CDC, 110

Discipline for School-agers

Learning to manage groups of school-agers (ages 5-10) is always a challenge. We will look at ways to enrich the environment and increase developmentally appropriate choices for school-agers to reduce discipline challenges. You will gain positive techniques and tips to manage group activities and your day will go smoother.

CCPR:702 | \$25

003 Th 7 pm-9 pm
April 19

Geraldine Jasper
MC - SO, 109

Child Abuse: What a Caregiver Needs to Know

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

CCPR:717 | \$25

001 M 7 pm-9 pm
April 23

Patty Smith
FP - G Tower, 321

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

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

CCPR:723 | \$25

001 M 7 pm-9 pm
April 30

MC - SO, 109

New Bringing Yoga Into the Classroom

This course will skim the core benefits of yoga for children and prepare you to teach your children a 15-30 minute yoga "class".

CCPR:765 | \$25

001 W 7 pm-9 pm
May 2

Victoria McReynolds
FV - CDC, 110

Child Care Provider: Heartsaver Pediatric First Aid CPR AED

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

002 Sa 8:30 am-4 pm
Feb. 3

FP - G Tower, 121

005 Sa 8:30 am-4 pm
March 10

MC - CE, Classroom

004 Sa 8:30 am-4 pm
April 7

FV - TC, 105

003 Sa 8:30 am-4 pm
May 5

FP - G Tower, 121

**Register online at stlcc.edu/CE
See the inside cover for
instructions.**



Communications

Voiceovers: Get Paid to Talk

Have you been told that you have a great voice? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from one of St. Louis' own voice artists.

PERD:765 | \$39

001 Sa 9 am-12 pm
March 10
003 Sa 9 am-12 pm
April 28

Michael Doran
MC - SW, 207
Michael Doran
FP - G Tower, 323

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 flash drive.

PERD:765 | \$39

002 Sa 12:30 pm-3:30 pm
March 10
004 Sa 12:30 pm-3:30 pm
April 28

Michael Doran
MC - SW, 207
Michael Doran
FP - G Tower, 323



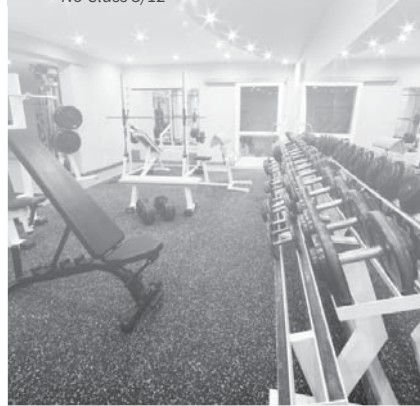
Fitness Training

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, 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: 2/15. No refunds after that date.

PEDU:753 | \$695

001 F 9:30 am-12:30 pm **Melissa Baumgartner**
Feb. 23 - May 4 **FP - G Tower, 323**
No Class 3/16
002 M 5:30 pm-8:30 pm **Melissa Baumgartner**
Feb. 26 - May 7 **MC - SO, 105**
No Class 3/12



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

001 Th 7 pm-9 pm
Feb. 15

Jill McCoy
Corp. College, 207

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

001 Sa 9 am-5 pm
March 3

Mary Hankins
FP - G Tower, 117



TRUCK DRIVERS ARE IN HIGH DEMAND!

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

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

Information sessions are free but registration is required.

Truck Driving Class A CDL and Class B CDL Information sessions are held weekly on Thursdays at 9:30am. Tuesday evening information sessions begin in February.



Call 314-984-7777 to register.



Computers and Technology

Applications and Systems

Microsoft Word 2016: In a Day

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

COMP:715 | \$99

001 Sa 9 am-4 pm
Feb. 3

Rachel Bufalo
MC - BA, 203

002 Sa 9 am-4 pm
April 14

Rachel Bufalo
Corp. College, 208

Microsoft Excel 2016: In a Day

Learn the basics of MS Excel in one day! In this introductory course you'll create spreadsheets with an emphasis on understanding formulas and functions. Additional topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:720 | \$99

001 Sa 9 am-4 pm
Feb. 3

Cris Heffernan
MC - BA, 202

002 Sa 9 am-4 pm
April 7

Cris Heffernan
MC - BA, 203

003 Sa 9 am-4 pm
May 5

Mike Borawski
MC - BA, 203

Microsoft Excel 2016: Introduction

Create spreadsheets using Microsoft Excel. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:720 | \$149

005 W 6 pm-9 pm
Jan. 31 - Feb. 21

Cris Heffernan
Corp. College, 208

Microsoft Excel 2016: Intermediate

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

COMP:721 | \$149

001 W 6 pm-9 pm
March 21 - April 11

Cris Heffernan
Corp. College, 206

Microsoft Excel 2016 for Business: I

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

COMP:720 | \$129

004 F 9 am-4 pm
Feb. 16

Cris Heffernan
Corp. College, 208

Microsoft Excel 2016 for Business: II

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

COMP:721 | \$129

002 F 9 am-4 pm
March 2

Cris Heffernan
Corp. College, 208

Microsoft Excel 2016 for Business: III

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

COMP:722 | \$129

001 F 9 am-4 pm
March 9

Cris Heffernan
Corp. College, 208

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. Recommended to bring a flash drive.

COMP:725 | \$99

001 Sa 9 am-4 pm
Feb. 24

Cris Heffernan
Corp. College, 208

Microsoft Access 2016 for Business: I

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

COMP:725 | \$129

002 F 9 am-4 pm
March 30

Cris Heffernan
Corp. College, 208

Microsoft Access 2016 for Business: II

Get the skill you need to enhance your database designs. Work with Data Normalization, Table Relationships and Join techniques, including Inner and Outer joins. Learn to query multiple tables for customized reports. Create more complex queries using parameters, and action queries. Learn to use more advanced Reporting techniques. Prerequisite: Access for Business Part 1 or Access In a Day, or equivalent experience. Recommended to bring a flash drive.

COMP:725 | \$129

003 F 9 am-4 pm
April 13

Cris Heffernan
Corp. College, 208

Microsoft Access 2016 for Business: III

Take your Access databases to the next level by implementing tools, such as, Macros, VBA coding, and Switchboards to give your user-base a fluid Access experience. We will also use features to secure your database through options such as splitting it to front and back-end parts, link tables, and import/export data. Create Forms for navigating and organizing your data using a variety of features to enhance your users involvement. Prerequisite: Access for Business Parts 1 and 2, or equivalent experience. Recommended to bring a flash drive.

COMP:727 | \$129

001 F 9 am-5 pm
April 27

Cris Heffernan
Corp. College, 208

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

001 Sa 9 am-4 pm
Feb. 10

MC - BA, 203

Introduction to AutoCAD I

Fundamentals of the AutoCAD drafting system. Drawing setup units, limits, layers, linetypes, colors. Drawing procedures points, lines, arcs, circles. Special features polylines, blocks, dimensioning, cross-hatching, plotting. Prerequisite: EGR 050. Available for credit as EGR 133 550. No class 3/14.

COMP:770 | \$219

001 W 7 pm-9:45 pm
Jan. 17 - May 9

Walter Staas
FV - E, 278

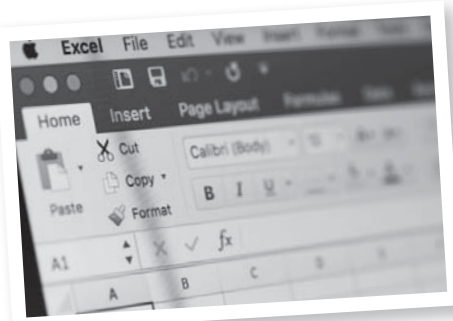
Introduction to Google Drive

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

COMP:742 | \$25

013 Th 7 pm-9 pm
Feb. 8

Laura Warren
Corp. College, 208



Google Docs and Sheets

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

COMP:742 | \$25

014 Th 6 pm-9 pm
Feb. 22

Laura Warren
Corp. College, 208

Google Draw and Slides

In this class you will learn 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 and password.

COMP:742 | \$25

015 Th 6 pm-9 pm
March 29

Laura Warren
Corp. College, 208

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.

COMP:742 | \$25

016 Th 6 pm-9 pm
April 26

Rachel Bufalo
Corp. College, 208

Mobile Technologies

Android Smart Phones Small Group Workshop

Does your Android smart phone make you feel like a dummy? Or are you still only using it to make phone calls knowing it can do so much more? In this small group workshop 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

001 Sa 9 am-12 pm
Jan. 27

Rachel Bufalo
MC - SW, 210

003 Sa 9 am-12 pm
April 7

Patrick Karl
MC - SW, 207

002 W 6 pm-9 pm
April 11

Rachel Bufalo
STLCC-SC, 118

Learn the Basics of an iPhone/iPad

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

005 Sa 9 am-12 pm
Feb. 10

Gregory Ray
Corp. College, 211

006 W 6 pm-9 pm
April 4

Gregory Ray
MC - BA, 208

004 W 6 pm-9 pm
April 11

Gregory Ray
Corp. College, 211

Exclamation Point!

"I really enjoyed the GoogleDocs class. The instructor was very clear, easy to hear and understand, knew her stuff, and really seemed to enjoy teaching and helping students to "get it."

Gregory H., Mehlville



Personal Computing

PCs and Technology: Introduction In a Day

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

COMP:701 | \$99

003 Sa 9 am-4 pm
April 28

Rachel Bufalo
FV - B, 209

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

001 Th 9 am-12 pm
Feb. 8 - March 1

Jerry Bearden
STLCC-SC, 206

PCs and Technology: Introduction in Two Nights

Learn the basics of using a PC and Technology in just two nights! 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

002 TuTh 6 pm-9 pm
Feb. 13 - Feb. 15

Rachel Bufalo
STLCC-SC, TBA

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 3/19.

COMP:702 | \$109

001 M 7 pm-9 pm
Feb. 26 - May 7

Helen Ralston
Lindbergh H.S., 108



Microsoft Windows 10: Introduction in a Day

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

COMP:705 | \$99

001	Sa 9 am-4 pm Feb. 17	Corp. College, 208
002	Sa 9 am-4 pm April 7	Corp. College, 208
003	Sa 9 am-4 pm May 5	MC - BA, 208

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

020	Su 12:30 pm-3:30 pm April 15	Jean Bradley MC - BA, 216
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Internet Research and Investigations: Public Records

Explore a wide range of public records on the internet. We'll look at real estate records, criminal records, court judgments, marriages, births, deaths, etc. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.

COMP:742 | \$29

021	Su 12:30 pm-3:30 pm Feb. 11	Jean Bradley MC - BA, 216
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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

012	W 6 pm-9 pm March 28	Rachel Bufalo Corp. College, 208
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Buying and Selling Online

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

COMP:742 | \$25

010	Tu 6 pm-9 pm Feb. 6	Rachel Bufalo Corp. College, 208
011	Th 6 pm-9 pm May 3	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, search for items, to bid, win auctions, sell items-including fees, add a picture, complete a sale, ship and what to do if an item doesn't sell. Look at other eBay issues: safety measures, feedback, what to do if you receive "spam" from eBay use and keeping up to date on changes. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$49

019	Tu 6:30 pm-9 pm March 27 - April 3	William Bearden STLCC-SC, 207
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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

001	Sa 9 am-12 pm Feb. 24	Patrick Karl MC - BA, 203
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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

001	Sa 9 am-12 pm March 10	Patrick Karl MC - BA, 203
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Personal Online Security

Learn to ensure your terrestrial and digital footprints are secure. Learn to exercise the best security practices to protect your personal information, help prevent identity fraud, and preserve data integrity, confidentiality and availability. Conduct your corporal, electronic and communications using the most current/effective techniques/methodologies.

COMP:795 | \$39

001	Sa 9 am-1 pm March 10	Cortez Tillman Corp. College, 206
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Publishing and Media Technologies

Publishing Technologies

Adobe Photoshop Creative Cloud (CC): In a Day

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

COMP:755 | \$99

006	Sa 9 am-4 pm March 24	Zak Zach MC - BA, 212
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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

002	Tu 6 pm-9 pm Jan. 30 - Feb. 20	Zak Zach Corp. College, 206
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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 3/13.

COMP:755 | \$129

003	Tu 6 pm-9 pm Feb. 27 - March 27	Zak Zach Corp. College, 206
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Adobe Photoshop Creative Cloud (CC): Advanced

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

COMP:755 | \$129

004	Tu 6 pm-9 pm April 3 - April 24	Zak Zach Corp. College, 206
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Search ...

Search engine.



Register online beginning January 3

Photoshop Elements Basic Overview

Unhappy with your pics or just want to take your photography to the next level? This entry level course will introduce you to the basics of this incredible program sometimes known as Photoshop Creative Cloud's little, but powerful, brother. Basic photo editing such as brightening, retouching, filters, cloning, layers and much more will be taught. Class will be taught using Elements 14, however, the majority of the techniques can be applied to most versions of Elements from version 10 to current. Prerequisite: Windows Introduction class and proficient computer skills.

COMP:755 | \$59

001 Tu 6 pm-9 pm
April 10 - April 24

Rachel Bufalo
STLCC-SC, 206

Adobe Photoshop Creative Cloud-The First Step

Through a series of lectures and tutorials - each lasting for about an hour - the workshop may cover (but is not limited to) how to create, copy, transform and manage layers, how to combine layers into groups, transferring content from one document to another, traveling backwards and forwards through Photoshop time, controlling the magnification of your document, crafting selections with the marquee tool, the quick selection tool, the magic wand and the select color range feature, making adjustments both destructively and non-destructively, simple color alterations via adjustment layers and an introduction the power of the clone stamp.

CVTW:701 | \$139

002 F 8:30 am-4:30 pm
Jan. 26

Zak Zych
MC - HE, 233

Adobe Photoshop Creative Cloud-The Next Step

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

CVTW:701 | \$139

004 F 8:25 am-4:30 pm
Feb. 23

Zak Zych
MC - HE, 233

Lightroom - Adobe Photoshop Introduction

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

CVTW:701 | \$139

001 Sa 8:30 am-4:30 pm
Jan. 20

Charles LaGarce
MC - HE, 232

Lightroom - Adobe Photoshop Advance Development Techniques

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

CVTW:701 | \$139

003 Sa 8:30 am-4:30 pm
Feb. 17

Charles LaGarce
MC - HE, 232



Adobe Illustrator

This workshop is designed for the student looking to get started with vector graphic software to create logos, text effects and line art for print and the web. Course outline will cover topics such as; Learning the Pen Tool, Editing and Drawing Shapes, Setting up Documents and basic Typography. Little or no experience needed with Adobe Illustrator but an understanding of basic graphic design principles would be helpful. This class will be offered on the Mac platform with a current version of Adobe Illustrator.

CVTW:702 | \$139

001 Sa 9 am-4 pm
March 24

John Schmitt
MC - HE, 233



Adobe InDesign Creative Cloud: The First Step

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

CVTW:702 | \$139

002 F 8:30 am-4:30 pm
Feb. 9

David Haley
MC - HE, 233



Adobe InDesign Creative Cloud: The Next Step

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

CVTW:702 | \$139

003 F 8:30 am-4:30 pm
March 2

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

001 Th 6 pm-8 pm
Feb. 1 - Feb. 22

John Chihak
MC - HE, TBA

Video

New Digital Animation with Photoshop and Adobe After Effect for Beginners

Starting with Adobe Photoshop and expanding to Adobe After Effects this course will cover how to create basic time-lapse animations in both programs. Topics will include how to prepare images for animation, keyframes, adjusting position, scale, rotation and opacity, coordinating images with audio and exporting to the QuickTime movie format.

COMP:755 | \$129

005 Th 6 pm-9 pm
March 22 - April 12

Zak Zych
Corp. College, 206



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

001 W 8:30 am-4:30 pm
Feb. 21

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

002 W 8:30 am-4:30 pm
Feb. 28

Timothy Linder
MC - HE, 233

Exclamation Point!

"Adobe Illustrator with John Schmitt was great! I have used the software numerous times since the class and each time I feel more confident."

Ariane V., South County



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

001 M 6 pm-9 pm
Feb. 5

Erin De Vore
WW, 206

002 W 6 pm-9 pm
Feb. 21

Rachel Bufalo
FV - B, 127

004 Tu 6 pm-9 pm
May 8

Rachel Bufalo
Corp. College, 208

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

007 Tu 5:30 pm-9 pm
Jan. 30

Rachel Bufalo
Corp. College, 208

008 Tu 5:30 pm-9 pm
March 6

Rachel Bufalo
STLCC-SC, 206

009 Th 5:30 pm-9 pm
April 26

Rachel Bufalo
MC - BA, 203

Facebook: Profile, Photos, Friendships, and Home

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

COMP:742 | \$25

006 Th 6 pm-9 pm
March 29

Erin De Vore
STLCC-SC, 209

Facebook: Settings, Security and Notifications

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

COMP:742 | \$25

005 Th 6 pm-9 pm
Feb. 22

Erin De Vore
STLCC-SC, 206

Exclamation Point!

"My Facebook class was a wonderful learning experience and I really enjoyed the class. My instructor, Ms. De Vore was very knowledgeable."

Kathy G., Chesterfield, MO

Web Development

Create Your Own Website with WordPress

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:745 | \$99

001 F 9 am-4 pm
Feb. 2

Jerry Bearden
MC - BA, 216

002 Sa 9 am-4 pm
April 28

Jerry Bearden
Corp. College, 208

Ease into WordPress

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

COMP:745 | \$109

003 Th 6 pm-9 pm
March 29 - April 19

Jerry Bearden
STLCC-SC, 207

Introduction to Instagram and Snapchat

Ask any teen what their social network of choice is and they will likely say Instagram or Snapchat. These popular 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

018 Tu 6 pm-9 pm
April 17

Stephanie Bearden
STLCC-SC, 207

Twitter

Hashtag? What the heck is a hashtag? If you've ever asked this question, then this class is for you! Twitter is all the rage for Gen Y, celebrities and an increasingly important source of information. Come to this class to find out more about one of the most popular social media sites. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

017 W 6 pm-9 pm
March 7

Richard Vagen
STLCC-SC, 206



Social Media Marketing

Marketing through social media has become a must, but there are so many sites to navigate. This workshop will cover the concepts and application of social media marketing and will equip you with skills needed to plan and implement a successful social media marketing strategy. Topics will include the use of email marketing, social media sites such as Facebook, Instagram, Twitter, Pinterest, Youtube, LinkedIn and blogging sites.

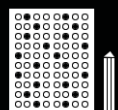
CVTW:713 | \$139

001 Sa 8:30am-4:30pm
March 10

Rachel Bufalo
MC - HE, TBA



Try our new online registration system beginning January 3



Education and Test Prep

Test Prep

ACT Test Preparation

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

EDUC:712 | \$195

- | | | |
|-----|--|----------------------------------|
| 001 | Sa 9 am-12 pm
Feb. 10 - March 31
Registration/withdrawal/refund deadline 2/1. No class 3/17. | Toshi Floyd
FP - G Tower, 119 |
| 003 | M 6 pm-9 pm
April 9 - May 21
Registration/withdrawal/refund deadline 4/2. | Toshi Floyd
MC - CS, 204 |
| 002 | Tu 6 pm-9 pm
April 10 - May 22
Registration/withdrawal/refund deadline 4/2. | Toshi Floyd
WW, 208 |

Chemistry Warm-up: Math Review for Chemistry Students

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

MATH:752 | \$69

- | | |
|-----|--|
| 002 | Tu-Th 8:30am-12:30am
Jan. 9 - Jan. 11 |
| 001 | Tu-Th 9am-1pm
Jan. 9 - Jan. 11 |
| 003 | Tu-Th 1pm-5pm
Jan. 9 - Jan. 11 |

Donna Mabbs
FV - SM, 130

FP - B Tower, 415
Suzanne Saum
MC - SS, 108

Adult Basic Education and English as a Second Language

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

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@mehlilleschooldistrict.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.

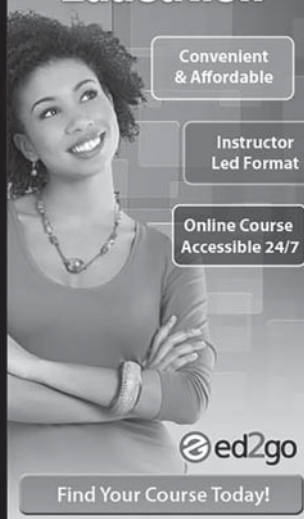
Ritenour Schools - 314-426-7900

Serving the school district of Ritenour.

University City Schools - 314-290-4052

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

Online Education



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Save Time...Register Online!

Registration opens at 8:30 am January 3

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- ✓ Easy!

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Try our new online registration system



St. Louis Community College
Continuing Education

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

Personal Enrichment



St. Louis Community College
Continuing Education



Ageless Learning

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

Seminars

SENR:702 001	Thursday	Jan. 11	ALS: Spirits of St. Louis	Ron Elz
SENR:702 002	Wednesday	Jan. 17	ALS: Mark Twain- His Wit, His Humor, His Life	Bev Schuetz
SENR:702 003	Thursday	Feb. 8	ALS: "From Slaves to Soldiers" - The Abington Family	Dorris Keeven-Franke
SENR:702 004	Tuesday	Feb. 20	ALS: St. Louis on the Air and in the Movies	Ron Elz
SENR:702 005	Wednesday	Feb. 21	ALS: Harry Truman - More than an Ordinary Man	Bev Schuetz
SENR:702 006	Tuesday	Feb. 27	ALS: Arts, Artists, Sculpture, Architecture of Bellefontaine Cemetary	Dan Fuller
SENR:702 007	Tuesday	March 6	ALS: Johnny Rabbitt's Postcards from St. Louis	Ron Elz
SENR:702 008	Thursday	March 8	ALS: World War II	Bonnie Vega
SENR:702 009	Tuesday	March 13	ALS: St. Louis Mayors Who Now Reside	Dan Fuller
SENR:702 010	Wednesday	March 28	ALS: Green Burial	Richard Lay
SENR:702 011	Tuesday	April 3	ALS: St. Louis Murderers on Trial	Bev Schuetz
SENR:702 012	Thursday	April 12	ALS: America - Mid Century	Bonnie Vega
SENR:702 013	Monday	April 16	ALS: Famous and Infamous of St. Louis	Ron Elz
SENR:702 014	Wednesday	April 18	ALS: Joseph Pulitzer - The Father of Modern Journalism	Bev Schuetz
SENR:702 015	Thursday	May 3	ALS: Bellefontaine's People of Intrigue	Richard Lay
SENR:702 016	Tuesday	May 8	ALS: St. Louis Icons	Ron Elz
SENR:702 017	Wednesday	May 16	ALS: The Civil Rights Movement	Bonnie Vega
SENR:702 018	Monday	May 21	ALS: 2008-How Did We Get Here?	Edward Vega
SENR:702 019	Wednesday	May 23	ALS: A Woman's Voice	Dorris Keeven-Franke

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

ALS: 83 Historic Houses in the St. Louis Area

The St. Louis area is home to many history houses that are maintained for the public to view and to visit. These historic houses range from 2-room log cabins to 42-room "castles". This picturesque presentation will show you the wonderful variety of local historic houses and where they are located. Program is free but registration is required.

SENR:702 | No Fee

026 Th 10 am-11:30 am Douglas Schneider
Feb. 15 WW, 102A
023 Th 10 am-11:30 am Douglas Schneider
April 19 MC - SC, 200

ALS: Crossing the Sahara

The Sahara used to be green-a place of grasslands, lakes, hippopotami, and folklore. Now, it is now a 3,500,000-square-mile desert. Join us to learn about traditional methods of crossing the Sahara Desert and modern methods. The presenter himself has crossed the Sahara. You'll be transported along a journey across the Sahara from south to north and a discussion about ergs, oases, atomic testing grounds, human trafficking, and how to hitch a ride on a camel. Discover why your worst enemy in the Sahara is your own eyes! Program is free but registration is required.

SENR:702 | No Fee

021 Th 10 am-12 pm Douglas Schneider
Feb. 22 MC - SC, 125

ALS: Management of Hypertension

Have you been diagnosed with high blood pressure or care for someone that does? Hypertension also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. One of the most dangerous aspects of hypertension is that you may not know that you have it as high blood pressure usually does not cause symptoms. Long-term high blood pressure, however, is a major risk factor and increases the risk of heart disease and stroke. Learn about self-management of hypertension, simple life changes and the new JNC-8 protocol regarding medications. Program is free but registration is required.

SENR:702 | No Fee

030 Th 10 am-12 pm Maria Darris
Feb. 8 FV - CWI, 136

ALS: Medicare Updates

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

SENR:702 | No Fee

020 Tu 1 pm-3 pm
April 10 FP - G Tower, 111
024 Tu 1 pm-3 pm
April 17 MC - SO, 112

ALS: Richard Nixon-An American Tragedy

Learn the "behind the headlines" story of Richard Nixon, one of the darkest, most controversial and complex figures in our history. Rising from a bleak childhood, he catapulted from congress to the pinnacle of politics, the presidency. The story of this lonely, introverted man's accomplishments and his questionable actions in Vietnam, the Watergate scandal and his final disgrace is a powerful, spell-binding American tragedy will be presented. Program is free but registration is required.

SENR:702 | No Fee

027 Th 10 am-12 pm Beverly Schuetz
March 8 WW, 102A

ALS: Trail of Tears

The US Government forced the Cherokee to move from their settlements in the Southeastern United States to Oklahoma. The Cherokee were marched along four routes westward, one of which crossed Missouri. They suffered greatly as they made their way through Missouri in the winter. Learn how the Cherokee lived in the Southeast, what they faced as they went westward, and what exists today in Missouri to mark their travel through the state. Program is free but registration is required.

SENR:702 | No Fee

028 Th 10 am-11:30 am Douglas Schneider
April 5 WW, 102A

ALS: Wildwood's Early Churches and Their Histories

The district of St. Andre, one of the earliest settlements in what is now called Wildwood, was established in 1798. It was served by a parish church in present-day St. Charles. From the beginning, church communities played a vital role in the fabric of the area. There were near thirty known faith communities in the over two-century history of Wildwood. This presentation, by an archivist and researcher with the Wildwood Historical Society, will share those histories and stories. Program is free but registration is required.

SENR:702 | No Fee

029 Th 10 am-12 pm
May 3 WW, 102A

ALS: Women's Suffrage Movement

As early as 1848, at the Seneca Falls Convention women in the U.S. began asking for equal rights. The most important of these rights was the right to participate in the democratic process by being allowed to vote. Women were very disappointed when the 15th Amendment was ratified in 1870 which did not give them the right to vote. It would take another 50 years of an uphill battle waged by many courageous women to achieve their goal. Program is free but registration is required.

SENR:702 | No Fee

025 Th 10 am-12 pm Bonnie Vega
May 10 MC - BA, 105

ALS: Business History of St. Louis Baseball During 20th Century

Calling all baseball enthusiasts! Get a behind the scenes look at the business operations of St. Louis baseball and how the Cardinals became a beloved franchise that annually draws three million fans every season. Discussion will focus on how St. Louis was able to house two major league teams for 50 years and why the Cardinals survived to become a dominant major league franchise over the past five decades. Learn how the inventing of baseball's farm system and regional radio network revolutionized the "business of baseball" nationwide and reasons why St. Louis became a one team town. Program is free but registration is required.

SENR:702 | No Fee

022 Th 10 am-12 pm Ken Weintraub
March 29 MC - BA, 105

ALS: Internet Security and Online Banking - The #1 Fear for Senior Citizens

Times are changing in the banking industry and it is important to educate yourself on the advantages and disadvantages of online banking. You'll learn about online banking options, internet security, how to setup and manage your account and FDIC insurance which helps to protect your money. Program is free but registration is required.

SENR:702 | No Fee

031 Th 10 am-11:30 am Beverley Brown
April 12 FV - CWI, 136

Senior Fitness

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. Extra fee for balls.

PEDU:765 | \$49

017 Tu 10 am-10:55 am Rich Manley
April 24 - May 15 Golfport-MH, Range

Line Dancing for Older Adults: Beginning

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

SENR:703 | \$59

002 F 1:35 pm-2:35 pm Sandra Derickson
Feb. 9 - March 23 Afton White-Rodgers
No Class 3/2

003 F 1:35 pm-2:35 pm Sandra Derickson
April 6 - May 11 Afton White-Rodgers

Line Dancing for Older Adults: Beginning and Easy Intermediate

Step it up a notch! This class is for beginners as well as those who 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. No class 3/1, 3/15.

SENR:703 | \$69

006 Th 10 am-11 am Sandra Derickson
Feb. 8 - April 26 FV - PE, 233

Line Dancing for Older Adults: Easy Intermediate

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 | \$59

004 F 12:20 pm-1:20 pm Sandra Derickson
Feb. 9 - March 23 Afton White-Rodgers
No Class 3/2

005 F 12:20 pm-1:20 pm Sandra Derickson
April 6 - May 11 Afton White-Rodgers

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St. Louis
Community
College
Continuing
Education

Extra Easy Line Dancing

Even if you think you have two left feet, you can learn basic line dancing steps. No prior experience is necessary and no partner is required. Come by yourself or bring a group of friends. Be prepared for lots of fun and the opportunity to make new friends! Learn some new line dances and some old classics at an easy-going pace. Non-rubber soled shoes recommended. No class 3/13.

SENR:703 | \$59

001 Tu 10 am-10:50 am
Feb. 27 – April 24

Karen Merlin
Bluebird Park

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

001 Th 10 am-11 am
Jan. 25 – March 15
002 Th 10 am-11 am
March 19 – May 17

Masterpeace Studios

Masterpeace Studios

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

001 W 11 am-11:50 am

Feb. 7 – March 28 ADIVA Dance Center, Studio

Social Security Benefits America

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

SSBA Series: Medicare and Medicare Drug Programs

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

SENR:766 | No Fee

001 Tu 1 pm-3 pm
Feb. 20

FV - CWI, 136

006 Th 1 pm-3 pm
Feb. 22

MC - SO, 112

SSBA Series: my Social Security Account Sign-up

Social Security Representatives will provide a brief explanation about "my Social Security" and assist attendees to open a "my Social Security" account online. The session is free but registration is required. Limited registration.

SENR:766 | No Fee

005 Th 1 pm-2 pm
March 22

FP - D Tower, 313

004 Th 2:15 pm-3:15 pm
March 22

FP - D Tower, 313

SSBA Series: Guide to Spousal and Survivor Benefits

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

SENR:766 | No Fee

002 Tu 1 pm-3 pm
March 6

FV - CWI, 136

007 Th 1 pm-3 pm
March 8

MC - SO, 112

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

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

SENR:766 | No Fee

003 Tu 1 pm-3 pm
April 17

FV - CWI, 136

008 Th 1 pm-3 pm
April 19

MC - SO, 112



Creative Arts

Fine Arts

Artful Saturdays: St. Louis Art Museum

Enjoy three Saturday mornings exploring museum collections. Tours will be led by Betsy Solomon and will feature a specific theme each time, see details below. Featured selections are all new, no repeats from last year. Participants must provide their own transportation. Where to meet: for the Saint Louis Art Museum, meet in Sculpture Hall inside the main entrance to the Cass Gilbert (original) museum building; for Laumeier Sculpture Park, meet outside the entrance to the indoor galleries. No class 3/31.

- March 17, 10:00-12:00, Saint Louis Art Museum: A Selection of Sculpture
- March 24, 10:00-12:00, Saint Louis Art Museum: Landscape Painting Through the Ages
- April 7, 10:00-12:00, Laumeier Sculpture Park: Contemporary, Monumental, in Nature (April 14 rain date if necessary).

ARTS:705 | \$69

001 Sa 10 am-12 pm
March 17 – April 7

Elizabeth Solomon
FP, Off Campus

Drawing

Drawing: All Levels

Advance your skills through practice. Drawing fundamentals will be reviewed - line, perspective, value and composition. Emphasis will be on practice and technique. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | \$105

006 Th 6 pm-8:30 pm
April 5 – May 10

Lisa Payne
Nottingham, 110

Drawing: Beginning/Intermediate

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

ARTS:709 | \$105

001 Tu 9:30 am-12 pm
Jan. 30 – March 6

Ruth Kolker
MC - CE, Classroom

002 Th 6 pm-8:30 pm
Feb. 1 – March 8

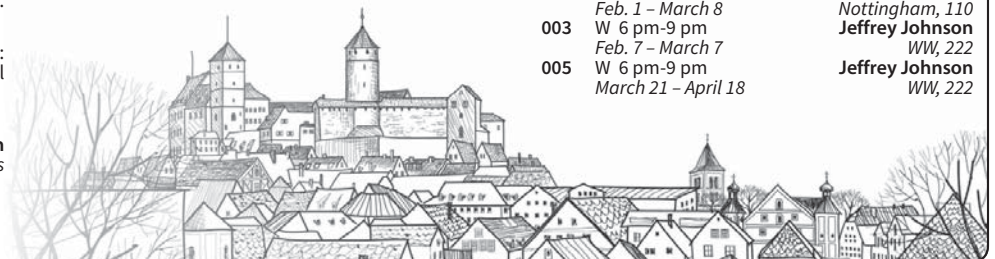
Lisa Payne
Nottingham, 110

003 W 6 pm-9 pm
Feb. 7 – March 7

Jeffrey Johnson
WW, 222

005 W 6 pm-9 pm
March 21 – April 18

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 sent.

ARTS:709 | \$105

004 Tu 9:30 am-12 pm **Ruth Kolker**
March 20 – April 24 MC - CE, Classroom

Drawing: Traditional Pencil Basics

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

ARTS:709 | \$105

007 Sa 12 pm-3 pm **Sean Long**
Feb. 10 – March 10 MC - HE, 125
008 Sa 12 pm-3 pm **Sean Long**
April 7 – May 5 MC - HE, 125

Perspective Drawing and Still Life

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

ARTS:709 | \$105

009 Th 6:30 pm-9 pm **Philip Perschbacher**
Feb. 1 – March 8 Clayton H.S., 24
010 Th 6:30 pm-9 pm **Philip Perschbacher**
April 5 – May 10 Clayton H.S., 24

Botanical Illustration: Colored Pencils

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

ARTS:716 | \$105

004 Th 12 pm-3 pm **Maureen Brodsky**
Jan. 25 – Feb. 22 MC - CE, Classroom

Drawing in Color Pencil: Beginning

Discover the beauty of colored pencil with this beginning skills class. This class introduces you to the techniques necessary to achieve realism in your artwork. No experience necessary we will work on drawing skills as well. Supply list sent. No class 2/19, 3/12.

ARTS:716 | \$155

001 M 12:30 pm-2:30 pm **Kristine Scharfenberger**
Feb. 5 – May 7 MC - CE, Classroom

Drawing in Color Pencil: Advanced

For the experienced colored pencil artist, this class is definitely for those interested in mastering colored pencil techniques. Many subjects explored as well as in-depth contemporary techniques of this versatile medium. No class 3/15.

ARTS:716 | \$155

003 Th 12:45 pm-2:45 pm **Kristine Scharfenberger**
Feb. 8 – May 3 STLCC-SC, 102

Exclamation Point!

"I have taken several CE courses with Continuing Education and Philip Perschbacher was top notch."

Marcia B., Eureka, MO

Drawing in Color Pencil: Intermediate

A continuation of the beginner's class. Intermediate students will further develop their skills in building color and value while working on specific elements such as fur, reflections, shine, water, depth etc. No class 3/13, 4/3.

ARTS:716 | \$155

002 Tu 12:45 pm-2:45 pm **Kristine Scharfenberger**
Feb. 6 – May 8 STLCC-SC, 102

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one. No class 3/19, 3/26.

ARTS:718 | \$155

001 M 6:30 pm-9:30 pm **Elizabeth Kern**
Feb. 26 – April 30 Clayton H.S., 24

Cartooning

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

ARTS:721 | \$105

004 W 6 pm-9 pm **Sean Long**
March 21 – April 18 MC - HE, 124

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. No class 2/14.

ARTS:721 | \$105

003 W 6 pm-9 pm **Sean Long**
Jan. 31 – March 7 MC - HE, 124

Right Brain Drawing

Learn to tap into the right side of your brain for creative projects! Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. You'll make the mental shift to a state where drawing is pleasurable, meditative and frees you from anxiety. Instructor has years of experience in assisting students to access their creative mind! Supply list sent. Textbook required — bring to first class. Drawing on the Right Side of the Brain: The Definitive, 4th Edition. ISBN 978-1585429202.

ARTS:721 | \$105

002 Tu 6:30 pm-8:30 pm **Mary Feagan**
Feb. 6 – April 3 Kirkwood H.S., SA 1
No Class 3/20

001 Sa 9:30 am-11:30 am **Mary Feagan**
March 24 – May 19 FP - F Tower, 211
No Class 3/31



Calligraphy

Mastering Calligraphy

Calligraphy is the design and execution of brilliant and beautiful lettering. Join us for an in-depth study of this visual arts most common form, italic. Learn proper pen angle, letter slant, spacing, size for upper and lower case, and numbers. Calligraphy can be applied in everything from invitations to fine art. Supplies discussed at first class.

ARTS:725 | \$119

001 M 7 pm-9 pm **Leslie Barnes**
March 19 – May 7 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

001 Tu 7 pm-9:30 pm **Carl Behmer**
Jan. 30 – March 6 FV - H, 109
002 Sa 9:30 am-12 pm **Sheow Chang**
Feb. 3 – March 10 FV - H, 109
003 Tu 7 pm-9:30 pm **Carl Behmer**
March 20 – May 1 FV - H, 109
No Class 4/3
004 Sa 9:30 am-12 pm **Sheow Chang**
April 7 – May 12 FV - H, 109

Painting

Botanical Illustration: Watercolor

Inspired by antique styles, create contemporary pieces with new methods. Our subject and inspiration will be the plant kingdom, the medium will be watercolor. Delve into washes, layering, texture, color and composition with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent. No class 3/15, 4/5.

ARTS:735 | \$105

004 Th 12pm-3pm **Maureen Brodsky**
March 1 – April 12 MC - CE, Classroom

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 sent.

ARTS:735 | \$105

001 Tu 1 pm-3:30 pm **Maureen Brodsky**
Jan. 16 – Feb. 20 MC - CE, Classroom

Watercolor Advanced Beginning Techniques

Paint with the brilliant color and fluid stroke of watercolor. Acquire and practice various techniques in transparent watercolor and learn the best paint, paper type and preparation for your artworks. Prerequisite: Basic drawing class or equivalent experience. Supply list sent. No class 2/1, 2/8, 3/1, 4/5, 5/3.

ARTS:735 | \$205

002 Th 9:30 am-12 pm **Nancy Muschany**
Jan. 25 – May 17 St John's Ev. UCC

Watercolor Intermediate/Advanced Techniques

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

ARTS:736

15 Hours | \$105

005 Tu 1 pm-3:30 pm
Feb. 27 - April 10
No Class 3/13
Maureen Brodsky
MC - CE, Classroom

30 Hours | \$205

006 F 9 am-12 pm
Feb. 2 - April 13
Phyllis Smith Piffel
Bluebird Park

001 F 12:30 pm-3:30 pm
Feb. 2 - April 13
Phyllis Smith Piffel
Bluebird Park
No Class 3/30

002 M 12 pm-2:30 pm
Feb. 5 - May 7
Nancy Muschany
St John's Ev. UCC
No Class 2/19, 4/2

003 W 12 pm-2:30 pm
Feb. 7 - April 25
Nancy Muschany
St John's Ev. UCC

004 Th 12:30 pm-3 pm
Feb. 8 - April 26
Nancy Muschany
St John's Ev. UCC

Oil or Acrylic Painting: All Levels

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

ARTS:740

15 Hours | \$105

002 Tu 2 pm-5 pm
Feb. 27 - March 27
Michelle Ochonicky
Eureka Comm. Ctr.

003 Tu 6 pm-9 pm
Feb. 27 - April 3
Michelle Ochonicky
WW, 309
No Class 3/12

004 Tu 2 pm-5 pm
April 10 - May 8
Michelle Ochonicky
Eureka Comm. Ctr.

005 Tu 6 pm-9 pm
April 10 - May 8
Michelle Ochonicky
WW, 309

30 Hours | \$205

001 Tu 5:30 pm-8:30 pm
Feb. 6 - April 17
Lisa Payne
Nottingham, 110
No Class 3/27

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 3/21, 3/28.

ARTS:746 | \$205

001 W 6 pm-9 pm
Feb. 21 - May 9
Brenda Schilling
Clayton H.S., 22

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 which will only meet for one hour.

ARTS:748 | \$105

001 Tu 4 pm-5 pm
Jan. 16
Maureen Brodsky
MC - HE, 216
Tu 4 pm-7 pm
Jan. 23 - Feb. 20
Maureen Brodsky
MC - HE, 216

Acrylic Impressions

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

ARTS:748 | \$205

003 Tu 12:30 pm-3:30 pm
Feb. 6 - April 10
Phyllis Smith Piffel
Kirkwood Comm. Ctr.
009 Tu 6 pm-9 pm
Feb. 27 - May 8
Phyllis Smith Piffel
MC - SO, 107

Acrylic Impressions Workshop

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

ARTS:748 | \$105

007 Tu 12:30 pm-3:30 pm
April 17 - May 15
Phyllis Smith Piffel
Kirkwood Comm. Ctr.

Color Fusion

Train your eye to mix any color on demand! Do you wonder about the difference between hue and tint? Shade and value? Intensity and saturation? Do you wonder why it is so difficult to match a color? We will explore the color wheel and delve deep into the fascinating properties of color. Explore your emotional, colorful side with practical in class exercises and take home projects! LAST DAY TO ENROLL OR DROP IS MONDAY, 2/1. NO REFUNDS AFTER THIS DATE.

ARTS:748 | \$105

004 Th 6 pm-8 pm
Feb. 8 - March 8
Elizabeth Kern
MC - HE, 124



First Impressions: Monet in a Day-Orchard in Bloom

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, Orchard in Bloom. 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, 5/7. NO REFUNDS AFTER THIS DATE.

ARTS:748 | \$99

008 M 5:30 pm-9:30 pm
May 14
Elizabeth Kern
MC - CE, Classroom

First Impressions: Monet in a Day-Study Rushes at Argenteuil

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 Study Rushes at Argenteuil. 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 THURSDAY, 1/25. NO REFUNDS AFTER THIS DATE.

ARTS:748 | \$99

002 Th 5 pm-8:30 pm
Feb. 1
Elizabeth Kern
Nottingham, 102

Painting Plein Air: A Class at Forest Park

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.

ARTS:748 | \$105

005 M 9:30 am-10:30 am
March 5
Maureen Brodsky
FP - G Tower, 323
M 9:30 am-11:30 am
March 12 - April 9
Maureen Brodsky
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 | \$29

002 Sa 1 pm-4 pm
April 21
Deborah Weltman
MC - CE Classroom

Art 101: Basic Design Principles

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

ARTS:765 | \$85

001 Tu 6 pm-8 pm
April 3 - April 24
Elizabeth Kern
FP - G Tower, 409

First Impressions: Monet Masterworks-Meadow with Poplars

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: Meadow with Poplars. 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 THURSDAY, 3/8. NO REFUNDS AFTER THIS DATE. No class 3/29.

ARTS:748 | \$149

006 Th 6:30 pm-8:30 pm
March 15 - April 26
Elizabeth Kern
Nottingham, 102



Crafts

Needlecrafts

Alabama Stitch T-shirts

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

CRFT:713 | \$39

005 W 6 pm-9 pm
March 28

Anne Stirnemann
City Sewing Room

New Dog Coats & Clothes

Measure up your dog and bring your ideas. We will make your pooch a new winter coat to show off. We have the patterns, but make sure you measure how tall your pup is, how big his chest is and collar to tail length. We have lots of free fabric to choose from, or bring your own.

CRFT:713 | \$39

001 W 6 pm-9 pm
Jan. 31

Anne Stirnemann
City Sewing Room

**Gain Valuable
Computer Skills
for the Workplace**

from the comfort
of your home!



Visit our site to
learn more.

www.ed2go.com/stlcc

Eco Friendly Furniture Restoration Demo

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

CRFT:713 | \$45

008 Th 6:30 pm-8 pm
May 10

PerennialSTL.org

Intro to Your Sewing Machine

Overcome your hesitation in using your sewing machine. From old machines to brand new ones, they all work basically the same. Learn how a sewing machine works and practice sewing. Use one of our machines or bring your own. Machines must be in working order.

CRFT:713 | \$35

006 W 6 pm-8 pm
April 11

Anne Stirnemann
City Sewing Room

Introduction to Upholstery: Dining Room Chair

Get a hands-on introduction to basic upholstery as you explore the tricks to re-covering the seat of an old dining room chair and learn to create a new seat structure with webbing. Plus, you'll leave with your own handmade webbing stretcher. Students may bring in 1-2 dining room chairs from their set to practice reupholstering. The class will work in small groups. All materials provided.

CRFT:713 | \$45

007 Th 6:30 pm-9 pm
Feb. 8

PerennialSTL.org

New Needle Felt an Owl

Learn to needle felt a three-dimensional owl. Students felt by using a single barbed needle that agitates the wool fiber into a form. This is a fun beginning class for wool felting. After learning this technique, students can work on more projects at home to create their own designs. All materials included in cost of the class.

CRFT:713 | \$45

010 Tu 5 pm-8 pm
April 3

Craft Central

New Picnic Blanket/Bag Combo

Make a picnic bag to carry your sandwiches and unfold it to become a round picnic blanket measuring 4 feet in diameter. Bring 1.5 yards of a quilted fabric and 1.5 yards of coordinating quilting type fabric. Machines and notions provided at class.

CRFT:713 | \$39

004 W 6 pm-9 pm
March 7

Anne Stirnemann
City Sewing Room

New Sweater Dog Bed

Turn your old sweater into a sweet personal bed for your pooch. Using a pullover sweater we will stitch it in a way that it can be stuffed with fabric scraps and fashioned into a bed your dog or cat will love to snuggle in. Bring an old pullover type sweater, we have the rest. No sewing skills needed.

CRFT:713 | \$39

002 W 6 pm-9 pm
Feb. 7

Anne Stirnemann
City Sewing Room

Your Personal Dress Form

Construct a dress from that exactly matches your body. You will begin by being wrapped in paper tape, cutting off this shell and then fill it with foam. We will make a simple stand for the form. Wear good undergarments and old t-shirt. All materials provided.

CRFT:713 | \$49

003 Sa 9 am-2 pm
Feb. 24

Anne Stirnemann
City Sewing Room

Weaving

Weaving: Begin with a Table Runner

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

CRFT:713 | \$89

009 M 5 pm-8:30 pm
Feb. 12 - Feb. 19

Craft Central



Knit and Crochet

Learn to Knit in a Day

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

CRFT:720 | \$49

004 Sa 9 am-3 pm
Feb. 10

Thi Miller
FP - G Tower, 113

002 Sa 9 am-3 pm
March 3

Cristin Greenlee
MC - SW, 210

Knitting I

Join us for fun, laughter, and knitting fundamentals. You will learn to knit the basics: casting on, knitting and purling, binding off, and finishing. Get lots of information and tips for future projects. Supply list sent.

CRFT:720 | \$49

001 Tu 6 pm-8 pm
Jan. 30 - Feb. 13

Cristin Greenlee
Kirkwood H.S., SA 2

003 W 6:30 pm-8:30 pm
Feb. 7 - Feb. 21

Thi Miller
Nottingham, 109

Knitting II

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

CRFT:722 | \$49

001 Tu 6 pm-9 pm
Jan. 30 - Feb. 13

Cristin Greenlee
Kirkwood H.S., SA 2

002 Tu 6 pm-9 pm
Feb. 20 - Feb. 27

Cristin Greenlee
Kirkwood H.S., 109

Knit a Cozy Baby Blanket

Learn and get started on an adorable and simple baby blanket pattern knit on the diagonal that you can then finish on your own. We will work through as much of the pattern together in class and then learn the techniques for finishing it off on your own. Pattern and supply list will be provided. Bring a snack or lunch.

CRFT:722 | \$49

003 Sa 9 am-3 pm
March 24

Cristin Greenlee
MC - SW, 106

New Knitting: Entrelac Scarf

Entrelac is a knitting technique used to create a textured diamond pattern. This intriguing technique creates beautiful overlaps of basket-weave design, and is especially highlighted in variegated or multicolored yarn. A supply list will be sent.

CRFT:722 | \$49

004 Tu 6:30 pm-8:30 pm
Feb. 27 – March 13

Thi Miller
Nottingham, 109

Tunisian Crochet I

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

CRFT:724 | \$49

001 Sa 11 am-2 pm
Feb. 10 – Feb. 17

Dee Levang
MC - AS, 204

Tunisian Crochet II

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

CRFT:726 | \$49

001 Sa 9 am-12 pm
March 3 – March 10

Dee Levang
MC - AS, 204

Baskets

New Beginning Basketry: Herb Drying Basket

For centuries, cooks have harvested fresh herbs from kitchen gardens preserving them to season dishes all year long. Continues this tradition, by making your own herb drying basket. The completed project will be approximately 20" x 20" x 4".

CRFT:734 | \$59

004 Tu 6 pm-8:30 pm
April 17 – April 24

Laura Klaus
MC - SW, 102

New Beginning Basketry: Potluck

At your next potluck impress your friends with not only a delicious dish, but bring it in a colorful basket you made yourself! The class is hands-on and we jump right in the first night. The finished product will be approximately 12" diameter and is 6" high, and is woven over an oak handle.

CRFT:734 | \$59

001 Tu 6 pm-8:30 pm
Feb. 6 – Feb. 13

Laura Klaus
MC - SW, 102

New Beginning Baskets: Picnic Caddy

A stylish and convenient picnic caddy is a must have for organizing your tailgate, picnic or party supplies. Your flatware stays clean, neat and accessible and what could be better? The finished product will be approximately 9" x 8" x 4" and is woven over a plastic tote that is attached with the ball feet after the basket is completed.

CRFT:734 | \$49

003 Tu 5:30 pm-9:30 pm
April 10

Laura Klaus
MC - CE, Classroom

New Basketry: Remote Tote

Where, oh where is that darn remote? Never have to say those words again with your homemade remote tote! The finished product will be approximately 11" x 6" x 4" and is woven using two oak handles. Color options will be available.

CRFT:734 | \$49

002 Tu 5:30 pm-9:30 pm
March 6

Laura Klaus
MC - CE, Classroom

Glass and Ceramics

Beginner Mosaics 3D Form

Using precut 3-D forms, students will choose from: star, flower, mushroom, peace sign and more to create a mosaic sculpture. Students will cut and nip small pieces of glass, arrange and glue then grout their piece. Color wheel and ombre will be discussed to achieve desired effect. All materials included in cost of the class.

CRFT:740 | \$45

003 Sa 10 am-1 pm
Feb. 3

Craft Central

New Mosaic Birdhouse

Create a beautiful, inspired mosaic birdhouse that will add color to your garden or yard. The functional aspects provide nesting spots for a variety of colorful birds, which makes your yard even more attractive. Students apply mosaic glass to the roof and at least two sides of a ceramic glazed birdhouse. Students will learn how to grout the second week. All materials included in cost of the class.

CRFT:740 | \$65

002 Sa 1 pm-3 pm
May 12 – May 19

Craft Central

Updated Mosaic Garden Stones

Add a colorful mosaic stepping stone to your garden or walkway. Learn to use broken plates and forgotten tiles to create a beautiful DIY mosaic. You'll learn to cut tile, mix mortar, and grout your mosaic. This workshop will teach you the basics so you can use your skills for any future project. Each participant will create a unique stepping stone to take home to their outdoor spaces. All materials provided.

CRFT:740 | \$45

001 Th 5 pm-9 pm
May 3

PerennialSTL.org

New Asian Tea Set

The Chinese tea culture has a long, complex history and has evolved its own unique cultural characteristics. Traditional Chinese tea sets play a significant role in the forming of Chinese tea culture. In this class you'll create a custom painted Asian tea pot with two tea cups. Students choose a glaze to paint their project. Students may also transfer a pattern onto the set, and paint the image from a variety of underglazes. All materials included in cost of the class.

CRFT:743 | \$49

002 Sa 1 pm-3 pm
Feb. 24

Craft Central

New Hand-painted Ceramic Tile Clock

Express your creativity with a hand-painted, ceramic wall clock that makes a fabulous housewarming gift or keep as a family heirloom. 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. Come dressed to work with paint and have some fun!

CRFT:743 | \$39

003 W 7 pm-9 pm
April 10

Cathy Cody
Painted Zebra-Krkwd

Wine Bottle Reuse

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

CRFT:743 | \$45

001 Th 6 pm-8:30 pm
March 8

PerennialSTL.org

Papercrafts

Updated 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 sent. LAST DAY TO ENROLL OR DROP IS 2/2. No refunds after this date.

CRFT:742 | \$55

001 Sa 9 am-11 am
Feb. 10
Sa 9 am-11 am
March 10
Sa 9 am-11 am
April 14

Patti Bossi
MC - CE, Classroom

MC - CE, Classroom

MC - CE, Classroom

Updated 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 cards using stamping techniques and embellishments to make your cards "pop". Fee includes most materials. Supply list sent. LAST DAY TO ENROLL/DROP IS FRIDAY 2/16. NO REFUNDS AFTER FRIDAY 2/16.

CRFT:742 | \$49

002 Sa 9 am-11 am
Feb. 24

Patti Bossi
Affton White-Rodgers, A

Updated 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, create some unique backgrounds using baby wipes, learn what the triple mat technique is all about and many other fun techniques to make some fabulous cards. Fee includes most materials. Supply list sent. LAST DAY TO ENROLL/DROP IS FRIDAY 4/13. NO REFUNDS AFTER FRIDAY 4/13.

CRFT:742 | \$49

003 Sa 9:30 am-12:30 pm
April 21

Patti Bossi
MC - CE, Classroom



Metals and Blacksmithing

Beginning Blacksmith: Copper Chasing

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

CRFT:753 | \$99

009 Tu 5 pm-7 pm
Feb. 20 - Feb. 27

Mueller Industries

010 Tu 5 pm-7 pm
March 13 - March 21

Mueller Industries

Beginning Blacksmith: Create a Wall Mount Hook

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

CRFT:753 | \$79

006 Sa 9 am-11:30 am
Feb. 3

Mueller Industries

007 Sa 9 am-11:30 am
March 3

Mueller Industries

008 Sa 9 am-11:30 am
April 7

Mueller Industries

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

001 Sa 8 am-11am
Jan. 27 - March 10

Lacey Kirkwood

MC - HE, 131

002 M 6 pm-9 pm
Jan. 29 - March 26

Kevin Yu Lin

FV - E, 290

Metalsmithing: Intermediate Techniques for Jewelry

In this course you will learn how to make rings from sheet metal and wire. Different methods of soldering will also be taught. We will cover a ring band, twisted ring, rolling ring, ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Metalsmithing Techniques for Jewelry or equivalent experience. No class 3/31.

CRFT:753 | \$225

003 Sa 8 am-11 am
March 24 - May 12

Lacey Kirkwood

MC - HE, 131

004 M 6 pm-9 pm
April 2 - May 14

Kevin Yu Lin

FV - E, 290

Soldered Glass Pendants

Create an upcycled stained glass pendant from scraps of ceramic and glass. Participants will learn to use recycled glass, copper foil, flux and lead-free solder to sculpt their custom jewelry pendant. The class will demonstrate how to safely use a glass cutter and grinder to create custom shapes from found vintage plates, mirrors, and clear glass. Participants will also learn to make a custom sized jump ring and the right places to look for up cycled treasures for all their up cycled jewelry projects. Note: This class requires hand strength and the use of a very hot tool. Patience, an eye for safety, and hand dexterity will help participants achieve their design goals. All materials provided.

CRFT:753 | \$39

005 Sa 10 am-1 pm
Feb. 24

PerennialSTL.org



Cake Decorating for Fun or Profit: Beginning

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

FOOD:701 | \$69

002 M 6 pm-8:30 pm
Feb. 26 - March 19

Cynthia Sciaroni
Nottingham, 105

Cake Decorating for Fun or Profit: Beginning and Intermediate

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Program. No class 3/13.

FOOD:701 | \$89

001 Tu 6:30 pm-9 pm
Feb. 20 - April 17

Carla Soll
FV - SC, PDR-A

Cake Decorating for Fun or Profit: Intermediate

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Program. Supplies extra.

FOOD:702 | \$69

001 M 6 pm-8:30 pm
April 2 - April 23

Cynthia Sciaroni
Nottingham, 105

Cake Decorating: Contemporary Wedding Cake

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Program. Supplies extra.

FOOD:704 | \$59

001 Tu 6:30 pm-9 pm
April 24 - May 8

Carla Soll
FV - SC, PDR-A

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

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



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

Culinary Arts

Baker's Delight

Delicious Cakes

Join us to make delicious cakes from scratch! Recipes include German apple cake, lemon bliss cake, pumpkin chocolate cake with caramel glaze, cranberry crumb cake, 1943 Hershey cocoa cake, and spiced pudding cake. Come and enjoy a day baking!

FOOD:705 | \$39

001 Sa 9:30 am-12:30 pm
March 24

Eileen Fraser
FV - SM, 129

Hand-Held Pies: Sweet and Savory

Delicious individual pastries with sweet and savory fillings in the convenience of a hand held pie! Great for picnics, when you are on the go, and perfect for lunches. We'll make traditional Cornish pasty, with a hearty combination of steak and veggies for the filling; veggie empanadas, with black bean, corn and portabella filling; summer fruit galettes; and more as time permits. Class is hands-on. There will be plenty of taste-testing plus you can take some home for later (bring a container!). Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$49

002 Tu 6 pm-9 pm
Feb. 27

Debra Hennen
Cul. Arts House

Donuts! (Homemade!)

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

FOOD:705 | \$49

003 Tu 6 pm-9 pm
Jan. 30

Debra Hennen
Cul. Arts House

Bread Baking: Enriched Yeast Dough

Enriched yeast breads contain a higher percentage of fat, eggs, milk and sweeteners compared to traditional yeast breads. The enriched dough is softer and stickier than traditional dough and tends to handle differently. The bread products we will make from this yeast dough are brioche, challah, cinnamon rolls and coffee cake. The class will emphasize the proper techniques of mixing, shaping (which includes braiding), and baking to help ensure your success in the kitchen. The class is part demonstration and part hands-on. Parking is on Hartford or Hampton. Look for the flagpole located in front. Bring zip-lock bags to take home dough and baked bread leftovers.

FOOD:706 | \$49

003 Sa 9 am-12 pm
March 10

Dianne Johnson
Cul. Arts House

Bread Baking: Flatbreads

There are hundreds of types of flatbreads that are made worldwide. The textures of flatbreads vary from crispy, puffy, soft, flaky, tender or light. Come learn the history and variations of pizzas and flatbreads and how to insure that yours turn out perfectly in your home oven. The class is going to concentrate on pizza, pita, focaccia and lavash. If time allows, we can experiment with breadsticks. Class is a combination of demonstration and hands-on. Bring take-home containers or zip-lock bags. Parking is on Hartford or Hampton. Look for the flagpole and sign located in front of the house.

FOOD:706 | \$49

002 W 9 am-12 pm
March 21

Dianne Johnson
Cul. Arts House

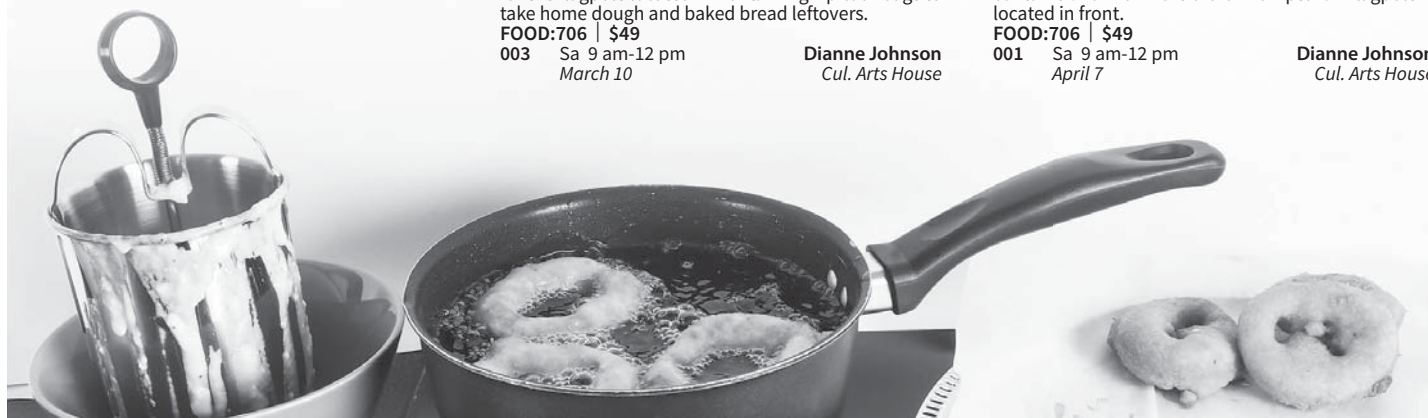
Bread Baking: Sourdough

Learn to make delicious sourdough bread your whole family will enjoy. We will discuss the many ways to start your own starter from purchasing a starter kit to using wild yeast. Make sourdough bread from St. Louis and New Orleans sourdough starters that I have been using for years. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. A flagpole is located in front.

FOOD:706 | \$49

001 Sa 9 am-12 pm
April 7

Dianne Johnson
Cul. Arts House



Cooking Basics

Baked Delights

Impress your taste buds with delicious baked foods. You will learn your very tasty new recipes over two class sessions. Class 1: These hearty, fun meals can be yours after you learn how to make them these classes. Sweet and cheesy biscuit sliders, deviled egg salad, and butter cracker mallow treats. Class 2: Loaded baked potato fare-pepperoni pizza potatoes, broccoli cheddar potatoes, and chili potatoes, cucumber salad, and berry delight 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

002 M 6:30 pm-9:30 pm
May 7 - May 14

Latoya Chauncey
Lindbergh H.S., 128

One-Skillet Creations

Come enjoy a one-skillet cooking experience! You will learn your very tasty new recipes over two class sessions. Class 1: Tex-Mex taco pasta skillet, a healthy garden salad, and a lime-aid Icebox pie. Class 2: Chicken and orzo skillet creation, home style green beans, and apple dump cake. 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

001 M 6:30 pm-9:30 pm
April 16 - April 23

Latoya Chauncey
Lindbergh H.S., 128

Appetizers and Sides

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, roasted tomato soup, chocolate zucchini bread, creole carrots, zesty steamed broccoli, crab stuffed mushrooms, cauliflower au gratin, 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 and lots of hands on cooking.

FOOD:735 | \$49

001 W 6:30 pm-9:30 pm
Feb. 28

Michelle Melton
Kirkwood H.S., C191

More Irresistible Vegetables

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

FOOD:735 | \$49

002 W 6:30 pm-9:30 pm
March 14

Michelle Melton
Kirkwood H.S., C191

New Even More Irresistible Vegetables with New Recipes

Are you ready for a whole new set of recipes and ideas to help you make vegetables the irresistible stars of your meals? In this class, the third installment of irresistible vegetables, we will continue to explore the wonderful world of veggies, but this time with a whole new set of delicious veggie recipes that will leave your family coming back for more. In this class, we will make over a dozen tasty veggie recipes including mozzarella caprese canapes, roasted broccoli corn chowder soup, cheddar zucchini corn muffins, sautéed green beans French style, basil pesto pasta salad, Brussels sprouts au gratin, baked sweet potato fries, fried cauliflower mac-n-cheese bites, and much more. Come hungry and bring take-home containers. Class includes a discussion on how to clean, cut, and cook various fresh veggies as well as lots of hands on cooking.

FOOD:735 | \$49

003 W 6:30 pm-9:30 pm
April 11

Michelle Melton
Kirkwood H.S., C191

Not-the-Same-Old Vegetables

If you are looking for ways to jazz up vegetables, this class is for you. You will make bacon wrapped asparagus, roasted parmesan green beans, roasted Brussels sprouts and cauliflower with bacon, and herbed butter baby carrots. There's always something exciting and different in our instructor's recipe box.

FOOD:735 | \$39

004 Th 7 pm-9:30 pm
April 26

Eileen Fraser
FV - SM, 129

International Flavors

A Taste of India: Vegetarian

Love Indian food? Don't wait for a special occasion to dine out, learn to cook Indian cuisine! In this class, you will learn to make dishes that are rooted in India's vegetarian culinary traditions yet adaptable to today's kitchen and lifestyle. Menu includes: samosa- potato and peas stuffed in a pastry dough and deep fried; aloo vada- spiced potatoes dipped in chickpea batter and fried; cabbage masala- cabbage, carrots and peas with spices, masala bhat-basmati rice cooked with veggies and spices, dal- lentils seasoned with onions and spices; and raita- made with cucumber and yogurt. All food will be served with naan.

FOOD:734 | \$49

004 M 6:30 pm-9:30 pm
March 5

Seema Shintre
Lindbergh H.S., 128

New Chinese Take-Out At Home II: Plus Japanese Fusion

Addicted to your favorite take-out items at your local Chinese or Japanese restaurant, but looking to save some cash or perhaps eat a little bit healthier? Learn how to make your Asian take-out favorites at home with fresh vegetables and sometimes, less oil. In this class, we'll learn how to make crab rangoon, pork pot stickers, Japanese onion soup, hot and sour soup, chicken yaki udon, beef kung pao, orange chicken, white chocolate fried banana wontons for dessert, and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:734 | \$49

002 W 6:30 pm-9:30 pm
March 28

Michelle Melton
Kirkwood H.S., C191

Exclamation Point!

"Loved **Michelle Melton**. Loved the class. Her recipes are delicious!"

- **Chris P., Kirkwood**

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 take-out 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:734 | \$49

001 W 6:30 pm-9:30 pm
Feb. 21

Michelle Melton
Kirkwood H.S., C191

New Eggs and Chicken the Indian Way

Join us to learn authentic, home-style Indian dishes in a fun, hands-on atmosphere. This culinary experience is perfect for the passionate foodie, curious cook, or anyone new to Indian cuisine. Menu includes: hariyali chicken- boneless chicken cooked with spinach, tomato and spices; methi chicken- boneless chicken cooked with fenugreek leaves in a spiced creamy sauce; egg curry- eggs cooked in a spiced tomato sauce; egg bhurgi-scrambled eggs sautéed with peppers, tomatoes and onions; and kheema matar-minced chicken cooked with peas and spices. Dishes will be served with boiled basmati rice and naan.

FOOD:734 | \$49

006 M 6:30 pm-9:30 pm
April 2

Seema Shintre
Lindbergh H.S., 128

New Food from South India

This class is a spice-lover's dream come true! The variety and combination of Indian spices is never-ending and truly makes for a memorable dish. In this class, you will gain hands-on experience creating delicious and aromatic meals. Menu includes: Pongal spicy- rice and lentils cooked together and seasoned with spices; sweet Pongal- rice and lentils cooked and sweetened with cane sugar; mixed vegetables- variety of veggies cooked with spices and fresh coconut; tomato chutney- tomatoes with spices served as a side or dipping sauce; dal wada- soaked and ground lentils fritters; and raita- cucumber in seasoned yogurt.

FOOD:734 | \$49

005 M 6:30 pm-9:30 pm
March 26

Seema Shintre
Lindbergh H.S., 128

New Totally Tamales

Just in time for Cinco de Mayo, learn how to make and host a tamale making party! We will make tamales with different fillings (meat filled and vegetarian) that are easy and delicious! Learn the process of tamale making and take home some for your friends and family. Also, learn how to make a Mexican chopped salad that is the perfect complement for your tamales and any Mexican dish! Tamales are the perfect make-ahead-and-freeze dish. This class is part demonstration and part hands on. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

003 Sa 10 am-1 pm
April 21

Tiffany Smith
Cul. Arts House

Vegetarian Thali

In Indian cuisine, the Thali is an assortment of dishes that seeks to capture six flavors on a large single platter: sweet, salt, bitter, sour, astringent, and spicy. Gujarati thalis are a popular and healthy dish, typically composed of dairy, pulses, vegetables and grains. In this class, we will prepare three vegetables that are in season: dal (lentils), shrikand (yogurt blended with saffron and cardamom), and puri (delicious golden-brown bread made with whole-wheat flour). This simple food is fresh and satisfying, blending and balancing all flavors of the palate. Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

007 M 6 pm-9 pm
April 2

Prabha Pergadia
Cul. Arts House

The Main Event

New Dining Out: American Menu Classics

How great would it be to serve your family their favorite restaurant items right at your own dinner table, with the added advantages of quiet family time together without the restaurant prices? Come learn how to make classic yeasty dinner rolls like the ones at your favorite buffet, fried cheese wedges (we'll make them in pepper jack and provol) with arrabiata sauce, perfectly breaded chicken tenders with homemade ranch dipping sauce, juicy gourmet hamburgers, lobster macaroni and cheese, stuffed mushrooms, Caesar salad, perfectly cooked zesty steamed broccoli, green bean fries with lemon aioli, fish and chips, chocolate lava cake, and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:765 | \$49

007 W 6:30 pm-9:30 pm
March 7

Michelle Melton
Kirkwood H.S., C191

Sweetheart Steakhouse Dinner

Attention steak lovers who want to impress your Valentine! This class is designed to satisfy your love with a classically-styled steakhouse dinner. You and your Valentine will enjoy stuffed filet with cognac cream sauce and peppered sirloin with herb buttered mushrooms, soufflé spinach, and spicy Caesar salad with asiago wafers. Mini white chocolate cheesecake with raspberry sauce is on the menu for dessert.

FOOD:724 | \$49

001 Tu 6:30 pm-9:30 pm
Jan. 16

Suzanne Corbett
Kirkwood H.S., C191

Valentine's Dinner for Your Loved Ones

Roses are red, violets are blue; if you're looking for Valentine's Day ideas, this class is for you! Join us to make delicious honey mustard, bacon-wrapped shrimp; spinach salad with poppy seed dressing; chicken and rice wellington with port currant sauce; pine nut and pancetta green beans; and berry and white chocolate mini-cheesecakes. Class is hands-on.

FOOD:724 | \$49

002 W 6:30 pm-9:30 pm
Feb. 7

Liz Parker
Kirkwood H.S., C191

New Brunch at Tiffany's: Afternoon Tea Party

Enjoy a British-inspired high tea party that is perfect for your next baby or bridal shower, Mother's day or Easter brunch! Learn to make sweet and savory scones, deliciously dainty sandwiches, and beautifully delicious petit pastries using a mix of store-bought and fresh ingredients. Recipes also include contemporary twists on traditional afternoon tea favorites! Also, enjoy a breathtaking tea party tablescape with easy party ideas you can adapt for your next tea-themed event! Park on Hartford or Hampton. Flagpole in front.

FOOD:725 | \$49

001 Sa 9:30 am-12:30 pm
March 24

Tiffany Smith
Cul. Arts House

New Cozy Comfort Foods

These recipes are great for those cold winter nights. Our instructor has put a different twist on some favorite comfort foods. Enjoy chicken and noodle stew, sautéed pork tenderloin with bourbon glaze, homemade buttermilk biscuits, homemade brownies, and Gouda mashed potatoes are just a few of the recipes you will enjoy. As always our instructor will have an array of recipes for you to enjoy and make at home.

FOOD:742 | \$39

001 Th 7 pm-9:30 pm
Feb. 22

Eileen Fraser
FV - SM, 129



Spring Delights: Comfort Foods

In this class, you will enjoy preparing and eating a delectable variety of reliable comfort foods that speak to your taste buds! Menu includes Catalina taco salad, individual sweet chili glazed meatloaves, triple cheese macaroni, roasted vegetables, and half-baked chocolate chip cookies with vanilla bean ice cream.

FOOD:742 | \$49

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

Liz Parker
Kirkwood H.S., C191

New Scrumptious Spring Samplings!

Join us for a delicious sampling of spring favorites. Menu includes strawberry almond salad with poppyseed vinaigrette, grilled shrimp kabobs with a citrus buerre blanc sauce, mixed vegetable pilaf, and chocolate-crusted creamy lemon tarts. Class is hands-on. Come prepared for a great time!

FOOD:765 | \$49

006 M 6:30 pm-9:30 pm
April 9

Liz Parker
Lindbergh H.S., 128

Just Desserts

Ladies Night Out: DIY Shot Glass Dessert

Do you love the idea of those adorably delicious, cute little shot glass dessert platters that you see 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 as we make our own shot glass dessert buffet. Our class will work as a team to make a variety of sweet components like pastry creams, sauces, and whipped cream, so making our shot glass desserts will be a piece of cake! We'll assemble all the components we've made into a few favorite shot glass desserts from our class last year, such as Blueberry Lemon Cheesecake and Dark Chocolate Turtle Brownies, and then we'll try out some new flavors like Chocolate-Covered Strawberry Shots, Black Forest Trifles, Triple Berry Parfaits, Mocha Bailey's Shooters, and more. Bring your creativity to make your own shot glass dessert flavors with our extra components - the sky is the limit! Class is hands-on.

FOOD:722 | \$49

004 W 6:30 pm-9:30 pm
April 25

Michelle Melton
Kirkwood H.S., C19

Ladies Night Out: DIY Shot Glass Dessert Buffet

Bring your BFFs and come prepared to taste-test every one of these surprisingly simple sweet little treasures. From fresh fruit to chocolate (and all you desire in between!), you will learn how to mini-size all of your favorite desserts. This class will also teach you how present desserts in a way that elicits a resounding "wow!" at your next get-together. 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:765 | \$49

008 F 6 pm-9 pm
April 27

Debra Hennen
Cul. Arts Hou

Tricks and Tips

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? Then 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.

FOOD:747 | \$69

001 W 6 pm-9:30 pm
April 4

Michelle Melton
Kirkwood H.S., C191

What's in Your Spice Cabinet? An Exploration of Spices from A to Z

Have you ever stared at the hundreds of little bottles in the spice aisle at your grocery store perplexed and thinking "what does that smell/taste like and what can you do with it?" Come find out. In this exploratory course, you'll experience a wide variety of spices from Anise to Turmeric. You'll learn about all those spices that have perplexed you, 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 like smoked paprika seared tilapia, saffron risotto, Vietnamese lemongrass chicken, Jamaican jerk pasta, and more! Come hungry and bring take-home containers. Class is hands-on and includes both cooking and a lecture/ discussion of spices.

FOOD:747 | \$49

002 W 6 pm-9:30 pm
April 18

Michelle Melton
Kirkwood H.S., C191

New Paleo Basics

Are you curious about trying out a Paleo Diet or maybe starting a Whole30? Are you worried about the added cost of eating this way? Join me as I show you how to save money by making some of these basic building blocks at home. Recipes include: ghee, homemade paleo-friendly mayo, three simple spice mixes, and energy balls. Class is hands-on.

FOOD:722 | \$49

001 W 6 pm-9 pm
Jan. 17

Jill Allen
Kirkwood H.S., C191

Cheese-making at Home: DIY for Beginners

Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. In this class, you'll gain an understanding of the basics of how milk becomes cheese. You will get hands-on experience making ricotta, Neufchatel (aka Farmer's Cheese, aka low-fat cream cheese), and Yogurt cheese. Demonstration with class participation. All materials are available locally. Class fee includes cheesecloth to take home, illustrated directions, rennet tablets for home trials, a sampling of the cheeses made plus a container to take some home with you. Bring a sack lunch for the noon break. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:722 | \$79

003 Sa 9 am-3 pm
April 14

Lisa Payne
Cul. Arts House

New Love Your InstantPot!

Are you wondering what to do with the InstantPot you picked up on Prime Day? The InstantPot, also known as an electric pressure cooker, is the latest kitchen craze. This two-hour demonstration class is designed to get you familiar with how your InstantPot works by covering the functions and basics of how to operate your InstantPot. We will cook and sample several quick appetizers and easy weeknight dishes. You will leave confident in using this item and ready to put it to work in your own kitchen. Recipes include: quick and easy deviled eggs with a twist; baby potatoes with creme fraiche and dill; quick pickled beets; three bean chili; and salsa chicken.

FOOD:765 | \$49

001 Tu 6 pm-9 pm
Feb. 20

Jill Allen
Kirkwood H.S., C191

Make Your Own Healthy Dog Treats

What could be more exciting for your favorite doggo than treats made in your own kitchen with good-for-you ingredients? We'll make three baked treats: one microwave treat, one no-bake treat, and doggie "ice cream." These treats are both healthy and tasty: the perfect combination for the special pup in your life. Bring a container to take some home. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$49

003 Tu 6 pm-9 pm
March 27

Debra Hennen
Cul. Arts House



Couples Cook

Couples Cook: Spring Buffet

Bring your partner and enjoy some springtime dishes. Recipes include bousin-stuffed chicken breasts, pork tenderloin with nectarine-bourbon glaze, mixed green salad with Dijon vinaigrette, German chocolate brownies, green beans and cremini mushrooms with garlic herb cheese are just a few you will enjoy. The instructor will have recipes for a complete dinner. Fee is per person.

FOOD:755 | \$39

004 F 7 pm-9:30 pm
April 13

Eileen Fraser
FV - SM, 129

Couples Cook: Taste of Italy and Greece

Enjoy the flavors of Italy with salami saltimbocca con salsa di sherry (pork saltimbocca with sherry sauce), pollo Siciliano (Sicilian chicken), torta crema triplce Italiana al limone (Italian triple lemon cream cake), fagiolini provenza (green beans provence), salvia e browned butter ravioli (sage and browned butter ravioli), pasta e Faggioli (soup) are just a few of the flavors from Italy you will enjoy. Our instructor has more tantalizing Italian recipes for you to cook. Fee is per person.

FOOD:755 | \$39

003 F 7 pm-9:30 pm
March 9

Eileen Fraser
FV - SM, 129

Couples Cook: Appetizers

Looking for some recipes for entertaining? Bring your partner and join us to spend an evening socializing and feasting on tasty appetizers that are both elegant and hearty. In this class you will prepare easy Stromboli, Thai curry chicken salad in phyllo cups, chimichurri meatballs, and steakhouse bruschetta. Our instructor will have an array of recipes for munching. Fee is per person.

FOOD:755 | \$39

001 F 7 pm-9:30 pm
Jan. 26

Eileen Fraser
FV - SM, 129

Couples Cook: Valentine's Day

Enjoy a romantic Valentine's Day dinner! Pesto-stuffed pork chops, blueberry bars with lemon glaze, rosemary chicken with orange maple glaze, spinach/ arugula salad with poppy seed vinaigrette, creamy romesco soup, asparagus and mushrooms with tarragon and pecans are just a few of the recipes you will enjoy. Our instructor will have an array of delicious recipes. Fee is per person.

FOOD:755 | \$39

002 F 7 pm-9:30 pm
Feb. 9

Eileen Fraser
FV - SM, 129

Exclamation Point!

"I love the **Wine classes**.

Bill Polhemus is a fantastic teacher and a main reason I sign up for all of them!"

Marcia R., Affton, MO



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

004 Tu 6 pm-9 pm
March 20

Alaska Klondike Coffee Co.

Roast Your Own Coffee

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

FOOD:765 | \$39

002 Tu 6:30 pm-9 pm
Feb. 27

Roy Lenox
Kirkwood H.S., C191

New Great Fermentations: Kombucha

Probiotics, or good gut bacteria, are live bacteria and yeasts that are good for your health-in particular your digestive system. In this class, we will explore kombucha teas. Have you caught onto the kombucha craze? If you haven't yet, you will after this class! Kombucha is a sweet tea mixture that is cultured with yeast and bacteria to produce a tangy and effervescent beverage. This tasty drink is purported to have health benefits and to aid in digestion. This one hour class will cover the basics of how to brew your own kombucha at home. All participants will leave with a SCOBY, the basic building block of home kombucha brewing, to enable them to successfully brew at home.

FOOD:722 | \$39

002 Tu 6 pm-8 pm
April 10

Jill Allen
Kirkwood H.S., C191

Cheers

Beyond Napa Valley

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

FOOD:760 | \$19

002 Tu 6:30 pm-8:30 pm
March 13

William Polhemus
Wine Barrel

Rhone Around the World

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

FOOD:760 | \$19

003 Tu 6:30 pm-8:30 pm
April 17

William Polhemus
Wine Barrel

The Big Six

An exploration into the 6 most influential and popular grape varieties in the world. This will be an examination of the styles and characteristics of Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay, Sauvignon Blanc and Riesling. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$19

004 Tu 6:30 pm-8:30 pm
May 15

William Polhemus
Wine Barrel

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. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$19

001 Tu 6:30 pm-8:30 pm
Feb. 13

William Polhemus
Wine Barrel

Cooking with Wine: Winter Wine Dinner

Introduce your taste buds to this winter wonderland! Take a break from the cold in our warm kitchen to prepare white wine shrimp mousse, Brussels sprout bisque with rosemary cheese breadsticks, chicken chardonnay, citrus risotto, and caramel drizzled sherry walnut squares.

FOOD:765 | \$49

005 Tu 6:30 pm-9:30 pm
Jan. 30

Suzanne Corbett
Kirkwood H.S., C191

**Register online at stlcc.edu/CE
See the inside cover for
instructions.**

Performing Arts

Dance

Ballet Tone & Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on center floor and barre for overall body conditioning. No prior ballet experience required. Leotard, leggings or tights and ballet shoes required. Studio is located behind a kitchen and bath design store.

DANC:701 | \$69

002 M 7 pm-8 pm

Feb. 5 – March 26

ADIVA Dance Center

Ballet: Beginning

This fun class is designed for the student who has never studied ballet before or hasn't taken a recent class. You'll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape with music and movement that is as good for the soul as it is for the body! Ballet shoes required. No class 2/14.

DANC:701 | \$59

001 W 6:30 pm-7:20 pm

Jan. 24 – March 7

Tamara Kelly

FP - PE, Dance

003 Th 7 pm-8 pm

Feb. 15 – April 26

Amanda Fedor

The Studio, Inc.

004 W 6:30 pm-7:20 pm

March 21 – April 25

Tamara Kelly

FV - PE, 233

Ballet: Intermediate

If you have studied classical ballet consistently, have a good understanding of basic barre work and centre work and are seeking to develop your technique, musicality, and artistry, this is the class for you! You'll refine your technique at the barre, with emphasis on Cecchetti, Royale and Vaganova methods of technique. Centre combinations will be given, including leaps and turns. Ballet shoes and appropriate attire is required. No class 2/14, 3/15.

DANC:701 | \$79

005 W 8 pm-9 pm

Feb. 7 – April 25

Amanda Fedor

The Studio, Inc.

Tap Dancing: Beginning

Designed for the beginner as well as someone with limited tap experience, basic tap steps and tap combinations will be taught as well as a tap routine. Develop your sense of movement while practicing basic rhythm tap techniques. A fun way to exercise! Do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store.

DANC:707 | \$69

001 M 8 pm-9 pm

Feb. 5 – March 26

ADIVA Dance Center

002 Th 8 pm-8:45 pm

Feb. 15 – April 26

Amanda Fedor

The Studio, Inc.

003 Tu 7:35 pm-8:35 pm

Feb. 20 – May 1

Bonnie Kleyboecker

St John's Ev. UCC, CAFÉ

Tap Dancing: Beyond the Basics

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll learn and practice new steps, combinations and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required. No class 4/17.

DANC:708 | \$69

001 Tu 6:30 pm-7:30 pm

Feb. 20 – May 1

Bonnie Kleyboecker

St John's Ev. UCC, Café

New Jazz in Heels

This is a general level class that is both energetic and stylish! Join us to build or improve your confidence dancing in heels. Each routine will be fun, stylized, enjoyable, and upbeat. Students should wear fitted clothing and character shoes or a pair of heels they feel comfortable moving in. No class 2/14.

DANC:713 | \$59

001 W 7:30 pm-8:20 pm

Jan. 24 – March 7

Tamara Kelly

FP - PE, DANCE

002 W 7:30 pm-8:20 pm

March 21 – April 25

Tamara Kelly

FV - PE, 233

New Belly Dance FUNDamentals

Experience authentic Egyptian culture through the universal language of music and dance in this fun, beginner-level course! We will break down the fundamental movements of Raqs Sharqi, aka belly dance, set to the heart-pounding rhythms of the Middle East. Be prepared to develop musicality skills, learn the history of the dance, and above all have fun! By the end of the course, you will be able to show off all of your new moves in one final, group choreography. Instructor owns Rogue Motion Dance. All genders welcome. Wear comfortable fitness clothing. Please, no skirts or baggy sweats. No class 3/15.

DANC:719 | \$59

002 Th 7:30 pm-8:30 pm

March 1 – May 10

Amber Skye

FP - PE, DANCE

Egyptian Street Belly Dance

Egyptian Street Belly Dance is a new, exciting style known in the Arab world as mahraganat sha'abi (Arabic for "festival"). This class is an introduction to this style which has recently emerged from post-revolution youth culture. It is characterized by a blend of the indigenous, core movements of belly dance, Egyptian folkloric movements, and modern hip-hop stylings. This high-energy dance is based heavily in the rhythm and takes its gestural cues from the lyrics of the cutting-edge Egyptian electro-sha'abi music, also called mahragan. Students can expect to sweat, have fun, and learn about another culture! Instructor owns Rogue Motion Dance. All genders welcome. Prior belly dance experience is helpful, but not necessary. No class 3/15.

DANC:719 | \$59

001 Th 6:15 pm-7:15 pm

March 1 – May 10

Amber Skye

FP - PE, DANCE

Let's Dance, Quick Start! Night Club 2-Step

Night Club 2-Step is a great couple's dance to learn to dance to slow music. It's a dance that crosses music types, from country dance to R&B, easy listening, and smooth jazz. Night Club 2-Step can travel around the dance floor, stay as a stationary dance or a combination. It's a popular style for many wedding couples because of its smooth, romantic, and relaxed qualities. If you are looking for a great 'slow dance,' Night Club 2-Step is THE dance to learn and our experienced instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:719 | \$59

003 M 6:30 pm-7:45 pm

April 23 – May 14

Bob & Gerry Tevlin

Concordia Luth.-Krkwd, Café

Ballroom Dance: 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 helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/12, 4/23.

DANC:720 | \$69

001 M 6:30 pm-7:50 pm

Feb. 26 – April 30

Karen Merlin

Bluebird Park

Let's Salsa Dance!

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

DANC:725 | \$59

001 Th 8 pm-8:50 pm

Feb. 1 – March 8

Diane Brown

FV - PE, 233

002 Th 8 pm-8:50 pm

March 29 – May 3

Diane Brown

FV - PE, 233

The Salsa Experience I

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

DANC:725 | \$69

003 Tu 6 pm-7 pm

Feb. 27 – April 17

Almas Del Ritmo Dance Co.

The Salsa Experience II

This class is for those who have taken The Salsa Experience I and understand basic salsa steps, technique, musicality skills, and cultural awareness. In this class you will learn more intricate turn patterns, footwork and body movement. You will also have a better understanding of musicality, timing and speed. This will really get you moving and shaking to some of the best Latin tunes on our class night out on the town!! Couples are welcomed but no partner is required.

DANC:725 | \$69

004 Tu 7 pm-8 pm

Feb. 27 – April 17

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 you Bachata including history & origins, culture, theory, tools and concepts to make you a versatile dancer.

DANC:725 | \$69

005 W 7 pm-8 pm

Feb. 28 – April 18

Almas Del Ritmo Dance Co.



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 2/19

DANC:728 | \$85

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| 001 M 8 pm-9:30 pm
Feb. 5 - April 2 | Sherry Martin
Concordia Luth. Ch-Krkwd |
| 002 W 5:45 pm-7 pm
Feb. 21 - April 18 | Sherry Martin
Sperrang, CAFE |

Easy Social Dancing for Special Occasions

Are you attending a cruise, wedding reception, or social gathering where there will be dancing? 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. You'll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If there is a particular song you want to know how to dance to for your wedding or other social event, feel free to bring it to class for helpful suggestions. Couples and singles are welcome. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:728 | \$69

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|---|--------------------------------------|
| 003 Tu 6:30 pm-7:50 pm
Feb. 27 - April 24
No Class 3/13 | Karen Merlin
Bluebird Park |
| 004 Th 6:15 pm-7:35 pm
Feb. 22 - April 26
No Class 3/15, 3/22 | Karen Merlin
Bluebird Park |

Let's Swing Dance

Whether you're preparing for a special event or want to learn to dance for fun and fitness, this class is for you. You'll start with learning the basic steps and then variations will be added to include turns, rotations and promenade. Swing is the most popular dance in the St. Louis area and after taking this class, you'll feel comfortable in social settings that include dancing. No tennis shoes or sandals. Singles are welcome as well as couples. No class 3/15.

DANC:738 | \$59

- | | |
|---|------------------------------------|
| 001 Th 7 pm-7:50 pm
Feb. 1 - March 8 | Diane Brown
FV - PE, 233 |
| 002 Th 7 pm-7:50 pm
March 29 - May 3 | Diane Brown
FV - PE, 233 |

Swing Dancing: Beginning

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

DANC:738

Eight Hours | \$59

- | | |
|---|--------------------------------------|
| 004 M 8 pm-9 pm
Feb. 26 - April 30 | Karen Merlin
Bluebird Park |
| Couples and singles welcome. Rotation of partners is encouraged but not mandatory. No Class 3/12, 4/23. | |

12 Hours | \$85

- | | |
|---|---|
| 003 Tu 7:30 pm-9 pm
Feb. 20 - April 17 | William Sevier
Sperrang, CAFE |
| Partners only. No Class 3/19 | |

Swing Dancing: Beginning I and II

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

DANC:738 | \$75

- | | |
|--|---|
| 005 M 6:30 pm-7:45 pm
March 5 - April 9 | Geraldine Tevlin
Concordia Luth. Ch-Krkwd |
|--|---|

West Coast Swing

West Coast Swing is the most popular, evolving form of swing dancing throughout the world, danced by all generations. The music can be slower for blues or more upbeat for today's popular tunes. Leads are smooth, flirty and fun. It's very popular in the St. Louis area - lots of places to enjoy West Coast Swing on your next "dance-night out." Our instructors will cover the basics and move on to as many patterns as possible. We'll work on spinning, timing, lead/follow and more. Great fun for parties, weddings and other social events. Partners required. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/21.

DANC:740 | \$85

- | | |
|---|--|
| 001 W 7:15 pm-8:30 pm
Feb. 21 - April 18 | Sherry Martin
Sperrang, 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

- | | |
|---------------------------------------|---------------------------|
| 002 Tu 8 pm-9 pm
Feb. 6 - March 27 | ADIVA Dance Center |
|---------------------------------------|---------------------------|

Country Western Line Dance

Learn the basic dance steps that will give you the confidence on the dance floor and join in on the fun. You'll have a lot of energetic fun while learning country western line dance classics, newer country western 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 experience necessary!

DANC:748

Six Sessions | \$59

- | | |
|---|---------------------------------------|
| 002 Sa 10 am-10:50 am
April 7 - May 12 | Nigeria King
FP - PE, DANCE |
|---|---------------------------------------|

Eight Sessions | \$85

- | | |
|---|---|
| 001 Tu 6:15 pm-7:15 pm
Feb. 20 - April 17
No Class 3/20 | William Sevier
Sperrang, CAFE |
|---|---|

Line Dancing for Adults

Even if you think you have two left feet, you can learn basic line dancing steps. No prior experience is necessary and no partner is required. Come by yourself or bring a group of friends. Be prepared for lots of fun, cardiovascular exercise, and the opportunity to make new friends. Learn some new line dances and some old classics at an easy-going pace. Non-rubber soled shoes recommended. No Class 3/15, 3/22.

DANC:748 | \$59

- | | |
|--|--------------------------------------|
| 003 Th 7:45 pm-8:45 pm
Feb. 22 - April 26 | Karen Merlin
Bluebird Park |
|--|--------------------------------------|

Electric Slide: Beginning

Slide dancing is a fun, energetic way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructor will start at the beginning and take you to fantastic! No experience required.

DANC:749 | \$59

- | | |
|--|--|
| 001 Sa 10 am-10:50 am
Feb. 3 - March 10 | Nigeria King
FP - PE, 233 |
| 002 Sa 11 am-11:50 am
Feb. 3 - March 10 | LaVerne Gee
FV - PE, DANCE |
| 003 Tu 6 pm-6:50 pm
March 20 - April 24 | Eleanor Whitney
FP - PE, DANCE |
| 004 Sa 11 am-11:50 am
March 24 - May 5
No Class 3/31 | 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

- | | |
|--|--|
| 005 Sa 12 pm-12:50 pm
Feb. 3 - March 10 | LaVerne Gee
FV - PE, 233 |
| 006 Tu 7 pm-7:50 pm
March 20 - April 24 | Eleanor Whitney
FP - PE, DANCE |
| 007 Sa 12 pm-12:50 pm
March 24 - May 5
No Class 3/31 | 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.

Mario K., Brentwood, MO



Music

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. No text required. No class 3/21.

MUSC:705 | \$79

001 W 7 pm-8 pm
Feb. 21 – April 4

James Renz
Kirkwood H.S., W 115

Guitar: Beginning and More

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. Text required - bring to first class. No class 3/17.

MUSC:705 | \$89

002 Sa 1 pm-2 pm
Jan. 20 – April 28

Christina Springer
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 3/17.

MUSC:705 | \$125

003 Sa 11:05 am-12:30 pm
Jan. 20 – April 28

Christina Springer
FV - C, 114

Finger Picking for Guitar

Play folk, blues, ragtime & 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.

MUSC:705 | \$79

004 Tu 7 pm-8:30 pm
Feb. 20 – April 3

James Renz
Kirkwood H.S., W 115

Fun with Ukelele: Part II

Continue to learn about playing the ukelele in a fun and easy way. Prerequisite: Fun with Ukelele - Part I or permission of the instructor. Fee includes music and use of ukelele. No class 3/13.

MUSC:705 | \$79

005 Tu 7 pm-9 pm
Feb. 20 – April 17

Karl Markl
STLCC-SC, 122

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

001 W 6:30 pm-7:30 pm
Feb. 7 – Feb. 21

MC - CE, Classroom

002 W 6:30 pm-7:30 pm
March 21 – April 4

MC - CE, Classroom

003 W 6:30 pm-7:30 pm
April 11 – April 25

WW, 201

Meramec Concert Choir

A study and performance of advanced choral literature including vocal technique and development. Available for credit as MUS 135.601 (10388). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 3/13, 3/15.

MUSC:717 | \$25

001 TuTh 12:30 pm-1:50 pm
Jan. 16 – May 13

Gerald Myers
MC - HW, 102

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650. Auditions for seating only. Call the conductor at 314-984-7636

MUSC:716 | \$35

001 Th 7 pm-9:40 pm
Jan. 18 – May 13

Gary Gackstatter
MC - HW, 102

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651. Auditions for seating only. Contact the conductor at 314-984-7636.

MUSC:714 | \$35

001 M 7 pm-9:40 pm
Jan. 22 – May 13

Gary Gackstatter
MC - HW, 102

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required.

MUSC:710 | \$79

001 Tu 12:05 pm-1 pm
Jan. 30 – May 8

Cheryl Conley
MC - HE, 112

Piano: Beginning and More

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

MUSC:710 | \$125

002 Sa 8 am-9:25 am
Jan. 20 – April 28

Christina Springer
FV - C, 114

Piano: Advanced Beginning

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required.

MUSC:711 | \$79

001 Tu 1:05 pm-2:05 pm
Jan. 30 – May 8

Cheryl Conley
MC - HE, 112

Piano: Advanced Beginning and More

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks & 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 3/17.

MUSC:711 | \$125

002 Sa 9:30 am-11 am
Jan. 20 – April 28

Christina Springer
FV - C, 114

Piano: Intermediate

Student must know letter names of notes and where they're located on the keyboard. Covers: minor chords and songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more "pop" songs. Text required - bring to first class. No class 3/15.

MUSC:712 | \$79

001 Th 12 pm-1 pm
Feb. 1 – May 10

Cheryl Conley
MC - HE, 112

Piano: Advanced

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 3/15.

MUSC:713 | \$79

002 Th 1:05 pm-1:55 pm
Feb. 1 – May 10

Cheryl Conley
MC - HE, 112

Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 3/13.

MUSC:713 | \$79

001 Tu 9 am-9:55 am
Jan. 30 – May 8

Cheryl Conley
MC - HE, 112

Songwriting: The Art and Discipline

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

MUSC:725 | \$89

001 Tu 6:30 pm-8:30 pm
Feb. 20 – April 3

Kevin Renick
MC - LH, 102

Exclamation Point!

"I loved **Fun with Ukelele!** I met some great people, and built a solid foundation to take up the guitar! Great class, great instructor, great experience!"

Joyce K., Olivette, NO

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 3/12.

THTR:701 | \$95

001 M 7 pm-9 pm
Feb. 26 - May 7

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

001 M 6:30 pm-8:30 pm
April 2 - April 23

Robert Baker
MC - BA, 105

Photography

Darkroom Developing and Printing for B&W Photography

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

PHOT:705 | \$89

001 F 6:30 pm-9 pm
Feb. 16 - March 30

Cheryl Petrovic
FP - G Tower, 411

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. No class 2/19.

PHOT:720 | \$79

001 M 6:30 pm-9 pm
Jan. 29 - Feb. 26
Corp. College, 207
003 Th 6:30 pm-9 pm
Feb. 1 - Feb. 22
MC - SS, 108
002 Tu 6:30 pm-9 pm
March 20 - April 10
MC - SW, 108

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. No class 3/12.

PHOT:721 | \$79

001 M 6:30 pm-9 pm
March 5 - April 2
Corp. College, 207
002 Th 6:30 pm-9 pm
March 8 - April 5
MC - SW, 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

001 M 6:30 pm-9 pm
April 16 - May 7
Corp. College, 207
002 Th 6:30 pm-9 pm
April 19 - May 10
MC - SW, 108

Field Photography: Sports, Concerts, Wedding 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. No class 3/17.

PHOT:712 | \$59

002 Sa 9 am-11 am
Feb. 24 - March 24
John Kerans
MC - SW, 208

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

001 Sa 9 am-11:30 am
April 21 - May 12
John Kerans
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.

PHOT:711 | \$59

001 Sa 9 am-11:30 am
Jan. 27 - Feb. 17
MC - SW, 207

Adobe Photoshop Creative Cloud (CC): Introduction

COMP:755 | \$129

002 Tu 6 pm-9 pm
Jan. 30 - Feb. 20
Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

COMP:755 | \$129

003 Tu 6 pm-9 pm
Feb. 27 - March 27
Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced

COMP:755 | \$129

004 Tu 6 pm-9 pm
April 3 - April 24
Zak Zych
Corp. College, 206



View the full descriptions for these Photoshop classes on page 21



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

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

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

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.

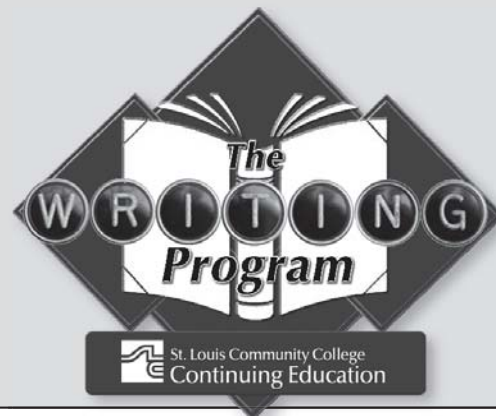
Courses may be taken individually or as a part of the program.

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.



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. Students are advised to bring their laptop or tablet computer to class. Bring a sack lunch.

WRIT:722 | \$59

002 Sa 9:30am-4pm
April 28

Charlene Oldham
MC - BA, 202

Unleashing the Writer Within

Every one of us has a special story to tell, but it can be hard in this busy, modern world to access that creativity. In this class, we'll peel away the familiar outer layers of doubt, distraction and writer's block. We'll get to the core of what we're actually trying to say, and we'll learn to say it with language that is irreplaceably unique to each of us. When the writer within is unleashed, the words will come freely - and the stories we need to tell will finally occur to us. It will not be a class requirement, but those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students. You'll need to make copies of your work to share.

WRIT:701 | \$79

002 M 7 pm-9:30 pm
Feb. 26 - March 26

Jordan Oakes
MC - CS, 206

Exploring the Creative Process

New So You Think You Can Write?

A Creative Writing Crash Course

This course is for aspiring writers looking to hone their storytelling skills. We will explore plot versus story. What is a plot? What is a story? What is the difference? You will learn how to create a narrative to give your writing a direction. We will discuss how plot work in books and TV as well other mediums. This class will feature one lecture, two skill building exercises, two breakout sessions, and one group workshop. You will create the first drafts of a short work of fiction, non-fiction, or creative non-fiction and receive constructive feedback on your writing in a supportive environment. All writing styles and genres are welcome.

WRIT:701 | \$139

001 Sa 9 am-3:30 pm
Feb. 3, March 3, April 7, May 5

Daphne Rivers
FP - C Tower, 221

New Finding Your Niche

Who are you as a writer? What are your goals, dreams, expectations, whims, tastes, desires, and peculiarities? What is your style? Style can be an excuse for lazy writing or it can be an incandescent artistic expression. More likely, yours falls somewhere in between. Discover who you are by comparing your style to successful literary and commercial authors. Enjoy an evening of concise presentation and well-designed activity facilitated by an experienced writer.

WRIT:765 | \$39

003 Th 6 pm-9 pm
March 29

Jeffrey Penn May
MC - CN, 225

Creative Writing for New Writers: A One Day Workshop

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

WRIT:701 | \$59

003 Sa 9:30 am-4 pm
March 3

Meredith McDonough
MC - SO, 206

The Craft of Writing

Freelancing for Fun and Profit

Do you want to get paid for exploring your passions or sharing what you know with others through carefully crafted non-fiction news and feature articles? This course will teach you how to develop ideas and mold them into pieces fit for newspapers, consumer magazines, trade magazines, blogs, online magazines and more by covering some of the basics of reporting, writing and selling stories. No matter what your interests or expertise, you will learn how to identify markets, write query letters, research and interview and write articles that will get you published for profit. Bring recent copies of some of your favorite publications as well as any original story ideas you'd like to see in print.

WRIT:704 | \$59

005 Sa 9:30 am-4 pm
May 12

Charlene Oldham
MC - BA, 202

New Sip-n-Scribe

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

WRIT:765 | \$39

004 W 6:30 pm-9:30 pm
May 9

Jeffrey Penn May
Sasha's on Shaw

**Register online at stlcc.edu/CE
See the inside cover for
instructions.**

Grammar You Should Know

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

WRIT:706 | \$79

004 Th 7 pm-9:30 pm
April 5 – April 26

Jordan Oakes
FP - C Tower, 221

Developing Your Dialogue

Does your dialogue sound stiff? Does it sound bogus even though you copied it word for word from an actual conversation? Fictional conversations are rarely the same as messy, meandering real life talk with your friends. Discover how to transform your dialogue from aimless chatter to precisely placed words honed for dramatic effect. Enjoy an evening of concise presentation and well-designed activity facilitated by an experienced writer.

WRIT:724 | \$39

002 Th 6 pm-9 pm
March 8

Jeffrey Penn May
MC - CN, 221

New The Art of Setting

Stories don’t exist in a vacuum. They have to take place somewhere, and the choice of where and when your story happens often determines what your characters do, where they live, how the pace of their lives plays out, and ultimately what kind of story you’re telling. Through examples and exercises, we’ll discuss the level of specificity necessary to create a setting your characters can fully inhabit, and how much detail to put in—and what to leave out. Bring the writing tool(s) of your choice to class along with a sack lunch, as well as any examples from your own work or the work of your favorite writer to examine and discuss.

WRIT:719 | \$59

003 Sa 9 am-3:30 pm
May 5

Jeffrey Ricker
MC - SO, 111

Writer’s Workshop: Revising and Editing

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

WRIT:706 | \$79

003 M 7 pm-9:30 pm
April 2 – April 23

Jordan Oakes
MC - CS, 206

Exclamation Point!

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

Denise L., – Oakville

Bringing Your Characters to Life

What makes a person interesting? What makes them memorable? What makes them unforgettable? Characters are the living, breathing center of your story or novel. They are the engines that drive your plot forward, that keep it moving and keep your readers asking “then what did they do?” In this workshop, we’ll get beyond looks and discuss the wide range of ingredients that go into making an unforgettable character: their secrets, their motivations, their biggest hopes and their greatest fears. When you know your characters, you know what must happen in your story. We’ll discuss some of your favorite characters, from fiction or otherwise, and try to reverse-engineer them to see what makes them tick. Appropriate for students just getting started on creating their characters or writers who are looking for more ways to make them leap off the page. Bring the writing tool(s) of your choice and a sack lunch to class.

WRIT:719 | \$69

002 Sa 9 am-3:30 pm
April 14

Jeffrey Ricker
MC - SO, 107

How to Map a Murder

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

WRIT:719 | \$49

001 Sa 9 am-1 pm
April 7

Jo Hiestand
MC - SO, 108

Crafting Ideas: Write-In for Inspiration

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

WRIT:765 | \$39

005 Th 6:25 pm-9:30 pm
March 22

Jeffrey Penn May
Schlafly Tap Room

New The Healing Power of the Pen:

Assisting Children with Writing Stories

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

WRIT:765 | \$59

002 Sa 9 am-3 pm
Feb. 24

Mary Eigel
MC - SO, 204

Genre

New How to Write Urban Lit

This course is for aspiring urban fiction or “street lit” writers looking to hone their storytelling skills. We will explore the key themes of the genre that make for compelling and engaging storytelling. Learn how to develop narratives about life in big cities which address, gender, violence, social politics. We will discuss representations of ‘street’ heroes and anti-heroes in books and TV as well other mediums. This class will feature one lecture, two skill building exercises, two breakout sessions, and one group workshop. You will create the first drafts of a short work of urban fiction and receive constructive feedback on your writing in a supportive environment.

WRIT:765 | \$139

001 Sa 9:30 am-3:30 pm
Feb. 17, March 24, April 12, May 19

Daphne Rivers
FP - C Tower, 217

Focus on Fiction: Crafting Memorable Characters

Crafting a compelling character from our imagination is a daunting challenge, but if you can create characters with dimension 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, antiheroes 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 and make them captivating.

WRIT:706 | \$39

001 Tu 6 pm-9 pm
March 20

Melody Meiners
MC - SO, 206

Focus on Fiction: Creative Toolbox

Have you ever wondered how fiction writers generate character ideas and plots? Inspiration can strike at any time and in any form. The challenge is recognizing ideas when they come, organizing those ideas, and sticking with them until you meet “The End.” In this course, we will explore methods for developing stories and building a better writing practice, including organization and development and overcoming writers block. Through lecture, discussion and in-class exercises, you will learn how to build a toolbox that taps into your creative potential.

WRIT:706 | \$39

002 Tu 6 pm-9 pm
April 10

Melody Meiners
MC - SO, 205

Focus on Fiction: Dialogue

You learn as much about a character and story through dialogue as you do through action. Dialogue can be tricky, but with practice you can learn the art of writing effective, lifelike dialogue. In this course we will discuss tips and techniques for developing your dialogue writing skills and crafting dialogue that brings your characters to life on the page. Using lecture, discussion, and in-class exercises we will explore what it means to write dialogue that works.

WRIT:706 | \$59

005 Tu 6 pm-9 pm
April 17 – April 24

Melody Meiners
MC - SO, 206

Mining Your Soul Story

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

WRIT:710 | \$59

001 Sa 9 am-3 pm
March 10

Mary Eigel
MC - SO, 206

Write Your Memoir

Creativity isn't always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that's already been lived. We have everything we need right at our fingertips when we compose a memoir - except perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn't necessarily the same as an autobiography. It can focus on just your childhood or your adult years — or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told — and written. This class will guide you in writing your own very unique and special memoir. No class 3/15.

WRIT:714 | \$69

001 Th 7 pm-9 pm
March 1 – March 29

Jordan Oakes
FP - C Tower, 221

New Positively Poetry: A Write-In

Do you wish there was a place you could go for writing inspiration and practice? Where you could hang out with other writers? Without needing to make a long-term commitment or spend a lot of money? This write-in is the place for you! Novices and masters alike are welcome to this workshop. We will discuss getting inspired, knowing when to revise and when to stop, and publishing tips. Additionally, we will write, revise, and engage in a positive, constructive workshop. Bring writing tools of your choice (pen/paper or laptop/tablet). Writer's fuel, a.k.a. coffee, is available for purchase along with a menu of delectable foods! SEATS ARE LIMITED, REGISTER EARLY!

WRIT:716 | \$29

001 Th 6 pm-8 pm
May 3

Meredith McDonough
Café Ventana

New The Art of Writing for Magazines

Getting your foot in the press-room door isn't easy. This class will help you hone your skills for writing articles for magazines and newspapers, and provide insight into how to approach editors — and the process of finding the right publications to feature the topics you're passionate and knowledgeable about.

WRIT:722 | \$49

001 Tu 7 pm-9:30 pm
Feb. 27 – March 6

Jordan Oakes
MC - SO, 206

New Forging Into Fiction: A Seminar

Do you want your writing to captivate readers? Do you want to take it to the next level? Join fellow aspiring writers for six sessions of in-depth discussion and analysis of your work guided by a knowledgeable writer and facilitator. Activities are presented and individualized as needed. To maximize time spent on your writing, you may bring hard copies of a short story or novel excerpt of no more than ten pages to the first meeting. Or you can wait. But don't wait to enroll! This class is limited to ten participants.

WRIT:724 | \$89

001 W 6:30 pm-9 pm
March 21 – April 25

Jeffrey Penn May
MC - CN, 225

New So You Think You Want to Write for TV and Film?

Do you have a great idea for a TV show or a feature film, but you don't know what to do with it? In this three-hour workshop, you'll learn how to expand your initial idea into a complete, three-act story with interesting characters and a compelling plot. You'll also be introduced to basic screenplay writing format standards that will help your script look professional.

WRIT:728 | \$39

001 Sa 9:30 am-12:30 pm
March 24

Rita Russell
FV - C, 104

Writing Dialogue and Scenes for the Screen

Every time you sit down to write a script, you are faced with the challenge of creating a great scene: Where to begin? How long should it be? How to make the dialogue and narrative descriptions snap, crackle, and pop? In this class, you'll learn the essential keys for creating dynamic scenes that are full of conflict, subtext, characterization, and imagery. This course is designed for screenwriters, but writers of all genres are welcome.

WRIT:728 | \$73

002 W 7 pm-9:30 pm
March 28 – May 2

Rita Russell
FV - C, 111

Publishing

How to Get 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 will help you match your unique, creative writing with like-minded publishers and get your writing out there! Bring your ideas, works-in-progress, and (if at all possible) your laptop or tablet to class and be ready to search writing markets. Please note that this class does not cover self-publishing.

WRIT:704 | \$59

006 Sa 9:30 am-4 pm
March 24

Meredith McDonough
MC - SO, 205

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

003 Sa 8 am-12 pm
April 14

MC - SO, 111



New How to Self-Publish

There was a time when, in order to turn a manuscript into a book, a writer's only option was to find an agent. But these days we live in a new, do-it-yourself era, which makes it easier than ever to self-publish. This class will look into all the facets of this complex endeavor, including the under-valued processes of editing and proofreading. We'll discuss how to maximize value by balancing quality and cost, and explore the challenge of finding a good graphic designer. There are more options than ever for writers, including a choice of companies that print to order and require no initial investment. This course will help you to grow a spine for self-publishing.

WRIT:704 | \$39

002 Tu 6:30 pm-9:30 pm
March 27

Jordan Oakes
FP - C Tower, 221

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 | \$29

001 W 7 pm-9 pm
March 7

Jill Mettendorf
MC - SO, 109

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 have a generic email account through Gmail, Yahoo or Hotmail and know this email address and password. Bring a sack lunch.

WRIT:704 | \$59

004 Sa 9:30 am-4 pm
April 21

Charlene Oldham
MC - BA, 202

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

001 Jan. 3 – May 19

Jordan Oakes

**Register online at stlcc.edu/CE
See the inside cover for
instructions.**



Animal Care

Pet Safety/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

001 Sa 9:30 am-11:30 am
April 28

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. Supply list will be emailed. No class 2/24.

ANIM:703 | \$89

001 Sa 9:30 am-11 am
Feb. 3 - March 17
002 Sa 9:30 am-11 am
April 7 - May 19

Susan Baxter-Carr
RiverChase (Fntn)
Susan Baxter-Carr
RiverChase (Fntn)

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). Supply list will be emailed. No class 2/24.

ANIM:706 | \$69

007 Sa 12 pm-1 pm
Feb. 3 - March 17

Susan Baxter-Carr
RiverChase, (Fntn)

Dog Sports: K9 Nose Work 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. No class 3/21.

ANIM:706 | \$79

001 W 7:30 pm-8:45 pm
March 7 - April 18

Sandra Ellison
RiverChase, (Fntn)

Dog Sports: K9 Nose Work I without the Dog

This class is the same as ANIM 706 001, 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. Supply list will be emailed. No class 3/21.

ANIM:706 | \$55

002 W 7:30 pm-8:45 pm
March 7 - April 18

Sandra Ellison
RiverChase, (Fntn)

Dog Training: Advanced Basics I

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. Supply list will be emailed. No class 2/24.

ANIM:706 | \$69

005 Sa 11 am-12 pm
Feb. 3 - March 17

Susan Baxter-Carr
RiverChase, (Fntn)

Dog Training: Advanced Basics II

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

ANIM:706 | \$69

006 W 7:15 pm-8:15 pm
March 28 - May 2

Susan Baxter-Carr
RiverChase, (Fntn)

Make Your Own Healthy Dog Treats

What could be more exciting for your favorite doggo than treats made in your own kitchen with good-for-you ingredients? We'll make three baked treats: one microwave treat, one no-bake treat, and doggie "ice cream." These treats are both healthy and tasty: the perfect combination for the special pup in your life. Bring a container to take some home. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$49

003 Tu 6 pm-9 pm
March 27

Debra Hennen
Cul. Arts House

Dog Training: Basic Skills and Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of six weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least six months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. Supply list will be emailed. No class dates 4/21.

ANIM:706 | \$89

004 Sa 11 am-12:30 pm
April 7 - May 19

Susan Baxter-Carr
RiverChase, (Fntn)

Dog Sports: K9 Nose Work, Level II: Vehicle Searches and Exterior Hides

If you and your dog loved our DogSports K9 Nose Work course, you'll love the new challenges presented in this follow-up session. This Level II course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both exterior "hides" and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning (Level I) K9 Nose Work course.

ANIM:706 | \$69

003 W 6 pm-7 pm
March 7 - April 18

Sandra Ellison
RiverChase, (Fntn)

Cats: Understanding Them Better

Does your cat have you curious and wondering? Join us for an informative evening designed just for cat owners. Our veterinarian will discuss the development, health, and behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet. If you have specific cat-issues, 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

001 W 6:30 pm-9:30 pm
March 21

Gerald Williams
Kirkwood H.S., W 109



**Register online at stlcc.edu/CE
See the inside cover for
instructions.**

Animal Welfare Assistant Program

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

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

001 Tu 6 pm-8:30 pm
Feb. 20

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

002 Tu 6 pm-8:30 pm
March 6

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

003 Tu 6 pm-8:30 pm
April 24

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

001 Th 6 pm-9 pm
April 19

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-4-stroke engine needing repair preferred. No class 3/20, 4/3.

AUTO:715 | \$149

001 Tu 6 pm-9 pm
Feb. 20 - April 24

Gus Sturmfels
Kirkwood H.S., IA170

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

005 W 7 pm-9 pm
April 11

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

007 W 7 pm-9 pm
April 25

FV - E, 158

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

001 M 6 pm-9 pm
March 26

Kathryn Leinauer
MC - SO, 232

Hands on Home Repair: Electrical

Do you want to change a light fixture or install a dimmer switch but the price on an electrician deters you? Learn how to do it yourself in this hands-on class. We will discuss electricity and safety, small electrical problems and upgrades, the tools needed, and the difference between working with aluminum and copper wire.

HOME:713 | \$25

004 W 7 pm-9 pm
April 4

Kirkwood H.S., SA 1

Hands on Home Repair: Plumbing

Got a leaky faucet or just want to upgrade to the latest style? Maybe your running toilet has caused your water bill to skyrocket? Don't get sticker shock by calling a plumber, instead come to this hands-on class and learn how to fix minor plumbing issues.

HOME:713 | \$25

003 W 7 pm-9 pm
March 28

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

002 W 7 pm-9 pm
Feb. 28

FV - E, 158

Interior Design: Color Schemes for Home, Kitchen and Bath

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You'll learn the secret of achieving a properly balanced and equally distributed color placement. We'll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the color choices of wood tone, counter tops, cabinets, light fixtures and hardware will be addressed. Second class is a two hour field trip on Saturday morning.

HOME:708 | \$37

001 Tu 6:30 pm-9:30 pm
Feb. 6
Sa 9 am-11 am
Feb. 10

Kathryn Leinauer
MC - SO, 232

MC - Off Campus

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

001 M 7 pm-9:30 pm
March 5

Kimberly Hany
MC - SO, 232

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

002 M 7 pm-9:30 pm
Feb. 5

Kimberly Hany
MC - SO, 232

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

006 W 7 pm-9 pm
April 18

Kirkwood H.S., SA 1

Think Like a Decorator

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

HOME:701 | \$69

001 M 7 pm-9 pm
March 26 - April 16

Deborah Weltman
MC - SW, 108

Master Naturalist Program

The Master Naturalist Program consists of three components:

- Completion of five biology, geology, physical science or horticulture related college credit courses. Beginning Summer 2017 - Students must attain a grade of C or higher to apply toward the Master Naturalist program. Classes taken by audit will not apply toward program requirements.
- Attend six Continuing Education Master Naturalist designated programs offered through St. Louis Community College in the area of Nature, Ecology, or Landscape and Gardening.
- Volunteer 25 hours with a local nature-related organization.

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

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

Ecology

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

001 Sa 9 am-12 pm
May 5

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 year-round, it's quick, convenient and has no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You'll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 4/5. No refunds after this date.

ECOL:704 | \$49

001 Th 7 pm-8:30 pm
April 19

Simon Warren
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

001 Sa 10 am-2 pm
March 24

Guy Niere
MC - SW, 108

Landscape and Gardening

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

003 W 6 pm-9 pm
April 4

Michelle Ochonicky
MC - SO, 108

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

001 Sa 9 am-11:30 am
March 3

Nancee Kruescheck
MC - SO, 108

002 Sa 9 am-11:30 am
March 10

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

001 Sa 9 am-11:30 am
April 14

Nancee Kruescheck
MC - SO, 108

Succulents

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

HORT:722 | \$25

001 W 6:30pm-8:30pm
March 28

Michelle Ochonicky
MC - SO, 108

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

001 Sa 9am-11:30am
April 28

Nancee Kruescheck
MC - SO, 108

Really Green Thumbs

Improve your 'eco-green' garden materials and your 'green thumb' gardening practices and learn how an organic sustainable approach can benefit your home or community garden. Join Master Gardener, Mike Ochonicky, as she teaches you simple ways to incorporate natural techniques to improve your garden soil, plant nutrition, and pest control. Make your garden environmentally friendly and improve your gardening skills, your health and the world in which we all live.

HORT:713 | \$25

001 W 7 pm-9 pm
April 11

Michelle Ochonicky
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

001 Th 7 pm-9 pm
April 12

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 Kruescheck and discover the most popular varieties of plants and characteristics of each including: size and height; when they bloom; soil requirements and conditions in which they grow best. You'll be able to take what you learn in this class and create a perennial garden that is not only beautiful, but easier to maintain throughout the season.

HORT:704 | \$25

001 Sa 9 am-11:30 am
April 7

Nancee Kruescheck
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

Nature

Spring 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 gardens and trails. Wear comfortable shoes and dress appropriately for the weather. In case of rain, class will be rescheduled to May 19. Meet at the picnic tables across from the visitor's center.

NATR:704 | \$19

001 Sa 10 am-12 pm
May 5

Nancy Gelb
Shaw Nature Reserve

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

001 Tu 7 pm-9 pm
March 27

David Tylka
MC - SO, 108

Spring Butterflies of the St. Louis Area

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 4/28. 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

002 Tu 6 pm-8 pm
April 24
Sa
April 28

Yvonne Homeyer, Pat Garner
MC - SO, 107

MC - Off-Campus

Introduction to Beekeeping

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

NATR:733 | \$29

001 Sa 9 am-12 pm
Feb. 3

Jane Sueme
MC - SO, 107

Introduction to Bird Watching

According to the U.S. Fish and 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

001 W 7 pm-9 pm
Feb. 7
Sa
Feb. 10

MC - SO, 232

MC - Off-Campus

New Shorebirds

Does a land-locked state like Missouri have shorebirds? Yes, indeed! Missouri's rivers and lakes provide habitat for an impressive variety and many of them can be seen along the water's edge of our lands. After learning about their adaptation, anatomy, behavior, food, and markings, you'll be ready to identify local area shorebirds. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25

002 W 7 pm-9 pm
March 7

MC - SO, 232

Warblers

Known for their bright colors and sweet whistled song, the spring warbler is a fascinating bird. Discover facts about their size and shape, color patterns, behavior and habitat. With over 40 varieties of the species, you'll learn which are year-round residents for our area, which breed in our area and which just are passing through in the spring and fall. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25

003 W 7 pm-9 pm
April 4

MC - SO, 232

Forest Park Owls: Hiding in Plain Sight

Join award-winning, naturalist and speaker Mark H.X. Glenshaw and discover details into the lives of a local mated pair of Great Horned Owls in Forest Park. Mark has been closely observing and documenting the owls since 2005. You'll learn how he found the owls, basic facts about the species, and the different behaviors he observes and documents with photos and videos to illustrate these behaviors. Don't be surprised if you find yourself looking for owls after this course in a follow-up, instructor-led, Owl Prowl!

NATR:709 | \$25

004 Th 6:30 pm-8:30 pm
March 29

Mark H.X. Glenshaw
MC - SO, 232

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

005 Th 6:30 pm-8:30 pm
April 19

Mark H.X. Glenshaw
MC - SO, 232

Geology of Missouri

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

NATR:730 | \$29

001 Sa 9 am-12 pm
April 7

Jeffrey Smith
MC - SW, 106

New The Science of Wolf Conservation

Saving endangered species offers many opportunities for new research and science. Join us in learning how the Endangered Wolf Center in partnership with the Mexican and Red Wolf Reproductive Advisors developed new techniques to save critically endangered species. Class will focus on the research and science behind recovery. This includes breeding observations, maintaining genetic diversity, gene banking, and artificial insemination. A tour of the animals will be included. Children ages 12-15 may register when accompanied by a registered adult. Call EWC at 636-938-5900 and for directions and location details. Offered in partnership with the Endangered Wolf Center. Registration deadline 2/2. No refunds after this date.

NATR:727 | \$29

001 Sa 9 am-12 pm
Feb. 10

Endangered Wolf Center



Go Native! An Introduction to Native Landscaping

Bring a bit of nature to your urban or suburban home. Discover the many benefits of native landscaping, also known as “naturescaping,” and enrich your life by bringing low maintenance plants to your yard or workplace and developing a natural ecosystem to attract animals and beneficial insects. Learn why native coneflowers, milkweeds, viburnums and oaks are more beneficial than non-native hostas, daylilies, crape myrtles, and Bradford pears. Explore why biodiversity is healthy, and why cultivars should be scrutinized. You'll also receive information on assistance and resources available through the St. Louis Audubon “Bring Conservation Home” program to help get you started. We face many environmental challenges and this is your opportunity to extend your commitment to make a difference.

HORT:713 | \$25

003 W 9 am-12 pm
April 4

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

004 F 9 am-12 pm
April 6

David Tylka
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

007 F 9 am-12 pm
April 20

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

008 W 9 am-12 pm
April 25

Betty Struckhoff
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

006 F 9 am-12 pm
April 13

Mitch Leachman
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

009 F 9 am-12 pm
April 27

Susie Van de Riet
MC - CE, Classroom

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

005 W 9 am-12 pm
April 11

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

001 W 9 am-12 pm
April 18

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

002 Sa 9 am-11:30 am
April 21

Nancee Kruscheck
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 Landscape 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

001 Th 7 pm-9 pm
April 5

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

001 Tu 7 pm-9 pm
March 27

Jill McCoy
Corp. College, 207



Personal Finance

Finance and Investing

Foundations of Investing

Are you just getting started with personal investing or want to learn more so that you can better communicate with your current financial advisor? Come learn about the basics of investing including the key features of bonds, stocks and mutual funds; the investment pyramid and the importance of asset allocation; how to set SMART financial goals; risk tolerance and the portfolio objective that is right for you; and the impact of inflation and tax diversity on your long-term goals.

FINC:705 | \$39

001 Th 6 pm-9 pm
March 22 - March 29

Margie Bittner
MC - SO, 108

Retirement Savings Challenges for Women

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

FINC:706 | \$25

001 W 7 pm-9 pm
March 28

Steve Glazer
MC - SO, 109

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

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

FINC:735 | \$35

001 Sa 9 am-1 pm
March 3

Tiffany Smith
MC - SO, 107

**Register online at stlcc.edu/CE
See the inside cover for
instructions.**

Scams and Identity Theft

If you use a credit card, have a checking account, or use the internet, it is important that you be aware of the latest scams. It can take months and cost over \$1000 to recover and clean up your identity and credit, but only two hours to learn how to prevent it. Though this informative, example-based class, you will learn: why people lie and how to detect deception; scams and the do's and don'ts; the Who, What, Where, When, How and Why of Identity Theft; what to do if you become a victim; and FREE Investigative Resources you can use at home. Don't get scammed!

FINC:765 | \$25

003 Sa 10 am-12 pm
March 24

Cheryl Ring
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

002 Tu 6:30 pm-8 pm
Feb. 20

Andrew Hall
STLCC-SC, 101

What Everyone Needs to Know About Divorce

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

FINC:765 | \$29

001 Th 6 pm-9 pm
Feb. 8

MC - SO, 109

Estate Planning

Preparing Your Estate Plan

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

FINC:710 | \$35

001 Th 6:30 pm-9 pm

Feb. 15

Margie Bittner
Kathleen Gmelich
MC - SO, 109

Estate Planning: Living Trusts

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

FINC:710 | \$35

002 Tu 7 pm-9 pm
Feb. 20

Jacquelyn Capriano
STLCC-SC, 102

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

003 W 6 pm-8 pm
March 7

Yvonne Homeyer
Clayton H.S., 124

New Estate Settlement: What to Do When a Loved One Passes Away

When someone passes away, often the responsibilities of settling the estate are placed upon the family or trustee that is charged with wrapping up all the final affairs. Taught by an attorney, you'll learn about the legal process from what occurs in probate court to instances where the probate court may not be needed in wrapping up a decedent's estate. Program will discuss practical pre-planning tips as well as common mistakes that can cause litigation.

FINC:710 | \$29

004 Tu 6 pm-8 pm
Feb. 27

Adam Ford
MC - SO, 107

Retirement Planning

Designing Your Retirement Plan

Whether you are just a few years or decades from retirement, learn investment strategies to help design the retirement you want—determining your portfolio objective based on your retirement goal, time horizon, and risk tolerance. Discussion will focus on best tax-efficient ways to accumulate the investments you will need to draw on during retirement including 401K's, 403B's, Traditional IRAs, and Roth IRAs. Expected income streams in retirement such as Social Security, pensions, and annuities are crucial to your design and will be explained. Finally, you will learn how you can add flexibility to your retirement plan in case of unexpected events and still stay on track to retire as you desire!

FINC:736 | \$29

003 Th 6 pm-9 pm
April 12

Margie Bittner
MC - SO, 109

Retirement University

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

FINC:736 | \$59

002 Tu 6 pm-8 pm
March 20 - April 10

Andrew Hall
STLCC-SC, 104

New Strategies in Retirement

Whether you are looking forward to or already enjoying retirement, learn foundational and advanced approaches to understanding retirement facts and misconceptions. Discussion will include tax reduction strategies, protecting savings from healthcare costs, important legal documents, and investment strategies including managing IRA's, 401K's and more.

FINC:736 | \$59

005 W 6:30 pm-8:30 pm
April 4 - April 25

Jason Ingram
FP - G Tower, 113

Managing Cash Flow in Retirement

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

FINC:736 | \$25

004 W 7 pm-9 pm
March 7

Steve Glazer
MC - SO, 108

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. 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

001 W 7 pm-9 pm
Feb. 21

Steve Glazer
MC - SO, 108

Financing Long Term Care

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

FINC:746 | \$19

004 Th 6:30 pm-8 pm
March 8

Andrew Hall
FP - G Tower, 111

Paying for Long Term Care: Alternative Funding Options

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

FINC:746 | \$25

002 W 7 pm-9 pm
Feb. 7

Steve Glazer
MC - SO, 109

003 W 7 pm-9 pm
April 4

Steve Glazer
MC - SO, 109

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

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

FINC:746 | \$25

001 M 7 pm-9 pm
March 19

Paul Gantner
STLCC-SC, 102

Exclamation Point!

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

Brian R., Maryland Heights, MO



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 | \$35

001 Tu 6:30 pm-8:30 pm
April 10 - April 17

Erin De Vore
MC - SO, 108

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 | \$45

001 W 6:30 pm-8:30 pm
Jan. 24 - Feb. 7

Fred Miller
MC - SO, 108

Interpersonal Communication

Learn how you can improve your interpersonal communication by taking an in-depth look at your speaking habits, modes of expression and non-verbal behavior. Role-playing exercises will give you the chance to practice and assess interpersonal strategies used in various situations and develop your skills to utilize these strategies based on your goals, needs and situations. Leave class with the ability to monitor your communication competence through self-awareness, a skill that can help you in every area of your life.

COMM:765 | \$49

001 Th 6:30 pm-8:30 pm
Feb. 8 - March 1

Kevin Renick
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 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 3/14.

FLAR:717 | \$99

001 W 6:30 pm-8:30 pm
Feb. 21 - April 18

Jabr Dumit
MC - BA, 114

Bosnian

Bosnian and Croatian Language: Beginning I

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

FLBO:717 | \$99

001 Th 6:30 pm-8:30 pm
March 1 - April 26

Azim Mujakic
STLCC-SC, 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. Get introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required.

FLCH:717 | \$59

001 W 7 pm-9 pm

Jan. 31 - Feb. 21

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 of class, you will have a basic knowledge of the Chinese language which will enrich your experiences. Prerequisite: Chinese for First Timers or knowledge of the Pin Yin system. Text required-bring to first class. No class 3/14.

FLCH:717 | \$99

002 W 7 pm-9 pm
March 7 - May 2

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

001 W 6:30 pm-8:30 pm
April 4 - May 9

002 W 6:45 pm-9 pm
April 18 - May 16

Manuella Bonnet
Clayton H.S., 123
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! Especially helpful if you're planning to visit Canada or Europe. Concentration will be on the oral use of the language in dealing with everyday situations. Text required-bring to first class.

FLFR:717 | \$99

002 M 6:30 pm-8:45 pm
April 2 - May 14

Barbara Sandmel
Clayton H.S., 123

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. Class will focus on reading and reciting not mastery of the German language. A jump-start course for smart travelers! Text required - bring to first class.

FLGE:716 | \$75

001 Th 6:30 pm-8:45 pm
April 12 - May 3

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. No class 3/14.

FLGE:717 | \$99

001 W 6:30 pm-8:45 pm
Jan. 31 - March 21

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

001 W 6:30 pm-8:45 pm
April 4 - May 16

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. No class 3/15.

FLGE:719 | \$99

001 Th 6:30 pm-8:45 pm
Feb. 1 - March 22

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 and feel comfortable conversing in Gaelic. No text required. No class 3/17, 3/31.

FLIR:717 | \$99

001 Sa 9 am-11 am
Feb. 24 - April 28

Sarah Johnson
FP - G Tower, 115

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 3/17, 3/31.

FLIR:718 | \$99

001 Sa 11:30 am-1:30 pm
Feb. 24 - April 28

Sarah Johnson
FP - G Tower, 115

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

001 M 4 pm-6 pm
Jan. 22 - March 5
No Class 2/19

Barbara Klein
FP - G Tower, 115

002 Tu 4 pm-6 pm
Jan. 30 - March 6

Barbara Klein
FP - G Tower, 115

003 M 7 pm-9 pm
April 2 - May 7

Barbara Klein
MC - CN, 203

004 Tu 4 pm-6 pm
April 3 - May 8

Barbara Klein
MC - CN, 203



Italian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Italian! Text required-bring to first class.

FLIT:717 | \$99

001	Tu 7 pm-9 pm Jan. 16 - March 6	Barbara Klein FP - G Tower, 115
002	W 6:30 pm-8:30 pm Jan. 17 - March 7	Maria Brandle Kirkwood H.S., E 183
003	M 4 pm-6 pm March 19 - May 7	Barbara Klein MC - CN, 203

Italian Language: Beginning II

Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning I or equivalent experience. Text required-bring to first class.

FLIT:718 | \$99

001	M 7 pm-9 pm Jan. 22 - March 26 No Class 2/19, 3/12	Barbara Klein FP - G Tower, 115
002	Tu 7 pm-9 pm March 20 - May 8	Barbara Klein FP - G Tower, 115
003	W 6:30 pm-8:45 pm March 28 - May 16	Maria Brandle Kirkwood H.S., E 183

Italian Conversation: Intermediate I

Improve your conversational skills in Italian through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Class will be conducted almost exclusively in Italian. Prerequisite: Italian Language: Beginning III or equivalent experience. Text required - bring to first class.

FLIT:720 | \$99

001	Tu 6:30 pm-8:30 pm Jan. 16 - March 6	Maria Brandle Kirkwood H.S., E 183
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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. No class 4/3.

FLIT:721 | \$99

001	Tu 6:30 pm-8:30 pm March 27 - May 15	Maria Brandle Kirkwood H.S., E 183
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Italian Conversation: Advanced

Continue to review grammar and syntax in conjunction with reading and discussion of articles and short stories in this advanced Italian conversation class. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required. No class 3/19 and 3/26.

FLIT:723 | \$99

001	M 7 pm-9 pm Feb. 26 - April 30	Louisa Flynn Clayton H.S., 124
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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

001	Tu 4 pm-6 pm Jan. 23	Barbara Klein FP - G Tower, 115
002	W 7 pm-9 pm Jan. 31	Barbara Klein MC - CS, 204

Korean

Korean Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Korean. One class will be held at a local Korean restaurant where students will be able to test their new skills! Text required-bring to first class. No class 3/17, 3/31.

FLKO:717 | \$99

001	Sa 9:30 am-11:30 am March 3 - May 5	Misook Yu MC - CN, 201
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Korean Language: Beginning II

Continue to increase your knowledge of the Korean language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Prerequisite: Korean Language - Beginning I or equivalent experience. One class will be held at a local Korean restaurant where students will be able to test their skills! Text required-bring to first class. No class 3/17, 3/31.

FLKO:718 | \$99

001	Sa 9:30 am-11:30 am March 3 - May 5	Sooyoung Cho MC - CN, 202
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Portuguese



Looking for Portuguese for Youth classes? See the Youth and Family section on page 68

Portuguese for the Traveler

Enjoy an easy and practical introduction to the Brazilian Portuguese language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text suggested-bring to first class.

FLPG:716 | \$75

001	Sa 10 am-12 pm April 7 - May 12	Viva Brasil STL MC - CS, 204
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Portuguese Language: Beginning I

Explore the Brazilian culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to form greetings, introductions and daily expressions in basic Portuguese. No text required. Bring a pocket folder, notebook and pen.

FLPG:717 | \$99

001	Sa 10 am-12:15 pm Jan. 27 - March 10	Viva Brasil STL MC - CN, 226
002	W 6:30 pm-8:30 pm March 28 - May 16	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. No text required. Bring a pocket folder, notebook and pen.

FLPG:718 | \$99

001	W 6:30 pm-8:45 pm Jan. 24 - March 7	Viva Brasil STL MC - CS, 206
002	Sa 10 am-12:15 pm April 7 - May 19	Viva Brasil STL MC - CS, 206

Portuguese Language: Beginning III

Continue to increase your knowledge of the Portuguese language including speaking, grammar and vocabulary! Emphasis will be on oral use of the language in dealing with everyday situations. Prerequisite: Portuguese - Beginning II or equivalent experience. No text required. Bring a pocket folder, notebook and pen.

FLPG:719 | \$99

001	Sa 10 am-12:15 pm Jan. 27 - March 10	Viva Brasil STL MC - CS, 206
002	W 6:30 pm-8:30 pm March 28 - May 16	Viva Brasil STL MC - CS, 204

Portuguese Language: Intermediate I

Improve your conversational skills in Portuguese through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Brazilian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Portuguese Language - Beginning III or equivalent experience. No text required. Bring a pocket folder, notebook and pen.

FLPG:721 | \$99

001	Sa 10 am-12:15 pm April 7 - May 19	Viva Brasil STL MC - CN, 224
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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 | \$99

001	Sa 10 am-12:15 pm Jan. 27 - March 10	Viva Brasil STL MC - CS, 204
002	W 6:30 pm-8:30 pm March 28 - May 16	Viva Brasil STL MC - CN, 230

Russian

Russian for First Timers

Begin to explore a new culture and language with Russian for First Timers. This is the perfect class for beginners that are ready to start with the basics. Get introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class. No class 2/19.

FLRU:717 | \$59

001	M 7 pm-9 pm Jan. 29 - Feb. 26	Valerie Powers MC - CN, 202
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**Register online at stlcc.edu/CE
See the inside cover for instructions.**

Russian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. While covering all four aspects of study (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class. No class 3/12.

FLRU:717 | \$99

002 M 7 pm-9 pm
March 5 - April 30

Valerie Powers
MC - CN, 202

Russian Language: Beginning II

Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian Language: Beginning I or equivalent experience. Text required-bring to first class. No class 3/13.

FLRU:718 | \$99

001 Tu 7 pm-9 pm
Feb. 20 - April 17

Valerie Powers
MC - CN, 201

Russian Conversation: 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: Intermediate I. Text required-bring to first class. No class 3/14.

FLRU:721 | \$99

001 W 7 pm-9 pm
Feb. 21 - April 18

Valerie Powers
MC - CN, 204

New Russian Conversation: Advanced I

Continue to refine grammar and expand vocabulary while gaining confidence and comfort in conversational Russian. Prerequisite: Russian Conversation - Intermediate III or equivalent experience. Text required bring to class. No class 3/15.

FLRU:723 | \$99

001 Th 7:30 pm-9:30 pm
Feb. 22 - April 19

Valerie Powers
MC - CN, 203

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

001 W 7 pm-9 pm
Jan. 31 - March 7

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

001 Th 4 pm-6 pm
Jan. 25 - March 22
No Class 3/13

Ann Rupert
MC - CS, 210

002 Th 7 pm-9 pm
Jan. 25 - March 22
No Class 3/15

Ann Rupert
MC - CS, 209

003 Tu 7 pm-9 pm
Jan. 30 - March 27
No Class 3/13

Timothy Neckermann
FP - G Tower, 113

004 W 7 pm-9 pm
March 28 - May 16

Timothy Neckermann
Lindbergh H.S., 51

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

001 Tu 4:30 pm-6:30 pm
Jan. 23 - March 20
No Class 3/15

Maria de la Garza
FV - C, 104

002 Th 7 pm-9 pm
March 29 - May 17

Timothy Neckermann
FP - G Tower, 115

003 Th 4 pm-6:15 pm
April 5 - May 17

Ann Rupert
MC - CS, 210

004 Th 6:45 pm-9 pm
April 5 - May 17

Ann Rupert
MC - CS, 209

Spanish Language: Beginning III

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish Beginning II or equivalent experience. Text required-bring to first class.

FLSP:719 | \$99

001 Th 7 pm-9 pm
Jan. 18 - March 8
No Class 3/15

Timothy Neckermann
FP - G Tower, 115

002 Tu 7 pm-9 pm
Jan. 23 - March 20
No Class 3/13

Ann Rupert
MC - CS, 209

003 Tu 4:30 pm-6:45 pm
April 3 - May 15

Maria de la Garza
FV - C, 104

004 M 4 pm-6 pm
Jan. 22 - March 26

Ann Rupert
MC - CS, 209

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

001 W 6:30 pm-8:30 pm
Jan. 24 - March 21
No Class 3/14

Maria de la Garza
MC - CN, 224

002 Th 7 pm-9 pm
Jan. 25 - March 22
No Class 3/15

Lorenzo Gonzalez
FP - G Tower, 113

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

001 W 6:30 pm-8:45 pm
April 4 - May 16

Maria de la Garza
MC - CN, 224

002 Th 7 pm-9:15 pm
April 5 - May 17

Lorenzo Gonzalez
FP - G Tower, 113

Spanish Conversation: Intermediate III

Class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Advanced level grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation Intermediate II or equivalent experience. Text required - bring to first class. No class 3/15.

FLSP:722 | \$99

001 Th 6:30 pm-8:30 pm
Jan. 25 - March 22

Maria de la Garza
MC - CN, 230

Spanish Conversation: Advanced

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation Intermediate III or equivalent experience. No text required.

FLSP:723 | \$99

003 W 6:45 pm-9 pm
April 4 - May 16

Margarita Gunther
Clayton H.S., 124

Spanish Conversation: Advanced (La Casa en Mango Street)

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation Intermediate III or equivalent experience. Text required bring to first class. La Casa en Mango Street (Spanish) Paperback - October 18, 1994 by Sandra Cisneros (author), Elena Poniatowska (Translator). Available on Amazon.com.

FLSP:723 | \$99

001 Tu 7 pm-9 pm
Jan. 23 - March 20
No Class 3/13

Lorenzo Gonzalez
FP - G Tower, 111

002 Tu 7 pm-9:15 pm
April 3 - May 15

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

001 Tu 6:45 pm-9 pm
April 3 - May 15

Ann Rupert
MC - CS, 209

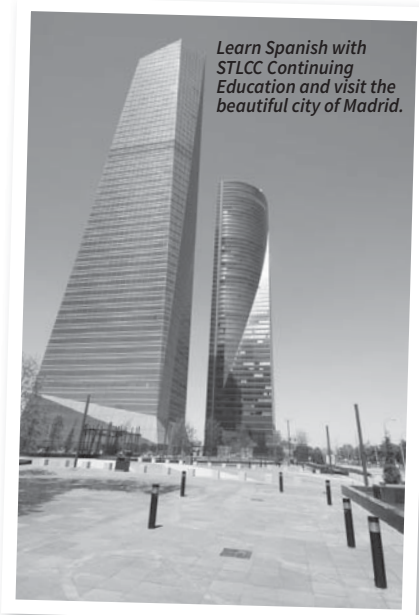
Spanish Grammar: Level II

Continue to increase your proficiency in conjugating verbs and understanding of the present tense and the preterite (past) tense through more writing and more practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level I or equivalent experience. Text required - bring to first class. No class 3/14.

FLSP:765 | \$99

002 W 7 pm-9 pm
Jan. 24 - March 21

Ann Rupert
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

003 W 6:45 pm-9 pm
April 4 - May 16

Ann Rupert
MC - CS, 210

004 Tu 4 pm-6 pm
Jan. 23 - March 20
No Class 3/13

Ann Rupert
MC - CS, 210

Applied Spanish Grammar: Part IV

Continue to expand your understanding of grammatical sentences and verbs including gustar, hacer and tener along with the prepositions de, a, en and por through writing and practice speaking as you further your skills of the Spanish language. Prerequisite: Applied Spanish Grammar: Part III. Book required, bring to first class. Pobre Ana by Blaine Ray available on Amazon.com. No Class 3/10, 3/17, 3/31.

FLSP:765 | \$99

005 Sa 10am-12pm
Jan. 27 - April 7

Ann Rupert
MC - CS, 205

Exclamation Point!

"My niece is hearing impaired and I decided to take Sign Language classes to better communicate with her. Cynthia Hayes is a fantastic instructor and I will continue to take her classes to master sign language!"

Janet F., Florissant, MO

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

002 M 7 pm-9 pm
March 26 - May 14

Mark Jodlowski
FV - C, 110

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 3/15.

SIGN:701 | \$99

001 Th 6:30 pm-8:30 pm
Feb. 22 - April 19

Cynthia Hayes
STLCC-SC, 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 the prerequisite class Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required. No class 3/13.

SIGN:702 | \$99

001 Tu 6:30 pm-8:30 pm
Feb. 20 - April 17

Cynthia Hayes
STLCC-SC, 118

Getting Started with Sign Language III: Chapters 7-12

Build upon the skills you learned in the Beginning I and Beginning II sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book "The Joy of Signing". The book is divided into several chapters and may be taken at any time as the skills learned are independent of each other. This semester will cover chapters 7-12. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language II. Text required-bring to first class. No class 3/12.

SIGN:702 | \$99

002 M 6:30 pm-8:30 pm
Feb. 26 - April 23

Cynthia Hayes
STLCC-SC, 103



Genealogy

African American Genealogy Basics

This course will assist the beginner to intermediate researcher in compiling and furthering the family histories of African-American ancestors. Student must have basic PC computer skills and know how to use Windows and a mouse.

GENE:765 | \$49

002 Th 6 pm-9 pm
March 1 - March 8

LaDonna Garner
FV - B, 125

Finding Death Information On and Offline

Death is inevitable! But finding that elusive death sometimes proves difficult. Besides the obvious death certificate this class will look at some of the additional sources of death information.

GENE:705 | \$25

004 W 3:30 pm-5:30 pm
March 28 - April 4

Mary Stamm
MC - BA, 208

Free Genealogical Websites

There are many free websites that can help genealogist located their family. See how you can find and the type of information they contain. No class 3/14.

GENE:705 | \$25

003 W 3:30 pm-5:30 pm
March 7 - March 21

Mary 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

001 W 3 pm-5 pm
Feb. 7 - Feb. 14

Mary Stamm
MC - BA, 208

New Integrating DNA into Your Family Tree

Are you interested in using DNA to link long lost cousins to the family tree? This course will discuss the basics of genetic genealogy and ways to incorporate the results into your genealogy research.

GENE:765 | \$25

003 Th 1 pm-3:30 pm
March 29

LaDonna Garner
FV - B, 125

New Save It! Backing Up and Organizing Your Photos, Digital Files, and Paper Piles

Discover how to properly backup your computer, digital documents and photos, and other tips to organize your growing array of digital and paper sources to maximize your genealogy research. Student must have basic PC computer skills and know how to use Windows and a mouse.

GENE:765 | \$25

001 Th 1 pm-4 pm
April 26

LaDonna Garner
FV - B, 125

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.

GENE:765 | \$49

004 Th 6 pm-9 pm
May 10 - May 17

LaDonna Garner
FV - B, 125

New Using Newspapers Online to Find Genealogical Material

Newspapers contain obituaries. But they can provide us so much more information than just obituaries! See what searching the local newspaper can tell you about your family. Class uses the St. Louis County Library card. Students should bring their library card to class.

GENE:705 | \$19

002 W 3:30 pm-6 pm
Feb. 21

Mary Stamm
MC - BA, 208



Culture

A Transgender Experience: A Discussion of Transgender and Gender Non-Conforming Identity

This class explores the foundational ideas underlying categories like trans and transgender, illuminating the complexity of how gender works both in general and for trans people particularly. Topics covered include: a brief history, terminology, etiquette, and policy advocacy. Through tales of personal experience, the facilitator will debunk myths and provide information about the range of trans identities and experiences. Participants will gain comfort talking about trans issues, and have a chance to explore how these issues are relevant to them in their communities.

CLTR:701 | \$25

001 W 6 pm-9 pm
April 18

Stephanie Thurmer
MC - SO, 108

Literature

New Let's Laugh: Stories to Make You Smile

Prepare yourself for good time! In this class, we will read and discuss genres, periods and culture stories to reflect various types of humor: satire, farce, slapstick, love, parody, and screwball. We will also discuss how authors are able to make humor work. Be prepared to leave with a smile after class each night! Materials provided. No class 3/15.

LITR:701 | \$39

002 Th 6:30 pm-8:30 pm
March 8 - March 29

Jacqueline Mink
FV - C, 104

Mysteries for Pleasure III: More Detective Fiction

It's all new stories from master authors about mastermind detectives. We will read stories from writers around the world. Which author will pique your interest? Come read their clues and find out! Materials provided.

LITR:701 | \$39

004 Th 6:30 pm-8:30 pm
April 26 - May 10

Jacqueline Mink
FV - C, 104

New One Acts Around the Table

Get a flair for the dramatic! In this class, we will read and discuss plays. Enjoy being a different character in class for a few weeks. Share experiences and learn more about the world of drama and the theater. Materials provided.

LITR:701 | \$39

003 Th 6:30 pm-8:30 pm
April 5 - April 19

Jacqueline Mink
FV - H, 113

New The Princess and the Crone: Deconstructing Gender in Fairy Tales

Fairy Tales are the first contact we have with social boundaries and expectations. They are the first memes and scholars say they have more power than even codified law. Through lecture, discussion, and readings we will deconstruct the structure, themes, symbols and social messages in our most beloved fairy tales both yesterday and today.

LITR:701 | \$25

001 Tu 6 pm-9 pm
March 6

Melody Meiners
MC - SO, 205

History

New Aaron Burr: The Man Who Shot Alexander Hamilton

Joins us to learn about the life of Aaron Burr before his famous duel with Alexander Hamilton. Burr graduated from college at the age of 16. Became a war hero. Was tried for treason. Was a Senator. Tried to persuade Napoleon to support a revolution in Mexico. Was Vice President of the United States. Was captured at sea by the British. His wife divorced him on the day he died. But Aaron Burr will be always remembered for killing Alexander Hamilton in Weehawken, New Jersey.

HIST:703 | \$19

004 W 7 pm-8:30 pm
March 28

Douglas Schneider
MC - CS, 210

New Alexander Hamilton: A Life Examined

Spend an evening learning about Hamilton before viewing the critically acclaimed musical at Fox Theater. Long before the musical, Alexander Hamilton was an ambitious young man from the Caribbean who became a Revolutionary War officer, Secretary of the Treasury, leader of the Federalist Party, political operative, and fatal duelist.

HIST:703 | \$19

002 W 7 pm-9 pm
March 21

James Gallen
MC - SO, 205

New Anatomy of an Impeachment

Through an examination of case studies in American history, this course will provide a basic overview of the presidential impeachment process. It will consider the basic legal framework for impeachment, discuss impeachable offenses, and examine the role of each branch of government in impeachment proceedings. Please join us for a non-partisan discussion of this intriguing component of the American political structure. You will leave with a fresh recollection of the system of checks and balances and a fun set of trivia facts with which to impress your politically-minded friends.

HIST:703 | \$19

006 W 6:30 pm-8:30 pm
May 2

Katie Young
MC - SO, 205

Arab-Israeli Conflict: Before 1948

To say that the conflict between Arab (mostly Muslim) and Israeli (mostly Jewish) is as old as Abraham is hardly a stretch. This course will highlight major developments in the history of the land that is now the state of Israel prior to its inception in 1948. We will discuss key empires and leaders that governed this important territory, its religious significance, and the conflicting claims that groups have made regarding its rightful rule. This class will illustrate the significance of the Zionist movement, the World Wars, and the United Nations in the creation of an independent homeland for the millions of formerly diaspora Jews.

HIST:727 | \$19

001 Tu 6:30 pm-8:30 pm
March 6

Katie Young
STLCC-SC, 120

Arab-Israeli Conflict: 1948-1973

In the first three decades of its existence, a nascent Israel faced the persistent threat of war at the hands of a host of hostile neighbors. This period saw four major wars, territorial expansion into key areas, and the formation of the institutions that would support a strong, democratic Israeli state. If you have ever wondered how a state that would fit inside of New Jersey, surrounded by enemies, managed to persevere in the face of nearly constant peril, join us. We will discuss the development of Israel's military might, the PLO, and the significance of the iconic photograph of Israeli soldiers at the Western Wall.

HIST:727 | \$19

002 Tu 6:30 pm-8:30 pm
March 20

Katie Young
STLCC-SC, 120

Arab-Israeli Conflict: 1973-Infatada

In recent months, pundits, journalists, and politicians have had much to say regarding the continued provision of American aid to Egypt. This course will discuss the birth of this strategic aid package and its connection to Israel. It will bring into focus key figures in Israeli politics and their meaning to their people and neighbors. The 1970s, 80s, 90s, and the first decade of the 21st century brought important changes for Israel, its neighbors, and especially the displaced Palestinians who continued to champion a return to the land that is crucial to their national identity. Please join us to discuss the Camp David Accords, Israel's war with Lebanon, the Palestinian uprising, and other moments of heartbreak and hope in this epic struggle for national survival.

HIST:727 | \$19

003 W 6:30 pm-8:30 pm
April 4

Katie Young
STLCC-SC, 118

Arab-Israeli Conflict: Post Intifada Spring of Hope and It's Aftermath

The iconic photo of President Clinton standing between Israeli prime minister Yitzhak Rabin and PLO chairman Yasser Arafat on the White House lawn in 1993 represents the hope for peace that followed the end of the First Intifada. This course will study that optimistic period, in which, despite continued violence, key figures on both sides believed in and worked toward the establishment of a Palestinian state in exchange for peace. It will examine the roles of the United States, internal Israeli politics, a divided Palestinian people, regional strife, and international forces in the pursuit and devastating collapse of peace. The series will conclude with an overview of the key issues that continue to thwart a comprehensive Arab-Israeli settlement.

HIST:727 | \$19

004 Tu 6:30 pm-8:30 pm
April 17

Katie Young
STLCC-SC, 120



**Register online
at stlcc.edu/CE**

New Cavalry Fights at Gettysburg: Overlooked but Decisive Encounters

The cavalry actions at the Battle of Gettysburg especially as they developed on the third day of the battle have often been viewed as less important when, in fact, they played a decisive role in cementing the Union victory and served as a milestone in the early careers of generals like Custer. Join us as we examine these actions and their impact not only on the battle but also the war.

HIST:703 | \$19

003 Tu 7 pm-9 pm
March 27

Vincent Heier
MC - CN, 202

Classical Anti-Semitism vs. Modern Anti-Zionism

During World War II, the Grand Mufti of Jerusalem, Hajj Amin al-Husseini recruited 20,000 volunteers to work with the SS in implementing Hitler's "Final Solution". The Mufti's efforts to bring Hitler's program of extermination of Jews to the "Arab world" mark a missing link of sorts, between the classical form of anti-Semitism, which motivated Hitler, and modern anti-Zionism. The former is marked by a series of distinct characteristics related to history, religion, and culture, which this course will discuss in detail. The latter, perhaps equally dangerous breed carries a religious component, but is grounded in what many Arabs, Muslims, and other observers deem Israel's illegal "occupation" of its country at the expense of displaced Palestinians. This course will distinguish between the two forms of animosity toward the world's Jewish population and discuss the role of each in shaping regional and global policies and opinions.

HIST:765 | \$19

002 Tu 6:30 pm-8:30 pm
April 24

Katie Young
STLCC-SC, 104

New Custer in Film: Contested Character, Evolving Symbol

The image of George Armstrong Custer has been the subject of many films. This class will explore how the legend of Custer has been shaped by movies and television. Join us to dispel myths as we separate the man from the character.

HIST:703 | \$19

001 Th 7 pm-9 pm
March 1

Vincent Heier
MC - CN, 202

New Lyndon Johnson: A Look at the 36th U.S. President

Spend an evening exploring the life of the 36th President. Fifty years ago, he stunned the nation by announcing that he would not run for another term as President. Join us to reflect on the life of this Texas Hill Country giant, Master of the Senate, eclipsed Vice-President, and President who promised a Great Society.

HIST:703 | \$19

005 W 7 pm-9 pm
April 25

James Gallen
MC - SO, 205

New Mystery in a Box of Letters

This is the story of a box of letters inherited by the Storyteller from an elderly great-aunt in 1969. Following leads revealed by those letters led to a Colonial Story beginning in 1635 at Jamestowne which was the first colony of this nation founded in 1607. The storyteller will appear in complete colonial dress for the telling of this Story about the Spraggins Family after arriving from England to America. It is an action-packed story of survival about this family and their descendants after arrival on our shores. The telling of the story may inspire others to search their own historical ancestors for hidden stories.

HIST:701 | \$19

001 Th 7 pm-8:30 pm
March 22

Gloria Perry
MC - SO, 205

New Niagara: The War of 1812, Summer 1814

Join us for an evening interesting history as we discuss the War of 1812 on the Niagara frontier. After two years of being roughly handled by the British Army, the U.S. forces saw a different tone to the fighting in the summer of 1814. This class will explore that watershed campaign for the United States Army.

HIST:765 | \$19

001 Th 7 pm-9 pm
March 29

Thomas Hoff
MC - SO, 204

New WWII: Invasion of Iwo Jima

In the class, you will learn the fascinating history of the invasion of Iwo Jima. The invasion of Iwo Jima was a contest between the Marines, who by this time had fully refined amphibious operations, and the Japanese who were employing a new strategy at Iwo Jima that they hoped would win the war. The class will also discuss why this island was worth fighting over and what made it so important.

HIST:714 | \$25

003 Th 7 pm-9:30 pm
April 12

Chris Ketcherside
MC - CN, 225

New WWII: Invasion of Tarawa

In 1943, the United States had blunted Japanese offensives in the Pacific. Tarawa would be the first battle to start bringing the war to the Japanese homeland. But, it would also be the US Marines first real test of their amphibious doctrine and capabilities. Join us to find out why this battle for a few thousand square yards of sand cost thousands of casualties in only three days.

HIST:714 | \$25

002 Th 7 pm-9:30 pm
March 8

Chris Ketcherside
MC - CN, 225

New WWII: Okinawa Campaign

Join us for an evening of thought-provoking history as we discuss the Okinawan Campaign of WWII. Okinawa was both an invasion and a slogging overland campaign that combined the combat experiences of the Pacific Islands and European mainland. It was a tremendous battle for the US Navy, combating the last gasps of the Japanese Navy and the kamikaze.

HIST:714 | \$25

001 Th 7 pm-9:30 pm
April 26

Chris Ketcherside
MC - CN, 225

Religion

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

003 Tu 7 pm-9 pm
Feb. 27 - March 6

Jan. Worley
MC - SO, 108

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

002 Tu 7 pm-9 pm
April 24

Jan. Worley
WW, 202

History of the Bible

Join us for a look at the history of one of the world's most famous, most read, most debated and most controversial books. The stories within the Bible will not be discussed. Discussions will focus on how, when and by whom the material was recorded, copied, translated, debated and eventually selected to be canonized into collections to form first, the Hebrew scriptures, then the Christian Bible, consisting of the Old and New Testaments. We'll discuss the Protestant Reformation with attention to the implications of printing and translation of the Bible into English, and the recovery of ancient manuscripts, construction of critical editions and the rise of critical historical scholarship as well as contemporary responses.

RELG:701 | \$29

004 Tu 7 pm-9 pm
April 10 - April 17

Jan. Worley
WW, 202

Religion and Its Role in World History

Come join us for an exciting journey as we investigate the question: "What is religion?" Our popular instructor will include a brief survey of world history that shows how religion has influenced every period of that history. This class is a recommended prerequisite for the Eastern Religions course and the Western Religions course which will discuss five major world religions.

RELG:701 | \$19

001 Tu 7 pm-9 pm
Feb. 20

Jan. Worley
MC - SO, 107

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

005 Tu 7 pm-9 pm
March 20 - April 3

Jan. Worley
MC - SO, 109

Exclamation Point!

*"I've enjoyed taking classes with **Katie Young**. Her classes are very interesting on timely subjects."*

Rhonda F., Olivette

Tours and Trips

Discover the History and Architecture of Downtown STL: A Walking Tour

Encounter the rich and vibrant history of St. Louis (and the United States!) on this downtown St. Louis walking tour. Discover, or re-discover, the structures and sites unique to our special city that have historical and architectural significance, both locally and nationally. Join us to find a new and/or deeper appreciation for the city known as the Gateway to the West. Trip-goers are to meet in front of Peabody Opera House (south side of Market Street between 14th and 15th Streets.) Garage or street parking is available and may be an additional cost. Refreshments and light snacks will be available for purchase at an energizing venue along the route. Rain date 5/6.

TRIP:701 | \$29

007 Su 1 pm-4 pm
April 22

Richard Mueller
FP, Off Campus

Exploring St. Louis

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some are so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Come explore with us, every week is a fun adventure! Walking involved. First class meets on campus, followed by a tour. Class meets off-campus after first session. Withdrawal deadline for refund: 4/6.

TRIP:701 | \$99

010 F 9am-10:30am
April 27
F 10:31am-2:30pm
April 27
F 9am-2:30pm
May 4-May 18

Joan Huisinga
MC - CE

MC - Off Campus

MC - Off Campus

First Churches of St. Louis

Join us for an in-depth tour of two of the earliest churches in St. Louis. First on our stop is Sisters of Saint Joseph of Carondelet. In response to a request from Bishop Joseph Rosati, a small group of religious from France arrived in St. Louis in 1836 to open a school for the deaf. The original log cabin residence of the Sisters of Saint Joseph of Carondelet was replaced in 1841 with a brick building and their mission expanded to educating the female students of the village of Carondelet. The tour of the motherhouse and chapel will conclude with a buffet lunch, which includes salad, a hot entrée, dessert, coffee or iced tea. Next, the tour moves to First Baptist Church. First Baptist Church traces its origin to the First African Baptist Church and the first Protestant congregation established for African Americans in St. Louis. All of the city's African-American Baptist churches developed from it. The church grew out of a Sunday school and religious services organized in 1817 by two Baptist missionaries. Tour fee includes: Professional Tour Guide-Dea Hoover, transportation, tour of St. Joseph, lunch at the Motherhouse, tour at First Baptist Church, and all gratuities to driver and guide. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 2/22.

TRIP:701 | \$89

003 Th 8:45 am-3:30 pm
March 15

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.

004 Th 9:15 am-3 pm
March 15

MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

Love Stories of Old St. Louis at Mudd's Grove

Gather in the parlor of the beautiful antebellum Mudd's Grove, a Kirkwood Historical Society home, to enjoy Valentine's dessert as we hear our ancestors' love stories. A hint: love doesn't always follow a smooth path and sometimes it's scandalous! Class will meet at Mudd's Grove, 302 W. Argonne Drive in Kirkwood, MO. Street parking is available, provide yourself plenty of time to park.

TRIP:701 | \$29

001 M 1 pm-4 pm
Feb. 12

Joan Huisinga
MC, Off Campus

Near North Riverfront

Doug Schneider will lead a bus tour of St. Louis' most isolated neighborhood: the Near North Riverfront, which is squeezed between the Mississippi River and Interstate 70. There is much to see on this jam-packed trip! You will partake in the sights of: the first Underground Railroad historic site in Missouri, an area that may one day rival the Promenade Plantee in Paris, where the uranium was refined for the bomb dropped on Hiroshima, Bob Cassilly's two-headed serpent fighting for its life, the company that created "Bad Outlet" (the Pacific Gas and Electric mascot), the former location of the largest Native American mound in St. Louis, an 1890s spa rehabbed into the city's first LEED building where you can buy custom show motorcycles with chrome galore, a flounder house, a structure built by Walt Whitman's brother, two prime drag racing streets where Kier Dullea (2001: A Space Odyssey) got his start in movies, the site of a 1943 gangland murder, the former home of spaghetti wrestling, the unmarked building where your Fresh Express salads are made, a steam table company that offers free yoga classes for its employees, and the location where classical guitar makers get their wood. We will have lunch in a Near North Riverfront workman's bar - a favorite place of the people who produce Mr. Clean. There will be walking on this tour. The tour begins at the Forest Park campus. Meet in the parking lot of the G Tower. Tour includes guide Doug Schneider, transportation, lunch, and all gratuities. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 4/5.

TRIP:701 | \$59

008 Th 9:30 am-1 pm
April 26

Douglas Schneider
FP, Off Campus

Re-Live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a special 3-D stereoscopic presentation, and then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 4/28.

TRIP:701 | \$59

005 Sa 8:30 am-1:30 pm
April 7

Charles Koehler
FP - G Tower, 113

Taste of St. Louis

Indulge yourself in a day of eating as we travel from place to place sampling the foods that were invented and first served in St. Louis and learning their history. From bakery goods to dessert-it is a dietician's nightmare but junk food addicts delight! Bring a tote bag for any extras you might want to purchase. Bottles of water will be provided. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 2/22.

TRIP:701 | \$89

002 Th 9 am-3 pm
March 15

Joan Huisinga
MC, Off Campus

Valley Park: City of Many Faces

In the 19th century, Ulysses S. Grant took wife-to-be Julia Dent to Valley Park because it was the perfect place to woo her. In the 21st century, filmmakers set up their cameras in Valley Park because it was the perfect place to shoot a movie about uranium-crazed zombies. Join us to view the many faces of this city on the Meramec River. On this tour, you will: find out why rustlers who come to Valley Park were arrested, find out how Carol House got started, find out where the oar fights took place, see a bar that called itself a House of Fun, find out how the Valley Park train station disappeared, see where Charles Lindbergh danced with the local ladies, find out how the largest company of its kind in the United States disappeared in one day, hear about the man who escaped the Lemp family curse, find out about the great Hershey Bar disaster, enter a building that has served as both an AA meeting hall and a tavern, see a building built from a do-it-yourself kit, and see why Valley Park is the most important company town in Missouri. There is something for everyone on this tour! Meet tour bus on Lot E on NW side of Meramec campus. Tour includes guide Doug Schneider, transportation, lunch, and all gratuities. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 3/21.

TRIP:701 | \$59

006 W 9:30 am-1 pm
April 11

Douglas Schneider
MC, Off Campus

Come See Cape

Join us for an exciting Cape Girardeau City tour where you'll see what's new and exciting in Cape Girardeau, MO and learn about the history of the area. You will visit the historic and beautiful Glenn House and Old St. Vincent's Church before having lunch at the Cape Country Club. Next on the agenda, you'll visit Southeast Missouri State University (SEMO) for an engaging lecture by SEMO's own Professor Adam Criblez about the role of Native Americans in Missouri and surrounding area. Before leaving Cape, you will enjoy a delicious dessert at Cup 'n Cork. Cup 'n Cork also has coffee, wine, and small plate available for purchase on your own. Tour fee includes: Professional Tour Guide Dea Hoover, transportation, all listed attractions, speakers, experiences, inclusive lunch at Cape Girardeau County Club, one dessert item at Cup 'n Cork, 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:702 | \$109

002 Th 7 am-5:45 pm
March 22

Dea Hoover
MC, Off Campus

Illinois Amish in Arthur

Travel by motor coach to the horse and buggy area of Arthur Illinois to visit the Amish. First stop is the horse auction, the social gathering point for Amish families as the beautiful horses are sold. Then it's on to a bountiful family style meal in an Amish home. Then we will visit small businesses in the countryside. The favorite quilt shop has closed but cabinet makers quilting ladies have quilts for sale in the cabinet shop. Before leaving, there will be time for shopping and a snack before heading back to Meramec. Cost includes bus, Amish guide, tours, lunch, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 3/2.

TRIP:702 | \$109

003 Sa 7:30 am-7 pm
March 24

Joan Huisinga
MC, Off Campus

Jefferson Barracks

This military post opened in 1826 and has played an important role in American history. Both Ulysses S. Grant and Robert E. Lee and were stationed at Jefferson Barracks. You will see many points of interest in the 330-acre park and you will get a glimpse of 300-acre cemetery where 188,000 people are buried. The park is home to five museums: we will visit the Telephone Museum, where former AT&T personnel will give us a guided tour to enjoy nostalgia from the early years of the telephone. You will also see historic buildings, recreational opportunities, the VA hospital and Fisher House, various monuments, Mississippi River vistas, and peek inside the county's spiffy 42,000 sq. ft. recreation center. Large amounts of walking required for this outing. This is a bus tour that meets at the parking lot of the Thomas Dunn Learning Center at 3113 Gasconade Street, St. Louis. Tour includes transportation, lunch, admission to museum. Withdrawal deadline for refund: 4/19.

TRIP:702 | \$59

007 Th 8:30 am-12 pm
May 10

Douglas Schneider
Thomas Dunn LC

National Road with Unusual Sights

Back by popular demand! Join us as we travel east on the Old National Road, also known as Highway 40. Our first stop will be at the Maroon Jersey Creamery in Greenville, IL to observe cheese making and meet calves. Then we're off to Greenup, IL, the town of porches and antiques. Lunch will be in Casey, IL at the Whittling Whimsy next to the world's largest wind chime. Main Street in Casey is lined with the world's largest items: mail box, shoe, golf tee and knitting needles. Who knows, we may even see them making more large items! On the way back we will stop at Blue Springs Cafe for Mile High Pie. Trip includes transportation, admissions, lunch, pie and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds: 4/4.

TRIP:702 | \$109

005 W 8 am-6 pm
April 25

Joan Huisinga
MC, Off Campus

Predator and Prey: Exclusive Experience at Endangered Wolf Center

Don't miss this one-of-a-kind opportunity to enjoy a private, two-hour, guided tour tailored to what you most want to see and learn. With insights gathered over four decades of working with and for wolves and other wild canids, Endangered Wolf Center is offering a rare experience to get to know these animals. You'll get the chance to know wolves the way the staff at Endangered Wolf Center knows them—you'll find there's far more to wolves than what the word 'predator' brings to mind. Naturally shy around humans, wolves are loyal, intelligent, and highly family oriented, with social bonds so strong that they often mourn the passing of pack members for days with their howls. We'll also share an inside look at three additional endangered species in our care: African painted dogs, maned wolves, and swift foxes. Before your next adventure, you will enjoy a buffet lunch at Holiday Inn Express Six Flags. The next stop is the World Bird Sanctuary for a guided tour to view birds on display and learn about the past inhabitants of the area and meet the current residents. While at the World Bird Sanctuary, you will visit the animal hospital and then observe a flying demo in the Nature Center. Tour fee includes: Professional Tour Guide-Dea Hoover, transportation, 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: 2/15.

TRIP:702 | \$99

001 Sa 9:30 am-3:30 pm
March 3

Dea Hoover
MC, Off Campus



The Walls Can Talk Prison Tour in Jefferson City via Amtrak

All aboard for Jeff City-this trip is like no other. On the train ride to Jeff City, you will enjoy a boxed lunch while gazing out the window at the passing scenery. Upon our arrival in our destination city, you will experience a two-hour Missouri State Penitentiary tour with guide and former inmate. The tour will be followed by a one-hour question and answer session with a former inmate. After the tour and Q&A but before departing, we will stop for an ice cream treat at Central Dairy. Tour fee includes: Professional Tour Guide-Dea Hoover, transportation and Amtrak Transportation, all listed attractions, speakers, experiences, boxed 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. NOTE: Due to Amtrak group booking policy, legal first and last names as well as dates of birth are required at time of registration. Withdrawal deadline for refund: 4/1.

TRIP:702 | \$109

006 F 9 am-6:30 pm
April 27

Dea Hoover
MC, Off Campus

Warm Springs Clydesdale Ranch

Join us for an enlightening tour of Warm Springs Ranch in Boonville, MO. See the state-of-the-art Clydesdale breeding farm that features a mare/stallion and foaling barn, veterinary lab, and 10 pastures. Afterward, enjoy family style lunch at Settler's Inn-smoked pork chops, Cornish game hen, salad, potato, vegetable, homemade dessert, bread and drink. Delicious! Be sure to leave room for dessert as the Russell Stover Outlet is on the itinerary before heading back. Tour fee includes: Professional Tour Guide-Dea Hoover, transportation 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: 3/26.

TRIP:702 | \$109

004 M 7 am-6 pm
April 9

Dea Hoover
MC, Off Campus

Great Tips for Traveling Abroad

Planning an international trip this year? Many mistakes can be avoided by tapping the brains and experiences of those who've been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, Greece, China and Egypt and has lots of helpful tips for what to bring (and more important: what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling internationally. Little things can make a big difference in your experience. If you're planning to go abroad, make this class your first stop!

TRIP:703 | \$25

001 M 6:30 pm-8:30 pm
March 5

Fred Miller
Clayton H.S., 123

Recreation, Fitness and Wellness

Bowling

Bowling Skills

Whether you are just beginning or looking to bring your game up a notch, have fun and learn new techniques. Learn proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games each week.

PEDU:772 | \$49

001 Tu 12 pm-2 pm
March 27 - April 17

Michael Bluth
Crestwood Bowl

Register online at stlcc.edu/CE
See the inside cover for instructions.

Cards and Games

Chess 1: 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:720 | \$59

001 Tu 7 pm-9 pm
Feb. 6 - March 6

Edward Baur
Chess Club and Scholastic Ctr SL

Personal Enrichment

Bridge: Beginning

This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SAYC (Standard American bidding.) No class 2/19, 3/12, 4/2.

GAME:701 | \$99

001 M 5 pm-7 pm
Feb. 5 - April 16

002 Tu 2:45 pm-4:45 pm
Feb. 13 - April 17

Phyllis Siegel
MC - SW, A

Phyllis Siegel
Affton White-Rodgers, A

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 | \$39

001 Tu 2:45 pm-4:45 pm
April 24 - May 8

Phyllis Siegel
Affton White-Rodgers, A

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 | \$59

002 Th 7 pm-9 pm
Feb. 8 - March 8

003 M 5 pm-7 pm
April 23 - May 7

George Hawley
FV - SC, PDR-A
Phyllis Siegel
MC - SW, 207

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 3/14.

PEDU:745 | \$69

001 W 6 pm-6:55 pm
Feb. 21 - April 18

Patrick Dorsey
U. City H.S., Girl's Gym

Motorcycle Safety Training

Motorcycle Safety Basic Rider Course (MSF-BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Required items include: DOT-approved ¾ or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and a photo ID. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted to class. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org. Withdrawal deadline for refund:

MOTR:700 | \$225

001 SaSu 7 am-5 pm
April 7 - April 8

FP - D Tower, 215

002 SaSu 9 am-7 pm
April 7 - April 8

FP - D Tower, 217

004 SaSu 7 am-5 pm
April 14 - April 15

FP - D Tower, 217

003 SaSu 9 am-7 pm
April 14 - April 15

FP - D Tower, 215

005 SaSu 7 am-5 pm
April 21-April 22

FP - D Tower, 215

006 SaSu 7 am-5 pm
May 5 - May 6

FP - D Tower, 215

007 SaSu 9 am-7 pm
May 5 - May 6

FP - D Tower, 217

008 SaSu 7 am-5 pm
May 19 - May 20

FP - D Tower, 215

Motorcycle Skills: Advanced Rider Course (MSF-ARC)

Get the most out of your bike with the Advanced Motorcycle Safety Course Level III (MSF-ARC), while improving your ability to deal with hazards. Riders will enhance skills to improve cornering, swerving, and braking techniques, as well as develop additional expertise in the areas of risk management, decision-making, riding strategies, and rider behavior. Developed for street bikes using techniques developed by sport bike riders, you will learn how to maximize your turning abilities, how to stop as well as your machine can manage, and how to swerve around large objects. This course is for two-wheeled motorcycles only (no scooters). For the beginning or casual rider, the BRC-2 would be a recommended prerequisite. Students must have an M-endorsement on license and provide their own street legal and insured motorcycle. No passengers allowed! Required items include: DOT-approved ¾ or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants. Class held rain or shine. Withdrawal deadline for refund:

MOTR:705 | \$144

001 Su 9 am-7 pm
March 25

FP - D Tower, 215

002 Su 9 am-7 pm
April 29

FP - D Tower, 215

Motorcycle Skills: Basic Bike Bonding Rider Course (MSF-BBBRC)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC is a recommended prerequisite for the novice rider; however, not required. Must have motorcycle permit or M-endorsement on license, be 18 years of age or older. Those under 18 years of age must have a release form signed by a legal guardian or parent. Required items include: DOT-approved ¾ or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and a photo ID. Loaner motorcycles provided. This is not a MO State waiver class. Withdrawal deadline for refund:

MOTR:703 | \$99

001 Sa 12:30 pm-6 pm
April 21

FP - D Tower, 217

002 Sa 12:30 pm-6 pm
May 19

FP - D Tower, 217

Motorcycle Skills: Basic Rider Course 2 (MSF-BRC2)

The 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). Required items include: Class M driver's license, be 18 years of age or older, 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. Students must bring DOT-approved ¾ or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and bring a photo ID. Passengers are permitted to accompany riders; all safety gear and rules apply. Class held rain or shine. Withdrawal deadline for refund:

MOTR:702 | \$99

001 Su 12:30 pm-6 pm
April 22

FP - D Tower, 217

Get Ready for the Road

Motorcycle Skills: Ultimate Bike Bonding Rider Course (MSF-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 an M-endorsement on license, use their own street-legal insured motorcycle (no scooters permitted), be 18 years of age or older. Required items include: DOT-approved ¾ or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants. Withdrawal deadline for refund:

MOTR:704 | \$99

001 Sa 9 am-7 pm

March 24

002 Sa 9 am-7 pm

April 28

FP - D Tower, 215

FP - D Tower, 215

Golf

New Golf: Learning the Basics

Explore the game of golf before you even touch a club! Basic rules, etiquette and philosophy of golf will be discussed in a relaxed classroom setting. Great introduction to the game for newbies and a great refresher for the experienced golfer getting back to the basics. First two classes will meet at the Corporate College, last two classes will be held at GolfPort of Maryland Heights driving range to apply techniques learned in classroom. Clubs available for use at range.

PEDU:730 | \$49

013 Th 7 pm-7:55 pm

March 8-March 15

March 22 - March 29

014 Tu 11 am-11:55 am

April 10-April 17

April 24 - May 1

Rich Manley

Corp. College

Golfport-MH, Range

Rich Manley

Corp. College

Golfport-MH, Range

Golf: Basics and Beyond

Learning to play correctly is key to a great golf game. New golfers get started on the right track and more experienced golfers will get back to basics to help 'unlearn' any bad habits. Class will cover putting, chipping, pitching, rules, etiquette, full swing with iron and full swing with wood. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course!

PEDU:730 | \$99

003 M 5:30 pm-7 pm

April 9 - May 7

004 Sa 10 am-11:30 am

April 14 - May 12

Eagle Springs

Eagle Springs

Golf: Beginning I

Start from the beginning and learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. Perfect introductory class for new players and a great way for experienced golfers to sharpen rudimentary golf skills.

PEDU:730

Four Sessions | \$49

009 W 7 pm-7:55 pm

March 28 - April 18

010 M 5 pm-5:55 pm

April 9 - April 30

012 Su 1 pm-1:55 pm

April 15 - May 6

011 Sa 10 am-10:55 am

April 21 - May 12

016 Sa 9 am-9:55 am

March 24 - April 14

015 Th 7 pm-7:55 pm

April 12 - May 3

Big Bend GC, Range

Big Bend GC, Range

Big Bend GC, Range

Big Bend GC, Range

Rich Manley

Golfport-MH, Range

Rich Manley

Golfport-MH, Range

Six Sessions | \$59

008 Sa 11 am-11:55 am

Feb. 10 - March 17

006 M 7 pm-7:55 pm

Feb. 26 - April 2

005 Tu 9 am-9:55 am

March 27 - May 1

007 Th 6 pm-6:55 pm

April 5 - May 10

001 W 6 pm-6:55 pm

April 7 - May 9

002 Sa 10 am-10:55 am

April 7 - May 12

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

First Tee, Range

First Tee, Range

Golf: Beginning II

Review, practice and expand on fundamentals presented in Golf: Beginning I class. With an emphasis on correcting individual swing faults, this is the perfect class for beginner golfers with previous instruction.

PEDU:731

Four Sessions | \$49

011 Tu 7 pm-7:55 pm

April 24 - May 15

012 Sa 9 am-9:55 am

April 28 - May 19

007 W 5 pm-5:55 pm

March 28 - April 18

009 M 6 pm-6:55 pm

April 9 - April 30

008 M 7 pm-7:55 pm

April 9 - April 30

010 Sa 9 am-9:55 am

April 21 - May 12

Rich Manley

Golfport-MH, Range

Rich Manley

Golfport-MH, Range

Big Bend GC, Range

Big Bend GC, Range

Big Bend GC, Range

Big Bend GC, Range

Six Sessions | \$59

002 W 7 pm-7:55 pm

April 4 - May 9

001 Tu 6 pm-6:55 pm

April 10 - May 15

004 Th 5 pm-5:55 pm

Feb. 15 - March 22

005 M 6 pm-6:55 pm

Feb. 26 - April 2

003 Tu 10 am-10:55 am

March 27 - May 1

006 Sa 9 am-9:55 am

April 7 - May 12

First Tee

First Tee

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

Golf: Short Game Skills

Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Spend each week focused on a short game skill: putting, chipping and pitching. Final class will be spent playing a practice green.

PEDU:765 | \$59

008 Th 10 am-10:55 am

Feb. 15 - March 22

009 W 6 pm-6:55 pm

March 28 - May 2

010 Th 7 pm-7:55 pm

April 5 - May 10

011 Sa 10 am-10:55 am

April 7 - May 12

001 Tu 7 pm-7:55 pm

April 10 - May 15

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

First Tee

Golf: Combo Class

Enjoy a combination of short game, full swing and on-course lessons. The first few classes will be on the practice range and remaining will be on the course. On-course and mental game strategies will be discussed.

PEDU:765 | \$59

005 Sa 10 am-10:55 am

Feb. 10 - March 17

003 Th 9 am-9:55 am

Feb. 15 - March 22

004 W 7 pm-7:55 pm

March 28 - May 2

006 Sa 8 am-8:55 am

April 7 - May 12

007 Sa 11 am-11:55 am

April 7 - May 12

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

Tower Tee, Range

Golf Classes

Extra fee for balls

Every effort will be made to schedule a make-up sessions for outdoor classes cancelled due to rain-outs. However, no refunds will be given for rained-out classes.

New Golf: The Swing of Things

Get into the Swing of Things! This fun class is essential for every golfer! Perfecting your swing is not all about hitting the ball; it's learning and understanding how to use your body motion to create your perfect swing.

PEDU:765 | \$49

016 Tu 6 pm-6:55 pm

April 24 - May 15

Rich Manley

Golfport-MH, Range

Golf: On-Course Lesson

Unique opportunity to play with an experienced golf instructor by your side. Golf professional will take you and just a few other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play some holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is at the start time so be sure to arrive a few minutes early.

PEDU:765 | \$39

002 M 5 pm-7:30 pm

May 14

Eagle Springs

New Golf: Tee for Two

Want to enjoy the game of golf with your significant other? Whether you've played for years or never picked up a club, couples can enjoy time together while learning and improving golf skills. Open to all levels. Each participant must register. Clubs available for use at range.

PEDU:765 | \$49

014 Th 6 pm-6:55 pm

April 12 - May 3

015 Sa 11 am-11:55 am

April 28 - May 19

Rich Manley

Golfport-MH, Range

Rich Manley

Golfport-MH, Range

Golf: Parent/Child

Enjoy time with your child, ages 7-15, and have fun learning the basics of golf together! Improve your game and help your child practice his/her golf skills. Registration required for each participant.

PEDU:765 | \$49

018 Sa 10 am-10:55 am

April 28 - May 19

012 W 6 pm-6:55 pm

March 28 - April 18

013 Su 12 pm-12:55 pm

April 15 - May 6

Rich Manley

Golfport-MH, Range

Big Bend GC, Range

Big Bend GC, Range

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:765 | \$49

017 Tu 10 am-10:55 am

April 24 - May 15

Rich Manley

Golfport-MH, Range

Tennis

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP rating Box. Tennis balls provided.

PEDU:733 | \$69

002	Sa 2 pm-2:55 pm Feb. 3 – March 17	Vetta
001	Tu 1 pm-1:55 pm Feb. 6 – March 20	Vetta

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP rating Box. Tennis balls provided.

PEDU:733

Four Sessions | \$55

006	Th 7 pm-7:55 pm April 26 – May 17	Sunset Hills Watson Trails
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Six Sessions | \$85

003	Su 6 pm-6:55 pm Feb. 4 – March 11	Frontenac RC
004	Su 6 pm-6:55 pm March 25 – May 6	Frontenac RC
005	MW 7 pm-7:55 pm April 30 – May 16	Lake School Park

Tennis: Beginning II (NTRP 2.5)

See NTRP rating Box. Tennis balls provided.

PEDU:734 | \$69

001	Sa 3:30 pm-4:25 pm Feb. 3 – March 17	Vetta
002	Sa 3:30 pm-4:25 pm March 31 – May 12	Vetta

Tennis Intermediate I (NTRP 3.0)

See NTRP rating Box. Tennis balls provided.

PEDU:735

Six Sessions | \$85

004	Sa 4 pm-4:55 pm Jan. 27 – March 3	Forest Lake TC
005	Sa 4 pm-4:55 pm March 17 – April 21	Forest Lake TC

10.5 Hours | \$95

001	Tu 2 pm-3:25 pm Feb. 6 – March 20	Vetta
002	Th 2 pm-3:25 pm March 29 – May 10	Vetta
003	Sa 4:30 pm-5:55 pm March 31 – May 12	Vetta

Tennis: Intermediate I - Advanced (NTRP 3.0 - 4.0)

See NTRP rating Box. Tennis balls provided.

PEDU:736 | \$95

002	Th 2 pm-3:25 pm Feb. 1 – March 15	Vetta
003	Sa 4:30 pm-5:55 pm Feb. 3 – March 17	Vetta
001	Tu 2 pm-3:25 pm March 27 – May 8	Vetta
004	Sa 2 pm-3:25 pm March 31 – May 12	Vetta

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.

PEDU:740

Six Hours | \$59

Dress appropriately for outdoor court.

001	Sa 9 am-9:55 am April 7 – May 12	Frank Dalton Kennedy Rec Ctr
002	Sa 10 am-10:55 am April 7 – May 12	Frank Dalton Kennedy Rec Ctr
003	M 5 pm-5:55 pm April 9 – May 14	Frank Dalton Kennedy Rec Ctr
004	M 6 pm-6:55 pm April 9 – May 14	Frank Dalton Kennedy Rec Ctr

New Location Nine Hours | \$89

007	W 8:30 am-9:55 am Jan. 24 – Feb. 28	Vetta
005	M 8:30 am-9:55 am Feb. 5 – March 19	Vetta
006	Tu 9:30 am-10:55 am Feb. 13 – March 20	Vetta
008	Th 11:30 am-12:55 pm Feb. 15 – March 22	Vetta

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.

PEDU:701 | \$59

001	M 7 pm-8:30 pm Feb. 26 – May 7	Richard Bannecker Kirkwood Comm. Ctr, GYM
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Volleyball - Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/16.

PEDU:704 | \$69

001	F 7 pm-8:30 pm March 2 – May 11	Jason Guss FV - PE, Main GYM
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National Tennis Rating Program (NTRP)

- 1.0 *This player is just starting to play tennis.*
- 2.0 *May have had some lessons; needs on-court experience.*
- 2.5 *Can sustain a short rally of slow pace; needs to develop form.*
- 3.0 *Consistent on medium-paced shots; needs work on form and strategy.*
- 3.5 *Consistent with directional control; needs to work on specialty shots.*
- 4.0 *Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis.*

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Registration begins January 3

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 3/15.

PEDU:720 | \$79

001 Th 4:30 pm-5:30 pm
Feb. 1 - April 26 FV - PE, POOL

Additional family members of students that have registered and paid for PEDU 720 001 should register for PEDU 720 002. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration.

Open Lap Swim

Pool will be open for credit and non-credit students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 2/19, 3/12, 3/13, 3/14, 3/15.

PEDU:721 | \$95

001 M-Th 8 am-8:50 am
Jan. 16 - May 3 MC - PE, POOL

Lap Swim

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables.

PEDU:721

12 Sessions | \$39

004 TuTh 7 am-7:50 am
Jan. 30 - March 8 FV - PE, POOL

005 TuTh 7 am-7:50 am
March 27 - May 3 FV - PE, POOL

16 Sessions | \$49

002 MWF 7 am-7:50 am
Jan. 29 - March 7 FV - PE, POOL

003 MWF 7 am-7:50 am
March 26 - April 30 FV - PE, POOL

Swimming Skills: Beginning/Intermediate

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance. No class 3/17.

PEDU:722

Eight Sessions | \$55

002 Sa 11 am-11:50 am
March 10 - May 5 Jeanne Hudgens
FV - PE, POOL

12 Sessions | \$79

001 Sa 9 am-9:50 am
Feb. 10 - May 5 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 | \$79

022 Sa 10 am-10:50 am
Feb. 10 - May 5 Daniel Vogt
FV - PE, POOL

14 Sessions | \$89

004 MW 10 am-10:50 am
Jan. 17 - March 7 Alexandra Henning
MC - PE, POOL

006 MW 10 am-10:50 am
March 19 - May 2 Alexandra Henning
MC - PE, POOL

007 TuTh 9 am-9:50 am
March 20 - May 3 Gary Ketcherside
MC - PE, POOL

008 TuTh 2 pm-2:50 pm
March 20 - May 8 Lisa Hale
MC - PE, POOL

15 Sessions | \$95

014 TuTh 2 pm-2:50 pm
Jan. 16 - March 6 Lisa Hale
MC - PE, POOL

013 TuTh 9 am-9:50 am
Jan. 16 - March 6 Gary Ketcherside
MC - PE, POOL

16 Sessions | \$95

015 MWF 9 am-9:50 am
Jan. 29 - March 7 Daniel Vogt
FV - PE, POOL

016 MWF 10 am-10:50 am
Jan. 29 - March 7 Daniel Vogt
FV - PE, POOL

017 MWF 9 am-9:50 am
March 26 - April 30 Daniel Vogt
FV - PE, POOL

018 MWF 10 am-10:50 am
March 26 - April 30 Daniel Vogt
FV - 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 | \$79

019 TuTh 8 am-8:50 am
Jan. 30 - March 8 Barbara Harris
FV - PE, POOL

020 TuTh 8 am-8:50 am
March 27 - May 3 Barbara Harris
FV - PE, POOL

Gentle Aqua Dance

Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Dance integrates dance-fitness moves with water-based exercises, just at a slower pace.

PEDU:729

12 Sessions | \$79

021 Th 6 pm-6:50 pm
Feb. 1 - April 26 Neil Skid
FV - PE, POOL

No Class 3/15

14 Sessions | \$89

003 MW 9 am-9:50 am
Jan. 17 - March 7 Neil Skid
MC - PE, POOL

No Class 2/19

005 MW 9 am-9:50 am
March 19 - May 2 Neil Skid
MC - 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 | \$89

009 MW 6 pm-6:50 pm
Jan. 17 - March 7 Terri Williams
MC - PE, POOL

002 TuTh 7:45 pm-8:35 pm
Feb. 13 - April 12 Terri Williams
FP - PE, POOL

No Class 3/13, 3/15

011 MW 6 pm-6:50 pm
March 19 - May 7 Terri Williams
MC - PE, POOL

No Class 4/18

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 | \$89

010 MW 7 pm-7:50 pm
Jan. 17 - March 7 Terri Williams
MC - PE, POOL

No Class 2/19

001 TuTh 6:45 pm-7:35 pm
Feb. 13 - April 12 Terri Williams
FP - PE, POOL

No Class 3/13, 3/15

012 MW 7 pm-7:50 pm
March 19 - May 7 Terri Williams
MC - PE, POOL

No Class 4/18

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., Crestwood, MO

Register online beginning January 3
Go to stlcc.edu/CE

Aerobic Exercise

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 3/28.

PEDU:750 | \$79

001 W 6 pm-6:50 pm
Feb. 7 – May 2

Susan Pellegrino
Oakville H.S., CAFE

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress and enhance coordination. Bring a towel and mat. No class 3/13.

PEDU:755 | \$75

012 Tu 8 am-8:50 am
Feb. 6 – May 1

Gary Ketcherside
MC - PE, GYM

New Kickin' Fitness

Get away from your boring exercise routine and engage every muscle in your body with this fun, high-energy cardio exercise. A perfect, total body workout that will help you burn calories, relieve stress and get into shape fast. All while learning some self-defense moves along the way! All levels are welcome.

PEDU:744 | \$69

001 M 7 pm-8 pm
Feb. 26 – May 7
No Class 3/19

Timothy Toeniskoetter
Sperrang, GYM

002 W 7 pm-8 pm
Feb. 28 – May 2

Timothy Toeniskoetter
Martial Arts Ctr (Mhlvl)

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

001 W 11 am-11:50 am
Feb. 7 – March 28

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

002 Th 6 pm-6:50 pm
Feb. 8 – March 29

ADIVA Dance Center

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 | \$69

015 M 7 pm-7:55 pm
Feb. 12 – April 30
No Class 2/19, 3/19

Marsha Fey
Sperrang, GYM

016 Tu 7 pm-7:55 pm
Feb. 13 – May 1
No Class 3/20, 4/3

Marsha Fey
Sperrang, GYM

Nia: A Combination of Cardio and Strength Training

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

PEDU:755 | \$59

013 Sa 8:15 am-9:10 am
Feb. 3 – March 10

Karol McNutt
MC - PE, 105

014 Sa 8:15 am-9:10 am
March 31 – May 5

Karol McNutt
MC - PE, 105

Boot Camp with Shark Fitness

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

PEDU:755

10 Sessions | \$139

001 MWF 5:45 am-6:45 am
Jan. 8 – Jan. 31
No Class 1/15

MC - PE, GYM Lobby

12 Sessions | \$159

003 TuTh 5:45 am-6:45 am
Jan. 9 – Feb. 15

MC - PE, GYM Lobby

004 TuTh 9:30 am-10:30 am
Jan. 9 – Feb. 15

MC - PE, GYM Lobby

006 TuTh 5:45 am-6:45 am
Feb. 20 – April 5
No Class 3/13, 3/15

MC - PE, GYM Lobby

007 TuTh 9:30 am-10:30 am
Feb. 20 – April 5
No Class 3/13, 3/15

MC - PE, GYM Lobby

008 MWF 5:45 am-6:45 am
March 19 – April 13

MC - PE, GYM Lobby

009 TuTh 5:45 am-6:45 am
April 10 – May 17

MC - PE, GYM Lobby

010 TuTh 9:30 am-10:30 am
April 10 – May 17

MC - PE, GYM Lobby

15 Sessions | \$195

002 MW 5:30 pm-6:30 pm
Jan. 8 – March 5
No Class 1/15, 2/19

MC - PE, GYM Lobby

005 MWF 5:45 am-6:45 am
Feb. 2 – March 9
No Class 2/19

MC - PE, GYM Lobby

011 MWF 5:45 am-6:45 am
April 16 – May 18

MC - PE, GYM Lobby

Pilates/Yoga

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756 | \$89

001 M 6:10 pm-7:05 pm
Jan. 22 – April 30
No Class 2/19, 3/12

Katherine McMeans
MC - PE, 105

002 W 6:10 pm-7:05 pm
Jan. 24 – April 25
No Class 3/14

Katherine McMeans
MC - PE, 105

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring water, towel and yoga mat.

PEDU:756 | \$69

003 Th 5:30 pm-7 pm
Feb. 8 – March 22
No Class 3/15

Denise Motta
Affton White-Rodgers, B

004 Th 5:30 pm-7 pm
April 5 – May 10

Denise Motta
Affton White-Rodgers, B

Gentle Yoga

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

PEDU:761

Mini Session | \$39

001 M 9:30 am-10:30 am
Jan. 22 – Feb. 12

Nicole Thompson
Queeny Rec Complex

002 W 9:30 am-10:30 am
Jan. 24 – Feb. 14

Nicole Thompson
Queeny Rec Complex

Eight Sessions at MSPC | \$79

005 W 7 pm-8 pm
Jan. 24 – March 14

Masterpeace Studios

006 W 7 pm-8 pm
March 28 – May 16

Masterpeace Studios

10 Sessions | \$69

003 M 9:30 am-10:30 am
Feb. 26 – May 7
No Class 3/19

Nicole Thompson
Queeny Rec Complex

004 W 9:30 am-10:30 am
Feb. 28 – May 9
No Class 3/21

Nicole Thompson
Queeny Rec Complex

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 3/19.

PEDU:761 | \$69

015 M 12:15 pm-1:15 pm
Feb. 26 – May 7

Kelly Kauffmann
Affton White-Rodgers, GYM

Iyengar Yoga: Beginning

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

PEDU:761 | \$69

007 W 7:45 pm-9 pm
Jan. 24 – March 7

Robert Gadon
WW, 102A

011 Th 6:30 pm-7:45 pm
Feb. 1 – March 22
No Class 3/15

Robert Gadon
FP - SC, 25

009 W 7:45 pm-9 pm
March 28 – May 9

Robert Gadon
WW, 102A

012 Th 6:30 pm-7:45 pm
April 5 – May 17

Robert Gadon
FP - PE, East Rm

Exclamation Point!

“Denise Motta is a great yoga instructor. She kept me motivated, relaxed and in tune with my body. If you can get into one of her classes, go for it!”

Bev W., Affton

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

- | | | |
|-----|--|--------------------------|
| 008 | W 6:15 pm-7:30 pm
Jan. 24 - March 7 | Robert Gadon
WW, 102A |
| 010 | W 6:15 pm-7:30 pm
March 28 - May 9 | Robert Gadon
WW, 102A |

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

10 Sessions | \$69

- | | | |
|-----|--------------------------------------|---|
| 019 | M 6:30 pm-7:25 pm
Feb. 26 - May 7 | Rena Potsos
Sperrang, Fit Rm 54 |
| | | Bring a towel, mat, yoga belt, and #6 or 8 resistance band. No Class 3/19 |

13 Sessions | \$89

- | | | |
|-----|---------------------------------------|---|
| 013 | M 6 pm-7 pm
Feb. 12 - May 14 | Sharon Danyluck
Sunset Hills Comm. Ctr |
| | | No Class 2/19 |
| 014 | M 7:15 pm-8:15 pm
Feb. 12 - May 14 | Sharon Danyluck
Sunset Hills Comm. Ctr |
| | | Bring yoga strap and block. No Class 2/19 |

15 Hours | \$95

- | | | |
|-----|--------------------------------------|---|
| 017 | Tu 1 pm-2:30 pm
Feb. 6 - April 10 | Christine Ratliff
Big Bend Yoga Center, Studio |
| | | Equipment and mats available for use or you may bring your own. |

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

- | | | |
|-----|--------------------------------------|---|
| 016 | M 1:30 pm-2:30 pm
Feb. 26 - May 7 | Kelly Kauffmann
Afton White-Rodgers, GYM |
| | | No Class 3/19 |

15 Hours | \$95

- | | | |
|-----|---------------------------------------|---|
| 018 | Th 9 am-10:30 am
Feb. 8 - April 12 | Karen Martinez
Big Bend Yoga Center, Studio |
| | | Equipment and mats available for use or you may bring your own. |

BUTI® Yoga

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

PEDU:761 | \$69

- | | | |
|-----|---|-----------------------------|
| 020 | Tu 5:30 pm-6:15 pm
March 13 - May 15 | Flex Fitness Studio, Studio |
|-----|---|-----------------------------|

**Register online at stlcc.edu/CE
See the inside cover for
instructions.**

Tai Chi

Chen Tai Chi: Level I

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

- | | | |
|-----|--------------------------------------|---------------------------|
| 001 | W 10 am-10:50 am
Feb. 7 - April 4 | Alex Chen
MC - PE, 201 |
| | | No Class 3/14 |
| 002 | Th 6 pm-6:50 pm
Feb. 8 - April 5 | Alex Chen
MC - PE, 201 |
| | | No Class 3/15 |

New Chen Tai Chi: Level II

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. Prerequisite: Chen Tai Chi for Beginners / Level I. No class 3/15.

PEDU:767 | \$59

- | | | |
|-----|-------------------------------------|---------------------------|
| 001 | Th 5 pm-5:50 pm
Feb. 8 - April 5 | Alex Chen
MC - PE, 201 |
|-----|-------------------------------------|---------------------------|

T'ai Chi Chih: Beginning

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

PEDU:766 | \$69

- | | | |
|-----|---|---|
| 003 | Tu 2:30 pm-3:30 pm
Feb. 6 - April 10 | Jeanette Miller
Solar Yoga Center |
| | | No shoes allowed on studio floor;
Cushioned socks recommended. |

Beginning/Continuing

All levels welcome

- | | | |
|-----|--|----------------------------------|
| 004 | Th 4:30 pm-5:25 pm
March 1 - May 10 | Jeanette Miller
FV - CWI, 134 |
| | | No Class 3/15 |

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

- | | | |
|-----|---|---|
| 002 | Tu 1:15 pm-2:15 pm
Feb. 6 - April 10 | Jeanette Miller
Solar Yoga Center |
| | | No shoes allowed on studio floor;
Cushioned socks recommended. |

Mini Session | \$39

- | | | |
|-----|---|---|
| 003 | Tu 1:15 pm-2:15 pm
April 17 - May 15 | Jeanette Miller
Solar Yoga Center |
| | | No shoes allowed on studio floor;
Cushioned socks recommended. |



Online Classes

With over 300 online classes to choose from, you can learn a new hobby or skill from anywhere. A new course session starts each month, so you can learn alongside a cohort of peers and discuss new lessons each week.

ed2go.com/stlcc

Self Defense

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 against modern day weapons and rape. Acquire skills based on proven principles that work across all martial art styles. Class is open for all levels.

PEDU:743 | \$95

- | | | |
|-----|------------------------------------|---------------------------|
| 011 | F 7:30 pm-9 pm
Feb. 2 - April 6 | CODA Martial Arts, Studio |
|-----|------------------------------------|---------------------------|

Shorin Ryu Karate

Shorin Ryu classes are taught from the traditional and excellent 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

- | | | |
|-----|--------------------------------------|-------------------|
| 001 | M 7 pm-8:30 pm
Feb. 5 - April 16 | CODA Martial Arts |
| | | No Class 2/19 |
| 002 | W 7 pm-8:30 pm
Feb. 14 - April 18 | CODA Martial Arts |

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

- | | | |
|-----|-------------------------------------|------------------|
| 002 | Th 12 pm-1 pm
Feb. 1 - April 5 | Xtreme Krav Maga |
| 003 | M 6 pm-7 pm
Feb. 26 - April 30 | Xtreme Krav Maga |
| 004 | Sa 10 am-11 am
March 17 - May 19 | Xtreme Krav Maga |

Women Only

- | | | |
|-----|-----------------------------------|------------------|
| 001 | Tu 6 pm-7 pm
Jan. 30 - April 3 | Xtreme Krav Maga |
|-----|-----------------------------------|------------------|

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. No class 4/1.

PEDU:743 | \$95

- | | | |
|-----|---------------------------------|---------------------------|
| 012 | Su 1 pm-3 pm
Feb. 25 - May 6 | CODA Martial Arts, Studio |
|-----|---------------------------------|---------------------------|

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

- | | | |
|-----|--|------------------------|
| 006 | Th 5:45 pm-6:45 pm
March 8 - May 10 | Systema St. Louis, GYM |
|-----|--|------------------------|

Personal Enrichment

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

007 F 6 pm-9 pm
Feb. 23

008 F 6 pm-9 pm
March 23

010 F 6 pm-9 pm
April 20

009 Sa 9:30 am-12:30 pm
May 5

Gina Breadon
MC - PE, 105

Gina Breadon
FV - PE, 122

CODA Martial Arts

Gina Breadon
MC - PE, 105

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

013 Th 6 pm-8 pm

March 15 - May 17

CODA Martial Arts, Studio



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

005 Tu 6:30 pm-7:30 pm

March 6 - May 8

Systema St. Louis, GYM



Health and Wellness

Couples Massage

Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage and Trigger Point Therapy. Partner required. Fee is per person. Supply list will be emailed.

HEAL:704 | \$49

001 Sa 9:30 am-3:30 pm
Feb. 17

002 Sa 9:30 am-3:30 pm
April 21

Alice Sanvito
MC - SW, 106

Alice Sanvito
FP - HSP, 221

Detox Your Home

Ready to detoxify your surroundings for optimum health? Learn how everyday items in your home can unknowingly affect your body and what you can do to stop it. Reduce unnecessary toxins in your home so that you can breathe easy. Homemade approaches will be discussed as well as what to look for when purchasing household items.

HEAL:765 | \$25

001 Sa 10 am-12 pm
April 7

Amber Branson
FP - G Tower, 323

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

002 Sa 10 am-12 pm
Feb. 3

Amber Branson
FV - C, 111

Natural Wellness: Alternative Healthcare

Modern scientific research has shown how Complementary and Alternative Medicine can help in treating systematic and chronic diseases. Understand how the mechanism of acupuncture and other forms of treatment in Traditional Chinese Medicine (TCM) provide alternative options for common but difficult-to-treat diseases such as Alzheimer's, stroke, cancer, and Parkinson's disease. Class taught by a licensed acupuncturist and herbalist with a PhD in Traditional Chinese Medicine.

HEAL:701 | \$25
002 Th 6:30 pm-8:30 pm
April 26 - May 3

Alex Chen
MC - LH, 101

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

001 Th 6 pm-9 pm
Feb. 1

Alex Chen
MC - BA, 122

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

001 Th 6:30 pm-8:30 pm
Jan. 25

Amber Branson
FP - G Tower, 323

Courage, Risks and Rewards: Taking Chances to Change Your Life

Life is all about choices. The decision to leap into something new and different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk, learn how to change your mindset and identify five powerful perspectives on risk taking that will empower you to take more chances and create opportunities for happiness and fulfillment!

PERD:709 | \$25

002 Sa 9:30 am-11:30 am
April 21

Carol Watkins
MC - BA, 203

Facing Your Giants

Explore the continual lessons and obstacles you face in life and the 'giant' that is lurking underneath these events. Discover how to recognize dysfunctional giants and how they manifest. Learn strategies to conquer those giants, calm the drama and end self-sabotaging behaviors that result from these overwhelming problems.

PERD:709 | \$25

003 Sa 10 am-12 pm
May 5

Dana West
MC - SO, 108

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. Break for lunch. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

001 Sa 9 am-4 pm
March 31

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

001 Sa 9 am-12 pm
March 10

Kimberly Meredith
MC - CS, 104

002 M 6 pm-9 pm
March 26

Kimberly Meredith
MC - CS, 204



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

001 Th 6:30 pm-8:30 pm
March 1

Amber Branson
MC - CS, 206

Astrology: Your Roadmap for Life

Are you ready to find your best life? Learn how to read your birth chart and apply this knowledge to live a happier and more satisfied life. Printout of your birth chart will be provided in class. Registration/Withdrawal deadline one week before class to ensure birth chart for each student. Supply list will be emailed.

PERD:731 | \$25

002 Sa 9:30 am-12:30 pm
Feb. 10

Linda Sherwin
MC - SO, 108

New What's Up in 2018: An Astrological Forecast

What does 2018 hold in store for you? A look at the planetary movements during 2018 and the effects they can have on the country and your life. See possible scenarios for the year and understand how 2018 will influence the course of your life. Printout of your birth chart will be provided in class. Registration/Withdrawal deadline one week before class to ensure birth chart for each student. Supply list will be emailed.

PERD:731 | \$25

001 Sa 9:30 am-12:30 pm
Jan. 27

Linda Sherwin
MC - SO, 108

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

001 W 7 pm-9:30 pm
March 21 - April 4

Jean Walters
FP - F Tower, 325

Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD:735 | \$49

004 Th 6:30 pm-8:30 pm
April 19 - May 10

Rhonda Leifheit
MC - CS, 210

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. No class 3/15.

PERD:735 | \$49

001 Th 6:30 pm-8:30 pm
March 1 - March 29

Rhonda Leifheit
MC - CS, 210

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

003 W 7 pm-9:30 pm
April 18 - May 2

Jean Walters
FP - F Tower, 325

New Ten Clues to Your Past Lives

Ever wonder if you've lived before? Learn how past lives might influence your life now. Find clues in your talents and gifts; fears and phobias; relationships and health. Explore basic theories (and myths) of reincarnation and learn ways to create karmic healing and balance. Gain practical insights for your present life and purpose by discovering 10 significant clues to your past lives.

PERD:735 | \$29

002 Tu 6:30 pm-8:30 pm
April 10 - April 17

Rhonda Leifheit
MC - CS, 210

Understanding Personality Types

Learn to recognize four basic personality types and identify your own unique combination. Begin to better understand and relate to people with very different personality types, enhance relationships and gain a healthy level of self-worth by developing strength in your areas of weakness.

PERD:743 | \$29

001 Th 7 pm-9 pm
April 26 - May 3

Nancy Cohen
Corp. College, 211

Assertiveness for the Sensitive Person

Have you ever been told that you are "too nice" and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others over their own, which leaves them feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.

PERD:744 | \$29

001 Tu 7 pm-9 pm
March 13 - March 20

Nancy Cohen
Corp. College, 211

UFOs in Missouri

Are you intrigued by the unknown? Unidentified Flying Objects are being spotted in the skies over Missouri. Come with an open mind to explore the most recent cases in your area and share your own experiences. Taught by the State Section Director and Field Investigator for the Mutual UFO Network (MUFON).

PERD:749 | \$25

001 Tu 6:30 pm-8:30 pm
March 27

Dana West
MC - SO, 105

Youth and Family

Youth Fencing: Beginning I and II

Kids will have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and bouting, and will accommodate returning students with instruction to expand technique. Equipment provided. Ages 8-15. No class 2/19, 3/12.

KIDS:720 | \$69

001 M 5 pm-5:50 pm
Jan. 22 - March 26

Patrick Dorsey
MC - PE, 201

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

001 Sa 10 am-11 am
Feb. 24 - April 28

Timothy Toeniskoetter
Martial Arts Ctr (Mhlvl)

003 Sa 10 am-11 am
March 10 - May 12

Ferguson Martial Arts Ctr

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. No class 4/1.

KIDS:707 | \$95

002 Su 4 pm-6 pm
Feb. 25 - May 6

CODA Martial Arts, Studio

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 3/17.

KIDS:720 | \$55

Ages 5-8

002 Sa 2 pm-2:50 pm
March 10 - May 5

Jeanne Hudgens
FV - PE, POOL

004 Sa 12 pm-12:50 pm
March 10 - May 5

Jeanne Hudgens
FV - PE, POOL

Ages 8 and up

003 Sa 1 pm-1:50 pm
March 10 - May 5

Jeanne Hudgens
FV - PE, POOL



Personal Enrichment

Golf for Youth: Beginning I

Learn and enjoy the game of golf while practicing basic skills! Great introduction to golf that's fun for kids. Ages 7-15. Extra fee for balls.

KIDS:710 | \$49

001 Sa 11:05 am-12 pm
April 21 - May 12 Big Bend GC, Range

New Golf for Youth: Beginning II

Have fun reviewing, practicing and expanding on fundamentals learned in Beginning I class. Students should have had previous instruction and eager to play golf. Ages 7-15. Extra fee for balls.

KIDS:710 | \$49

002 Sa 12:05 pm-1 pm
April 21 - May 12 Big Bend GC, Range

Golf: Parent/Child

Enjoy time with your child, ages 7-15, and have fun learning the basics of golf together! Improve your game and help your child practice his/her golf skills. Registration required for each participant. Extra fee for balls.

PEDU:765 | \$49

018 Sa 10 am-10:55 am
April 28 - May 19 Golfport-MH, Range

012 W 6 pm-6:55 pm
March 28 - April 18 Big Bend GC, Range

013 Su 12 pm-12:55 pm
April 15 - May 6 Big Bend GC, Range

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

Tennis for Youth: Pee Wee I Ages 4-6

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 | \$55

001 Su 5:30 pm-6 pm
Feb. 4 - March 11 Frontenac RC

004 Th 5:30 pm-6 pm
April 26 - May 17 Sunset Hills Watson Trails

Tennis for Youth: Beginning I and II Ages 7-10

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

KIDS:709 | \$85

002 Su 6 pm-7 pm
Feb. 4 - March 11 Frontenac RC

003 Su 6 pm-7 pm
March 25 - May 6 Frontenac RC
No Class 4/1

005 Th 6 pm-7 pm
April 26 - May 17 Sunset Hills Watson Trails



Portuguese Language for Kids

(Ages 5 - 7) Mico-leão-dourado Class

Learn Portuguese language and Brazilian culture while having fun! The focus of this class is to teach Portuguese as Heritage Language (PHL), emphasizing oral communication, and also introducing writing, reading and comprehension skills by the interrelation between language and culture. It is highly recommended to have one of the parents/relatives speaking Portuguese at home. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99

001 Sa 10 am-12:15 pm
Jan. 27 - March 10 Viva Brasil STL
MC - CS, 211

003 W 5 pm-6:30 pm
March 7 - May 16 Viva Brasil STL
WW, 202
No Class 3/14

002 Sa 10 am-12:15 pm
April 7 - May 19 Viva Brasil STL
MC - CS, 211

Portuguese Language for Youth (Ages 8 - 12) Onça Pinata Class

Learn Portuguese language and Brazilian culture while having fun! The focus of this class is to teach Portuguese as Heritage Language (PHL), emphasizing oral communication, and also introducing writing, reading and comprehension skills by the interrelation between language and culture. It is highly recommended to have one of the parents/relatives speaking Portuguese at home. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99

004 Sa 10 am-12:15 pm
Jan. 27 - March 10 Viva Brasil STL
MC - CS, 209

005 Sa 10 am-12:15 pm
Jan. 27 - March 10 Viva Brasil STL
MC - CS, 210

006 W 5 pm-6:30 pm
March 7 - May 16 Viva Brasil STL
WW, 214
No Class 3/14

Portuguese Conversation for Teens (Ages 13-17)

Discover the Brazilian Portuguese language and explore the Brazilian culture in a fun and relaxed atmosphere. Explore Brazilian costumes, dialog and vocabulary using conversational approach and age-appropriate material to engage and motivate. This class is for individuals who have had previous exposure or experience with Portuguese language and can understand the basic communication in everyday situations. Emphasis will be on oral use of the language. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99

007 W 6:30 pm-8:30 pm
March 28 - May 16 Viva Brasil STL
MC - CS, 209

Continuing Education Call Center Hours

Spring 2018 registration begins Wednesday, January 3

Expanded hours January 3 - 11

Monday - Thursday:

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

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

Regular Hours beginning January 12

Monday - Thursday:

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

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

Register online at stlcc.edu/CE or call 314-984-7777



St. Louis Community College
Continuing Education

Location Index



St. Louis Community College
Continuing Education

Registration begins January 3

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Affton White-Rodgers
Community Center
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Co.
3200 N. Highway 67, 63033

Almas Del Ritmo Dance Co.
3515 Park Ave., 63104

Babler Memorial State Park
Highway 109, 63005

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

Cork Wine Bar
423 S. Florissant Road, 63135

**STLCC-Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

Craft Central
8500 Delmar., 63124

Crestwood Bowl
9822 Watson Rd., 63126

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue,
63139

Dance Arts St. Louis
8045 Big Bend Ste 200b, 63119

Diversified Health and
Wellness Center
11040 Manchester, 63122

Eagle Springs Golf Course
2575 Redman Rd. 63136

EarthDance Farms
233 S Dade Ave, 63135

Ellisville Parks & Rec. (Bluebird
Park)
225 Kiefer Creek Rd., 63021

Endangered Wolf Center
6750 Tyson Valley Road,
63025

Eureka Community Center
333 Bald Hill Rd, 63025

Ferguson Martial Arts Center
433 S. Florissant Rd., 63135

First Tee (South County)
6286 Lemay Ferry Road,
63129

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

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Great American Human
Foosball (G.A.H.F.)
3227 Morganford, 63116

Greentree Park
2202 Marshall Rd, 63122

Guilded Crafts
313 Gravois Rd., 63026

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Lake School Park Tennis Crts
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 School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra (Krkwd)
10907 Manchester Road,
63122

PerennialSTL.org
3762 S. Broadway, 63118

Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

Sasha's on Shaw
4069 Shaw Blvd, 63110

Schlafly's Tap Room
2100 Locust St., 63103

Shaw Nature Reserve
Hwy 100 At I-44 (exit 253)
Gray Summit, MO 63039

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

**STLCC-South County
(STLCC-SC)**
4115 Meramec Bottom Road,
63129

Sperrang Middle School
12111 Tesson Ferry Road,
63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

St. Louis Genealogical Society
4 Sunnen Drive, 63143

Sunset Hills Community
Center
3915 South Lindbergh, 63127

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

The Studio, Inc.(Brentwood)
1332 Strassner Drive, 63144

Systema St. Louis
4208 Sarpy Avenue, 63110

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Learning
Center
3113 Gasconade, 63118

Thornhill Branch/St. Louis
County Library
12863 Willowick Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Water's Edge
17081 N. Outer 40 Rd., 63005

**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

STLCC - South County = STLCC-SC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

For more information, visit stlcc.edu/ce.

General Information



St. Louis Community College
Continuing Education

Enrollment in Continuing Education classes and programs 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

Continuing Education (non-credit) classes are self-supporting. The decision to run a class is based on the number of students enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Students 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 wish to withdraw from a class, you will receive a full refund for most classes if the class is dropped three business days before the first meeting. See the course schedule for classes (such as day trips) that require notice more than three business days for cancellation and eligibility for a refund.

Time of Withdrawal	Percentage Refund
Three business days prior to the first class meeting. Must be submitted in writing.	100%
Two business days prior to the first class meeting or after the class has begun.	None

FOR SOME SPECIAL PROGRAMS AND CLASSES, AN EARLIER WITHDRAWAL DEADLINE MAY APPLY. THIS DEADLINE WILL BE PRINTED IN THE COURSE DESCRIPTION.

Requests for withdrawals must be submitted in writing to the Continuing Education office in person, by email at CEDROP@stlcc.edu or via mail to: 3221 McKelvey Road, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or the postmarked date. A student may receive either a full or partial refund for exceptional circumstances. Requests for refunds must be submitted in writing (walk-in, email or written notice) within 10 business days of the class start date. Supporting documentation may be required.

Fee Reduction for Adults age 60+

At the time of registration, adults 60 years and older may enroll in select courses for a reduced fee. *Class costs vary. View the online course description or contact the Continuing Education office for questions regarding the reduced rate. Reduction will be calculated at check-out.*

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 select 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 administrative and other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two business 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 FOR DETAILS 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 Mary Zabriskie, J.D. at 314-539-5345.

Access Office – disAbility Support Services for students with documented disabilities are available through campus Access offices. These services include: advising and academic counseling, coordination of academic accommodations and support services, consultation with faculty and staff regarding accommodation needs as well as help with connecting to community professionals and agencies. To qualify for services complete the online Application for Services and contact the Access Office on the campus where you plan to attend. Applications are accepted at any time during the semester, but the College recommends submitting requests as early as possible to allow time to make any necessary arrangements in time for the start of classes. Accommodations are generally not provided retroactively so it is important for you to apply for accommodations and provide documentation that supports your requested accommodations as soon as you can. For more information, visit stlcc.edu/disability or call the Access Office on your campus.

Registration is Easy!



Try our NEW online registration system.

Online: www.stlcc.edu/CE

Visit our website and click on the “**Continuing Education**” link — where you can view and register for current class offerings. *Email address required for online registration. Payment via credit/debit card is due at time of registration.*



By Phone

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

Telephone: 314-984-7777

Call Center Hours: M-Th 8:30 am - 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. Credit/Debit Card Number with Expiration Date



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, Student Center-125
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.

Registration at the Wildwood and South County campuses will be limited this semester. Only online registration is available at these locations.



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 emailed 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.

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

Email Address (REQUIRED): _____

Senior Citizen?

☐ Yes ☐ No

Reduction of fees for adults 60+ will be calculated at checkout. Reduced fees are available in the online course description.

Check Payment:

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

If you have a disability-related need, please contact the Access Office on your campus.

Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

Credit Card Payment:

Charge fees to:

☐ MasterCard

☐ VISA

☐ Discover

☐ American Express

CARD NUMBER Expiration Date: _____

Signature: _____

RESIDENTIAL CUSTOMER



***We're building something new...
We appreciate your patience while we enhance our
system to improve your registration experience.***

Our new registration system requires students to provide the following information to enroll in classes:

- **Full name**
- **Date of birth**
- **Mailing address**
- **Phone number**
- **Email address***
- **Payment due at time of registration**

****Students will be notified of class changes, cancellations and announcements via email***

Registration begins January 3

Go to stlcc.edu/CE

ST. LOUIS COMMUNITY COLLEGE...

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses-Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers-south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

575009-17-11/30/2017

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than \$200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.